

Changing and Readiness for Change: A Look at Effective Programs

Doris Layton MacKenzie
University of Maryland

OUTLINE

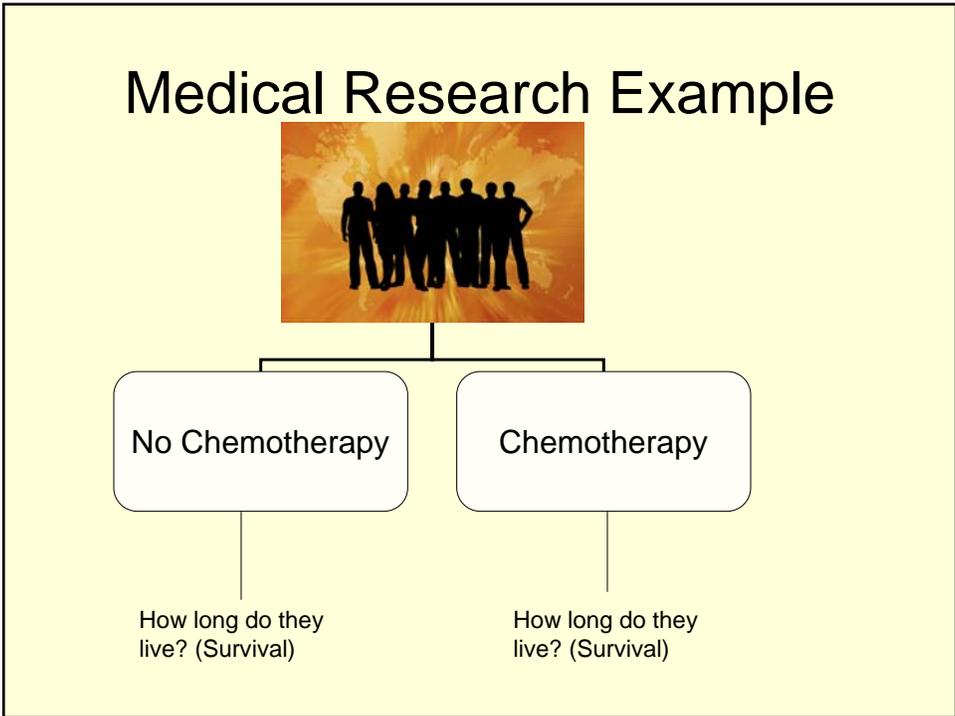
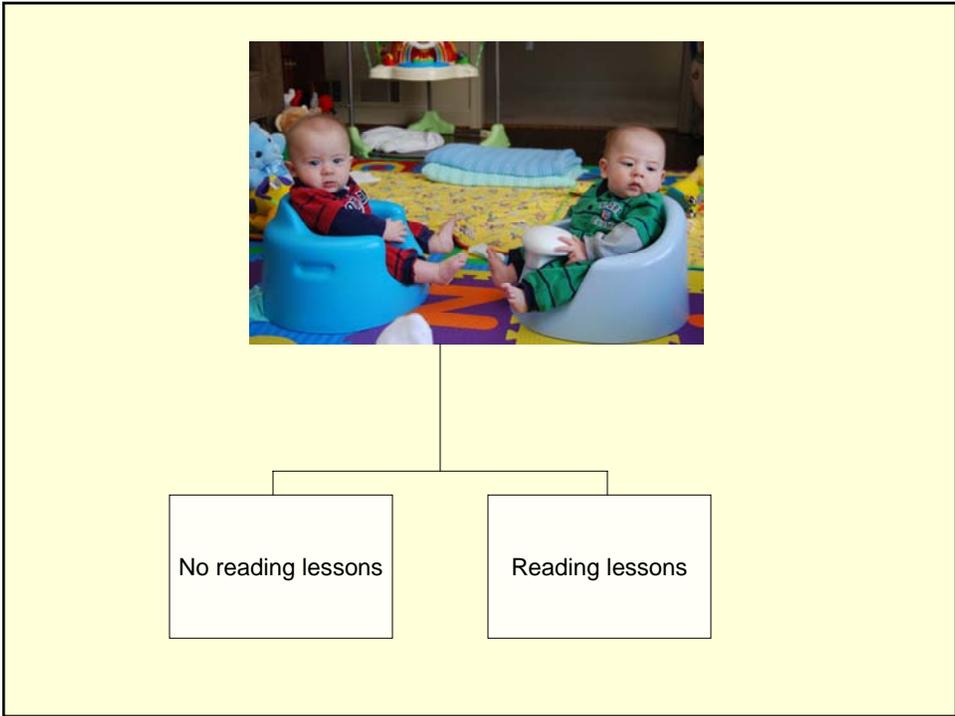
- Changing Offenders
 - Rigorous research
 - Identifying effective programs
 - Ineffective programs
 - Cognitive transformations
- Identifying those ready to change
 - Readiness
 - Signal effect

