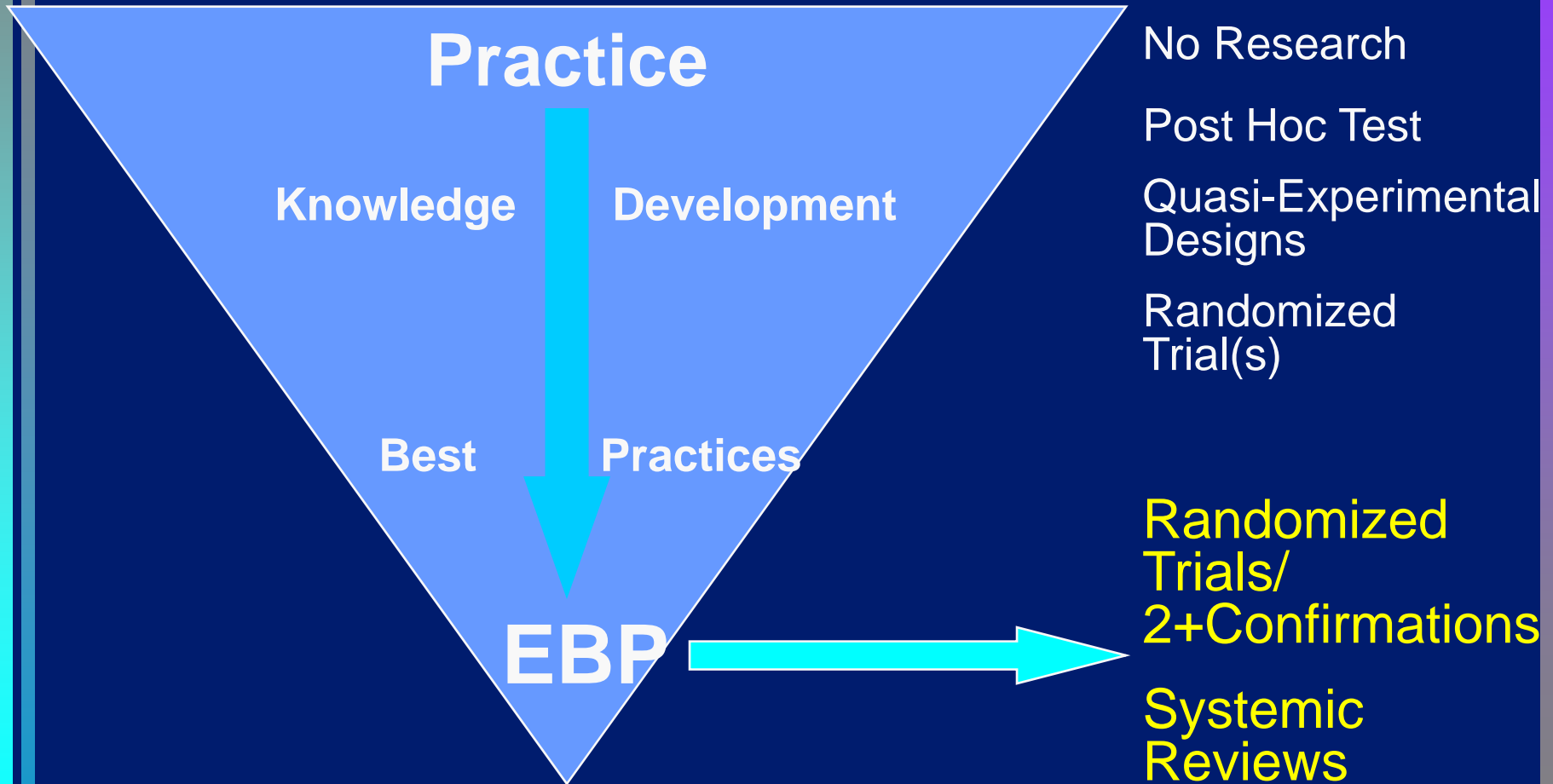


"What Works" in Corrections

Prepared By:

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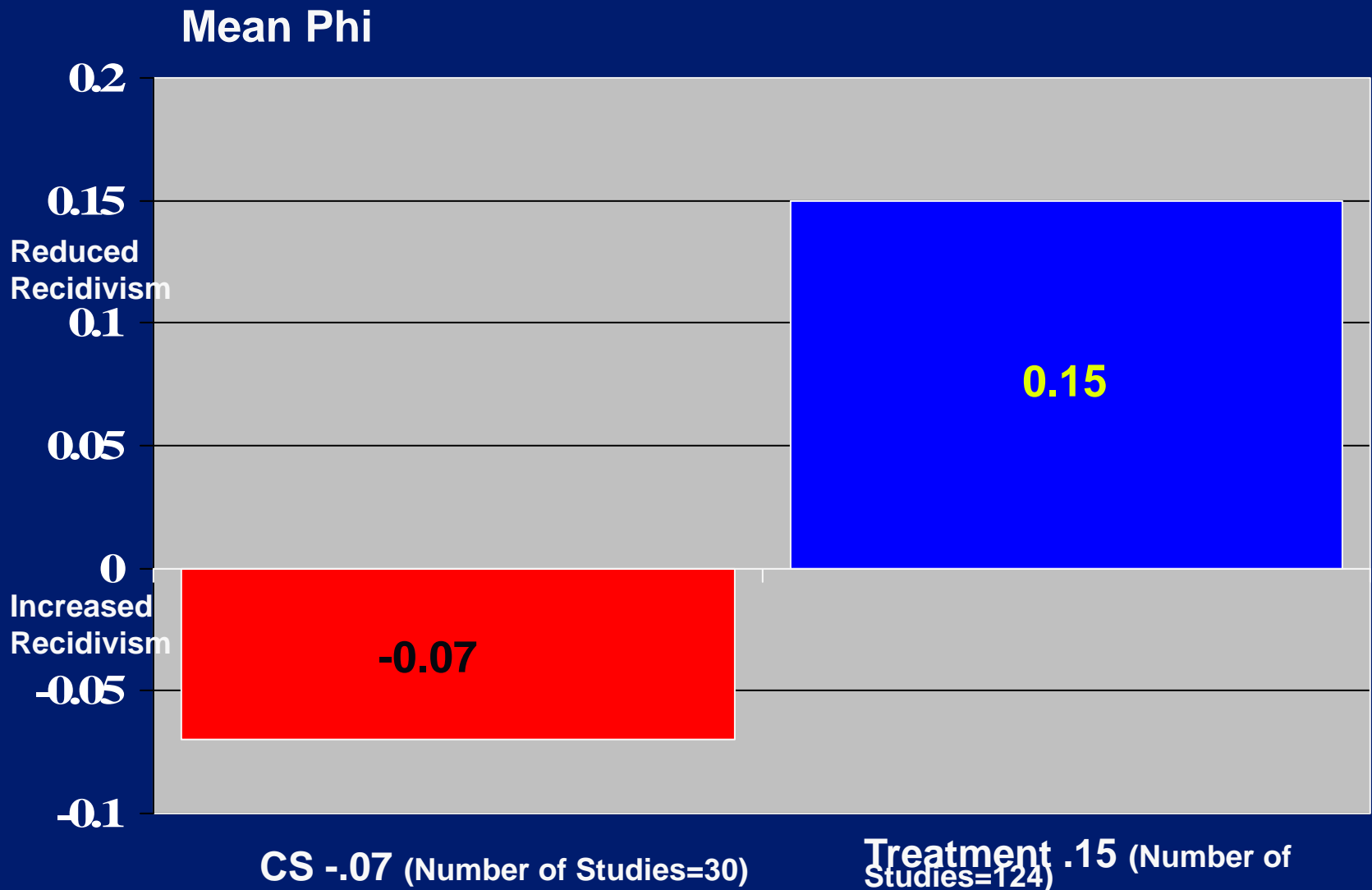
What Defines Evidence in EBPs?



FROM THE EARLIEST REVIEWS....

- Not a single reviewer of studies of the effects of official punishment (custody, mandatory arrests, increased surveillance, etc.) has found consistent evidence of reduced recidivism.
- At least 40% and up to 60% of the studies of correctional treatment services reported reduced recidivism rates relative to various comparison conditions, in every published review.

Criminal Sanctions versus Treatment



What Has Been Tried: CJ Interventions?

- Intensive Supervision
- Boot Camp
- Case Management
- TASC
- DTAP (Diversion to TX, 12 Month Residential)
- Tx with Sanctions (e.g. Break the Cycle, Seamless System, etc.)
- Drug Courts
- In-Prison Tx (TC) with Aftercare



Without engaging offender in change,
doomed to failure!!!⁵

What Has Been Tried: Clinical?

- Education (Psycho-Social)
- Non-Directive Counseling
- Directive Counseling
- **Motivational Interviewing**
- **Moral Reasoning**
- **Emotional Skills**
- **12 Step with Curriculum**
- **Cognitive Processing**
- **Cognitive Behavioral** (Social Skills, Behavioral Management, etc.)
- **Therapeutic Communities**
- **Contingency Management/Token Economies**



What Does NOT Work (non-Behavioral) *

- Fear and other emotional appeals
- Threatening
- Shaming offenders
- Education programs
- Bibliotherapy
- Freudian approaches
- Talking cures
- Self-Help programs
- Vague unstructured programs
- Fostering self-regard (self-esteem)
- “Punishing smarter”
- Incarceration

What is important in the change process?

