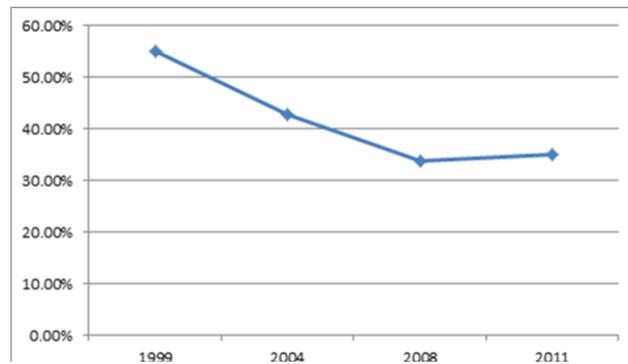


Recidivism Reduction

Evidence-based programming

- **Assess for risk/need** (LSIR, WRNA, YLSI/CMI).
- **Target programs to the high/moderate risk** offenders, with 300 hours for high risk and 200 hours for moderate risk.
- **Focus on the specific areas of risk/need** that apply to the offender. (Examples: Employment/Education; Attitudes/Orientation [Criminal Thinking]; Family/Marital; Financial; Relationships; Alcohol/Drugs.)
- **Use cognitive behavioral skills-building interventions** using a strong curriculum with social learning, including real-to-life role plays, and lots of practice and reinforcement, with advanced/ongoing practice and aftercare and pro-social modeling and reinforcement.
- Program **fidelity and quality assurance** to determine program delivery consistent with evidence-based design.
- **Independent evaluation** to determine impact.

Recidivism is defined as any readmission to prison after release. Reduced from 55%+ to 35% since 1999.



Programs delivered by KDOC (adjusted for females, juveniles as offenders with mental illness as needed):

- ✓ Thinking for a Change (Cognitive Skills Building)
- ✓ Substance Abuse Program
- ✓ Sex Offender Program
- ✓ Job Readiness Program
- ✓ Parenting Program
- ✓ GED/Vocational Training Program
- ✓ Batterer's Intervention Program
- ✓ Mentoring Program
- ✓ Skills Trainers and Fidelity Coaches
- ✓ Independent evaluations (see summary of evaluations to date)
- ✓ Multisystemic Therapy (MST) (juveniles only)
- ✓ Functional Family Therapy (FFT) (juveniles only)
- ✓ Aggression Replacement Therapy® (ART) (juveniles only)
- ✓ Girls Circle (juveniles only)

Transitional (release/discharge) planning and services

- Begin **planning for exit at entry**. NOTE: Average length of stay for females is 9 months, and males 19.5 months.
- **Address reentry needs**, including housing, transportation, financial, community identification, connection to treatment and services, and natural supports.
- **Employment – this is a strong buffer** against risk in all areas

Services provided by KDOC:

- ✓ Housing services (master leases, voucher funds, Housing Specialists, supportive housing, tenant responsibility training)
- ✓ Transportation (bus tickets to get home, voucher funds for local travel)
- ✓ Financial (money management, voucher funds for emergencies/survival)
- ✓ Community identification (partnerships with DMV, Social Security Administration, Vital Statistics, VA)
- ✓ Connection to treatment and services (contracts with RADACs for pre/post-release assessment/care coordination for SUD, liaisons in some mental health centers, discharge planning for SPMI, complete benefits applications pre-release).
- ✓ Mentoring and family services to help develop/connect to natural supports (see separate information on *Mentoring4Success*)
- ✓ Recovery planning through RADACs and a few Recovery Specialists
- ✓ Release planning for all offenders (about 78% release to supervision; 98% get release planning services)
- ✓ Job Specialists and partnerships (including some liaisons) with local workforce centers
- ✓ Commerce partnership, with a Corrections Liaison housed at Commerce, and the WOTC/Bonding team providing pre-and-post-release support in using those tools

Effective supervision and management

- **Coordinate** supervision and management with treatment
- Hold offenders **accountable** with swift/sure/fair response
- Risk **containment** (good security; right classification; right level of supervision)
- Use **core correctional practices**, using naturally occurring contacts to impact behavior

Strategies used by KDOC:

- ✓ Multi-discipline staffing of cases between unit team/parole and treatment/program providers
- ✓ Right dose of supervision based on risk, with timely responses to behavior, positive and negative, with effective use of authority, incentives and discipline.
- ✓ Specialized caseloads in facilities and parole targeted to specific risk/need areas (e.g., sex offenders, high risk, gang, females, including females with minor children, etc.)
- ✓ Containment through electronic monitoring, reporting, curfew, polygraph (sex offenders) and Special Enforcement Officers
- ✓ Train staff in Effective Practices in Correctional Settings (EPICS), which provides tools for using naturally occurring contacts to reinforce pro-social, reduce criminal thinking, and reinforce and practice skills. NOTE: This same training is provided to program providers for use in group settings; and will be provided to some mentors starting spring 2016 for their contacts.

