TC Treatment for Female Offenders: Outcomes at 6- & 12-Months Post-Prison Release

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Steady increase of female prison population; over 85% have a substance use disorder

TC as an evidence-based practice, adaptable for gender-specific services

Preliminary findings for the Women’s Prison Project indicated 6-month post-prison treatment effects favoring TC (Sacks et al., 2008a; 2008b)
Study Design

Denver Women’s Correctional Facility (DWCF)  
N=468

Random Assignment

TC Treatment (E-TC)  
Recovery by Choice  
N=257

Standard Services (C-IOP)  
IOP Program  
N=211

Sacks, et al., 2008a; 2008b
Therapeutic Community (TC) model modified to include gender-sensitive elements

Standard Services (IOP) consists of a manualized cognitive behavioral intervention that meets 3x/wk for 16 weeks

Groups were unequal because the TC had a greater number of treatment slots at the beginning of the project, so a 60/40 randomization was instituted
Female inmates were **eligible** for the study provided they:

1) Met CDOC Standardized Offender Assessment (CDOC, 2004) indicative of serious substance abuse problems requiring substance abuse treatment;

2) 6-24 months until parole eligibility;

3) minimum or minimum-restricted security risk;

4) voluntarily consented to enter the study.
Methods

- Prospective, longitudinal, repeated measures study with randomization

- Data collected at Baseline (in prison) and 6- and 12-months post-prison release
  - Self Report Data for Criminal Activity, Illegal Drug Use, HIV Risk Behavior, Mental Health and Trauma/Abuse
  - Standard Psychometric Indices
  - DOC Records for Reincarceration

- Logistic regression, Cox regression, and Generalized Linear Models were used to test differential change between the two treatment groups.
Model

**OUTCOME MEASURE (DEPENDENT VARIABLE)**

\[ \text{OUTCOME MEASURE} = \]

**COVARIATES AT BASELINE**
- SOA severity
- Ethnicity
- Age first illegal activity
- CMR treatment motivation
- Age at baseline
- High school diploma/GED
- Lifetime number of arrests

**TREATMENT GROUP (INDEPENDENT VARIABLE)**

**COVARIATES POST-RELEASE**
- Day not at risk
- Exit placement (Parole vs. Community Corrections)
10 Outcome Measures in Five Domains

- **Criminality**
  - Reincarceration (any)
  - Days to reincarceration
  - Criminal activity

- **Substance Use**
  - Drug use

- **Mental Health**
  - BDI
  - GSI

- **Trauma**
  - PSS

- **HIV Risk Behavior**
  - Sexual/Physical event
  - Needle use
  - Sexual risk behavior
Criminal History

- Age 1st illegal activity
- LT drug offense
- LT property crime
- LT violent offense
- LT weapons offense
- LT sex offense

Bar chart showing comparisons between E-TC and C-IOP for different types of offenses.
Substance Use History

Age 1st Drug use

1
2
3
4

LT crack/cocaine
LT opiates
LT meth/amphetamine

E-TC
C-IO P
DIS diagnoses based on a random sample of 192 subjects (126 E-TC & 66 C-IOP)
Outcomes at 6- & 12-Months Post Prison Release

- Both groups report significant improvement.
- At 6MPP Significant TC Treatment Effects: crime, substance use, and mental health.
- At 12MPP TC differential gains were sustained for crime and substance use.
- A significant TC treatment effect also emerged for trauma at 12MPP.
- Differences were not detected for HIV-Risk.
# Outcomes at 6- & 12-Months Post Prison Release

<table>
<thead>
<tr>
<th>OUTCOME</th>
<th>OVERALL p</th>
<th>T1-6MPP OR/Est (p)</th>
<th>T1-12MPP OR/Est (p)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reincarceration (any)</td>
<td>-</td>
<td>-</td>
<td>0.67 (.173)</td>
</tr>
<tr>
<td>Days to reincarceration</td>
<td>-</td>
<td>-</td>
<td>0.53 (.001)</td>
</tr>
<tr>
<td>Criminal activity</td>
<td>0.021</td>
<td>0.41 (.006)</td>
<td>0.50 (.039)</td>
</tr>
<tr>
<td>Drug use</td>
<td>0.051</td>
<td>0.53 (.040)</td>
<td>0.52 (.031)</td>
</tr>
<tr>
<td>Beck Depression Total (BDI)</td>
<td>0.031</td>
<td>-3.17 (.011)</td>
<td>-1.12 (.359)</td>
</tr>
<tr>
<td>Global Severity Index (GSI)</td>
<td>0.033</td>
<td>-3.45 (.009)</td>
<td>-2.28 (.104)</td>
</tr>
<tr>
<td>Post Traumatic Stress (PSS)</td>
<td>0.014</td>
<td>-3.79 (.004)</td>
<td>-1.65 (.191)</td>
</tr>
<tr>
<td>Traumatic event</td>
<td>0.104</td>
<td>0.70 (.203)</td>
<td><strong>0.53 (.034)</strong></td>
</tr>
<tr>
<td>Needle use</td>
<td>0.543</td>
<td>1.77 (.275)</td>
<td>1.29 (.622)</td>
</tr>
<tr>
<td>HIV sexual risk behavior</td>
<td>0.115</td>
<td>0.57 (.078)</td>
<td>0.62 (.130)</td>
</tr>
</tbody>
</table>
Mean days to reincarceration based on subjects reincarcerated 12 months post prison release.
Criminal Activity (p<.021*)

Baseline | 6MPP | 12MPP
---|---|---
E-TC | 82 | 75 | 31 | 41 | 35 | 41
C-IOP | p<0.006** | p<0.039*

Percent
Illegal Drug Use (p<.051)

<table>
<thead>
<tr>
<th>Time</th>
<th>E-TC</th>
<th>C-IOP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>71</td>
<td>66</td>
</tr>
<tr>
<td>6MPP</td>
<td>19</td>
<td>27</td>
</tr>
<tr>
<td>12MPP</td>
<td>24</td>
<td>33</td>
</tr>
</tbody>
</table>

p<.040*  p<.031*
Mental Health

**BDI** (p<0.031*)

- E-TC
- C-IOP

**PSS** (p<0.014*)

**GSI** (p<0.033*)

- p<0.011*
- p<0.009**
Trauma Event (p<.104)

Baseline: 64, 63
6MPP: 32, 39
12MPP: 29, 42

E-TC
C-IOP

p<0.034*
Summary I

- Prison-based treatment for female offenders is effective.
- TC treatment is especially effective in reducing criminality, drug use, and exposure to trauma AND increasing mental health functioning.
Summary II

- Longer term, in a community-based environment with wide access to and utilization of services, TC treatment gains are sustained and control group shows continued improvement.

- Policy & treatment communities should consider the gains for public safety & potential cost savings from providing gender-sensitive treatment in prison and continuing care in the community.
References


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