



March 2024

Inventory of Evidence-Based, Research-Based, and Promising Programs for Adult Corrections: *Preliminary Report*

In 2023, the Washington State Legislature directed the Washington State Institute for Public Policy (WSIPP) to update its adult corrections inventory (henceforth “inventory”). The inventory summarizes information about the effectiveness of programs for adults involved in the criminal justice system. For each program where research is available, WSIPP conducts meta-analysis and benefit-cost analysis and then classifies the program as evidence-based, research-based, or promising.

This inventory update must focus on programs for individuals incarcerated in prison facilities, including family and relationship programs, learning and working programs, and therapeutic and support programs. WSIPP was directed to prioritize programs currently offered in Washington State Department of Corrections (DOC) facilities. In this preliminary report, we will identify programs currently offered in DOC prison facilities, indicate whether those programs have been evaluated, and list new programs to be reviewed for the final report to be published in December 2024.

In [Section I](#), we describe the inventory’s background and the current assignment. In [Section II](#), we describe the programs in DOC facilities. In [Section III](#), we summarize the study limitations and next steps.

Summary

Incarcerated individuals in Washington State Department of Corrections (DOC) prison facilities are offered a range of programs. The 2023 Legislature directed WSIPP to update its adult corrections inventory, summarizing rigorous evidence on the effectiveness of family and relationship programs, learning and working programs, and therapeutic and support programs offered in DOC facilities.

In this legislatively required preliminary report, we identify programs currently offered in DOC prison facilities and indicate whether each of these programs has been evaluated in relation to recidivism. Additionally, we present a list of new programs to be analyzed for WSIPP’s final report and updated inventory, due in December 2024.

Using DOC administrative records, we identified 60 programs that were available in at least one facility between 2014 and 2023. Of these, 52 were not included on the most recent adult corrections inventory, published in 2018. Based on an initial literature review, at least one evaluation is available for 30 of these programs. For WSIPP’s inventory update we will prioritize reviewing newly identified DOC facility programs. We will update existing program evidence reviews as resources allow.

Suggested citation: Goodvin, R., & Wanner, P. (2024). *Inventory of evidence-based, research-based, and promising programs for adult corrections: Preliminary report* (Document Number 24-03-1901). Olympia: Washington State Institute for Public Policy.

I. Introduction

In this section, we first summarize the original 2013 inventory assignment and the 2018 update. Next, we describe the current legislative assignment.

Background

2013 Adult Corrections Inventory

Following a series of public policy reforms, Washington State moved towards identifying and implementing rigorously studied strategies with the potential to improve statewide outcomes cost-effectively (i.e., “evidence-based” programs).¹ The first iteration of the adult corrections inventory resulted from a 2013 legislative assignment to develop definitions for “evidence-based” and “research-based” and to create an inventory of evidence-based and research-based programs.²

In the initial inventory, WSIPP classified 27 programs using legislatively enacted definitions of “evidence-based” and “research-based”³ (Exhibit 1 summarizes definitions). This inventory covered programs and policies across all stages of the criminal justice system, including diversion, therapeutic courts, case management, reentry, community-based supervision and treatment, and programs for individuals incarcerated in DOC facilities.

Importantly, WSIPP collaborated with DOC to ensure the inclusion of programs delivered by DOC in the inventory.

Exhibit 1

WSIPP Program Classifications

Evidence-based
<i>Meets WSIPP standards for evidence of effectiveness in the intended population and is likely to be cost-beneficial</i>
Research-based
<i>Meets WSIPP standards for evidence of effectiveness</i>
Promising practice
<i>Shows potential for effectiveness based on a theory of change, and the weight of evidence is inconclusive</i>
Null
<i>Weight of evidence indicates no effect on outcomes of interest</i>
Poor
<i>Weight of evidence indicates undesirable effects on outcomes of interest</i>

Note:

These descriptions summarize classification definitions. For complete detailed definitions, see [Wanner \(2018\)](#).

Following the inventory’s publication, Washington State University’s (WSU) Institute for Criminal Justice Research extended this work to develop a menu of interventions and a program gap analysis.⁴

¹ [Engrossed Second Substitute House Bill 2536, Chapter 232, Laws of 2012](#); [Second Substitute Senate Bill 5732, Chapter 338, Laws of 2013](#); and [Third Engrossed Substitute Senate Bill 5034, Chapter 4, Laws of 2013](#).

² Drake, E. (2013). *Inventory of evidence-based and research-based programs for adult corrections* (Doc. No. 13-12-1901). Olympia: Washington State Institute for Public Policy.

³ The definitions were enacted by the 2013 Legislature for adult behavioral health services. We classify programs in

other policy areas according to the statutory definitions for adult behavioral health (See [2SSB 5732](#)).

⁴ Hamilton, Z., van Wormer, J., & Campbell, C. (2014). *Washington State Department of Corrections evidence-based practices proviso (EBPP)*. Pullman: Washington State University and Hamilton, Z., van Wormer, J., Campbell, C., & Posey, B. (2015). *Washington State Department of Corrections evidence-based practices proviso (EBPP) year 2–Final report*. Pullman: Washington State University.

