




Standard 1:
Demonstrated Commitment to Evidence-Based Practices
 See section 4 of binder

Evidence-Based Practice

In the criminal justice system is the partnership between research and practice. Research is used to determine how effective a practice is at achieving measureable outcomes, including reduction in recidivism, and increasing public safety.

Learning Objectives

As a result of this session you should be able to:

- Commit to the use of evidence-based practices in all aspects of your treatment court
- Apply evidence-based practices in all aspects of your treatment court

Evidence-Based Practice Pyramid

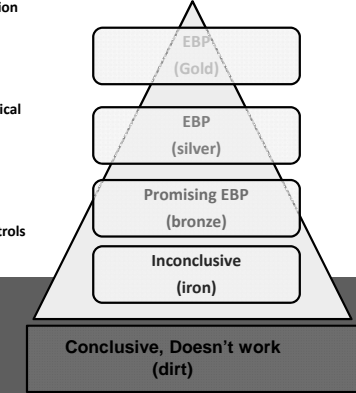
GOLD
 Experimental/control research design with controls for attrition
 Significant sustained reductions in recidivism obtained
 Multiple site replication
 Preponderance of all evidence supports effectiveness

SILVER
 Quasi-experimental control research with appropriate statistical controls for comparison group
 Significant sustained reductions in recidivism obtained
 Multiple site replications
 Preponderance of all evidence supports effectiveness

BRONZE
 Matched comparison group without complete statistical controls
 Significant sustained reductions in recidivism obtained
 Multiple site replications
 Preponderance of all evidence supports effectiveness

IRON
 Conflicting findings and/or inadequate research designs

DIRT
 Silver and Gold research showing negative outcomes



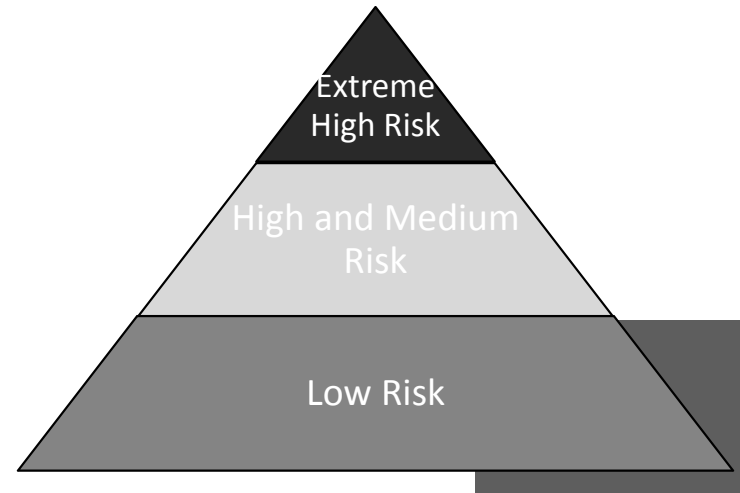
Source: *Implementing Evidence-Based Practice in Community Corrections: The Principles of Effective Intervention*, Crime and Justice Institute

Question: Risk to Reoffend

Putting low risk offenders in programs with medium and high risk offenders will:

- A. Decrease recidivism of higher risk offenders
- B. Provide positive role models for higher risk offenders, and therefore have a “settling” effect on the group
- C. Potentially increase recidivism rates of the low risk offenders
- D. Have no real effect

Risk Principle



Risk Principle

- Match level of service to the defendant’s risk of re-offending.
- Based on static and dynamic risk factors
- High risk defendants should receive more intensive intervention
- Low risk offenders should receive no/minimal intervention
- Give low risk offenders stabilization services

Question: Needs

Which of the following is a criminogenic need?

- A. Mental Illness (for example, depression)
- B. Antisocial Cognitions
- C. Lack of Housing
- D. Low Victim Empathy

The Big Four Criminogenic Needs

1. Anti-social cognition
2. Anti-social companions
3. Anti-social personality/temperament
4. Family and/or marital

Need Principle

- Assess criminogenic needs and target them in treatment.
- Criminogenic needs are dynamic (changeable) risk factors that are proven through research to affect recidivism

The Lesser Four

1. Substance abuse
2. Employment
3. School
4. Leisure and/or recreation

Principles of Effective Intervention

1. Treatment courts must assess actuarial risk and needs

Question: Responsivity

Generally, women benefit as much from participation in mixed gender groups (men and women) as they do from participation in gender specific groups.

A: True

B: False

Question: Enhance Motivation to Change

Q: Criminal justice professionals can impact offender recidivism through their interactions with offenders.

A: True

B: False

Responsivity

Tailoring interventions to individual learning styles, motivations and abilities can maximize the offender's ability to learn from the intervention.

Principles of Effective Intervention

2. Treatment courts must enhance intrinsic motivation by employing motivational interviewing techniques.

Question: Punishment

Research shows that you can reduce recidivism by punishment alone.

A: True

B: False

Question: Punishment

Research shows that swift and certain interventions are more effective than the severity of the intervention.

A: True

B: False

Question: Punishment

The longer the period of incarceration the higher the recidivism rate.

