

Best Bets in the Philippines:

Cognitive Behavioral Therapy to Reduce Crime

MAY 5, 2024 | 3:00 PM PHILIPPINES / 7:00 AM GMT | MICROSOFT TEAMS

Teams Webinar Reminders

- This Teams webinar is being recorded and will be available on the IPA website.
- Webinar participants' audio is automatically muted and video function is disabled upon entering Teams.
- If you have any questions for the speakers, please open the **Q&A** in Teams and send in your question.
- During the Q&A portion, the Moderator will read your question aloud.

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Welcoming Remarks

Tara Marwah

Senior Policy & Project Development Manager
IPA Philippines



Rebecca Ballesteros

Moderator

Chief of Policy and Research
Juvenile Justice and Welfare Council (JJWC)

Introductions



Ricardo Morel
Innovations for Poverty Action



Kristiane Romero
Department of Social
Welfare and Development



Lani Bayron-Llanes
A Child's Trust Is Ours To
Nurture (ACTION), Inc



England Danne Castro
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Best Bets and CBT to Reduce Crime

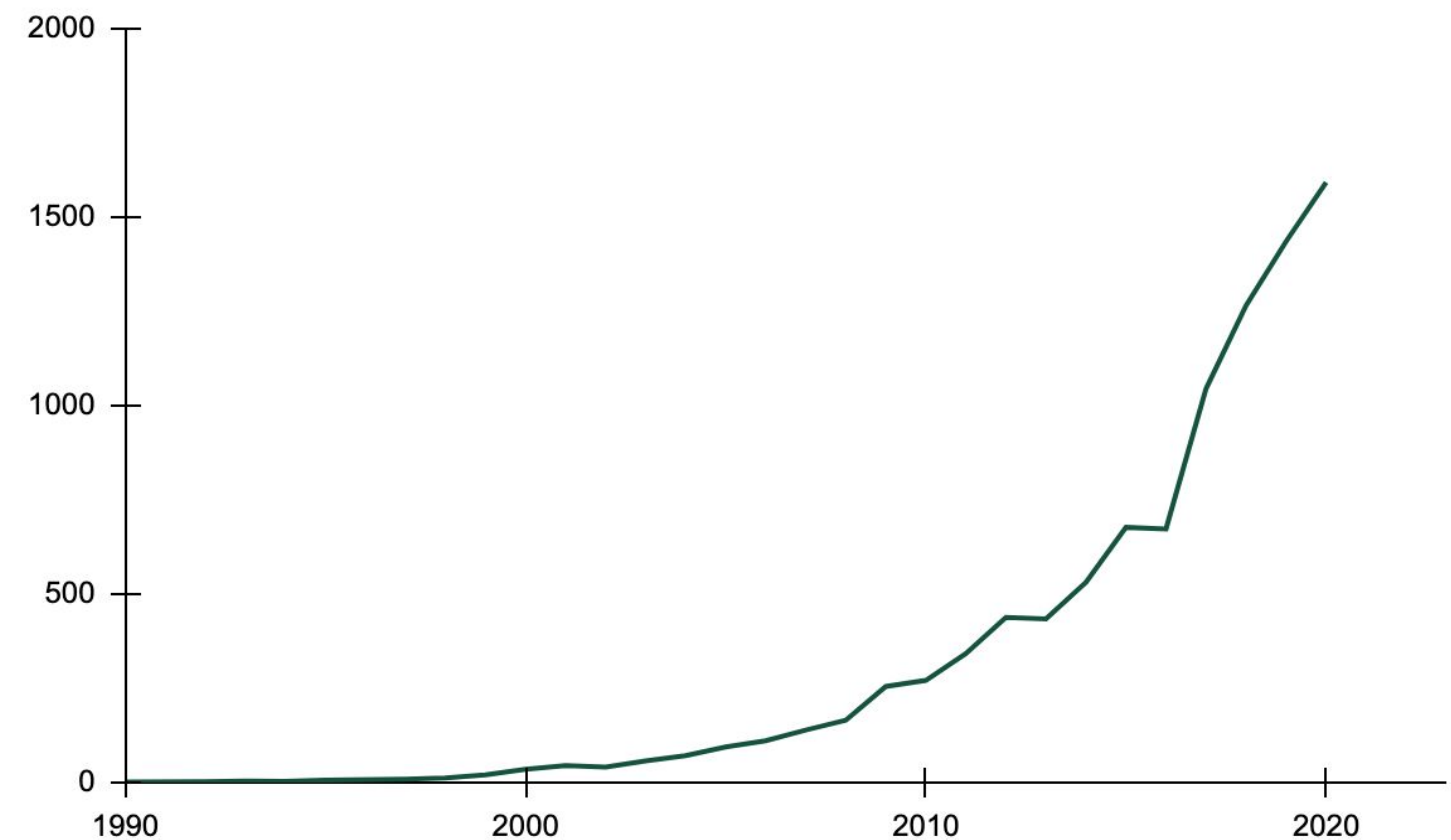
Ricardo Morel

Program Director, Peace and Recovery
Innovations for Poverty Action

We've witnessed
a large **increase** in
the generation of
evidence



Number of Impact Evaluations Published by Year



Source: 3ie Development Evidence Portal

Yet, the number of evidence-based programs operating at scale remains small



Established Innovations



Malaria bed nets



**Graduation
Approach**



**Teaching at the
Right Level (TaRL)**



**Cash transfers
and Universal
Basic Income**



But how do we **identify the innovations** that can successfully improve lives at scale?



