
Violence Prevention

A Guide of Practical Interventions for Consideration in Waterloo Region



VIOLENCE PREVENTION: A Guide of Practical Interventions for Consideration in Waterloo Region

Lead Researchers, Authors & Editors:

Alix Holtby	Master in Psychology, Wilfrid Laurier University
Lisa Armstrong	Candidate Master in Psychology, Wilfrid Laurier University
Anthony Piscitelli	Supervisor Planning & Research, Waterloo Region Crime Prevention Council
Ben Brock	Placement Student, Bluevale Collegiate Institute

With Support from:

Jessica Hutchison	Research Analyst, Waterloo Region Crime Prevention Council
Tracy Jasmins	Communications, Waterloo Region Crime Prevention Council
Christiane Sadeler	Executive Director, Waterloo Region Crime Prevention Council

Published by the Waterloo Region Crime Prevention Council.

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Accessible formats available upon request.

December 2010

Region of Waterloo Document Number 576034

For more information please contact Anthony Piscitelli at apiscitelli@regionofwaterloo.ca

Introduction

A background report on violence prevention was commissioned in 2006 as part of the Region of Waterloo's Growth Management Strategy. The report highlighted areas of concern within Waterloo Region and allowed the Waterloo Region Crime Prevention Council to identify six key goals which will allow the community to address violence:

- Assist During Childhood
- Address Addictions Issues
- Support Diverse Communities
- Reduce Income Inequality
- Enhance Neighbourhood Capacity
- Ensure Social Support Services Exist

In preparing this report an extensive review was conducted of reports which document specific violence prevention projects that have been implemented in other jurisdictions. Programs and projects which could be applied in Waterloo Region to achieve the violence prevention goals have been highlighted.

This report is specifically designed to generate ideas for interventions into the six violence prevention goal areas. A short description of each project is included in this report and references have been included to quickly identify further research which will assist in program adoption.

The projects have been classified into the six goals of the violence prevention plan. In order to provide a quick method to identify the background and potential of each project, the following classification system has been used:



- **Best Practices** - are projects that have been found to be effective after a comprehensive program review or randomized control trial.¹



- **Promising Practices** – are projects that are thought to be effective based on a basic program evaluation or small demonstration projects.²



- **New Practices**– are projects that have not yet completed a program evaluation or are new ideas based on academic literature.



- **Not So Promising Practices** – are approaches that have been tried and failed.

Assist During Childhood

The right start provides the foundation for a better future.



Best Practices

- **Nurse-Family Partnership (NFP)** - intensive home visitation program for low income first time mothers. Program delivered by nurses during pregnancy and first 2 years of child's life to help with parenting practices, mental health issues, and the use of alcohol and tobacco.^{3, 4, 5, 6, 7, 8, 9, 10}
- **Perry Preschool Project** - enhanced childcare in small setting for children (3-4) at risk of school failure. Program focused on development of intellectual, social, and physical skills. Programs involve education and activities for children as well as training for parents.^{11, 12, 13, 14}
- **Chicago Child - Parent Center Program** - founded in 1967 to help disadvantaged children prepare for elementary school. Provides comprehensive educational and family-support services for economically disadvantaged children from pre-school to early elementary school.^{15, 16}
- **Opportunities Industrialization Centers of America** - 1989 mentorship program for high school youth that focused on fostering academic skills and life skills, and increasing volunteering. Participants were matched with a mentor for all 4 years of high school.¹⁷
- **Incredible Years Series** - comprehensive, developmentally-based training program for parents, teachers, and children (2-10) with conduct problems. Parent training has 3 programs: BASIC- emphasizing development of skills promoting children's social competence, ADVANCE- emphasizing parent interpersonal skills, SCHOOL- emphasizing skills promoting children's academic skills. Teacher training focuses on effective classroom management skills. Child training focuses on interpersonal skills.¹⁸
- **Stop Now and Plan (SNAP)** - program to teach children to identify and control aggressive / anti-social behaviours. Program includes 2 sets of 12-week courses: one for parents (focus: proper discipline), one for children (focus: behaviour management). Part of 3 stage approach that includes police/community protocols directing children to services and clinical assessments of children (6-12) to determine risk and treatment needs.^{19, 20}
- **Home visitation programs** - programs were offered to "at-risk" families and focused on the parent, the child(ren) or both. They offered support and education for the family.²¹
- **Parent education and day care/preschool programs** - programs were offered to "at-risk" families. These programs provided parent education programs and training programs, as well as enrichment opportunities for the children.²²
- **Promoting Alternative Thinking Strategies (PATHS)** - school-based life skills training program targeted at youth in grades 1-5. Teaches youth social, self-control, and problem-solving skills. Sessions occur 3 times a week for half an hour.^{23, 24, 25}
- **School-based child training plus parent training programs** - these programs were offered universally, selectively and indicatively. They target a range of risk factors associated with participating in crime.²⁶ The school-based crime prevention programs work best when they

