

**What Works and What Doesn't Work
in Changing Offender Behavior and
Reducing Recidivism**

Pennsylvania CJAB Conference

Frank Domurad
The Carey Group, Inc.
frankdomurad@comcast.net

Frank Domurad

- Academic
- Public Finance/ Budget Director
- New York City Auditor General
- Deputy Commissioner, NYC Probation
- Director of Training, NYC Probation
- Consultant/Trainer



THE LEGEND OF PANDORA'S BOX



What Is the Business of Criminal Justice?

We appreciate
YOUR BUSINESS!

Incarceration: The Costs

- One in 100 adult Americans are in jails or prisons for an annual cost of \$50 billion
- Average cost per inmate is \$79/day or \$29,000/year
- In the year 2000
 - > 13 million American were ex-felons (6% of population)
 - > 11% of adult males were ex-felons
 - > 29% to 37% of adult black males were ex-felons
- > In the state of Washington every dollar invested in new prison beds gets 37 cents in averted crime

Pew Center on the States, One in 21: The Long Reach of American Corrections, 2008; Joan Petersilia, "Hard Time: Ex-Offenders Returning Home After Prison," Corrections Today (April 2005).

Recidivism Impact The Cost

- In Georgia, a one percent reduction in parole recidivism saves the state \$7 million in incarceration costs
- In Texas, a one percent reduction in felony revocation and return to incarceration saves the state \$55 million in incarceration costs alone

Source: Pew Charitable Trusts, You Get What You Measure: Compstat for Community Corrections, Public Safety Policy Brief No. 1, July 2007; Rylander, C.K. (2000). Public safety and corrections in recommendations of the Texas Comptroller. (On-Line). Available: www.e-texas.org/redommed/Chu.

**Honorable
Michael A. Wolff**

“If we think rationally about what is in our own best interest—that is, public safety—we should try to determine what reduces recidivism. We must pay particular attention to which sentences make recidivism more likely, which sentences are ineffectual at reducing recidivism, and which programs and punishment-treatment regimens have the best outcomes.”

Michael A. Wolff (November 2008). Evidence-Based Judicial Discretion: Promoting Public Safety through State Sentencing Reform. *New York University Law Review*, 83(5), p. 1395

**THE ELEMENTS OF RISK
MANAGEMENT**

- **RISK CONTROL** AIMS TO REDUCE CRIME BY LIMITING THE OFFENDER'S CAPACITY TO CARRY OUT NEW CRIMINAL ACTS



**THE ELEMENTS OF RISK
MANAGEMENT**

- **RISK REDUCTION** SEEKS TO DIMINISH THE LIKELIHOOD THAT AN OFFENDER WILL ELECT TO COMMIT ANOTHER CRIME



CRIMINAL JUSTICE SANCTION

A **CRIMINAL JUSTICE SANCTION** IS A PENALTY IMPOSED ON AN OFFENDER BY THE COURT OR OTHER LAWFULLY AUTHORIZED CRIMINAL JUSTICE PRACTITIONER FOR BEHAVIOR THAT VIOLATED THE CRIMINAL LAW

CRIMINAL JUSTICE SANCTION FUNCTIONS

➤ **SYMBOLIZE SOCIETY'S SUPPORT FOR VIOLATED SOCIAL VALUES**



➤ **REDUCE THE OFFENDER'S FUTURE CRIMINAL CONDUCT**



RETRIBUTION (Just Deserts)

- ✓ DOES NOT SERVE A "USEFUL" PURPOSE
- ✓ IS WHAT OFFENDER DESERVES
- ✓ MORALLY REQUIRED BY OFFENSE
- ✓ "AN EYE FOR AN EYE, A TOOTH FOR A TOOTH"

Punishment: The Effect on Crime

- Punishment by itself will not change criminal behavior and reduce recidivism
- Produces at best short-term compliance by the offender
- Taken alone it actually tends to increase recidivism slightly
- Can be effective as a behavioral modification support for treatment and rehabilitation

Andrews, Donald A. (2007). Principles of Effective Correctional Programs, in Motiuk, Laurence L. and Serin, Ralph C. (2007). Compendium 2000 on Effective Correctional Programming, Correctional Service Canada. Available at <http://www.csc-ccc.gc.ca/text/rsrch/compendium/2000/index-eng.shtml>

Punishment: The Effect on Crime

Research shows that punished offenders

- Believe the certainty of being sanctioned in future is less than do less punished individuals, especially if they are high-risk offenders
- Believe that punishment experience insulates them from future apprehension because they will become “smarter”
- Believe in the “gambler’s fallacy” if they are low-risk offenders and tend to think they can “get away” with it next time

Greg Pogarsky and Alex R. Piquero (2003). Can Punishment Encourage Offending? Investigating the ‘Resetting’ Effect. *Journal of Research in Crime and Delinquency*, 40.

14

INCAPACITATION

PREVENTS FUTURE
CRIMINAL WRONG DOING
BY

- PHYSICALLY RESTRICTING THE OFFENDER OR
- LIMITING THE OFFENDER’S ACTIVITIES IN SOME WAY



Largest Recidivism Study of State Prison Inmates Released in 1994

- 67% committed a least one serious new crime within 3 years
- Total number of new arrest charges in the 3 years was 744,000
- Highest recidivism rates were among nonviolent offenders
 - > Motor vehicle theft (78.8%)
 - > Possession or sale of stolen property (77.4%)
 - > Larceny (74.6%)
 - > Burglary (74.0%)

Patrick A. Langan and David J. Levin, Bureau of Justice Statistics, *Recidivism of Prisoners Released in 1994* (2002). NCJ 193427

Pew Center on the States Prison Recidivism Results

- 45.5% of people released from prison in 1999 and 43.3% in 2004 were reincarcerated within 3 years for a new crime or a technical violation
- The rate of reincarceration for a new crime increased by 11.9%
- The rate of reincarceration for a technical violation decreased by 17.7%
- With the exclusion of California, recidivism rates between 1994 and 2007 have remained around 40%

Pew Center on the States (April 2011). *State of Recidivism: The Revolving Door of America's Prisons*. Washington, DC: The Pew Charitable Trust.

Incarceration and Recidivism

In a meta-analysis of 50 studies dating from 1958 involving 336,052 offenders, it was found:

- Prisons produce slight increase in recidivism
- Lower risk offenders are negatively affected
- Prisons should not be used with expectation of reducing criminal behavior
- Excessive use of incarceration has enormous cost implications
- Primary justification of prison should be to incapacitate and exact retribution

Source: Paul Gendreau, Claire Goggin and Francis T. Cullen, "The Effects of Prison Sentence on Recidivism," 1999-3. http://ww2.psepc-spcc.gc.ca/publications/corrections/199912_e.pdf

Incarceration and Recidivism

A review of 5 random research studies and 32 “matched” or “propensity score” studies found that

- Imprisonment has a null or criminogenic effect on subsequent reoffending
- Prisons do not have special powers to “scare offenders straight”
- Continued use of prison for simple purpose of reducing re-offending cannot be justified by the considerable amount of evidence that currently exists

Daniel S. Nagin, Francis T. Cullen, and Cheryl Lero Johnson (2009). Imprisonment and Reoffending. In *Crime and Justice: A Review of Research* (Michael Tonry, ed.), Vol. 38

19

Incarceration and Recidivism First-Timers

Imprisonment may have a particularly criminogenic effect on first-timers:

- Those persons sentenced to prison for the first time compared to a matched sample sentenced to community service has higher recidivism rates, defined as reconviction, after 1, 3, 5, and 8 years
- Doing up to 240 hours of community service versus six months in prison seems to have been an effective way, in terms of cost and recidivism, of being “tough on crime” for offenders who had received neither sanction before

Hilder Wermink, Arjan Blokland, Paul Nieuwebeerta, Daniel Nagin, and Nikolas Tollenaar (2010) Comparing the Effects of Community Service and Short-Term Imprisonment on Recidivism: A Matched Samples Approach. *Journal of Experimental Criminology*, 6, 325-349.

