



# **Evidence Based Programs**

## **March 14, 2008**

## Evaluations of Therapeutic Communities (TC)

- San Carlos Correctional Facility: National Development and Research Institutes (NDRI) with the Colorado Department of Corrections (CDOC), (Presented July 2007).
  - Mentally Ill Chemical Abusers (MICA) in Modified TC.
- Denver Women's Correctional Facility: NDRI with CDOC (Presented July, 2007).
  - Women in TC compared to Women in an Intensive Outpatient Program.
- Arrowhead Correctional Center – Crossroad to Freedom House: Multi-Disciplinary Project (November, 1998).
  - Study on length of stay at TC and outcomes.
- Arrowhead Correctional Center – Peer I Continuation Model: CDOC with The University of Colorado (2004).
  - Study of continuum of care and effectiveness of TC Model

## National Development and Research Institutes (NDRI)

### San Carlos Correctional Facility Therapeutic Community

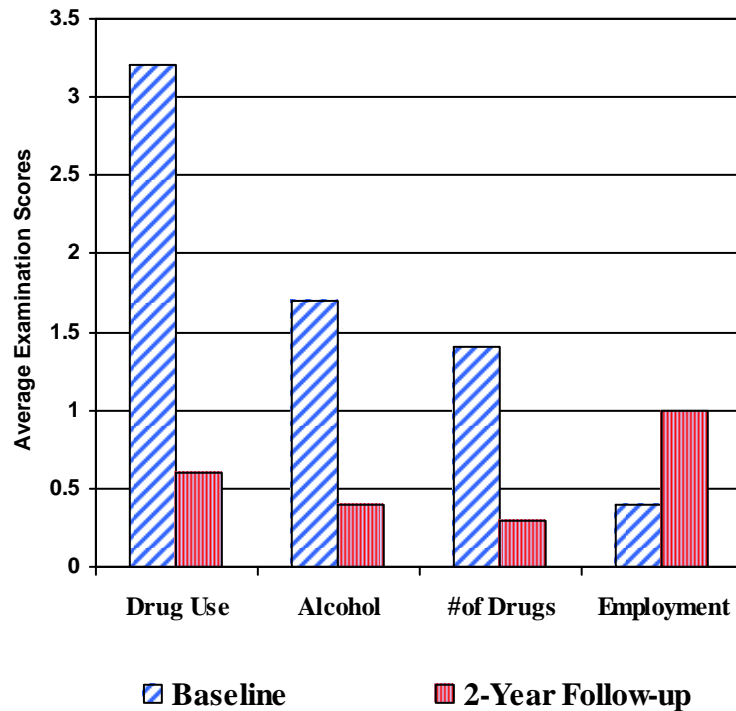
➤ Compared individuals going through a modified TC for MICA to a mental health treatment as usual (TAU) control group.

- Sixty four(64) received Mental Health treatment only
- Thirty two (32) received TC treatment only
- Forty three (43) received TC treatment plus aftercare.