KEY GOAL: Assist During Childhood

are environmentally focused (school and discipline management interventions, interventions to establish norms or expectations for behaviour, classroom/instructional management, reorganization of classes or grades). There are some individual focused interventions that also work (self control or social competency and cognitive behavioural, behavioural modelling, or behaviour modification interventions)²⁷

- **Big Brothers, Big Sisters mentoring program** - mentoring program for youth (6-18) living in single-parent families. Program has rigorous standards and required protocols, including volunteer orientation, volunteer screening, youth assessment, careful matching of youth-mentor, and supervision of parents, youth, and volunteers.^{28, 29, 30, 31}
- **Functional Family Therapy (FFT)** - 3 month program delivered by therapists in the homes of youth (11-18). Helps family identify methods of changing their situation, and provides support to sustain the changes. Program has 5 phases: engagement, motivation, assessment, behaviour change, and generalization.^{32, 33, 34, 35}
- **Life Skill Training (LST)** - teacher-facilitated drug intervention program that provides information, promotes anti-drug norms, and develops drug refusal and self management skills through 30 classroom sessions over 3 years. Targets youth in grades 6-8.^{36,37, 38, 39}
- **Safe Dates Program** - school based program (grade 9-11) focussed on prevention of relationship-based violence. Goals include changing dating violence and gender role norms, increase conflict resolution and peer helping skills, and promote belief in need for help/awareness of relationship-based violence and help-seeking behaviours of victims and perpetrators. Program includes nine 90-minute sessions, a play performed by the students, and a poster contest. Program can include involvement of parents and community.^{40, 41, 42, 43}
- **Olweus Bullying Prevention Program** - multi-component, universal, school based program that restructures school environment to reduce opportunities for bullying. Includes interventions at school level (e.g. school rules against bullying, creation of committee to monitor/direct program, creation of monitoring system, administration of Bullying/Victim questionnaire), class level (e.g. classroom meetings regarding bullying, formation of class rules), and individual level (personal interventions designed by individual, parents, teachers, and counsellors). Program length: minimum one year. Evaluations show strong reductions in bullying and bully victimization.^{44, 45, 46, 47,48}
- **Multidimensional Treatment Foster Care** - foster care program for adolescents with histories of criminality and are at-risk for incarceration. Foster families implement structured, individualized program, with focus on development of social skills, while biological/adoptive families are trained in same program. Program involves weekly family therapy sessions.^{49, 50, 51}
- **Leadership and Resiliency Program (LRP)** - after-school program for youth (14-19), focussed on enhancing strengths to prevent substance use and violence. Program has 4 components: youth group meetings, community service with abused animals, performance of skits, and outdoor adventure program. Program involves partnership between school and health service agency to identify participants.⁵²

KEY GOAL: Assist During Childhood



Promising Practices

- **Early Start** - home visitation program targeting families facing stress and difficulty. Deals with children up to the age of three. ^{53, 54}
- **Sure Start Children Centres** - brings together early education, childcare, health and family support services with children 5 and under. Program focuses upon eliminating child poverty and social exclusion. This is done by working with soon to be parents, parents, care givers and children to cultivate physical, mental and social development. ^{55, 56}
- **I Can Problem Solve (ICPS)** - school based intervention program; trains children in interpersonal problem solving techniques (most effective at 4-5). Program has 45 lessons over 3 months. ^{57, 58}
- **Family Violence Prevention Programs** - Learning Club - 16 week counseling program for abused women and their children; Project SUPPORT- program for children (4-9) displaying aggressive behavior who have been exposed to inter-parental violence; Kids Club- 10-week program for children (5-13) with focus on resiliency and trauma recovery. ⁵⁹
- **FAST Track** - school based program targeting youth from disadvantaged communities who have displayed disruptive behaviour. Program implemented over 5 years (spans grade 1-6). Includes 5 components: parent training, home visitations, classroom interventions, social skill training, and academic tutoring. ^{60, 61, 62, 63}
- **Families and Schools Together** - 8-14 week program for families to strengthen parent-child relationships. ⁶⁴
- **Behavioral Monitoring and Reinforcement Program** - school based program targeting at-risk neighborhoods. Program is 2 years long, beginning in grade 7. Program includes teacher monitoring and rewarding of appropriate behaviour, fostering of communication between students, teachers and parents, and weekly discussion sessions. ^{65, 66}
- **Boys and Girls Clubs of Canada** - after-school sports programs for youth that are developed in response to community need, provided by qualified staff, use child-focused approach to development, and are integrated with other programs. ^{67, 68}
- **Functional Family Therapy (FFT)** - 3 month program delivered by therapists in the homes of youth (11-18). Helps family identify methods of changing their situation, and provides support to sustain the changes. Program has 5 phases: engagement, motivation, assessment, behaviour change, and generalization. ^{69, 70, 71, 72}
- **Lions Quest Programs** - school based development and prevention program that bring together the school, home and community. It is used to bring up healthy people with strong characters, through life skills, education, civic values and drug prevention. ^{73, 74}
- **Youth Organizing to Understand Conflict and Advocate Non-Violence** - peer learning based in-school training program on conflict and violence prevention, and on peaceful conflict resolution. ⁷⁵