20

Incarceration and Recidivism House Arrest

In a study in a county in Indiana, offenders were sentenced to intermediate sanctions, traditional probation, county jail/state prison, or a combination. After two years

- House arrest appeared to be an effective sanction for recidivism
- House arrest and probation had the least likelihood of re-arrest
- Incarceration and work release did not differ in terms of re-arrest from traditional probation

Jeffrey T. Ulmer (2001). Intermediate Sanctions: A Comparative Analysis of the Probability and Severity of Recidivism. *Sociological Inquiry*, 71, 164-193.

21

Incarceration: The Public's Wish?

A 2006 National Center for State Courts' Survey found

- Broad public support for treatment and rehabilitation to reduce offender recidivism, especially non-violent offenders
- 80% of respondents said offenders can turn their lives around
- 77% preferred to use tax dollars to fund jobs and treatment rather than new prisons
- Overwhelming majority favored treatment over prison for mentally ill, youthful offenders, and drug offenders

Roger K. Warren, *Evidence-Based Practice to Reduce Recidivism: Implications for State Judiciaries*, Crime and Justice Institute and the National Institute of Corrections, August 2007

Incarceration A Criminogenic Effect?

A major review of the literature on imprisonment and reoffending concludes that

- Research points to a more criminogenic than preventive impact
- Individuals receiving custodial sentence, regardless of sentencing length, have higher recidivism rates than individuals receiving non-custodial sentences
- If the fact of imprisonment rather than its length is the relevant source of higher recidivism, then criminal sanctions other than imprisonment should be used wherever possible

Steven N. Durlauf and Daniel S. Nagin (2011). Imprisonment and crime. Can both be reduced? *Criminology and Public Policy*, 10(1), 13-54.

23

Deterrence

- Probably most widely supported sanction in sentencing process
- Assumes that human beings want to
 - Maximize pleasure and avoid pain
 - Enhance the personal benefits of their action and minimize the costs
- The higher the price people have to pay for crime, the less likely they are to commit it

GENERAL DETERRENCE



- MAKES AN EXAMPLE OF SOMEONE
- SENDS MESSAGE "THIS COULD HAPPEN TO YOU"

SPECIFIC DETERRENCE



- ❑ FOCUSES ON INDIVIDUAL WHO IS TO BE SANCTIONED
- ❑ FRIGHTENS OFFENDER OUT OF FUTURE WRONGDOING

FD15

General vs. Specific Deterrence The Research

"In criminology, the term *general deterrence* is used to describe the behavioral response to the threat of punishment, whereas the term *specific deterrence* is used to describe the behavioral response to the experience of punishment....Evidence of general deterrent effects is strong, whereas little evidence is found of specific deterrent effects."

--Durlauf and Nagin

Slide 27

FD15

New slide

Frank Domurad, 5/13/2011

Specific Deterrence What Do We Know?

Specific deterrence consists of principles of swiftness, certainty and severity (or proportionality). Of these three

- Severity or harshness of sentence seems to have the weakest effect
- Swiftness and certainty have a much greater impact
- Deterrent effect rest more on the perception of apprehension and punishment than on the reality

Steven N. Durlauf and Daniel S. Nagin (2011). Imprisonment and crime. Can both be reduced? *Criminology and Public Policy*, 10(1).

28

Specific Deterrence Judicial Severity

Felony drug cases for distribution or possession with intent to distribute were assigned to nine different judges in sequential fashion without regard to the facts of the case:

- Proportion of drug offenders incarcerated ranged across judges from 23% to 65%
- Proportion of drug offenders given probation ranged from 29% to 60%
- Recidivism was rearrest in Washington DC or Maryland within 4 years of sentencing
- Results
 - No evidence that those sentenced by harsh judges were less likely to recidivate, even though they had less time to do so
 - Those who received sentences from harsh judges were more likely to recidivate

Donald P. Green and Daniel Winik (2010). Using Random Judge Assignments to Estimate the Effects of Incarceration and Probation on Recidivism among Drug Offenders. *Criminology*, 48(2), 357-387.