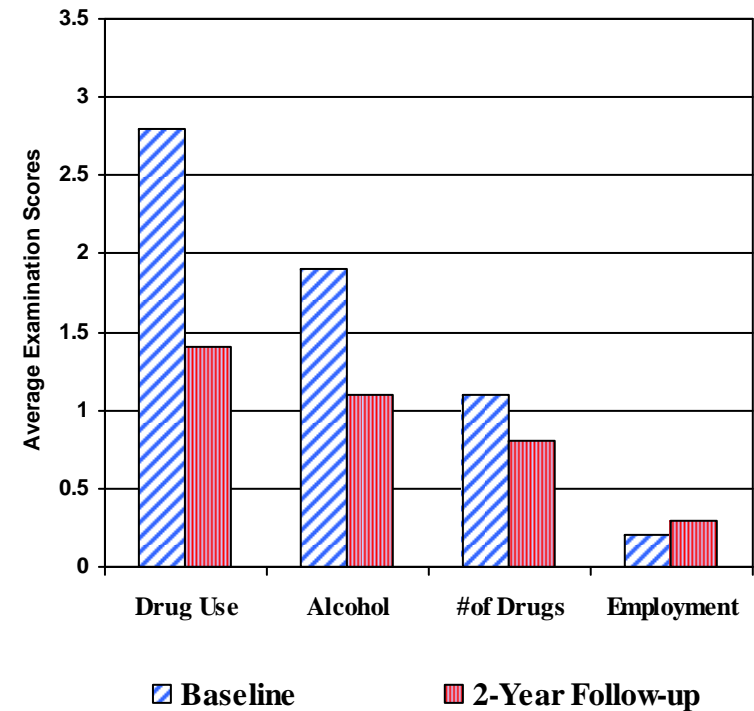
# NDRI Outcomes

## Baseline vs. 2-year Follow-up

Modified TC



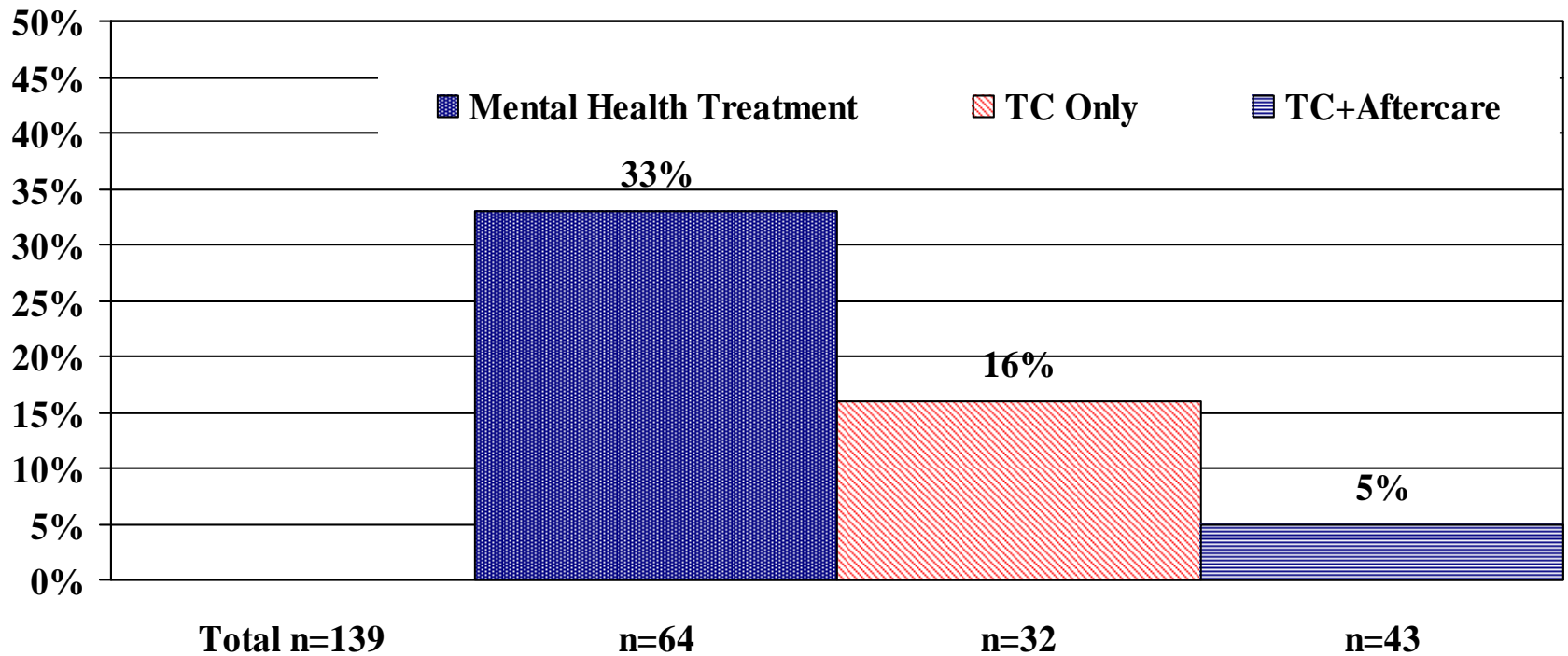
TAU



# NDRI Outcomes

## MICA Offender 12 Month

### Reincarceration Rates



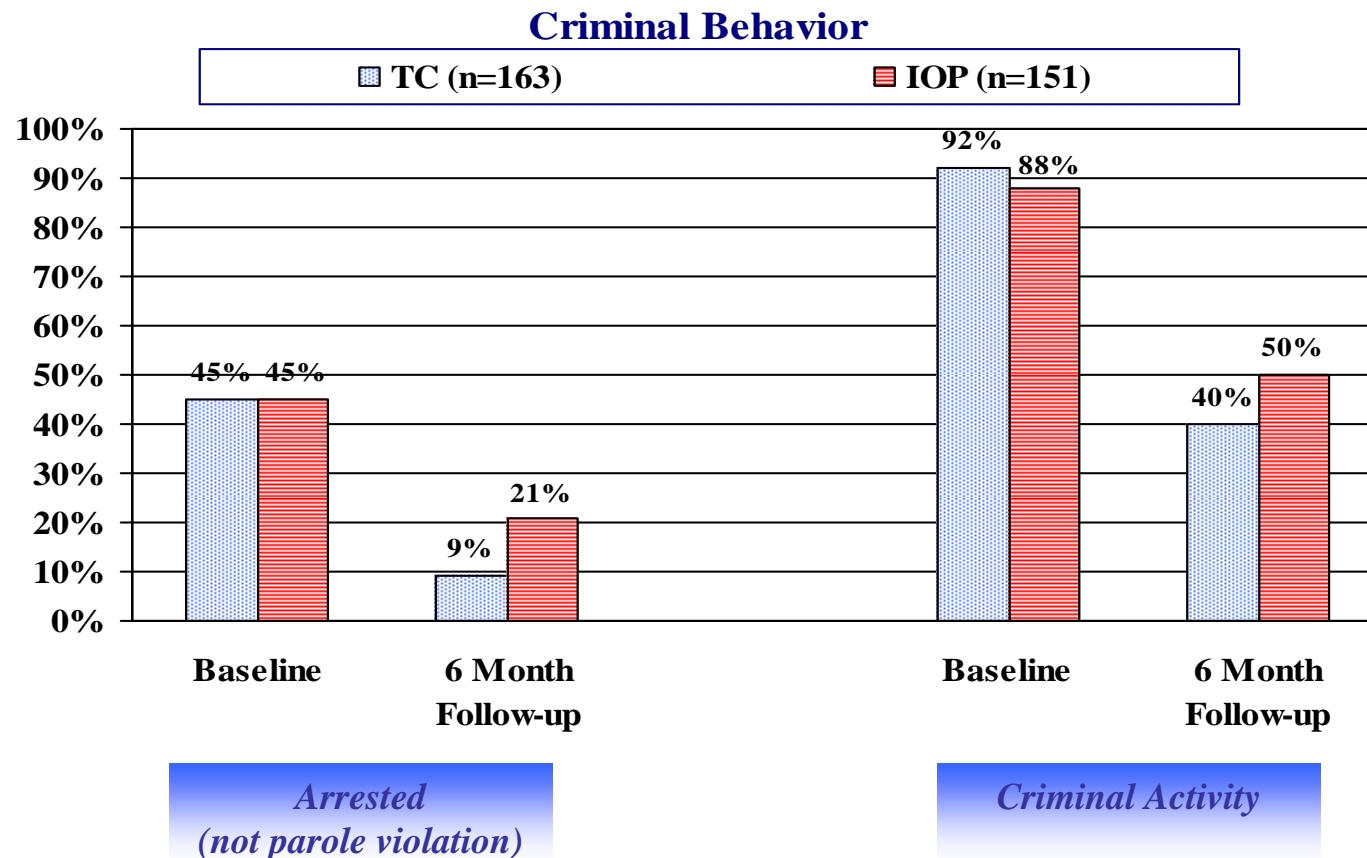
**National Development and Research (NDRI)**

**Denver Women's Correctional Facility Therapeutic Community**

- Compared 163 female inmates in the CDOC TC to 151 outpatients who were in an Intensive Outpatient Program (IOP)
- Baseline with a six (6) month follow up
- Four evaluated areas
  - **Alcohol Use**
  - **Drug Use**
  - **Criminal Activity**
  - **Arrested (not parole violation)**