Using both the inventory and the WSU menu, DOC developed a comprehensive implementation plan that identified the types of programs to be included in their facilities, the recommended location of the programs, the implementation timeline, and the projected number of participants needed to meet the threshold of available funds. The 2013 legislation required DOC to have programs fully phased in by June 2015.⁵

2018 Updated Inventory

WSIPP published the second iteration of the inventory in 2018.⁶ This update classified 57 programs and standardized the classification approach with other inventories published by WSIPP. Specifically, the update added the “promising” designation and differentiated between programs and practices that produced null versus poor results, among other updates.

Current Assignment

The current legislative assignment directs WSIPP to update the inventory and specifies that this update must focus on programs for incarcerated individuals in prison facilities, with priority given to programs currently offered by DOC (see [Exhibit 2](#)).

In this preliminary report, we will identify the following:

- ✓ Programs currently offered at DOC prison facilities,
- ✓ Whether these programs have been evaluated for effects on recidivism,⁷ and
- ✓ A list of new programs to be analyzed for the final report.

The final report required by this assignment, due in December 2024, will include the updated adult corrections inventory. Additionally, we will summarize information on the likely effectiveness of these programs in reducing recidivism in Washington State.

Unlike the 2013 evidence-based practices proviso, the current assignment does not include any new DOC program planning or implementation requirements.

⁵ 3ESSB 5034.

⁶ 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* (Doc. No. 17-051901). Olympia: Washington State Institute for Public Policy and Wanner, P. (2018). *Inventory of evidence-*

based, research-based, and promising programs for adult corrections (Doc. No. 18-02-1901). Olympia: Washington State Institute for Public Policy.

⁷ We defined “evaluated” as a program with at least one research evaluation with a comparison group and recidivism outcome, described further in [Section II](#).

Exhibit 2

WSIPP's 2023 Legislative Assignment

"The Washington state institute for public policy [is to] update its adult corrections inventory of evidence-based, research-based, and promising programs and expand the inventory to include new programs that were not included in the last published...inventory in 2018.

*This update must focus on programs for **incarcerated individuals** in **prison facilities** to include family and relationships programs, learning and working programs, and therapeutic and support programs. The institute should prioritize the addition of programs **currently offered by [DOC]**.*

- (i) ...the institute shall publish a preliminary report identifying the list of programs currently offered in [DOC] prison facilities and the list of new programs to be analyzed for inclusion in the updated adult corrections inventory. The preliminary report must include an indication of whether the [DOC] programs have ever been evaluated for their effect on recidivism; and*
- (ii) ... the institute shall publish a final report with the updated adult corrections inventory classifying programs as evidence-based, research-based, or promising programs. The report shall include a list of programs currently offered in [DOC] prison facilities and a determination of their likely effectiveness in reducing recidivism based on the results of the adult corrections inventory.*

ESSB 5187

II. Programs in DOC Facilities

In this section, we first provide background information regarding programming in DOC facilities. Second, we summarize our methods for identifying programs and determining whether these programs have been evaluated for their effect on recidivism.

Programs

As described in [Section I](#), the current assignment requires WSIPP to focus on programming for individuals incarcerated in DOC prison facilities. The assignment calls for an examination of programs in the following three broad categories:⁸

- 1) Family and relationships programs,
- 2) Learning and working programs, and
- 3) Therapeutic and support programs.

Briefly, facility-based programs in these areas might be expected to reduce recidivism if they support the development of skills and credentials, improve behavioral health and relationships, or increase prosocial behaviors.

Program Availability and Eligibility

DOC currently operates 11 state prison facilities.⁹ The availability of programming varies by facility and year. Although some categories of programming (e.g., mental health treatment, basic skills training) are available across all of Washington's prisons, individual facilities may opt to identify and offer or facilitate programming to address the needs of their population.

Additionally, funding limitations may impact program availability. As a result, many programs are only available at a subset of facilities.

Finally, the implementation of targeted programs with specific eligibility criteria may drive variation in program availability both in terms of the number of facilities offering the program and in the number of program slots. Individuals' eligibility for DOC programs is determined by several factors, with some programs requiring an individual to have a particular diagnosis or to meet a certain threshold of needs per DOC's dynamic risk and needs assessment—the Washington Offender Needs Evaluation (Washington ONE).

Program Types and Name-Brand Programs

WSIPP's inventories may include both broad program types and specific name-brand programs. A broad program type will include multiple versions of a particular intervention. For example, cognitive-behavioral therapy (CBT) would include programs such as "Thinking 4 a Change" and "Moral Reconciliation Therapy." When sufficient information is available to examine the average effect of a single program, we can make a statement about the effectiveness of that program alone compared to similar programs.

⁸ Consistent with WSIPP's legislative assignment we exclude from this investigation programs broadly categorized as having a religious or cultural focus. See [Appendix II](#) for

additional information on DOC program policies and functional categories.