Innovations **aiming to make a positive impact** on people's lives

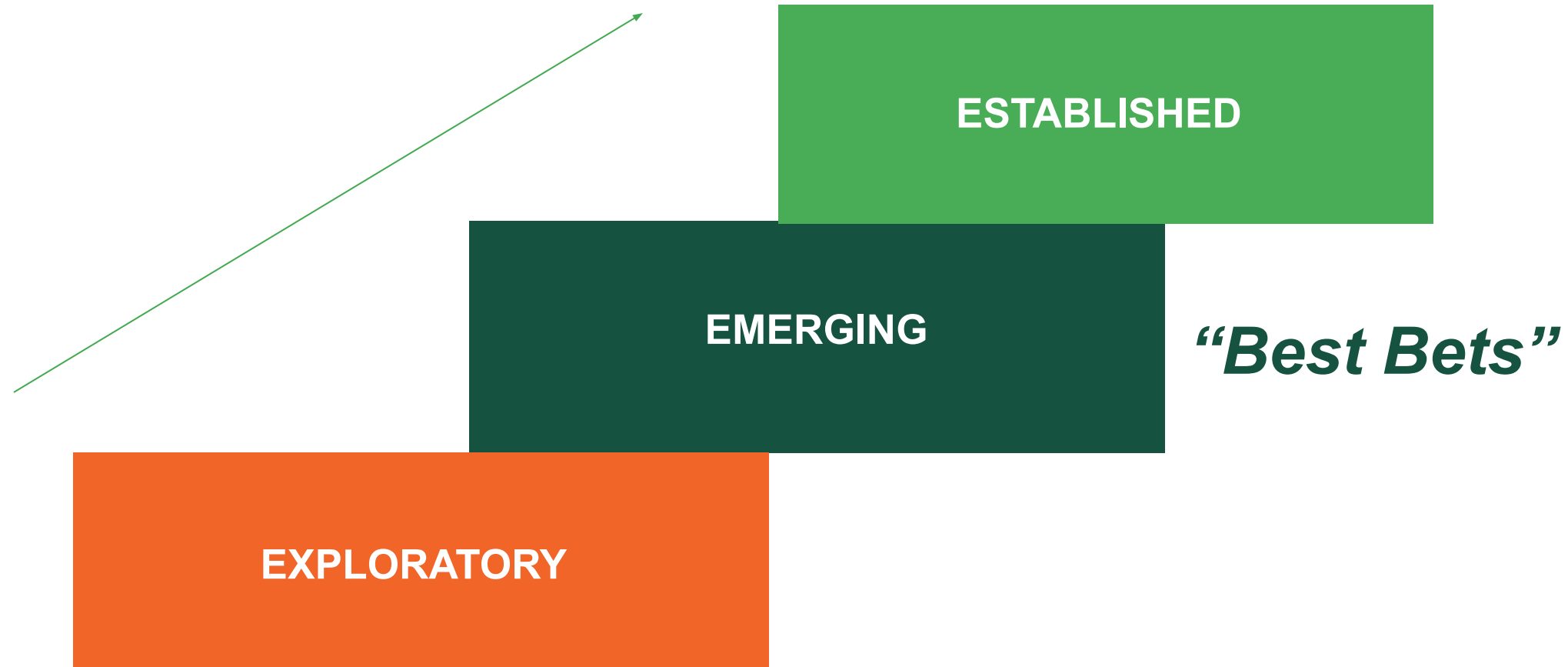


Established Innovations that have **proven successful** at improving lives and can operate in real-world settings

Emerging Innovations are our *best bets* for future opportunities for impact at scale



Innovations' path to scale



Best Bets hold the most promise for making an impact at scale...



Strong evidence



Big impact



Low-cost



Simple to implement



Committed partnerships

... but additional research and policy development is still needed



Cost-benefit

Lowering costs
Optimizing the intervention



Delivery

Standardization
Simplification for Governments
Targeting
Digital delivery



Impact

Validity in other contexts
Indirect effects
Variations within target population
Long-term impacts

Our 14 Best Bets



Health & Nutrition



Small-quantity lipid-based nutrient supplements (**SQ-LNS**) to treat **malnutrition**



Mobile phone **reminders** for routine childhood **vaccines**



Social signaling for routine childhood **vaccines**

Education & Early Childhood Development



Teacher coaching to improve **student learning**



Responsive care to promote **early childhood development**.



Childcare for women's **economic empowerment** and **child development**

Intimate Partner Violence



Couples' counseling to reduce intimate partner violence



Edutainment to change **attitudes and behavior**

Entrepreneurship & Private Sector Development



Consulting services to support small and medium **businesses**



Soft-skills training to boost **business profits** and sales

Social Protection/Livelihoods