- ✓ Type of Treatment
- ✓ Characteristics of the Offender
- ✓ Community of Residence
- ✓ Rapport with Authority Figure



1 Procedural Justice

Treat like all others, Fairness

Reduce Legal Cynicism

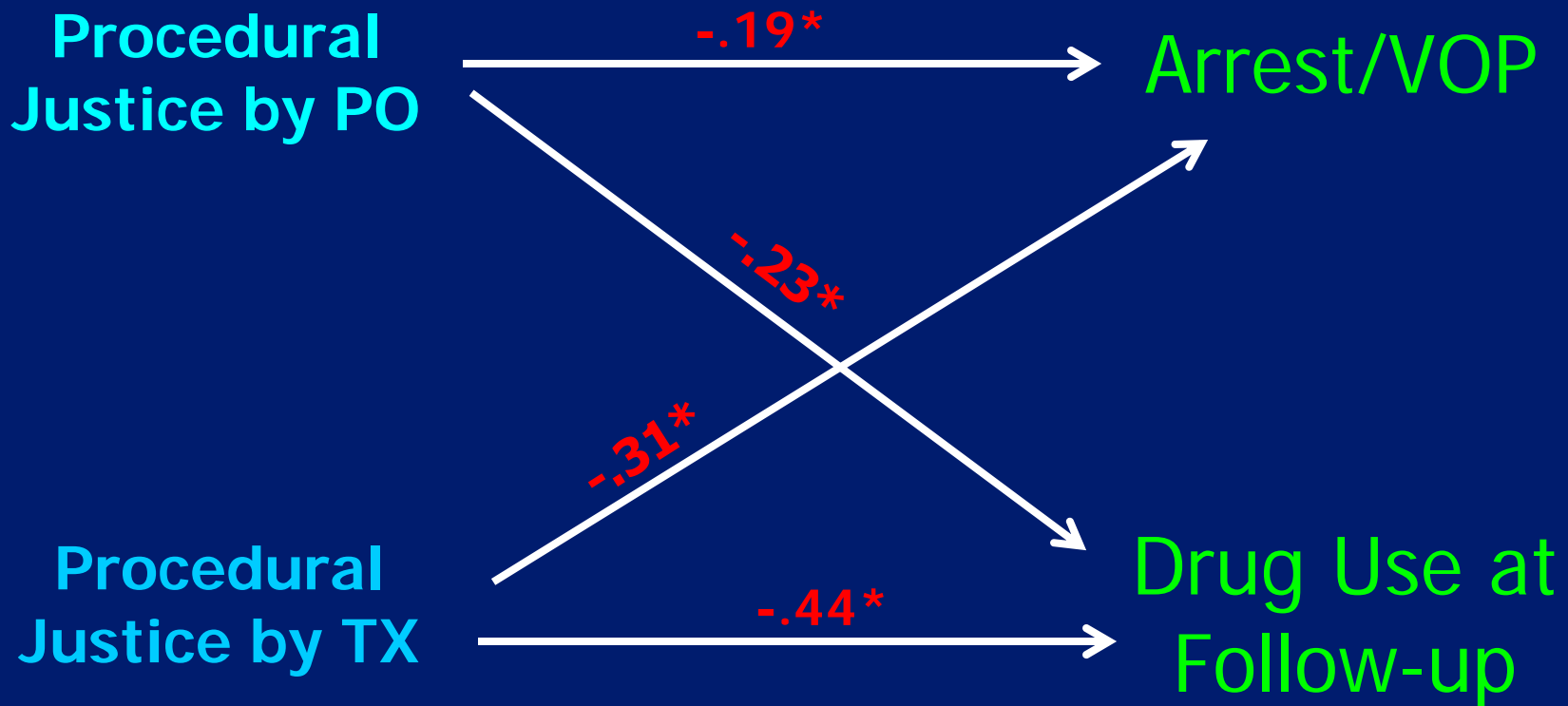
Increase Rapport

Fairness & Legitimacy

- ✓ National Research Council, 2005
- ✓ Reduced rearrests for DV offenders when arrestees given clear instructions about the reason for rearrest (Paternoster, Brame, Bachman, Sherman, 1996)
- ✓ Police misconduct in high disadvantaged areas increases violence (Kane, 2005)
- ✓ Police clear instructions increase compliance in communities (Tyler, et al., 2000, 2003, 2004)

Impact: Perceived Fairness on Outcomes

When Offenders Believe they have a VOICE, reductions in negative outcomes occur!