KEY GOAL: Assist During Childhood

- **Linking the Interests of Families and Teachers (LIFT)** - 10 week aggression intervention program for 1st and 5th grade at-risk students. Program has 3 elements: classroom education component (20, 1 hour sessions), Good Behaviour Game (where children are rewarded for avoiding negative behaviours), and parental training (6 meetings focused on development of good home environment).^{76, 77, 78, 79, 80}
- **Seattle Social Development Project (SSDP)** - multi-year (grades 1-6), school-based program in economically deprived neighborhoods. Program includes training components for both parents and teachers; teacher training focuses on proactive classroom management, interactive teaching, and cooperative learning, while parental training focuses on family management, communication, and teaching children drug use resistance strategies.^{81, 82, 83 84}
- **Anderlecht Initiative** - mediators brought into a Belgian school to facilitate communication between students the school the family. The role expanded to mediate more issues and keep contact with 'at risk' children.⁸⁵
- **Clinic-based parent training plus child training programs** - programs were based on selective and indicative samples of behaviours related to crime. There are mixed results about the impact of these programs⁸⁶
- **Strengthening Families Program (SFP)** - universal family-based intervention program for youth (10-14) to increase family protective processes, reduce risk factors. Program consists of seven 2 hour sessions; sessions are split between skill building and structured family activities. An additional 4 sessions are conducted 6-12 months after the initial 7.^{87, 88}
- **Triple P** - offers different levels of supports to families with the aim of creating a stable supportive family and to reduce problematic behaviour.^{89, 90}
- **Preventive Treatment Program (PTP)** – Canadian training program for parents and male children (7-9) from low socioeconomic families who display problem behaviour. Participants complete approximately 20 sessions.⁹¹
- **Youth Inclusion Program (YIP)** - neighbourhood-based program targeted at high risk youth (13-16). Programming includes mentoring, education, and recreational activities. Program goals include increasing access to services and preventing youth entry into criminal justice system. Program is most effective when optimum number of known offenders participate, and if youth participate for at least 10 hours a week.^{92, 93, 94, 95, 96, 97}
- **Youth Relationship Project** - Ontario based project aimed at helping 14-16 year olds develop healthy relationships with partners through education and conflict resolution.⁹⁸
- **Brief Strategic Family Therapy** - 3 month family therapy program for youth (8-17) at risk of behavioural problems. Program focuses on modifying maladaptive patterns of interactions within families. Program includes three components: joining family, diagnosing problems within the family, and restructuring the family.⁹⁹