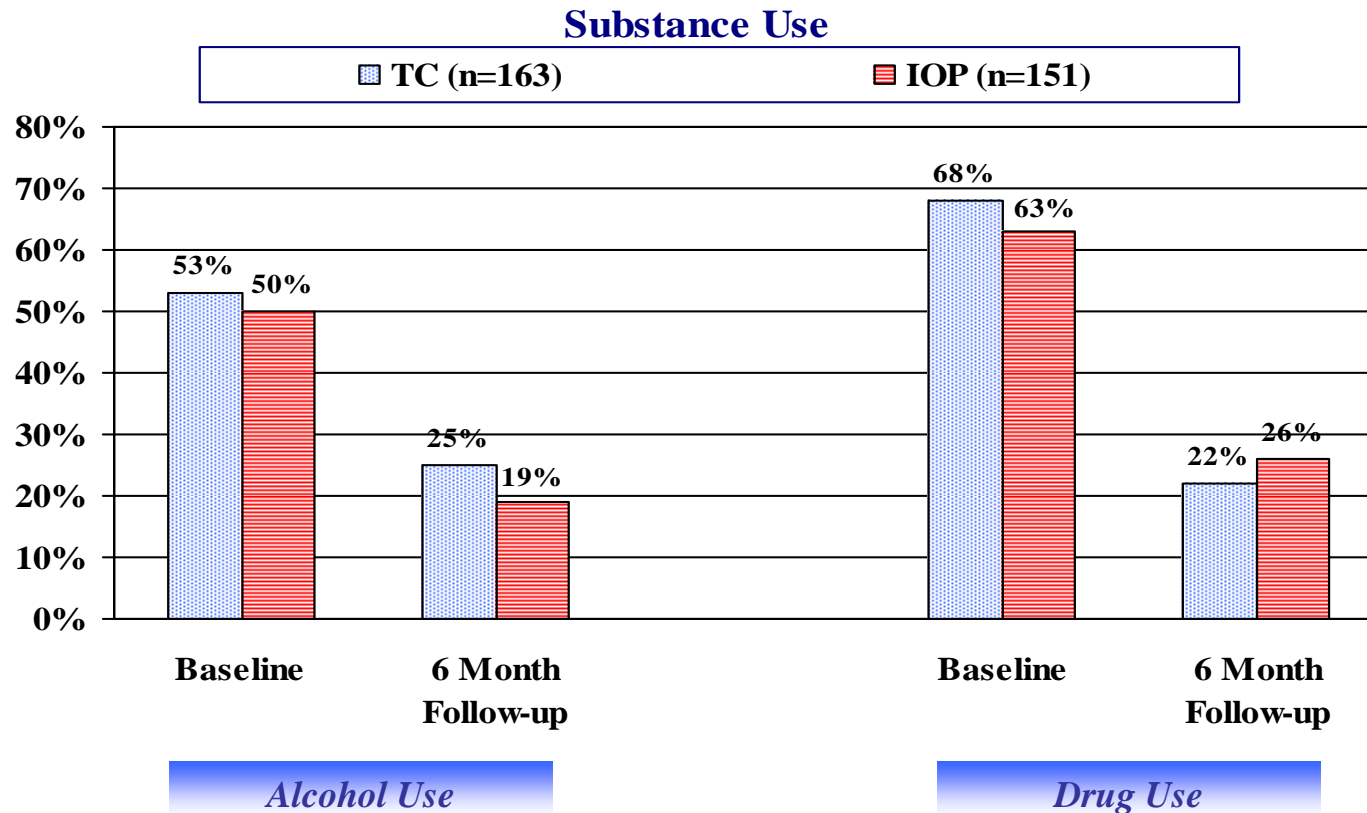
# NDRI Women's Study

## Baseline vs. 6 month follow-up



# NDRI Women's Study

## Baseline vs. 6 month follow-up





## Cross Road to Freedom House

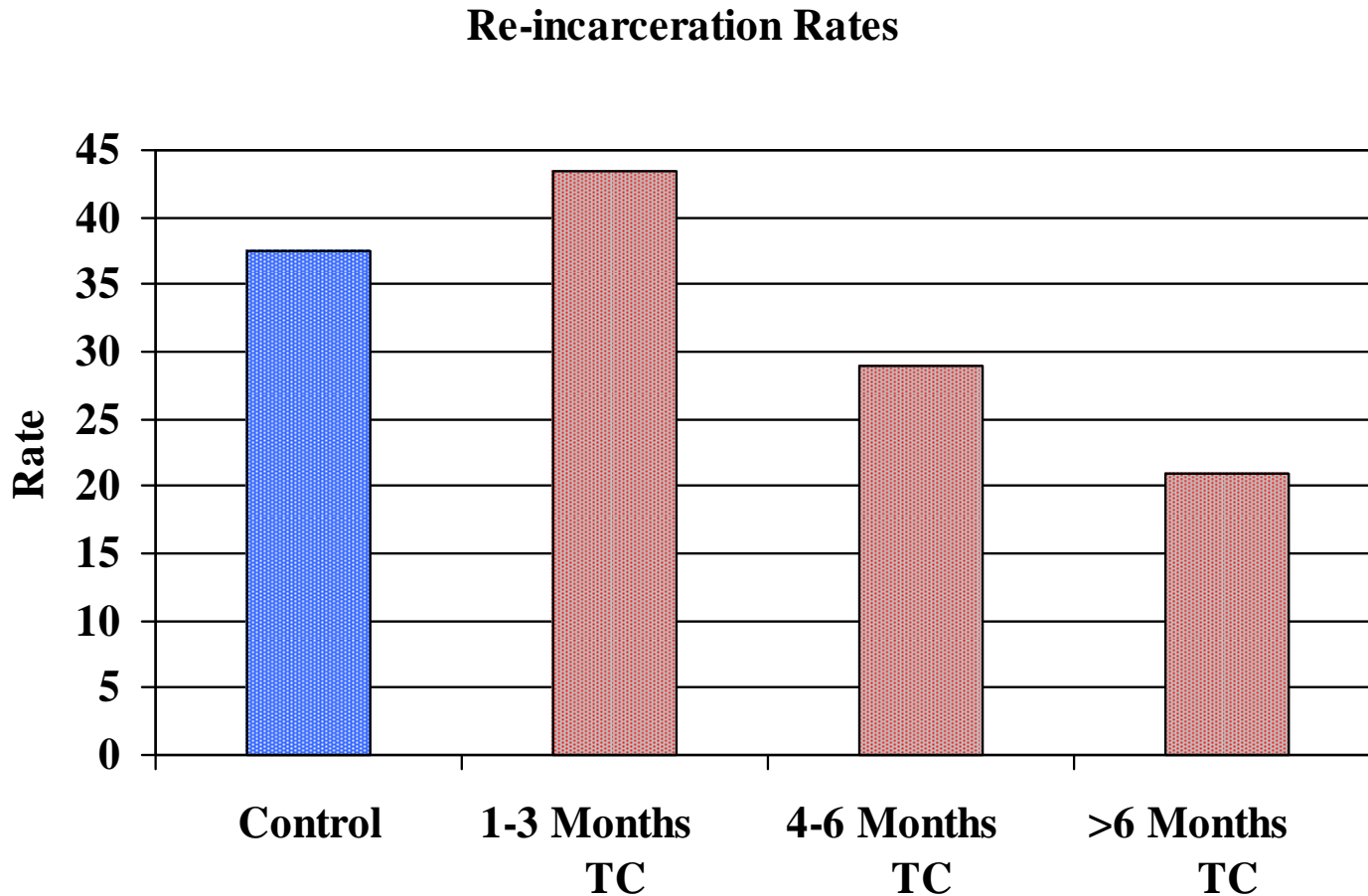
### Arrowhead Correctional Center Therapeutic Community (TC)

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- Examined issues of treatment retention and program effectiveness in the first prison-based TC in Colorado.
- One year re-incarceration rates were gathered for TC participants and control group
- 673 inmates were examined for retention in treatment.
- Comparison group consisted of 202 offenders.