Procedural Justice: Fairness & Equity

- ★ Obedience to law more likely when **PERCEIVE** that they are being treated fair
- ★ Compliance is more likely when **PERCEIVE** that they are being treated like others
- ★ Compliance more likely when have **VOICE** in the selection/choices
- ★ Compliance is more likely when people **UNDERSTAND** the rules/procedures

APA Task Force on Empirically Supported Therapy Relationships*

- **Therapeutic alliance**: works with client, not against
- **Goal consensus and collaboration**: agree on goals for client
- **Empathy**: understands client
- **Cohesion in group therapy**: common goals, purpose

Offender Self-Assessment (O-Self)

Offender Self Assessment

Instructions: Below you will see 9 areas that may or may not be areas of concern to you while you are on supervision. The first column contains these issues, the next column asks if it is a "Problem Area". Please check "Yes" or "No" based on your opinion. If you answer "Yes" in the second column, please rate how important changing your behavior towards this issue is (1 being low, 10 being high). At the end is another item area where you can provide your own issue and then rank it. When you are finished, click the Update button to save your scores.

First Name: Refused to Take:

Last Name:

Issue	Is This a Problem For You? (Click for Yes)	Interested										Comments
		Low									High	
		1	2	3	4	5	6	7	8	9	10	
Physical Health:	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Family Life:	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Relationships:	<input checked="" type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	have better relationship with m
Education:	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Employment:	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Religious:	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Drug Abuse:	<input checked="" type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	stay clean
Alcohol Abuse:	<input checked="" type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	not drink
Criminal Behavior:	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Other Issue:	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>

- Increases offender “buy-in”
- Provides offender the opportunity to prioritize needs
- Gives offender a role in identifying areas of interest



