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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