What Works in Corrections

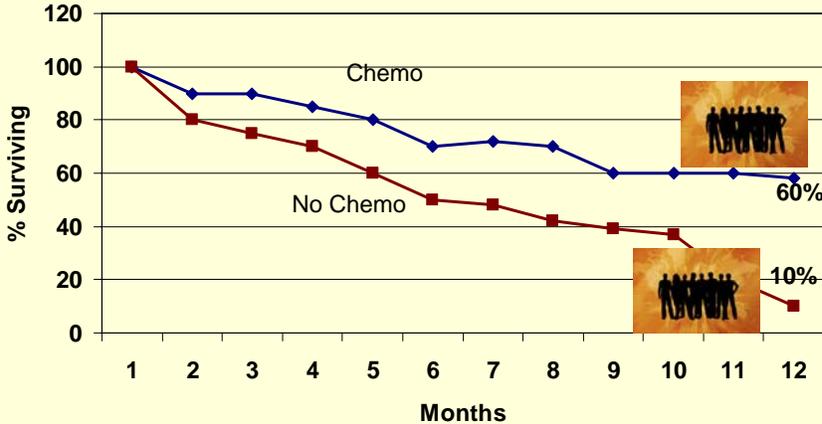
- Changing offenders' criminal activities
- Identifying those ready to change

Changing Offenders

- Reduce future criminal activities
- Program impact
- Randomized trials
- Survival analyses



Survival Rates



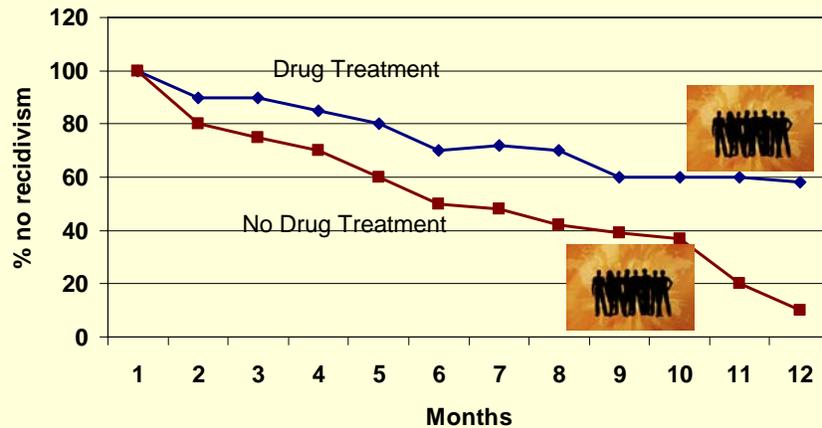
No Drug Treatment

How long do they survive Without an arrest?

Drug Treatment

How long do they survive Without an arrest?

Percent Surviving without new Criminal Activities



What Works in Corrections

- Recidivism
- Groups of studies
- Meta-analyses

Effective Programs

- Academic education
- Vocation education
- MST for juveniles
- Cognitive skills programs
- Cognitive behavior trt for sex offenders
- Behavior trt for sex offenders
- Drug courts
- Drug trt in community
- Incarceration-based drug treatment

Effective Programs – Cognitive Transformation



- Focus on human service
- Target dynamic criminogenic factors
- Skill oriented
- Cognitive-behavior/behavior models
- Multimodal

What Doesn't Work

- Life skills education
- Correctional industries
- Multicomponent work programs
- Psychosocial sex offender trt
- Residential trt for juveniles
- Community supervision for juveniles
- Domestic Violence programs
- Correctional boot camps
- Intensive supervision
- Electronic monitoring
- Scared straight

Ineffective Programs

- Poor or no theory
- Poorly implemented
- Focus on punishment, deterrence or control
- Emphasize ties or bonds without changing offender first



What Works in Corrections

- Changing offenders' criminal activities
- **Identifying those ready to change**



Which twin is feeling
happy?

Identifying Those Ready to Change

- Readiness for change measures
- “Signaling” effect
 - behavior

To Signal

Signal -- an action, gesture, or sign used as a means of communication

Signal -- to communicate something with an action or gesture

Signal Example

- Prisoners training dogs
- 50% of prisoners drop out of program



Signaling Effect



- Using program to select those who will succeed
- Compare dropouts to completers
- **NOT** impact of program
- Important factors
 - Accountability
 - Rigorous program
 - Responsibility

Signal Benefits

- Drop outs have higher recidivism
- Completers have lower recidivism
- Early release programs
 - Boot camps
 - Drug Treatment

Use of Signal Effect

- Program may not have an effect but signals who is ready to change
 - Correctional boot camps
- Program changes offender and signaling effects
 - Drug treatment
- Social and institutional benefits
 - Dog training program

Boot Camps

- Reduced sentences
- Rigorous programs
- Program doesn't change offenders
- Signal effect - drop outs have higher recidivism
- New models for reduced sentences using effective treatment

Combinations for Reentry

- Develop reduced sentence programs
- Rigorous program – signal effect
- Increase treatment – change offenders

Summary

- Reject “nothing works”
- Rigorous research
- More randomized trials
- Cognitive change
- Use signaling effect
- Combine effective treatment with signaling

Doris Layton MacKenzie, Professor
University of Maryland
2220 LeFrak Hall
College Park, MD 20742
301-405-3008

dmackenzie@crim.umd.edu

*What Works in Corrections: Reducing the Criminal
Activities of Offenders and Delinquents,*
Cambridge University Press, 2006