



THE UNIVERSITY OF CHICAGO

CRIME LAB
Urban Labs

○ Untapped Levers for Reducing Gun Violence

The Impact of Behavioral Science Programs



Agenda

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Welcome and Presentation

Kim Smith, University of Chicago Crime Lab

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Panel Discussion with Researchers

Panelists: Nour Abdul-Razzak, Monica Bhatt, and Jonathan Davis

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Panel Discussion with Practitioners

Panelists: Jadine Chou, Julie Noobler, and Dave Williams

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Closing

Kim Smith, University of Chicago Crime Lab

○ Reducing Gun Violence, Advancing Justice

The Crime Lab designs, tests, and scales data-driven innovations to improve the public sector's response to the dual challenges of America's gun violence crisis and a criminal justice system that is not truly just.

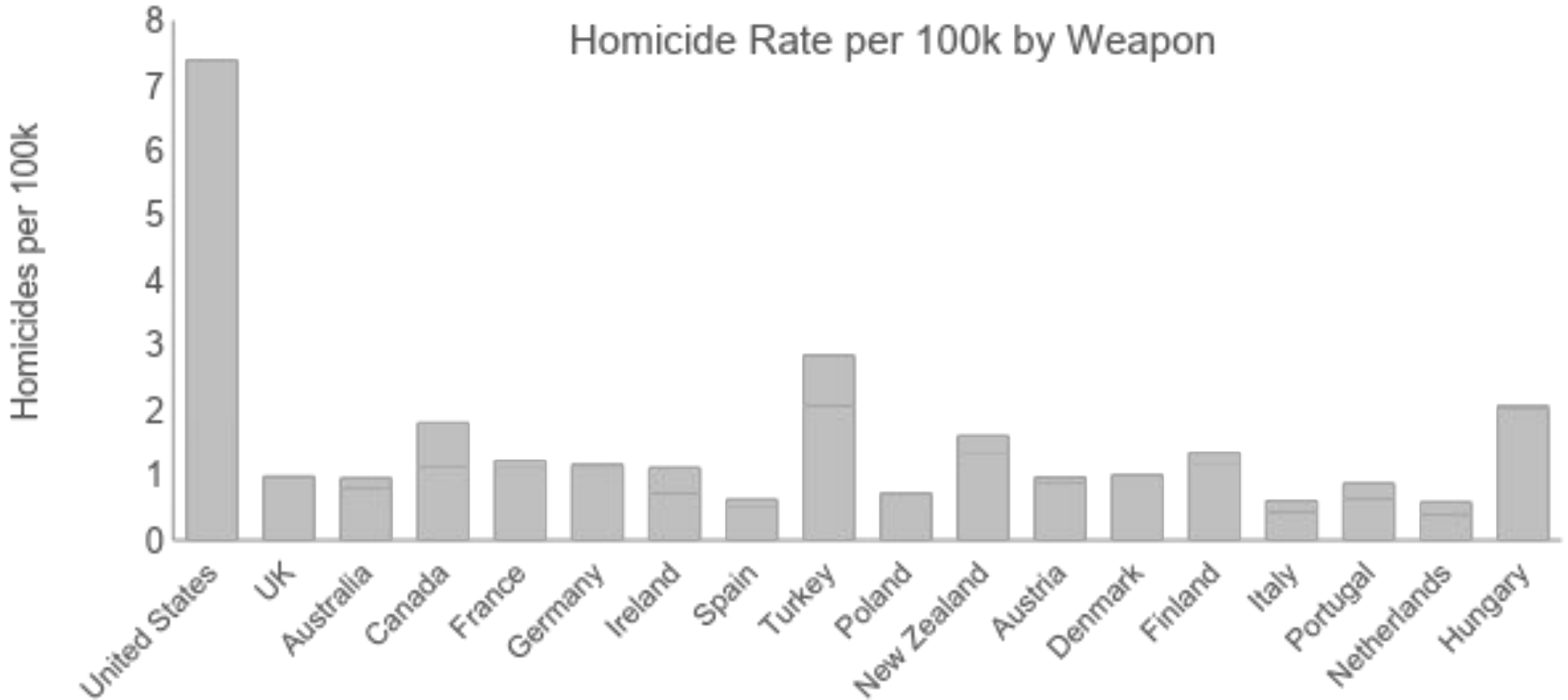




Presentation of the Research

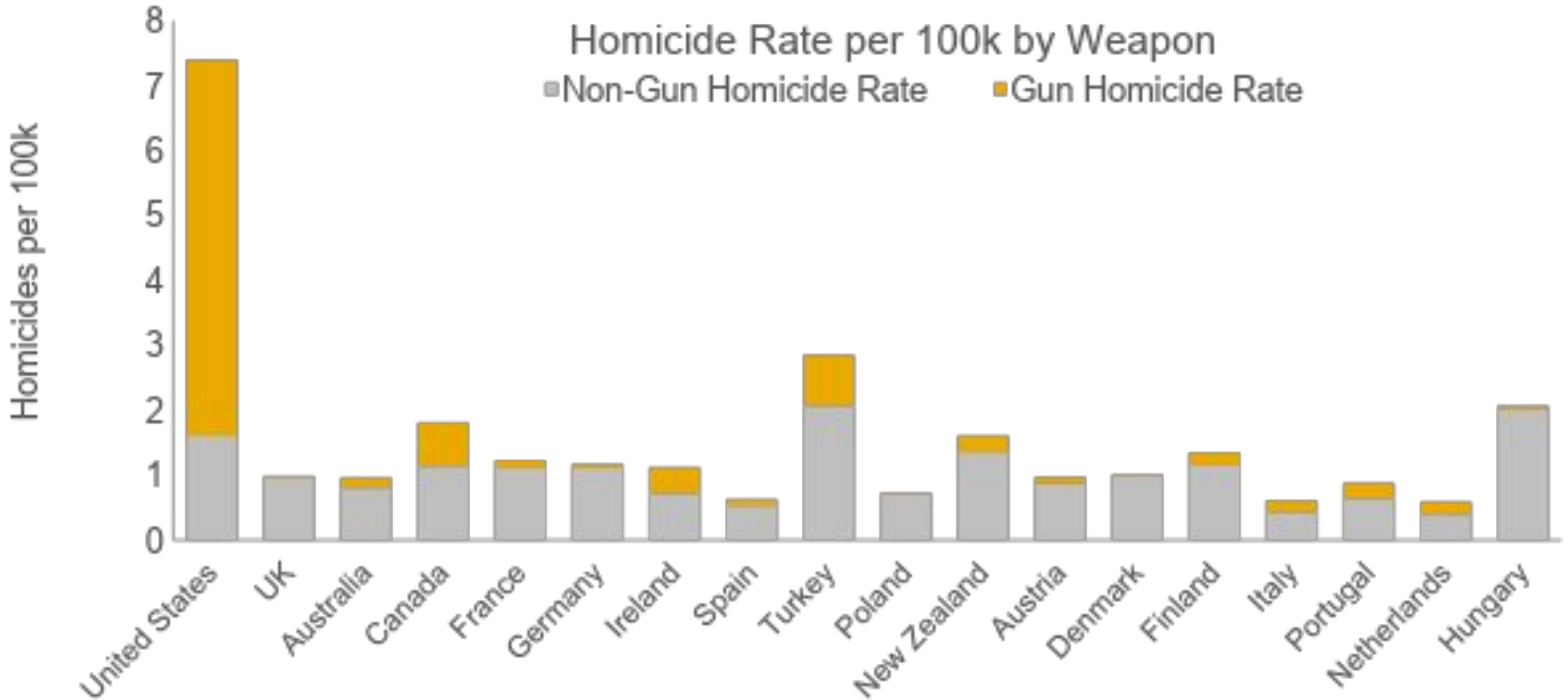
Kim Smith, Director of National Programs and External Engagement, Crime Lab

