



# Program Descriptions

The Effectiveness of Reentry Programs for Incarcerated Persons: *Findings for the Washington Statewide Reentry Council*

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The program descriptions in this document correspond with meta-analytic and benefit-cost findings published in the May 2017 WSIPP report *The Effectiveness of Reentry Programs for Incarcerated Persons: Findings for the Washington Statewide Reentry Council*.<sup>1</sup>

## *"Swift, certain, and fair" supervision*

Swift, certain, and fair (SCF) is a strategy used by supervising officers to address violation behavior of persons being who are supervised in the community on probation or parole. Probationers or parolees are required to follow rules and conditions (e.g., abstaining from drugs or alcohol) in order to complete their sentence in the community successfully. When officers observe violations of these rules, the premise of SCF is for the officer or judge to 1) quickly address violations (swift), 2) address all violations (certain), and 3) follow specific sanctioning guidelines (fair). Sanctioning guidelines are dependent upon the type of violation and how many violations the probationer or parolee has received in the past. Sanctions for low-level violations are less severe than sanctions for high-level violations, which can result in no more than three days in jail. Swift, certain, and fair aims to structure the use of prison or jail as a sanction for violation behavior, with the goal of decreasing overall costs. The length of supervision can vary depending on the underlying sentence and the population being served.

## *Case management ("swift, certain, and fair") for drug-involved persons*

In general, case management is a process that coordinates and monitors services on behalf of a participant. The studies included in this meta-analysis evaluate a variety of case management approaches for individuals involved in the criminal justice system who have histories of drug involvement and are being supervised in the community under a "swift, certain, and fair" approach. The primary goals of case management for this population are 1) to improve collaboration between correctional staff and substance abuse treatment staff and 2) to increase participation in substance abuse treatment.

Case managers or specially-trained supervision officers use a variety of strategies to assess the participant's treatment and programming needs, coordinate access to substance abuse treatment, monitor the participant, and advocate on the participant's behalf. In some

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<sup>1</sup> Bitney, K., Drake, E., Grice, J., Hirsch, M. & Lee, S. (2017). *The effectiveness of reentry programs for incarcerated persons: findings for the Washington Statewide Reentry Council* (Document Number 17-05-1901). Olympia: Washington State Institute for Public Policy.

circumstances, the case manager or officer can provide these services, such as counseling or therapy, directly to the client. Program length ranges from three to six months.

"Swift, certain and fair" is an approach to community supervision wherein participants receive immediate sanctions when they violate the conditions of supervision. Sanction severity is proportional to the severity of the violation, with minor violations resulting in only a few days of incarceration. In response to repeat violations, sanctions gradually increase in severity. Participants are required to check in with their supervising officer regularly and are tested frequently and randomly for substance use. Case management studies that did not incorporate "swift, certain, and fair" approach were analyzed separately.

### *Case management (not "swift, certain, and fair") for drug-involved persons*

In general, case management is a process that coordinates, and monitors services on behalf of a participant. The studies included in this meta-analysis evaluate a variety of case management approaches to community reentry and supervision for individuals involved in the criminal justice system who have histories of drug involvement. The primary goals of case management for this population are 1) to improve collaboration between correctional staff and substance abuse treatment staff and 2) to increase the individual's participation in substance abuse treatment.

Case managers or specially-trained supervision officers use a variety of strategies to assess the participant's treatment and programming needs, coordinate access to substance abuse treatment, monitor the participant, and advocate on the participant's behalf. In some circumstances, the case manager or officer can provide these services (e.g. counseling, therapy) directly to the client. Program length ranges from three to six months.

This meta-analysis excludes case management studies focused on the "swift, certain, and fair" approach, which were analyzed separately.

### *Circles of Support and Accountability*

The Circles of Support and Accountability (COSA) model, originally developed in Canada, is intended to assist individuals convicted of a sex offense to reenter the community and reduce recidivism by providing them with social support. Each reentering participant is provided an "inner circle" and an "outer circle" of volunteers. An inner circle consists of four to six volunteers from the community. One inner circle volunteer serves as a primary volunteer and meets with the participant every day for the first two to three months, while other volunteers meet with the participant weekly. An outer circle is composed of community-based professionals (e.g. social workers, police) who volunteer their time to support the inner circle. This meta-analysis includes programs that were an average of 12 months in length.

### *Civil legal aid*

Civil legal aid services provide legal representation to defendants who cannot afford legal representation in non-criminal matters such as access to healthcare, housing, government benefits, employment, and educational services. Civil legal aid services are typically provided by legal aid attorneys, law students, and pro bono volunteers who identify and address legal issues. These services may be provided in a range of intensities including online chat tools, classrooms and clinics, “unbundled” legal services, and full legal representation from a lawyer.

