Engaging delinquent adolescents in family-based interventions: Challenges and lessons learned

Norweeta G. Milburn, Ph.D.
Marguerita Lightfoot, Ph.D.

Presenter Disclosures
The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:
• No relationships to disclose

Affiliations & Support
UCLA Department of Psychiatry and Biobehavioral Sciences
Semel Institute for Neuroscience and Human Behavior
Nathanson Family Resilience Center
milburn@mednet.ucla.edu
Department of Medicine
University of California, San Francisco

Supported by NIMH grants MH61185, MH70322, and MH80664, and NIMHD P20MD000182

Presentation at the annual meeting of the American Public Health Association, San Francisco, CA
October 31, 2012

Overview
• Challenges
• Strategies
• Lessons Learned
• Implications

“Delinquent” Adolescents
• < 18 years old
• Ethnic/racial minority
• At-risk

Family-based interventions
• Social context → Family system
• “Relatively unexplored” (Tolou-Shams et al., 2010)
  Participation
**Participation**

- Recruitment
- Engagement
- Retention

**Characteristics → recruitment, engagement & retention**

- Demographics (e.g., SES)
- Child (e.g., GPA)
- Family (e.g., stress)
- Intervention (e.g., goals)

**Strategies → Participation**

- Motivational interviewing
  - Culture
  - Incentives

**Theoretical Model** (modified Wigfield Eccles, expectancy-value theory of motivation)

**Overview of Research**

**Development of Inspirational/Motivational DVD**

- Key informant interviews / Focus groups
- Media developer
Modification of Enhanced Strategy

Recruitment
- Motivational DVD
- Motivational recruitment session

Engagement
- End each session with a positive
- Racial/ethnic match of staff

Preliminary Findings

Recruitment
- 100% baseline enhanced, 71% standard

Retention
- 100% 3 months enhanced, 50% standard

Lessons Learned

- Fewer sessions
- Need to include other race/ethnicity
- School sites, not home
- Flexibility

Implications

- Contextual barriers
- Engagement