# One year re-incarceration rates

## Control group compared to months in treatment



## Effectiveness of Arrowhead and Peer I Therapeutic Communities

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- Focused on implementation of the prison plus community TC model by examining three different areas.
  - Study 1: Examined retention in the ACC TC.
  - Study 2: Analyzed outcomes of inmates with various amounts of treatment. Focused on Post prison release.
  - Study 3: Explored potential barriers and supports that offenders face when returning to community

## Effectiveness of Arrowhead and Peer I Therapeutic Communities Study One – Factors Affecting Retention in Prison TC

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- Participants (n=292 Male Inmates) who entered ACC TC between January 1997 and December 1999 grouped according to the following criteria:
  - Successful participants (n=75) who remained in treatment a minimum of 180 days and made a progressive move
  - Unsuccessful participants (n=153) who either quit or were expelled from the program.
  - Participants (n=63) who made a progressive move out of the TC before completing 180 days of the program

# Effectiveness of Arrowhead and Peer I Therapeutic Communities

## Study One – Factors Affecting Retention in Prison TC - Outcomes

### **OUTCOME SUCCESSFUL OFFENDERS**

- ❖ Lower Narcissistic scores
- ❖ Higher drug dependence scores

### **OUTCOME UNSUCCESSFUL OFFENDERS**

- ❖ More likely to be single
- ❖ Higher aggressive and passive-aggressive tendencies
- ❖ Greater irritability and conduct problems

### **OUTCOME FOR BOTH GROUPS**

- ❖ Antisocial personality disorders
- ❖ Anxiety disorders with high prevalence of alcohol and drug dependency.
- ❖ Motivation and readiness for treatment didn't differentiate between the two groups.

## Effectiveness of Arrowhead and Peer I Therapeutic Communities

### Study Two – Effectiveness of ACC and Peer I TC Programs

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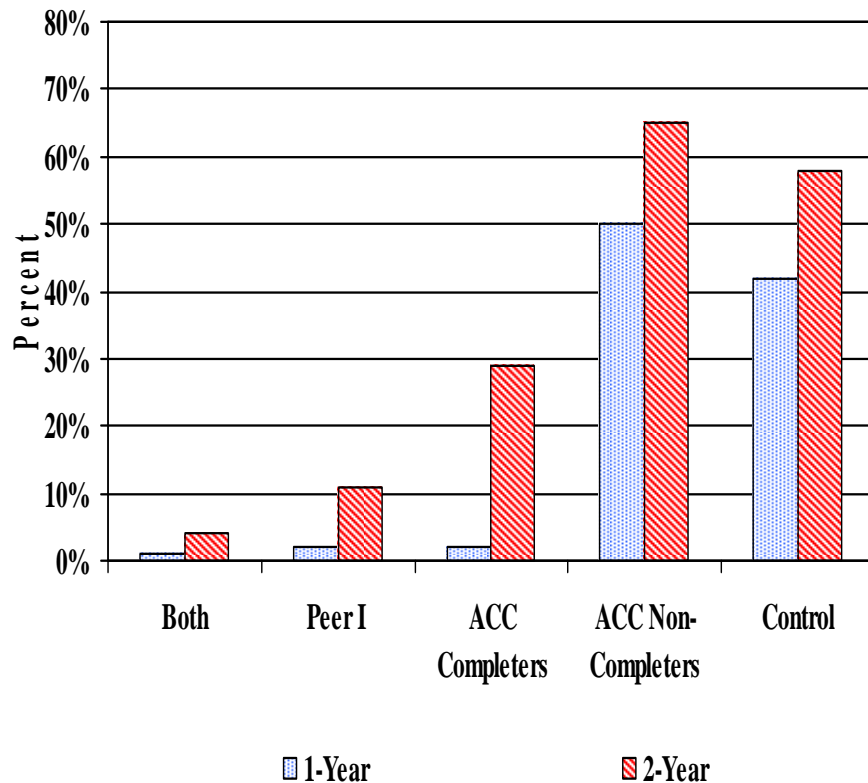
➤ Five groups of participants were used to examine treatment outcomes.

- Group 1(n=31) received treatment at both the ACC TC (Minimum 180 days) and the Peer I TC (n=31).
- Group 2(n= 97) received treatment at Peer I TC only.
- Group 3 (n=162) received successful treatment at ACC TC only.
- Group 4 (n=256) received treatment, but did not complete, at ACC TC only.
- Group 5 (n=232) the control group –identified as needing residential substance abuse treatment, but did not attend a TC.

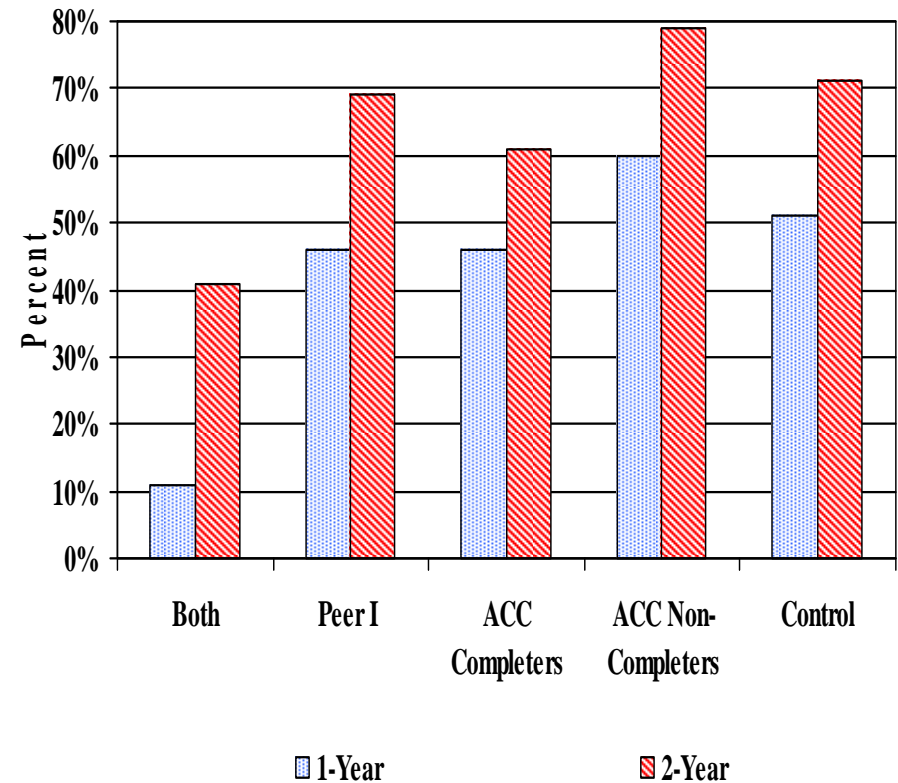
# Effectiveness of Arrowhead and Peer I Therapeutic Communities

## Study Two – Effectiveness of ACC and Peer I TC Programs Outcomes

Technical Violations Outcome by Group



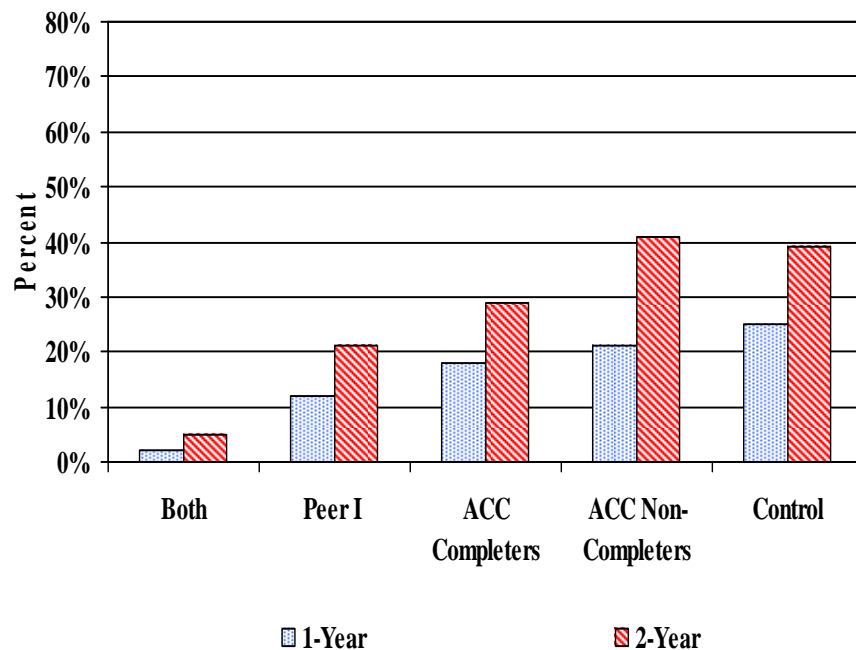
Supervision Failure Outcome by Group



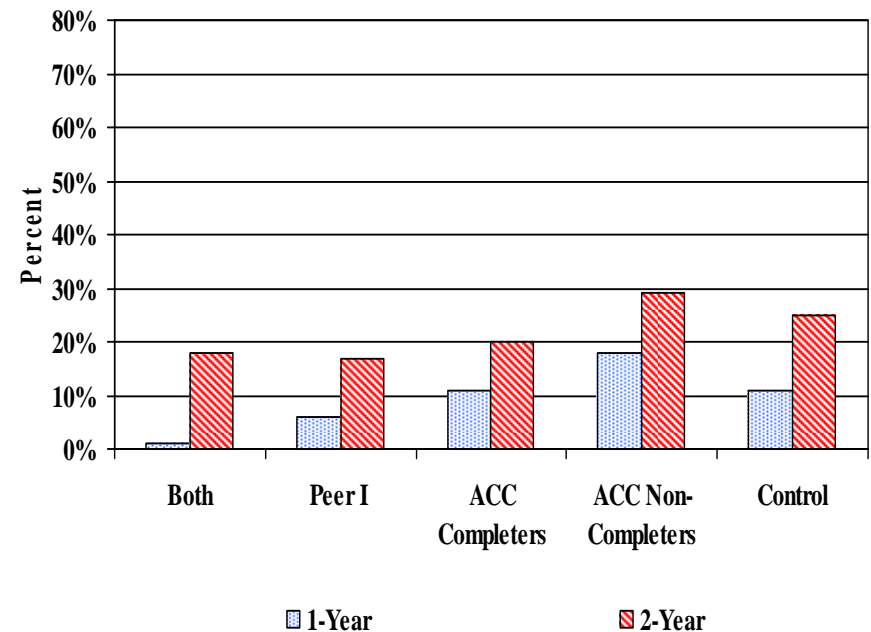
# Effectiveness of Arrowhead and Peer I Therapeutic Communities

## Study Two – Effectiveness of ACC and Peer I TC Programs Outcomes

Misdemeanor Arrests Outcome by Group



Felony Arrests Outcome by Group



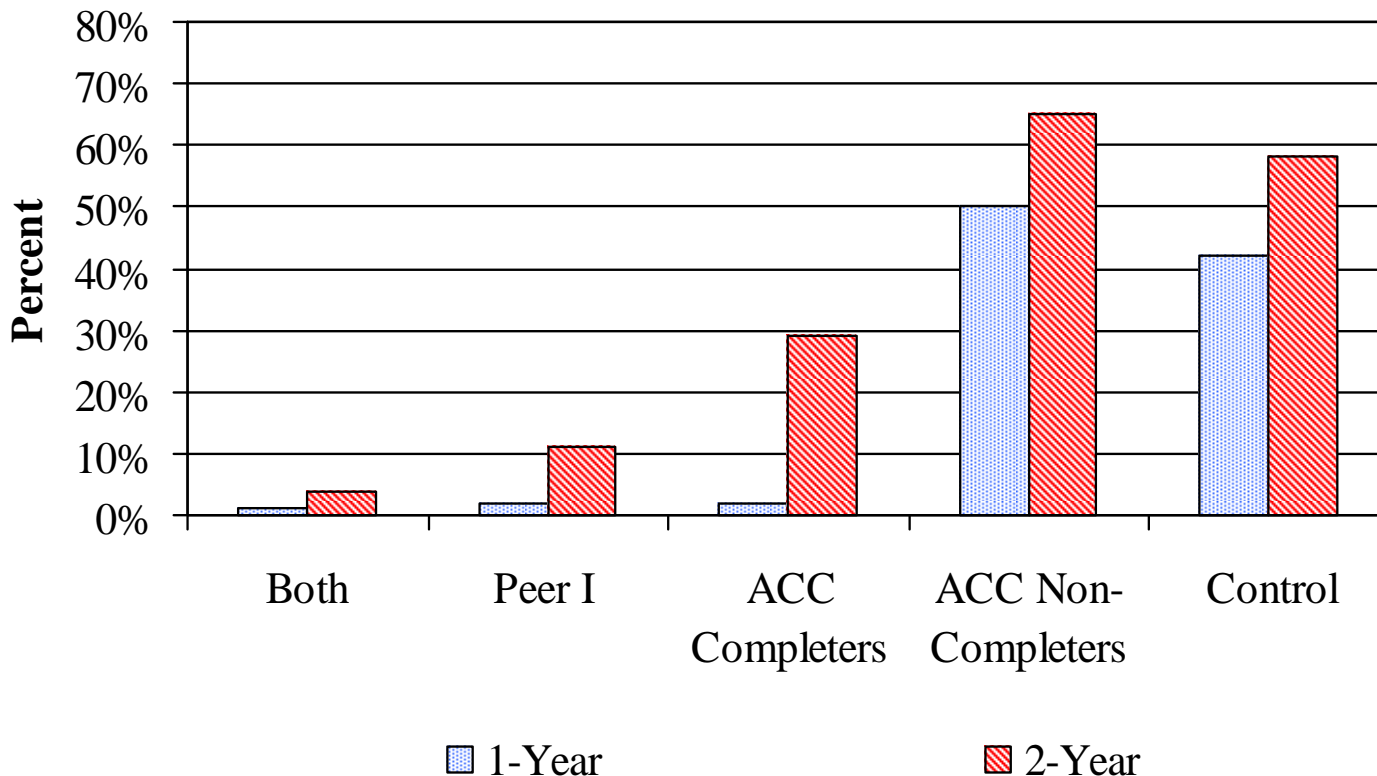


# Effectiveness of Arrowhead and Peer I Therapeutic Communities

## Study Two – Effectiveness of ACC and Peer I TC Programs

### Final Outcomes of those who Returned to Prison

#### Return to Prison Outcome by Group



## Effectiveness of Arrowhead and Peer I Therapeutic Communities

### Study Three – Case Studies

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A case study of 10 men with a goal to explore potential barriers and supports that people face when returning to the community.