⁹ DOC closed Larch Correctional Center in October 2023; prior to this DOC was operating 12 prison facilities.

In the present report, we list specific brand-name programs offered at DOC facilities in recent years. For the final report and inventory, it may be more appropriate in some cases to combine summary analyses of program effectiveness into broader program types, depending on program features and the evaluation literature.

Method

Identifying DOC Programs

To identify programs, DOC provided WSIPP with program records from all DOC facilities in Washington from 2014 through 2023. The data summarize program participation counts as recorded by DOC facility staff.

Records varied by facility and over time in how programs were categorized and titled. Accordingly, we processed and streamlined these data to develop a working list of programs offered in DOC facilities (detailed in Appendix I).

After data processing, **we identified 60 entries representing either broad program types or name-brand programs.**¹⁰ We present this program list in Exhibit 4.¹¹

Identifying Program Evaluation Status

WSIPP's assignment also required us to indicate in this report whether DOC programs have ever been evaluated for their effect on recidivism. To address this, we completed an initial literature review for identified programs.

WSIPP has already reviewed and classified some programs on the DOC program list. Accordingly, our first step was to crosswalk the DOC program list (Exhibit 4) to WSIPP's 2018 adult corrections inventory. All programs previously classified on the 2018 inventory as evidence-based or research-based have been evaluated for impacts on recidivism. We did not conduct further review of these programs for this report.

Search Strategy. For each program not on WSIPP's 2018 inventory, we conducted an initial literature review using a major research database (EBSCOhost) and public search engines (Google Scholar and Google). Additionally, we searched the Crime Solutions repository published by the National Institute of Justice – Office of Justice Programs.¹²

Defining "has been evaluated." We define programs in Exhibit 4 as having been evaluated if we identified **at least one outcome evaluation of the name-brand program or program type** that meets the following conditions:

- ✓ *Was conducted on a population of incarcerated adults,*
- ✓ *Included both treated and comparison groups, and*
- ✓ *Reported recidivism as an outcome.*¹³

¹⁰ See Appendix III for additional information about program availability.

¹¹ In Exhibit 4 we categorize DOC programs as being family and relationships programs, learning and working programs, and therapeutic and support programs. This may not reflect how DOC would categorize these programs.

¹² See Appendix IV for information on our initial literature review search protocol, including a list of search terms.

¹³ Some programs that have been evaluated do not include recidivism outcomes. For example, parenting programs may target parenting skills or child development outcomes, rather than recidivism. In these cases, we indicate that the program has not been evaluated for effects on recidivism.

For this initial literature review, we included any evaluation meeting the above criteria, regardless of study design or quality, source of publication, or publication year.¹⁴

In subsequent stages of this project, we will implement WSIPP’s standard approach to summarizing all methodologically rigorous evidence. As a result, we may determine that some of the evaluations identified in our initial review do not meet WSIPP’s quality standards for inclusion in further analysis.

Identifying Programs to be Analyzed for Inclusion in the 2024 Inventory

As indicated in Exhibit 3, we identified 30 name-brand programs or broad program types that have been evaluated but were not analyzed separately for the 2018 inventory.¹⁵ In Exhibit 4, we identify programs not currently on WSIPP’s inventory as “new” programs and indicate whether we anticipate analyzing each new program for inclusion in the 2024 inventory update.

We expect to conduct a full literature review for these new programs and anticipate that some will have sufficient evidence to be classified for the 2024 inventory. If necessary, we will prioritize programs offered in the most recent two years, and the most widely available programs.

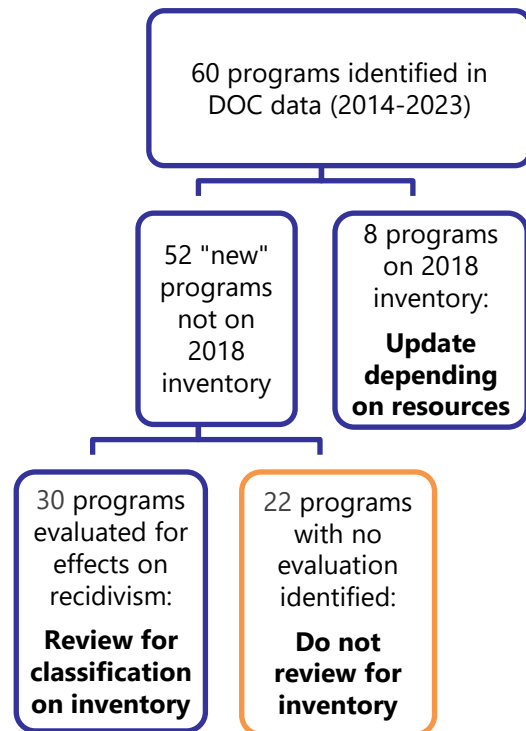
As shown in Exhibit 3, our program list includes eight DOC prison facility programs previously analyzed on WSIPP’s inventory.

We will update our analyses of these programs as resources allow.

