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② X Program Evaluation of Guides for Better Living
and Personal Motivation and Adjustment

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For almost a decade, the Office of Psychological Services at the London Correctional Institution has been providing psychological counseling and treatment services to residential clients through several programs--Group Therapy, Druadd, Guides for Better Living, and Personal Motivation and Adjustment. Yet, only Group Therapy and Druadd have been assessed with respect to their potential effect on residents' release behavior (Rahn and Kiger, 1978). Until now, an attempt to assess Guides for Better Living and Personal Motivation and Adjustment has not been made. The current evaluative report attempts to correct this deficiency by presenting comparative evaluative data for both Guides and Personal Motivation. This brief paper also presents summary evaluative data on the effectiveness of the combined psychological service.

Guides for Better Living, a general residential instructional program, has attempted to help regular population clients to modify their civilian behaviors so that residents are less arrestable as citizens. Personal Motivation, a standard group therapeutic program, has endeavored to help regular population clients resolve their chronic personality and adjustment problems as civilians. During this decade time frame, over six hundred residents' have received instruction and treatment in these programs.

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Guides Description:

Originally created in 1970 and conducted by Social Services, the Guides program was assumed by this department in 1975. It provides psychological instruction and guidance to general residents who wish to change their cognitive and affective behaviors which lead to arrest as civilians. It employs a classroom instructional approach with approximately twenty-five men per class. Its clients are referred and volunteer. Guides' therapeutic approach is primarily rational-emotive and transactional analysis in nature. Supplementary instructional aids consist of tapes, slides, outside reading assignments, homework projects, pass-outs, class discussions, etc. Acting as a closed-end class program, its length is two months (two sessions per week) with primarily class contact with residents. Diagnostically, most of its clients have mild personality and/or character disorders. It is a standard referral institutional program for general residents. Certification of completion of the program is based on class attendance, class participation, and satisfactory completion of a mid-term and final written examination. An N = 520 has completed or had contact with the Guides program since it was assumed by the Psychology Department.

Personal Motivation and Adjustment Description:

Created in 1975, Personal Motivation provides psychological counseling services to general residents who have had chronic problems in personality and behavioral adjustment as civilians. It employs a small-group therapeutic approach with approximately twelve men per group. Its clients are referred and volunteer. The major therapeutic approach is rational-emotive in nature, although other techniques have been used such as reality therapy

and transactional analysis. Supplementary therapeutic aids consist of films, film strips, cassette tapes, self-help book readings, pass-outs, homework assignments, etc. These aids are used in a more extensive fashion than with the Guides program. 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 to moderate 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. Additional certification factors include program attendance, homework completion, group performance, etc. An N = 85 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 Guides and Personal Motivation. From this record search, relevant base rates were calculated on a number of program variables for both Guides and Personal Motivation as well as the combined treatment service.

Program Evaluation Results:

Table 1 presents a general summary of the research results obtained for both Guides and Personal Motivation as well as the combined treatment

Program Evaluation
Guides and PMA

Table 1
Summary Rate Statistics

	<u>Guides Program</u>		<u>Personal Motivation</u>		<u>Combined</u>	
System Retention/Transfer Rate	298	.57	60	.71	358	.59
System Release Rate	222	.43	25	.29	247	.41
Undefined Client Release Status Rate	155	.30	13	.15	168	.28
Program Certification Rate	338	.65	52	.61	390	.64
Program Non-Certification Rate	182	.35	33	.39	215	.36
Program Certification Parole Success Rate	48	.98	7	1.00	55	.98
Program Certification Parole Failure Rate	1	.02	0	.00	1	.02
Program Non-Certification Parole Success Rate	18	1.00	5	1.00	23	1.00
Program Non-Certification Parole Failure Rate	0	.00	0	.00	0	.00
Program Parole Success Rate	66	<u>.99</u>	12	<u>1.00</u>	78	<u>.99</u>
Program Parole Failure Rate	1	.01	0	.00	1	.01
Martinson's National Parole Success Rate	---	---	---	---	---	.78
Total Clients in Programs	520	---	85	---	605	---

service. They will be described separately.

Guides Evaluation Results:

Table 1 results for Guides show that most of its clients complete the program and are certified. Its drop-out or failure rate is 1/3. However, most of Guides' clients have not been released by the system. And, of those clients released, 1/3 have not been out long enough to have completed or failed parole. Yet, having a program certificate or not having a certificate from Guides seems to have no direct relationship to the clients' parole outcome. Parole success rates are similar for both certified and non-certified clients (1/1). Guides' overall parole success rate for its clients thus far is superior to national norms, approximately 1/1. The rate of Guides' client retention and transfer as disciplinary or administrative problems within the system is very high, however. The system retention/transfer rate approaches 3/5. Thus, while Guides clients seem to have more frequent institutional adjustment problems, they do better on parole than the typical releasee from prison.

Personal Motivation Results:

Table 1 also shows that most of Personal Motivation's clients complete the program and are certified. Its drop-out or failure rate is 2/5. However, most of Personal Motivation's clients have not been released by the system. And, of those clients released, 1/5 have not been out long enough to have completed or failed parole. Yet, having a program certificate or not having a certificate from Personal Motivation seems to have no direct relationship to the clients' parole outcome. Parole success rates are similar for both certified and non-certified clients (1/1).

Personal Motivation's overall parole success rate for its clients thus far is superior to national norms, approximately 1/1. The rate of Personal Motivation's client retention and transfer as disciplinary or administrative problems within the system is extremely high, however. The system retention/transfer rate approaches 7/10. Thus, while Personal Motivation's clients seem to have more frequent institutional adjustment problems, they do better on parole than the typical releasee from prison.

Combined Group Treatment Evaluation Results:

Finally, Table 1 results for both programs show that most of these clients (N = 605) complete treatment and are certified. Their drop-out or failure rate is 2/5. However, most of these clients have not been released from the system. But if they have been released, 3/10 still remain on some type of release status. For these clients, having a program certificate or not having a program certificate from psychological treatment is unrelated to parole outcome. Parole success rates are similar for both certified and non-certified clients (1/1). These clients' overall parole success rate, however, is superior to national norms (1/1). Yet, the rate of these clients' retention and transfer as disciplinary or administrative problems within the system is extremely high. The system retention/transfer rate is 3/5. Thus, while it appears that those residents receiving this psychological treatment seem to have high difficulty coping in prison, when released, they do considerably better on parole than the more typical releasee from prison.

Program Evaluation Summary:

Guides results cannot be compared directly with Personal Motivation's

results. There are a number of confounding client and treatment variables operating to produce differential parole outcome rates for these clients in the long run. In the long term, their parole outcomes may not turn out to be as similar as they are reported in this paper. Both programs employ different treatment procedures with similar types of clients. Guides is a didactic instructional program and Personal Motivation is a group therapeutic program. Both programs use different treatment facilitators. Consequently, no answer is given by these data about which is a more effective treatment program, Guides or Personal Motivation. Even though they have similar parole outcome rates, most of these clients have not been released yet. Time, therefore, must be awaited to see if they do in fact produce similar parole outcome results. However, considering the nature of the problems of these clients, they generally would be expected to have a similar prognosis on parole as the more 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 and instructive to know that when released after limited therapeutic aid, they seem to perform better on parole than the typical releasee from prison.

Reference

1. Rahn, R. C. and Kiger, W. J. "A Program Evaluation of Druadd and Group Therapy" (Brief Report) Office of Psychological Services, London Correctional, London, Ohio, 1978.

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