



# Lasting Results

**FIVE-YEAR FOLLOW-UP STUDY**

Boys Town Family Home Program<sup>SM</sup>



# Unmatched Care, Life-Changing Results

**Throughout its long and storied history,** Boys Town has always recognized the importance of providing consistent, quality treatment and care for children while being open to innovative ideas and approaches for meeting the changing needs of at-risk youth and families.

At Boys Town, great focus is placed on teaching youth how to take personal responsibility for their actions, practice self-discipline, solve problems and make decisions on their own. The goal is to better prepare youth to make positive choices after they leave Boys Town, and whenever possible, bring youngsters and their families back together, where they belong.

Young people come to Boys Town battling combinations of serious emotional, social, academic and behavioral problems. Having failed in foster homes, schools and other programs, they face issues that are far more challenging than those of the average American youngster.

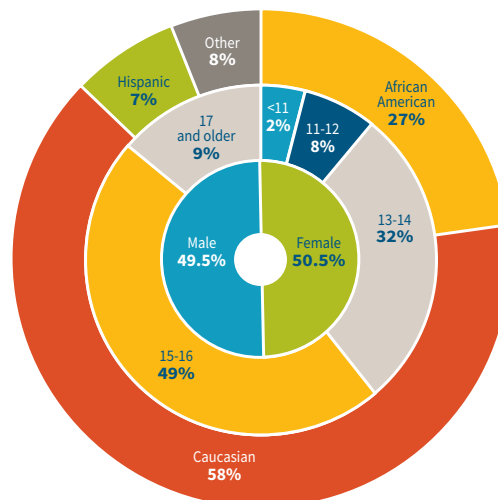
We understand that in order to help these young people overcome their problems and become productive citizens, we must provide them with a healthy, safe, family environment where they can learn and grow.

At Boys Town, family-style living in a safe community with a focus on education and physical and spiritual growth are essential elements. Many youngsters improve in their problem areas because they feel like they belong, and can participate in the kinds of positive activities that should be a part of every child's life.

The most important measure of our success when youth leave Boys Town's residential program is how they fare as productive members of society.

## Our Youth

ADMISSION AGE, RACE AND GENDER OF FIVE-YEAR FOLLOW-UP STUDY PARTICIPANTS



Average age of youth completing the Five-Year Follow-Up Survey = 21.5

# Research Documents Long-Term Success

**Conducting research is a major hallmark of Boys Town.** Through research, we measure the effectiveness of the treatment we provide children, determine what's working and decide when changes are necessary to improve outcomes.

The Boys Town Child and Family Translational Research Center® completed a Five-Year Follow-Up Study to measure the effectiveness of our Family Home Program. The study drew on responses from nearly 200 former Boys Town youth who had departed the program. We especially wanted to know how these young adults were doing compared to other young people in the United States who were similar in age, gender and ethnicity. The respondents included youth from Family Homes at Boys Town sites around the country.

## Six Key Content Areas

The average age of the respondents in the study was 21 years. We surveyed them about six key content areas to measure their continuing progress:

- » Living Environment
- » Family, Relationships and Social Supports
- » Religion, Health and Well-Being
- » Crime and Legal System
- » Substance Use
- » Education, Employment and Income



The study's results show that youth who completed our Family Home Program are, as young adults, much like others in their age group across the country.

In several significant categories that define good citizenship and being a productive member of society, former Boys Town residents match or exceed the national norms. Most importantly, these findings indicate that our former kids were empowered to maintain significant and lasting change in their lives long after they left Boys Town.



## Family Home Program

The Boys Town Family Home Program<sup>SM</sup> provides a family for children, ages 10 to 18, who can't live in their own homes. Six to eight boys or girls live in each single-family home with a married couple called Family-Teachers®. Many of these children have serious emotional and behavioral problems. Family-Teachers and their assistants provide compassionate, effective treatment while meeting the daily needs of each child. The ultimate goal is to reunify children with their families, whenever possible.



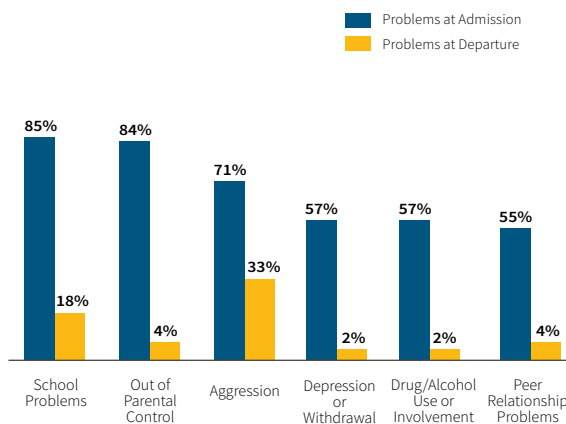
Despite facing seemingly overwhelming obstacles, youth show remarkable resiliency and progress in our programs, and their success carries over into life after Boys Town.

