

Evidence-Based Treatment Approaches: Productive Use of Time While Incarcerated

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Principles of Rehabilitation

- 1. Effective treatments are those that target dynamic risk factors
 - Criminogenic needs – major risk factors that are powerful predictors of recidivism
 - Minor risk factors – targeting these factors for intervention will produce little change in the rate of offending

Major Risk/Need Factors

- Antisocial attitudes
- Antisocial associates
- History of antisocial behavior
- Antisocial personality pattern
- Family functioning
- Education/employment
- Leisure
- Substance abuse

Principles of Rehabilitation

- 2. Effective treatments are behavioral in nature
 - Known as the general responsivity principle
 - Most prevalent type is cognitive behavioral
 - Attempt to restructure distorted or erroneous antisocial thinking
 - Try to assist person in learning new adaptive cognitive and life skills

Principles of Effective Intervention

- 1. Services should be intensive and behavioral in nature
 - Intensive services occupy 40% to 70% of offender time while in a program and are of 3 to 9 months in duration
 - Behavioral strategies are essential (most based on operant conditioning, reinforcement)
 - Token economies
 - Modeling
 - Cognitive behavioral

Principles of Effective Intervention

- 2. Behavioral programs
 - Should target criminogenic needs of high-risk offenders
 - Risk assessment is key

Principles of Effective Intervention

- 3. Characteristics of offenders, therapists, and programs
 - Principle of responsivity: treatment programs should be delivered in a manner that facilitates the learning of new prosocial skills by the offender

What is the Goal?

- Preparing the offender for life after prison
- Facilitating desistance
- Restoration

Preparing for Life After Prison

- Helping the offender become healthier
 - Proper health care, proper dental care, continuum of care
 - Appropriate mental health treatment, continuum of care
 - Substance abuse treatment, in prison and after release

Preparing for Life After Prison

- Raising the level of employability
 - Raise the educational attainment of the offender
 - Develop work experience
 - Build skills and credentials—vocational training, apprenticeships, and so on
- Build the soft skills, social skills
 - Toastmasters
 - Inside-out Prison Exchange
 - Writing classes

Preparing for Life After Prison

- Build supports in the community
 - Facilitate family visitation/ communication
 - Connect with community groups and volunteers
 - Mentoring programs
- Creation of a Reentry Plan

Facilitating Desistance

- Creating space and mechanism for thoughtful contemplation
- Encourage strategies where inmate leaders mentor others (faith-based, character-based living units)
- Provide access to appropriate materials (i.e., *Houses of Healing*, *7 Habits of Highly Effective People*, *Change Anything*)

Facilitating Desistance

- Good Lives Model: a strength-based rehabilitation framework that is responsive to offenders' particular interests, abilities, and aspirations
- “Rehabilitation endeavors should equip offenders with the knowledge, skills, opportunities, and resources necessary to satisfy their life values in ways that don't harm others”

From the GLM Curriculum

- Everyone's idea of what makes up a good life is different, however there is a set of life goals that are common to most people. The importance that people place on each goal helps define what matters most in their lives. These goals include:
 - Health and physical safety
 - Relationships and friendships
 - Peace of mind
 - Happiness/pleasure
 - Having meaning in life
 - Being part of a group
 - Creativity
 - Being good at what we do--either in work, hobbies, or both
 - Learning and having knowledge in areas that interest us
 - Independence (i.e., being in control of our lives)

Elements of Relapse Prevention

- Plan and rehearse alternative prosocial responses
- Monitor and anticipate problem situations
- Practice new prosocial behaviors in increasingly difficult situations and reward improved competencies
- Train significant others, such as family and friends, to provide reinforcement for prosocial behavior
- Provide booster sessions to offenders after they have completed the formal phase of treatment

Promising Targets for Change

- Changing antisocial attitudes
- Changing/managing antisocial feelings
- Reducing antisocial peer associations
- Promoting identification/association with antiriminal role models
- Promoting familial affection/communication
- Promoting familial monitoring and supervision

Promising Targets for Change

- Promoting child/ family protection (preventing neglect/abuse)
- Increasing self-control, self-management and problem-solving skills
- Replacing the skills of lying, stealing and aggression with more prosocial alternatives
- Reducing chemical dependencies and substance abuse

Promising Targets for Change

- Shifting the density of the personal, interpersonal and other rewards and costs for criminal and noncriminal activities in familial, academic, vocational, recreational and other behavioral settings, so that the noncriminal alternatives are favored
- Providing the chronically psychiatrically troubled with low pressure, sheltered living arrangements and/or effective medication (risk is greatest during periods of active psychosis)

Promising Targets for Change

- Insuring the client is able to recognize risky situations, and has a concrete and well-rehearsed plan for dealing with those situations
- Confronting the personal and circumstantial barriers to service (client motivation; background stressors with which client is preoccupied)
- Changing other attributes of clients and their circumstances that, through individualized assessments of risk and need, have been linked reasonably with criminal conduct.

Restoration

- Restorative Justice
- Creation of service roles for offenders
 - Identifying social problems
 - Creating solutions
 - Evaluating impact