<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Post</th>
<th>Source</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/18/2019</td>
<td>Lasting Results from Boys Town's Family Home Program</td>
<td>A five-year follow-up study of former Family Home Program youth found that as youth enter young adulthood, they are functioning similarly to their peers in the national population in terms of high school graduation, employment, mental health and having a social support system.</td>
<td>Ringle, J. L., Ingram, S. D., &amp; Thompson, R. W. (2010). The association between length of stay in residential care and educational achievement: Results from 5- and 16-year follow-up studies. <em>Children and Youth Services Review, 32</em>(7), 974-980.</td>
<td></td>
</tr>
<tr>
<td>2/1/2019</td>
<td>Boys Town Family Home Program Helps Youth Across the USA</td>
<td>Did you know, over the past 20 years, the Family Home Program in Boys Town, Nebraska has helped youth from almost all 50 states and seven different countries? This year alone we have kids from more than half of the US states on campus.</td>
<td>Boys Town National Database</td>
<td></td>
</tr>
<tr>
<td>2/15/2019</td>
<td>Boys Town Promotes Kids Helping Kids</td>
<td>Boys Town promotes kids helping kids. We found that positive peer influence was 3 times greater than negative peer influence and related to fewer problem behaviors at Boys Town.</td>
<td>Huefner, J. C., Smith, G. L., &amp; Stevens, A. L. (2018). Positive and negative peer influence in residential care. <em>Journal of Abnormal Child Psychology, 46</em>(6), 1161-1169.</td>
<td></td>
</tr>
<tr>
<td>3/1/2019</td>
<td>Teacher Praise has a Positive Impact on Students</td>
<td>A recent study of Boys Town’s Well Managed Schools Program showed significant improvements in teacher use of praise with students, which has been associated with greater academic engagement and fewer suspensions. How can teachers and parents praise a child in 3 simple steps?</td>
<td>Oliver, R. M., Lambert, M. C., &amp; Mason, W. A. (2019). A pilot study for improving classroom systems within schoolwide positive behavior support. <em>Journal of Emotional and Behavioral Disorders, 27</em>(1), 25-36.</td>
<td>How to praise effectively</td>
</tr>
<tr>
<td>Date:</td>
<td>3/8/2019</td>
<td>Title:</td>
<td>Reducing Psychotropic Medication Usage for Boys Town Youth</td>
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<tr>
<td>Post:</td>
<td>A study of youth in the Boys Town Residential Treatment Center indicated they had a 46% reduction in psychotropic medication usage and simultaneously had significant decreases in problem behaviors.</td>
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<tr>
<td>Video:</td>
<td>Learn more about medically-directed care at the Boys Town Residential Treatment Center</td>
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<table>
<thead>
<tr>
<th>Date:</th>
<th>3/22/2019</th>
<th>Title:</th>
<th>Quality Relationships and Positive Interactions are Key to Helping Youth in the Family Home Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post:</td>
<td>A study of our Family Home Program found quality relationships with staff and high percentages of positive teaching interactions were key to significant reductions in youth emotional and behavioral problems after 6 months. What are the elements of this effective model of care?</td>
<td></td>
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<tr>
<td>Image:</td>
<td>Family Home Program Elements</td>
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<table>
<thead>
<tr>
<th>Date:</th>
<th>3/29/2019</th>
<th>Title:</th>
<th>Boys Town Common Sense Parenting Program Improves Child Emotion Regulation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post:</td>
<td>Parents who participated in a study of Boys Town’s Common Sense Parenting reported significant increases in their children’s emotion regulation skills including improved coping, decision-making, and anger management.</td>
<td></td>
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<tr>
<td>Link:</td>
<td>Learn how to help your child with feelings &amp; coping skills.</td>
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<table>
<thead>
<tr>
<th>Date:</th>
<th>4/5/2019</th>
<th>Title:</th>
<th>Three or More Risk Factors Greatly Increases Likelihood of Child Maltreatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post:</td>
<td>Our In-Home Family Services research found the likelihood for child maltreatment greatly increased when families had 3 + risk factors like unemployment, housing instability, parent mental/physical illness, parent drug/alcohol use, &amp; domestic violence.</td>
