Criminogenic Risk and Mental Health: What Works and What Doesn’t in Reducing Recidivism

Presented by:
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Evidence Based – What does it mean?

There are different forms of evidence:

– The lowest form is anecdotal evidence; stories, opinions, testimonials, case studies, etc - but it often makes us feel good

– The highest form is empirical evidence – research, data, results from controlled studies, etc. - but sometimes it doesn’t make us feel good
Evidence Based Practice is:

1. Easier to think of as Evidence Based Decision Making

2. Involves several steps and encourages the use of validated tools and treatments.

3. Not just about the tools you have but also how you use them
Evidence Based Decision Making Requires

1. Assessment information
2. Relevant research
3. Available programming
4. Evaluation
5. Professionalism and knowledge from staff
What does the Research tell us?

There is often a Misapplication of Research: “XXX Study Says”

- the problem is if you believe every study we wouldn’t eat anything (but we would drink a lot of red wine!)

• Looking at one study can be a mistake

• Need to examine a body of research

• So, what does the body of knowledge about correctional interventions tell us?
First, it is important to understand the body of knowledge on risk factors. What are the risk factors correlated with criminal conduct?
Major Set of Risk/Need Factors

1. Antisocial/procriminal attitudes, values, beliefs and cognitive-emotional states
Cognitive Emotional States

- Rage
- Anger
- Defiance
- Criminal Identity
Identifying Procriminal Attitudes, Values & Beliefs

Procriminal sentiments are what people think, not how people think; they comprise the content of thought, not the skills of thinking.

*What to listen for:*

- Negative expression about the law
- Negative expression about conventional institutions, values, rules, & procedures; including authority
- Negative expressions about self-management of behavior; including problem solving ability
- Negative attitudes toward self and one’s ability to achieve through conventional means
- Lack of empathy and sensitivity toward others
Neutralization & Minimizations

Offenders often neutralize their behavior. Neutralizations are a set of verbalizations which function to say that in particular situations, it is “OK” to violate the law.

**Neutralization Techniques include:**

- **Denial of Responsibility:** Criminal acts are due to factors beyond the control of the individual, thus, the individual is guilt free to act.
- **Denial of Injury:** Admits responsibility for the act, but minimizes the extent of harm or denies any harm.
- **Denial of the Victim:** Reverses the role of offender & victim & blames the victim.
- **“System Bashing”:** Those who disapprove of the offender’s acts are defined as immoral, hypocritical, or criminal themselves.
- **Appeal to Higher Loyalties:** “Live by a different code” – the demands of larger society are sacrificed for the demands of more immediate loyalties.

(Sykes and Maltz, 1957)
Major set Risk/needs continued:

2. Procriminal associates and isolation from prosocial others
Major set Risk/Needs continued:

3. Temperamental & anti social personality pattern conducive to criminal activity including:

– Weak Socialization
– Impulsivity
– Adventurous
– Pleasure seeking
– Restless Aggressive
– Egocentrism
– Below Average Verbal intelligence
– A Taste For Risk
– Weak Problem-Solving/lack of Coping & Self-Regulation Skills
4. A history of antisocial behavior:
   – Evident from a young age
   – In a variety of settings
   – Involving a number and variety of different acts
Major set of Risk/Needs Continued:

5. Family factors that include criminality and a variety of psychological problems in the family of origin including:
   - Low levels of affection, caring and cohesiveness
   - Poor parental supervision and discipline practices
   - Out right neglect and abuse
Major set of Risk/Needs continued:

6. Low levels of personal educational, vocational or financial achievement
Leisure and/or recreation

7. Low levels of involvement in prosocial leisure activities

– Allows for interaction with antisocial peers
– Allows for offenders to have idle time
– Offenders replace prosocial behavior with antisocial behavior
Substance Abuse

8. Abuse of alcohol and/or drugs

– It is illegal itself (drugs)
– Engages with antisocial others
– Impacts social skills
Recent study by Bucklen and Zajac of parole violators in Pennsylvania found a number of criminogenic factors related to failure*

*Conducted by Pennsylvania Dept. of Corrections
Pennsylvania Parole Study
Social Network and Living Arrangements
Violators Were:

• More likely to hang around with individuals with criminal backgrounds
• Less likely to live with a spouse
• Less likely to be in a stable supportive relationship
• Less likely to identify someone in their life who served in a mentoring capacity
Pennsylvania Parole Study
Employment & Financial Situation
Violators were:

• Only slightly more likely to report having difficulty getting a job
• Less likely to have job stability
• Less likely to be satisfied with employment
• Less likely to take low end jobs and work up
• More likely to have negative attitudes toward employment & unrealistic job expectations
• Less likely to have a bank account
• More likely to report that they were “barely making it” (yet success group reported over double median debt)
Pennsylvania Parole Study
Alcohol or Drug Use
Violators were:

• More likely to report use of alcohol or drugs while on parole (but no difference in prior assessment of dependency problem)

• Poor management of stress was a primary contributing factor to relapse
Pennsylvania Parole Study
Life on Parole - Violators were:

- Had poor problem solving or coping skills
- Did not anticipate long term consequences of behavior
- Failed to utilize resources to help themselves
- Acted impulsively to immediate situations
- Felt they were not in control
- More likely to maintain anti-social attitudes
- Viewed violations as an acceptable option to situation
- Maintained general lack of empathy
- Shifted blame or denied responsibility
- Had unrealistic expectations about what life would be like outside of prison
Pennsylvania Parole Violator Study:

- Successes and failures did not differ in difficulty in finding a place to live after release.

- Successes & failures equally likely to report eventually obtaining a job.
So what about Mental Health?
Mentally Disordered Offenders (MDOs)

Conventional Clinical Wisdom:

- Criminal activities of MDOs best explained by psychopathological models
- Assessments typically focus on psychiatric diagnoses, psychiatric symptomatology, and personal distress (i.e. anxiety, depression)
- Assessments are often costly and time consuming
MDOs Continued

Review of the Empirical Research:

• The Psychopathological model has little relevance regarding the prediction of MDO criminal behavior

• Gendreau conducted meta-analysis on studies of psychiatric symptomatology and general recidivism: Correlation=ZERO

• Bonta’s meta analysis found correlation between having a diagnosed mental disorder, mood disorder, or psychosis and general/violent recidivism ranged from $r = .01$ to -.17.

• Criminogenic risk factors were the strongest predictors ($r=.23$)
Major Set of Risk/Need Factors

1. Antisocial/procriminal attitudes, values, beliefs & cognitive emotional states

2. Procriminal associates & isolation from anti-criminal others

3. Temperamental & anti-social personality patterns conducive to criminal activity:

4. A history of antisocial behavior
Major Set of Risk/Need Factors Cont.

5. Familial factors that include criminality and a variety of psychological problems in the family of origin

6. Low levels of personal, educational, vocational, or financial achievement

7. Low levels of involvement in prosocial leisure activities

8. Substance Abuse
A Large Body of Research Has Indicated….

….that correctional services and interventions can be effective in reducing recidivism for offenders, however, not all programs are equally effective

- The most effective programs are based on some principles of effective interventions

  - Risk (Who)
  - Need (What)
  - Treatment (How)
  - Program Integrity (How Well)
Let’s Look at the Risk Principle

Risk refers to risk of reoffending and not the seriousness of the offense.
Risk Principle

As a general rule, treatment effects are stronger if we target higher risk offenders, and harm can be done to low risk offenders.
Risk Level by Recidivism for the Community Supervision Sample

Percent with New Arrest

Low 0-14: 9.1%
Medium = 15-23: 34.3%
High = 24-33: 58.9%
Very High 34+: 69.2%
There are Three Elements to the Risk Principle

1. Target those offenders with higher probability of recidivism

2. Provide most intensive treatment to higher risk offenders

3. Intensive treatment for lower risk offender can increase recidivism
#1: Targeting Higher Risk Offenders

- It is important to understand that even with EBP there will be failures.

- Even if you reduce recidivism rates you will still have high percentage of failures
Example of Targeting Higher Risk Offenders

• If you have 100 High risk offenders about 60% will fail
• If you put them in well designed EBP for sufficient duration you may reduce failure rate to 40%
• If you have 100 low risk offenders about 10% will fail
• If you put them in same program failure rate will be 20%
Targeting Higher Risk Offenders continued:

- In the end, who had the lower recidivism rate?

- Mistake we make is comparing high risk to low risk rather than look for treatment effects
The question is: What does more “intensive” treatment mean in practice?

- Most studies show that the longer someone is in treatment, the greater the effects, however:
  - Effects tend to diminish if treatment goes too long
The question is: What does more “intensive” treatment mean in practice?

• Most studies show that the longer someone is in treatment the greater the effects, however:

• Effects tend to diminish if treatment goes too long
Provide Most Intensive Interventions to Higher Risk Offenders

- Higher risk offenders will require much higher dosage of treatment
  - Rule of thumb: 100 hours for moderate risk
  - 200+ hours for high risk
  - 100 hours for high risk will have little effect
  - Does not include work/school and other activities that are not directly addressing criminogenic risk factors
Results from a 2010 Study (Latessa, Sperber, and Makarios) of 689 offenders

- 100-bed secure residential facility for adult male felons
- Cognitive-behavioral treatment modality
- Average age 33
- 60% single, never married
- 43% less than high school education
- 80% moderate risk or higher
- 88% have probability of substance abuse per SASSI
Recidivism Rates by Intensity and Risk Level

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<thead>
<tr>
<th></th>
<th>Moderate</th>
<th>High</th>
<th>Overall</th>
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<tbody>
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<td>0-99 hrs</td>
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<tr>
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<td>45</td>
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<td>45</td>
</tr>
<tr>
<td>200+ hrs</td>
<td>43</td>
<td>57</td>
<td>43</td>
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Findings & Conclusions

• We saw large decreases in recidivism when dosage levels go from 100 to 200 hours for high risk offenders---81% to 57%.

• The results are not as strong for moderate risk offenders

• Supports previous research including the risk principle

• Indicates that we cannot have “one size” fits all programs
Placing lower risk offenders in intensive programs can increase recidivism
Recent Study of Intensive Rehabilitation Supervision in Canada

2002 STUDY OF COMMUNITY CORRECTIONAL PROGRAMS IN OHIO

- Largest study of community based correctional treatment facilities ever done up to that time.

- Total of 13,221 offenders – 37 Halfway Houses and 15 Community Based Correctional Facilities (CBCFs) were included in the study.

- Two-year follow-up conducted on all offenders

- Recidivism measures included new arrests & incarceration in a state penal institution
Increased Recidivism

Reduced Recidivism

Treatment Effects for Low Risk Offenders

Probability of Recarceration

Increased Recidivism

Reduced Recidivism

-36

-21 -21 -21 -21

-15

-11 -11 -11

-7 -7 -7

-6 -5 -4 -4 -4 -4 -2 -2 -2 -2 -2 -1

0 1 1 2 3 3 4 5 6 8 9

Reduced Recidivism

Cincinnati House, TMRC

SSEP LA

Harbor House Salvation Army

Cincinnati Community Treatment Center

Bachler House

Spring Grove

Avon House

Mainling House

Williamson County

Lebanon County

Munchen County

Bogus

Lebanon County

Boone County

Lee County

Cincinnati VOA House

Cincinnati House

Cincinnati House

Cincinnati House

Cincinnati House

Cincinnati House

Cincinnati House

Cincinnati House

Cincinnati House

Cincinnati House

Cincinnati House
2010 STUDY OF COMMUNITY CORRECTIONAL PROGRAMS IN OHIO

• Over 20,000 offenders – 44 Halfway Houses and 20 Community Based Correctional Facilities (CBCFs) were included in the study.

• Two-year follow-up conducted on all offenders
Treatment Effects for Low Risk

% Difference in Rate of New Felony Conviction
**Need Principle**

By assessing and targeting criminogenic needs for change, agencies can reduce the probability of recidivism.

<table>
<thead>
<tr>
<th>Criminogenic</th>
<th>Non-Criminogenic</th>
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</thead>
<tbody>
<tr>
<td>• Anti social attitudes</td>
<td>• Anxiety</td>
</tr>
<tr>
<td>• Anti social friends</td>
<td>• Low self esteem</td>
</tr>
<tr>
<td>• Substance abuse</td>
<td>• Creative abilities</td>
</tr>
<tr>
<td>• Lack of empathy</td>
<td>• Medical needs</td>
</tr>
<tr>
<td>• Impulsive behavior</td>
<td>• Physical conditioning</td>
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Targeting Criminogenic Need: Results from Meta-Analyses

Morgan, Fisher and Wolff (2010) studied 414 adult offenders with mental illness (265 males, 149 females) and found:

- 66% had belief systems supportive of criminal life style (based on Psychological Inventory of Criminal Thinking Scale (PICTS))

- When compare to other offender samples, male offenders with MI scored similar or higher than non-mentally disordered offenders.

- On Criminal Sentiments Scale-Revised, 85% of men and 72% of women with MI had antisocial attitudes, values and beliefs – which was higher than incarcerated sample without MI.
Conclusion

• Criminal Thinking styles differentiate people who commit crimes from those who do not independent of mental illness

• Incarcerated persons with mental illness are often mentally ill and criminal

• Needs to be treated as co-occurring problems
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.
Definitely *NOT* Criminogenic Needs
Dance Program Gets Juveniles Moving on the Right Track
By Meghan Mandeville, News Research Reporter

The beats blaring from the high security unit of the Santa Clara County (Calif.) Juvenile Hall have a ring of rehabilitation to them. There, in a small, secure, concrete area young male offenders dance their way toward a new outlook on life.

The Juvie Jazz dance program gives young offenders in two boys units and one girls unit an opportunity to let loose on the dance floor to the music of rappers like **Tupac, 50 Cent** and **R. Kelly**. At the same time, the juveniles are learning how to follow instructions, work together in a group and build their self-esteem.

"I don't think they are going to be professional dancers, but I want them to see the potential they have to do different things," said program creator and instructor **Ehud Krauss**. "[My goal is] to make them better human beings [and] better kids.

Aside from juvenile offenders in Santa Clara County, Krauss, who owns a dance studio in Palo Alto, Calif., teaches dance to juveniles in San Mateo County, Calif. and autistic and handicapped kids in the area.
Running teaches inmates value of success

'This is the highlight of our year'

Inmate Jason Upchurch runs the marathon at the Middle Tennessee Correctional Complex.

NASHVILLE, Tennessee (AP) -- Until this week, Jordan Davis had never run 3.1 miles, much less completed a race.

Now he's finished one in a place not usually associated with running free: the Middle Tennessee Correctional Complex. It hosted a 5-kilometer, half-marathon and full marathon Wednesday, open to inmates and outsiders alike.

Jordan and older brother, Johnathan, finished the 5-kilometer race -- nine laps around a football field lined by razor wire -- in 26 minutes, 48 seconds. Jordan is serving 20 years for theft; Johnathan works at a skateboard park.

"I was about to fall out, but I feel really good now. I never thought I could do anything like that," said Jordan Davis, 21.

That feeling of achievement is the whole point of the race, said Winnie Blinkley, recreation director for the prison, which organized the "Race in the Joint."

"Most of these guys have been told they can't succeed. They've never had positive reinforcement," Blinkley said. "Last year there were three guys who said it was the first time they had ever started something and finished it."

The race was first organized three years ago by Inmate Craig Nunn, who was the only runner to complete the entire 26.2 miles. Last year, he wrote a letter inviting the Nashville Striders running club to participate.

This year, 33 Striders provided timing clocks, Gatorade, T-shirts for participants and medals. A similar number of prisoners joined the "freewillers," as inmates call non-inmates.
FREE SPIRIT DRUM CIRCLES
Patricia Prince Thomas Drum Circle Facilitator

To; Marta Daniel

Subject; Drum Circles

I am enclosing the latest research and articles on drum circles. I have been researching drum circles for the past year since experiencing one at the Southeastern Conference. I am amazed that something so basic actually boost the immune system and its fun. I am enclosing an e-mail from a friend that works in a New Zealand prison. She introduced the first drum circle in a New Zealand prison and she describes it as WOW. The staff was amazed because most clients continued drumming for two hours without stopping to smoke.

I am uncertain as to how parolees will respond to a drum circle, however I am sure it will be very positive. I realize that substance abuse and cognitive behavioral programs are probably your number one priority. I would like to introduce drum circles to the prison system. It may be cost effective preventing depression therefore saving money on antidepressants. In addition research indicates that it is stress reducing which may prevent Disciplinary Reports.

I am willing to demonstrate a drum circle free of charge to any prison within a 150 mile radius of Athens. I realize that you are very busy and I appreciate your taking the time to read over the materials that I have enclosed.

Sincerely,
Patricia Thomas MA., MAC., LPC.,

Patricia Thomas
Man's sentence: probation, yoga

It's anger management, judge says

By ANDREW TILGHMAN
Houston Chronicle

"First there was house arrest. Now there's yoga.

A judge ordered a man found guilty Wednesday of slapping his wife to take a yoga class as part of his one-year probation.

"It's part of anger management," County Criminal Court at Law Judge Larry Standley said of the ancient Hindu philosophy of exercise and well-being. "For people who are into it, it really calms them down.

"I've thought about taking it myself, but I've got a pretty bad back," Standley said.

Standley, a former prosecutor, has sometimes imposed year-long jail sentences for similar misdemeanors. But he said the case of James Lee Cross was unique.

Cross, a 53-year-old car salesman from Tomball, explained that his wife was struggling with a substance abuse problem and that he struck her on New Year's Eve during an argument about her drinking.

"He was trying to get a hold of her because she had had a lot of emotional issues we might have," she said. "It's a spiritual cleansing.

Prosecutor Lincoln Goodwin agreed to a sentence of probation without jail time because Cross had no significant criminal history.

While Wednesday marked the first time Standley has ordered a defendant into a yoga class, he has tried other forms of "alternative sentencing."

He has ordered dozens of people convicted of drunken driving to keep a journal of news clippings about the crime to make them aware of the problems.

Harris County probation officials recently received a $20,000 grant to study whether Standley's journal orders have had any effect on reducing repeat drunken driving offenses.

Nevertheless, the yoga sentence was unusual even for Standley.

"This is not a regular condition I make on people who beat up their spouse," he said. "But he was not your typical serial wife-beater type, based on what was presented to me.

Cross' wife, Wendy, said she thought yoga would be good for him. "I know there are a lot of benefits to meditation," she said.

John Coen, director of the Yoga Center of Houston, hailed Standley's order as "progressive." But Yannia Avramidis, a Houston yoga instructor, decried the judge's move as a reflection of how foolish yoga has become.

They all agreed, however, that yoga may be an effective calming tool.

"If everyone did yoga, we'd have a lot less violence and trouble in the world. Everyone would just be calmer," Magee said. But Cross, she said, "is going to need more than one yoga class."

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Yoga

Continued from Page 17 A.

a problem," Standley said after the court hearing. "I thought this would help him realize that he only has control over himself."

The sentence came as a surprise to Cross, who was told to enroll in a class and report back to Standley on his progress.

"I'm not very familiar with it," Cross said of yoga. "From what I understand, it may help in a couple ways, not only as far as mentally settling, but maybe a little weight loss."

Darla Magee, an instructor at Yoga Body Houston in River Oaks, said she would recommend that Cross take a basic yoga class emphasizing breathing and including a variety of postures — forward bends, back bends and twists.

"Yoga can help us to get rid of many emotional issues we might have," she said. "It's a spiritual cleansing.

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Gardening Conquers All
How to cut your jail recidivism rates by half
Lisa Van Clee, Special to SF Gate
Wednesday, December 18, 2002
©2003 SF Gate

URL: http://www.sfgate.com/cgi-bin/article.cgi?f=/g/archive/2002/12/18/greeng.DTL

In 1982, Catherine Sneed was lying in a hospital bed, so ill with kidney disease that her San Francisco County Jail co-workers were coming to say their good-byes -- prematurely, it turns out. While in the hospital, Sneed read Steinbeck's "Grapes of Wrath" and came to the pivotal realization that people feel most hopeful when they have a connection to the land, and that vital connection was missing at the county jail.

Sneed, a high school dropout who put herself through law school, became a jail counselor rather than a lawyer because, she says, she wanted to keep people out of jail rather than put them in. She attributes her recovery to that Steinbeck-inspired epiphany which then led to her determination to start the Garden Project.