#### Key Points Evaluated in Interview Process:

- **Finances:** Inability to drive due to history was one of the hardest obstacles. Juggling demands of parole, work, and finances makes it difficult to make ends meet.
- **Housing:** Offenders did not report any difficulties securing their own arrangements in the community.
- **Family and Partner Relationships:** Support was found to be key to success.
- **Substance Abuse:** Longest periods of abstinence coincided with incarcerations
- **Criminal History:** Due to history of drugs/alcohol, individuals found it hard to find work.

## Colorado Correctional Alternative Program (CCAP) (Colorado Regimented Inmate Training Program)

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### ➤ Evaluations

- CDOC – Colorado Regimented Inmate Training Program, A Legislative Report
- CDOC – Colorado Regimented Inmate Training Program, A Legislative Update Report
- CDOC -

## Regimented Inmate Training Program 1993 and 1995

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- Program established in May, 1991 (HB 90-1023)
- Military style intensive physical training and discipline structure
- Educational and vocational assessment and training program emphasizing job seeking skills.
- Health education program
- Drug and alcohol education and treatment program which shall be structured as an integral part of the entire regimented inmate training program.

## Regimented Inmate Training Program 1993 and 1995

### Recommitment Rates

1993

#### CCAP Graduates

Total 112 (34.7%) Recommitments

- New Crime 30 (9.3%)
- Technical Revocations 82 (25.4%)

#### Time Out After Release

- 7.8 months compared to 8.8 months (control group)

#### Cost Savings

- Est. 355 Bed Savings
- Est. \$1.8 million Care and Custody
- Est. \$4.0 million Capital Const.

1995

#### CCAP Graduates

Total 46 (27.2%) Recommitments

- New Crime 25 (14.8%)
- Technical Revocations 21 (12.4%)

#### Time Out After Release

- 5.4 months compared to 5.0 months (control group)

#### Cost Savings

- Est. 221 Bed Savings
- Est. \$1.0 million Care and Custody
- Est. \$2.0 million Capital Const

## Sex Offender Evidence Based Studies

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- Division of Criminal Justice (DCJ), Evaluation of Colorado's Prison Therapeutic Community, 2003. (Lowden et al.)
- CDOC, Sex Offending Behavior in Prison Indicative of Risk for ReOffense, 2002. (Heil et al.)

## Evaluation of Sex Offender Therapeutic Community (TC)

DCJ -The Office of Research and Statistics (ORS)

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- CDOC Sex Offender TC operates as a Modified Therapeutic Community.
- Participation in the TC requires that offenders agree to be accountable for their own behaviors as well as the behaviors of the “brothers”.
- The evaluation of the TC focused on two primary questions:
  - Are the components of CDOC’s sex offender therapeutic community grounded in theory and best practice, and
  - Are outcomes for sex offenders who receive Sex Offender Treatment and Monitoring Program (SOTMP) services better than outcomes for sex offenders who do not receive these services?

## Evaluation of Sex Offender Therapeutic Community (TC)

### DCJ -The Outcome Study

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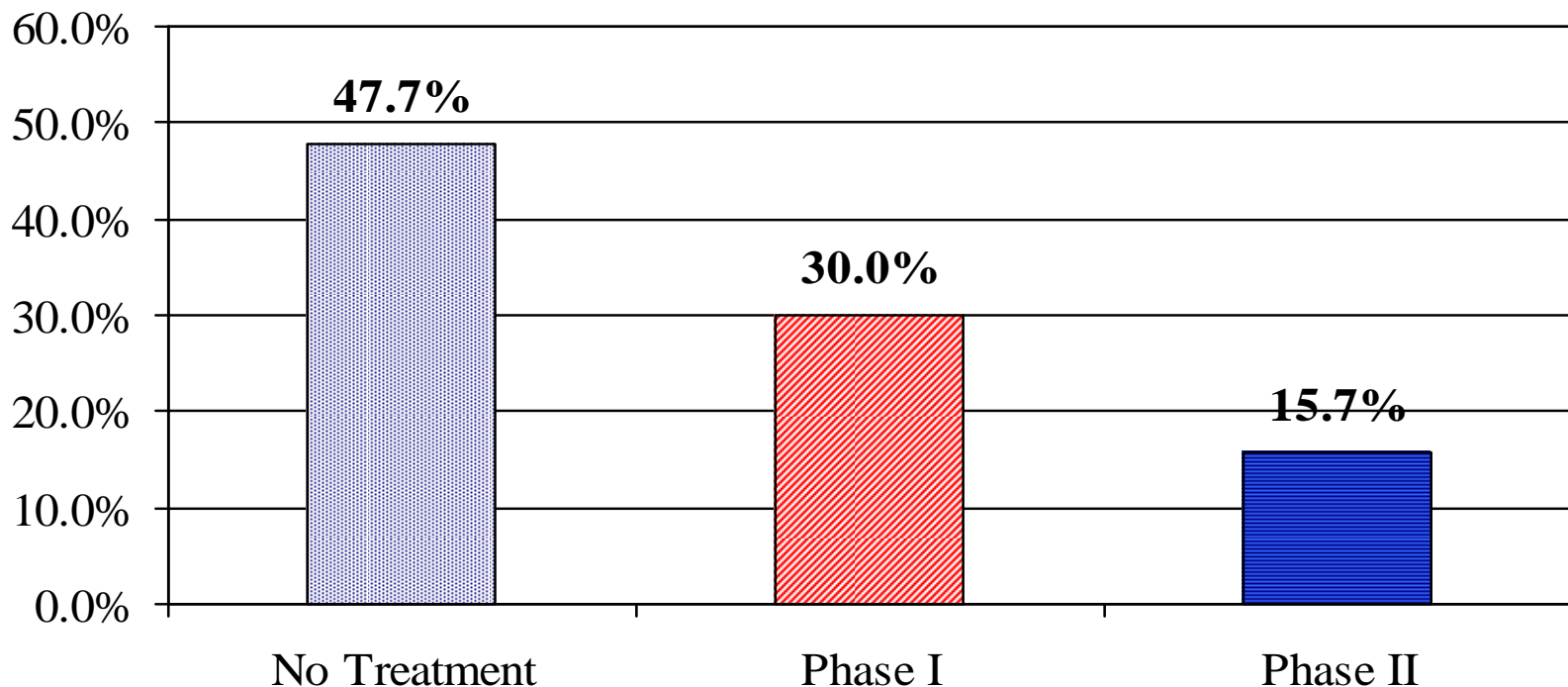
- ❖ Over 3,000 sex offenders released from DOC between April 1993 and July 30, 2002 were included in the outcome analysis.
- ❖ Sex offenders were assigned to one of three treatment groups:
  - ◆ No treatment group –had less than 30 calendar days in Phase I treatment.
  - ◆ Phase I group - more than 30 days in Phase I and no Phase II (or TC) treatment,
  - ◆ Phase II or TC group –participated in both Phase I and Phase II sex offender treatment