Our uniquely American Problem



Source: GunPolicy.org

Our uniquely American Problem

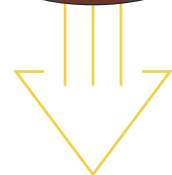


Source: GunPolicy.org

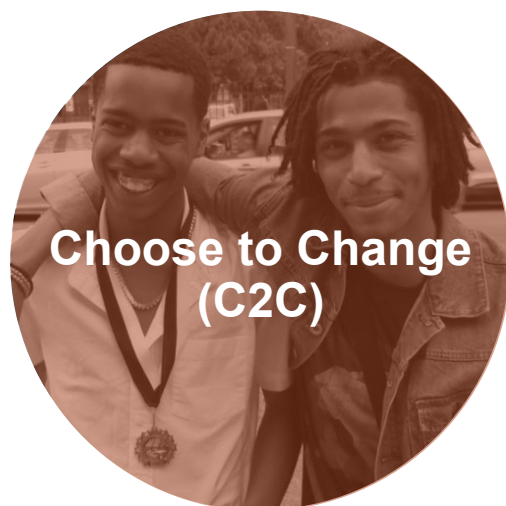
10 minutes

	Becoming a Man (BAM)	Choose to Change® (C2C®)	Cook County Juvenile Temporary Detention Center	READI
Implementing Organization	Youth Guidance; Chicago Public Schools	Brightpoint; Youth Advocate Programs, Inc.; Chicago Public Schools	Northern Illinois Project Safe Neighborhoods (PSN) Task Force	Heartland Alliance
Participant Population	Male 7th-10th graders, CPS elementary and high schools	13 to 18-year-olds at risk of school disengagement and/or violence involvement	Residents held in the Juvenile Temporary Detention Center	Men at the highest risk of shooting or being shot
Intervention Frequency and Duration	Weekly one-hour group sessions; 1-2 school years	16 group therapy sessions over 6 months; 8 hours of mentoring per week	Four 90-minute sessions	Daily sessions; 18 months of programming and 6 months of follow-up support

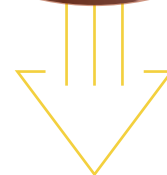
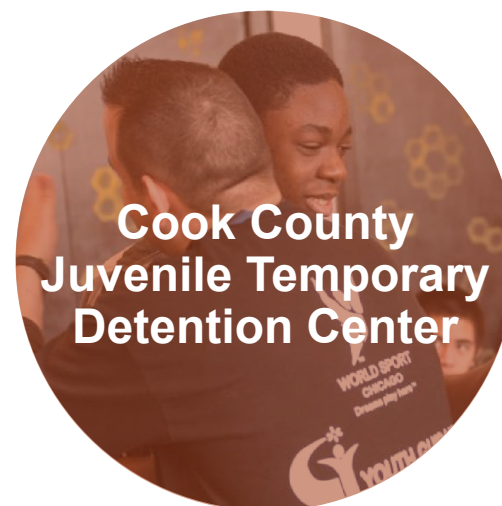
Research finds cognitive behavioral interventions can reduce violence



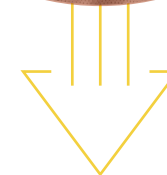
Violent Crime Arrests
-45-50%



Violent Crime Arrests
-48%



JTDC Readmission
-19%



Violent Crime Arrests
-43%



Panel Discussion with Researchers



Research Panelists



Nour Abdul-Razzak
Research Director
UChicago Inclusive
Economy Lab
Affiliate UChicago Crime Lab



Monica Bhatt
Senior Research Director
UChicago Crime Lab



Jonathan Davis
Assistant Professor,
University of Oregon
Affiliate, UChicago Crime Lab



MODERATOR

Kim Smith
Director of National Programs
and External Engagement
UChicago Crime Lab

	Becoming a Man (BAM)	Choose to Change® (C2C®)	Cook County Juvenile Temporary Detention Center	READI
Core Components	Cognitive-behavioral intervention	Mentoring + wraparound services + trauma-informed group therapy	Cognitive-behavioral intervention + Mentoring + discussion of rationale, criminal, and non-criminal consequences	Cognitive-behavioral intervention + jobs
Curriculum	BAM curriculum of 20+ modules developed by Youth Guidance	Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)	Developed by Project Safe Neighborhoods (PSN) Taskforce	Initially, University of Cincinnati Corrections Institute CBI-CA curriculum; Later, “Control+Alt+Delete” READI homegrown curriculum
Staff	BAM counselors	Brightpoint therapists and YAP advocates	PSN Taskforce	READI Chicago outreach workers
Geography	One city (Chicago)	One city (Chicago): South and West sides of Chicago	One city (Chicago)	One city (Chicago)



Panel Discussion with Practitioners

○ Practitioner Panelists



Jadine Chou
Chief of Safety and Security
Chicago Public Schools



Dave Williams
Chief Program Officer
Youth Advocate Programs, Inc.

