A Cognitive-Behavioral Therapy Program for Youth Who Engage in Domestic Violence Against Their Parents

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Review of Literature: DV of Youth Against Parents

- 11-20% of parents report

- Characteristics of the perpetrators
  - Boys
  - White
  - Various socio-economic backgrounds

- Characteristics of the victims
  - Biological mother
  - Single-parent
Review of Literature

- 82% perpetrators reside at home

- Type of violence:
  - Physical
  - Mental
  - Emotional

- Co-morbidities of perpetrators:
  - Behavioral
  - Psychiatric
  - Addictions
  - Intellectual
  - Learning
Review of the Literature: Interventions for Youth who engage in DV

- Incarceration
  - recidivism
  - often turns into life-long encounter(s) with the system

- Foster Care

- Psychiatric hospitalization
Collaboration with Miami-Dade Juvenile Justice System

- Miami-Dade juvenile court system - gatekeepers are judges

- Foster care program – *Our Kids* of Miami-Dade and Monroe Counties (2.77 million)
  - To provide coordinated care for abused, abandoned, and neglected children and adolescents
Collaboration with Miami-Dade Agencies

- Miami-Dade Juvenile Services Department
  - Increased reported DV against parents
  - High recidivism – leading to multiple subsequent arrest and incarcerations
  - Courts – seeking alternative(s) to incarceration
  - Desire to maintain continuity of family

- Violence Prevention and Intervention Services Division – Miami-Dade
  - DV center – women (CVAC)
  - Staff working with population

- Roberson role – serve as a PMHNP/PhD consultant and develop evidence-based intervention(s) as expert
Key Players

- Judge Rosa Figarola – Miami-Dade Juvenile Justice System Domestic Violence Unit
- Cathy Burgos, LCSW, Division Director of Operations, Miami-Dade County Juvenile Services Department
- Ivon Mesa, M.P.A., Director Violence Prevention and Intervention Services Division Miami-Dade County
- Violet Felipe-Diaz, MSM, Miami-Dade County, Community Action and Human Services
- Hortensia Nuñez, PhD, Psychologist
- Anthony James Roberson, PhD, PMHNP-BC, RN, University of Miami, School of Nursing & Health Studies, Associate Professor of Clinical
Evidence-based Intervention

TRANSFORMING OUR YOUTH (TOY) PROJECT

Goals:
- Avoid Incarceration
- Component of the Diversion Program
  - Many steps of completion
  - Intervention is one component of the program
TOY Overall Objectives

- Understand the perception of DV
- Educate about the characteristics of DV
- Youth and Parent components – critical
## 2014/2015 Trimester Sessions Schedule

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Domestic Violence
Specific to Miami-Dade

TOY Group Participant Characteristics

- Youth in the Miami-Dade County JJS
- Limited or no previous encounters in JJS (low-risk)
- Predominantly male; female representation
- Homes
  - Single-parent
  - Foster homes
- Low socio-economic
- Minority – predominantly Hispanic
- Ages 13 - 17
Implementation of TOY Groups

- First cohort of TOY groups – October 2014

- October 2014 - December 2016 – eight cohorts (average 7 youth per group) have been initiated, two completed diversion program (January 2017 and April 2017)

- Successful outcomes (judge, CVAC, JJS)
  - No subsequent DV incidents
  - Completion of the Diversion Program, which includes the TOY Group

- January 2017 – the first youth (n=6) who were scheduled for completion of the Diversion Program were successful.
TOY Youth Participant Descriptive Data: Cohort 1

- Nine (9) males

- Age 14 – 17
  - 14 – 3
  - 15 – 2
  - 16 – 2
  - 17 – 2
TOY Participant Descriptive Data: Cohort 1

- **Country of birth:**
  - USA – 8
  - Cuba – 1

- **Citizenship – USA (9)**

- **Language**
  - Bilingual (Spanish) – 8
  - English Primary – 9
TOY Participant Descriptive Data

Cohort 1

Race:
- White – 8
- Black – 1

Ethnicity
- Cuban – 5
- Dominican Republic – 2
- African-American – 1
- Other Hispanic – 1
TOY Participant Descriptive Data
Cohort 1

Entry into JJS
- Juvenile Alternative Services Sanctions (JASS) – 5
- Civil Citation (first encounter – alternative to arrest) – 3
- Unknown – 1

