

TPS Overview

- Targets teenagers showing or at-risk of aggressive or antisocial behavior
- Group intervention
 - 6-8 youth per group
 - Multiple sessions (60-90 minutes) weekly
- Groups are conducted by a pair of co-facilitators
- Master's or bachelor's level practitioners
- Components developed by Arnold Goldstein, Eva Feindler, and John Gibbs
- Master trainers **www.researchpress.com**
- Promising (quasi-experimental studies)

Important Characteristics

- TPS allows for flexible application across settings and practitioners
 - Can be implemented in a variety of settings-- *juvenile halls, camps, ranches, group homes, court and community schools, and outpatient mental health programs*
 - Can be implemented by a variety of professionals and paraprofessionals-- *mental health staff, probation personnel, behavioral aides, and teachers*

Important Characteristics

- TPS needs to be implemented with adherence to the core activities (e.g. description, modeling, role-playing, performance feedback, practice)
- Intended for all three components to be used
 - But may use only one or more of the components for example, anger control or skillstreaming only
 - Components may be offered concurrently or sequentially
- Typically 1 skillstreaming skill or 1 anger control step or 1 vignette per group, but may take more than one group to include all participants and all steps
- Skillstreaming and moral reasoning may be open groups with youth starting at different points in the sequence

Important Characteristics

- Anger control training needs to be a closed group as the steps build upon each other
- Youth may repeat a series of groups
- Two facilitators--one to lead and the other to manage behavior
- Group facilitator characteristics
 - Comfortable working with adolescents with aggression and conduct behavior problems
 - Listen to adolescents with respect, not belittling them
 - Can apply consequences without demeaning youth
 - Prepared to adhere to the curriculum
 - Strong group management skills
 - Interested in learning new skills to enhance competencies of youth

Outcomes

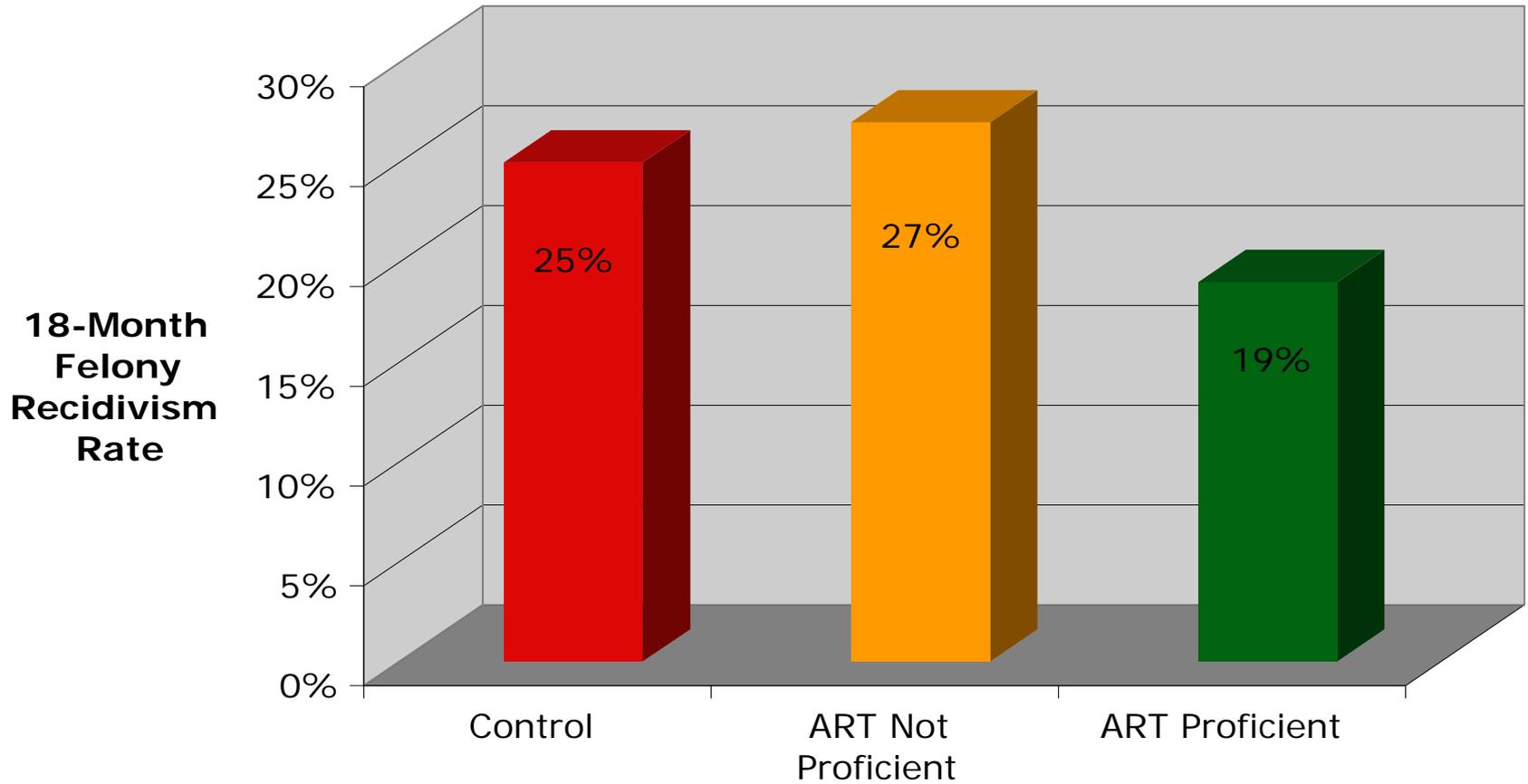
- Reduced criminal behavior
- Reduced conduct problem behaviors
- Increased pro-social behaviors
- Improved anger control
- Numerous quasi-experimental studies with comparison groups
- Skillstreaming has lengthy history of independent evaluations using quasi-experimental designs
- Anger control training was independently found to be effective in a random clinical trial

