




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

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Presenter Disclosures

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- No relationships to disclose

Affiliations & Support

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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)

The diagram shows a flow from Background to Motivation to Outcomes. Background includes Family Characteristics, Environmental factors, and Child Mental Health. Motivation includes Expectancy of Success and Value of Task/Activity. Outcomes include Recruitment, Engagement, and Retention. Below this is a table for the Proposed Enhanced Strategy.

Proposed Enhanced Strategy		
Recruitment	Engagement	Retention
<ul style="list-style-type: none"> • Motivational DVD • Motivational recruitment session 	<ul style="list-style-type: none"> • Pre-session for family to tell their story (feel heard) & articulate current family goals • End each session with a positive • In home sessions • Racial/ethnic match of staff 	<ul style="list-style-type: none"> • Increased motivation and engagement

Overview of Research

Phase 1: Formative Research (Interviews, Focus groups) leads to Enhanced Strategy (DVD development, Staff training). Phase 2: Pilot Testing compares T. Enhanced Strategy and C. Standard Strategy, both involving Schools, Youth, and Parents/guardians, with Baseline and 3 months assessments.

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