**The significant progress our youth make during their time in our residential program is the true measure of the effectiveness of our treatment.**

From admission to departure, the percentages of youth who suffer from school problems, aggression, being out of parental control and depression or withdrawal decrease drastically.

## Youth Problems Decrease

FORMER BOYS TOWN YOUTH WHO COMPLETED PROGRAM



Additional serious problems youth are commonly experiencing at the time of admission:

- >> 71% have been physically and/or sexually abused, neglected or abandoned.
- >> 63% were diagnosed with a mental health concern.

Of these, 38% were diagnosed with disruptive behavior disorder, 16% were diagnosed with anxiety disorder and 9% were diagnosed with depressive disorder.



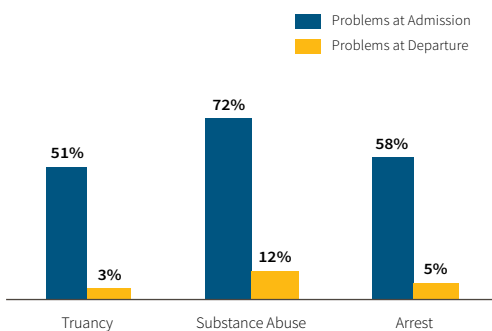
# Boys Town Youth Become Good Citizens

**The most important measure of our success when youth leave Boys Town programs is how they fare as productive members of society.**

Across a variety of dimensions, we find that our youth exemplify good citizenship by continuing their education or getting a job, developing strong family and marital relationships, maintaining good physical and mental health, and serving in the military, avoiding involvement in criminal activity and practicing moral and spiritual values.

## Delinquency, Before and After

FORMER BOYS TOWN YOUTH WHO COMPLETED PROGRAM



Many of the children who are placed in the Boys Town Family Home Program<sup>SM</sup> come from the juvenile court system. Some have been on probation or have spent time in jail or detention for serious criminal charges like assault, theft and drug possession.

Juvenile court judges often send youngsters to Boys Town as an alternative to incarceration.

Part of the progress youth make is due to our ecological approach to treatment, where many different influences in a child's environment play a role in developing the most effective treatment plan. These influences include the child, his or her family, peers, school, and the neighborhood or community. By identifying and working with a youth's strengths, weaknesses, skill deficits and needs, caregivers help the child make real progress toward healing.

At Boys Town, we teach kids how to meet their tough problems — problems that can ruin lives — head-on, and help them find within themselves the strength to overcome these challenges.



Many different influences in a child's environment play a role in developing the most effective treatment plan.



# Success Measured on Many Fronts

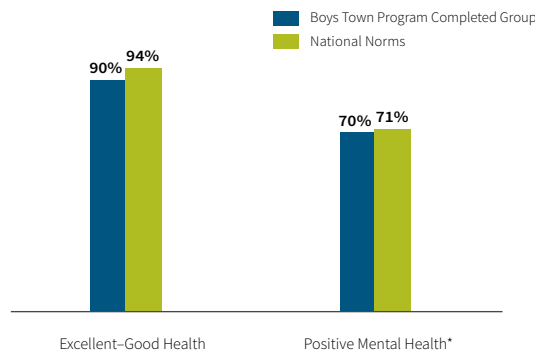
**For the youth who complete our Family Home Program,** using what they've learned at Boys Town is the ongoing test of whether new skills and problem-solving strategies have become a permanent part of their lives.

The graphs from the Five-Year Follow-Up Study illustrate how former Boys Town youth compare with national norms in areas that reflect good citizenship, good character and healthy relationships. These comparisons provide proof of the transformation youth experience in our program and how they are empowered to make better decisions as young adults. The tremendous progress troubled youth make while in our Family Homes, and the strides they continue to make after they leave, are a credit to the effectiveness of the program.

At Boys Town, great focus is placed on teaching youth how to take personal responsibility for their actions.

## Well-Being

5 YEARS AFTER DEPARTURE

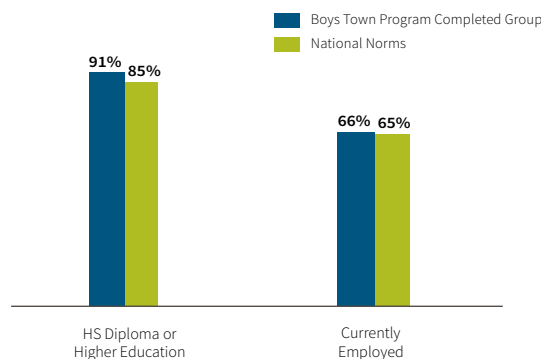


Also, more than 92% of the former youth surveyed are living on their own in a house, apartment, dorm or military facility (service personnel), or are living in the home of a parent or relative.

\* Positive Mental Health: been depressed, nervous, sad, hopeless some of the time or none of the time.