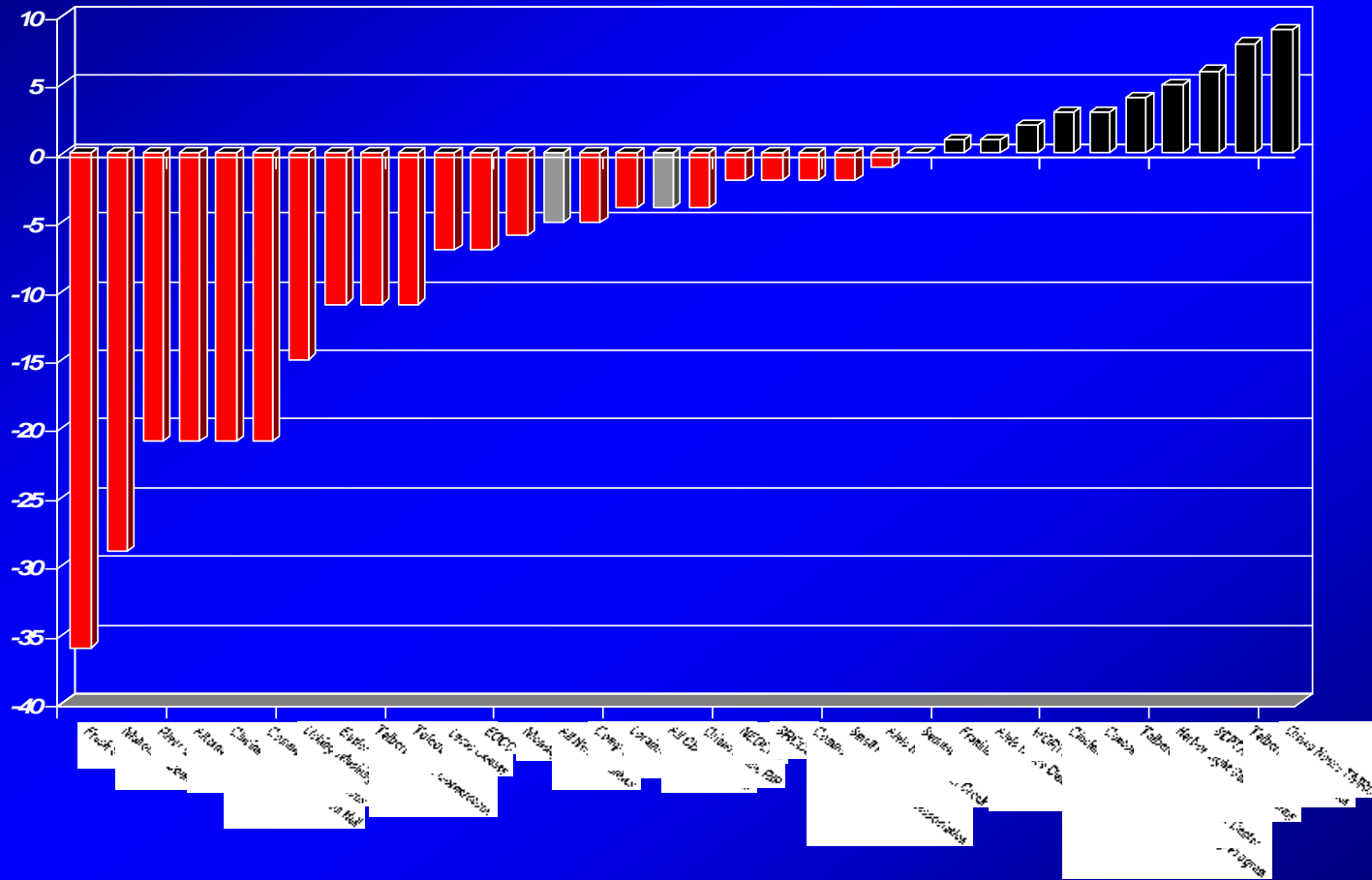
2 Assess Risk

High Risk Offenders Should Receive
More Intense Services, More Controls

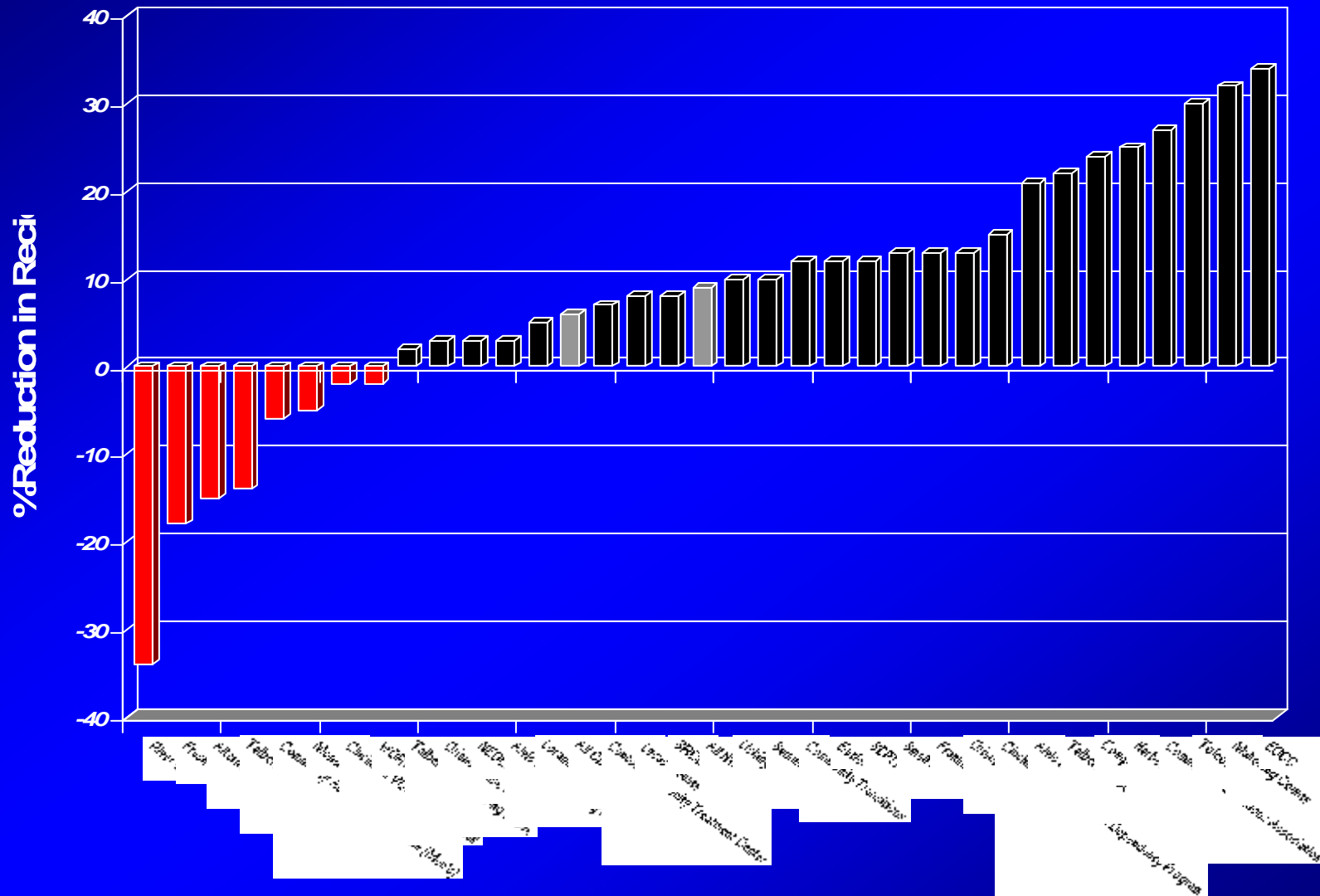
CJ Risk Assessment

- Actuarial based models
- Tied to CJ Decisions
- Historically used as a tool to determine severity of sanction/punishment
- Main Factors
 - Age of first arrest
 - Number of arrests and/or convictions
 - Number of failed attempts on probation (or parole)
 - Number of incarcerations
 - Number of escapes
 - Substance Abuse