Studies included in this meta-analysis examine the impact of receiving an offer of civil legal aid in the context of several different types of civil cases, including juvenile delinquency hearings and eviction cases. These studies compare the impact of an offer of full legal representation from a lawyer to receiving no offer or receiving unbundled legal services (in which legal advice is provided but the lawyer is not retained for full representation). We considered several specific outcomes as indicators of “litigation success” for the represented individual. These outcomes include attending scheduled court appearances, receiving a judgment in their favor, retaining possession of a housing unit, receiving an order for repairs to their housing unit, or receiving rent abatement. Several studies also measure the burden on court processes (including the case length, number of court appearances, motions, and instances where a judge interacted with a case).

### *Cognitive Behavioral Therapy (CBT) (for individuals classified as high- or moderate-risk)*

Cognitive-behavioral therapy (CBT) include various components, such as cognitive restructuring, behavioral activation, emotion regulation, communication skills, and problem-solving. Treatment is goal-oriented and generally of limited duration. CBT emphasizes individual accountability and teaches participants that cognitive deficits, distortions, and flawed thinking processes cause criminal behavior. For this broad grouping of studies, a variety of “brand name” programs (e.g., Enhanced Thinking Skills, Moral Reconciliation Therapy, Reasoning and Rehabilitation, and Thinking 4 a Change) were delivered to adults in either an institutional or community setting for an average of 2.5 months. Studies evaluating CBT delivered specifically as sex offender treatment were excluded from this analysis.

Using multivariate regression analysis of the effect sizes, we investigated additional policy questions about CBT, including whether the program was manualized; delivered in the community or during incarceration; incorporated the correctional principles of “Risk Need Responsivity” (RNR) or performed quality of assurance. We did not detect any statistically significant differences in the results based on these factors.

### *Community-based correctional facilities (halfway houses)*

Community-based correctional facilities and halfway houses are models of housing support for individuals reentering the community from incarceration. This form of housing is a type of community supervision, similar to parole, with an additional residential component. Halfway

houses are usually a condition of early release, and require tenants to participate in various forms of treatment, most commonly those related to substance abuse. Halfway houses provide an initial step towards full reentry by placing individuals back into the community in a group-home like environment with guided supervision intended to help provide stability and accountability. Halfway house programs provide services for a minimum of three months post-release. Failure in either community-based correctional facilities or halfway house programs may be grounds for parole revocation and a subsequent return to prison. Individuals in these studies spent between two and five months in halfway houses.

#### *Correctional education (basic skills)*

Correctional education in basic skills consists of classes in Adult Basic Education, General Educational Development (GED) preparation, and English as a Second Language. Classes are delivered in a prison setting and vary in length of enrollment depending on the individual's education level, purpose or program of attendance, and length of incarceration.

This meta-analysis does not include post-secondary (college) correctional education classes.

#### *Correctional education (post-secondary education)*

Correctional post-secondary (college) education includes courses that contribute towards a post-secondary degree. Effects for correctional education basic skills classes are reported separately. Post-secondary education programs vary in length of enrollment depending on the individual's education level, purpose or program of attendance, and length of incarceration.

This meta-analysis includes only studies that have examined the effects of post-secondary correctional education and does not include studies that evaluate basic education programs.

#### *Correctional industries in prison*

Correctional industries programs provide jobs within the prison environment for incarcerated individuals. Individuals may work for a private sector employer, a non-profit, or in institutional industries within the prison. Industries commonly include metal fabrication, laundry, furniture assembly, and textile manufacturing. Typically, these jobs are obtained through an application process. While the focus of these programs is not vocational education or training, they are intended to help provide individuals with work experience and marketable job skills.

Length of attendance in the program varies and typically depends on the length of an individual's sentence. Individuals in these studies typically participated in correctional industries programs for 6 to 12 months.

### *Day fines*

In the criminal justice system, fines can be used as a sanction when a person commits a crime. Typically the magnitude of these fines is determined based solely on the gravity of the offense, and not on the person's ability to pay the fine through legitimate means. To achieve equitable punishment, day fines are a method of calibrating fines based on both the gravity of the offense as well as the individual's ability to pay. When day fines are assessed, a judge first determines the scale of punishment that is appropriate for the offense by calculating "punishment units." A punishment unit equals a day's pay. Thus, if a person is sanctioned to three punishment units (3 days' pay), the total amount paid by the individual depends on the person's income. This type of sanction is typically used for municipal violations or non-violent felonies.

