

Program Inventory Department of Correction
Updated 2/26/2020
Pilot Inventory of Programs for Moderate/High-Risk Offenders

This inventory provides information about services and programs offered by the Department of Correction for moderate and high-risk offenders. Rigorous research informs the spectrum of ratings from the lowest level, proven harmful, to the highest level, proven effective. Key outcomes including Recidivism and Substance Abuse are only a few of the many outcomes that are measured by this research and the cells underneath indicate the impact the program has on the stated outcome (either increase / decrease). An “*” Indicates that the research has not measured that stated outcome. More information is available at the bottom of the inventory.

| | | | | Key Outcomes | | | | | | |
|--|--|--------------------|---------------------------------|--------------|-----------------|--------------------------|---|-----------------------|--|---|
| Program Name | Description | Impact on Outcomes | Clearinghouse | Recidivism | Substance Abuse | Average Program Duration | Program Frequency/Intensity | Delivery Setting | Target Population | Other Sources of Research |
| Aftercare (Straight Ahead) Transition Skills for Recovery | Aftercare is a group therapy setting that provides a continuation of counseling and support once the drug rehabilitation program has been successfully completed. It utilizes a step-by-step curriculum designed to reinforce key recovery concepts. | Proven Effective | NREPP | Decreased | Decreased | 6-12 months | 1 hour per day, 1 day per week | Community Supervision | Moderate to high-risk offenders | |
| Conflict Resolution/Anger Management (CBT) | [Prison Setting] Conflict Resolution/Anger Management is a combined Cognitive Behavioral Therapy (CBT) approach that employs relaxation, cognitive, and communication skills interventions. | Promising | Crime Solutions | Decreased | * | 2 weeks to 1 month | 3-6 hours per day, 5 days per week | Prisons | Moderate to high-risk offenders | |
| Conflict Resolution/Anger Management (CBT) | [Community Setting] Conflict Resolution/Anger Management is a combined Cognitive Behavioral Therapy (CBT) approach that employs relaxation, cognitive, and communication skills interventions. | Promising | Crime Solutions | Decreased | * | 3 months | 1.5 hours per day, 1 day per week | Community Supervision | Moderate to high-risk offenders | |
| Day Reporting Centers (DRCs) | Day Reporting Centers are highly-structured, non-residential programs that combine supervision, treatment and reentry services to individuals with a moderate to high-risk substance use issue. The curriculum includes Seeking Safety, Moral Reconciliation Therapy (MRT), Relapse Prevention, Stopping Abuse for Everyone (SAFE), Victim's Impact, and New Freedom programming. | Promising | Crime Solutions | Decreased | * | 9 to 12 months | Each phase is 3 to 4 months; Phase 1 is 6 hours per day, 4 days per week; Phase 2 is 6 hours per day, 3 days per week; Phase 3 is 6 hours per day, 2 days per week; Aftercare is 1 hour per day, 1 day per week | Community Supervision | Moderate to high-risk offenders | https://www.wisipp.wa.gov/BenefitCost/Program/502 |
| Group Therapy (Outpatient Addiction Treatment) | Group Therapy utilizes Motivational Enhancement Therapy (MET), an adaptation of motivational interviewing (MI) that includes normative assessment feedback to clients that is presented and discussed in a non-confrontational manner. MET uses an empathic and strategic approach in which the therapist provides feedback that is intended to strengthen and consolidate the client's commitment to change and promote a sense of self-efficacy. | Proven Effective | NREPP | Decreased | Decreased | 6 months | 3 hours per day, 5 days per week | Prisons | Moderate to severe substance use disorders | |

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| Program Name | Description | Impact on Outcomes | Clearinghouse | Recidivism | Substance Abuse | Average Program Duration | Program Frequency/Intensity | Delivery Setting | Target Population | Other Sources of Research |
| Moral Reconciliation Therapy (MRT) | Moral Reconciliation Therapy (MRT) is a cognitive behavioral therapy system that leads to enhanced moral reasoning, better decision-making, and more appropriate behavior. | Promising | NREPP | Decreased | * | 8 months | 1-1.5 hours per day, 1-2 days per week | Community Supervision | Moderate to high-risk offenders | |
| Motivational Interviewing/Stages of Change | Motivational Interviewing (MI) is a goal-directed, client-centered counseling style for eliciting behavioral change by helping clients to explore and resolve ambivalence. | Proven Effective | NREPP | Decreased | Decreased | 9-12 months | 6 hours per day, 5 days per week | Prisons | Moderate to severe substance use disorders | |
| New Freedom - Cognitive Behavioral Intervention Program (CBIP) | [Prison Setting] A Cognitive Behavioral Intervention Program (CBIP) curriculum composed of Conflict Resolution/Anger Management, Risk Factors, and Recidivism/Relapse Prevention. For females, additional components may include: Abuse Victimization, Trauma, and Relationships. CBIP is a common type of psychotherapy designed to change the way that offenders respond to stress in their environment. | Promising | Crime Solutions | Decreased | * | 3 months | 3-6 hours per day, 5 days per week | Prisons | Moderate to high-risk offenders | |
| New Freedom - Cognitive Behavioral Intervention Program (CBIP) | [Community Setting] A Cognitive Behavioral Intervention Program (CBIP) curriculum composed of Conflict Resolution/Anger Management, Risk Factors, and Recidivism/Relapse Prevention. For females, additional components may include: Abuse Victimization, Trauma, and Relationships. CBIP is a common type of psychotherapy designed to change the way that offenders respond to stress in their environment. | Promising | Crime Solutions | Decreased | * | 6.5 months | 1.5 hours per day, 1 day per week | Community Supervision | Moderate to high-risk offenders | |
| Seeking Safety | Seeking Safety is a present-focused counseling model to help people attain safety from trauma and/or substance abuse. | Promising | Crime Solutions | * | * | 6 months | 1.5 hours per day, 1 day per week | Prisons and Community Supervision | Moderate to high-risk offenders | |