Today, the county jail's Garden Project has employed more than 4,300 ex-prisoners and served thousands of incarcerated men and women, teaching them essential job and life skills and providing literacy courses and computer training all while they work the jail's 12-acre organic garden in San Bruno or the project's second garden in Hunters Point.

The garden serves as a setting where the participants not only acquire horticultural skills and an awareness of the role plants play in our lives but also learn the basics required in the working world, such as adhering to a schedule, working with a group and accepting responsibility for specific tasks.

Sneed says her goal is to provide Garden Project apprentices an alternative to the cycle of crime that has more than half the parolees returning to jail within a year. Her program shows them that "getting up every day and going to work, doing the best you can while there and getting a paycheck is easier than dealing drugs, easier than prison," she adds.

And it works. According to San Francisco County Sheriff Mike Hennessy, "The Garden Project is a tremendously effective crime-prevention program. It not only helps individuals rebuild their lives, but recidivism studies we've conducted also show that while 55 percent of our prisoners are rearrested within a year, those who go through the Garden Project have a recidivism rate of 24 percent, and that's after two years.

"The participants of the Garden Project are what we call 'frequent fliers' -- those people who were in and out of jail many times," Hennessy points out. "You don't find too many other programs this successful."
The Hollow Water First Nation, who live 200 km northeast of Winnipeg, have used dogsledding as a restorative justice program, which tries to restore relationships between victims and perpetrators in criminal cases. Exercising wilderness skills was seen as a way of rebuilding the perpetrator’s self-esteem, explained Marcel Hardesty, restorative justice program director.
Assessment is the engine that drives effective correctional programs

- Need to meet the risk and need principle
- Reduces bias
- Aids decision making
- Allows you to target dynamic risk factors and measure change
To understand assessment one needs to consider types of risk factors.
Dynamic and Static Factors

• Static Factors are those factors that are related to risk and do not change. Some examples might be number of prior offenses, whether an offender has ever had a drug/alcohol problem.

• Dynamic factors relate to risk and can change. Some examples are whether an offender is currently unemployed or currently has a drug/alcohol problem.
According to the American Heart Association, there are a number of risk factors that increase your chances of a first heart attack

- Family history of heart attacks
- Gender (males)
- Age (over 50)
- Inactive lifestyle
- Over weight
- High blood pressure
- Smoking
- High Cholesterol level
There are two types of dynamic risk factors

• Acute – Can change quickly

• Stable – Take longer to change
In addition to Risk factor it is important to Assess Responsivity Factors

• Often neglected

• Can be useful in assigning offenders to programs and groups

• Addressing responsivity factors can improve treatment effectiveness
The Responsivity Principle

• **General**
  – Most offenders respond to programs that are based on *cognitive behavioral/social learning* theories

• **Specific**
  – Offenders learn differently and have certain barriers that should be addressed so that they are more likely to succeed in programs
Specific Responsivity

What gets in the way of offenders benefiting from treatment?

– Must take individual learning styles into account

– Must consider possible barriers to interventions

– Assessment of responsivity is important to maximize benefits of treatment
Responsivity areas to assess can include:

- Motivation to change
- Anxiety/psychopathy
- Levels of psychological development
- Maturity
- Cognitive functioning
- Mental disorders
Prioritizing Interventions: What to Change and Why

• Criminogenic targets – reduce risk for recidivism

• Non-criminogenic targets – may reduce barriers but NOT risk
• List three speeches that have changed your life
• List three people who have changed your life
Treatment Principle

The most effective interventions are behavioral:

• Focus on current factors that influence behavior

• Action oriented

• Staff follow “core correctional practices”
Results from Meta Analysis: Behavioral vs. NonBehavioral

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Most Effective Behavioral Models

- Structured social learning where new skills and behaviors are modeled
- Family based approaches that train family on appropriate techniques
- Cognitive behavioral approaches that target criminogenic risk factors
Social Learning

Refers to several processes through which individuals acquire attitudes, behavior, or knowledge from the persons around them. Both modeling and instrumental conditioning appear to play a role in such learning.
Family Based Interventions

• Designed to train family on behavioral approaches
  – Functional Family Therapy
  – Multi-Systemic Therapy
  – Teaching Family Model
  – Common Sense Parenting
  – Strengthening Families Program (Office of Juvenile Justice and Delinquency Prevention)
Effectiveness of Family Based Intervention: Results from Meta Analysis