Mentoring4Success

This program is a statewide initiative where mentors help inmates transition from prison back home to their communities. Mentors provide tools and support an offender needs to thrive and be successful in the community. M4S gives an offender a whole new way of life. Inmates come out of prison wanting to succeed, not fail. During incarceration they are given skills and tools on what they should do to be law-abiding; but when they are released they often lack a person to give them support and guidance; mentors fill this role.

- Supports recidivism reduction work, with pre-and-post-release contacts
- Provides pro-social influence and support at the point of release
- Mentors come from every walk of life, and are matched to offenders based on common interests
- Mentors are trained in department policy and safety is the number one priority
- Mentors make a 1-year commitment, and meet at a minimum monthly, reporting contacts through “snapshots”
- Mentoring Coordinators recruit, train, monitor and support mentors in facilities and parole
- Mentors work with offenders on practical issues, including employment, education (GED), housing, family issues, community identification (driver’s license, etc.), transportation, navigating treatment systems (mental health, substance abuse, etc.), and building social supports and networks
- Mentoring Coordinators and mentors work closely with unit team counselors and parole officers to ensure the mentor plan is consistent with the offender’s recidivism reduction, release and supervision plans
- Mentors hold mentees accountable

Examples of What the Mentoring Looks Like:

- ✓ Tutoring an inmate to pass the GED (EXAMPLE)
- ✓ Making contact with a landlord to help secure housing, and teach offender how to be a good tenant (help develop budgets so rent can be timely paid and other needs met)
- ✓ Help with reconnecting to children, navigating systems (eg foster care, courts, etc.) and teach offender how to be a good parent (role modeling healthy family relationships, positive social interactions and activities, eg take the parent/child fishing)
- ✓ Mock interviews & how to dress, to prepare for a job interview
- ✓ Problem solving transportation to get to work
- ✓ Helping an offender with medication compliance on parole
- ✓ Recognizing and encouraging success in employment (EXAMPLE)
- ✓ Helping an offender gets his/her driver’s license, social security card or birth certificate (community identification)
- ✓ Find support groups for various needs (examples: AA/NA, church group, recreation, etc.)
- ✓ Helping an offender through a medical or mental health crisis (EXAMPLE)

1) Number of matches made since the beginning of mentoring: 6716

2) Total number of offenders matched: 2286

3) Number of offenders with a current match: 1262

4) Total number of offenders currently matched in a facility: 488

Total number of offenders currently matched on parole: 774

5) Number of active facility matches: 1645

6) Number of active parole matches: 2133

7) Total number of active matches: 3778

8) Total number of mentors matched in a facility: 489

9) Total number of mentors matched on parole: 764

10) Total number of mentors currently matched: 585

11) Total number of mentors who have participated: 922

Juvenile services has made 107 matches since July 2014

KDOC PROGRAM EVALUATION RESULTS

2016 Evaluation by Independent Evaluator

Substance Abuse Program (SAP): The SAP model is a cognitive behavioral curriculum developed by the University of Cincinnati. It contains 6 modules along with a pre-treatment component. The pre-treatment component contains 3 optional sessions and the total curriculum contains 38 sessions. The module topics include: (1) Motivational enhancement, (2) Cognitive restructuring, (3) Emotional regulation, (4) Social skills, (5) Problem solving, and (6) Relapse prevention. KDOC uses fidelity checklists to observe the group sessions and provide facilitators with feedback regarding adherence to the SAP model. An evaluation of SAP completed January 2016 found:

Treatment group: 28.7% recidivism (all risk levels)
Comparison group: 36.3% recidivism – SAP completers performed 7.5% better
High risk offenders: SAP completers had a recidivism rate of 32.3% compared to 48.1% in the comparison group; so ***for high risk offenders, SAP completers performed 15.8% better.***
SAP completers with 1 more program had lower recidivism than SAP completers with 0 more programs.

2014 Evaluations by Independent Evaluators

Thinking for a Change: This is a cognitive skills-building intense curriculum delivered in a group setting with social-learning-based skills-practice, designed to reduce criminal thinking, which will in turn reduce criminal behavior, is targeted to moderate-high and high-risk offenders (who have higher rates of criminal thinking). An evaluation of T4C completed in February 2014 found:

Treatment group: 19% recidivism (for all risk levels)
Comparison group: 26.6% recidivism
For the **highest risk offenders**, completion of T4C *plus* participation in two more programs resulted in a 25.8% recidivism rate (current 3-yr recidivism for high risk is 48.10%).

GED/Vocational Training: GED readiness and vocational training programs are offered in all Kansas prisons. An evaluation was completed in June 2014 (draft report only; final report expected by August 2014) which compared completers to non-completers, and by risk level compared the impact of combining GED readiness or vocational training with quality and consistent employment after release. All completers combined (with or without follow up employment), by risk level, had return rates with all risk levels combined of 29.3%, with high risk offenders returning at 35.7%, moderate at 26.7% and low at 12.5%. This chart compares completers without employment, to completers with employment, to the whole population.

