



How to treat runaway adolescents (Evidence-Based Interventions)

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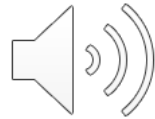
CHILD AND ADOLESCENT PSYCHIATRIST

Causes of Running Away Behavior

- ▶ Dysfunctional Families-Broken Homes, Domestic Violence, Physical and Sexual Abuse
- ▶ Household and Personal Relation in Running Away Behavior
- ▶ Running to and Running From Something
- ▶ Parent-Child Conflicts and Interactions
- ▶ Extra Familial Influences
- ▶ Psychiatric and Behavioral Problems among Runaways

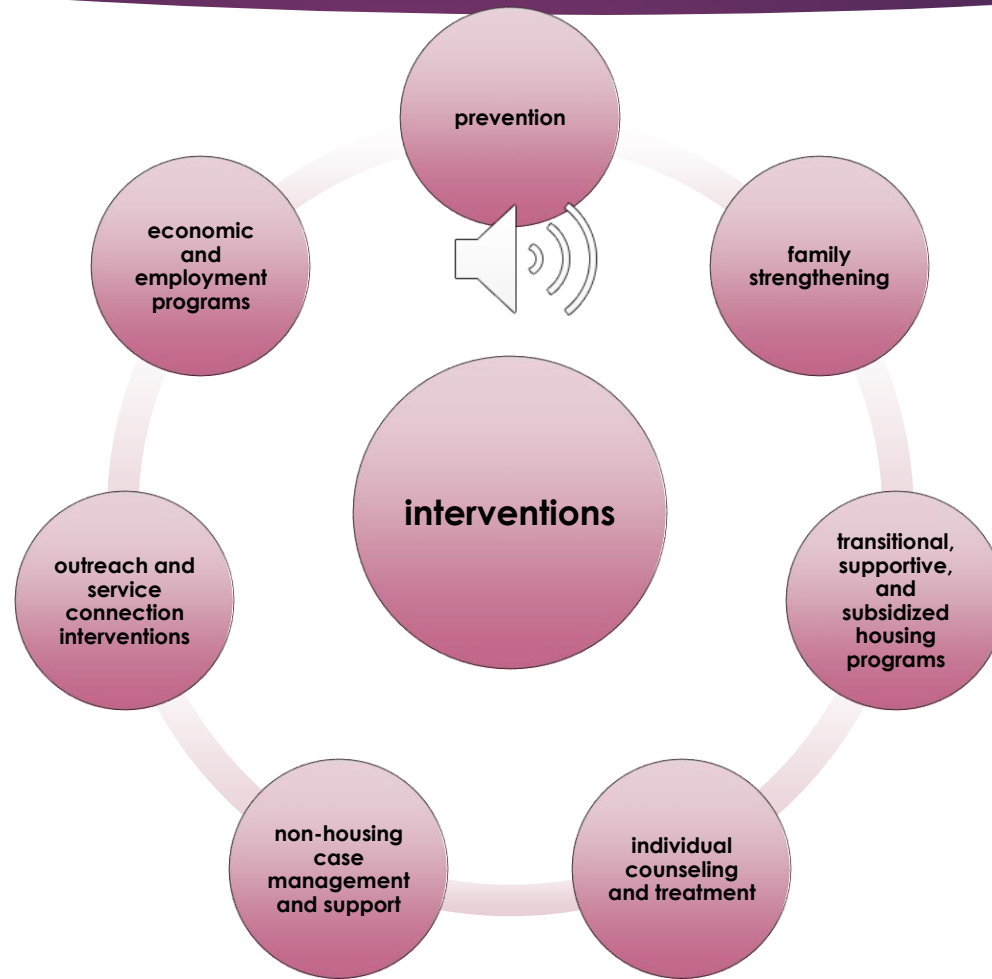
Literature reviews

- ▶ family members in the lives of runaway/homeless youth are the most important factor




- ▶ positive outcomes found in the studies they reviewed when parents or other family members were involved in providing support
- ▶ the critical role of parents and other family members in both runaway/homeless prevention and intervention efforts

Interventions for youth homelessness: A systematic review of effectiveness studies (Morton et al., 2020)



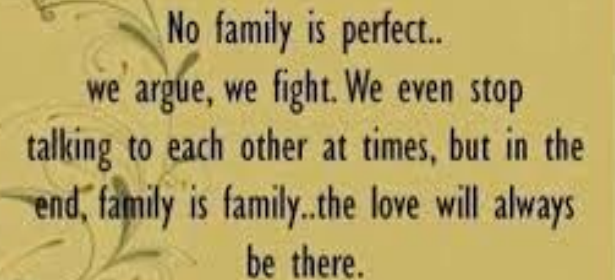
Prevention

- ▶ The evidence base on prevention is small but promising
- ▶ Promising results for prevention strategies to reduce the incidence of homelessness among youth at-risk 
- ▶ Through targeting some form of individual casework or counseling



Family strengthening

- ▶ three randomized trials
- ▶ The studies generally showed promising results for outcomes related to youth well-being and behavioral health.
- ▶ little is known about direct effects of these interventions on preventing or reducing youth homelessness




No family is perfect..
we argue, we fight. We even stop
talking to each other at times, but in the
end, family is family..the love will always
be there.