KEY GOAL: Assist During Childhood

- **Gang Prevention/Intervention through Targeted Outreach** - program designed to help Boys and Girls Clubs address the community's gang problem. Program has 4 components: community mobilization of resources, recruitment of 50 youth (6-18) who were at-risk for gang involvement, promoting positive developmental experiences for these youth, and providing individualized case management (in law enforcement, schools, families, and boys/girls club).¹⁰⁰
- **Police Athletic League (PAL)** - members of police force coach youth (6-18) in sports programs and other programs, including: day care programs, educational resource centres (supports individualized learning outside of classroom), computer literacy programs, and adventure based learning (1-2 day sessions fostering communication, team, and trust skills through outdoor activities).¹⁰¹
- **Multidimensional Treatment Foster Care** - foster care program for adolescents with histories of criminality and are at-risk for incarceration. Foster families implement structured, individualized program, with focus on development of social skills, while biological/adoptive families are trained in same program. Program involves weekly family therapy sessions.^{102, 103, 104}
- **Multisystemic Therapy (MST)** - family- and community-based treatment program for youth label as delinquent/at-risk youth (12-17) and their families. Provides in-home therapy for individual and their family to address and correct problems within the family, with a focus on factors that contribute to violent/criminal behaviours. MST has been shown in be beneficial in many contexts (family, school, community) and in many studies.^{105, 106, 107, 108}
- **The Fourth R** - London, ON school based program focussed on bringing the 4th R (relationships) into grade 9-11 curriculum. Program includes 21 teacher-directed sessions focused on violence (bullying, peer, group, dating), health (substance use, sexual health), skill building (role playing, assertiveness training, decision making exercises), and the role of bystanders in stopping abuse. Program also includes school-based awareness campaign, involvement of parents, and fostering of links between school and community.^{109, 110}
- **Quantum Opportunities Program** - 4 year program (grade 9-12) for students from low-income families. Program has 3 components: educational, developmental, and service activities. Students complete 250 hours per category per year. No behavioural, health, or location contingencies required for ongoing participation in program.^{111, 112}
- **Manchester Multi-Agency Gang Strategy (MMAGS)** - voluntary program where youth in or on the fringes of gangs are placed into a diversion educational and vocational activities. Program run by staff seconded from police, youth service¹¹³, education and probation.
- **Philadelphia Youth Violence Reduction Partnership (YVRP)** - violence prevention program that functioned through the integration of existing services. Program focused on closer surveillance of youths (under 24) at risk of crime/victimization, and implementation/optimization of services provided by community outreach workers that facilitate youths' social reintegration.¹¹⁴



New Practices

- **“Families” television show** - series run in Australia which offered guidelines for parenting strategies to deal with behavioural problems. Viewers reported greater efficacy as parents than a control group.¹¹⁵
- **Child Advocacy Centres (CACs)** - United States approach where multidisciplinary methods are offered in one location for abused children.¹¹⁶
- **Choose Respect** - a national campaign by the United States Centre for Disease Control and Prevention that aims to motivate adolescents to challenge harmful beliefs about dating abuse through education.¹¹⁷
- **Fight Violence** - Edmonton-based social marketing program directed at engaging young people in creating positive alternatives to violence.¹¹⁸
- **Multi-sector youth gang prevention strategy** - Regina-based strategy that includes classroom component for grades 4-6, a community needs assessment, and the creation of a youth oriented video regarding gang initiation, lifestyle, and strategies for exit.¹¹⁹
- **Aiming High For Young People** - the United Kingdom implemented a ten year strategy for youth which was launched in July 2007. It is a way for the government to help all young people, and distinctly those from disadvantaged backgrounds to be a part in meaningful and enjoyable activities. It ensures that youth will have access to quality services brought by a range of professional workforce who want to make a difference in the young people.^{120, 121}
- **Resolve it, Solve it** - a community media campaign for youth in small American towns led by high school peers. Print, radio and television ads focused upon respect for individual, conflict resolution and bullying prevention.¹²²
- **CyberCOPS** - program developed by the OPP that uses computer games to teach children (grade 7/8) about techniques used by criminals to entrap children. Program involves teacher facilitated discussion of online safety.¹²³
- **Wraparound Milwaukee** - individualized care program for youth (13-17) with serious emotional, behavioural, and mental health needs. Youth must be court-ordered to participate in program. Program has 4 components: care coordination, child and family team, mobile crisis team, and provider network.¹²⁴
- **Roots of Empathy** - Program to teach teenagers about non-violent conflict through emotional literacy. The program involves a neighbourhood parent bringing an infant into the classroom every three weeks.¹²⁵
- **Breaking the Cycle** - youth gang exit and leadership program. Designed for youth (15-23) who are unemployed/ not attending school, program involves intensive 2-week training and 1-week of follow-up sessions. Program participants have opportunity to participate in second phase, a 25 week training/ peer support program (Youth Ambassador Employment Preparation Project).¹²⁶

KEY GOAL: Assist During Childhood



Not So Promising Practices

- **Home/community parent training programs** - programs have inconsistent results and sometimes result in increased delinquency ¹²⁷
- **Boot camps** - camps/residential programs that emphasize discipline and punishment, have elaborate entrance ceremonies (that require people to shave their heads, wear uniforms etc) and graduation ceremonies are more likely to have no effect or increase criminal behaviour than they are to decrease criminal involvement. ^{128,129}

Address Addictions Issues

Increasing services for problematic substance abuse will decrease violence.



