

UNIVERSITY OF CINCINNATI  
CORRECTIONS INSTITUTE

# UCCI:CPC

## Evidence-Based Correctional Program Checklist

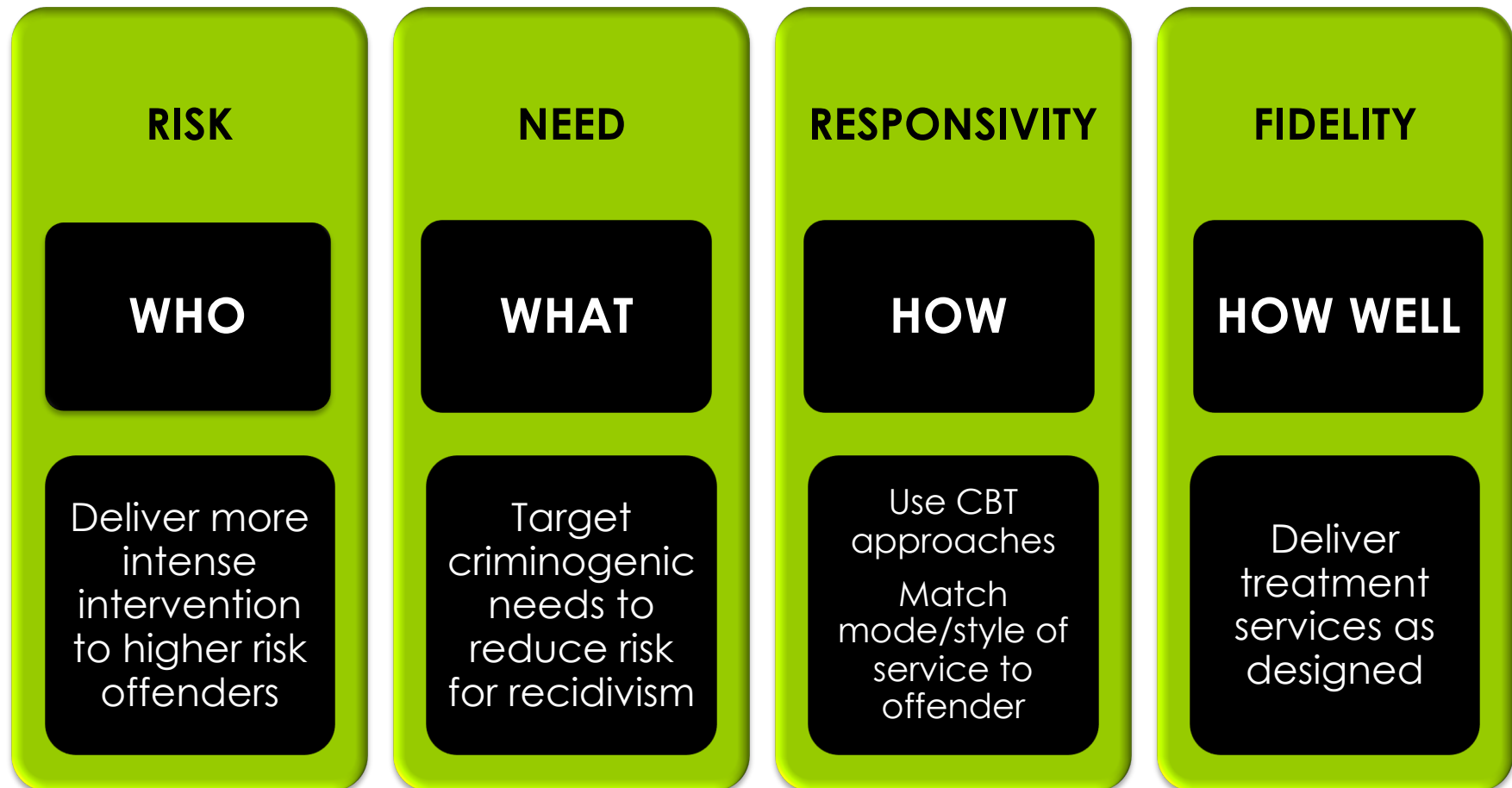


## From the Earliest Reviews

- 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?

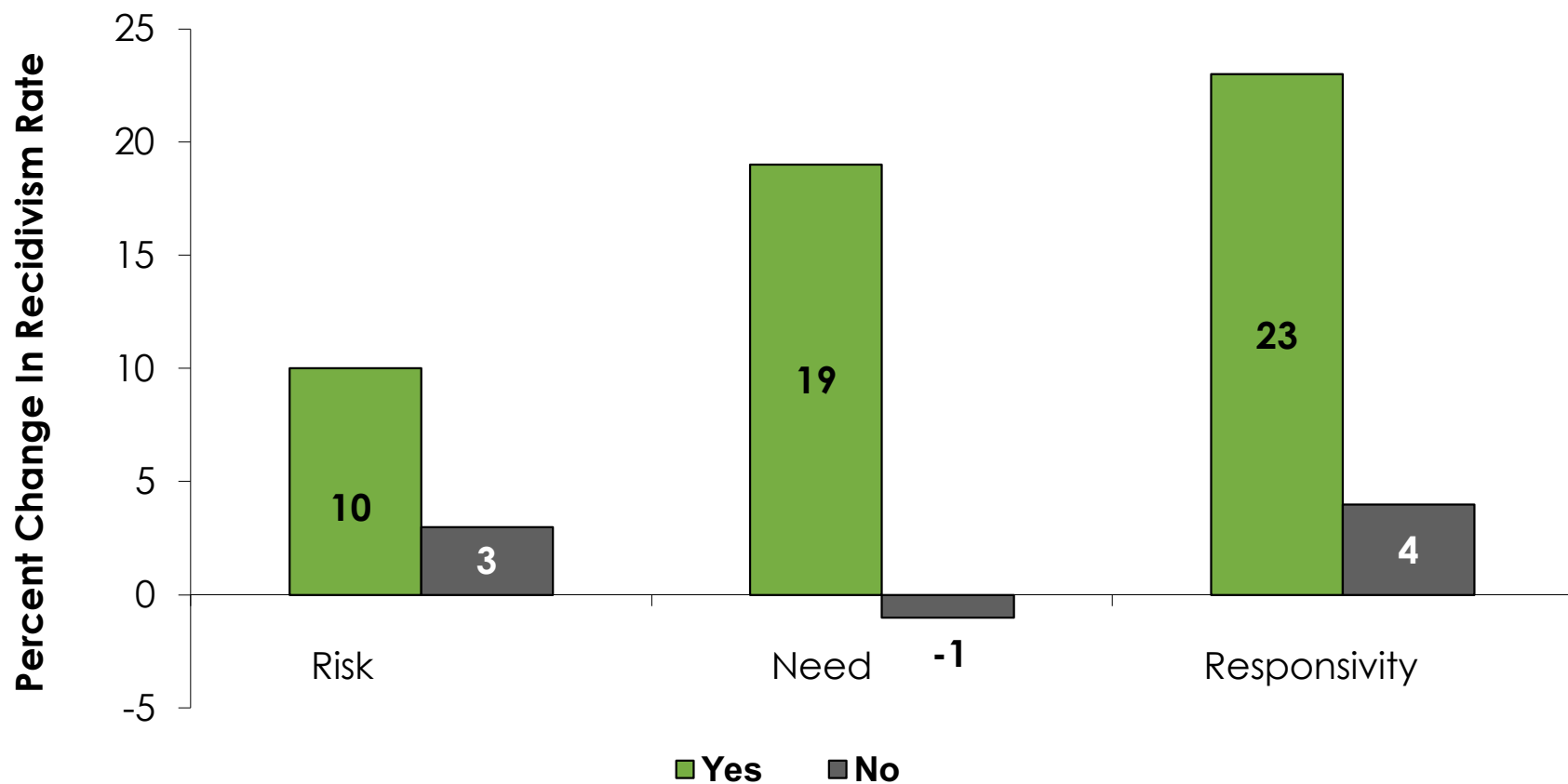
Landenberger, N. A., & Lipsey, M. W. (2005). The positive effects of cognitive-behavioral programs for offenders: A meta-analysis of factors associated with effective treatment. *Journal of experimental criminology*, 1(4), 451-476.

## Principles of Effective Interventions



Gendreau, P., Little, T., & Goggin, C. (1996). A meta-analysis of the predictors of adult offender recidivism: What works!. *Criminology*, 34(4), 575-608.