Outcomes

- Washington State Institute for Public Policy (www.wsipp.wa.gov) study
- Pseudo-random waitlist procedure
- 1,229 adjudicated youth assigned to control or treatment groups
 - When groups were full youth were assigned to a waitlist
- 80% 15-year old males
- 18 month follow-up
- Reduces felony recidivism when delivered with proficiency (21 programs)
- Does not reduce recidivism when not proficient (5 programs)
- Average cost savings across all (proficient or not) programs was \$6.71 for each \$1.00 of cost

Outcomes

Washington State ART Study



Clinical Training & Consultation

- Practitioner training
 - Initial training 2-days
 - Booster training 1-day
- Consultation
 - 20-group supervision calls over 10 months (5 practitioners per group)
 - Videotape reviews (2 per practitioner)
- Fidelity monitoring tools
 - Completed by practitioners following each group
 - Shared with consultants and for outcome evaluation

Administrative Support

- Individualized technical assistance
 - CIMH associates respond to implementation (system and program level) issues
- Support with outcome evaluation
 - Tracking of model adherence
 - Preparation of database
 - Analysis, interpretation and reporting of outcomes across agencies
- Monthly administrator conference calls
 - Share successes, raise concerns, and offer solutions
- Web bulletin board
 - Support communication between team members

TPS Proficiency Standards

- Comprehensive clinical training and supervision in TPS from an ETA, Inc. master trainers
- Lead (or co-lead) a minimum of 36 TPS groups, with at least 12 groups in each component, in a 12-month period
- Achieves a rating of *competency* (2 or higher on a 0-3 scale) on each item of the *Trainer Competence Rating Scale* on a minimum of one videotape submitted for review in the most recent 12-months
- Annual renewal based on continued use and model adherence

TPS Agency-Trainer Standards

- Comprehensive clinical training and supervision in TPS from an ETA, Inc. master trainers
- Lead (or co-lead) a minimum of 72 TPS groups, with at least 12 groups in each component, in a 12-month period
- Achieves a rating of “competency” (2 or higher on a 0-3 scale) on each item of the *Trainer Competence Rating Scale* on a minimum of one videotape submitted for review in the most recent 12-months
- Annual renewal based on continued use and model adherence

TPS Agency-Trainer Standards

- 2 day training-for-trainers completed by ETA Master Trainer
- Consultation calls (15) with Master Trainer
- Completion of standard training protocol with 2-8 practitioners (initial and booster training, weekly consultation, fidelity checklist reviews, session or videotape reviews)
- Submit videotape excerpts of initial training
- Demonstrates trainer proficiency based on videotape reviews of the practitioners that were trained