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A Program Evaluation of Druadd and Group Therapy

by

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For almost a decade, the Office of Psychological Services at the London Correctional Institution has been providing psychological counseling services to residential clients through two main programs. Druadd, a drug counseling program, has attempted to help clients to resolve their psychological dependence on various chemicals when they were civilians. Group Therapy, a more traditional therapeutic program, has attempted to help clients to resolve their psychopathological difficulties both with respect to their civilian and penal adjustment. During this time frame, over five hundred residents have received treatment in these programs. Although the effects of Group Therapy on residents' institutional and parole behavior have been assessed before, no attempt has been made previously to assess Druadd's effects on residents' institutional and parole behavior. The current evaluative report attempts to correct this deficiency by presenting comparative evaluative data for both Druadd and Group Therapy. This brief paper also presents summary evaluative data on the effectiveness of the combined psychological service.

67823

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Druadd Description:

Created in 1973, Druadd provides psychological counseling services to residents who have had drug abuse and dependent problems as a civilian. It employs a small-group therapeutic approach with approximately twelve men per group. Its clients are referred and volunteer. The therapeutic approach is primarily rational-emotive and transactional analysis in nature. Supplementary therapeutic aids consist of films, slides, tapes, self-help readings, homework assignments, pass-outs, etc. Acting as a closed-end group program, its length is four months with both group and individual counseling sessions. Diagnostically, most of its clients have a mild or moderate pathological personality pattern disorder. Certification of completion of the program is based on the attainment of individual treatment goals and progress made as judged from pre and post psychological test change. It is a registered program with the Ohio Bureau of Drug Abuse. An N = 281 has completed or had contact with the program.

Group Therapy Description:

Created in 1969, Group Therapy provides psychological counseling services to residents who have had or do have psychopathological difficulties in either civilian or institutional adjustment. It employs a small-group therapeutic approach with approximately twelve men per group. Its clients are referred and volunteer. The major therapeutic approach

is primarily existential confrontation in nature. Supplementary therapeutic aids consist of tapes, self-help readings, pass-outs, group projects, and homework projects. These aids are used in a more limited fashion than with Druadd. Acting as an open-ended group program, its length is four months or longer with both group and individual counseling sessions. Diagnostically, most of its clients have a moderate symptom or pattern personality disorder. Certification of completion of the program is based on the attainment of individual treatment goals and progress made as judged from pre and post psychological test change. The certification process also involves the participation of group therapy members. An N = 236 has completed or had contact with the program.

Program Evaluation Procedure:

The two evaluative variables used to assess these programs' effectiveness were parole outcome until final or administrative release, and institutional status involving release on parole, or retention and transfer to another institution as a disciplinary or administrative problem. To acquire data on parole outcome and institutional status, official records were searched for all clients having had contact with both Druadd and Group Therapy. From this record search, relevant base rates were calculated on a number of program variables for both Druadd and Group Therapy as well as the combined group treatment service.

Table 1  
Summary Rate Statistics

	Druadd Thera	:	Group Thera	y:	Combined:	
System Retention/Transfer Rate	122		.43	83	.35	205 .40
System Release Rate	159		.56	153	.65	312 .60
Undefined Client Release Status Rate	66		.23	20	.08	86 .17
Program Certification Rate	194		.69	159	.67	353 .68
Program Non Certification Rate	87		.31	77	.33	164 .32
Program Certification Parole Success Rate	54		.76	81	.81	135 .79
Program Certification Parole Failure Rate	17		.24	19	.19	36 .21
Program Non Certification Parole Success Rate	16		.73	28	.85	44 .80
Program Non Certification Parole Failure Rate	6		.27	5	.15	11 .20
Program Parole Success Rate	70		<u>.75</u>	109	<u>.82</u>	179 <u>.79</u>
Program Parole Failure Rate	23		.25	24	.18	47 .21
Martinson's National Parole Success Rate	---		---	---	---	---
Total Clients in Programs	281		---	236	---	517 ---

Program Evaluation Results:

Table 1 presents a general summary of the research results obtained for both Druadd and Group Therapy as well as the combined group treatment service. They will be described separately.

Druadd Evaluation Results:

Table 1 results for Druadd show that most of its clients complete the program and are certified. Its drop-out or failure rate is 1/3. Most of Druadd's clients have been released from the system and are on some type of release status. Only 1/4 have not been out long enough to have completed or failed parole. Having a certificate or not having a certificate from Druadd seems to have no direct relationship to the client's parole outcome. Parole success rates are similar for both certified and non certified clients (3/4). Druadd's overall parole success rate for its clients is comparable to national norms (perhaps somewhat less), approximately 3/4. However, the rate of its clients' retention and transfer as disciplinary or administrative problems within the system is high. The system retention/transfer rate approaches 1/2. However, while Druadd clients seem to have institutional adjustment problems, they do about as well on parole as the typical releasee from prison.

Group Therapy Results:

Table 1 also shows that most of Group Therapy's clients remain in the program long enough to be certifiable. Its drop-out or failure rate is also 1/3. Most of Group Therapy's clients

have been released from the system and are on some type of release status. Only 1/10 have not been out long enough to have completed or failed parole. Likewise with Druadd, having a certificate or not having a certificate from Group Therapy seems to have no direct relationship to its clients' parole outcome. Parole success rates are similar for both certified and non certified clients (4/5). Group Therapy's overall parole success rate for its clients is comparable (or somewhat better) to national norms, approximately 4/5. However, the rate of its clients' retention and transfer as disciplinary or administrative problems within the system tends to be somewhat lower than Druadd's. The system retention/transfer rate approaches 2/5. While Group Therapy clients seem to have less institutional adjustment problems than Druadd clients, they do only somewhat better on parole than Druadd's clients and the typical releasee from prison.

Combined Group Treatment Evaluation Results:

Finally, Table 1 results for both programs show that most of these clients (N = 517) complete treatment and are certified. Their drop-out or failure rate is only 1/3. Most of these clients have been released from the system and are on some type of release status. Only 1/5 have not been out long enough to have completed or failed parole. For these clients, having a certificate or not having a certificate from psychological treatment is unrelated to parole outcome. Parole success rates are similar for both certified and non certified clients (4/5).

These clients' overall parole success rate, however, is similar to national norms (4/5). Yet, the rate of these clients' retention and transfer as disciplinary or administrative problems within the system is high. The system retention/transfer rate is 2/5. Thus, while it appears that those residents receiving psychological treatment seem to have difficulty coping in prison, when released, they do as well as the more typical releasee from prison.

Program Evaluation Summary:

Druadd results can not be compared directly with Group Therapy results. There are a number of confounding client and treatment variables operating to produce differential parole outcome rates for these clients. Both programs employ different treatment procedures with different types of clients. Druadd is closed-ended and Group Therapy is open-ended in organization. Both programs use different treatment facilitators. Consequently, no answer is given by these data about which is a more effective change producing program, Druadd or Group Therapy.

However, considering the nature of the problems of these clients, they generally would be expected to have a poorer prognosis than the typical inmate if released or retained without some type of treatment. Indeed, both sets of clients seem to have difficulty coping with the intra and extra institutional environments. It is helpful to know that when released after limited therapeutic aid, they seem to do as well on parole as the typical releasee from

prison. With more concentrated and extended psychological treatment, these clients might ultimately be found to do better on parole than the typical releasee from prison.

DEC 1978

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