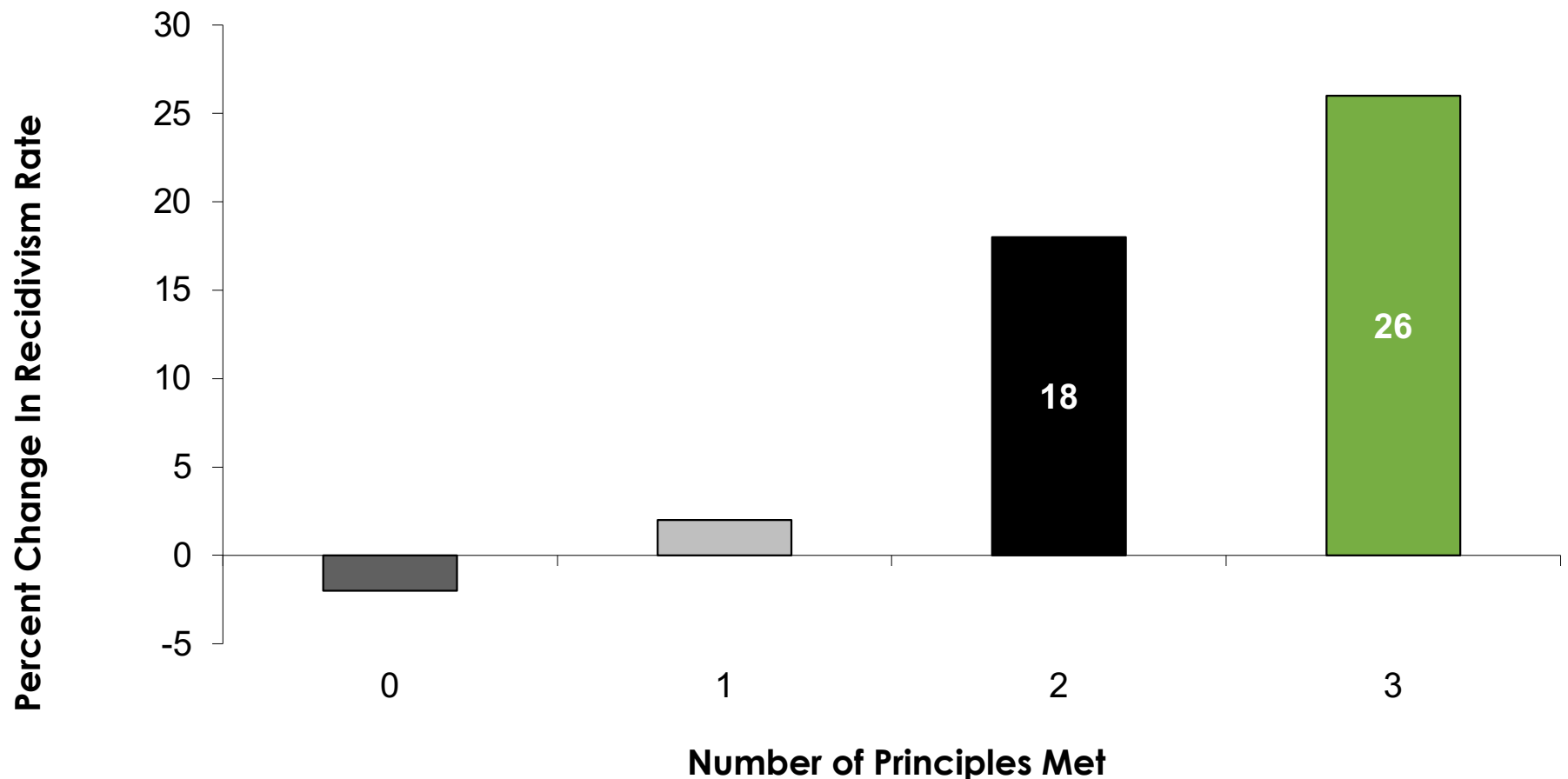
## RNR and Reductions in Recidivism: General Recidivism



Andrews, D. A., & Bonta, J. (2010). *The psychology of criminal conduct*. Routledge. p. 71.

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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.



## Meta-Analysis of CBT:

Effects were stronger if:

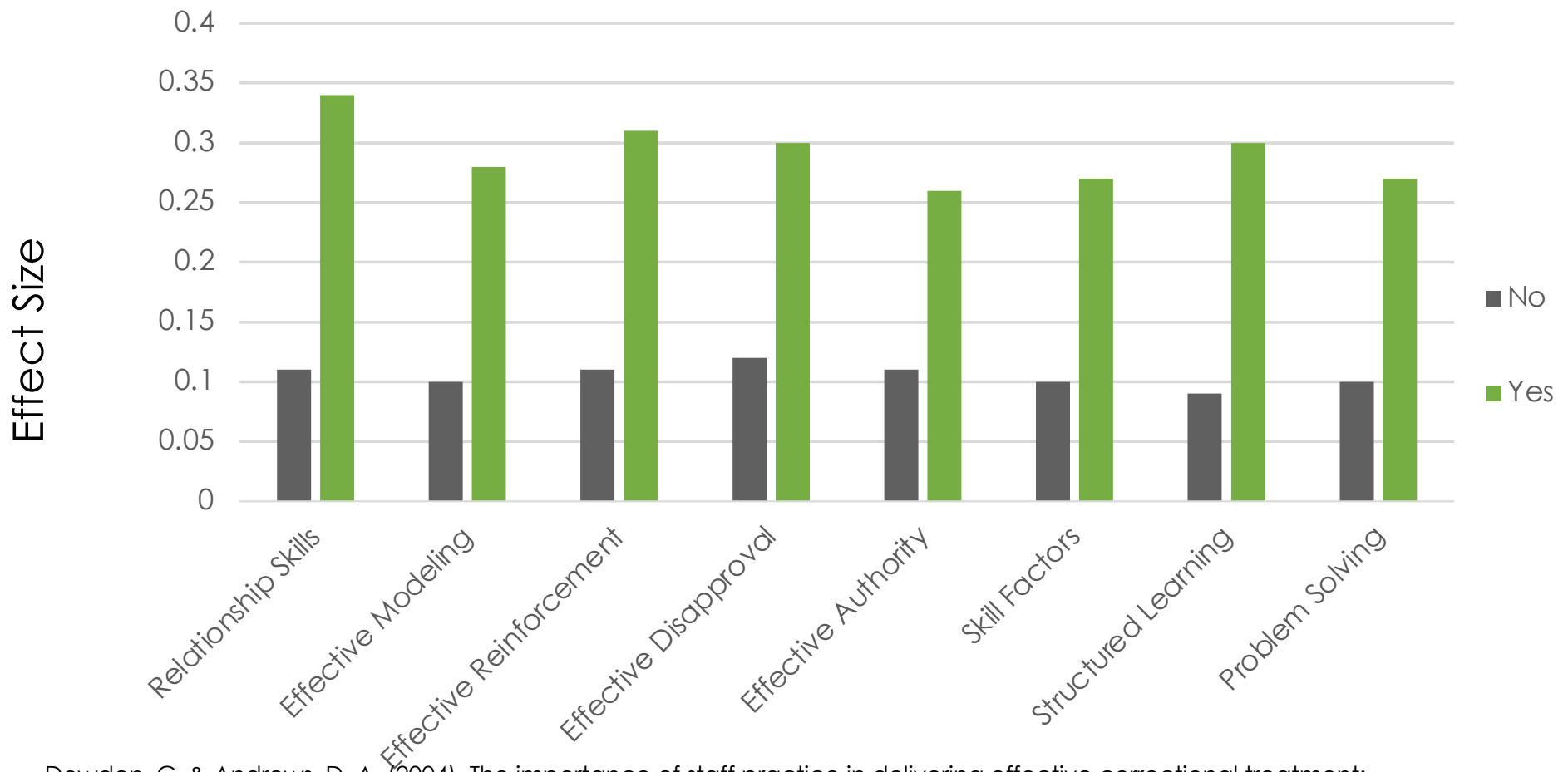
- Sessions per week (2 or more) – **RISK**
- Implementation monitored – **FIDELITY**
- Staff trained on CBT – **FIDELITY**
- Higher proportion of treatment completers - **RESPONSIVITY**
- Higher risk offenders - **RISK**
- Higher if CBT is combined with other services - **NEED**



## 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

## CCPs & Recidivism



Dowden, C. & Andrews, D. A. (2004). The importance of staff practice in delivering effective correctional treatment: A Meta-analytic review of core correctional practice. *International Journal of Offender Therapy and Comparative Criminology*, 48(2), 203-214.

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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).

Bertram, R. M., Blasé, K. A., & Fixsen, D. L. (2014). Improving Programs and Outcomes: Implementation Frameworks and Organization Change. *Research on Social Work Practice*.

Fixsen, D. L., Blase, K. A., Naoom, S. F., & Wallace, F. (2009). Core Implementation Components. *Research on Social Work Practice*.

Lipsey, M. W. (2009). The Primary Factors that Characterize Effective Interventions with Juvenile Offenders: A Meta-Analytic Overview. *Victims & Offenders*.

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## Washington State Example

**Examined two evidence-based curricula with juvenile offenders:**

- Functional Family Therapy.
- Aggression Replacement Training.

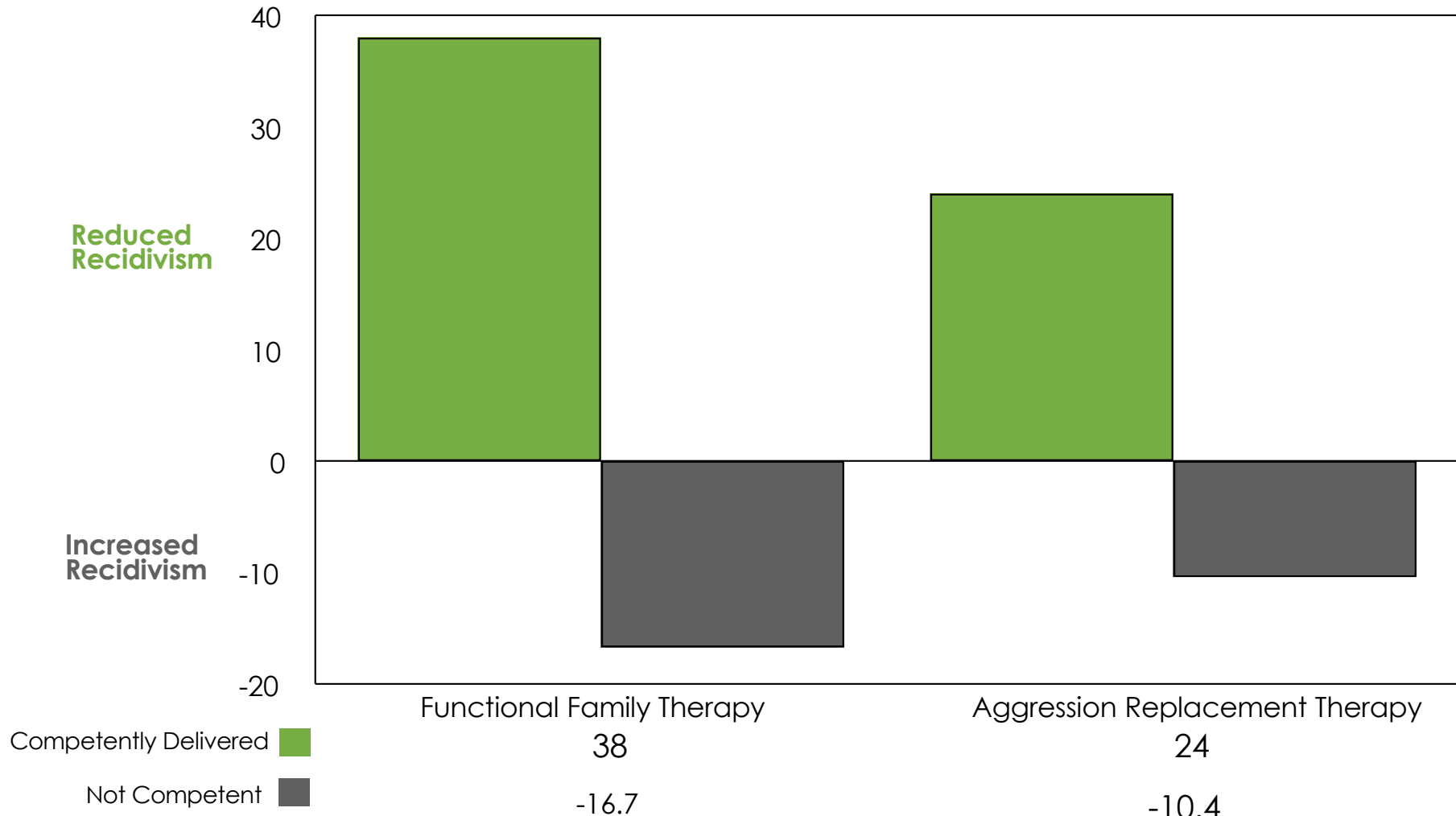
**Purpose was to determine the effect of the quality of implementation:**

- 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.**

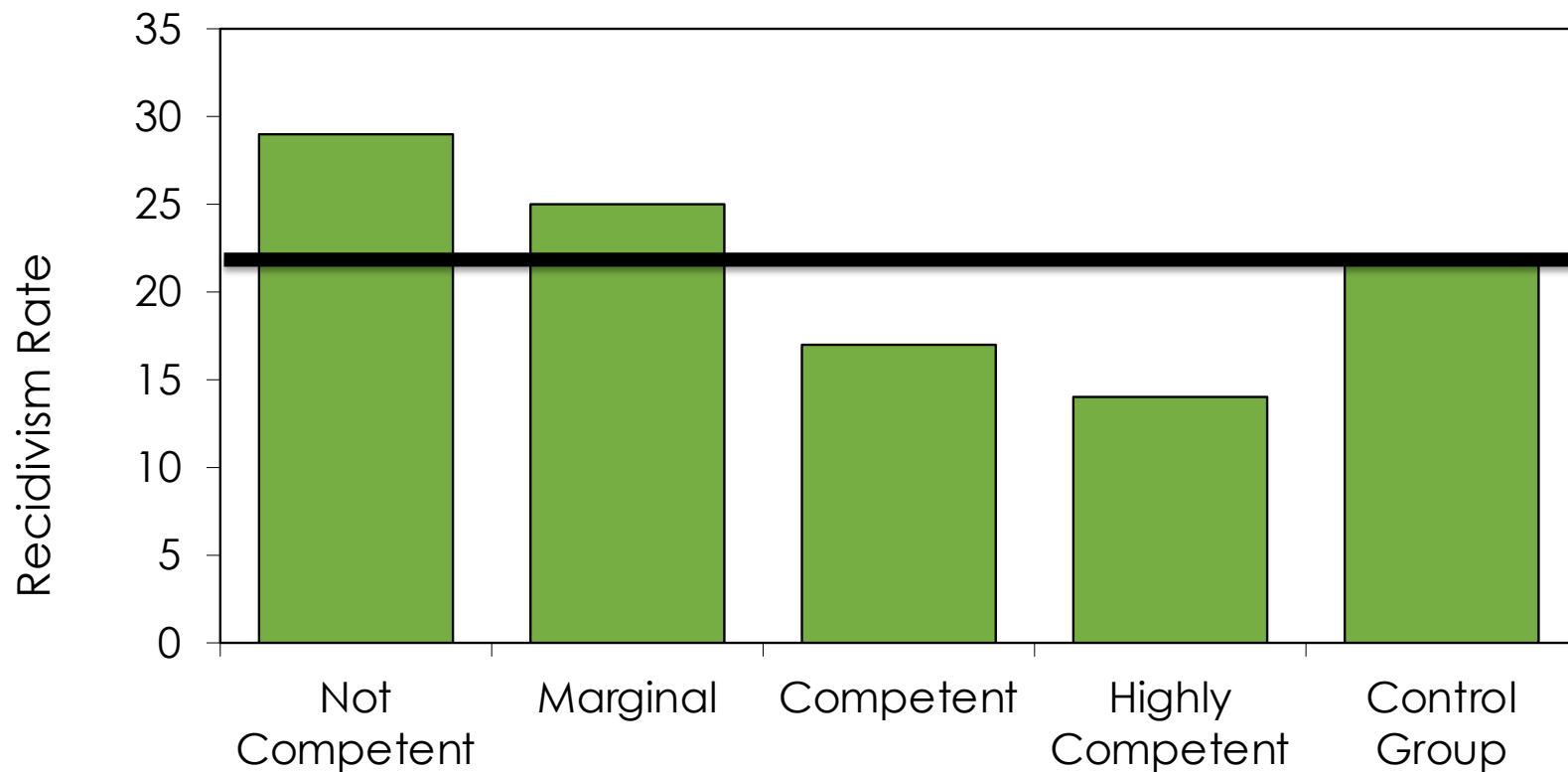
- Measured staff competence and recidivism reductions.

## Staff Competency & Recidivism



Barnoski, R. P. (2002). *Washington State's implementation of functional family therapy for juvenile offenders: Preliminary findings*. Washington State Institute for Public Policy.  
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## Therapist Competency Ratings & Recidivism



### Staff Competency Rating

Barnoski, R. P. (2002). *Washington State's implementation of functional family therapy for juvenile offenders: Preliminary findings*. Washington State Institute for Public Policy.  
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## 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.

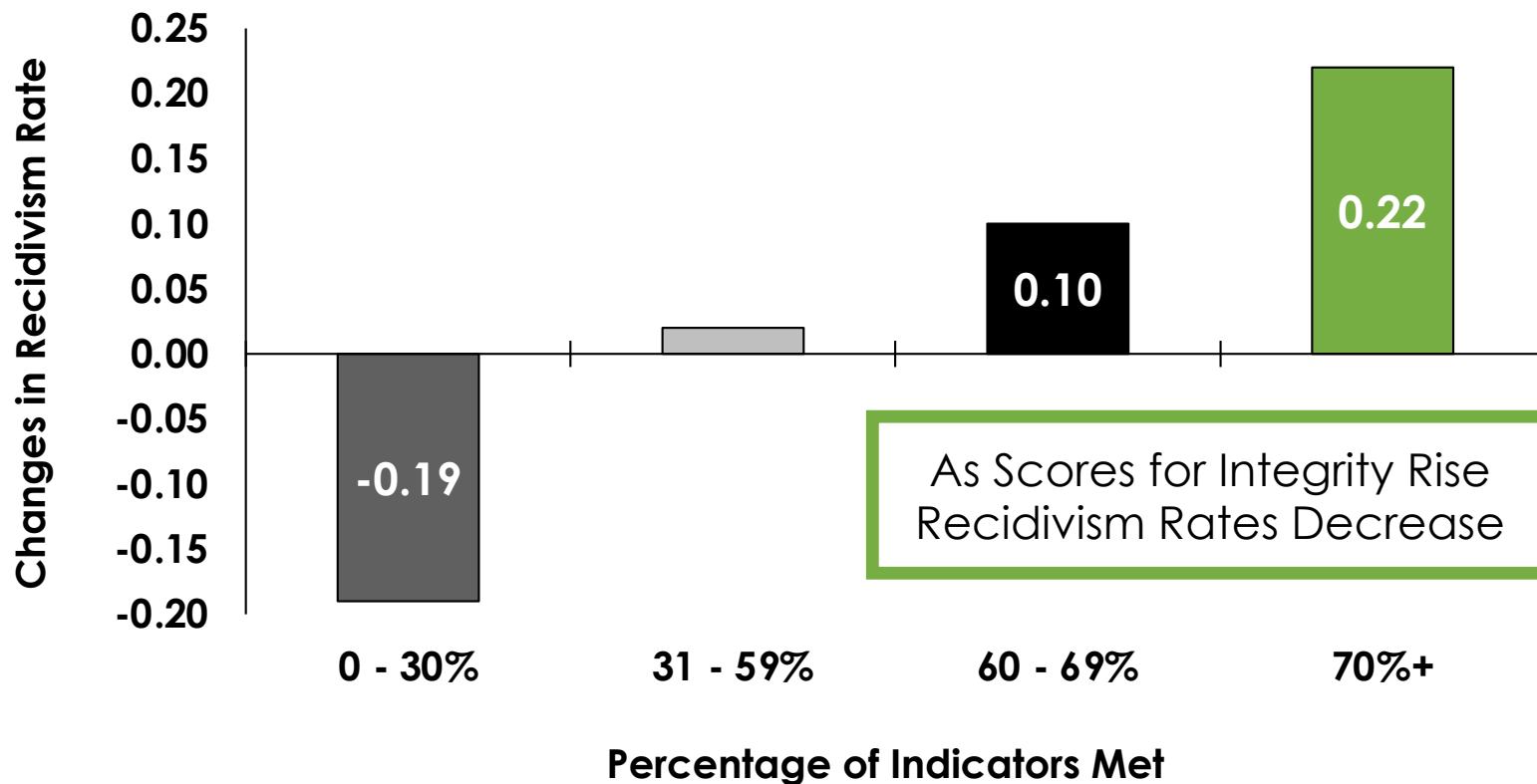
## Development of the CPC

- 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

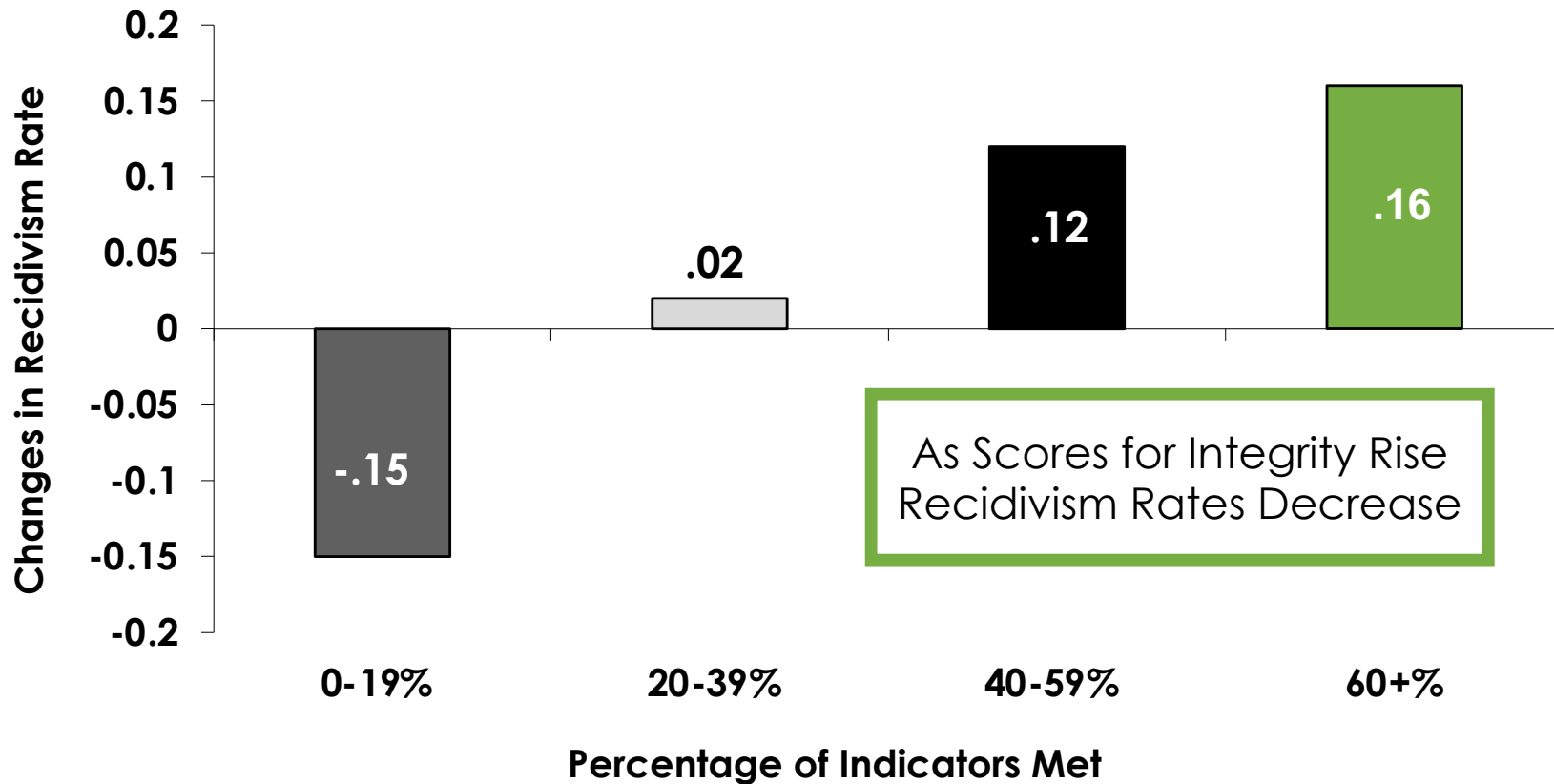
- 2002 study of adult residential facilities – over 13,000 offenders, 50+ programs
- 2005 study of adult diversion programs – over 17,000 offenders, 91 programs
- 2005 study of juvenile programs: community, residential, and institutional – 14,500 youthful offenders, 72 programs

## Program Integrity And Treatment Effect for Adult Residential Programs



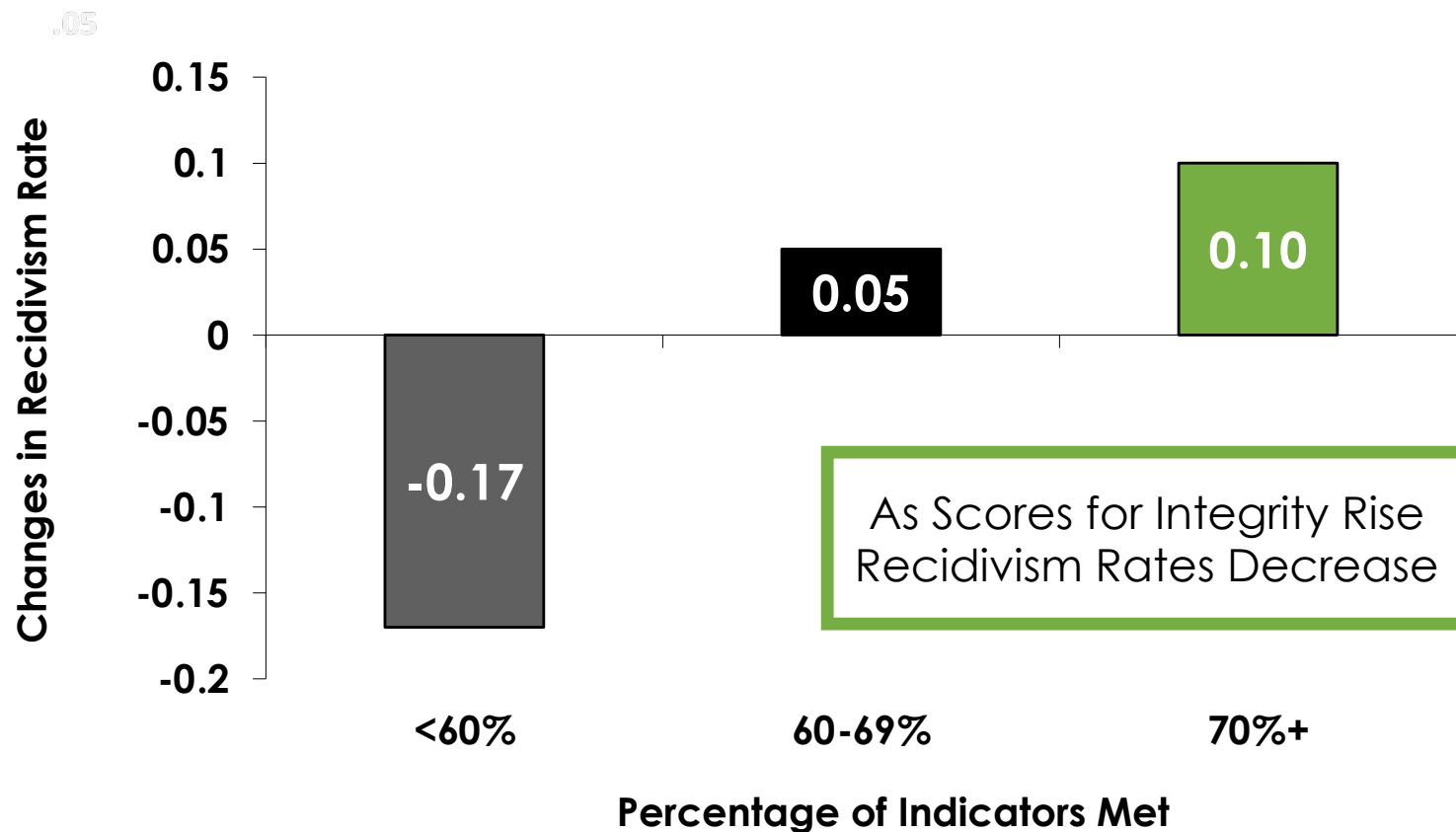
Lowenkamp, C. T., & Latessa, E. J. (2002). Evaluation of Ohio's community based correctional facilities and halfway house programs: Final report. Cincinnati, OH: University of Cincinnati, Center for Criminal Justice Research, Division of Criminal Justice.

## Program Integrity And Treatment Effect for Adult Non-Residential Programs





## Program Integrity And Treatment Effect for Juvenile Programs



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.

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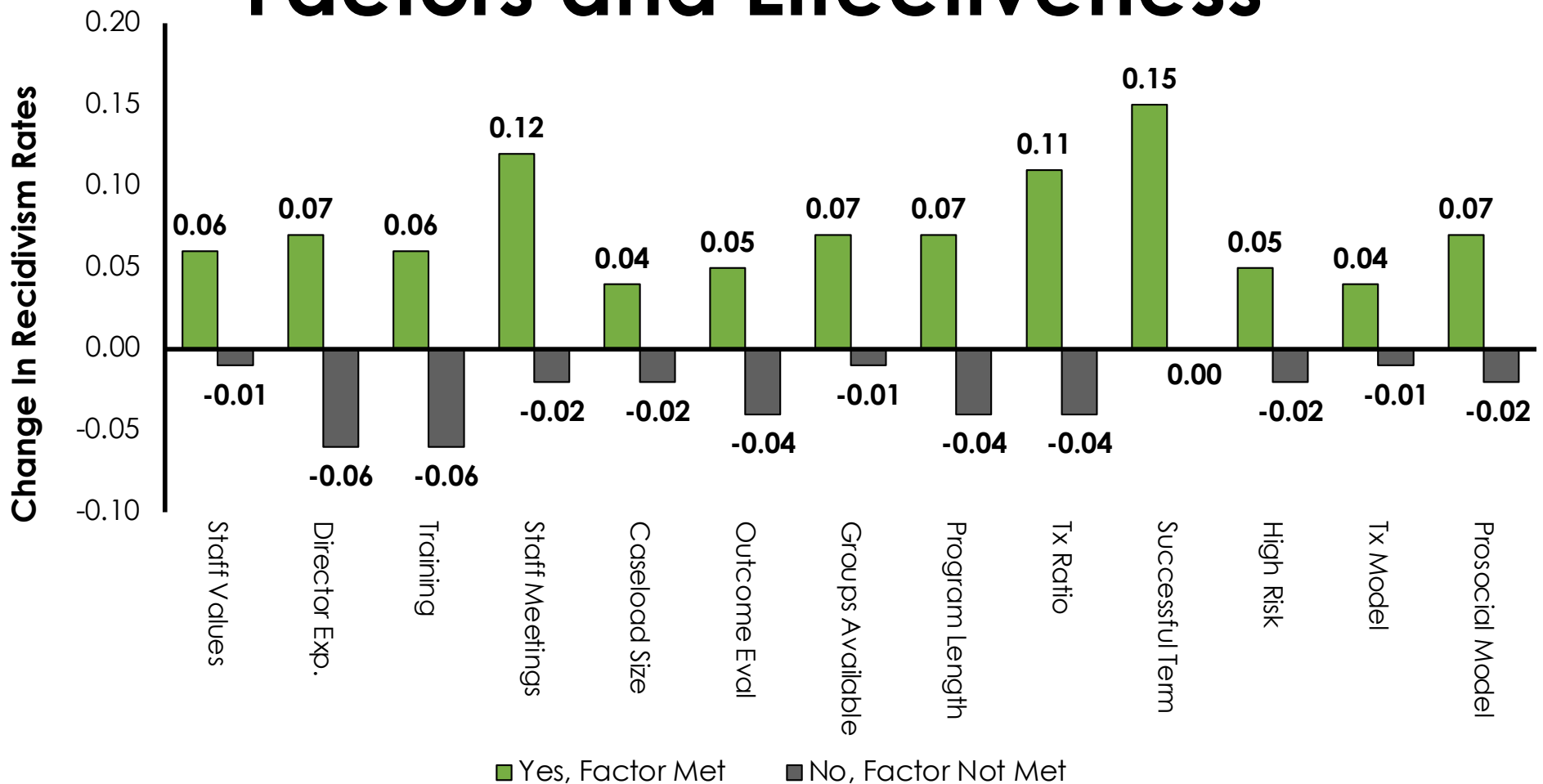
## CPC Tool

- 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.

## 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.

## Formatting of the CPC

### **CAPACITY AREA:**

Evaluates the ability of the program to consistently deliver effective programming.



### **5 DOMAINS**

1. Program Leadership & Development
2. Staff Characteristics
3. Quality Assurance

### **CONTENT AREA:**

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



4. Offender Assessment
5. Treatment Characteristics

## Formatting of the CPC-GA

### **CAPACITY AREA:**

Evaluates the ability of the program to consistently deliver effective programming.



### **4 DOMAINS**

1. Program Staff and Support
2. Quality Assurance

### **CONTENT AREA:**

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



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

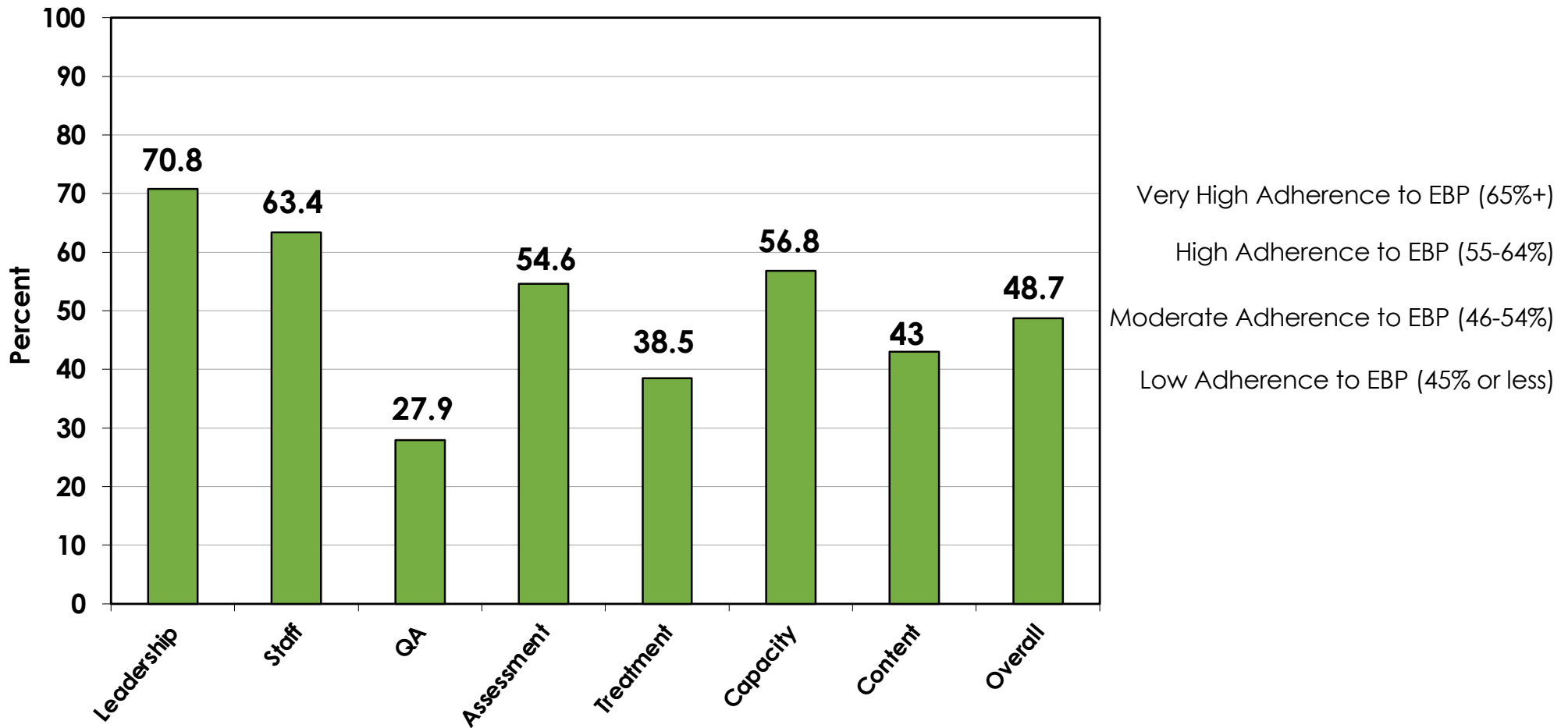
- 73 items worth 79 points (some items are weighted) on the CPC.
- 48 items worth 50 points (some items are weighted) on the CPC-GA.
- To calculate the final score, sum the items and divide by the total number of possible points for each domain, then area, and finally the overall score.
- Occasionally 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

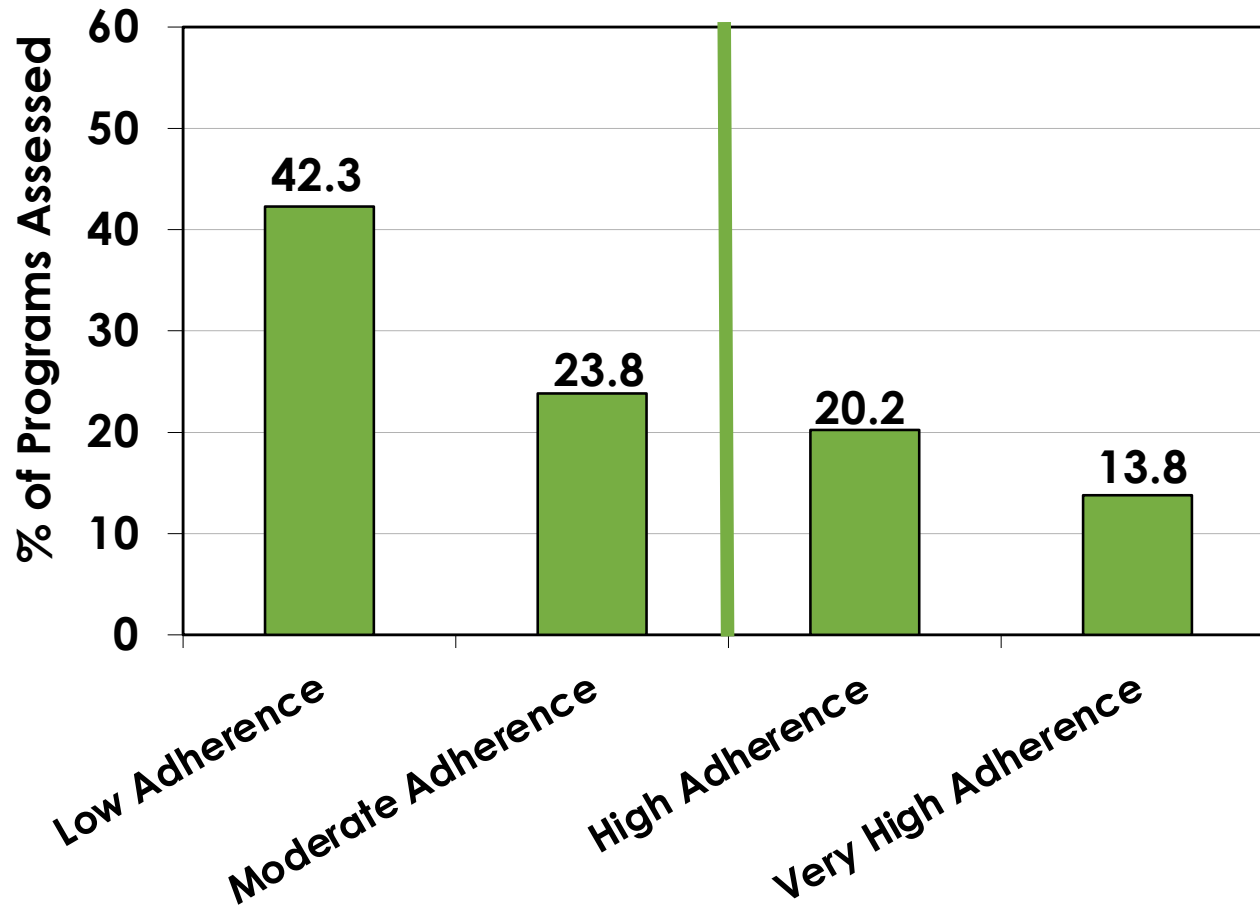
\*This scale is used for each of the domains, each area, and the total score.

## CPC Scoring Norms



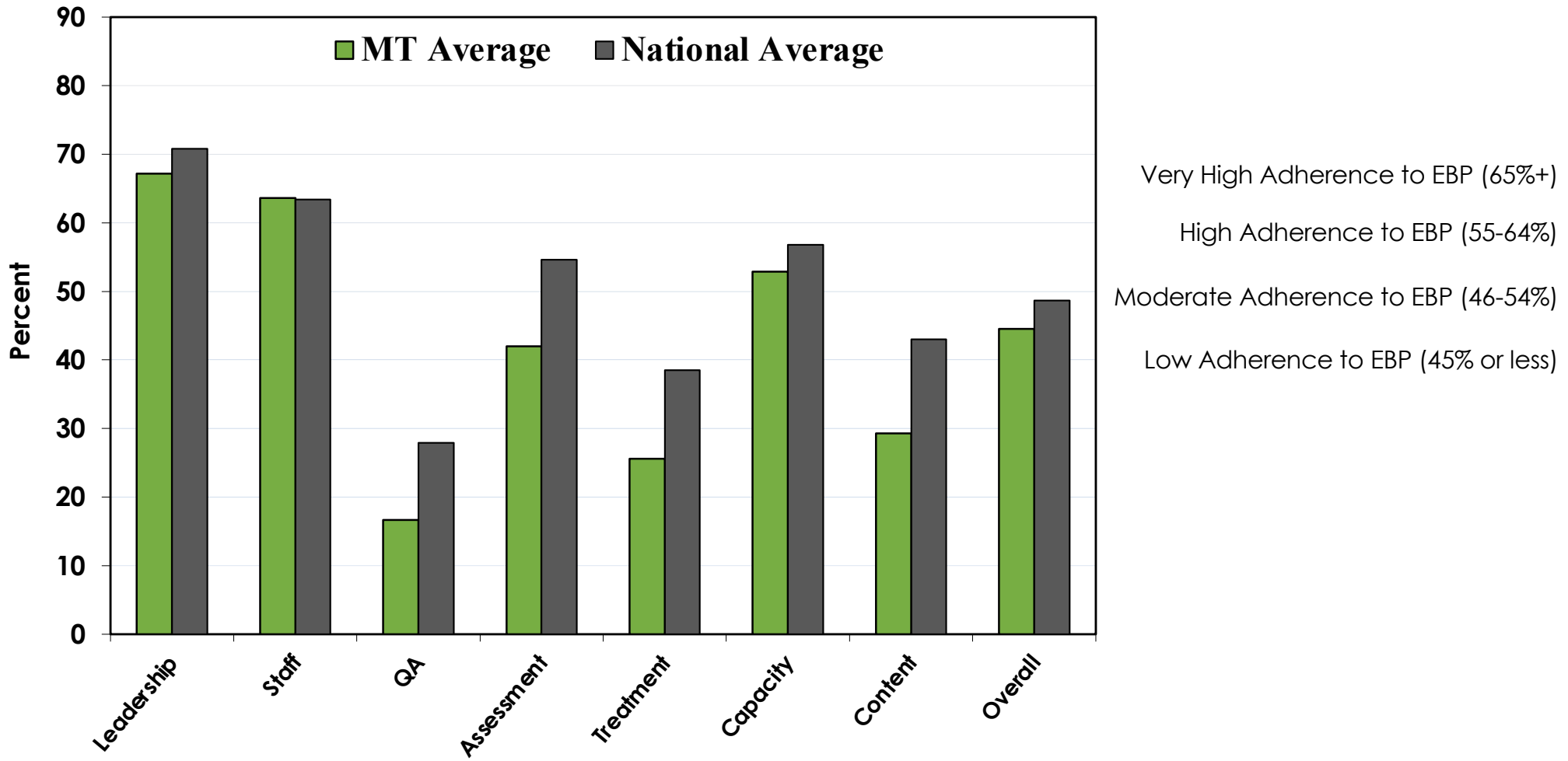
\*The average scores are based on 660 assessment results across a wide range of programs.

## CPC Scoring Norms by Category



\*The average scores are based on 660 assessment results across a wide range of programs.

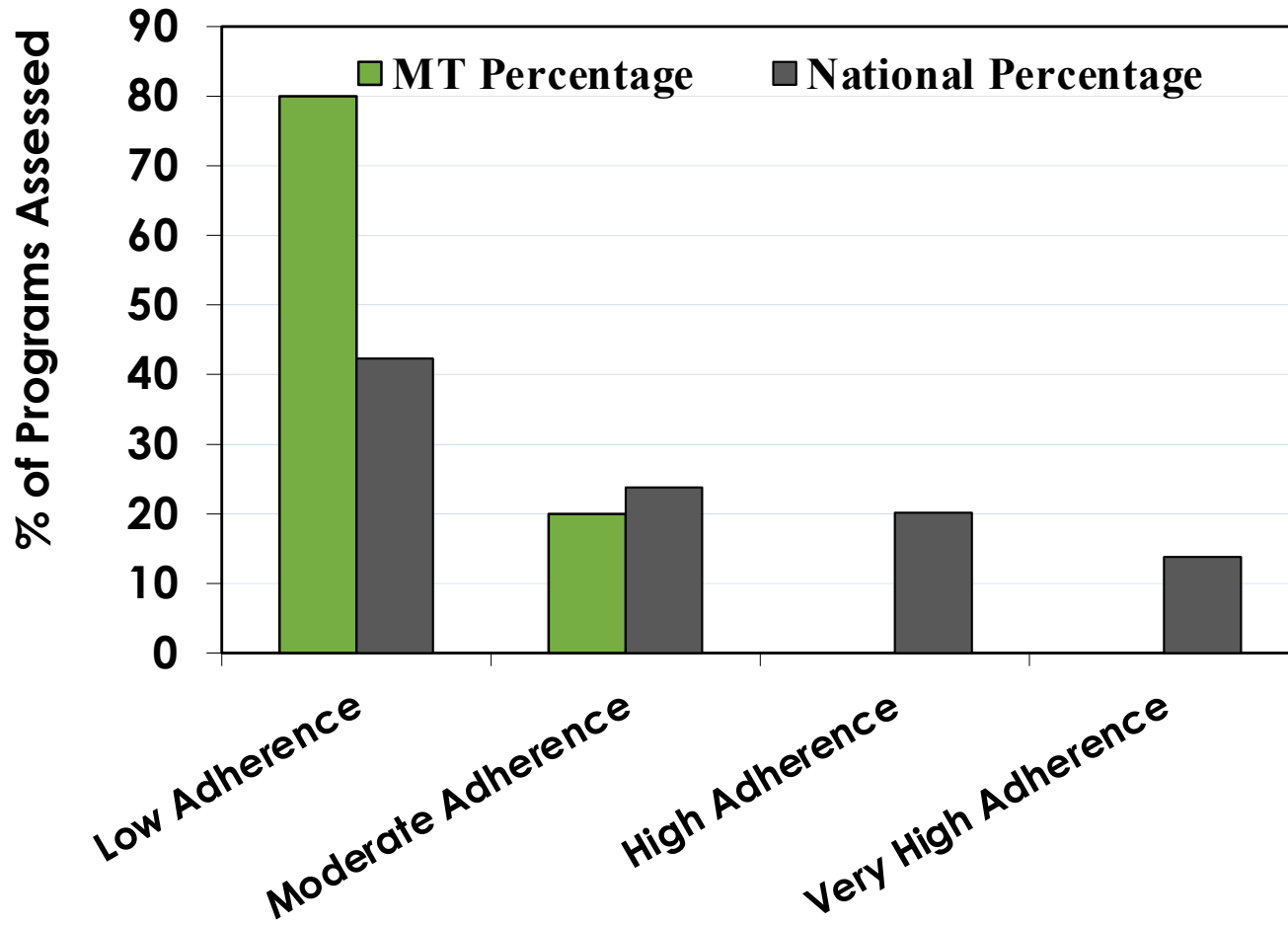
## CPC Scores In Comparison



\*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.

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## CPC Categories In Comparison

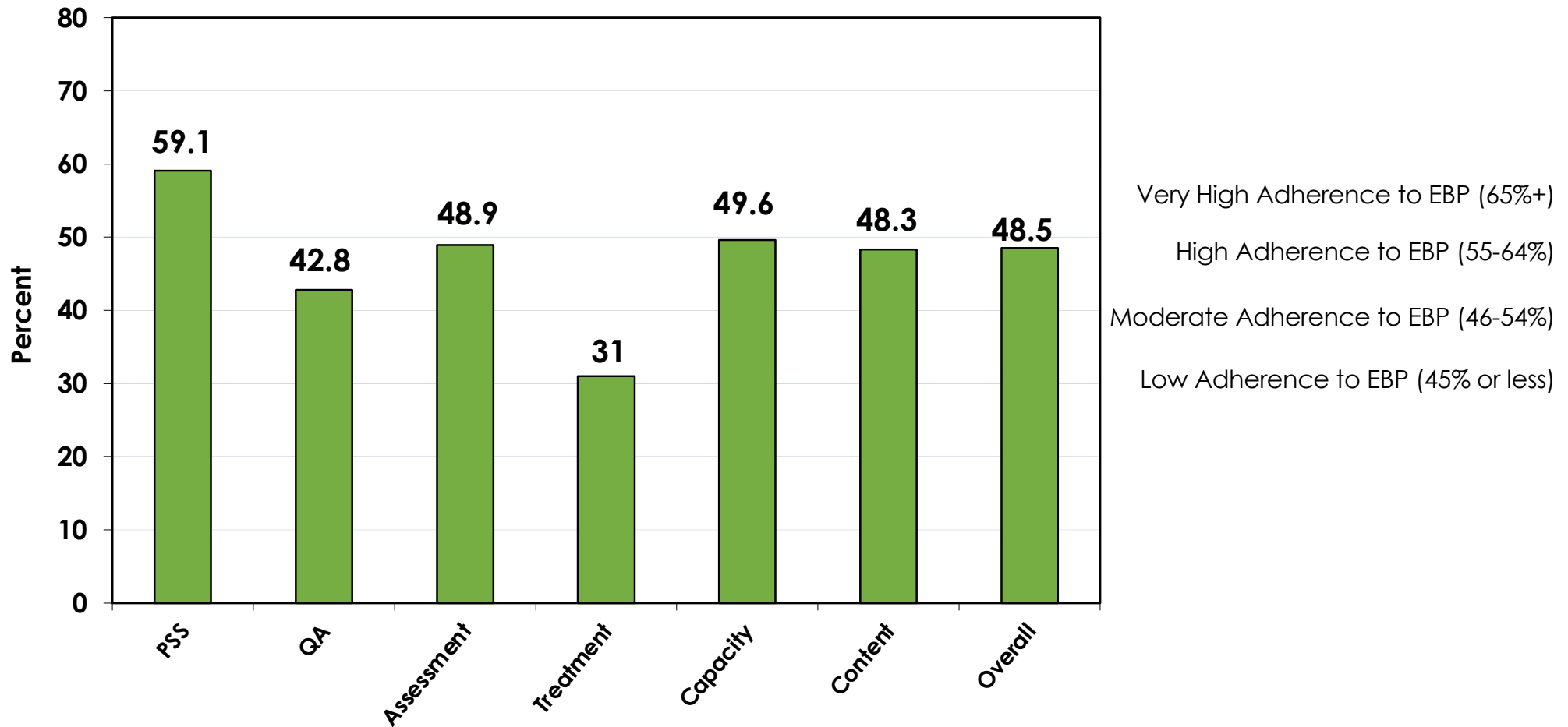


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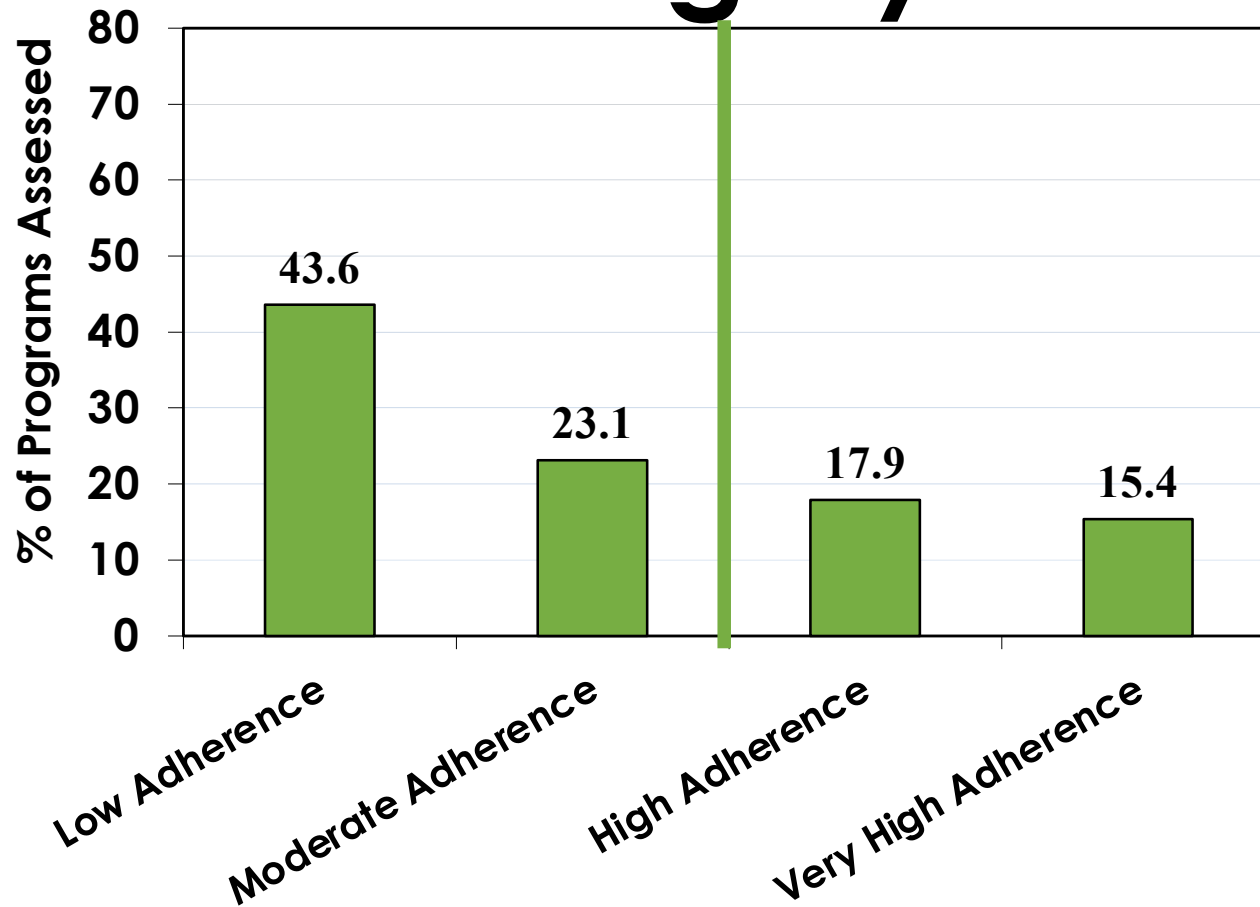


## CPC-GA Scoring Norms



\*The average scores are based on 78 assessment results.

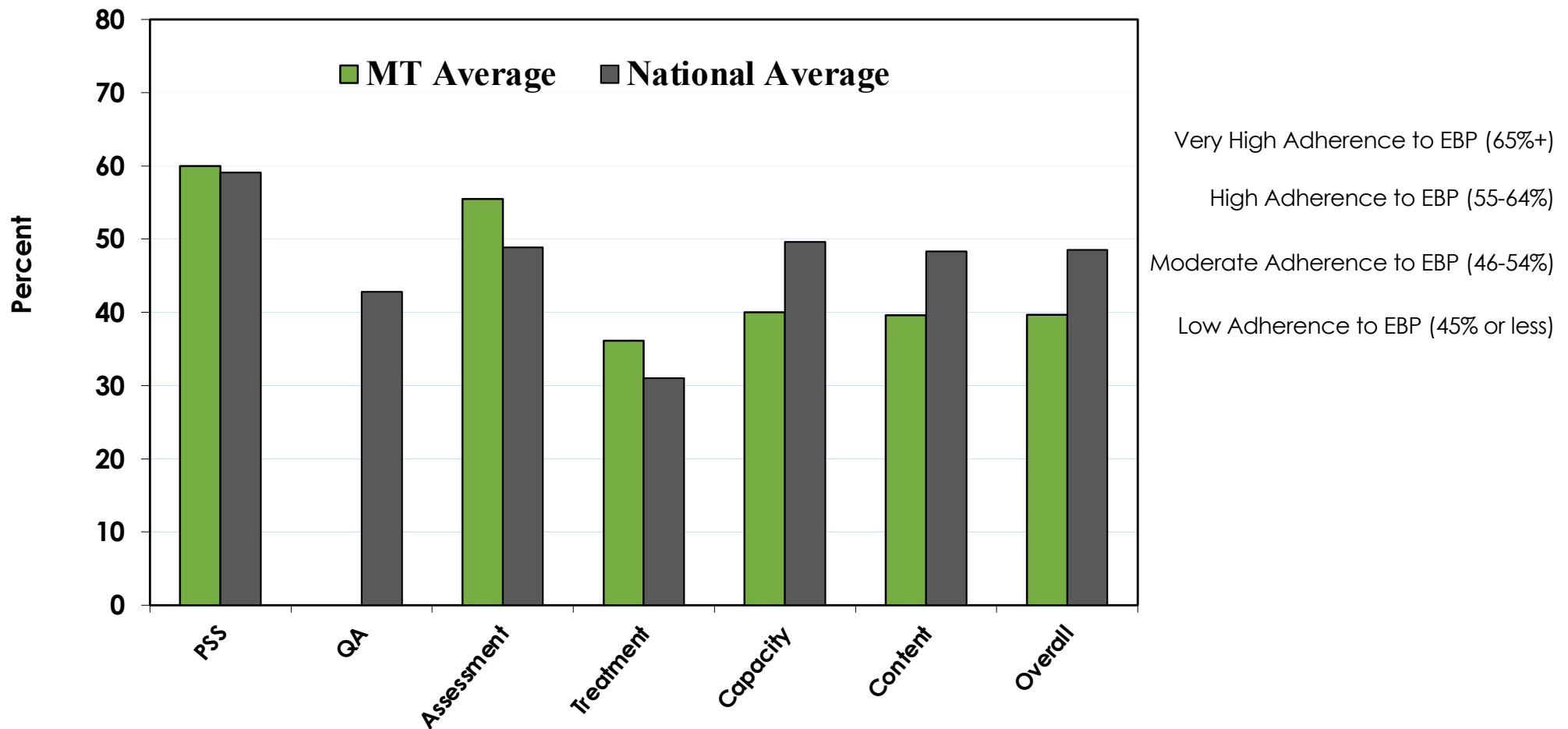
## CPC-GA Scoring Norms by Category



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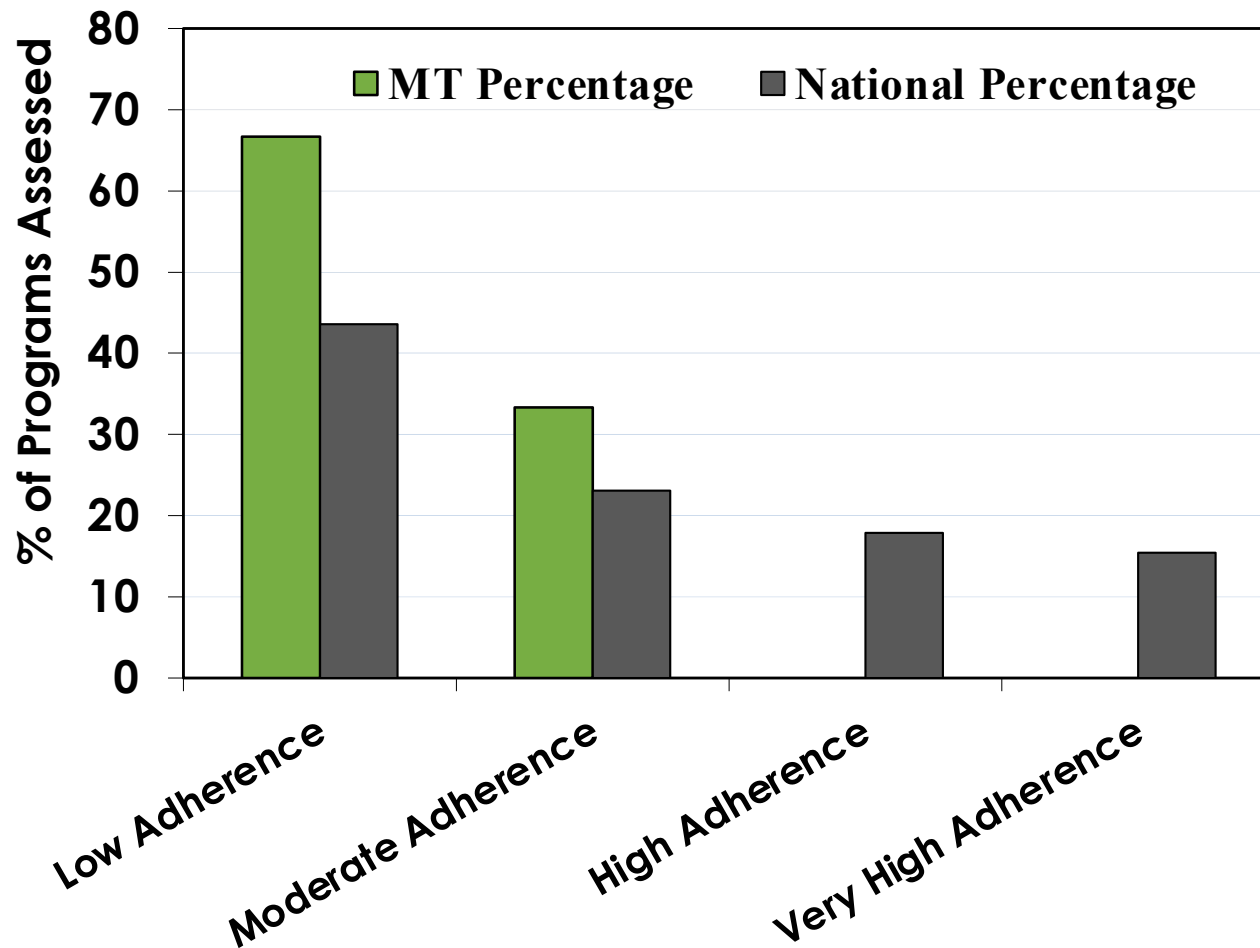
## CPC-GA Scores In Comparison



\*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



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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.

Ostermann, M. & Hyatt, J. (2017). When frontloading backfires: Exploring the impact of outsourcing correctional interventions on mechanisms of social control. *Law & Social Inquiry*, 43(4), 1308-1339.

Makarios, M., Lovins, L. B., Myer, A. J. & Latessa, E. J. (2019). Treatment integrity and recidivism among sex offenders: The relationship between CPC Scored and Program Effectiveness. *Corrections: Policy, Practice, and Research*, 4(2), 112-125.

## 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.

Husky & Associates. (2012). *Recidivism Study of the Santa Clara County Department of Correction's Inmate Programs Final Report..*

## 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



University of Cincinnati Corrections Institute

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