### *Day reporting centers*

Day Reporting Centers (DRCs) are non-residential facilities used as a form of intermediate sanction for individuals in the criminal justice system. DRCs have three primary goals: 1) enhancing supervision and surveillance of offenders, 2) providing treatment directly or through collaboration with community treatment programs, and 3) reducing jail and prison crowding. Day reporting centers differ in their implementation, but generally require offenders to attend the facility for multiple hours each week for supervision and other programming such as counseling, educational courses, employment training, and referrals for additional services.

The day reporting programs included in this meta-analysis typically last for three months and required clients to report to the center every weekday.

### *Deferred prosecution of DUI offenses*

Deferred prosecution programs are intended for individuals charged with driving under the influence (DUI). These programs give judges discretion to dismiss DUI charges in exchange for the charged individual's compliance with the conditions of the program. Participants are typically required to complete substance abuse treatment, use an ignition interlock device, and avoid new charges that are similar to DUI violations for up to two years.

Deferred prosecution programs can vary in length but typically last about 12 months.

### *Dialectical Behavior Therapy*

Dialectical Behavior Therapy (DBT) is a type of cognitive behavioral therapy that focuses on mindfulness, interpersonal, emotion-regulating, and self-management skills. DBT was originally developed for women with borderline personality disorder. DBT is typically used with individuals involved in the criminal justice system who have a diagnosis of mental illness. Treatment may occur in an individual or group setting, typically weekly, for several hours per session. DBT can be delivered during incarceration or in a residential treatment setting. Therapists often modify

the curriculum to be relevant for incarcerated individuals and their day-to-day life in prison. Treatment length can vary depending on the individuals' progress.

### *Domestic violence perpetrator treatment (Duluth-based model)*

The Duluth-based model of domestic violence perpetrator treatment was developed in the 1980s in Duluth, MN and is now the most common treatment for domestic violence perpetrators. Washington's legal standards for domestic violence treatment (as well as those of 25 other states) require treatment to be group-based and incorporate elements of the Duluth-based model. The treatment approach assumes that domestic violence "...is a gender-specific behavior which is socially and historically constructed. Men are socialized to take control and to use physical force when necessary to maintain dominance."\* Treatment involves educational meetings and peer-group therapy provided in prison or in the community. The focus of each element is usually on understanding the social conditions that foster domestic violence and building skills to make accountable decisions, though sometimes the programs also include elements of cognitive-behavioral instruction.

Participants in these studies received between two and seven months of treatment in the Duluth-based model. They were compared to similar individuals who received monitoring, probation, or community service.

\*Ganley, A. (1996). Understanding domestic violence. In: W. Warshaw & A. Ganley (eds.), *Improving Health Care Response to Domestic Violence* (pp. 15-44). San Francisco: Futures Without Violence.

### *Domestic violence perpetrator treatment (Non-Duluth models)*

This meta-analysis evaluates several approaches to group treatment for domestic violence offenders. None of these programs used the Duluth-based model of domestic violence perpetrator treatment, which were analyzed separately. The included studies each tested one of several approaches:

- Cognitive-behavior, focus on relationships, communication, and empathy;
- Couples group therapy;
- Relationship enhancement therapy (men's group treatment); or
- Substance abuse group treatment, adapted for domestic violence offenders.

Participants in these studies received between two and six months of treatment.

### *Driving Under the Influence (DUI) courts*

Driving Under the Influence (DUI) courts are a type of therapeutic court for persons with a DUI offense. Participants enter into a contract with the court and agree to comply with treatment and supervision requirements. Non-compliance may result in the imposition of harsher sentences. DUI courts typically involve a team of stakeholders (e.g., participant, judge, treatment provider, case manager, and supervising officer). Most courts include required treatment and

DUI education and involve judicial monitoring including random breath or transdermal testing. DUI courts include incentives, rewards, and sanctions as well progressive stages in which continued compliance with DUI court stipulations and requirements leads to less monitoring.

DUI courts in these studies were typically 12 to 24 months in length.

### *Drug courts*

Drug courts are an alternative to traditional criminal justice system processing for the sentencing and supervision of eligible drug-addicted persons. Drug courts share the primary goals of reducing criminal recidivism and substance abuse among its participants. Each drug court is unique in operations, method, and length of treatment. Drug courts typically use a combination of judicial oversight, supervision, drug testing, substance abuse treatment, and sanctions and incentives in an attempt to modify the behavior of drug-involved defendants. Length of drug court participation varied from 12 to 26 months in these studies.

Through a meta-regression analysis, we analyzed the impact of follow-up period, pre/post adjudication court condition, and length of treatment, but we found no statistically significant differences in recidivism due to these variables.