29

Specific Deterrence in Practice Hawaii Opportunity Probation with Enforcement (HOPE)

HOPE is a court-administered program in Hawaii for drug offenders on probation

- Probationers are warned by judge in a formal hearing that any violation of probation will result in an immediate, short stay in jail
- Probationers are randomly drug tested
- Any failure of test results in an immediately served bench warrant
- Probationer found to violate terms of probation is immediately sent to a short stay in jail
- Drug treatment only given to those who have three dirty UAs or who request treatment

U.S. Department of Justice, Office of Justice Programs, National Institute of Justice (April 6, 2011). 'Swift and Certain' Sanctions in Probation Are Highly Effective: Evaluation of the HOPE Program. <<http://www.nij.gov/topics/corrections/community/drug-offenders/hawaii-hope.htm>>

30

HOPE The Results

National Institute of Justice evaluators, in a randomized controlled trial, found that after one year HOPE probationers were

- 57% less likely to be arrested for a new crime
- 72% less likely to use drugs
- 61% less likely to miss an appointment with their officer
- 53% less likely to be revoked

U.S. Department of Justice, Office of Justice Programs, National Institute of Justice (April 6, 2010). 'Swift and Certain' Sanctions in Probation Are Highly Effective: Evaluation of the HOPE Program. <<http://www.nij.gov/topics/corrections/community/drug-offenders/hawaii-hope.htm>>

31

HOPE The Problems

The researchers noted three caveats to their findings:

- The external validity of the results are in question, as HOPE has not been able to be replicated elsewhere
- The evaluators could not identify the crucial elements needed to produce the HOPE results
- The evaluators do not know if the effects of HOPE will continue once probation and its external controls on the offender will end

Angela Hawken and Mark Kleiman (December 2009). *Managing Drug Involved Probationers with Swift and Certain Sanctions: Evaluating Hawaii's HOPE*. U.S. Department of Justice. Document No. 229023. <<http://www.ncjrs.gov/pdffiles/mj/grants/229023.pdf>>

32

People Who Appear To Be Resistant To Punishment

- Psychopathic risk takers
- Those under the influence of a substance
- Those with a history of being punished

Source: Ed Latessa, Ph.D.

33

RESTORATION

- SEEKS TO RESTORE HARM DONE TO VICTIM, COMMUNITY AND OFFENDER



- REFERS TO "MAKING WHOLE THE TORN FABRIC OF THE COMMUNITY"

Restorative Justice: The Effect on Crime

- Some evidence that victim satisfaction increases
- May be most appropriate for lower and medium risk offenders
- Most effective in terms of property crimes
- Unclear how much effect with higher risk adult offenders
- Better effect sizes with juveniles than adults

Edward Latessa, "What Works and What Doesn't in Reducing Recidivism: The Principles of Effective Intervention"
-www.dsgonline.com/Program_Logic_Model/San_Diego_TM/Day%20-%20Lunch-Latessa.ppt;
Sherman, L.W., & Strang, H. (2007). *Restorative Justice: The Evidence*. The Smith Institute.

Rehabilitation/Treatment

- FOCUSES ON CRIMINOGENIC NEEDS OF THE OFFENDER
- OFFERS SOME WAY TO HAVE THOSE NEEDS ADDRESSED



Evidence-Based Practice A Definition

- **Evidence-Based Practice:** A progressive, organizational use of direct, current empirical research evidence to guide and inform efficient and effective criminal justice decision-making and the provision of correctional services.



37

Standards of Research Evidence

GOLD
 *Experimental/control research design with controls for attrition
 *Significant sustained reductions in recidivism obtained
 *Multiple site replications
 *Preponderance of all evidence supports effectiveness

SILVER
 *Quasi-experimental control research with appropriate statistical controls for comparison group
 *Significant sustained reductions in recidivism obtained
 *Multiple site replications
 *Preponderance of all evidence supports effectiveness

BRONZE
 *Matched comparison group without complete statistical controls
 *Significant sustained reductions in recidivism obtained
 *Multiple site replications
 *Preponderance of all evidence supports effectiveness

IRON
 *Conflicting findings and/or inadequate research designs

DIRT
 *Silver and Gold research showing negative outcomes

Source: Criminal Justice Institute (2006). *Implementing Evidence-Based Practice in Community Corrections: The Promise of Research-Based Practice*.
 Copyright



Too Late for George Washington

- Died two days after treated for a sore throat by draining almost five pints of blood



39

What Have We Learned in the Last 30 Years?