Finally, WSIPP’s assignment directs us to prioritize the addition of programs currently offered by DOC. Given the assignment language and the number of DOC prison facility programs identified for review, we did not consider programs not currently offered by DOC. WSIPP could be directed in a later assignment to conduct a systematic search for programs offered in other states and review the evidence base for those programs.

Exhibit 3

DOC Prison Facility Program Counts and WSIPP’s Adult Corrections Inventory



¹⁴ In this step, we include studies in samples outside of the United States. However, the unique context of the United States’ criminal justice and prison systems makes those studies less likely to generalize to Washington’s context. As a result, WSIPP typically excludes those studies from meta-

analyses. In Exhibit 2, we note cases in which we identified only non-U.S. program evaluations.

¹⁵ Research on six of these programs was previously included in meta-analyses for a broader program type. It may be possible based on current information to analyze these as independent programs.

Exhibit 4

List of Programs Identified in DOC Facilities, 2014-2023

Research area	Program type or name-brand program	Evaluated recidivism outcome?	2018 classification	If new: Review for 2024 update?
<i>Family and relationship programs</i>				
Parenting				
	Inside Out Dads	x		No
	Long Distance Dads	x		No
	Parenting Inside Out	✓		Yes
	Partners in Parenting	x		No
	Residential parenting program	✓		Yes
	Walking the Line	x		No
	Parenting (other)	x		No
<i>Learning and working programs</i>				
Education				
	Basic skills (ABE, GED, ESL, HS)	✓+	EB	---
	Post-secondary	✓+	EB	---
Vocational/working				
	Construction trades apprenticeship preparation	x		No
	Correctional industries/jobs	✓+	EB	---
	DNR jobs/fire camp	✓		Yes
	Employment counseling/job training/search	✓	EB	---
	Vocational education (general)	✓	EB	---
	Sustainability in Prisons Project (SPP)			
	SPP - Dog training	✓+		Yes
	SPP - Horticulture	✓		Yes
	SPP - Roots of Success	✓+		Yes
	SPP - Other	x		No

Notes:

- ✓ Indicates the program has been evaluated for recidivism.
- ✓ + Indicates that the program has been evaluated in Washington State.
- x Indicates the program has not been evaluated for recidivism.
- EB indicates the program was classified as evidence-based in WSIPP's 2018 inventory.

Exhibit 4, Continued

List of Programs Identified in DOC Facilities, 2014-2023

Research area	Program type or name-brand program	Evaluated recidivism outcome?	2018 classification	If new: Review for 2024 update?
<i>Therapeutic and support programs</i>				
Life skills				
	Bridges to Life	✓		Yes
	Men Facilitating Change	x		No
	Redemption Project	x		No
	ReEntry And Community Health (REACH) program	x		No
	Reentry/release prep (other)	✓		Yes
	Traumatic Brain Injury (TBI) treatment/support	✓		Yes
	Toastmasters	x		No
	Life skills (general)	✓		Yes
Mental health				
	CBT skills programs			
	Acceptance and Commitment Therapy	✓		Yes
	Beyond Trauma	✓		Yes
	Beyond Violence	✓		Yes
	Breaking Barriers	✓		Yes
	Decision Points	x		No
	Intensive Transition Program	x		No
	Moral Reconciliation Therapy (MRT)	✓	▲	Yes
	Moving On	✓	▲	Yes
	Seeking Safety	✓	▲	Yes
	Thinking 4 a Change (T4C)	✓+	▲	Yes
	DBT skills programs	✓	EB	---

Notes:

✓ Indicates the program has been evaluated for recidivism.

✓ + Indicates that the program has been evaluated in Washington State.

x Indicates the program has not been evaluated for recidivism.

EB indicates the program was classified as evidence-based in WSIPP's 2018 inventory.

▲ This specific program has not been classified but was included in the topic "Cognitive behavioral therapy (CBT) (for individuals classified as high- or moderate-risk)." That broad topic was classified as evidence-based in the 2018 inventory.

Exhibit 4, Continued

List of Programs Identified in DOC Facilities, 2014-2023

Research area	Program type or name-brand program	Evaluated recidivism outcome?	2018 classification	If new: Review for 2024 update?
<i>Therapeutic and support programs, continued</i>				
	Misc. Psychoeducation			
	99 Days & Get Up	x		No
	Emotion regulation/coaching	x		No [^]
	Freedom Project	✓+		Yes
	IF Project	✓+		Yes
	Interactive journaling (e.g., Getting It Right)	✓		Yes
	Interpersonal skills training	✓		Yes
	New Freedom	x		No
	Tackling Anti-social Behavior	x		No
	Aggression reduction programs			
	Aggression Replacement Training (ART) [#]	✓	▲	Yes
	Alternatives to Violence	✓		Yes
	Anger management (other)	✓		Yes
	Substance use			
	Alcoholics/Narcotics Anonymous	x		No
	Co-occurring disorder intensive outpatient	✓		Yes
	Co-occurring disorder therapeutic communities	✓		Yes
	Intensive outpatient	✓	EB	---
	SMART Recovery	x		No [^]
	Therapeutic communities	✓	EB	---
	Treatment for individuals convicted of sex offenses			
	CBT for individuals convicted of sex offenses	✓+	■	Yes
	Moving Forward	x		No
	Treatment for victims of domestic violence			
	Domestic violence support	✓		Yes
	Wellness/enrichment			
	Fitness/wellness	x		No
	Transition to Life	x		No
	Yoga/meditation	✓		Yes

Notes:

✓ Indicates the program has been evaluated for recidivism.