### *Drug Offender Sentencing Alternative (for persons convicted of drug offenses)*

Washington State's Drug Offender Sentencing Alternative (DOSA) specifies that for certain individuals receiving felony convictions, a superior court judge has the option to give a shorter prison sentence if an individual agrees to complete drug treatment. A judge cannot apply DOSA to individuals convicted of any current or prior violent offense or sex offense. A judge can apply DOSA to two categories of participants: 1) those convicted of crimes involving a small amount of a controlled substance and 2) drug-involved individuals convicted of property crimes. This meta-analysis presents findings for individuals convicted of crimes involving a controlled substance. Findings for individuals convicted of property crimes are presented separately.

Under DOSA, the standard sentence length is split between prison confinement and a term of community custody. If a participant does not complete drug treatment or is administratively terminated from DOSA due to violations of conditions, the legislation requires that he or she return to prison to serve the remainder of the community custody term. Individuals in this study received between 5 and 12 weeks of chemical dependency treatment.

### *Drug Offender Sentencing Alternative (for persons convicted of property offenses)*

Washington State's Drug Offender Sentencing Alternative (DOSA) specifies that for certain individuals receiving felony convictions, a superior court judge has the option to give a shorter prison sentence if an individual agrees to complete drug treatment. A judge cannot apply DOSA to individuals convicted of any current or prior violent offense or sex offense. A judge can apply DOSA to two categories of participants: 1) those convicted of crimes involving a small amount of

a controlled substance and 2) drug-involved individuals convicted of property crimes. This meta-analysis presents findings for individuals convicted of property crimes. Findings for individuals convicted of crimes involving a controlled substance are presented separately

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### *Electronic monitoring (parole)*

Electronic monitoring involves the use of either radio frequency or Global Positioning System (GPS) devices to monitor the location of an individual. Electronic monitoring is used to enforce requirements that an individual remain at home except for approved activities such as work, school, or treatment. It may be used in lieu of, or in addition to, confinement and depends on the individual's sentence.

This meta-analysis includes studies on individuals who were on parole with electronic monitoring. They were compared to similar individuals who received intensive supervision, parole, or continuation of sentence without electronic monitoring.

### *Electronic monitoring (probation)*

Electronic monitoring involves the use of either radio frequency or Global Positioning System (GPS) units to monitor the location of an individual. Electronic monitoring is used to enforce requirements that an individual remain at home except for approved activities such as work, school, or treatment. It may be used in lieu of, or in addition to, confinement and depends on the individual's sentence.

This meta-analysis includes studies on individuals who were on probation with electronic monitoring. They were compared to similar individuals who received intensive supervision, parole, continuation of sentence, or home confinement without electronic monitoring.

### *Employment counseling and job training (transitional reentry from incarceration into the community)*

Employment counseling and job training programs teach skills necessary for seeking employment after incarceration. These include both hard skills (e.g., job preparedness and skills training) and soft skills, (e.g., effective job searches, applications, and resumes). These programs may be sequential, where participants first undergo job training and then receive work experience, or follow individualized employment plans. Participants may also receive employment placement assistance from a specialist. Some programs may also specifically address barriers to employment for convicted persons.



For this group of studies, job training and employment assistance first began during incarceration and continued upon reentry into the community for up to 12 months. Compared with other employment and job training programs reviewed by WSIPP, this program is the most intensive due to its transitional nature as well as its focus on hard skills and soft skills

### *Employment counseling and job training in the community*

Employment counseling programs teach skills necessary for seeking employment. These include both hard skills (e.g., job preparedness and skills training) and soft skills, (e.g., effective job searches, applications, and resumes). Some programs may specifically address barriers to employment for convicted offenders. The studies in this category differ from those in the "Employment counseling and job training with paid work experience," as each program in this category does not include subsidized or transitional jobs to help participants transition to regular employment. For this broad grouping of studies, programs were delivered in the community for a period ranging from one to eight months.

### *Employment counseling and job training with paid work experience in the community*

Employment counseling programs with job training teach skills necessary for seeking employment. These include both hard skills (e.g., job preparedness and skills training) and soft skills, (e.g., effective job searches, applications, and resumes). Some programs may also specifically address barriers to employment for convicted persons. The studies in this category differ from those in the "Employment counseling and job training in the community," as each program in this category also includes subsidized or transitional jobs to help participants transition to regular employment. For this broad grouping of studies, programs were delivered in the community after release from incarceration for a period of three to nine months.

