List of Evidence Based Practices used by Phoenix House:

- **Pathways to Change**
  - Addresses criminality (criminal thinking and criminal behavior)
    - Increases motivation to change
    - Connects criminal activity with substance use problems
    - CBT Based Curriculum
  - Empirical Evidence for Effectiveness:

- **Aggression Replacement Training (ART)**
  - ART addresses angry/aggressive behavior and the thought processes driving the behavior
  - ART has three components
    - Anger Control Training (affect regulation)
    - Moral Reasoning (new cognition patterns)
    - Skill Streaming (new behavior acquisition)
  - ART has been adopted by many Juvenile Justice programs as a major component of treatment
  - Evidence:

- **Seeking Safety**
Developed to deliver integrated treatment to co-occurring PTSD and substance abuse conditions.

- Trauma-focused, Based on CBT
- Focuses on developing coping skills and psychoeducation

**Evidence:**

### Strengthening Families
- Parenting and family strengthening program for high risk families.
- Found to significantly reduce problem behaviors and increase school performance
- Goal: Increasing personal resilience
- Three components (1 hour each)
  - Family Meal
  - Individual Skills training (parents/teens separated)
  - Joint Skills training (families together)

### TCU Mapping
- Designed to help clients visualize problems and solutions more effectively
- Enhances motivation and counselor/client collaboration
- Addresses cognitive distortions and improves communication and relapse prevention skills

**Evidence:**

References:


