

Abstract

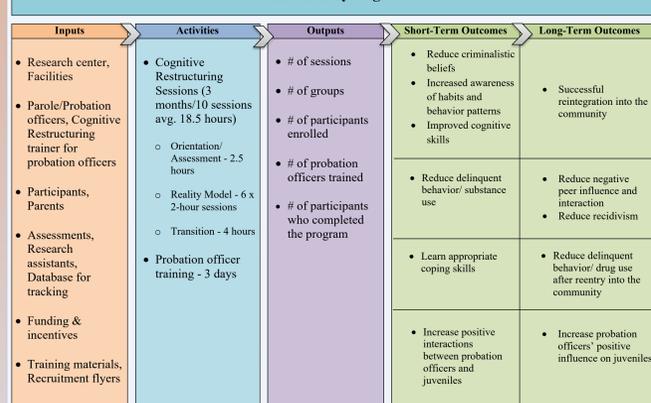
One hundred and eighty-seven youths from juvenile justice facilities in Florida and Delaware who engaged in substance use were randomly assigned to a cognitive restructuring intervention group or a standard aftercare control group before reentering their communities. The study objective was to see if participating in the cognitive restructuring program affected the participants' alcohol consumption. The study used secondary data from the CJ-DATS: Comparison of Two Reentry Strategies for Drug Abusing Juvenile Offenders. One hundred forty-three females under the age of 18 provided self-reported data over three time points. The results depicted a decrease in alcohol use among participants of both the intervention and control groups.

Program Background

- The cognitive restructuring juvenile reentry program intends to address juveniles' beliefs that justify continued criminal behavior and drug use.
- The cognitive restructuring program aims to change the way juveniles think or perceive criminalistic behavior to decrease the likelihood of recidivism.
- The target population is youths in need of drug treatment reentering their communities after being detained in a juvenile justice treatment facility.
- Participants completed 10 sessions of cognitive restructuring therapy with trained probation officers.

Logic Model

Juvenile Reentry Logic Model



- Purpose of outcome evaluation:** Use secondary data of a juvenile reentry program to evaluate the effect of cognitive restructuring on minor females engaging in alcohol use.
- Evaluation Question:** What is the effect of Cognitive Restructuring on alcohol use among female juvenile offenders under the age of 18?

Literature Review

Theoretical Framework: Cognitive Behavioral Theory

- CBT has proven to be more effective for substance use than other treatment models.
- Juvenile offenders who participate in treatment show a reduction in drug-related crimes and have fewer expenses related to health care and criminal justice costs (Watson, 2004).
- Offenders who participated in a CBT program that included a component of cognitive restructuring reduced recidivism and were almost twice less likely to commit another crime within 12 months (Landenberger & Lipsey, 2005).
- Probation officers become an additional support source rather than just an authority figure (Watson, 2004).
 - The juvenile reentry program improves the relationships and interactions between youth and probation officers by allowing both parties to participate in the program.
- Many females consume alcohol before engaging in sexual activity placing them at risk for abuse, disease and unwanted pregnancies (Clements-Nolle et al., 2017).

Methodology

Evaluation Design: Classic experimental design: pretest-posttest comparison group design.

- The cognitive restructuring treatment group participants completed face-to-face interviews at baseline, at 3-months post-test, and a 6-month follow-up.

Sample: Youths reentering their communities after being released from a juvenile justice residential treatment facility in Delaware and Florida.

- 143 females under the age of 18 were observed for the outcome evaluation.

Data Collection: Face to face administration of questionnaire

Dependent Variable: Alcohol Use

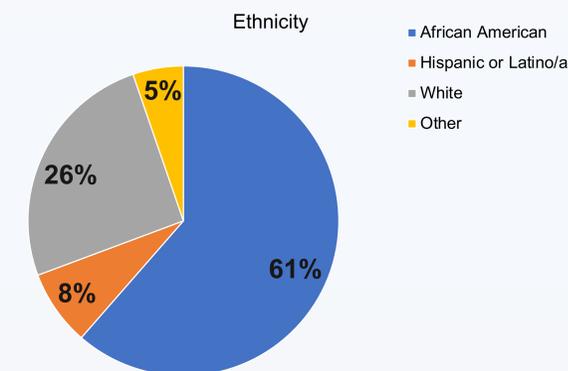
Outcome and Key Variables:

- Alcohol use last 90 days
- Alcohol intoxication (5+ drinks)
- Alcohol intoxication (<4 drinks)
- Substance use problems
- Motivation to change
- Had sex while high on drugs/alcohol last 90 days

Results

- Descriptive statistical analyses were utilized to describe the study sample and program outcomes.
- Inferential analyses, including Wilcoxon Signed Ranks and McNemar tests were conducted to assess the effects of the program on alcohol use.

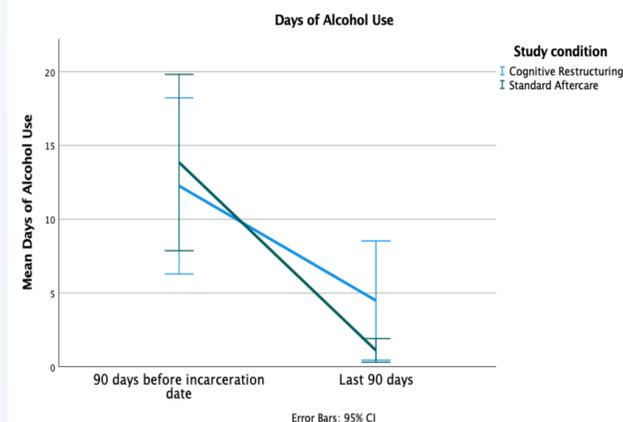
Demographics



- Age of first alcohol use: 9-17 years

Change in Alcohol Use

- The mean days of alcohol use before incarceration was 12.83 compared to 5.89 at the 6 months follow up ($Z = -2.42, p < .016$) for the study group.
- The control group also showed a significant decrease in alcohol use $p < .001$.



- There was a significant change in participants of the control group who engaged in sexual activity after consuming alcohol $p < .001$.
 - 39% consumed alcohol before sex 90 days before incarceration
 - 5% consumed alcohol before sex 90 days before the 6-month follow-up

Discussion

Significance of the Findings: The findings show that cognitive restructuring was effective in decreasing alcohol consumption. However, the control group yielded a greater significance in reducing alcohol consumption and stressors related to substance use.

Strengths:

- Sample size
- Level of measurement

Limitations:

- Lack of diversity in sample
- Participants were observed over a year, additional long term data is not available.

Recommendations

- Increase sample size
- Increase diversity in sample
 - Include all genders and ethnicities
- Study participants within the same state

Implications for Social Work Practice

- Advocate for programs that focus on the rehabilitation of youths in the juvenile justice system.
- Develop more programs to address substance use issues within the context of gender.

References

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