### *Housing assistance with services*

Housing assistance programs for individuals reentering from incarceration are intended to mitigate the negative impacts of homelessness on the reentry process. These forms of housing are considered voluntary and last a minimum of three months post-release. Housing programs in this analysis are service-enriched, meaning they provide services such as job training, employment, or substance abuse treatment in addition to temporary or transitional housing options.

Housing assistance programs are distinct from community based correctional facilities (e.g., halfway houses) in the following ways: 1) they do not act as a formal model of supervision in the community; 2) participants are not required to participate in the provided treatment and programming services for release; and 3) violation of supervision conditions in these programs is not automatically grounds for parole or probation revocation. Community based correctional facilities (e.g., halfway houses) and stand-alone housing programs are not included in this analysis; they are analyzed separately. Housing assistance programs without service provision are also excluded from this analysis and analyzed separately.

### *Housing assistance without services*

Housing assistance programs for individuals reentering from incarceration are intended to mitigate the negative impacts of homelessness on the reentry process. These forms of housing are considered voluntary and each last a minimum of three months post-release. Programs in this category may include federally-owned housing projects, privately-owned housing projects, and housing vouchers that provide temporary or permanent housing options. They do not include added services such as job training, employment, or substance abuse treatment seen in other some housing programs.

Housing assistance programs are distinct from community based correctional facilities (e.g., halfway houses) in the following ways: 1) they do not act as a formal model of supervision in the community; 2) violation of supervision conditions in these programs is not automatically grounds for parole or probation revocation; and 3) they do not provide added services. Community based correctional facilities (e.g., halfway houses) are not included in this analysis; they are analyzed separately. Housing assistance programs with service provision are also excluded from this analysis and analyzed separately.

### *Ignition interlock devices for alcohol-related offenses*

Typically, ignition interlock devices are installed on motor vehicles for offenders who have been convicted of alcohol-related offenses (e.g., driving under the influence (DUI) offenses). The device operates like a breathalyzer and when alcohol above a specified threshold is detected in the breath, the vehicle will not start. Most devices also require periodic breath samples once the car has started. Offenders are typically required to pay for the cost of the ignition interlock device. Interlock devices are usually required for periods of 12 to 24 months.

For the studies included in this meta-analysis, ignition interlock devices were used for individuals with multiple DUI offenses. The devices were monitored by an executive agency (e.g., department of motor vehicles), not by the courts. To test the longevity of the impact of ignition interlock devices on recidivism outcomes, we examined the effectiveness of the program once devices were removed from the vehicle and found that the effect size decreased by 38%. That is, ignition interlock devices were more effective in deterring recidivism while installed on the vehicle; after the device was removed, the effect on recidivism was smaller.

### *Inpatient or intensive outpatient drug treatment during incarceration*

This group of programs includes a variety of inpatient and intensive outpatient substance abuse treatment programs that are delivered to incarcerated individuals who have substance abuse problems. Treatment types include cognitive behavioral therapy, psychoeducation or a combination of approaches. Participants generally attend treatment for 1-18 months with treatment for up to five hours per day. This meta-analysis includes studies of both inpatient and intensive outpatient models of drug treatment when delivered during incarceration.

### *Inpatient or intensive outpatient drug treatment in the community*

This group of programs includes a variety of community-based inpatient and intensive outpatient substance abuse treatment programs delivered to individuals who have substance abuse problems. Treatment types include cognitive behavioral therapy, relapse prevention, or a combination of approaches. Participants generally attend treatment for one to five months, with treatment up to six hours per day. This meta-analysis includes studies of both inpatient and intensive outpatient models of drug treatment when delivered in the community.

### *Intensive supervision (surveillance and treatment)*

Intensive supervision probation/parole (ISP) emphasizes a higher degree of surveillance than traditional supervision in the community. ISP is delivered in lieu of incarceration, as a conditional release from incarceration in the form of parole, or as a probation sentence. Conditions of supervision vary, but often include urinalysis testing, increased face-to-face or collateral contacts, or required participation in treatment. Persons who are supervised can incur violations, or sanctions, when these conditions are not followed.

In this meta-analysis, we only included studies that delivered intensive supervision in concert with treatment such as cognitive behavioral therapy, chemical dependency treatment, or education and life skills training. Supervision occurred over an 8- to 18-month period, and participants experienced an average of 12 face-to-face monthly contacts.

### *Intensive supervision (surveillance only)*

Intensive supervision probation/parole (ISP) emphasizes a higher degree of surveillance than traditional supervision in the community. ISP is delivered in lieu of incarceration, as a conditional release from incarceration in the form of parole, or as a probation sentence. Conditions of supervision vary across the studies but often include urinalysis testing or increased face-to-face/collateral contacts. Persons who are supervised can incur violations, or sanctions, when these conditions are not followed. The average number of face-to-face monthly contacts for studies included in our meta-analysis was 12.

In this meta-analysis, we considered studies in which supervision occurred without supplemental treatment. Supervision occurred over a 6- to 18-month period.

### *Jail diversion for individuals with mental illness (post-arrest)*

Diversion programs for individuals with mental illness redirect these individuals from the traditional criminal justice system into mental health treatment programs. This review focuses on post-arrest diversion programs, which are jail- or court-based programs. These programs typically offer probation, deferred prosecution, or withdrawal of charges in lieu of incarceration. The level of treatment provided to individuals varies widely. Some programs consist only of referrals to treatment options. Other more-substantial programs integrate aspects of the

criminal justice system to monitor participants and require treatment attendance, or involve community-based treatment providers. Mental health courts and pre-arrest diversion programs were reviewed separately from this meta-analysis.

### *Legal financial obligation repayment interventions*

Legal financial obligations are fines, fees, and restitution imposed by the court when a person is sentenced for a crime. Interventions to increase payment of legal financial obligations take various forms but generally include a reminder letter detailing the amounts owed and describing the consequences of nonpayment.

Programs of the studies in this meta-analysis include phone calls, letters that include information on fines owed, and letters that detail the consequences of nonpayment (which may include a violation of probation). One study examined the impact of Project MUSTER, in which probationers received a violation of probation, performed community service, and were placed on intensive supervision with employment training and job placement.

### *Life skills education*

Life skills education programs provide incarcerated persons with training to build basic personal management skills, which may include communication, parenting guidance, financial literacy, job seeking, or time management. Participants typically attend life skills classes intensively over the course of two to four months and receive between 80 to 350 hours of programming.

### *Mental health courts*

Mental health courts, modeled after other therapeutic courts (e.g., drug courts, DUI courts), divert individuals with mental health issues from incarceration to treatment in the community. These courts use mental health assessments, individualized treatment plans, intensive case management, and judicial monitoring with the goal of providing participants with the resources needed to avoid criminal behavior while improving public safety. Most programs have a graduated system of requirements, meaning that as participants progress through the program, assessment and monitoring become less frequent. In some courts, charges are dropped with successful completion of the program. Programs can vary in length; the programs represented in this meta-analysis range from 6-24 months of delivered services.

### *Offender Reentry Community Safety Program (for individuals with serious mental illness)*

The Offender Reentry Community Safety (ORCS) program in Washington State was designed to assist dangerously mentally ill individuals who are being released from prison into the community. To qualify for this program, participants must have been diagnosed with a serious mental illness or major mental health disorder, and also pose a threat to public safety. An interdisciplinary team of mental health and correctional professionals provide coordinated case management and community treatment planning such as mental health and chemical

dependency treatment, housing, supervision, and expedited Medicaid eligibility for up to five years after release. This program was previously called Dangerously Mentally Ill Offenders (DMIO).

#### *Outpatient or non-intensive drug treatment in the community*

This group of programs includes outpatient and non-intensive substance abuse treatment programs delivered in the community to criminal justice system-involved individuals with substance abuse problems. Treatment approaches include individual counseling, cognitive behavioral therapy and other approaches with the goal of reducing substance abuse. Participants generally attend treatment for 2-18 months with weekly two-hour sessions.

#### *Outpatient or non-intensive drug treatment during incarceration*

This group of programs includes outpatient and non-intensive substance abuse treatment programs delivered to incarcerated individuals who have substance abuse problems. Treatment types include individual counseling, cognitive behavioral therapy, reflective journaling, and other approaches. Participants generally attend treatment for one to five months, with treatment up to five hours per day in brief programs and substantially less-frequent programming in long-term programs.

#### *Parenting programs (for incarcerated parents)*

The goal of parenting programs is to help incarcerated parents acquire skills to increase efficacy of parenting, increase parental confidence and satisfaction, and reduce stress associated with parenting during incarceration. These programs teach parents about child development techniques for managing child behavior. Parents are assisted with strategies to communicate effectively with their children given the unique circumstances. Visitation is an important component of the program, which can include didactic instruction (learning through experience/teaching) while supervised by a program instructor. Programs vary in length; they typically last two to three months.

This meta-analysis includes studies of parenting programs for incarcerated mothers and fathers. The interventions include filial therapy—family-focused play therapy—and Systematic Training for Effective Parenting (STEP). Studies in this meta-analysis did not report recidivism as an outcome measure; however, they did report a variety of parenting measures, including parental stress, satisfaction, empathy, acceptance, and locus of control. We combined all of these measures into a broad “parenting success” outcome for each study. A positive effect size indicates improvement in one or more of these parenting measures, on average.