A: True

B: False

Punishment

- Punishment by itself will not change criminal behavior
- Produces at best short term compliance
- Taken alone it actually increases recidivism
- Can be effective as a behavioral modification support for treatment and rehabilitation

Enhance Intrinsic Motivation - Research strongly suggests that "motivational interviewing" (MI) techniques, rather than persuasion or interrogation tactics, effectively enhance motivation for initiating and maintaining behavior changes

RNR

The risk-need-responsivity model states that the risk and needs of an offender should determine the strategies appropriate for addressing the individual's criminogenic factors.

Question: RNR

RNR is:

- A. Rest and relaxation
- B. A sleep therapy
- C. Risk, Needs and Responsivity**
- D. A prescription

Supervision Models & Impact on Recidivism

Model	Impact
• Intensive supervision with surveillance only	• No effect
• Intensive supervision with treatment	• 10% decrease
• Supervision using the "Risk Need Responsivity" model	• 16% decrease

M. Carter, TCG & CEPP (2012)

Principles of Effective Intervention

3. Treatment courts must target interventions based on the risk, needs, responsivity principles, dosage, and integrated treatment.

“Inappropriate” Treatment

Examples:

- “One size fits all” programs (all DV perpetrators receive the same 52 week program)
- All offenders with a drug history are ordered into drug treatment
- Women with past trauma are placed in mixed gender treatment groups
- Anxiety disordered individuals are placed in group treatment
- Learning disabled persons are placed in programs that require a high degree of verbal or written acuity

27

Target Interventions

- **Risk Principle** - Prioritize supervision and treatment resources for higher risk offenders.
- **Need Principle** - Target interventions to criminogenic needs.
- **Responsivity Principle** - Be responsive to temperament, learning style, motivation, gender, and culture when assigning to programs.
- **Dosage** - Structure 40% to 70% of high-risk offenders' time for 3 to 9 months.
- **Treatment Principle** - Integrate treatment into full sentence/sanctions requirements.

Appropriate (effective) Treatment

Programs and services that:

- Target criminogenic needs (particularly the top four) of medium and high risk offenders
- Match the right offender to the right service/intervention
- Use a cognitive-behavioral approach
- Use positive reinforcement
- Match the “dosage” to the individual’s risk level

28

Dosage and Intensity (Adults)

	Low Risk	Moderate Risk	Moderate/High Risk	High Risk
Dosage	Not Applicable	100 hours	200 hours	300 hours
Duration	Minimal	3-6 months	6-9 months	9-18 months
Intensity	Minimal	Once/week	Twice/week	Three/week or residential

See: Bourgon, G. & Armstrong, B., 2005; Beech, Fisher, and Becket, 1998; Sperber & Latessa (forthcoming)

Principles of Effective Intervention

4. Treatment courts must use programming that emphasizes cognitive behavioral strategies and be delivered by well trained staff.

Interventions Designed to Address Criminogenic Needs (CEPP, 2009)

CRIMINOGENIC NEEDS	EXAMPLES OF APPROPRIATE PROGRAMMATIC INTERVENTIONS	EXAMPLES OF ADDITIONAL CASE MANAGEMENT INTERVENTIONS
Anti-social cognitions	Cognitive behavioral programs: -Thinking for a Change (T4C) -Moving On -Cognitive Self Change (CSC) -Corrective Thinking/Truthought	Use of thinking reports
Antisocial peers	Cognitive behavioral programs: -Thinking for a Change (T4C) -Moving On -A New Freedom: Phoenix (gangs)	Referral to mentoring services
Coping skills (poor problem solving, impulsivity, emotional regulation)	Cognitive behavioral programs: -Aggression Replacement Therapy (ART) -Controlling Anger and Learning to Manage It (CALM) -Cognitive Self Change (CSC)	Skill building exercises and role plays during one-on-one sessions
Family stressors	-Domestic violence program (either 26 or 52 week class) -Teaching Family Model (NIMH)	Referral to counseling

Question: Positive Reinforcement

What have studies regarding the use of rewards and incentives to reduce recidivism found?

- A. Rewards and incentives only encourage law breakers to continue their criminal lifestyles.
- B. The use of rewards and incentives has no impact on future behavior.
- C. Appropriate use of rewards and incentives reinforces and encourages future pro-social behavior.

Increase Positive Reinforcement -

Apply four positive reinforcements for every one negative reinforcement for optimal behavior change results.

Principles of Effective Intervention

6. Treatment courts must actively engage pro-social support in natural communities - Realign and actively engage pro-social support for offenders in their communities for positive reinforcement of desired new behaviors.

Principles of Effective Intervention

5. Treatment courts must employ positive reinforcement in a 4:1 ratio of incentives to sanctions through the use of contingency management principles

Principles of Effective Intervention

7. Treatment courts must measure relevant processes/practices - An accurate and detailed documentation of case information and staff performance, along with a formal and valid mechanism for measuring outcomes, is the foundation of evidence-based practice.

Principles of Effective Intervention

8. Treatment courts must provide measurement feedback - providing feedback builds accountability and maintains integrity, ultimately improving outcomes.

Mission Statements

- Example: The mission of the Eau Claire County Drug Court is to increase community safety and restore sober, productive and law abiding citizens to the community by breaking the cycle of drug and alcohol addiction through effective, long-term treatment with intensive court supervision.

Principles of Effective Intervention



Action Planning

At the conclusion of this session you will meet with your group to review and revise your mission statement.