# Evaluation of Colorado's Prison Therapeutic Community

## Highlighted Findings from the DCJ Outcome Evaluation

### Revocation Rates of Sex Offenders Released to Parole Between April 1, 1998 and July 30, 2002 N=1,585



# Evaluation of Colorado's Prison Therapeutic Community

## Highlighted Findings from the DCJ Outcome Evaluation

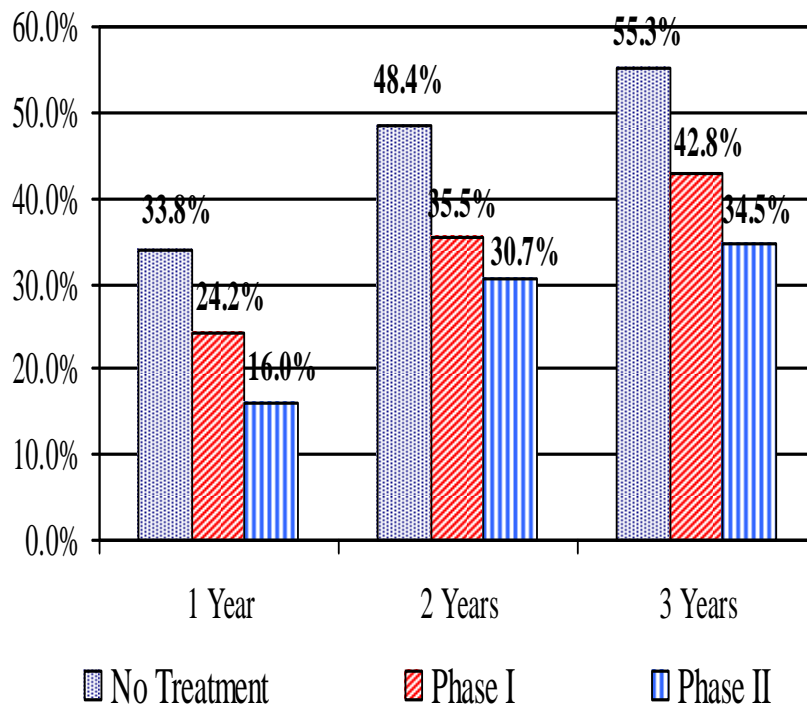
### New Arrest is Correlated with Fewer Months in Treatment

New Felony or Serious Misdemeanor Arrests		Average Months in Treatment
Follow-up Period: 12 Months	No Arrest	27.4 Months
	New Arrest	19.3 Months
Follow-up Period: 24 Months	No Arrest	30.1 Months
	New Arrest	20.0 Months
Follow-up Period: 36 Months	No Arrest	30.1 Months
	New Arrest	17.5 Months

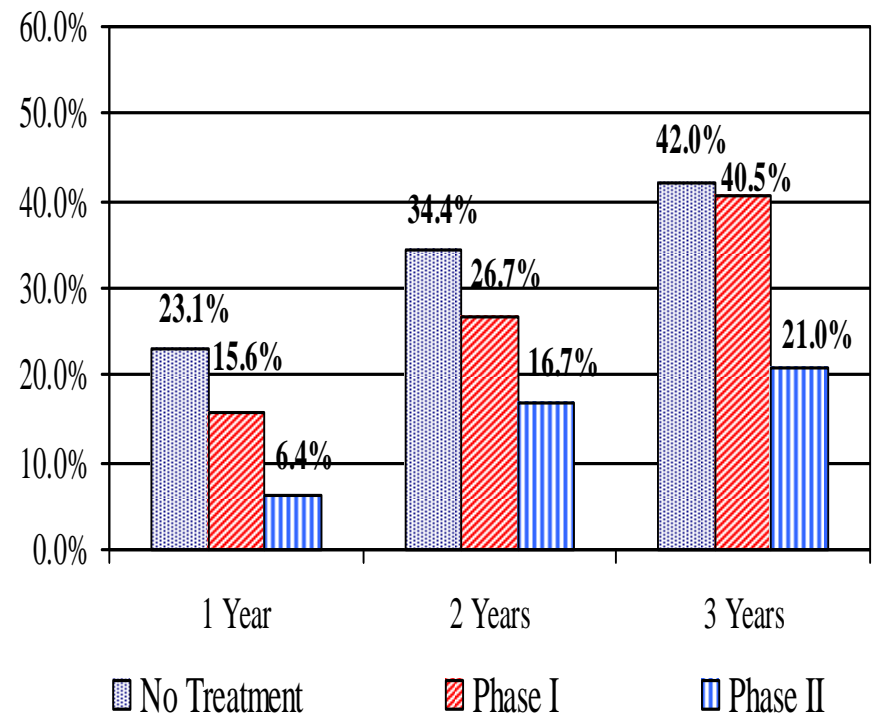
# Evaluation of Colorado's Prison Therapeutic Community

## Highlighted Findings from the DCJ Outcome Evaluation

Convicted Sex Offenders Discharged from Prison  
Arrest for a New Felony or Serious Misdemeanor at  
1, 2, 3 Years n=2,040



Convicted Sex Offenders Discharged from Prison  
Arrest for a New Felony or Serious Misdemeanor at 1,  
2, 3 Years n=1,003



# Colorado Department of Corrections

## Sex Offending Behavior in Prison Indicative of Risk for ReOffense

- Study compared Institutional Sex Offenders (n=64) with Convicted (n=367) and Factual Basis (n=1,598) Sex Offenders
- Arrest Data was collected from CCIC/NCIC

Percentage of Sexual Offenders Arrested Over a 12-Year Period			
Type of Arrest	Institutional	Convicted	Factual Basis
Sexual	8%	11%	12%
Violent	53%	44%	22%
Other	73%	64%	42%
Any	75%	67%	46%
Median Survival Times (Days) for Sexual Offenders			
Sexual	270	645	851
Violent	390	442	663
Other	198	296	478
Any	180	281	456



## Division of Criminal Justice

### Evaluation of the Youthful Offender System (YOS)

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- YOS opened its doors in 1994
- Designed for violent youthful offenders, between the ages of 14 and 18 at time of crime.
- Four phase model includes:
  - Intake, Diagnostic, and Orientation (IDO)
  - Phase I Core programming
  - Phase II Preparation for community re-entry
  - Phase III Community supervision
- Founded upon a positive peer culture using a system of incentives and sanctions
- Education is a key foundation

# Division of Criminal Justice

## Evaluation of the Youthful Offender System (YOS)

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### ➤ Empirical Findings:

- Only 10.3 percent of YOS offenders entered with a GED or high school diploma
- Nearly 31 percent who discharged from YOS between 1994 and 2003 did not obtain a GED or diploma
- 23.3% of YOS offenders in Phase III in August 2004 did not have a GED or diploma

### ➤ Those who did not obtain GED or Diploma were found to be:

- 3.8 time more likely to be revoked from YOS to prison
- 1.6 times more likely to have a felony filing with 2 years of discharge
- 2.7 times more likely to return to prison with a new conviction following discharge.