DOING GOOD



- All correctional treatment programs reduce recidivism on average by 10%
- With cognitive-behavioral technologies 25-30%
- With interpersonal skills training, behavioral interventions, cognitive skills training, mentoring 40%
- With functional family therapy, family empowerment, multi-system therapy 60%

Source: National Institute of Justice, U.S. Department of Justice, Annual Research and Evaluation Conference, "Evidence-Based Policy and Practice," 2005. http://www.ojp.usdoj.gov/nij/events/nij_conference/2005/agenda.pdf

DOING HARM



- Incarceration compared to probation increases recidivism on average 2%
- Denver youth study: arrests and sanctions result in persistence of or increase in delinquency

Source: National Institute of Justice, U.S. Department of Justice, Annual Research and Evaluation Conference, "Evidence-Based Policy and Practice," 2005. http://www.ojp.usdoj.gov/nij/events/nij_conference/2005/agenda.pdf

DOING HARM META-ANALYSES REVEAL

- **No effect size for intermediate sanctions, deterrence-based interventions, "scared straight," intensive supervision, arrest, restitution, boot camps, drug testing, electronic monitoring**

Source: National Institute of Justice, U.S. Department of Justice, Annual Research and Evaluation Conference, "Evidence-Based Policy and Practice," 2005, http://www.ojp.usdoj.gov/nij/events/nij_conference/2005/agenda.pdf

Why are recidivism rates high?

Some of the most commonly cited reasons are

1. We are focusing on the wrong issues and the wrong sanctions (retribution, incarceration, deterrence)
2. We are giving too much attention to the low risk and too little to the high risk offender
3. Programs have not applied research knowledge nor are these practices applied with fidelity
4. The system is not in alignment

© The Carsey Group 2008, www.thecarseygroup.com, 651-226-4755 44

Link Between Treatment and Recidivism A Summary

Criminal sanctions	- .07 (30 tests)
Inappropriate treatment	- .06 (38 tests)
Intensive Supervision	- .07 (47 tests)
Appropriate treatment	.30 (54 tests)

Source: Brad Bogue, Justice System Assessment & Training, 2005.

45

The Big Three Principles of Research-Based Practice



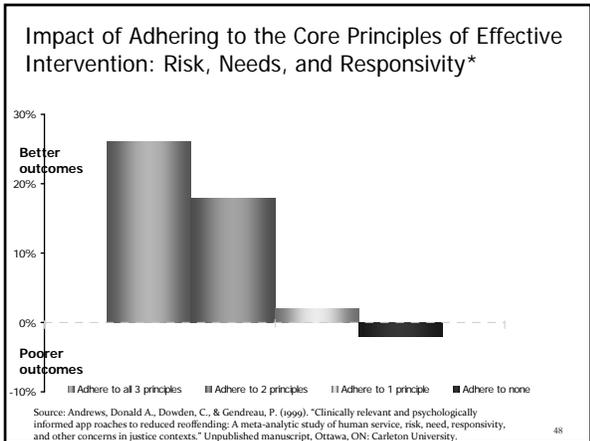
Risk
Need
Responsivity

46

Lessons Learned

- Who you put in a program is important – pay attention to risk
- What you target is important – pay attention to criminogenic needs
- How you target offender for change is important – use behavioral and cognitive-behavioral approaches and match to offender type
- How well you implement is important – adhere to research-based program and intervention designs

47



Actuarial Risk Assessment

- Risk is based on likelihood of re-offense
 - Actuarial tools get better results
 - Best if validated on own population
 - Some tools target specific kind of offense (sex, domestic, DUI)

© The Cary Group 2008; www.thecarygroup.com; 651-226-4755 49 4

RESULTS DRIVEN PRACTICE

Professional judgment alone

Use of actuarial tool

Use of actuarial tool with professional judgment

Source: Patricia M. Harris, "What Community Supervision Officers Need to Know About Actuarial Risk Assessment and Clinical Judgment," *Federal Probation*, Vol. 70, Nr. 2 (September 2006) 50

