	Researched Outcomes					
Program	**Anti-Social Behavior (Externalizing Symptoms)**	**Depression/Anxiety (Internalizing Symptoms)**	**Substance Use**	**Parenting or Family**	**School Related**	**For more information**
Aggression Replacement Therapy (ART)	•decreased 18-month misdemeanor and felony recidivism rate by up to 24% •improved pro-social skills •decreased conduct behaviors				•improved community functioning	http://www.crimesolutions.gov/ProgramDetails.aspx?ID=254
Big Brothers, Big Sisters (BBBS)	•decreased likelihood to hit someone by up to 32%		•decreased likelihood to initiate illicit drug use by 46% •decreased likelihood to initiate alcohol use by 27%	•improved quality of relationship with parents	•decreased days of school skipped by 52% •decreased classes skipped by 37% •positive effects on competency about schoolwork	https://www.blueprintsprograms.org/factsheet/big-brothers-big-sisters-of-america
The Blues Program		•decreased interviewer-rated and self-rated depressive symptoms, sustained through 2 year follow-up •decreased rates of major depression onset at 6 month and 2 year follow-up				https://www.blueprintsprograms.org/factsheet/blues-program
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)		•decreased PTSD and depression at 3 and 10 month follow-up				https://www.blueprintsprograms.org/factsheet/cognitive-behavioral-intervention-for-trauma-in-schools-cbits
Familias Fuertes (Spanish SFP 10-14)	•decreased depression and anxiety	•improved stress coping skills	•decreased frequency of substance use by youth •increased delay in initiation of substance use by youth	•improved parent-child relationship •improved parental monitoring •improved parent self-esteem		https://www.blueprintsprograms.org/factsheet/strengthening-families-10-14
Functional Family Therapy (FFT)	•substantially decreased court referral/arrest up to 5 years post referral •decreased number of offenses and conviction of a criminal offense during the next 5 years	•decreased psychiatric diagnoses 15 months post-treatment, compared to pre-treatment •decreased internalizing symptoms	•decreased days of alcohol and drug use 15 months post-treatment •decreased problems related to substance use	•decreased likelihood of sibling contact with court 2.5-3.5 years after FFT, compared to other services by more than a 65% •decreased behavior problems at home reported by parents •improved discipline		https://www.blueprintsprograms.org/factsheet/functional-family-therapy-fft
The Incredible Years (IYS)	•decreased conduct problems •improved social problem solving and conflict management skills			•decreased harsh parenting •decreased conduct problems at home	•decreased conduct problems at school	http://www.blueprintsprograms.com/factSheet.php?pid=7719a1c782a1ba91c031a682a0a2f8658209adbf
LifeSkills Training (LST)			•decreased tobacco use by 87% •decreased alcohol use by 60% •decreased marijuana use by 75% •decreased methamphetamine use by 68% •decreased polydrug use by 66%			https://www.blueprintsprograms.org/factsheet/lifeskills-training-lst

Multisystemic Therapy (MST)	•decreased arrests by 70%
	•decreased self reported criminal activity at 1 and 2 year follow-up
	•14 yr. follow up
	  □ decreased incarcerated days by 57%
	  □ decreased adult probation days by 43%
		•decreased internalizing and externalizing problems at 2 year follow-up	•decreased alcohol and marijuana use at 3 year follow-up
			•decreased substance related arrests at 4 year follow-up by 75%
				•decreased sibling arrests
				•decreased behavior problems at home reported by parents
				•improved discipline
					•improved school performance
					•improved school attendance
						https://www.blueprintsprograms.org/factsheet/multisystemic-therapy-mst

	Researched Outcomes					
Program	**Anti-Social Behavior (Externalizing Symptoms)**	**Depression/Anxiety (Internalizing Symptoms)**	**Substance Use**	**Parenting or Family**	**School Related**	**For more information**
Olweus Bullying Prevention Program (OBPP)	•decreased student reports of being bullied and bullying others by up to 50% •decreased student reports of general antisocial behavior, such as vandalism, fighting, theft, and truancy				•improved classroom social climate, as reflected in students' reports of improved order & discipline •increased positive social relationships & positive attitudes toward schoolwork & school	https://www.blueprintsprograms.org/factsheet/olweus-bullying-prevention-program
Promoting Positive THinking Strategies (PATHS)	•decreased teacher reports for aggressive behavior by 32% •decreased teacher reports of student exhibiting self-control by 36% •better able to resolve peer conflict	•increased student's vocabulary for emotions by 68% •decreased internalizing scores and depression •decreased anger and attribution bias			•increased cognitive skills test scores by 20% •increased scores on measures of authority acceptance, cognitive concentration, and social competence	https://www.blueprintsprograms.org/factsheet/promoting-alternative-thinking-strategies-paths
Positive Action (PA)	•decreased bullying •decreased violence •decreased norms for aggression	•improved social emotional skills •decreased depression and anxiety	•decreased substance use		•improved math and reading proficiency •decreased absenteeism •decreased school failure and suspensions	https://www.blueprintsprograms.org/factsheet/positive-action
Strengthening Families Program for Parents & Youth 10-14 (SFP 10-14)	•reported aggressive and destructive behavior four years after program completion, more likely to delay onset of problem behaviors	•less likely to show growth in internalizing symptoms, more likely to report lower anxiety and depression than the control group at follow up, and decreased ADHD symptoms	•decreased likelihood to have: ▫ used alcohol 1-2 years post ▫ initiated use of alcohol, cigarettes or marijuana 1-2 years post ▫ reported past year methamphetamine and/or narcotic (prescription drug) misuse 6 years post ▫ reported poly-substance use from 6th to 10th grade ▫ reported lifetime narcotic (prescription drug) misuse, drunkenness or illicit drug use at 21 years of age		•increased likelihood to report improved engagement in school	https://www.blueprintsprograms.org/factsheet/strengthening-families-10-14
Strong African American Families (SAAF)	•decreased anti-social behavior - theft, truancy, suspension	•improved goal directed, future orientation	•decreased likelihood to start using alcohol	•improved parenting, including communication of expectations related to substance use and sex		https://www.blueprintsprograms.org/factsheet/strong-african-american-families-program
Project Towards No Drug Abuse (TND)	•decreased in one year prevalence of young males carrying weapons by 25%		•decreased cigarette use by 27% •decreased marijuana use by 22% •decreased hard drug use by 26% •decreased alcohol use among binge drinkers by 9%			https://www.blueprintsprograms.org/factsheet/project-towards-no-drug-abuse
Trauma Focused Cognitive Behavioral Therapy (TF-CBT)	•decreased PTSD symptoms •decreased sexualized behavior	•decreased depression and anxiety		•improved parenting skills		https://www.crimesolutions.gov/ProgramDetails.aspx?ID=195
Positive Parenting Program (Triple P)		•decreased emotional problems and stress for children		•decreased child abuse and related need for medical care and placement services •decreased emotional problems and stress for parents •decreased social isolation of parents		https://www.blueprintsprograms.org/factsheet/triple-p-system