#### *Police diversion for low-severity offenses (pre-arrest)*

Pre-arrest diversion programs for low-severity offenses redirect individuals suspected of these offenses from the traditional criminal justice system into services in the community. Service

referrals are specific to the assessed needs of each individual (e.g., mental health treatment or substance abuse treatment in the community). This review focuses on pre-arrest diversion programs, which are police-based programs. Police-based diversion programs divert participants to services without applying criminal charges.

#### *Police diversion for individuals with mental illness (pre-arrest)*

Diversion programs for individuals with mental illness redirect these individuals from the traditional criminal justice system into mental health treatment programs.

This review focuses on pre-arrest diversion programs, which are police-based programs. Police-based diversion programs divert participants to services without applying criminal charges. Programs included in this meta-analysis followed the Crisis Intervention Team model, which involves specialized police training and partnerships between police and mental health providers in the community. Mental health courts and post-arrest diversion programs were reviewed separately from this meta-analysis.

#### *Reentry courts*

The purpose of reentry courts is to help facilitate successful reentry into the community for formerly incarcerated individuals. These specialized courts utilize a judge and other court staff to impose comprehensive supervision, graduated sanctions, and incentives as well as coordinate services (e.g. substance abuse treatment) to defendants. While each reentry court is unique in operations, method, and length of treatment, they share the primary goals of supporting reintegration into the community and reducing criminal recidivism. The programs represented here provided about six months of services.

#### *Restorative justice conferencing*

Restorative justice conferences are face-to-face meetings, typically between the victim and the convicted individual, facilitated by a professionally trained mediator. The purpose of conferences is to discuss the harm done and to come to an agreement between all parties about reparations. Conferences may also include other supporting persons or community members to resolve the harm done by the convicted individual. Conferences can take place during incarceration, before sentencing following a guilty plea, as a diversion program, or during re-entry. This intervention is brief, typically one or two conferences that last an hour or two.

#### *Risk Need and Responsivity supervision (for individuals classified as high- and moderate-risk)*

This meta-analysis represents a broad grouping of supervision programs which utilize “Risk Need Responsivity” (RNR) principles. Following these principles, corrections officers provide amounts of services in accordance with the individual’s risk for re-offense (risk principle), provide types of services based on the individual’s unique assessed needs (need principle), and determine a treatment method that is appropriate for the individual based on individual abilities

and motivation levels (responsivity principle). Supervision using RNR principles focuses on individuals classified as high- to moderate-risk. Interventions are either cognitive behavioral or social learning techniques. This means that the supervising parole or probation officer uses motivational interviewing techniques (e.g., open ended questions, affirmations, elicitation of person reflection, etc.) as well as a behavioral or contingency management style of supervision (i.e., systems of incentives for reinforcement, disapproval, and an emphasis on self-management). Supervising officers may issue violations when individuals violate the conditions of supervision.

### *Serious and Violent Offender Reentry Initiative (SVORI)*

In 2003 the U.S. Department of Justice awarded funding to states for the Serious and Violent Offender Reentry Initiative (SVORI) for individuals transitioning from prison into the community. These programs do not adhere to one specific type of intervention or program but instead implement a model designed to address six outcomes of concern for individuals reentering from incarceration (health, education, employment, housing, substance use, and recidivism). SVORI involves a three-phase timeline model. The first phase is an in-prison intervention that could begin months before participants are released into the community. In the second phase, services intensify in the months before and after release. A risk/needs assessment for each participant is conducted and an individualized implementation plan is administered. In the third phase, participants are supervised within the community, and required to follow their implementation plan as a condition of release. Follow-ups are conducted with each participant at 3, 9, and 15 months post-release to address adherence to the plan and the current state of affairs for each participant.

### *Sex offender registration and community notification*

Registration laws require individuals convicted of certain sex offenses to register with local law enforcement. Notification laws authorize officials to notify the public when high-risk individuals are released from confinement into the community. These measures aim to increase community safeguards and assist law enforcement in tracking convicted persons.

In this meta-analysis, we analyzed both the specific and general deterrent effects of the law. Specific deterrence refers to the concept of discouraging further criminal behavior through the experience of punishment. General deterrence refers to the concept of discouraging criminal behavior in others through the threat of punishment. In this analysis, the benefit-cost results rely solely on the effects of specific deterrence effect size. We are unable to estimate the benefits of the general deterrent effect at this time.

### *Sober living houses*

Sober living houses (or recovery houses) are voluntary residential arrangements in which unrelated adults agree to live together under a set of shared rules. They are commonly utilized by persons with substance abuse history in their effort to maintain sobriety. They are resident-supported and not staffed by a caseworker or house manager.

