
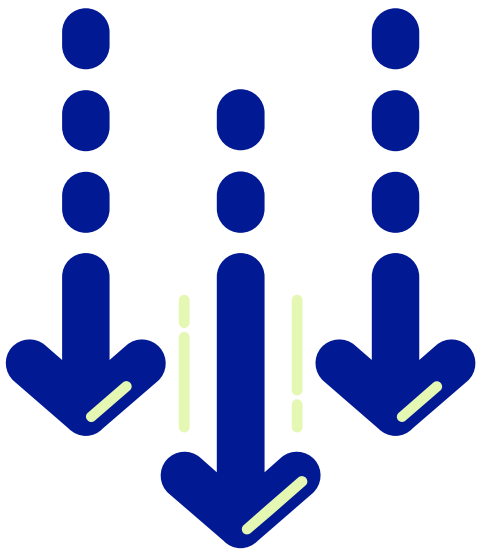




EFFECTIVENESS OF PTSD TREATMENT IN THE JUVENILE JUSTICE SYSTEM



<p>A systematic review of seven trauma-specific treatments</p>	<p>Types of treatments evaluated</p>
 <p>Baetz et al,¹ conducted one of the first known systematic reviews to focus exclusively on the effectiveness of trauma-specific treatment for justice-involved adolescents and evaluate the impact of the interventions.</p>	<ul style="list-style-type: none"> • Trauma Affect Regulation Guide for Education and Treatment (TARGET) • Multidimensional Treatment Foster Care (MTFC) • Cognitive Processing Therapy (CPT) • Writing and Reflecting on Identity To Empower Ourselves as Narrators (WRITE-ON)
<p>Decrease in posttraumatic stress disorder (PTSD) symptoms</p>	
<p>In many of the studies, trauma-focused treatments led to a significant decrease in PTSD symptoms among adolescents in the juvenile justice system compared with a control group. This finding is consistent with past research demonstrating the effectiveness of other evidence-based PTSD treatments, such as Cognitive Behavioral Therapy (CBT).</p>	
	<p>Impacting other mental health outcomes</p> <p>In many of the studies, trauma-specific treatment was shown to mitigate co-occurring symptoms such as depressive symptoms in adolescents in the juvenile justice system compared with a control group. Targeting traumatic reactions such as fear, anxiety, or behavioral changes, may result in a simultaneous reduction of depressive and other trauma-related symptoms.</p>
<p>Trauma-focused treatments are effective for adolescents in the juvenile justice system</p>	
<p>More research and resources are needed to:</p> <ul style="list-style-type: none"> • provide the field with more empirical research on specific treatments • train professionals on the existing treatments • implement effective treatment plans in juvenile justice settings 	<p>Find more resources for trauma-recovery and juvenile justice on the CTRJJ website.</p> 

Source:

1. Baetz CL, Branson CE, Weinberger E, Rose RE, Petkova E, Horwitz SM, Hoagwood KE. The effectiveness of PTSD treatment for adolescents in the juvenile justice system: A systematic review. *Psychol Trauma*. 2022 May;14(4):642-652. doi: 10.1037/tra0001073. Epub 2021 Aug 19. PMID: 34410809.