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|---|--|--------------------|---------------------------------------|--------------|-----------------|--------------------------|--|-----------------------------------|--|---------------------------|
| Program Name | Description | Impact on Outcomes | Clearinghouse | Recidivism | Substance Abuse | Average Program Duration | Program Frequency/Intensity | Delivery Setting | Target Population | Other Sources of Research |
| Stopping Abuse for Everyone (SAFE) | Stopping Abuse for Everyone (SAFE) is a cognitive behavioral group for offenders with domestic violence/abuse charges. Each class is gender-specific. | Promising | NREPP | Decreased | * | 6 months | 1 day per week for 1.5 hours | Community Supervision | Moderate to high-risk offenders | |
| Therapeutic Community | Therapeutic Community is an intensive residential level of treatment that addresses the criminogenic and addiction needs of the inmate. Curriculum includes Motivational Enhancement Therapy, Motivational Interviewing/Stages of Change, Victim's Impact, Seeking Safety, Anger Management (CBT), Partners in Parenting, TCU Mapping: Enhanced Counseling, and New Freedom programming. | Promising | NREPP | Decreased | Decreased | 9-12 months | 6 hours per day, 5 days per week | Prisons | Moderate to severe substance use disorders | |
| TCU Mapping-Enhanced Counseling | TCU (Texas Christian University) Mapping-Enhanced Counseling is a communication and decision-making technique designed to support delivery of treatment services by improving client and counselor interactions through graphic visualization tools that focus on critical issues and recovery strategies. This includes Partners in Parenting. | Proven Effective | NREPP | Decreased | Decreased | 9-12 months | 6 hours per day, 5 days per week | Prisons | Moderate to severe substance use disorders | |
| Victim's Impact | Victim's Impact helps participants see the far-reaching effects of crime on individuals, their communities and themselves. The curriculum focuses on empathy building and goal setting to encourage more thoughtful, informed behavior in the future. | Proven Effective | What Works for Health | Decreased | * | 3 months | 2 hours, 1 day per week in prisons; 1.5 hours, 1 day per week in the community | Prisons and Community Supervision | Moderate to high-risk offenders | |

| Impact on Outcomes | Definition |
|-------------------------|--|
| Proven Effective | A program or service that is proven effective has a high level of research on effectiveness for at least one outcome of interest, determined through multiple qualifying evaluations—high-quality experimental or quasi-experimental studies—outside of Tennessee or one or more qualifying Tennessee-based evaluations. |
| Promising | A program or service that is promising has some research demonstrating effectiveness for at least one outcome of interest, such as a single qualifying evaluation that is not contradicted by other such studies but does not meet the full criteria for the proven effective designation. |
| Theory-Based | A program or service that is theory-based has no qualifying evaluations on effectiveness. These programs typically have a well-constructed theory of change and may have other evidence but do not meet the above criteria. |
| Mixed Effects | A program or service that has mixed effects has a high level of research on the effectiveness of multiple outcomes; however, the outcomes have contradictory effects, determined through multiple qualifying evaluations outside of Tennessee or one or more qualifying Tennessee-based evaluation. |
| No Effect | A program or service that has no evidence of effect has no impact on the measured outcome. |
| Proven Harmful | A program or service that is proven harmful has a high level of research that shows participation negatively impacts outcomes of interest, determined through multiple qualifying evaluations outside of Tennessee or one or more qualifying Tennessee-based evaluation. |

| Impact on Outcomes | Definition |
|--------------------|--|
| Increased | Research indicates that the impact of the stated program on this outcome is an increase. |
| Decreased | Research indicates that the impact of the stated program on this outcome is a decrease. |
| Neutral | Research indicates that the impact of the stated program on this outcome is neither an increase nor a decrease. |
| * | Research is either not available, or the research that has been conducted does not measure the effect of the program on this particular outcome. |