<td></td>
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<tr>
<td>Video:</td>
<td>Watch how we help families with our In-Home Family Services.</td>
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<table>
<thead>
<tr>
<th>Date:</th>
<th>4/12/2019</th>
<th>Title:</th>
<th>Boys Town In-Home Family Services Reduces Stressors for Iowa Families</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post:</td>
<td>A Boys Town In-Home Family Services study in Iowa found statistically significant decreases in family stressors from intake to discharge for environmental factors, parental capabilities, and family safety.</td>
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</tr>
<tr>
<td>Chart:</td>
<td>Stressors Reported by Iowa Families</td>
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<tr>
<td>Date</td>
<td>Title</td>
<td>Post</td>
<td>Source</td>
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<tr>
<td>4/26/2019</td>
<td><strong>Boys Town Researchers Develop Trauma Symptom Screener for Youth</strong></td>
<td>Exposure to traumatic events such as child maltreatment can be related to emotional problems. Researchers at Boys Town recently developed a brief screen to help detect symptoms of trauma in youth (example: bad memories/nightmares) so they get the support they need sooner.</td>
<td>Tyler, P. M., Mason, W. A., Chmelka, M. B., Patwardhan, I., Dobbertin, M., Pope, K., Shah, N., Abdel-Rahim, H., Johnson, K., &amp; Blair, R. J. (2019). Psychometrics of a brief trauma symptom screen for youth in residential care. <em>Journal of Traumatic Stress, 32</em>(5), 753-763.</td>
</tr>
<tr>
<td>5/10/2019</td>
<td><strong>Youth Readmitted into Residential Care Indicate a Need for Aftercare Support</strong></td>
<td>Youth readmitted to residential care indicated their reintegration home could have been improved by having better relationships, transition planning &amp; post-discharge supports. In partnership with UNL, we spent 10+ years developing an aftercare intervention to support these youth.</td>
<td>January, S.-A. A., Trout, A. L., Huscroft-D’Angelo, J., Duppong Hurley, K. L., &amp; Thompson, R. W. (2018). Perspectives on factors impacting youth’s reentry into residential care: An exploratory study. <em>Journal of Child and Family Studies, 27</em>(8), 2584-2595.</td>
</tr>
<tr>
<td>Date</td>
<td>5/24/2019</td>
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<tr>
<td>Title</td>
<td>On the Way Home Aftercare Program Rated as Having Promising Research Evidence</td>
<td></td>
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<tr>
<td>Post</td>
<td>Based on the results of the first published study, our On the Way Home® aftercare program is rated as having Promising Research Evidence on a national evidence-based practice registry.</td>
<td></td>
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<tr>
<td>Link</td>
<td>The California Evidence-Based Clearinghouse for Child Welfare: On the Way Home</td>
<td></td>
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<thead>
<tr>
<th>Date</th>
<th>5/31/2019</th>
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</thead>
<tbody>
<tr>
<td>Title</td>
<td>Positive Follow-Up Survey Outcomes for Youth Discharged from Boys Town Foster Family Services</td>
</tr>
<tr>
<td>Post</td>
<td>Follow-up surveys across 5 years for youth discharged from our Foster Family Services® indicate strong positive outcomes for youth safety, permanency, and well-being.</td>
</tr>
<tr>
<td>Video</td>
<td>Watch how foster parenting changes lives.</td>
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<thead>
<tr>
<th>Date</th>
<th>6/7/2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title</td>
<td>Physical Health Status and Outcomes for Youth Discharged from Boys Town Family Homes</td>
</tr>
<tr>
<td>Post</td>
<td>In addition to emotional &amp; behavior problems, youth in residential care can have higher rates of physical health conditions that are associated with poorer mental health outcomes, suggesting the importance of integrated services that address physical and mental health needs</td>
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<thead>
<tr>
<th>Date</th>
<th>6/14/2019</th>
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</thead>
<tbody>
<tr>
<td>Title</td>
<td>Alcohol Use in Adolescents Disrupts Area of Brain that Responds to Rewards</td>
</tr>
<tr>
<td>Post</td>
<td>Our brain imaging researchers recently found increased alcohol use in adolescents was related to disruptions in an area of the brain called the striatum that responds to rewards. This means alcohol use could decrease how motivated youth are by positive rewards.</td>