Treatment Effect For Low Risk Offenders



Treatment Effect for High Risk Offenders



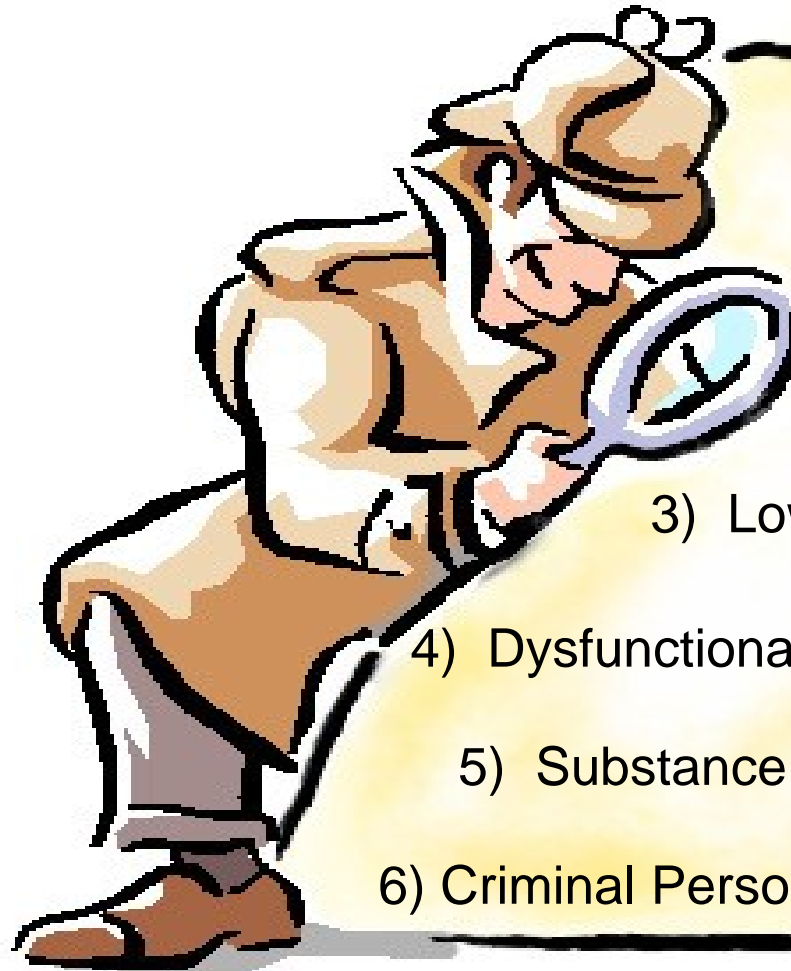


3 Diagnose Needs

High Risk Offenders Should Receive
More Intense Services, More Controls

Focus on Criminogenic Needs

Focus On “Big Six”



Criminogenic Needs:

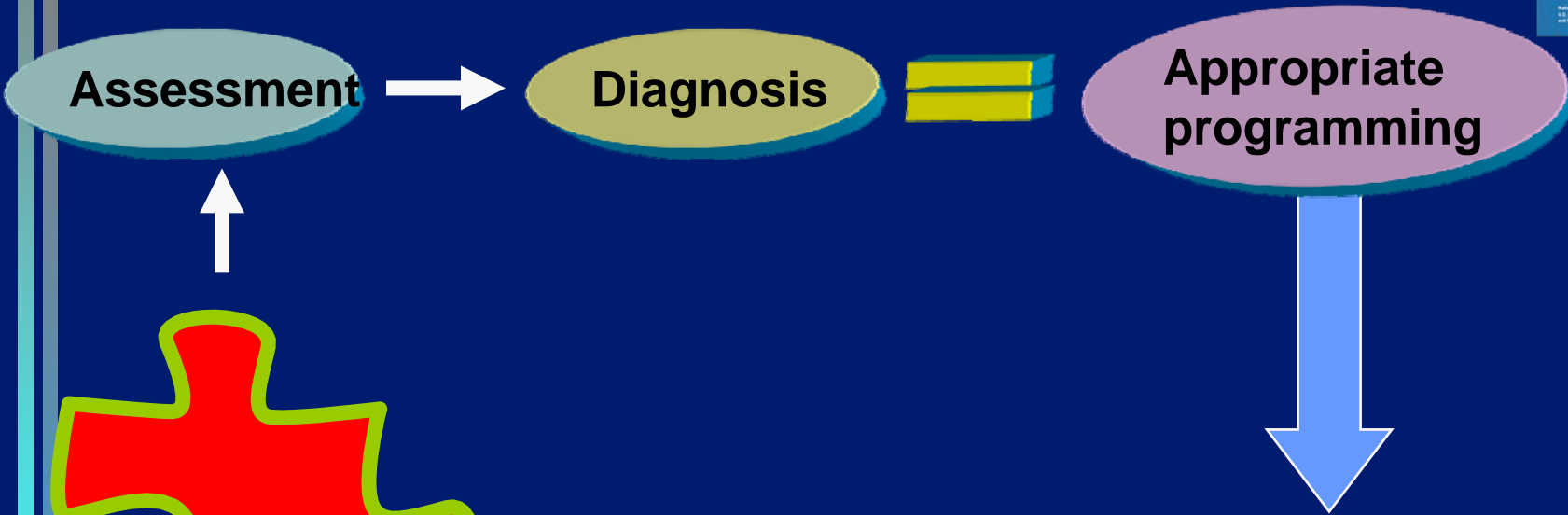
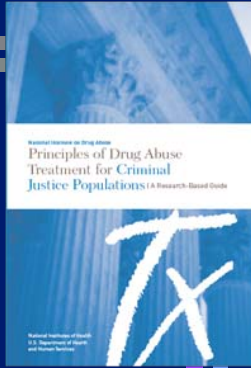
- 1) Anti-Social Values
- 2) Criminal Peers
- 3) Low Self-Control
- 4) Dysfunctional Family Ties
- 5) Substance Abuse
- 6) Criminal Personality