Best Practices

- **Four-Pillar Approach to Drug Problems in Vancouver** - drug strategy integrating prevention (includes promotion of healthy families and communities, protecting youth development, preventing/delaying the start of substance use), treatment (includes outpatient/peer-based counselling, methadone programs, daytime/residential treatment, housing support, ongoing medical care), harm reduction (reducing spread of disease, preventing overdose deaths, increasing substance users' contact with health care system, reducing drug consumption in streets), and enforcement (targeting organized crime, drug dealing/houses/trade, improving coordination between judicial, health services, and other social services).^{130, 131}
- **Project Towards No Drug Abuse** - program involves 12 in-class interaction session teaching decision making skills regarding drugs and violence to youth (14-19). Goals of project: reduce drug use, reduce weapon carrying, increase cognitive coping skills.^{132, 133, 134}
- **Midwestern Prevention Project (MPP)** - comprehensive, community-base program for youth (13-19); goal of prevention of drug abuse. Incorporates involvement of family, school, and community. Program emphasizes school-based development of skills to avoid drug use, which is reinforced through the family, community organizations, and mass media campaigns.^{135, 136}



Promising Practices

- **Ottawa Drunk Driving Program** - integrates traffic calming development, driver education, and safe driving enforcement.¹³⁷
- **Students Against Drunk Driving** - program focused youth committing to not drink and drive, and for parents to commit to not punish their children if they request rides home.¹³⁸
- **Prison-based therapeutic communities** - drug treatment program in custodial settings with a follow up community treatment.¹³⁹
- **Project ALERT** - classroom-based substance abuse prevention program. Two-year program consisting of 11 lessons in first year, with 3 booster lessons in second. Program focuses on understanding internal and external pressures to use drugs.¹⁴⁰
- **CASASTART (Striving Together to Achieve Rewarding Tomorrows)** - integration of services to reduce exposure to drugs and criminal activities for youth (11-13) from distressed neighbourhoods. Program involves integration of: community-enhanced policing, case management, criminal justice intervention, family services, after-school and summer activities, education services, mentoring, and incentives.¹⁴¹
- **Project Northland** - universal, 7-year intervention for youth (grades 6-12, with exception of grade 10), involving students, parents, peers, and community members/businesses/organizations. Each year has specific theme; goal of program is to reduce adolescent alcohol use.¹⁴²

KEY GOAL: Address Addictions Issues

- **Brief Alcohol Screening and Intervention of College Students (BASICS)** - intervention program for college students (18-24) who drink alcohol heavily, and have experienced/are at risk for alcohol-related problems. Program involves 2 structure interviews with goal of challenging myths, and providing options to make changes. Program may involve referral to substance abuse treatment service.¹⁴³
- **Serious Habitual Offender Comprehensive Action Program (SHOCAP)** - case management program with partnership between criminal justice agencies and community services; focussed on reducing recidivism of youth (under 18) who are serious habitual offenders. Implementation of program is community-specific, and begins with a needs assessment. Program involves creation of corrective action plans for youth, incorporating accountability, competency development, and protection of community.¹⁴⁴
- **Stockholm Prevents Alcohol and Drug Problems project (STAD)** - program in Stockholm Sweden where bar staff training, security training and enforcement of licensing legislation were used to decrease violence.^{145, 146}
- **Alcohol linking program** - in New South Wales, Australia individuals in police-attended incidents are noted if they had consumed alcohol and where they had their last drink. Establishments with many 'last drinks' received an audit of management practices and training.¹⁴⁷
- **Safer Bars** - a three hour training program offered by CAMH for bar staff and work book for bar owners.^{148, 149}
- **Pressures to Change Program** - Australian program that targets partners of problem drinkers to teach them strategies to promote positive changes in their partners. Resulted in reduced intimate partner violence.¹⁵⁰
- **Strong African American Families Program (SAAF)** - modelled after Strengthening Families program. Family-centered program designed to prevent alcohol abuse. Program includes 7 weekly meetings for youth and caregivers.¹⁵¹



New Practices

- **Regina Inner City Community-Partnership** - Regina police analyzed service calls and identified priority of addressing housing issues as a method to improve quality of life and deal with substance abuse and domestic violence. Addressed housing standards through multi-sector collaboration including property standards, building, fire and public health officials.¹⁵²
- **Social Norms Approach** - an approach to health promotion used in the United States that assumes that people over estimate the prevalence of risky behaviours, like heavy alcohol use and tolerance of violence. This approach corrects these misconceptions through marketing to further reduce these behaviours.¹⁵³

Support Diverse Communities

Welcoming communities reduce isolation and social exclusion.



