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To: Interim Joint Commission on Appropriations and Revenue  
Juvenile Justice Oversight Council

From: Commissioner Randy White  
Kentucky Department of Juvenile Justice *Randy White*

Date: November 18, 2024

RE: 24 RS HB 6 – Quarterly Evidence-Based Programming Report

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The Department of Juvenile Justice (DJJ) is required to submit quarterly a report to the Interim Joint Committee on Appropriations and Revenue and the Juvenile Justice Oversight Council pursuant to 2024 Regular Session House Bill 6 detailing expenditures for evidence-based programming provided by DJJ, as well as the number of youth served by each program, the number of filled positions providing services and the number of program vacancies, the number of youth on waitlists for services, and any other key performance indicators deemed appropriate by DJJ.

Pursuant to KRS 600.020 (27), “Evidence-Based practices means policies, procedures, programs, and practices proven by scientific research to reliably produce reductions in recidivism;” This definition is used to evaluate and categorize all evidence-based programs within DJJ.

This report covers the first quarter of State Fiscal Year 2025 and is inclusive of evidence-based matters from July 1, 2024 through September 30, 2024.

<b>Evidence Based Programming Report Summary</b>	<b>1st Qtr.</b>
Expenditures <sup>1</sup>	\$181,470
# of Staff Trained on Evidence Based Programming <sup>2</sup>	225
# of Youth Served <sup>3</sup>	157
# of Youth on Waitlists	4

**Footnotes:**

1) These expenditures are not inclusive of evidence-based programming personnel costs as most of the DJJ’s programs are provided by multiple trained staff members within its detention centers, development centers, group homes, and in community settings. These staff perform multiple functions, including evidence-based programming.

2) Personnel position counts reflect those positions whose work is part of evidence-based practice programming. There are no positions that specifically focus on and/or perform evidence-based practices. The evidence-based practices are woven into work across the juvenile justice spectrum.

3) There are no program vacancies. Most programs are offered on an individual basis, and group programs are adapted to the size of the participating group. Programs must be able to start at any time and overlap, as participating youth may only be with DJJ for short periods of time.

<b>Evidence Based Program Participation Detail</b>	<b>1st Qtr.</b>
Aggression Replacement Training	17
Being a Pro	30
Cognitive Behavioral Interventions - Core Youth	5
Cognitive Behavioral Interventions - Substance Use for Youth	8
Motivational Enhancement Therapy - Cognitive Behavioral Therapy - Cannabis Abuse Youth Treatment	41
Skill streaming the Adolescent	34
Trauma and Grief Component Therapy for Adolescents	22
<b># of DJJ Facilities Offering the Following Evidence Based Programs</b>	<b>1st Qtr.</b>
Aggression Replacement Training	6
Being a Pro	12
Cognitive Behavioral Interventions - Core Youth	3
Cognitive Behavioral Interventions - Substance Use for Youth	2
Motivational Enhancement Therapy - Cognitive Behavioral Therapy - Cannabis Abuse Youth Treatment	12
Skill streaming the Adolescent	6
Trauma and Grief Component Therapy for Adolescents	16

**Performance Indicators**

Increases to program completion, program offerings, facilities providing programming, and staff trained on programming will be captured in quarters 2 through 4.

## Evidence-Based Programming – Descriptions of Programs

- **Aggression Replacement Training (ART®).** ART® is a form of Cognitive-Behavioral Treatment (CBT) group intervention designed to target significant deficits in prosocial skills, anger control, and moral reasoning leading to problems with aggressive behavior (either verbal or physical). It is acceptable for use with adolescents (ages 11-18).
- **Being a Pro.** The Being a Pro program is designed for both male and female youths, ages 12 to 18 who are on probation or at risk for probation/juvenile justice involvement. The program aims at increasing prosocial reasoning skills. Being a Pro can be delivered in individual or group sessions by one or two facilitators, depending on group size.
- **Cognitive Behavioral Interventions – Core Youth (CBI-CY).** The CBI-CY is an evidence-based program that is based on a Structured Social Learning/Cognitive- Behavioral Therapy (CBT)/Cognitive Behavioral Interventions (CBI) model with a focus on targeting criminogenic risk factors through cognitive restructuring, emotion regulation, problem solving and structured skill building.
- **Cognitive Behavioral Interventions – Substance Use for Youth (CBI-SUY).** The CBI-SUY is an evidence-based program designed for individuals who are moderate- to high-need in the area of substance abuse and juvenile justice-involved youth. The curriculum can be delivered as a stand-alone substance abuse intervention or incorporated into a larger program. The components of the curriculum include: pretreatment (optional); Motivational Enhancement; Cognitive Restructuring; Emotional Regulation; Social Skills; Problem Solving; and Relapse Prevention.
- **Motivational Enhancement Therapy – Cognitive Behavioral Therapy – Cannabis Abuse Youth Treatment (CYT).** The CYT is designed for the treatment of adolescents between ages 12 and 18 who are exhibiting problems related to marijuana use, as indicated by one of the following: meeting criteria for cannabis abuse or dependence; experiencing problems (including emotional, physical, legal, social, or academic problems) associated with marijuana use; evidencing frequent (weekly or more often) marijuana use over a 3-month period.
- **Skillstreaming the Adolescent.** The Skillstreaming the Adolescent program is a structured learning psychoeducational intervention designed to enhance the prosocial, interpersonal, stress management and planning skills of aggressive, withdrawn, immature, or developmentally lagging juveniles. It employs a four-part approach found to be highly effective for teaching prosocial skills to adolescents: modeling; role playing; performance feedback; and generalization/transfer of training.
- **Trauma and Grief Component Therapy for Adolescents (TGCT-A).** The TGCT-A is an evidence-based, manualized intervention that addresses the complex needs of older children and adolescents (ages 12-20) contending with trauma, bereavement, or traumatic bereavement. TGCTA's modularized, flexible design allows clinicians to customize their intervention according to the specific needs, strengths, and life circumstances of specific youth and the time available. The flexibility allows for TGCTA components to be incorporated into all DJJ settings.