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<thead>
<tr>
<th>Date</th>
<th>6/21/2019</th>
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</thead>
<tbody>
<tr>
<td>Title</td>
<td>Adolescents Marijuana Use Disrupts Area of Brain that Helps Youth Learn from Negative Consequences</td>
</tr>
<tr>
<td>Post</td>
<td>Our brain imaging researchers recently found increased cannabis use in adolescents was related to disruptions in error signaling in an area called the anterior cingulate cortex. This means cannabis use could decrease how youth learn from negative consequences.</td>
</tr>
<tr>
<td>Date:</td>
<td>6/28/2019</td>
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<tr>
<td>Title:</td>
<td>Physical Health Literacy and Adolescents in Residential Care</td>
</tr>
<tr>
<td>Post:</td>
<td>Almost 1/3 of youth in residential care have health literacy deficits that limit their ability to follow medication information, make informed health decisions, and access health care after they leave. Our staff and physicians work to help youth improve their health literacy.</td>
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<tr>
<th>Date:</th>
<th>7/5/2019</th>
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</thead>
<tbody>
<tr>
<td>Title:</td>
<td>Common Sense Parenting Program Rated as Supported by Research Evidence</td>
</tr>
<tr>
<td>Post:</td>
<td>Based on the results of a rigorous study, the Boys Town Common Sense Parenting program is rated as Supported by research evidence on a national evidence-based practice registry.</td>
</tr>
<tr>
<td>Link:</td>
<td>The California Evidence-Based Clearinghouse for Child Welfare: Common Sense Parenting</td>
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<tr>
<th>Date:</th>
<th>7/12/2019</th>
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</thead>
<tbody>
<tr>
<td>Title:</td>
<td>Youth with ADHD Can Have Disruptions in Multiple Brain Regions During Behavioral Tasks</td>
</tr>
<tr>
<td>Post:</td>
<td>Our brain imaging researchers found that during behavioral tasks, youth with ADHD can have disruptions in more than 1 brain region, such as the left anterior insular cortex involved in controlling motor responses &amp; the left superior frontal gyrus involved in sustained attention.</td>
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<tr>
<th>Date:</th>
<th>8/16/2019</th>
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</thead>
<tbody>
<tr>
<td>Title:</td>
<td>Youth with Trauma Symptoms Have More Self-Harm Behavior at Start of Family Home Program Services</td>
</tr>
<tr>
<td>Post:</td>
<td>We found a relationship between trauma symptoms (e.g., emotional problems) and self-harm behavior when youth begin the Family Home Program. This highlights the importance of early assessment of trauma symptoms and exposure to help prevent/reduce associated behavior problems.</td>
</tr>
<tr>
<td>Link:</td>
<td>Additional information: Trauma-Informed Care is Critical for Youth Needing Residential Services</td>
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<tbody>
<tr>
<td>Title:</td>
<td>Youth with Trauma Symptoms Have Fewer Self-Harm &amp; Conduct Problems During Family Home Program Services</td>
</tr>
<tr>
<td>Post:</td>
<td>Boys Town provides trauma-informed services. A study of our Family Home Program showed youth with varying degrees of trauma symptoms at intake experienced decreases in disruptive and self-harm incidents, as well as decreases in emotional and behavioral problems.</td>
</tr>
<tr>
<td>Link:</td>
<td>Additional information: Trauma-Informed Care is Critical for Youth Needing Residential Services</td>
</tr>
<tr>
<td>Date</td>
<td>Title</td>
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<tr>
<td>9/6/2019</td>
<td>A Brief Description of the Boys Town Trauma-Informed Model</td>
</tr>
<tr>
<td>11/1/2019</td>
<td>Family Home Program Follow-Up Surveys Show Positive Findings for School Commitment &amp; Pro-Social Behavior</td>
</tr>
<tr>
<td>11/22/2019</td>
<td>Promising Results from a Five-Year Randomized Trial of Boys Town In-Home Family Services</td>
</tr>
<tr>
<td>11/29/2019</td>
<td>Randomized Trial of Boys Town In-Home Family Services Suggests Ideal Dosage for Maximizing Outcomes</td>
</tr>
</tbody>
</table>
Recent On the Way Home Aftercare Services Study Found Significant Improvements in Youth Placement Stability

A study of our On the Way Home aftercare services found significant improvements in youth placement stability: Youth who received our services (vs. a comparison group) were 3 times more likely to be living at home at 21-months post discharge.