



Minnesota State University, Mankato  
**Cornerstone: A Collection of Scholarly  
and Creative Works for Minnesota  
State University, Mankato**

---

All Graduate Theses, Dissertations, and Other  
Capstone Projects

Graduate Theses, Dissertations, and Other  
Capstone Projects

---

2013

## **Evidence Based Practices in Providing Treatment Foster Care to Delinquent Youth**

Jay S. Kimball  
*Minnesota State University, Mankato*

Follow this and additional works at: <https://cornerstone.lib.mnsu.edu/etds>



Part of the [Family, Life Course, and Society Commons](#), and the [Social Work Commons](#)

---

### **Recommended Citation**

Kimball, J. S. (2013). Evidence Based Practices in Providing Treatment Foster Care to Delinquent Youth [Master's capstone project, Minnesota State University, Mankato]. Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato. <https://cornerstone.lib.mnsu.edu/etds/860/>

This Other Capstone Project is brought to you for free and open access by the Graduate Theses, Dissertations, and Other Capstone Projects at Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato. It has been accepted for inclusion in All Graduate Theses, Dissertations, and Other Capstone Projects by an authorized administrator of Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato.





## Evidence Based Practices in Providing Treatment Foster Care to Delinquent Youth

### Statement of Need

Juvenile delinquency is a persistent problem that affects society economically and socially (Hawkins & Wies, 1985). Over 2.1 million juveniles in the United States were arrested in 2008 (Puzzanchera, 2009) and over 80,000 were housed in juvenile detention or correctional facilities on any given day (Sickmund, 2010). In 2008, juveniles were involved in 1 out of 10 arrests for murder and about 1 out of 4 arrests for robbery, burglary, larceny-theft, and motor vehicle theft (Puzzanchera, 2009). There were 86,814 adjudicated delinquent youth that were placed in a residential placement in 2007, which is equivalent to 263 juvenile offenders in placement for every 100,000 juveniles in the general population (Sickmund, 2010). There is new evidence to support the use of Treatment Foster Care as an alternative to treating delinquent youth instead of group or residential care (Chamberlain, 2003). Treatment Foster Care creates opportunities for delinquent youth to live successfully in a community in a family setting. Increasingly in Minnesota there is an interest in considering Treatment Foster Care as an alternative to incarceration and is also an option after incarceration.

### Purpose

Family Connect/PATH is a Treatment Foster Care agency that provides services in the states of Minnesota, North Dakota, and Idaho. Treatment Foster Care is a unique model of care that provides the best components of traditional foster care and residential care (Foster Family-Based Treatment Association, 2004). There is an increase interest in exploring the provision of Treatment Foster Care for adjudicated youth. The purpose of this Capstone project is to determine the evidence-based components or models for working with adjudicated delinquent youth in foster care and make recommendations to Family Connect/PATH.

### Methodology

This study employed a systematic literature review to analyze the available research regarding the effectiveness of Treatment Foster Care with juvenile delinquents. The literature review attempted to make sense of a great amount of information as a means of contributing answers to questions about what works and doesn't work (Petticrew & Roberts, 2006). Journal articles were obtained through electronic databases using search engines including: JSTOR, EBSCOhost and PsychINFO, and Google. The key search terms included juvenile delinquents, juvenile delinquent-rehabilitation, and juvenile corrections, treatment foster care and juvenile delinquents, correctional out of home placements. The articles were read and themes highlighted for easy referencing. The findings were summarized. Two evidence based models were identified and were compared.

