



OUR APPROACH

Adolescent Portable Therapy (APT) is a flexible in-community family therapy model for justice-involved youth age 12–24 and their families. Established by the Vera Institute of Justice in 2001 and adopted by CASES in 2014, APT is designed to help young people address current challenges and avoid future justice involvement.

APT clinicians carry small caseloads of six families so that they can tailor services to the unique needs and strengths of each young person and his or her family. The APT model focuses on identifying, reinforcing, and leveraging a family's existing strengths and assets to create buy-in and a willingness to learn new relational skills and begin to address challenges.

APT is a short-term intervention, with services typically lasting 4-6 months. Referred youth have been identified as having a need for substance use and/or mental health services that puts them at risk for violating the requirements of their alternative sanction and/or becoming involved in further delinquency. Participation in the program requires the voluntary assent of both the young person and his or her family.

The mission of CASES is to increase public safety through innovative services that reduce crime and incarceration, improve behavioral health, promote recovery and rehabilitation, and create opportunities for success in the community.

CASES 



For more information, please contact:

Adolescent Portable Therapy

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3rd Floor
Brooklyn, NY 11201
(646) 937-1109

To make a referral, email:

apt@cases.org

CASES 

**ADOLESCENT
PORTABLE
THERAPY**

PROGRAM SERVICES

- Clinical assessment and individual treatment planning
- Individual cognitive behavioral therapy (CBT) sessions for the participating young person to address problem behaviors
- Caregiver/family sessions
- Weekly telephone contacts to the family to support goal achievement
- Crisis intervention as needed
- Guidance to youth and family/caregivers on navigating the justice, education, and behavioral health systems
- Support for the young person's ongoing engagement in developmentally-appropriate, positive activities

REFERRALS

Youth age 12–24 from any of the five boroughs with justice-involvement are eligible for APT, including youth in alternative-to-incarceration (ATI) programming or on probation. CASES accepts referrals primarily from two sources: the Court Employment Project, an ATI for youth facing felony charges, and probation officers. To make a referral or for more information, contact apt@cases.org.

PROGRAM GOALS

The goal of APT is to reduce behaviors that put a young person at higher risk of violating the requirements of their alternative sanction or probation supervision. It aims specifically to help participants:

- Avoid substance use
- Identify and address any mental health concerns
- Strengthen family functioning
- Engage in positive social activities, including work and education
- Address any beliefs and behaviors that increase the likelihood of a young person becoming more deeply involved in the criminal justice system



CASES' behavioral health services have received national recognition, including the American Psychiatric Association's Significant Achievement Award and the American Probation and Parole Association's President's Award.



OUTCOMES

CASES assumed operation of APT in fall 2014. In FY 2016, the program served 52 youth and families, with 81% of participating youth successfully completing APT. Among all participants at exit (including both successful and unsuccessful exits), APT youth achieved the following:

