From the Earliest Reviews

- No meta-analysis examining the effects of punishment alone (e.g., custody, mandatory arrest, increased surveillance, etc.) has found consistent evidence of reduced recidivism.

- A 2005 meta-analysis found that programs delivering EBP (i.e., cognitive-behavioral therapy) were capable of reducing recidivism by 20%.
  - When programs had a greater number of effective program elements, they reduced recidivism up to 50%, relative to their respective comparison groups.
  - So, what works? And, what are we looking for in programs that serve correctional clients?
Principles of Effective Interventions

**RISK**
- **WHO**
  - Deliver more intense intervention to higher risk offenders

**NEED**
- **WHAT**
  - Target criminogenic needs to reduce risk for recidivism

**RESPONSIVITY**
- **HOW**
  - Use CBT approaches
  - Match mode/style of service to offender

**FIDELITY**
- **HOW WELL**
  - Deliver treatment services as designed

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RNR and Reductions in Recidivism: General Recidivism


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RNR and Reductions in Recidivism: General Recidivism
Change versus Compliance

• A program’s goal should be to help the client manage behavior in a prosocial way through the use of new thinking and new behaviors, *in unsupervised situations and sustained across environment and time!!*
Meta-Analysis of CBT with Offenders

• Reviewed 58 studies:
  – 19 random samples
  – 23 matched samples
  – 16 convenience samples

• Found that on average CBT reduced recidivism by 25%, but the most effective configurations found more than 50% reductions.


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Meta-Analysis of CBT:

Effects were stronger if:

• Sessions per week (2 or more) – **RISK**

• Implementation monitored – **FIDELITY**

• Staff trained on CBT – **FIDELITY**

• Higher proportion of treatment completers - **RESPONSIVITY**

• Higher risk offenders - **RISK**

• Higher if CBT is combined with other services - **NEED**

Core Correctional Practices (CCPs)

- Quality Interpersonal Relationships
- Effective Reinforcement
- Effective Disapproval
- Effective Use of Authority
- Anti-criminal Modeling
- Cognitive Restructuring
- Structured Skill Learning
- Problem Solving Techniques

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Montana Training Accomplishments

- Core Correctional Practices training
- Graduated Skill Practice training
- Evidence-Based Correctional Program Checklist (CPC) training
- CPC-Group Assessment (CPC-GA) training
Implementing and Sustaining EBP is Not Easy!

- 2-4 years to full implementation, so measuring change at least 3-5 years after initial roll-out
- Training is not enough. What hampers implementation?
  - Lack of uptake
  - Lack of fidelity
- Concerning implementation, “the quality with which the intervention is implemented [Fidelity] has been as strongly related to recidivism effects as the type of program, so much so that a well-implemented intervention of an inherently less efficacious type can outperform a more efficacious one that is poorly implemented” (Lipsey, 2009).
Washington State Example

Examined two evidence-based curricula with juvenile offenders:

• Functional Family Therapy.
• Aggression Replacement Training.

Purpose was to determine the effect of the quality of implementation:

• Specifically, quality of therapists.
• Quality of therapist determined by clinician offering clinical supervision and assessment of treatment staff.

Programs targeted moderate to high risk kids.

• Measured staff competence and recidivism reductions.

Barnoski, R. P. (2002). Washington State's implementation of functional family therapy for juvenile offenders: Preliminary findings. Washington State Institute for Public Policy. Copyright © 2008-2021 by University of Cincinnati, Corrections Institute, Ohio. All rights reserved.
Evidence-Based Correctional Program Checklist

Staff Competency & Recidivism

![Graph showing staff competency and recidivism for Functional Family Therapy and Aggression Replacement Therapy.]

- Reduced Recidivism:
  - Functional Family Therapy: Competently Delivered 38, Not Competent -16.7
  - Aggression Replacement Therapy: Competently Delivered 24, Not Competent -10.4

Barnoski, R. P. (2002). Washington State’s implementation of functional family therapy for juvenile offenders: Preliminary findings. Washington State Institute for Public Policy. Copyright © 2008-2021 by University of Cincinnati, Corrections Institute, Ohio. All rights reserved.
Therapist Competency Ratings & Recidivism

Barnoski, R. P. (2002). Washington State’s implementation of functional family therapy for juvenile offenders: Preliminary findings. Washington State Institute for Public Policy. Copyright © 2008-2021 by University of Cincinnati, Corrections Institute, Ohio. All rights reserved.
Things to Consider

• Staff training is only the starting point.
• Staff support (observation, feedback, and coaching) has to occur for EBP’s to be used with fidelity.
• Think about funds to sustain initial training, ongoing training, observation and coaching, and communities of practice.
• Consider aligning policies and procedures (e.g., integrating CCP training into the academy, including CCP on annual performance evaluations, etc.) with EBP to help with integration efforts.
Integrating the CPC

• The CPC and CPC-GA provides the state several key benefits:
  – It tells you how well programs are adhering to RNR;
  – It tells you how well programs are delivering what they said they would;
  – It gives the programs a blueprint for delivering high quality services; and
  – It helps you help programs improve their service delivery.
  – *Helps keep a dialogue with your treatment providers!*
Purpose of the CPC

• To evaluate the extent to which correctional programs adhere to the principles of effective interventions.

• To assist agencies with developing and improving the services provided to offender/delinquent populations.

• To assess funding proposals and external service contracts.

• To stimulate research on the effectiveness of correctional treatment programs.


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Development of the CPC

• Based on the Correctional Program Assessment Inventory (CPAI).
  – A checklist of indicators correlated with reductions in recidivism.

• UCCI researchers completed three large outcome studies testing the items on the CPC as well as items added from:
  – Meta-analytic reviews; and
  – The collective experience of staff.
Outcome Studies Used in the Development of the CPC

- 2002 study of adult residential facilities – over 13,000 offenders, 50+ programs
- 2005 study of adult diversion programs – over 17,000 offenders, 91 programs
- 2005 study of juvenile programs: community, residential, and institutional – 14,500 youthful offenders, 72 programs
Program Integrity And Treatment Effect for Adult Residential Programs

As Scores for Integrity Rise, Recidivism Rates Decrease

Percentage of Indicators Met


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Program Integrity And Treatment Effect for Adult Non-Residential Programs

Changes in Recidivism Rate

As Scores for Integrity Rise
Recidivism Rates Decrease

Percentage of Indicators Met


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Program Integrity And Treatment Effect for Juvenile Programs

As Scores for Integrity Rise, Recidivism Rates Decrease

Percentage of Indicators Met


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CPC Tool

- These three outcome studies show that integrity can be measured, that it matters, and that programs with higher integrity can reduce recidivism.

- From the data collected in the three large outcome studies, researchers completed item level analyses to develop the CPC.
  - Most items not significant in at least one study were dropped.
    - Groups monitored by staff and discharge planning were retained as they increased the overall correlation for the treatment characteristics domain.
  - Items significant in at least one study were retained.
  - Items with a stronger correlation with reductions in recidivism were weighted.
Recidivism and the CPC

- These three studies were used to create and validate the CPC.
  - Domains and overall instrument correlated with recidivism reduction between a .38 and .60.

- Data from a 2010 study of adult residential facilities was used to further test the indicators.
  - A large number of items were significantly correlated with recidivism.
  - Slightly weaker (but still strong) relationship for overall score than the original validation.


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**Example of the Relationship Between Factors and Effectiveness**

Lowenkamp, C. T., & Latessa, E. J. (2005b). Evaluation of Ohio's RECLAIM funded programs, community corrections facilities, and DYS facilities. Cincinnati, OH: University of Cincinnati, Center for Criminal Justice Research, Division of Criminal Justice. Copyright © 2008-2021 by University of Cincinnati, Corrections Institute, Ohio. All rights reserved.
CAPACITY AREA:
Evaluates the ability of the program to consistently deliver effective programming.

CONTENT AREA:
Assesses the degree to which program adheres to the principles of effective Interventions.

5 DOMAINS
1. Program Leadership & Development
2. Staff Characteristics
3. Quality Assurance
4. Offender Assessment
5. Treatment Characteristics
CAPACITY AREA:
Evaluates the ability of the program to consistently deliver effective programming.

CONTENT AREA:
Assesses the degree to which program adheres to the principles of effective Interventions.

4 DOMAINS
1. Program Staff and Support
2. Quality Assurance
3. Offender Assessment
4. Treatment Characteristics
Limitations of the CPC

• Based on “ideal” program which is impossible to achieve

• Time-specific (i.e., based on program at the time of assessment).

• Does not take into account “system” issues.

• Does not address “why” a problem exists within a program.

• Administration concerns:
  – Objectivity is critical; self-administered results are questionable.
  – Reliability can be a problem.
  – Extensive knowledge of correctional treatment is needed.
Advantages of the CPC

- Based on empirically achieved principles.
- Applicable to a wide range of programs.
- Provides a measure of program integrity & program quality.
- Results can be obtained quickly.
- Identifies strengths and areas in need of improvement.
- Provides recommendations for program improvement.
- Should be used for “benchmarking.”
CPC Scoring

• 73 items worth 79 points (some items are weighted) on the CPC.
• 48 items worth 50 points (some items are weighted) on the CPC-GA.
• To calculate the final score, sum the items and divide by the total number of possible points for each domain, then area, and finally the overall score.
• Occasionally some items are not applicable (N/A) and they are removed from the scoring process.
Scoring Categories

• Very High Adherence to EBP  65% or more
• High Adherence to EBP      55% - 64%
• Moderate Adherence to EBP  46% - 54%
• Low Adherence to EBP       45% or less

*This scale is used for each of the domains, each area, and the total score.
CPC Scoring Norms

*The average scores are based on 660 assessment results across a wide range of programs.
CPC Scoring Norms by Category

*The average scores are based on 660 assessment results across a wide range of programs.
CPC Scores In Comparison

*The MT average is based on 5 CPC assessments and the National average scores are based on 660 assessment results across a wide range of programs.

Very High Adherence to EBP (65%+)
High Adherence to EBP (55-64%)
Moderate Adherence to EBP (46-54%)
Low Adherence to EBP (45% or less)
CPC Categories In Comparison

*The MT average is based on 5 CPC assessments and the National average scores are based on 660 assessment results across a wide range of programs.

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CPC-GA Scoring Norms

*The average scores are based on 78 assessment results.

Very High Adherence to EBP (65%+)
High Adherence to EBP (55-64%)
Moderate Adherence to EBP (46-54%)
Low Adherence to EBP (45% or less)
CPC-GA Scoring Norms by Category

*The average scores are based on 78 assessment results.

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CPC-GA Scores In Comparison

*The MT average is based on 3 CPC-GA assessments and the National average scores are based on 78 assessment results across a wide range of programs.*

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CPC-GA Categories In Comparison

*The MT average is based on 3 CPC-GA assessments and the National average scores are based on 78 assessment results across a wide range of programs.

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Research Using the CPC

• Study of recidivism among parolees participating in residential and community-based programs.
  – Recidivism was lower for those in treatment programs.
  – Larger reductions seen in higher-quality programs.

• Study of eight community correctional facilities that serve sex offenders.
  – Moderate to strong correlations between CPC scores and program effect sizes.


Research Using the CPC-GA

• Study of recidivism rates for 13 stand-alone inmate programs in one large county and a qualitative evaluation of 21 inmate programs.
  – There was a lower return to custody for the treatment group.
  – Programs achieved greatest effect on recidivism when they were focused on moderate and high risk inmates.
  – CPC-GA scores linked with reductions in recidivism.

CPC Certification Process

- CPC is a proprietary tool.
- CPC assessors must sign an MOU and participate in an intensive training process.
- To become a certified assessor, you must be rated as satisfactory on 3 of 4 components:
  - Training performance (*reading, attendance, and participation*).
  - Score at least 80% on the CPC Training Quiz (*taken on the last day of training*).
  - Proficiency during certification assessment scoring call.
  - Performance on your written section of the report for your certification assessment.
Conducting a CPC

- CPC assessments are time consuming
  - Pre-site visit procedures
  - Site visit procedures
  - Post-site visit procedures
Let’s Look at a CPC Report

• Montana State Prison Sex Offender Program
Report Ownership

• Reports will be publicly available through a request at: https://cor.mt.gov/EvidenceBasedPrograms

• Anticipating effects of making the reports public.
  – Participant refusal to participate in a program.
  – Legal ramifications.
CPC Quality Assurance & Fidelity

• The reports must be high quality:
  – A process for reviewing the scoring and reports should be developed.

• There are several different strategies your agency could use to ensure there is ongoing fidelity to the CPC:
  – Booster Trainings/Communities of Practice for assessors.

• Program support is also a crucial piece to CPC success:
  – Action Planning Sessions for programs.

• Ensuring fidelity helps with sustainability!
UCCI Contact Information

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