This meta-analysis includes studies on Oxford Houses as well as other unspecified models of sober living houses and recovery houses. It includes studies on formerly incarcerated individuals as well as studies in which individuals may have had no prior criminal involvement. Individuals in these studies spent between three and eight months in sober living houses. They were compared to similar individuals who were not placed in sober living houses.

#### *Therapeutic communities (during incarceration) for individuals with substance use disorders*

Prison-based therapeutic communities for substance use disorders are an intensive form of substance abuse treatment provided to individuals with substance use disorders. Although participants remain within correctional facilities, they live in a 24/7 therapeutic milieu apart from the general prison population. Therapeutic communities use a hierarchical social learning model, wherein participants earn increased social and personal responsibility as they progress through stages of treatment. Treatment involves a highly structured therapeutic environment, peer support, and peer accountability intended to teach participants prosocial norms and behaviors.

This meta-analysis excludes evaluations of programs targeting persons with co-occurring mental health and substance use disorders. Participants remained in these programs for 2 to 18 months with treatment on weekdays and live-in staff.

#### *Therapeutic communities (in the community) for individuals with co-occurring disorders*

Therapeutic communities are an intensive form of substance use disorder treatment generally provided to individuals with substance use disorders involved in the criminal justice system. Participants live in a continuous therapeutic environment apart from the general population. Therapeutic communities use a hierarchical social learning model, wherein participants earn increased social and personal responsibility as they progress through stages of treatment. Treatment involves a highly structured therapeutic environment, peer support and peer accountability intended to teach participants prosocial norms and behaviors.

This meta-analysis includes only therapeutic communities designed for persons with co-occurring substance use and mental health disorders in the community. Participants remained in these programs for 3 to 12 months with treatment on weekdays and live-in staff.

#### *Therapeutic communities (in the community) for individuals with substance use disorders*

Community-based therapeutic communities are an intensive form of substance use disorder treatment provided to individuals with substance use disorders who are involved in the criminal justice system. Participants live in residential units within the community that provide a continuous therapeutic environment. Therapeutic communities use a hierarchical social learning model, wherein participants earn increased social and personal responsibility as they progress through stages of treatment. Treatment involves a highly structured therapeutic environment, peer support and peer accountability intended to teach participants prosocial norms and behaviors.



This meta-analysis focuses on therapeutic communities in the community. It excludes evaluations of programs targeting persons with co-occurring mental health and substance use disorders. Participants remained in these programs for 2 to 21 months with treatment on weekdays and live-in staff.

#### *Treatment during incarceration for individuals convicted of sex offenses*

Programs providing treatment for individuals incarcerated for sex offenses use a broad range of therapeutic components, including individual and/or group counseling, cognitive behavioral therapy (CBT), aversion therapy, and other forms of psychotherapy.

Programs in these studies were delivered during incarceration. Treatment typically occurs daily, and lasts for two to seven hours per day. The programs represented in this meta-analysis vary in duration of services, ranging from five months to many years.

#### *Treatment in the community for individuals convicted of sex offenses*

Programs providing treatment for individuals convicted of sex offenses use a broad range of therapeutic components, including individual and/or group counseling, cognitive behavioral therapy (CBT), aversion therapy, and other forms of psychotherapy.

Programs in these studies were delivered during incarceration. Treatment typically occurs daily, and lasts for two to seven hours per day. The programs represented in this meta-analysis vary in duration of services, ranging from five months to many years.

#### *Violence reduction treatment*

Violence reduction treatments use therapeutic methods to help participants manage anger and avoid violence. These programs are intended to improve participants' attitudes, reasoning abilities, communication skills and self-awareness. For the studies in this meta-analysis, participants received between 188 and 330 hours of programming over 3.5 to 7 months.

#### *Vocational education in prison*

Vocational education programs delivered in prison involve instruction for a specific trade, occupation, or vocation such as welding, auto repair, building maintenance, or graphic arts. These programs typically last from six months to three years. The primary goal of vocational education is to help offenders develop skills that will be marketable for obtaining a job upon release to the community. Some vocational programs offer certificates or college credits.

#### *Work release*

Work release programs are a form of partial confinement enabling participants to serve all or a portion of their prison or jail sentence in a residential facility while employed in the community.

While each program is unique, most work release programs allow residents to leave the residential community during the work day to seek or attend employment and/or educational opportunities. Work release is a pre-release program, meaning it is used as an alternative to traditional incarceration for all or some of an individual's sentence length. Work release typically lasts for about six months.

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