## Evaluation of the Youthful Offender System (YOS)

### 2004 and 2002 Recidivism Rates at Years 1, 2 and 5

	2004 Evaluation		2002 Evaluation	
	New Felony Filings	New Felony Convictions	New Felony Filings	New Felony Convictions
One Year Post-Discharge	22.2% (93)	19.1% (80)	22.4% (60)	18.3% (46)
Two Years Post-Discharge	32.9% (121)	29.7% (109)	35.5% (65)	26.5% (45)
Five Years Post-Discharge	53.1% (76)	50.3% (72)	64.7% (11)	41.2% (7)

- Recidivism was defined as a new felony filing.
- In 2002, only 17 youth had been discharged for 5 years – 64.7% rate was unreliable.
- In 2004, 143 youth had been discharged for at least 5 years



## Youthful Offender System

### Highlighted Findings in CDOC Research

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#### ➤ Re-offense Research (2003)

- 31% of offenders received new felony convictions, but only 16.7% received a prison sentence for the new crime.

#### ➤ Recidivism Rates (2007) Average 30% since fiscal year 1996.

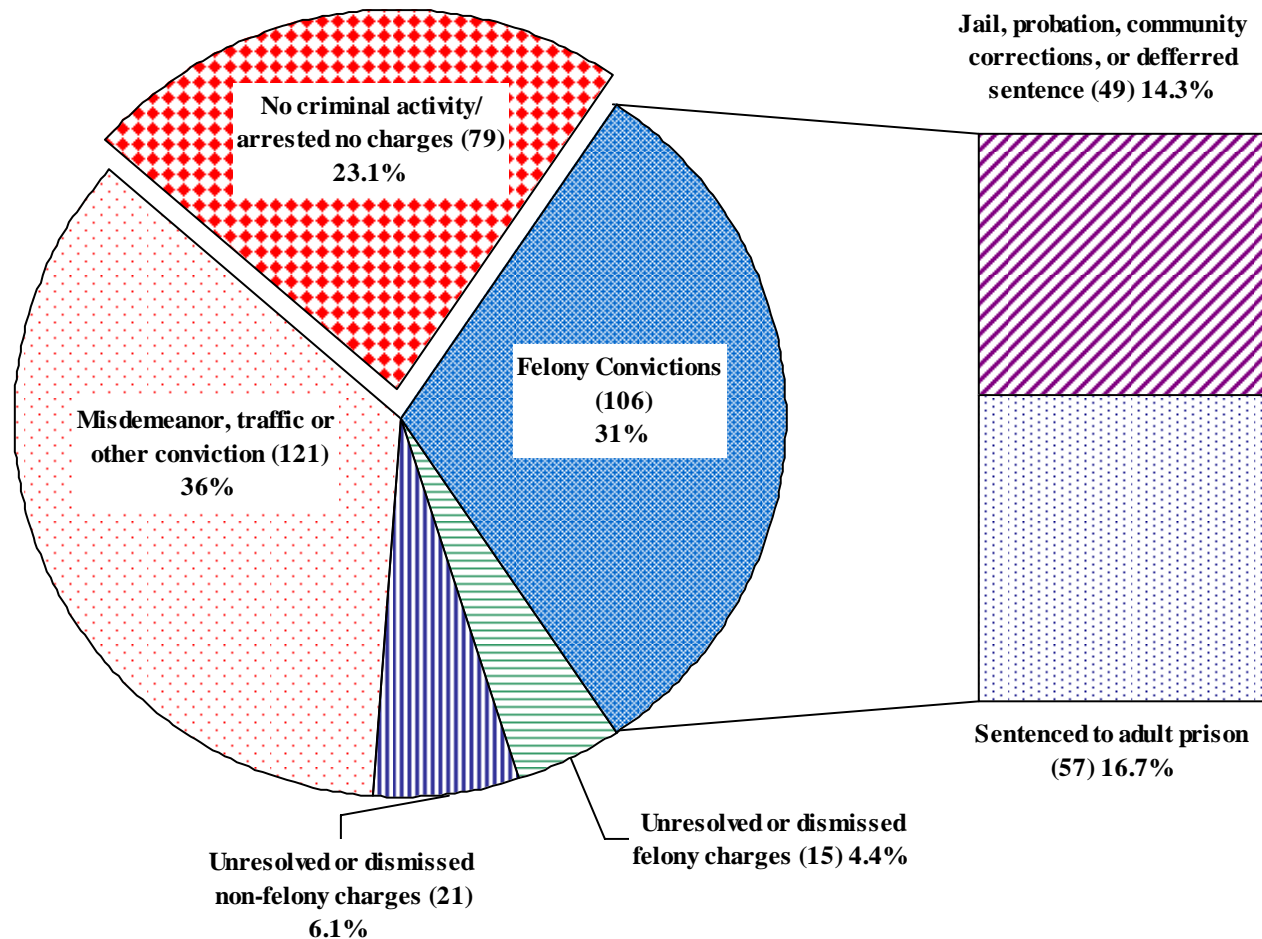
#### ➤ Ninety-two percent (92%) of offenders releasing from YOS in FY 2007 received their High School Diploma or GED.

#### ➤ Fifty-seven percent (57%) of offenders releasing from YOS in FY 2007 received Vocational Certificates



# Youthful Offender System

## Re-offense Rates, 2003



# Educational Matrix

[illegible]

CAREER AND TECHNICAL TRAINING	A C C	A V C F	B V C F	B V M C	C C A P	C C C	C C F	C S P	C T C F	C W C F	D C C	D R D C	D W C F	F C F	F L C F	F M C C	L C F	L V C F	R C C	S C C	S C C F	S C F	T C F	Y O S	B C C F	C C C F	C M R C	H C C C	K C C C	H P C F	
ACCT. TECHNOLOGIES																						*									
AQUACULTURE	*		*																												
BARBERING																								*							
BUS. MANAGEMNT																						*		*					*		
BUS. TECHNOLOGIES										*												*							*		
CANINE MODIFICATION	*			*					*	*			*		*					*		*	*								
COLLISION REP TECH			*																												
COMPUTER APPL.													*				*	*				*	*		*	*					
COMPUTER INFO SYS		*							*				*		*		*	*			*		*		*	*			*	*	*
CONSTRUCTION TECH		*	*										*	*			*					*				*					
COSMETOLOGY										*			*					*													
CUSTODIAL TRAINING	*	*	*				*		*				*	*	*	*	*	*				*	*		*	*		*	*		
DRAFT DESIGN TECH		*											*	*																	
ELECTRONICS TECH		*															*	*				*	*	*	*	*		*			
FOOD PRODUCTION MANAGEMENT		*							*				*			*	*					*									
GRAPHIC MEDIA & DESKTOP			*							*			*	*				*				*									







# Colorado Department of Corrections

## Other Evidence Based Studies

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- Parent Education Program for Incarcerated Mothers in Colorado, The Journal of Correctional Education 58(4), December, 2007.
- Psychotropic Medication Program for Community-Based Offenders with Mental Illness, Legislative Footnote Report on SB 07-160, February, 2008.
- Risk Prediction and Psychopathology in Sexual Offenders, ATSA Poster Presentation, Montreal, Quebec, Canada, October 2002.
- Is Sexual Offending Behavior in Prison Indicative of Community Risk?, Heil, Harrison, English, & Ahlmeyer, Poster Presentation, October, 2002