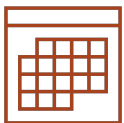


Julie Noobler
Program Director, Mental
Health and Wellness
Brightpoint



MODERATOR
Kim Smith
Director of National Programs
and External Engagement
UChicago Crime Lab

Choose to Change® (C2C®) serves youth who are justice-involved or disconnecting from school



Six-month program

Behavioral health support, relentless engagement, and mentorship



Strong relationships

Staff bring lived experience and compassion to build life-long relationships



Community-based

Youth outreach, intensive mentoring, and tailored supports offered **outside** of school



Trauma-informed

Group cognitive behavioral therapy (CBT) sessions





Choose to Change® (C2C®) Program Guide



Photo by Chicago Public Schools.

This document was created in partnership with the University of Chicago Crime Lab and Education Lab, Youth Advocate Programs, Inc. (YAP)™ and Brightpoint

SEPTEMBER 2024

Session Topics and Adaptations

SESSION 1: Welcome and Introduction

- In the opening session of the SPARCS group, participants are oriented to the purpose and expectations of the group. Groups discuss norms and rules for SPARCS sessions.
- Youth are also introduced to feelings identification activities and coping skills that will be referenced throughout the 16-week intervention. Clinicians work to support youth and youth advocates when they practice these foundational skills in session.

SESSION 2: Stress Trauma and the Body

- Discussion of Stress, Trauma, and the Body
- This session builds the foundation for future discussions on the impact of stress and trauma on the body.
- Safety planning is introduced here for two reasons: 1) to help the participants begin to think about the importance of their own safety, and 2) to help them mindfully (rather than automatically or impulsively) prepare to protect themselves in a number of ways should the need arise.
- Participants may be exposed to material that may stir cognitive, affective, or somatic distress.

SESSION 3: Mindfulness

- Discussion of Emotion Mind, Reasonable Mind, and Wise Mind
- This session introduces the concept of mindfulness. This session builds on earlier skills to help group members be better able to respond when struggling with emotional and behavioral dysregulation. Emotion Mind, Reasonable Mind, and Wise Mind are the three States of Mind that drive our behavior. Emotion Mind represents times during which our actions are driven entirely by our emotions, as opposed to Reasonable Mind, in which behavior is driven solely by reasoned thought. While at times there is a tendency to view emotions as "bad" and reason as "good," Wise Mind represents the combination of the two and requires an integration of emotions, reason, and one's intuition. Wise Mind = Emotion Mind + Reasonable Mind + intuition.

SESSION 4: Mindfulness - Continued

- This session builds on the previous session and contains the core content on mindfulness. It is critical that during each group meeting, clinicians describe reasons mindfulness is important and the ways it can be helpful to group members' daily lives. Leaders should be able to highlight core concepts when conducting mindfulness activities throughout treatment. Clinicians will review skills that explain exactly what to do to be mindful (observe, describe, and fully participate) as well as skills that explain how to do it (don't judge, stay focused, and do what works).

SESSION 5: Distress Tolerance - Distract

- In this session and the next, group members will learn strategies to help them cope in the moment when they are overwhelmed and/or unable to solve the problem right away. Distress tolerance skills are tools for coping with upsetting situations and feelings that cannot be immediately changed.
- Review of the first distress tolerance skill: "distract." Clinician will work with youth to identify examples of this skill and talk about the risks and benefits in these real-life examples.
- Keep in mind that while some traumatized adolescents are adept at distracting, many do so automatically and not mindfully.



Choose to Change® participants at their mentoring group session. Photo by Beking Media.



Closing

Kim Smith, Director of National Programs and External Engagement, Crime Lab



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SCAN TO VISIT
OUR WEBSITE

Reducing Gun Violence, Advancing Justice

THE LATEST



Community Violence Intervention Leadership Academy Graduation of Second Cohort

The Crime Lab hosted the graduation of the second cohort of the CVI Leadership Academy, a program to educate community violence intervention leaders from across America.

NEWS AND EVENTS



New research: Choose to Change* (C2C*)

The Choose to Change* (C2C*) program combines trauma-informed therapy with wraparound supports and aims to reduce youth violence while improving educational outcomes outside of an institutional setting.

PROJECT





Additional Q&A