### References

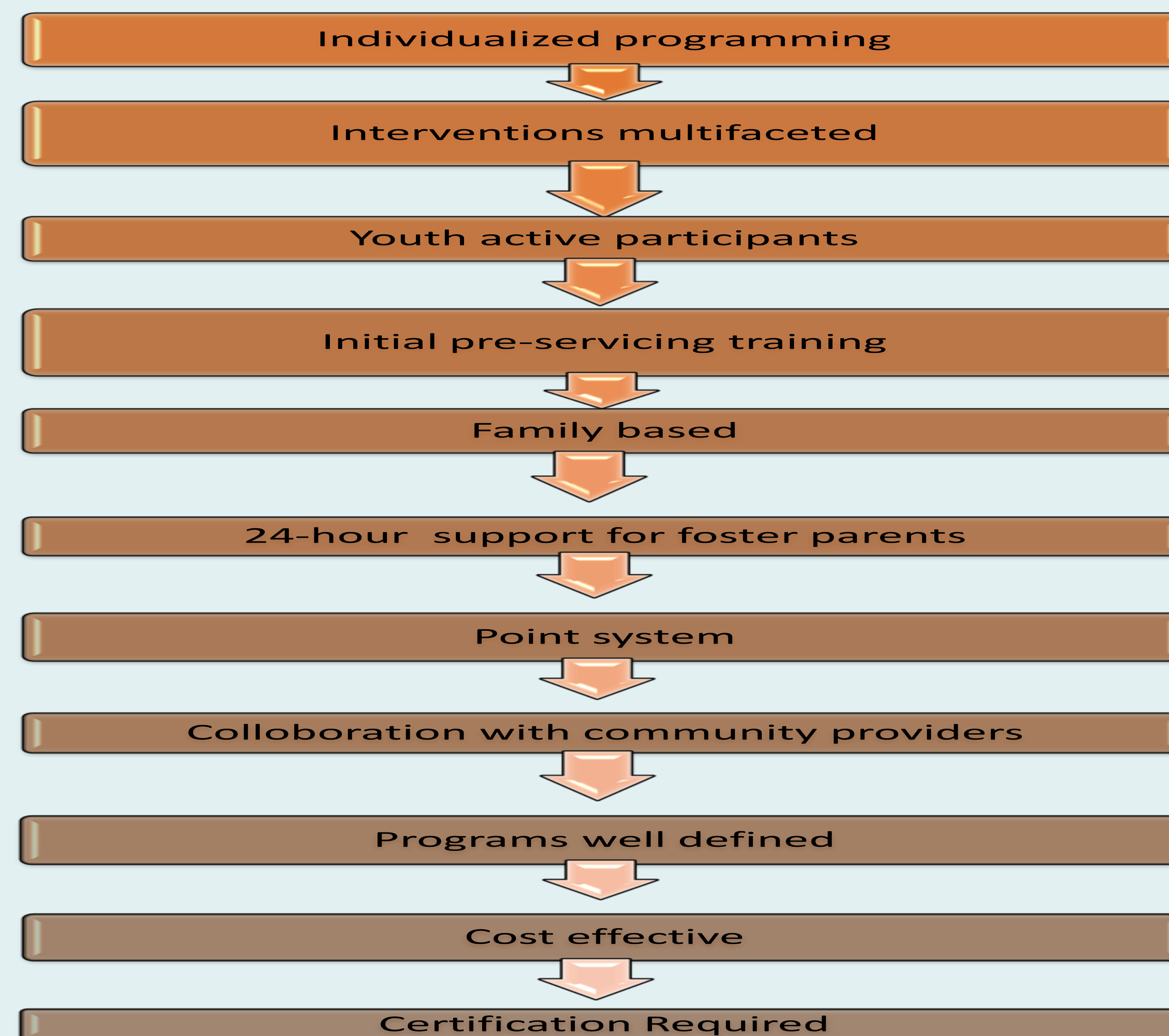
References are available from the author upon request.

### Delinquent Youth

Jay S. Kimball, MSW Student  
Dr. Bill Metcalfe, CEO PATH, Field Instructor  
Dr. Michelle Alvarez, Academic Advisor

### Multidimensional Treatment Foster care(MTFC) vs. Teaching-Family Model(TFM)

#### Similarities



### Key Findings

The Multidimensional Treatment Foster Care (MTFC) originated from studies conducted in the 1960's and 1970's by Gerald Patterson and John Reid at the Oregon Social Learning Center (TFC Consultants, Inc., 2013). The social learning theory is the basis for the model. The MTFC model was established by Chamberlain and colleagues in 1983 with a focus on treating adjudicated delinquents. There are numerous research studies that demonstrated the effectiveness of this model (Blueprints for Healthy Youth Development, 2013). There are three versions of MTFC, each serving specific age group. The fundamental philosophy is reinforcement and encouragement of youth. There is an agency certification that must be completed to use this model. The 2013 Blueprints for Healthy Youth Development report indicated that MTFC when implemented with delinquent boys have shown to reduce incarceration by 60%, subsequent arrests, drug use, violent referral, self-reported violent offenses, ran away three time less often, odds of becoming pregnant reduced (TFC Consultants, Inc., 2013).

The Teaching Family Model is a model for troubled youth developed in the 1960's through reach at the University of Kansas by Montrose Wolf, PhD (inventor of time-out) and Gary Timers, PhD (ITS Innovative Teaching Systems, 2013). The model is based on an organized approach that provides individualized services that are humane and effective. The model is grounded in behavioral psychology coupled with the social learning theory. The teaching parents are the key treatment agents. The American Psychological Association recently identified the Teaching-Family Model as an evidence-based practice (The Teaching-Family Association, 2013). The Office of Juvenile Justice and Delinquency Prevention have found the model to be effective (McElgunn, 2012). The Teaching Family Model has shown to increase youth's positive behaviors, school grades, decrease the use of medication, reduce recidivism; youth are discharged to a less restrictive environment (McElgunn, 2012).

### Recommendations

The Multidimensional Treatment Foster Care (MTFC) Model has more evidence to support good outcomes as it was originally developed specifically for working with adjudicated youth. From 1990 to 2013, over 50 research articles were produced that demonstrated good outcomes for youth receiving MTFC based services. It is recommended that Family Connect/PATH consider using this model in their practice. TFC Consultants, Inc. provides complete implementation services for MTFC sites. For positive treatment outcomes to be realized, implementation efforts must be completed with fidelity (TFC Consultants Inc., 2013). Agency certification and adequate staffing is an important aspect in initial startup and continued success of the MTFC program (TFC Consultants Inc., 2013). Family Connect/PATH would need to explore funding options available to help offset these costs.