Promising Practices

- **The Neighbourhood Tutors Project** - works with children and youth from immigrant and minority ethnic families (ages 6-18) in Portugal. Focussed mentoring on young people involved in delinquent and disruptive behaviour. Aims to uphold social inclusion, decrease school absenteeism, promote competency at all levels (socially, cognitively and personally) and promote better parenting.^{154, 155}
- **Cowichan Women Against Violence Society** - Safer Futures Program - Vancouver Island based program that focuses on prevention of violence against women. Includes 4 main projects: local safety audits (assessment of safety of particular spaces and whole communities; provides recommendations for improvement to physical environment, community services, accessibility of community life to women, and long term community planning; produced guide on how to conduct audits¹⁵⁶), women and community safety (production of training package for coordination of local government and women's groups to plan and implement violence against women prevention programs¹⁵⁷; research and dissemination of best practices), neighbourhood links project (James Street neighbourhood project to increase community awareness and participation, create partnerships, and create recommendations and implementations of change; created task force that developed and enhanced social development programs, enhanced physical environment, and created policy/guidelines for gender sensitive approach to community development), and making the links project (development of integrated approach to community health and safety focussed on three areas: developing neighbourhood capacity to identify and address protective factors, linking neighbourhoods with community agencies to strengthen/enhance local resources, and to foster integrated long-term planning)¹⁵⁸
- **Communities that Care (CTC)** - conceptual framework to be used by communities to develop programs targeting youth development. Framework includes assessment tools to determine risk/protective factors in community, and then matches community with appropriate programs. Success of CTC requires: community readiness, community mobilization, needs/strengths assessment, comprehensive youth development plan, implementation, and evaluation.¹⁵⁹
- **San Romanoway Revitalization of Jane-Finch Corridor** - program focussed on reducing disproportionate crime rate of Jane-Finch neighbourhood. Program included creation of programming for children (after-school programs, skill development activities, and summer day camps), creation of local youth employment opportunities, and improvements to physical space (clean-ups, social gatherings).¹⁶⁰
- **Gwich'in Outdoor Classroom Project** - program developed for Aboriginal children (6-12) living in remote communities. Program includes outdoor camp, breakfast program, and in-school programming (focused on life skills, communication skills, and traditional learning). Program developed in collaboration with community, and integrates involvement of Elders. Evaluation shows increased learning outcomes; no information on effects on crime rates.¹⁶¹

KEY GOAL: Support Diverse Communities



New Practices

- **A Man Respects a Woman** - social norms marketing campaign at a university where posters and flyers were used to convey positive findings of a campus survey on men's attitudes and actions towards woman in dating situations¹⁶²
- **Know your Power, Step in, Speak up. You Can make A difference**” - university campus poster campaign that encouraged bystanders to intervene in situations that put students at risk of a sexual assault.¹⁶³
- **Green Dot Program** – a program on university campuses where red dots are placed where a sexual assault or sexual harassment occurs and green dots are placed where some action has been taken to prevent sexual assaults¹⁶⁴

Reduce Income Inequality

Everyone has the right to equal opportunities.



Promising Practices

- **Job Corps**- provision of job training (including job placement), social support (including health care) and educational support to high-risk youth (16-24) in 4 stage process. Program includes residential component, and is individualized and self-paced. Youth (16-24) can participate in program for up to 2 years; each month they receive an allowance. ^{165, 166, 167, 168}



New Practices

- **Inclusionary Zoning** - policy tying production of affordable housing to market-rate residential development. Requires residential development to include affordable housing. Results in creation of affordable housing in same area as market-rate housing, creating communities with mixed socio-economic classes. ¹⁶⁹

Enhance Neighbourhood Capacity

Every community is a potential change agent.



Promising Practices

- **Community Crime Prevention Project**- neighbourhood watch program that reduced burglaries by 50%.¹⁷⁰
- **Circles of Support and Accountability (COSA)** - a group of volunteers who provides support to, and maintains accountability of a male sex offender who is returning to a community. Program works in conjunction with community agencies, treatment providers, and parole/police/ the courts. Volunteers are trained, supported, and make a 1 year commitment to the program.¹⁷¹
- **Weed and Seed approach to Community Development** - programs involve four interconnected strategies: law enforcement to “weed out” violent offenders, community policing to compensate for aggressive policing and maintain community relationship with police, development and implementation of crime and violence prevention/ intervention/ rehabilitation strategies, and support of neighbourhood revitalization/ restoration efforts. The latter two elements are often neglected, which can result in negative impact on community.^{172, 173}
- **Chicago Alternative Policing Strategy** - policing strategy with three major components: shifting accountability of police to neighbourhood level, creating neighbourhood Beat Teams (including police officers, service providers, and residents) to create collaborative programs to address neighbourhood crime problems, and to improve interagency coordination to create comprehensive solutions to crime problems. Program found to increase public confidence in police, and to reduce street, gang, and drug related crime.¹⁷⁴
- **Kansas City Gun Experiment** - training program for police officers regarding effective methods to detect concealed weapons, including traffic enforcement and field investigations.¹⁷⁵
- **Community based policing** - this practice involves police having a more social presence in priority neighbourhoods and focusing on the legitimacy of police.¹⁷⁶