4 Assign To Programs And Services by Risk/Needs

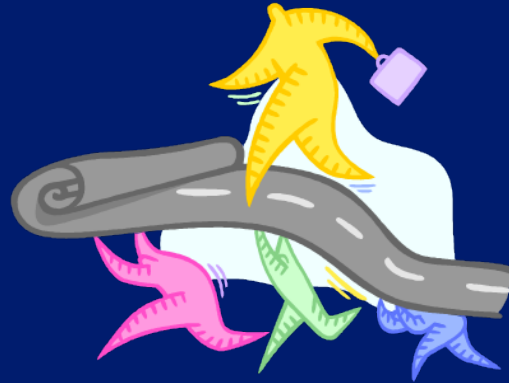
High Risk Offenders Should Receive More Intense Services, More Controls

Model: Risk-Need-Responsivity Model in Using Treatment Services



SUD	High Risk	Medium Risk	Low Risk
Dependent	Residential	IOP	IOP
Abuser	IOP	Outpatient	Outpatient
None	Correctional Program	Correctional Program	Minimal





5 Engage Natural Supports

High Risk Offenders Should Receive
More Intense Services, More Controls

Client Support Systems*

- Need strong support systems to beat substance habits/substance abuse lifestyle
- Good role models
- Involve support network in behavioral goals
- Teach support/families ways to help client



6 Characteristics of Effective Treatment Programs

High Risk Offenders Should Receive More Intense Services, More Controls

The Christopher Columbus Style of Program Design



WHEN HE SET OUT...

He didn't know where he was going.

WHEN HE GOT THERE...

He didn't know where he was.

WHEN HE GOT BACK...

He didn't know where he had been.

Characteristics of Effective Programs

- Cognitive-Behavioral
- 6 to 12 months in duration
- Manualized Curriculum
- Skilled staff (Masters level, Counselors)
- Includes:
 - Motivation to Change
 - Social and Interpersonal Skills
 - Develop natural supports
- Use Reinforcers