• 38 primary studies with 53 effect tests
• Average reduction in recidivism= 21%

However, much variability was present (-0.17 - +0.83)

Dowden & Andrews, 2003
Mean Effect Sizes: Whether or not the family intervention adheres to the principles
The Four Principles of Cognitive Intervention

1. Thinking affects behavior

2. Antisocial, distorted, unproductive irrational thinking can lead to antisocial and unproductive behavior

3. Thinking can be influenced

4. We can change how we feel and behave by changing what we think
Recent Meta-Analysis of Cognitive Behavioral Treatment for Offenders by Landenberger & Lipsey (2005)*

- Reviewed 58 studies:
  - 19 random samples
  - 23 matched samples
  - 16 convenience samples

- Found that on average CBT reduced recidivism by 25%, but the most effective configurations found more than 50% reductions
Significant Findings (effects were stronger if):

- Sessions per week (2 or more) - **RISK**
- Implementation monitored - **FIDELITY**
- Staff trained on CBT - **FIDELITY**
- Higher proportion of treatment completers - **RESPONSIVITY**
- Higher risk offenders - **RISK**
- Higher if CBT is combined with other services - **NEED**
Reducing Prison & Jail Misconducts

• Findings from a 2006 meta analysis of 68 studies involving 21,467 offenders
• Outcomes included violent misconduct, nonviolent misconduct, and institutional adjustment
• Sample included 73% male, 8% female & 19% coed.
• Included both adult and juvenile samples
Average Effect Size for Misconducts by Treatment Type

Average Effect Size for Misconducts by Number of Criminogenic Needs Targeted

Average Effect Size

0.29
0.16
0.06

3 to 8
1-2
0

0.3
0.25
0.2
0.15
0.1
0.05
0.06

0

3 to 8
1-2
0

Average Effect Size for Misconducts by Program Quality


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<th>Program Quality</th>
<th>Average Effect Size</th>
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<td>0.2</td>
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<tr>
<td>Low</td>
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Average Effect Size for Misconduct Reductions and Recidivism

Cognitive-Behavioral

Cognitive Theories

WHAT to change

What offenders think

How offenders think

Social Learning Theory

HOW to change it

Model

Reward

Practice
These approaches help us….

• Structure our interventions

• Teach and model new skills

• Allow offender to practice with graduated difficulty

• Reinforce the behavior
What Doesn’t Work with Offenders?
Lakota tribal wisdom says that when you discover you are riding a dead horse, the best strategy is to dismount. However, in corrections, we often try other strategies, including the following:

- Buy a stronger whip
- Change riders
- Say things like “This is the way we always have ridden this horse.”
- Appoint a committee to study the horse.
- Arrange to visit other sites to see how they ride dead horses.
- Create a training session to increase our riding ability.
- Harness several dead horses together for increased speed.
- Declare that “No horse is too dead to beat.”
- Provide additional funding to increase the horse’s performance.
- Declare the horse is “better, faster, and cheaper” dead.
- Study alternative uses for dead horses.
- Promote the dead horse to a supervisory position.
Ineffective Approaches with Offenders

- Programs that cannot maintain fidelity
- Programs that target non-criminogenic needs
- Drug prevention classes focused on fear and other emotional appeals
- Shaming offenders
- Drug education programs
- Non-directive, client centered approaches
- Bibilotherapy
- Freudian approaches
- Talking cures
- Self-Help programs
- Vague unstructured rehabilitation programs
- Medical model
- Fostering self-regard (self-esteem)
- “Punishing smarter” (boot camps, scared straight, etc.)
Fidelity Principle

Making sure the program is delivered as designed and with integrity:

- Ensure staff are modeling appropriate behavior, are qualified, well trained, well supervision, etc.
- Make sure barriers are addressed but target criminogenic needs
- Make sure appropriate dosage of treatment is provided
- Monitor delivery of programs & activities, etc.
- Reassess offenders in meeting target behaviors
Some Lessons Learned from the Research

- 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 approaches
- Program Integrity makes a difference - Service delivery, training/supervision of staff, support for program, QA, evaluation, etc.