✓ + Indicates that the program has been evaluated in Washington State.

x Indicates the program has not been evaluated for recidivism.

EB indicates the program was classified as evidence-based in WSIPP's 2018 inventory.

▲ This specific program has not been classified but was included in the topic "Cognitive behavioral therapy (CBT) (for individuals classified as high- or moderate-risk)." That broad topic was classified as evidence-based in the 2018 inventory.

■ This specific program has not been classified but was included in the topic "Treatment during incarceration for individuals convicted of sex offenses." That broad topic was classified as research-based in the 2018 inventory.

[^] Indicates that we did not identify any evaluation research with a US-based sample.

[#] The DOC "Aggression Replacement Training" program has also been referred to as "Alternatives 2 Aggression" and "Anger Control Training."

III. Limitations and Next Steps

In this section, we summarize the limitations of our analysis of DOC programs and outline our next steps in WSIPP’s work on the 2024 Adult Corrections Inventory update.

Limitations

This report presents information regarding programs offered in DOC facilities. We developed a list of programs using the most complete available data source.

Nonetheless, we identified several data issues that lead to some uncertainty about the programs currently available to individuals incarcerated in Washington’s prison facilities. Additionally, the COVID-19 pandemic and response present some limitations to our analysis of programs.

Data

DOC program information is entered by individual staff in DOC facilities. Entry of program names and categories is idiosyncratic, which may lead to errors in identifying actively available programs. Additionally, DOC program data encompasses a wide range of activities, including both “name-brand” contracted DOC programs and volunteer-led programs, as well as individual coursework, access to self-help books and resources, and a variety of other enrichment activities (e.g., chess or craftwork). Additionally, there may be programs in specific facilities that DOC does not systematically track.

As a result, WSIPP’s list may not be a comprehensive record of programs available to individuals during incarceration. WSIPP will continue to consult with DOC to address these concerns.

COVID-19 Impacts

COVID-19 extensively impacted all aspects of criminal justice system operations.¹⁶ During the pandemic and related closures, many programs were discontinued because external providers could not enter prisons.¹⁷ While some of those programs have returned, others have not. Additionally, some programs—particularly education and mental health treatment—shifted to an exclusively remote format. Systematic data about program format are not available.

The summary of DOC program data in this report includes programs active between 2014 and 2022 to reflect what has been available in recent years. Only 32 of the 57 programs identified on our list were observed during 2022.¹⁸ Because programs discontinued during the pandemic may become available again, we did not restrict our list by date. If necessary, we will prioritize updating evidence reviews for programs that have been active in the post-pandemic period.

¹⁶ Hirsch, M. (2021). *COVID-19 and adult criminal justice: A quantitative look at affected systems* (Doc. No. 21-07-1901). Olympia: Washington State Institute for Public Policy.

¹⁷ Noll. (2020). *Corrections commitment to public safety throughout COVID-19*. DOC Communications.

¹⁸ See [Appendix III](#) for identification of programs observed during 2022.

[Next Steps](#)

WSIPP's final report—including the updated inventory—will be published in December 2024. As described in [Sections I and II](#), we will complete systematic evidence reviews for identified programs. Using WSIPP's standard process, we will classify programs as evidence-based, research-based, and promising.

We note here that for programs already included in WSIPP's inventory, classifications may change with each inventory update as new research becomes available or as the methods or inputs for WSIPP's benefit-cost analyses change.

In addition to summarizing the evidence for new programs to be added to WSIPP's inventory, summarized in [Exhibit 2](#), we may update evidence reviews. Additionally, WSIPP anticipates several updates to benefit-cost model inputs in 2024 that may change programs' likelihood of "breaking even" in economic analyses. Our final inventory report will detail these changes and any resulting impacts on program classifications.

In the final report we will summarize information regarding the likely effectiveness of programs offered in DOC prison facilities in reducing recidivism in Washington State.



Appendices

Inventory of Evidence-Based, Research-Based, and Promising Programs for Adult Corrections:
Preliminary Report

Appendices

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I. Process for Developing a DOC Program List

We received detailed statewide program participation data from the Department of Corrections (DOC) covering all 12 Washington State prison facilities for 2014-2023. Participation records are entered by staff at DOC facilities in the following categories:

- Cognitive behavioral therapy/Sex offender treatment and assessment program/Evidence-based program
- Education
- Family
- Mental health/Life skills
- Substance treatment
- Vocation
- Wellness

The specific program names entered and program categorizations and subcategorizations varied by the facility and over time. For example, the same manualized mental health therapy program could be categorized as “Cognitive behavioral therapy/Sex offender treatment and assessment program/Evidence-based program” by one facility and “Mental health/Life skills” by another, resulting in two entries under different categories. Additionally, the level of detail entered for some programs varied. Due to these issues and other inconsistencies in the data, WSIPP took several steps to organize and streamline the original DOC program participation data and develop our final list of programs offered in DOC facilities.