A Balanced Approach

- Risk Elimination (Low Risk Offenders)
 - Involves providing least restrictive, most appropriate sanctions and supervision
- Risk Reduction (Moderate-High Risk Offenders)
 - Involves determining criminogenic needs and reducing risk factors through effective intervention and appropriate supervision
- Risk Control (Extreme High Risk Offenders)
 - Involves techniques that control risk of reoffending while under correctional authority

© The Cary Group 2008; www.thecarygroup.com; 651-226-4755 51

Applying the Risk Principle

- **GET OUT OF THE WAY.** Intensive treatment for *lower-risk* offenders can actually *increase* recidivism
- **LIVE IN THEIR BACK POCKET.** Provide most intensive control to *extreme high-risk offenders*
- **ZERO IN.** Target those *medium and high-risk offenders* with a greater probability of recidivism

Top Four Dynamic Risk Factors	Other Risk Factors	Non-Criminogenic
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
		5.
Family issues (lack of support or acct)	Leisure (lack of appropriate recreational outlets)	Health issues (poor physical health)
Self esteem (low)	Intelligence (low IQ)	Mental Health (poor mental health and/or mental illness)
Substance abuse	Employment (lack of success at work; little desire to work)	Companions (hanging around peers who get in trouble)
Personal distress (anxiety, etc)	Education (lack of success at school; little desire for school)	Anti-social beliefs (having antisocial attitudes)
Anti-social personality (eg, poor impulse control, poor problem solving)		

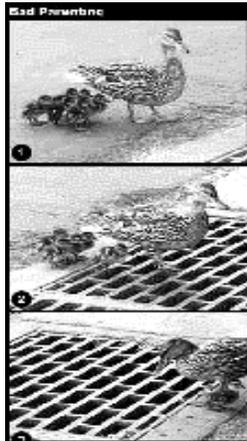
The Big Four

Criminogenic Need	Response
Anti-social cognition	Reduce anti-social cognition, recognize risky thinking and feelings, adopt an alternative identity
Anti-social companions	Reduce association with criminals, enhance contact with pro-social
Anti-social personality or temperament	Build problem solving, self management, anger management, and coping skills
Family and/or marital	Reduce conflict, build positive relationships and communication, enhance monitoring/ supervision

Source: Andrews, Donald A. (2007). "Principles of Effective Correctional Programs", in Motiuk, Laurence L. and Serin, Ralph C. (2007). *Compendium 2000 on Effective Correctional Programming*. Correctional Service Canada. Available at <http://www.csc-cc.gc.ca/text/rsrch/compendium/2000/index-eng.shtml>

Temperament Examples

- Lack of empathy
- Anger and hostility
- Poor problem solving/decision making
- Risk taking
- Impulsive
- Lack of focus
- Narcissistic



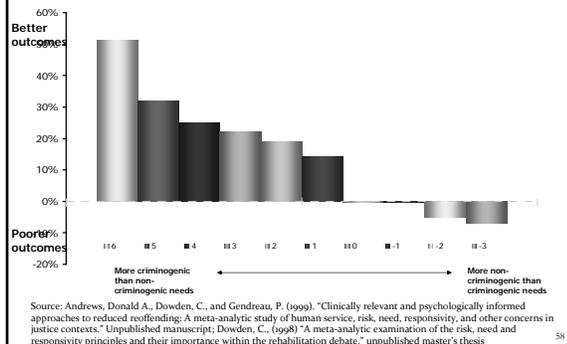
Example of bad parenting

The Lesser Four

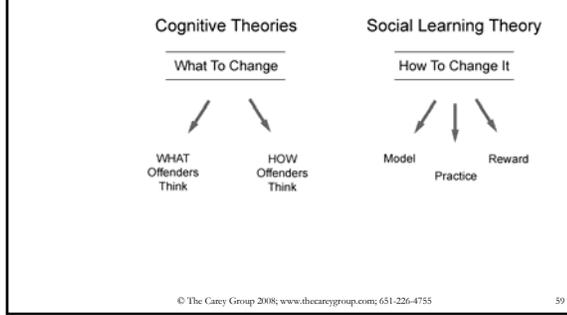
Criminogenic Need	Response
Substance abuse	Reduce usage, reduce the supports for abuse behavior, enhance alternatives to abuse
Employment	Provide employment seeking and keeping skills
School	Enhance performance rewards and satisfaction
Leisure and/or recreation	Enhance involvement and satisfaction in pro-social activities