Identified Problems
- Domestic Violence – 5
- Anger Issues – 4
TOY Participant Descriptive Data: Cohort 1

- Parents participating in the groups: 12
- Youth from Single-parent homes: 8
  - Mom: 7
  - Dad: 1
- Blended Family: 1
- Extended Family: 7
TOY Education Component

- Grounded in Cognitive-Behavioral Therapy Principles
  - Lipsey et al
  - Youth Group Facilitator: PMHNP
  - Parent Groups Facilitator: Psychologist

- Behaviorists
  - Watson, Skinner, Solomon, Rotter, Bandura

- Cognitivists
  - Adler
  - Ellis – REBT (one of the first CBT)
  - Beck – Cognitive Therapy

- REBT + Cognitive Therapy = Second wave of CBT
Cognitive-Behavioral Therapy: Why this approach?

- Problem-focused

Help individual identify and change the dysfunctional beliefs, thoughts, and patterns of behavior that contribute to their problems.

Underlying principle: thoughts affect emotions, which then influence behaviors.

Two kinds of psychotherapy: cognitive therapy and behavioral therapy.
Influence of CBT

Bandura, Adler, Sullivan, Ellis

Influenced by?

Sigmund Freud
I. Anger Evaluation/Assessment
   GAIN SS
   Student Handout Anger Assessment

II. Domestic Violence
   Basic Concepts
   Characteristics of Domestic Violence
   Profile of a Batterer
   Post Separation Power and Control Wheel
   Cycle of Violence
   Equality Wheel
TOY Education Component
Module 2

I. Definition of Roles
   A. Gender
   B. Masculinity/Femininity

II. Culture Aspects that Affect Roles

III. Roles of Parents
   A. Authority/Provider
   B. Decision-making

IV. Communication with parents
   A. Verbal
   B. Non-verbal
Am I an abuser?

How do I manage anger?

How do I currently communicate with my parents?

What’s not working in my current situation?
Where do I go from here?

How can I change my communication with my parent?

What do I need from my parents to help me:
- Communicate better with them?
- Better manage my anger?

Community Engagement (as part of the Diversion Program)
- Millennial Project,
- Boys & Girls Club of America
TOY Evaluation: Youth and Parent

Were the groups beneficial for you to understand violence?
- Very Strong 4, Strong 3, Poor 2, Very Poor 1

Were the groups beneficial in motivating you to change your behavior?
- Very Strong 4, Strong 3, Poor 2, Very Poor 1

Suggestion(s) on improving?
TOY Evaluation: Youth

- N=9
- Understanding violence?
  - 3.42
- Motivating to change behavior?
  - 3.14
- Suggestions to improve?
  - Nope, I liked it
  - No, I believe it’s worth the hour every week
  - More fun and interactive
  - We need August Alsina to perform for us
TOY Group Evaluation: Parent

- N=12

- Understanding violence?
  - 3.80

- Motivating to change behavior?
  - 3.75

- Suggestions to improve?
  - None
  - No
  - Class in Spanish
  - Translate in Spanish
Results:
May 2016 Cohort 1

- All nine in the original cohort completed diversion on time

- Subsequent Arrest (24 months in the Diversion Program): 0

- Referrals to PMH: 6 (5 of 6 for medication)
Follow-up with Youth and Parents

- Increased effective communication in home
- Increased understanding of DV
- Decreased anger/increase ability to manage anger by implementing techniques of TOY
- Involvement with Millennial Project and Boys & Girls Club
- Continued treatment received for those under care of PMHNPs and Psychologists
Alterations/Lessons Learned

- Developmental Considerations
  - Delivery of TOY
  - Offenses
  - Communication with peers and parents

- Spanish-speaking

- Parenting skills

- Psychiatric component specific to DV and JJS in general
Alterations/Lessons Learned

- Maintaining interest of the Youth
- Flexible in delivery of each group (module)
- Navigating and coordinating multiple community agencies and ensuring each are satisfied
Next Steps

- Data Analysis on the eight cohorts
- Move from Demonstration/Practice Project to Research Study
- Incorporate CBT components more deliberately
- Randomized Control – however, avoid “no treatment” approach – variations of CBT
References


Thank you!

Questions

Discussion