Additionally, we reviewed programs listed on the websites for each facility. There were no programs listed on websites that were not already included in the list developed using DOC data.

We summarize our process and the number of program participation records at each step in [Exhibit A1](#).

Exhibit A1

Summary of Process for Developing DOC Program List

Step	# of records
Received detailed list of programs at DOC facilities, 2014-2022	1,840
Dropped programs outside of assignment scope (religious/cultural programs)	1,799
Aggregated duplicates where the exact program name was listed more than once (under different categories or subcategories)	1,583
Aggregated known education and work/vocational programs with detailed program entries (e.g., specific college course name; specific job with Correctional Industries)	549 (This count includes 7 "program groups" and 542 remaining program records not consolidated under an identified program group)
Consolidated programs with multiple entries and aggregated programs that were divided into multiple components	356 (This count includes 58 "program groups" and 298 remaining program records not consolidated under an identified program group)
Applied the program category or subcategory as the program group name for all remaining records that were not consolidated under an identified program group in the previous step (e.g., applied "vocational" to miscellaneous uncategorized records under the vocational subcategory)	356
Collapsed by program group name	62
Dropped two program groups comprised of miscellaneous activities that did not constitute a cohesive program or program type to be evaluated (Miscellaneous offender enrichment; Miscellaneous mental health/wellness).	60
Total number of DOC facility programs identified	60

II. Program Category Descriptions

As previously described, DOC program data provided to WSIPP were entered by facility staff by “categories” and “subcategories” to group and organize similar programs or programs with similar functions together. These categories include:

- Cognitive behavioral therapy/Sex offender treatment and assessment program/Evidence-based program
- Education
- Family
- Mental health/Life skills
- Substance treatment
- Vocation
- Wellness

Most of these program categories are defined in DOC’s published policies and are available on the department’s website.¹⁹ We collected information from these policies and provided category definitions in [Exhibit A2](#). While some of these program definitions provide specific information on the type of program available within the category, others do not. Finally, some program categories are not defined clearly in DOC policies (e.g., Life skills) and are left out of [Exhibit A2](#).

These program categories do not entirely correspond with the three program areas identified in WSIPP’s legislative assignment. Broadly, however, we infer that Family and Relationships programs include Family-Centered Services; Learning and Working programs include both Education and Vocational programs and Work Programs and Correctional Industries; and Therapeutic and Support programs comprise Mental Health Services, Sex Offense Treatment and Assessment Programs, Substance Use Disorder Treatment Services, and Offender Change Programs.

Exhibit A2

Program Category Definitions from DOC Policy

Program area	Policy #	Definition
Education and Vocational Programs in Prisons	500.000	Basic academic skills and pre-apprenticeship, vocational, and post-secondary degree programs. Education program proposals must be submitted to the Educational Services Administrator and approved by the Assistant Secretary for Reentry before implementation. WA-recognized vocational and pre-apprenticeship programs and/or personnel will be accredited, certified, or licensed by the state or other acceptable organization or authority; Post-secondary degree or certificate education programs from a nationally accredited community or technical college, college, or university are limited to no more than a bachelor’s degree.
Family-Centered Services	530.15	Parenting and relationship enrichment programs, workshops, and family-centered programs. Programming is culturally relevant, gender-responsive, and informative. Services include parenting classes, family-centered events and activities, assistance with reunification, child support reduction services, and referrals to other social services and supports.
Mental Health Services	630.500	Individuals in prison will be provided medically necessary mental health and psychiatric services. Services available include crisis services (i.e., services provided to individuals with symptoms of an acute mental disorder that impair an individual’s availability to function), routine mental health services, residential treatment, outpatient services, and telepsychiatry services, among others.

¹⁹ [Washington State Department of Corrections: Policies.](#)

