



Preventative Aftercare, Inc.:
A George Junior Republic Affiliate
Five Years of Evidence-Based Success
2008-2013

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Preventative Aftercare Inc.: Five Years of Evidence-Based Findings

This report is a summary of five years of assessing outcomes on nearly 1,600 children and families who completed home-based services provided by Preventative Aftercare Inc., an affiliate of George Junior Republic. Program completion rates averaged 77% with no child having ever been denied admission. Program evaluation has found success in all program and follow-up outcomes.

Child Outcomes (Individual and Interactions with the Community)

These included program efforts to enhance:

- Self-Esteem/Self-Worth
- Problem-Solving Skills
- Judgment and Insight
- Personal Responsibility
- Recognition of Impact on Others
- Interpersonal Skills
- Adherence to Recognized Authority
- Development and use of Positive Peer Supports
- Use of Community Supports
- Contributions to Community from Citizenship

Findings clearly show the following:

- Children completing the program showed significant improvement on all the outcomes listed above from pretest to posttest, and as compared to a no treatment control groups.
- Home-based services also significantly enhanced compliance and progress made by over 900 children on probation, and/or receiving substance-abuse and mental health treatment
- Risk was reduced for all children who completed the program
- More restrictive placements were avoided as the overwhelming majority of participants (95%) were able to remain living at home, with a guardian, or independently as of six months after program completion

Family Outcomes

Engagement of families in Preventative Aftercare Inc. services was intended to produce the following:

- Effective Parenting Skills
- Enhanced Family Structure
- More Productive Family Communication Skills
- Adequate Family Support Systems

Evidence of program effectiveness in enhancing families is shown by the following:

- Family functioning for the approximately 1,600 families completing services improved significantly on each of the outcomes listed above from pretest to posttest, and as compared to a no treatment control group.
- Families who successfully completed the program, and had Office of Children and Youth (OCY) involvement (N=508), made significant progress in meeting case plan goals.
- The vast majority of children and families who completed the program remained intact as a family as of the six month follow-up, or children of age were ready and able to live independently.

Outcome Measures and Program Integrity

- Ratings on approximately 2000 (all completed and currently being served) children and families entering treatment were used to test measurement, and the Preventative Aftercare Outcomes Rating Form (PAC-ORF) was confirmed to be highly reliable and valid.
- Implementation of measurement influenced individualized treatment planning with outcomes as general goals. This, coupled with adoption of various evidence-based cognitive-behavioral interventions to reduce established risk factors, results in ease of assessing treatment fidelity.

In conclusion, five years of assessing the intended outcomes of Preventative Aftercare Inc. services has found consistent and pervasive program effectiveness. This is reflective of an **evidence-based practice**.

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