## Education and Employment

5 YEARS AFTER DEPARTURE

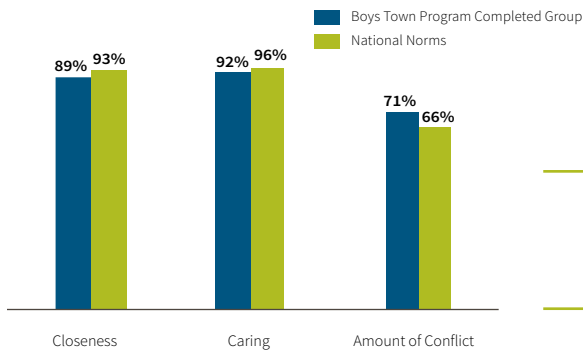


At admission, 53% of youth were not attending school regularly and 85% were having school difficulties (attendance, behavior, learning/academic).

Three months after departure, 97% were attending school regularly or had graduated.

# Spouse/Partner Relationships

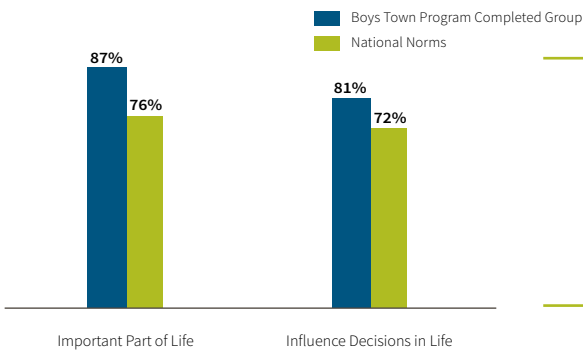
5 YEARS AFTER DEPARTURE



Nearly 76% of former youth surveyed reported no physical arguments in their spouse/partner relationships.

# Religious Beliefs

5 YEARS AFTER DEPARTURE



Helping youth build a strong spiritual foundation in their lives is an essential part of treatment at Boys Town.

Youth are encouraged to attend church services and contribute their time and money to charitable causes.



The goal is to better prepare youth to make positive choices after they leave Boys Town.

**For many youth, care and treatment in Boys Town’s residential program is just one step on the road to healing.** The problems youth bring with them are complex and confusing, and there is no “cure-all” way to solve them. The antisocial behavior many of our youth relied upon in the past to get what they wanted or to simply shut out the world often seriously damaged relationships with family members and friends. How effective they have been in mending those relationships and in preparing themselves to take the next step usually determines where they go when they leave our program. Most youth return to their parents’ home or a relative’s home, or live independently. Other youth remain in out-of-home placements, often at a lower level of care.

Where youth go after departure from our program is a good indicator of how far they have come. No matter where they go – back home, to work or school, into the military – they don’t go alone. Boys Town continues to provide support and assistance through its aftercare services. This program’s staff members help youth with career and financial planning, scholarship assistance, finding jobs and housing, and in other areas related to making a smooth transition to living on their own.

# Boys Town Child and Family Translational Research Center

**Located in the Village of Boys Town, Nebraska,** the Center conducts and disseminates applied research and provides clinical data support to promote Boys Town's Mission and advance knowledge and practice in child and family science.

Our goals include guiding the development, evaluation and implementation of evidence-based interventions for preventing and reducing social and behavioral problems in children and families, as well as promoting their positive development on a large scale to promote public health.

Embedded within partnerships between researchers and practitioners, translational research draws from and informs practice. It involves multiple research activities, including basic research and the development, evaluation and scale-up of evidence-based interventions, for the benefit of children and families.

This work is enhanced through research partnerships with university-based scientists who are doing similar and significant work in these areas. The Center's major partnership is with the University of Nebraska–Lincoln, and it also collaborates with a panel of prominent scientists who provide strategic advice about research methods and priorities.

## Child and Family Translational Research Center values:

- » Integrity
- » Generativity
- » Diversity
- » Quality
- » Novelty
- » Proactivity

In order to disseminate its research findings, the Center offers an Applied Research Bibliography, that includes an annotated listing of published research papers and reports regarding the majority of research conducted at Boys Town since 1990.

For more information about the Boys Town Child and Family Translational Research Center®, please contact:

**Patrick Tyler, Ph.D., LIMHP, LPC; Senior Director**

14015 Flanagan Blvd. Apt 202, Boys Town, NE 68010  
531 355-1222 | Patrick.Tyler@boystown.org

[boystown.org/trc](http://boystown.org/trc)



## Today's Boys Town

Boys Town has been a national leader in the care of children and families since its founding more than 100 years ago by Father Edward Flanagan.

As one of the largest child and family care organizations in the country, Boys Town offers a broad spectrum of services through our Continuum. We also provide health and medical care and conduct research through Boys Town National Research Hospital®.

In addition to the Village of Boys Town, Nebraska, our national headquarters, we have a network of affiliate sites nationwide that offer Continuum services.

Each year, Boys Town youth, family, community and health care programs touch the lives of more than 2 million people across the United States.