Exhibit A2, Continued

Program Category Definitions from DOC Policy

Program area	Policy #	Definition
Recreation Programs in Prisons	540.105	Planned leisure activities and wellness. Includes hobby crafts, music, weightlifting, athletic programs for both individual and group activities, projects solicited from community organizations (e.g., walk-a-thons, making toys for children, making quilts for the homeless), creative arts programs that include in-cell music and in-cell hobby crafts, structured health and fitness programs or individual fitness activities facilitated by employees, and peer-led recreation classes (e.g., Yoga Behind Bars).
Sex Offense Treatment and Assessment Programs	570.000	The Sex Offense Treatment and Assessment Programs (SOTAP) shall provide risk assessment, prison-based sex offense treatment, and community-based treatment to individuals on community supervision. The DOC-validated needs assessment will assess treatment needs, specialty group programming, and identify interventions related to the individual criminogenic risk factors linked to sexual recidivism. SOTAP clinical personnel will adhere to approved clinical treatment programs and use cognitive behavioral principles of intervention during treatment.
Substance Use Disorder Treatment Services	580.000	The Substance Abuse Recovery Unit (SARU) maintains a substance abuse and recovery treatment services practice and procedures administrative manual that specifies programs, philosophy, goals, and measurable objectives. Includes therapeutic communities, intensive inpatient, intensive day treatment, intensive outpatient, and outpatient treatment types.
Offender Change Programs	590.350	DOC will identify and provide standardized offender change programs that are responsive to offender risk, need, and gender-specific factors to reduce re-offending and increase success upon reentry. Pilot programs will be submitted for approval using the DOC Offender Change Program Proposal, and members of the Offender Change Program Standard Committee, appointed by the Assistant Secretary for Offender Treatment and Reentry Programs, will review and approve all offender change program proposals and monitor quality.
Work Programs and Correctional Industries	700.000; 700.100; 710.400	DOC has established work programs in prisons as defined per RCW 72.09.100 to provide incarcerated individuals an opportunity to learn job skills and develop good work habits and attitudes. Work program opportunities will be provided in Correctional Industries, facility maintenance, operations, public works, and community projects and may include onsite and offsite work crews, among other programs.

III. Program Availability

Here, we summarize the scope of program availability based on our analysis of 2014-2023 DOC program data. DOC operated ten men’s and two women’s facilities during this period. In [Exhibit A3](#), for each program, we indicate the total number of facilities reporting participants and the total participant count. We observed only 41 of the 60 programs identified in DOC records during 2023, as indicated in [Exhibit A3](#).

We observed 11 programs or program types in all 12 facilities. This included basic skills programs, life skills programs, job search skills programs, Correctional Industries and other jobs, vocational horticulture programs, dog training/handling programs, and other programs under the Sustainability in Prisons Project, other programs grouped under “vocational,” post-secondary education, the “Parenting Inside Out” program, and programs grouped under “anger management programs (other).” Additionally, intensive outpatient programs for substance use disorder were available in 11 of 12 facilities. We identified seven programs available only in women’s facilities; 20 programs were observed in both women’s and men’s facilities. The remaining programs were observed only in men’s facilities.

Exhibit A3

Summary of DOC Program Availability, 2014-2023

Research area	Program type or name-brand program	Total facility count	Program availability		
			Men’s facilities	Women’s facilities	Total participant count*
<i>Family and relationship programs</i>					
Parenting					
	Inside Out Dads	5	5	---	1,274
	Long Distance Dads	3	3	---	246
	Parenting Inside Out [‡]	12	10	2	2,578
	Partners in Parenting	6	4	2	1,401
	Residential parenting program [‡]	1	---	1	35
	Walking the Line [‡]	4	4	---	1,273
	Parenting (other) [‡]	5	5	---	158

Notes:

* The total number of participants is across all facilities and all years of available data (FY14-FY23). Participants are counted only once per program per year but may be counted in more than one year.

‡ Indicates a current DOC program type or name-brand program observed in 2022 and/or 2023.

Exhibit A3, Continued
Summary of DOC Program Availability, 2014-2023

Research area	Program type or name-brand program	Program availability			Total participant count*
		Total facility count	Men's facilities	Women's facilities	
<i>Learning and working programs</i>					
Education					
	Basic skills (ABE, GED, ESL, HS)†	12	10	2	49,475
	Post-secondary‡	12	10	2	42,051
Vocational/working					
	Construction trades apprenticeship preparation†	7	7	---	1,353
	Correctional industries/jobs‡	12	10	2	202,942
	DNR jobs/fire camp†	9	7	2	14,946
	Employment counseling/job training/search†	12	10	2	8,942
	Vocational education (general)†	12	10	2	44,668
	Sustainability in Prisons Project (SPP)				
	SPP – Dog training†	12	10	2	3,379
	SPP – Horticulture†	12	10	2	4,304
	SPP – Roots of Success†	2	2	---	145
	SPP – Other†	12	10	2	6,162
<i>Therapeutic and support programs</i>					
Life skills					
	Bridges to Life‡	4	3	1	2,603
	Men Facilitating Change	1	1	---	219
	Redemption Project‡	8	8	---	7,305
	ReEntry And Community Health (REACH) program	1	1	---	93
	Reentry/release prep (other)†	8	7	1	3,210
	Traumatic Brain Injury (TBI) treatment/support†	1	1	---	150
	Toastmasters	1	1	---	2,143
	Life skills (general)†	12	10	2	14,927

Notes:

* The total number of participants is across all facilities and all years of available data (FY14-FY23). Participants are counted only once per program per year but may be counted in more than one year.

† Indicates a current DOC program type or name-brand program observed in 2022 and/or 2023.

