

Analysis of California Prison Programs that Promote Rehabilitation

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Importance

- Overcrowding
- 200% over capacity in 2006 ¹
- Realignment
- Recidivism rate: 61.0% ²

1. California Department of Corrections and Rehabilitation. (2007). Expert panel on recidivism reduction programming. *CDCR*.

2. California Department of Corrections and Rehabilitation. (2013). Outcome Evaluation Report. *CDCR*.

Recidivism

Rehabilitation

Research Questions

- How effectively do programs in California public prisons promote rehabilitation?
- What can be changed within these programs to provide optimal results?

Types of Programs

- Educational
 - Recidivism rates dropped from 31% to 21% ³
- Vocational
 - “Some programs work for some people at some locations” ⁴
- Life Skills
 - No statistical data found, not proven to be effective ⁵

3. California Corrections Independent Review Panel.(2006) Reforming California's Youth and Adult Correctional System.

4. Petersila, J. (2004). what works in prisoner reentry? Reviewing and questioning the evidence. *Federal Probation*, 62.

5. Wolfgruber, H. (2010). Reducing recidivism in the state of California: An evaluation of California's prison and parole programs. *CMC Senior Theses*, 18.

Programs Already Assessed

- Substance Abuse Program at SATF
 - Passed 15, partially met 3, failed 2
- Family Foundations Program
 - Passed 12, partially met 1, failed 7
- Transitional Case Management Program
 - Passed 10, partially met 2, failed 8
- Incarcerated Youth Offenders
 - Passed 7, partially met 2, failed 11
- Reentry Education
 - Passed 5, partially met 2, failed 13

Criteria Used

1. Assesses risk and targets high risk
2. Assesses criminogenic need and delivers accordingly
3. Uses cognitive-behavioral methods
4. Program dosage varies by level
5. Continuum with other programs
6. Responsive to learning style of each participant
7. Available at majority of prisons

Programs Selected

1. Academic Courses (AC)
2. Voluntary Education Program (VEP)
3. Career Technical Education (CTE)
4. Transitions Program (TP)
5. Cognitive Behavioral Therapy (CBT)
6. Long-Term Offender Program (LTOP)
7. Step Down Program (SDP)
8. Arts in Corrections (AIC)

Name	AC	VEP	CTE	TP	CBT	LTOP	SDP	AIC
Type of Program	Education	Education	Vocational	Vocational	Life Skills	Life Skills	All	Other
Assesses risk	✘	✘	✘	✓	✓	○	✓	✘
Assesses criminogenic needs	✘	✘	✘	✘	✓	✓	✘	✘
Uses cognitive-behavioral methods	✘	✘	✘	✘	✓	✓	✘	✘
Dosage varies by level	✓	✓	✓	✘	✓	✓	○	✘
Continuum with other programs	✓	✓	✓	✓	✘	✘	✓	✓
Responsive to individual learning style	✘	✘	✘	✓	✓	✓	✘	○
Available at majority of adult prisons	✓	✓	✓	✓	✓	✘	✘	✓

Recommendations

- Educational: increased focus on college
- Vocational: no major changes
- Life Skills: include other behavioral problems
- SDP: availability, implement CBT
- AIC: no major changes

Limitations

- Possible bias
- Secondary data
- Confidentiality

Conclusions

- Programs have improved
- Tailor programs to individuals

Future Research

- More detailed research
- Observation, primary data
- Other smaller programs