7 Compliance Management is Key

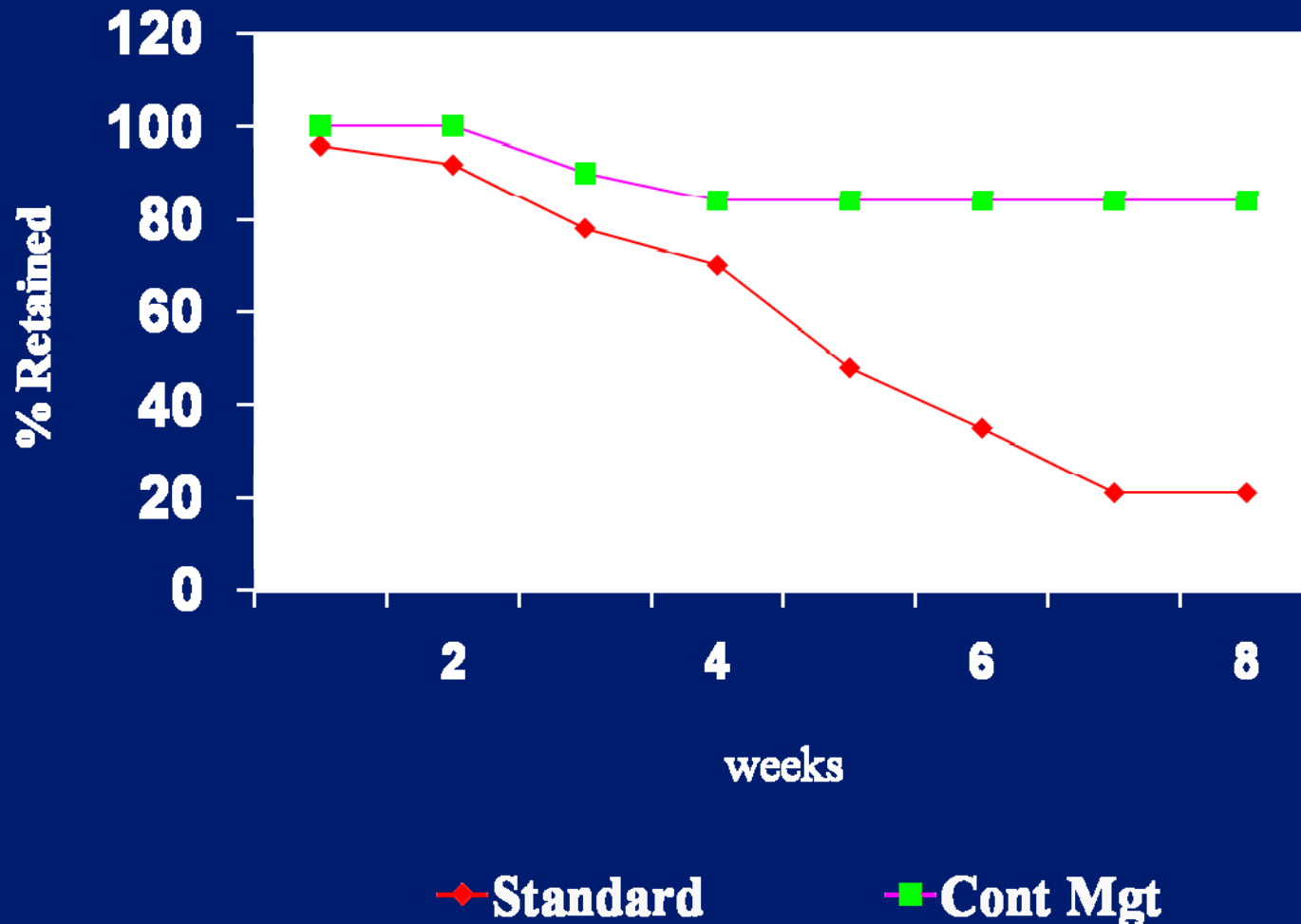
Positive reinforcers/rewards shape
behaviors more than sanctions

Reinforce the Change

- Reinforcing good behaviors will make them more likely
- Offender needs Feedback
- Swift
- Certain
 - Incremental
 - Clear
- Rewards
 - Social and material
- Sanctions



Retention in Treatment with Positive Reinforcers



Effective Behavioral Management

Target key behaviors:

- **Focus**: 3 behaviors
- **Avoid Ambiguity**: Be Clear and Crisp
- **Objectivity**: Feedback to the offenders must be observable and concrete
- Address behaviors in a **Swift and Certain** manner

Use of EBPS Today

- Standardized risk assessment
- Standardized SA tools
- Engage and retain clients in treatment
- Treatment duration of 90 days+
- Comprehensive Services
- Therapeutic community/CBT
- Continuing care or aftercare
- Graduated sanctions and incentives
- Drug testing in treatment
- Systems integration
- Address co-occurring disorders
- Assess treatment outcomes
- Family involvement in treatment
- Qualified staff
- Developmentally appropriate treatment

Setting	Mean EBPs Adopted (not necessarily frequently used)
Adult Prison	5.6
Adult Jail	3.9
Adult CC	4.7
Juvenile Res.	5.7
Juvenile CC	4.8
Drug Court	6.6

EBP Will Only Work if there is:

- Practice true system collaboration--sharing of influence
- Desire to stop doing some things and terminate programs
- Invest in research and data
- Desire to “retool” (programs, practices, and staff skills)
- Recognize that it may contradict current organizational culture and confront ideology

Steps to Move Ahead

- Adopt Risk and Need Instruments at Sentencing to Define the Sentence
 - Triage: High Risk Offenders Should Be First Priority for Programming
 - Programs need to be CBT, focused on continuum of care
- Advance the use of Programming to ensure that 50% of the offenders are involved in educational, vocational, and treatment programming
- Ensure that programming is evidence-based
- Have Correctional Officers/Supervision Staff be part of the plan by using motivational strategies (change the tone of corrections)

tools of the trade

a guide to incorporating science into practice

National Institute of Corrections
U.S. Department of Justice



Maryland Department of Public Safety
and Correctional Services



<http://www.nicic.org/Library/020095>