Livelihoods for Adolescents (**ELA**) to promote **girls' empowerment** and health

Financial Inclusion



Digital payments to improve **financial health**

Climate & environment



Payment for ecosystem services to **protect the environment**

Crime & Violence



Cognitive behavioral therapy (**CBT**) to reduce **crime**



Cognitive Behavioral Therapy to Reduce Crime



- A **short-term, pragmatic form of psychotherapy** that prompts people to think differently about and change their behavior.
- **Standalone intervention** and **also a component of bundled interventions**, such as cash transfers and math tutoring in schools.
- **Cost is moderate**; evidence suggests that the program's benefits may have outweighed the costs by **up to 20 times**



Existing Evidence on Impact

Program	Location	Target Pop	Key Intervention Details	Results
BAM	Chicago, USA	Male 7th-10th grade students (average age 15-16)	<ul style="list-style-type: none">- Weekly 1 hr group sessions during school hours for 1-2 school years- Facilitated by college-educated, young men	<ul style="list-style-type: none">↓ in arrests during program (but did not persist)↑ in graduation rates
JTDC	Chicago, USA	Males aged 16 on average	<ul style="list-style-type: none">- Twice daily sessions for 3-4 weeks- Facilitated by detention center staff	<ul style="list-style-type: none">↓ in readmissions*persisted for 18 mo.
READI	Chicago, USA	Males at highest risk of gun violence	<ul style="list-style-type: none">- 200 hrs of CBT programming over 1 year and paid transitional jobs- Wrap-around services	<ul style="list-style-type: none">↓ in arrests & victimization for shootings & homicide among men referred by outreach workersNo change in “severe violence”

