



How should social scientists think about the STYL program?

Why should CBT shape such deeply rooted and high-stakes behavior?

1. Fostering skills of “self-control”

- Learning to plan
 - Break down large goals into smaller concrete sub-goals
 - Feed your family for next week
 - Set personal goals (e.g. a garden)
 - Plan a business activity
- Reducing automatic behaviors, especially anger
 - Practice nonaggressive responses to angry confrontations in class
 - Techniques to calm oneself



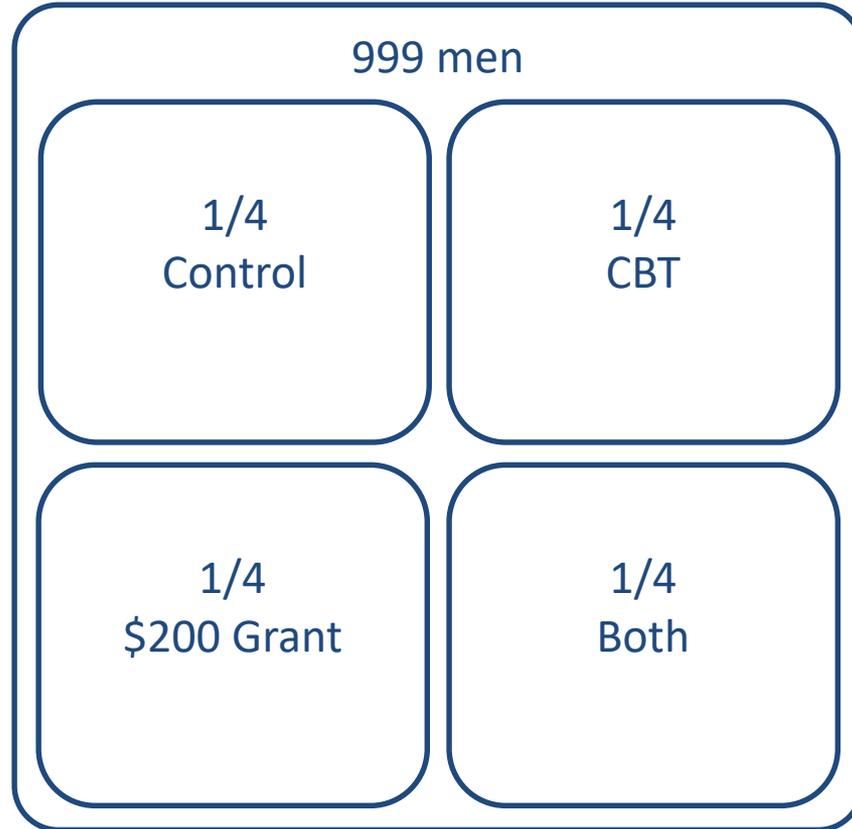
2. Changing self-image & values

- Get men to think of themselves not as outcasts but normal members of society
- They know what constitutes acceptable behavior, but doesn't apply to their social category
- Try new image on for size:
 - Appearance change
 - Home cleanliness
 - Exposure (banks, supermarkets)
- Success positively reinforced, failures and setbacks processed

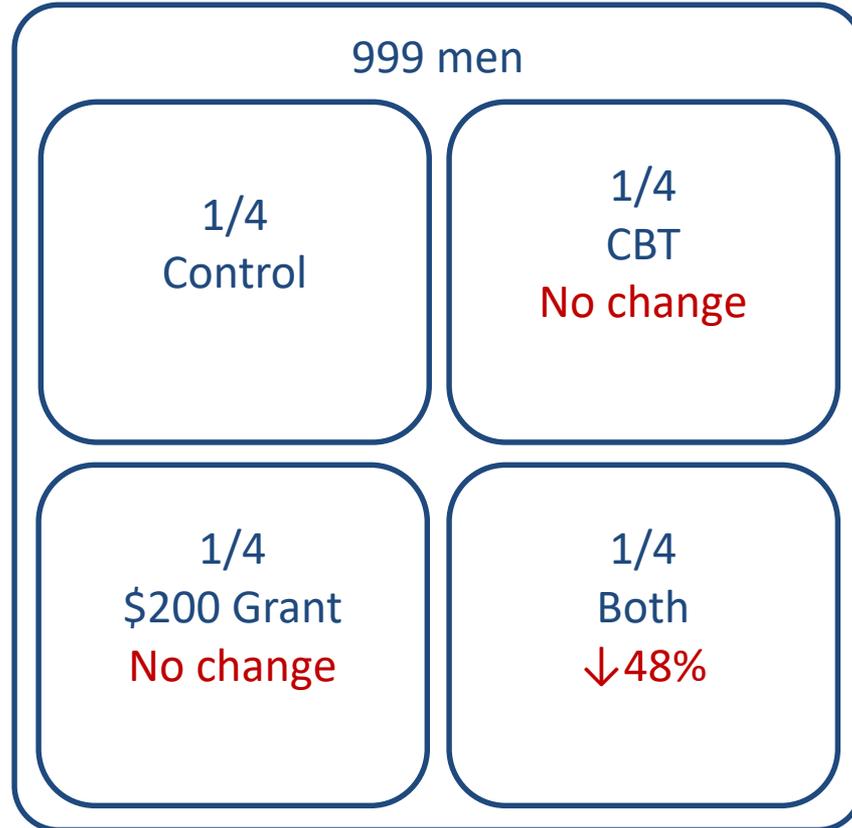


We evaluated two interventions

~\$200 each to implement, plus \$100 administration costs



What happened to violence & antisocial behavior after 1 year?



Why were CBT+Cash impacts larger and more sustained?

- Cash as extended practice
 - Therapy started people down the righteous path, cash helped stay on it
 - Parallels to “booster sessions” in CBT (Lochman 1992)
- Short term economic success:
 - Positively reinforced therapy’s lessons
 - Bought graduates time to practice, consolidate new behaviors
 - Reinforced community members new perception of the men
 - Helped survive shocks



Implication: Character and violence is malleable among adults

Similar program impacts can be seen in Chicago high schools and correctional institutes (Heller et al. 2017)

STYL targeted older and riskier subjects, with non-professional staff



Some general lessons

- Targeting highest-risk offenders is extraordinarily expensive, complex, and challenging, but possible
- Most of the violence is concentrated in this segment of the population, so it is essential to target
- Economic assistance seem to be an important attraction for program participation, though many participants say they “stay for the CBT”
- Employment may also be an important opportunity for practicing CBT lessons
- But there are no magic solutions
 - Remains to be seen if approach works with most violent offenders in Chicago