New Practices

- **Social Exclusion Task Force** – the government of England’s approach to reducing social exclusion. It looks at taking care of the most disadvantaged in society and that people are put first.^{177, 178}
- **Gateway Initiative**- collaborative program between Calgary police service and community and neighbourhood services that connects young offenders with community resources to reduce further involvement with judicial system.¹⁷⁹
- **Community and Neighbourhood Support Services Program (CNSSP)** - program that provided ongoing core administrative funding to neighbourhood based service organizations. Program provided core funding for otherwise unfunded social services. Funding provided by province, Metro, and United Way.¹⁸⁰

Ensure Social Support Services Exist

Address the underlying issues that impact violence.



Best Practices

- **Cognitive-Behavioural Therapy within Correctional Settings** - programs focuses on changing anti-social attitudes through exercises to change thinking patterns regarding dominance. Program can be facilitated by correctional staff. ^{181, 182}
- **Post Shelter Advocacy** - United States randomized control study found that providing 10 weeks of advocacy services post-shelter reduced re-victimization and improved quality of life for victims. Advocacy services focused upon mobilizing community resources such as education, housing, employment, childcare, health care and legal assistance. ¹⁸³
- **Safety Plans for Domestic Violence Victims** - Randomized control trial found that women who were given six phone calls to create a safety plan resulted in them practicing more safety seeking behaviours such as hiding copies of important documents, saving and hiding money and having a place to go for safety. ¹⁸⁴
- **Ex-offender job training** - job training provided for older males no longer in criminal justice supervision ¹⁸⁵
- **Cognitive behavioural therapy, moral reconnection therapy and reasoning and rehabilitation** - this style of intervention provided in corrections institutions is associated with a lower re-incarceration rate. ¹⁸⁶
- **Non-prison based therapy for sex offenders** - providing therapy (cognitive behavioural therapy or behavioural therapy) outside of the prison system led to recidivism more often than prison based therapy. ¹⁸⁷
- **Spergel Model** – a three pronged approach that focuses upon prevention, intervention and suppression ¹⁸⁸.



Promising Practices

- **Comprehensive Gang Model** – the Office of Juvenile Justice and Delinquency Prevention in the United States has a project designed to lower and prevent youth gang violence. It's an integrated model incorporating prevention, intervention, and suppression activities. It has five core strategies in dealing with youth involved and their families, and they are: community mobilization, opportunities provision (educational and employment), social intervention, suppression and, organizational change and development. ^{189, 190, 191, 192}
- **Hot spot policing** - increased patrolling in areas (street corners) that are indicated to have high crime rates ^{193, 194}
- **Domestic Violence Treatment Option (DVTO)** - comprehensive intervention system including specialized court and treatment program for domestic violence. Developed in Whitehorse in 2000 for use with Aboriginal population. System includes Spousal Abuse Program (SAP), a ten week long group therapy program followed by four weeks of aftercare. Focused on development of emotional coping skills. ¹⁹⁵