Source: Andrews, Donald A. (2007), "Principles of Effective Correctional Programs", in Motiuk, Laurence L. and Serin, Ralph C. (2007). Compendium 2000 on Effective Correctional Programming, Correctional Service Canada. Available at http://www.csc-scc.gc.ca/text/corrections/comp2000/comp2000_e.html; 226-4755

Recidivism Reductions as a Function of Targeting Multiple Criminogenic vs. Non-Criminogenic Needs*



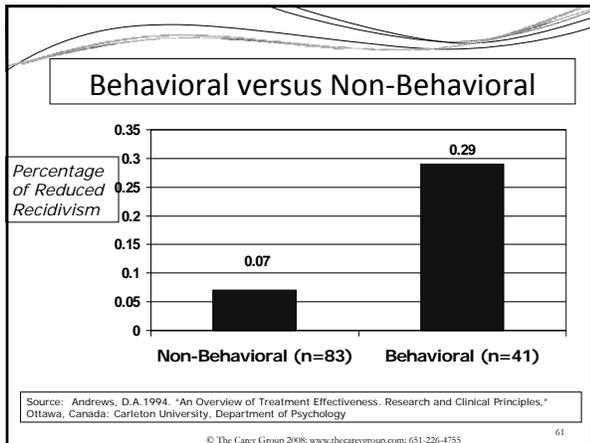
Treatment/Responsivity Principle

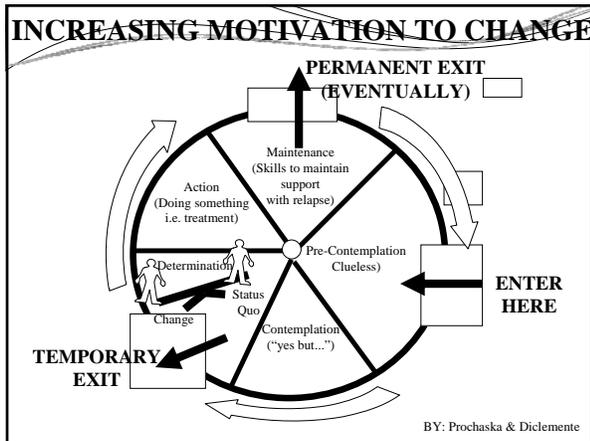


Social Learning Basic Principles

- Everyone learns from their environment all of the time
- Most learning occurs in a social context, generally from persons with whom we are in daily contact, such as parents, siblings, teacher and peers
- New skills are learned behaviorally, whereby a skill is demonstrated and then practiced over and over again until it is mastered
- Positive and negative sanctioning will either enhance or extinguish the new skill being learned
- New skills are not mastered in a day and there will be relapse to previous behaviors along the way

Source: Albert Bandura, *Social Learning Theory*, New York: Prentice Hall, 1976
 © The Canary Group 2008; www.thecanarygroup.com; 651-226-4755





Responsivity Principle

Styles and modes of service must be matched to the learning styles and abilities of the offender

- ✓ Matching the characteristics of the individual offender to the intervention (treatment, program, supervision)

AND

- ✓ Matching the personnel delivering the service to the population

© The Carney Group 2008; www.thecarneygroup.com; 651-226-4755

Responsivity
The War of the Sexes

- Differences between male and female
- Based on "The Opposite Sex" by Hara Estroff Morano and Erik Strand, Psychology Today, July/August 2003 issue

