

**YLS/CMI™2.0: Attitude/Orientation**

This brief aims to provide information for all Youth Justice staff about what works for young people when addressing assessed need in the Attitude/Orientation domain of the Youth Level of Service/Case Management Inventory (YLS/CMI™) 2.0.

**High need in Attitude/Orientation: What does this mean?**

Attitudes/Orientation is one of the [**Big Four**](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/RNR/Grieger%20and%20Hosser_2013_which-risk-factors-are-really-predictive-an-analysis-of-andrews-and-bonta-s-central-eight-risk.pdf) predictors of reoffending and is also the domain young people have the most internal control over. Young people who have a high need in the Attitude/Orientation domain will often:

* Have attitudes that lead to criminal activity.
* Show hostility towards the justice system.
* Lack remorse/guilt about their offences/victims.
* Invalidate or reject non-criminal activities.
* Reject prosocial support.
* Defy authority.

**How to address high need in Attitude/Orientation?**

**CBT based programs can help young people to change their thinking and behaviour.**

Since the 1980s, pro-criminal Attitudes/Orientations have been addressed through [Cognitive Behavioural Therapy (CBT).](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/Programs/Feindler_2014_CBT%20with%20Juvenile%20Offenders-a%20review%20and%20recommendations%20for%20practice.pdf) CBT works because it targets pro-criminal attitudes that lead to offending. Its effectiveness has been demonstrated in adults, young people, males, females, and those with cognitive disorders. To be effective CBT programs should be:

* **Supported by** [**training and supervision**](https://cyjma.cls.janisoncloud.com/pages/yj-abc-portal_home) which includes opportunities to embed new skills.
* **Delivered** in a way that upholds the integrity of the program where possible (e.g. ART works best when delivered as a group program).
* **Individualised** for young people’s needs (i.e. specific responsivity).
* **Able to teach new skills/cognitions** to [replace less functional thinking patterns.](https://www.sciencedirect.com/science/article/abs/pii/S0047235210002199)

**What else needs to be addressed to facilitate change in Attitudes/Orientation?**

**Services can address causes of antisocial attitudes, specifically the *normalised behaviours*.**

Young people surrounded by criminal behaviours are [more likely to engage in them.](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/Megens%20and%20Weerman_2010_Attitudes%20delinquency%20and%20peers%20the%20role%20of%20social%20norms%20in%20attitude%20behaviour%20inconsistency.pdf) Service responses are [most likely to work well where family are involved and brought along on the](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/Programs/Feindler_2014_CBT%20with%20Juvenile%20Offenders-a%20review%20and%20recommendations%20for%20practice.pdf) [journey](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/Programs/Feindler_2014_CBT%20with%20Juvenile%20Offenders-a%20review%20and%20recommendations%20for%20practice.pdf) (e.g. ICM, [Family Led Decision Making)](https://cyjmaintranet.root.internal/service-delivery/youth-justice/cultural-resources-youth-justice/family-led-decision-making). Addressing these additional factors can enhance the young person’s ability to change their attitudes and behaviours:

* Support for the family to provide a prosocial environment.
* Influence of the young person’s cultural ecosystem.
* Presence of prosocial vs pro-criminal associates.
* [Identifying and addressing criminogenic thinking patterns](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/Tafrate%20et%20al_Criminogenic%20Thinking%20among%20Justice%20involved%20people%20-%20Federal%20Probation%20Article.pdf)
* Involvement and ongoing commitment in prosocial Leisure/Recreational activities.
* For Aboriginal and Torres Strait Islander young people, understanding cultural identity can also support change.



**What if a young person won’t engage in a change-oriented program?**

**Help young people engage by enhancing internal motivation and moving them along the readiness continuum.**

For best outcomes, young people should be motivated to engage in [change-oriented programs**,**](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/Programs/Lipsey,%20et%20l_2010_Improving%20the%20effectiveness%20of%20juvenile%20justice%20programs.pdf) which can prove difficult when their attitudes are what’s being addressed. When planned engagement strategies have been tried, revised/retried, and are still not working, Youth Justice has [statutory authority](https://cyjmaintranet.root.internal/resources/dcsywintranet/policies-procedures/service-delivery/youth-justice/administrative-powers-yja.pdf) to direct supervised young people to engage in programs and services that are likely to reduce their offending. While *voluntary engagement* is preferred, evidence has demonstrated that [*non-voluntary engagement*](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/Trotter,%20et%20al_2020_Strategies%20for%20Work%20with%20Involuntary%20Clients.pdf) can still deliver effective results. Understanding the stages of change and using [Motivational Interviewing](file://///ebus.root.internal/dc/YouthJustice/General/Shared/Youth%20Justice%20Resources/Endnote%20Library%20PDFs/RNR/Tafrate,%20et%20al_2019_Integrating%20Motivational%20Interviewing%20with%20RNR%20based%20practice.pdf) can support young people to be ready to engage in change oriented programs and services (refer to Engagement, Readiness and Motivation Service Response Guide).

**What core programs address high Attitude/Orientation need?**

Youth Justice core programs that address high Attitude/Orientation needs and are designed using a

CBT basis include:

* Changing Habits and Reaching Targets (CHART)
* Re-thinking Our Attitudes towards Driving (ROAD)
* Young, Black and Proud (YBP)
* Black Chicks Talking (BCT)
* Aggression Replacement Training (ART)
* Transition 2 Success (T2S)
* Intensive Case Management (ICM)
* Girls… Moving On (GMO)