Existing Evidence on Impact

Program	Location	Target Pop	Key Intervention Details	Results
STYL	Monrovia, Liberia	Male youths aged 25 on average	<ul style="list-style-type: none"> - 4-hour long group sessions 3x per week for 8 weeks; facilitated by graduates of similar program - \$200 UCT* (for some) 	<ul style="list-style-type: none"> ↓ in aggressive & criminal behavior ↓ in self-reported crimes *Persisted for 10 years
Community Schools	El Salvador	Male & female students ages 10-16	<ul style="list-style-type: none"> - 2x weekly 1.5 hr group sessions over 7 months; facilitated by volunteers - After school program + club activities 	<ul style="list-style-type: none"> ↓ in delinquent acts and violent behavior ↓ in absenteeism ↑ in test scores

Emerging Insights: What we know so far



Targeting is essential.

- Strongest impacts observed among the most antisocial participants (SYEP, STYL, READI).

Timing and facilitation are key to program success, anecdotal evidence suggests, e.g.

- Implementation during the school day for youth program
- Use of modestly trained, relatable, and approachable facilitators to lead sessions

Pairing with other program components may strengthen outcomes.

- Therapy may be especially impactful in combination with economic assistance, including but not limited to cash transfers (STYL).

Pilot before implementing full evaluation.

Notable possible reasons for low take-up in school settings include: program stigmatization, timing, and lack of incentives for participation (voluntary programs) [Avitabile et al., 2019](#)

Emerging Insights: What we know so far



Targeting is
crucial

Timing and
facilitation are crucial

Pairing with other
program components
can work well.

Pilot before roll-out

Understand (and
counter) low take-up

Research Gaps: What we'd like to learn



Understanding mechanisms: Given CBT-based curricula may take many forms, is CBT as a comprehensive approach driving its effects? Or are individual components (e.g. mentorship, group dialogue, individual therapy, etc.) responsible for the observed behavioral changes?

Improving program delivery: What level of supervision is needed to achieve program impact (i.e. delivery by clinical psychologists vs. locally trained facilitators)? What strategies are effective for engaging and retaining participants over time?

Varying the intensity and duration: What is the optimal frequency and intensity of CBT programs for achieving desired results?

Expanding measurement: What are the spillover effects of CBT exposure to the broader community? What are the long-term effects of exposure to CBT interventions?

Comparing to other interventions: How does CBT compare to other, lighter touch psychosocial interventions (e.g. mindfulness)? What complementary interventions may amplify the impacts of CBT and how?

Research Gaps: What we'd like to learn



Understand
underlying
mechanisms

Improve program
delivery

Varying intensity and
duration

Expand
measurement

Compare to other
innovations

CBT: Ongoing research & replication



Honduras: Moving youth away from the market for crime in Honduras (Chioda, Feigenberg, & Holmlund)

Mexico: Does cognitive behavioral therapy influence police officer behavior? (Canales & Santini)

Sierra Leone: Integrating cognitive behavioral therapy-based interventions and employment programs for youth in Sierra Leone (Betancourt, Akram, and Siddiqi)

South Africa: Adapting cognitive behavioral therapy curricula to tackle violence in Western Cape schools (Jamison)

Tanzania: Preventing violence against children in refugee-camp schools (Devries et al.)

Brazil: Can cognitive behavioral therapy reduce crime among at-risk youth in Rio Grande do Sul, Brazil? (Camargo et al.)

The Best Bets report is a call to action for implementers, researchers and funders



Implementers



Apply best bets to tackle global issues effectively and participate in research to strengthen them

Funders



Invest in resolving remaining questions and in scaling of successful interventions

Researchers



Address questions relevant to partners for at-scale implementation

Impact the lives of people living in poverty in a cost-effective way at scale

Commentary Segment

Applicability of CBT Interventions in the Philippines, Opportunities, and Challenges

Discussants



Kristiane Loyola Romero, RsW

Social Welfare Officer IV
Social Technology Bureau

Department of Social Welfare and Development

Discussant



England Danne Castro

Psychologist and Psychometrician
Ateneo de Manila University

Discussant



Lani Bayron-Llanes

Executive Director
A Child's Trust Is Ours To Nurture (ACTION), Inc.