© The Canary Group 2008; www.thecanarygroup.com; 651-226-4755 64 6

Exercise
The War of the Sexes

<ul style="list-style-type: none"> • 13 times more likely to score above 700 on SAT • Twice as likely to be mentally retarded • 3 times more likely to stutter • More susceptible to chronic headaches • More susceptible to bed wetting • 2.3 times more likely to be psychologist • More likely to recall childhood memories • Works out less often • 4 times more likely to commit suicide 	<ul style="list-style-type: none"> • 72% more likely to develop lung cancer • Smiles more often • One twelfth to have group sex • 2 times more likely to develop Alzheimer's • Speaks sooner, makes fewer speech errors • Brain ages faster, more damaged by aging • 100 times more likely to be chess grandmaster • 3 times more likely to buy X rated movies • 5 times more likely to have had more than 20 sex partners
--	---

65

Three Kinds of Responsivity

- Offender character traits
- Traits of the individual working with the offender
- The program components

© The Canary Group 2008; www.thecanarygroup.com; 651-226-4755 66 6

Responsivity Principle

<p>• Offender Characteristics:</p> <ul style="list-style-type: none"> • Motivation • Learning Style • Gender • Age • Culture 	<p>• Other considerations:</p> <ul style="list-style-type: none"> • Anxiety • Depression • Mental Illness • Intelligence
--	---

© The Carey Group 2008; www.thecareygroup.com; 651-226-4755 67 6

Best Ways to Teach Offenders Pro-Social Cognitions and Social Skills

- Structured behavioral
- Social learning
- Cognitive-behavioral

Source: Andrews, Donald A. (2007). "Principles of Effective Correctional Programs", in Motiuk, Laurence L. and Serin, Ralph C. (2007). Compendium 2000 on Effective Correctional Programming. Correctional Service Canada. Available at <http://www.csc-scc.gc.ca/text/rsrch/compendium/2000/index-eng.shtml>

Cognitive-Behavioral Therapy (CBT) A Meta-Analysis

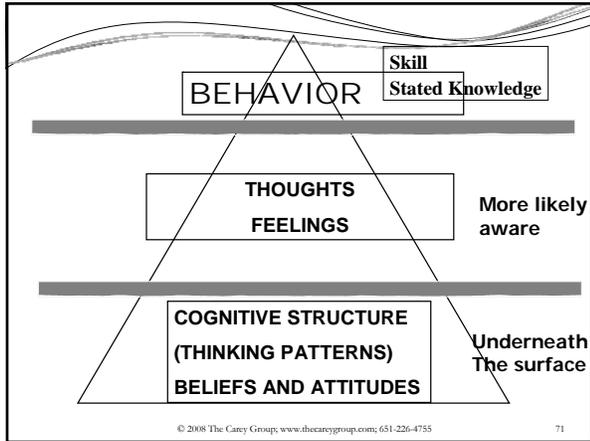
A 2007 meta-analysis of CBT research by Mark Lipsey and colleagues showed that

- On average CBT reduced offender recidivism by 25%, from a 40% rate (control) to 30% rate (experimental)
- The best configured CBT programs dropped recidivism by 50%, from a 40% rate (control) to a 19% rate (experimental)
- None of the major CBT brand name programs outperformed any other
- Fidelity to treatment model during implementation was a key factor for successful outcomes

Source: Lipsey, Mark W., Landenberger, Nana A. and Wilson, Sandra J (August 2007). Effects of Cognitive-Behavioral Programs for Criminal Offenders. Campbell Collaboration Systematic Review. Available at http://db.casadmin.org/docpdf/lipsey_cbt_finalreview.pdf

The Four Principles of Cognitive-Behavioral Intervention

1. Thinking affects behavior
2. Antisocial, distorted, unproductive, irrational thinking causes antisocial and unproductive behavior
3. Thinking can be influenced
4. We can change how we feel and behave by changing what we think



Video COG What Does It Look Like?



Fidelity Principle of Evidence-Based Practice

- Make sure evidence-based programs are implemented as designed

Effective Programs Evaluate What They Do

- Use quality assurance processes (both internal and external)
- Assess offenders in meeting target behaviors
- Track offender recidivism
- Have an evaluator working with the program

SO WHAT IS AT THE BOTTOM OF PANDORA'S BOX?



HOPE

The Carey Group, Inc. 75