Exhibit A3, Continued
Summary of DOC Program Availability, 2014-2023

Research area	Program type or name-brand program	Program availability			Total participant count*
		Total facility count	Men's facilities	Women's facilities	
<i>Therapeutic and support programs</i>					
Mental health					
	CBT skills programs				
	Acceptance and Commitment Therapy	2	2	---	193
	Beyond Trauma [‡]	2	---	2	368
	Beyond Violence [‡]	2	---	2	442
	Breaking Barriers	1	1	---	83
	Decision Points [‡]	1	1	---	50
	Intensive Transition Program [‡]	1	1	---	741
	Moral Reconciliation Therapy (MRT) [‡]	3	3	---	620
	Moving On [‡]	2	---	2	1,601
	Seeking Safety	2	2	---	43
	Thinking 4 a Change (T4C) [‡]	7	7	---	12,845
	DBT skills programs [‡]	4	4	---	232
	Misc. Psychoeducation				
	99 Days & Get Up	2	2	---	65
	Emotion regulation/coaching	2	2	---	86
	Freedom Project [‡]	2	2	---	394
	IF Project	1	---	1	92
	Interactive journaling (e.g., Getting It Right) [‡]	3	3	---	1,347
	Interpersonal skills training [‡]	6	6	---	968
	New Freedom	1	1	---	202
	Tackling Anti-social Behavior	2	2	---	254
	Aggression reduction programs				
	Aggression Replacement Training (ART) [‡]	4	3	1	4,650
	Alternatives to Violence [‡]	1	1	---	84
	Anger management (other) [‡]	12	10	2	3,021

Notes:

* The total number of participants is across all facilities and all years of available data (FY14-FY23). Participants are counted only once per program per year but may be counted in more than one year.

‡ Indicates a current DOC program type or name-brand program observed in 2022 and/or 2023.

Exhibit A3, Continued
Summary of DOC Program Availability, 2014-2023

Research area	Program type or name-brand program	Program availability			Total participant count*
		Total facility count	Men's facilities	Women's facilities	
<i>Therapeutic and support programs, continued</i>					
Substance use					
	Alcoholics/Narcotics Anonymous [‡]	3	3	---	9,362
	Co-occurring disorder intensive outpatient	3	3	---	298
	Co-occurring disorder therapeutic communities [‡]	2	1	1	95
	Intensive outpatient [‡]	11	9	2	17,143
	SMART Recovery	1	1	---	149
	Therapeutic communities [‡]	8	6	2	8,293
Treatment for individuals convicted of sex offenses					
	CBT for individuals convicted of sex offenses [‡]	3	2	1	9,772
	Moving Forward	1	1	---	49
Treatment for victims of domestic violence					
	Domestic violence support	1	---	1	56
Wellness/enrichment					
	Fitness/wellness [‡]	3	3	---	6,272
	Transition to Life	1	---	1	314
	Yoga/meditation [‡]	5	5	---	1,398

Notes:

* The total number of participants is across all facilities and all years of available data (FY14-FY23). Participants are counted only once per program per year, but may be counted in more than one year.

‡ Indicates a current DOC program type or name-brand program observed in 2022 and/or 2023.

IV. Protocol for Determining Program Evaluation Status

WSIPP's legislative assignment directed us to report on whether programs for incarcerated individuals in Washington DOC prison facilities have ever been evaluated for their effect on recidivism. Accordingly, we conducted an initial, high-level literature review for each new program type or name-brand program identified on the DOC facility program list (see [Exhibit 4](#) for the list of programs and [Appendix I](#) for information about how we identified this list). We considered a program new if it was not previously classified on WSIPP's 2018 Adult Corrections Inventory. Programs with a classification on the 2018 inventory have been evaluated, and we did not conduct any further review of these programs for this report.

For each new program identified, we searched the following databases for program evaluation reports:

- EBSCO
- Google Scholar
- Google
- Crime Solutions (NIJ-OJP)²⁰

We used the following combinations of standard search terms across programs:

- "Program name" (or) variations on the program name listed in DOC records, if not a name-brand program (e.g., parent; parenting) *and*
- Corrections (or) Criminal Justice (or) Incarceration (or) Prison(s) *and*
- Evaluation (or) Research (or) Recidivism (or) Outcome(s)

²⁰ [National Institute of Justice.](#)

Acknowledgments

The authors would like to thank Courtney Bagdon-Cox, PhD (Senior Research Manager Research and Data Analytics at DOC), Barbara Sharp, PhD (Management Analyst at DOC), Sarah Sytsma (Senior Administrator of Programs at DOC), Donald Feist (Administrator, Cognitive and Behavioral Change at DOC), and Karie Rainer, PhD (Director of Behavioral Health at DOC) for generously sharing their time and information. Additionally, we thank WSIPP colleagues Corey Whichard and Morgan Spangler for their valuable feedback on an earlier version of this report.

For further information, contact:

Rebecca Goodvin at 360.664.9077, rebecca.goodvin@wsipp.wa.gov

Document No. 24-03-1901



Washington State Institute for Public Policy

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