KEY GOAL: Ensure Social Support Services Exist

- **Guiding Good Choices (GGC)** - family competency training program consisting of five weekly sessions: 1 session directed at children (focus: peer pressure), four sessions directed at parents (focus: strategies for protective family processes, effective parenting skills, anger management skills, and involving children in family activities).¹⁹⁶
 - **Boston Gun Project and Operation Ceasefire** - comprehensive strategy design through collaboration between Harvard University, the Boston Police Department, and other criminal justice and social service providers in Boston. The program has two components: focus on illicit gun traffickers, and gang violence deterrence strategy. The deterrence strategy included focusing on chronic offenders within gangs, emphasizing the use of all available legal sanctions when violence occurred, working with community partners to strengthen and broaden existing social services (including mentoring, job training, and high school completion programs), and beginning a street worker social service program.^{197,198, 199, 200}
 - **Gang Reduction Program (GRP)** - a variant of the Spergel model. The GRP is more focused on prevention of gang involvement. The program includes comprehensive approach to youth gangs and violence; integration of evidence-based practices; coordinator of programs, technical assistance, and evaluation; and close collaboration, effective communication.²⁰¹
 - **Gendered responses by police to sexual crimes.**- if it is a female victim a female officer is automatically sent to take the statement²⁰²
 - **Domestic Violence Screening Tools** - a number of screening tools exist that are offered in health care setting. Insulted Threatened with harm and Screamed is one of the most promising. It involves doctors asking patients to rate four questions on a scale of 1 (never) to 5 (frequently). The questions are:
 - How often a partner does your partner physically hurts you?
 - How often a partner does your partner insult or talk down to you?
 - How often a partner does your partner threaten you with harm?
 - How often a partner does your partner scream or curses at you?
- A score of ten or above suggests the patient is being abused. It is not clear if a paper based or verbal survey is most effective.²⁰³
- **Multi-agency risk assessment conferences (MARACs)** - England and Wales data sharing protocols where in monthly meetings data from multiple agencies is shared, with the consent of the individual.²⁰⁴
 - **Sexual Assault Nurse Examiners (SANEs)** - nurses are employed to provide care and support to sexual assault victims. They conduct medical evaluations counsel and support victims and refer them to appropriate services in the community. United Kingdom study found that offering these services through nurses reduced doctor usage and created costs savings.²⁰⁵

KEY GOAL: Ensure Social Support Services Exist

- **Early trauma-focused cognitive behavioral therapy** - therapy improves outcomes for those suffering from post traumatic stress disorder more than normal care or being on a waiting list. Focusing specifically on the trauma incident improves outcomes. ²⁰⁶
- **Domestic Violence Courts** - used in Canada, United States and England these courts focus on intimate partner violence and use specially trained staff members. They provide advocacy services, coordination among partner agencies and consistent screening. ²⁰⁷
- **Tax breaks** - offering tax breaks to entrepreneurs in extremely high adult unemployment areas. This incentive only works in the more extreme neighbourhoods. ²⁰⁸
- **Adult basic education** - providing adult offenders with basic education, vocational education and work programs has the potential to decrease offending upon release from incarceration.



New Practices

- **Abolishment of fixed closing time at pubs in England and Wales** - program hopes to reduce congestion and disorder caused by mass closing of bars. ²⁰⁹
- **Youth Assessments** - Quebec currently refers youth for social services assessment before laying a criminal charge. The assessment considers the youth's ability to benefit from different program options. ²¹⁰
- **Project PEACE** - police service program with focus on preventing youth gun use and gang involvement. Program includes educational programs, videos, and workshops promoting peaceful conflict resolution, and encouraging youth to create positive change in neighbourhood. ²¹¹
- **Phoenix Print Shop** - non-profit commercial print shop in Toronto; provides training program, paid work placements, and follow-up support for homeless and at-risk youth. ²¹²
- **Improving courtroom experiences of youth** - treating youth with respect and civility, engaging them in procedures of courtroom, and use of a therapeutic approach to the courtroom process have been found to have a positive impact on outcomes of youth involved in criminal justice system. ²¹³
- **Improved police support to victims** - providing information sheet describing resources and important information helpful to victims following a crime (eg. locksmith, local distress centres, information regarding self-protection). ²¹⁴
- **Helplines** - phone lines for victims of violence allow them to report abuse and get referred to appropriate services. These services should be 24 hour to be most effective. ²¹⁵
- **Expressive Writing** - allowing victims to write about their traumatic life events reduces depression among female domestic violence victims who have left their abuser. It is important to note that these techniques may not be appropriate for victims of other violent crimes. ²¹⁶

KEY GOAL: Ensure Social Support Services Exist



Not So Promising Practices

- **Gun amnesties and gun buy-back programs** - do not reduce violence unless targeting to high-crime areas.^{217, 218}
- **Aggressive policing** - suppression efforts without interventions and community support have been found to increase gang cohesion and aggravate police-community tensions.²¹⁹
- **Short term employment training programs for at-risk youth** - when these programs are short term and non-residential they are ineffective in decreasing criminal behaviours.²²⁰
- **Court diversion to job training for adults** - programs are ineffective in decreasing criminal behaviour.²²¹
- **Arresting youth for minor offences** - this practice increases criminal behaviour.²²²
- **Intense supervised probation/parole and home confinement/electronic monitoring:** - several studies have investigated the impacts of this approach and found participants were more likely to re-offend.²²³
- **Single Session Psychological Debriefing Services** - offering only one psychological counselling session to a violence victim does not assist and may even increase the risk of post traumatic stress disorder.²²⁴
- **Three-strike laws** - evidence suggests policy leads to both short-term and long-term increases in the rate of homicide.²²⁵

End Notes

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