Discussant

Synthesis



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Q&A



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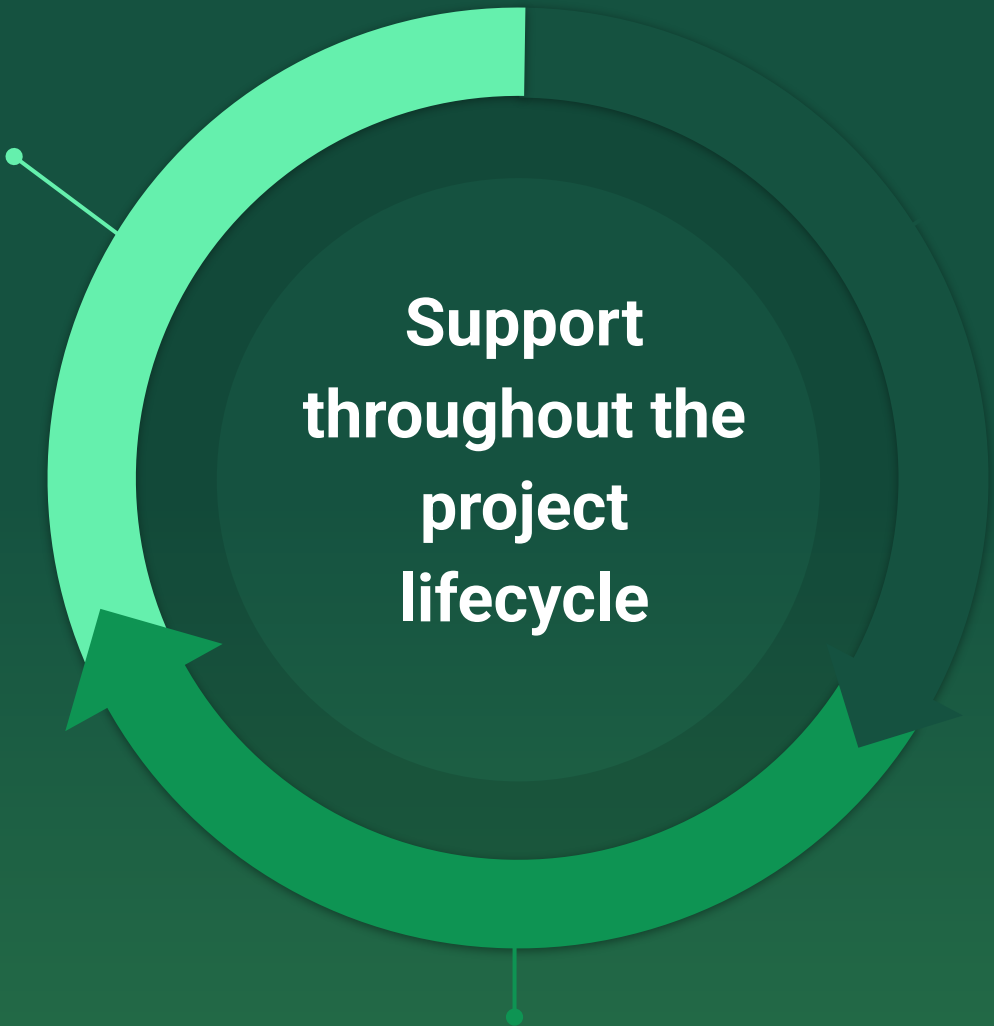
IPA Philippines Project Development Efforts

Tara Marwah

Senior Policy & Project Development Manager
IPA Philippines

Project Development

Project Implementation



Project Dissemination

IPA's approach



IPA works with

Academics

Service Providers

Government

Funders



Google Form: Participation Certificate

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tinyurl.com/BestBetsCBT

Maraming salamat!