

Evidence-Based Practice to Reduce Recidivism
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National Benchmarks:
Recidivism

- 67% re-arrest rates for prison releases (BJS)
- 30% reconviction rates for probationers (national average)

NC Benchmarks: Recidivism

- All Probation Entries and Prison Releases FY 03-04: 38.7% rearrest rate after 3 years
- Prison Releases FY 03-04: 50.2% rearrest rate
- Probation Entries FY 03-04: 33.7% rearrest rate

Source: SPAC Recidivism Report, April 2008

Why follow Evidence-Based Practices (EBP)?

- Offender population growth is unrelenting
- Fiscal impact of corrections is considerable
- Public safety is the main priority; need to reduce recidivism rates

Benefits of EBP

- Improves offender outcomes
- Reduces victimization and prevents harm
- Enhances collaboration
- Establishes research-driven decision making
- Targets funding towards the interventions that bring the greatest returns

Evidence-based Practices

“Current research on offender rehabilitation and behavioral change is now sufficient to enable corrections to make meaningful inferences regarding what works in our field to reduce recidivism and improve public safety.”

(Implementing EBP in Community Corrections: The Principles of Effective Intervention)

8 EBP Principles for Effective Intervention

- #1 - Assess Risk & Needs
- #2 - Enhance Intrinsic Motivation
- #3 - Targeted Interventions
- #4 - Use CBI strategies

8 EBP Principles for Effective Intervention

- #5 - Increase Positive Reinforcement
- #6 - Engage ongoing community support
- #7 - Measure processes and practices
- #8 - Provide measurement feedback

#1 - Assess Risk & Needs

RISK	NEEDS
<ul style="list-style-type: none"> ● Use a reliable and valid Instrument-Offender Traits Inventory ● Beginning to train staff on use and interpretation related to supervision levels ● Outcome: Risk of Re-Arrest 	<ul style="list-style-type: none"> ● Use a reliable and valid instrument ● Focus on dynamic and static factors ● Identify criminogenic needs ● Outcome: Targeted case planning efforts ● Offender Self-Report began using 12-05-07

#2 - Enhance Intrinsic Motivation

"Motivation to change is dynamic and the probability that change may occur is strongly influenced by interpersonal interactions such as those with probation officers, treatment providers and institution staff. Research strongly suggests that motivational interviewing techniques, rather than persuasion tactics, effectively enhance motivation for initiating and maintaining behavior changes."

Implementing EBP in Community Corrections: The Principles of Effective Intervention

Motivational Interviewing (MI)

- Communication techniques designed to build trust, break through denial and resistance, and move offenders through stages of change
- MI Strategies include:
 - Open-ended questions
 - Affirmations
 - Reflective listening
 - Summarizations

#3 - Targeted Interventions

- **RISK** Principle: Prioritize supervision and treatment resources for higher risk offenders
- **NEED** Principle: Target services to criminogenic needs (dynamic risk factors)
- **RESPONSIVITY** Principle: Consider individual characteristics when assigning offenders to services

Criminogenic Needs

Factors in an offender's life that are directly related to recidivism

- **Low self-control** - Impulsive Behavior
- **Anti-social Personality** - Lack of concern for others
- **Anti-social Values** - Closely held beliefs that allow offenders to distance themselves from the values and norms of society
- **Criminal Peers** - Association with other criminals
- **Substance Abuse** - Link between substance abuse and criminal behavior
- **Dysfunctional Family** - Related to learned criminal or substance abuse behaviors

#3 - Target Interventions -cont'd

- **DOSAGE:** Provide more structure and doses of services early on and for a longer period of time (e.g., 3-9 months, occupy 40%-70% of free time) ex. Day Reporting Centers
- **TREATMENT Principle:** Treatment should be an integral part of the sentence/sanction process (mandated treatment works)

#4 - Use CBI Strategies

- Staff need training to utilize CBI techniques and/or facilitate classes
- Staff must understand antisocial thinking, social learning, and communication techniques
- Offender learns these "new" skills through role-playing, and watching staff model these skills

#5 - Positive Reinforcement

- Positive reinforcement works effectively to achieve sustained behavior change
 - Optimal ratio - 4:1
- Positive reinforcements do not replace swift and certain response to negative behavior
- Offenders may initially need additional structure and boundaries as extrinsic motivation

#6 - Community Support

- Engage pro-social supports for offenders in their communities
- Recruit and use family members, spouses, and supportive others to help reinforce new behaviors
- Look to existing community network for pro-social contacts (i.e., mentoring)

#7 - Measure Process & Practices

- Measuring outcomes is the foundation of EBP, so DCC as an agency must commit to:
 - Assessing offender change in cognitive and skill development, and evaluate offender recidivism
 - Case planning and case management
 - Supporting staff decisions based on EBP
 - Assessing staff performance to ensure program fidelity

#8 - Provide Feedback

- Use measurement information of the relevant processes and practices (#7) to monitor progress and change
- Provide feedback to offenders/officers to build accountability and enhance motivation for change
- Review organizational feedback to build accountability and maintain integrity to agency's mission

What is most relevant to the work of State judges?

- **Risk Principle** (who)- target Moderate to High risk offenders
- **Need Principle**-(what) identify and treat offender's criminogenic needs (i.e., those needs associated with the likelihood of recidivism)
- **Treatment & Responsivity Principle**-(how) utilize effective interventions which are cognitive-behavioral
 - emphasize positive reinforcements and immediate response to negative consequences
 - consider offender's gender, culture, and learning style

What is most relevant to the work of State judges?

- **Use of Risk/Needs Assessment Instrument**- combine professional judgment with an actuarial tool that assesses both risk and criminogenic need
- **Motivation and Trust**-build intrinsic motivation and trust with the offender to support the likelihood of successful behavioral change
- **Integration of Treatment and Community**- coordinate treatment with any sanction imposed

NIC/NIJ-EBP to Reduce Redivism : Implications for State Judiciaries

Incorporating EBP

- How is EBP being incorporated into DCC operations?
 - The individual case level - Use of risk/needs assessment tools, case planning, case management, and emphasis on quality contacts
 - The agency level - the *Guide to Offender Management* and its implementation throughout DOC, system-wide changes in training (Effective Interventions, Case Management training, and revisions to Basic training), improvements to OPUS to include automated case planning and web access
 - The system level -Initiatives from the Secretary's Office to implement effective correctional management practices

Questions, Comments, or Concerns