	<u>GED/Vocational</u>	<u>With Employment</u>	<u>Whole Population</u>
	<u>Training Completers</u>		<i>(all risk levels; with</i>
	<u>Without Employment</u>		<i>or without programming)</i>
Low Risk	16.1%	6.9%	15.78%
Moderate Risk	30.1%	11.1%	33.84%
High Risk	38.1%	13.2%	48.10%

So this programming had some effect in reducing recidivism. More important, ***when combined with consistent and quality employment, effects were greater.***

Mentoring4Success: An initial internal analysis of return rates of offenders who were matched with mentors and released in calendar year 2012, found for offenders released during calendar year 2012, offenders who had a mentor at the time of release, recidivated at 8.7% within 12 months post-release compared to a recidivism rate of 20.7% for the total offender population during the same period. A more detailed evaluation is underway, including identifying a comparison group, and analyzing by risk levels, to determine further impact of M4S.

Results First

Using a business model that looks at the cost of treatment, the benefits that factor in return rates, and a cost-benefit ratio, the Pew-MacArthur Results First Initiative found:

	<u>Cost per Participant</u>	<u>Benefits per Participant</u>	<u>Cost-Benefit Ratio</u>
Cognitive Behavioral Therapy	\$768	\$9,806	\$13.77
Drug Treatment (Prison)	\$3,111	\$13,657	\$5.39
Sex Offender Treatment Program (Prison)	\$2,795	\$11,001	\$4.94

Findings from 2009 internal Program Evaluation

Comparing return rates at 36 months post-release, a 2009 internal program evaluation – which considered returns to prison (for new crimes or revocations) of those offenders who received treatment compared to those who were identified as needing treatment but did not receive the treatment -- found:

	<u>Got Treatment</u>	<u>Assessed as Needing, Didn't Get</u>
<i>Substance Abuse</i>		
Program #1 (ADAPT):	36.9%	42.7%
Program #2 (CDRP)	29.9%	42.7%
Program #3 (TC)	29.3%	42.7%
<i>Sex Offender Treatment</i>	33.4%	53.3%
<i>Education/Voc Training</i>	36.9%	38.3%

Juvenile Services:

Multisystemic Therapy (MST) is an intensive family-and community-based treatment program that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders -- their homes and families, schools and teachers, neighbourhoods and friends. MST recognizes that each system plays a critical role in a youth's world and each system requires attention when effective change is needed to improve the quality of life for youth and their families. MST works with the toughest offenders ages 12 through 17 who have a very long history of arrests. <http://mstservices.com/proven-results/proven-results>. Cost effectiveness: <http://mstservices.com/proven-results/cost-effectiveness> (source: MST Services Website). Kansas initiated an MST pilot site in Wyandotte County in September 2013. In addition to other factors such as judicial leadership and the use of a structured decision making matrix, the number of custody youth in WY County have reduced by roughly 34% in two years.

Functional Family Therapy (FFT) -

Functional Family Therapy (FFT) is an outcome-driven prevention/intervention program for youths and their families aged 11-18 who have demonstrated the entire range of maladaptive, acting out behaviors and related areas of concern. The program targets youth who are at risk for and/or presenting with delinquency, violence, substance abuse, conduct disorder, oppositional defiant disorder, or disruptive behavior disorder.

(<http://www.blueprintsprograms.com/factSheet.php?pid=0a57cb53ba59c46fc4b692527a38a87c78d84028>)

In the 2015 legislative session \$500,000 were earmarked for KDOC to increase evidence bases services for juveniles. In the RFP, which was awarded 12/2015, a regional approach was defined to serve youth and families in 7 judicial districts in southeast Kansas. One of the goals of the program is to reduce out of home placements in those communities by 20% in year one.

Data on ROI: <http://fftlc.com/about-fft-training/project-outcomes.html>

Aggression Replacement Therapy® (ART): Aggression Replacement Training® is a cognitive behavioral intervention program to help children and adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior. The program specifically targets chronically aggressive children and adolescents ages 12-17. Aggression Replacement Training® has been implemented in schools and juvenile delinquency programs across the United States and throughout the world. The program consists of 10 weeks (30 sessions) of intervention training, and is divided into three components—social skills training, anger-control training, and training in moral reasoning. Clients attend a one-hour session in each of these components each week. Incremental learning, reinforcement techniques, and guided group discussions enhance skill acquisition and reinforce the lessons in the curriculum. WISP did extensive ROI studies on ART:

http://www.wsipp.wa.gov/BenefitCost/Pdf/1/WSIPP_BenefitCost_Juvenile-Justice.

Girls Circle: structured support group for girls from 9-18 years, integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence in girls. It aims to counteract social and interpersonal forces that impede girls' growth and development by promoting an emotionally safe setting and structure within which girls can develop caring relationships and use authentic voices. The model is designed in evidence-based principles and practices, incorporating Motivational Interviewing, Cultural Responsivity, Strengths-Based approaches, and Trauma-Responsive practices. More information about the model can be viewed at the following link: <http://www.onecirclefoundation.org/Programs.aspx>