Ecologically Based Family Therapy (EBFT)

- ▶ A family systems therapy (multisystem treatment)
- ▶ The goal is to change family patterns
- ▶ 12 to 16 sessions lasting 50 to 60 minutes each across three to six months.
- ▶ A home-based treatment
- ▶ A range of intervention strategies are used based on the family's needs,
- ▶ Positive outcomes for family functioning, mental health, and substance use




Functional Family Therapy (FFT)

- ▶ It is designed to change maladaptive patterns within and around the family by enhancing family interactions and communication.
- ▶ FFT is typically delivered in three phases 
- ▶ 1. engaging and motivating family members
- ▶ 2. administering techniques such as parent training, problem-solving skills training, and communication training to promote behavioral change
- ▶ 3. generalizing positive changes to foster supportive relationships with community systems.
- ▶ it reduces recidivism, improves family functioning, and reduces the frequency of substance use

(MDFT) Multidimensional Family Therapy

- ▶ MDFT incorporates family and individual sessions for both the adolescent and parents.
- ▶ The therapy works across multiple domains of treatment at the same time:
- ▶ Adolescent functioning and skill building;
- ▶ Parent engagement, functioning, and parenting skills;
- ▶ Family functioning;
- ▶ Family competency in extrafamilial systems, such as school.
- ▶ Reduces delinquency, externalizing behaviors, internalized distress, and substance use while improving academic performance and family functioning

Multisystemic Therapy (MST)

- ▶ An individualized treatment approach for youth demonstrating antisocial behavior.
- ▶ It incorporates interventions targeting  several areas
- ▶ Direct program delivery usually consists of about 60 hours of therapy spread over three to six months.
- ▶ Evaluations of MST indicate that it improves functioning in a school or work environment, improves family functioning, and reduces parental neglect

Transitional, supportive, & subsidized housing programs

- ▶ Rigorous and long-term evaluation of shelter and housing programs is lacking
- ▶ Experimental evaluation show promising results for improving housing stability

Individual counseling and treatment

- ▶ A relatively large number of studies revealed improvements in mental health
- ▶ Reductions in substance use and sexual risk behaviors
- ▶ Their long-term outcomes overall, is generally lacking

Non-housing case management and support

- ▶ Of the eight included studies, four involved randomized trials.
- ▶ These evaluations generally show positive effects on a range of youth outcomes, including reducing homelessness.
- ▶ less intensive case management interventions failed to demonstrate positive effects (two studies).

Outreach and service connection interventions

- ▶ Very little research examines the effectiveness of outreach services intended to engage young people who experience homelessness and connect them to services and supports
- ▶ The evidence base on outreach programs for this population is inconclusive.



Economic and employment programs

- ▶ Very little research
- ▶ The evidence base on youth employment programs for this population is inconclusive.



The results

- ▶ Family members can be important sources of support
- ▶ Promote and enhance supportive relationships among family members will be effective
- ▶ Four types of help from us as most important: being cared for, being held accountable, concrete assistance, and professional intervention.



Care

- ▶ Unconditional acceptance
- ▶ Nonjudgmental listening
- ▶ Emotional support
- ▶ “Being there” for them-without trying to solve all of their problems



Being held accountable

- ▶ The importance of being held accountable for their behavior by family and professional helpers
- ▶ Being given boundaries
- ▶ Being confronted when those boundaries were crossed
- ▶ Enabled the youth to better understand the consequences of their actions.
- ▶ While many of the young people admitted they resented the accountability at the time, they appreciated it in hindsight.



concrete assistance

- ▶ Included providing groceries
- ▶ A place to live
- ▶ Any needed medications
- ▶ Money for school



professional intervention

- ▶ Formal counseling
- ▶ Residential treatment
- ▶ Keep your promises in order to build trust
- ▶ Create a safe space for the youth to open up
- ▶ Try to put yourself in their shoes and accept them as they are.
- ▶ Develop a personal relationship with the youth rather than keeping them at a professional distance.
- ▶ Forget the pity



A soft-focus background of pink cherry blossoms. A white speaker icon is overlaid on the text.

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Everyone needs a
house to live in,
but a supportive family
is what builds a home.

ANTHONY LICCIONE

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