

Research in Review

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Summary and Major Findings of Articles Reviewed in This Issue

Faith E. Lutze. 1998. "Are Shock Incarceration Programs More Rehabilitative Than Traditional Prisons? A Survey of Inmates." *Justice Quarterly*, 15(3), 547-563. Page 2

This study explores how the boot camp environment contributes to the rehabilitation of inmates, as compared with more traditional prison settings. It finds that boot camps do well at providing a safe, disciplined environment for inmates, but less well at providing beneficial social and emotional support. Implications for correctional management are discussed.

John Wooldredge and Jill Gordon. 1998. "Predicting the Estimated Use of Alternatives to Incarceration." *Journal of Quantitative Criminology*, 13(2), 121-142. Page 4

This study explores the forces that determine judicial use of sentencing alternatives, such as boot camps, from a national sample of state court systems. It finds that state sentencing policies impose serious constraints upon the ability of judge to utilize correctional alternatives such as boot camps.

Brad R.C. Kellin, et alii. 1998. "An MCMI-III Discriminant Function Analysis of Incarcerated Felons: Prediction of Subsequent Institutional Misconduct." *Criminal Justice and Behavior*, 25(2), 177-189. Page 5

This study assesses the usefulness of a psychological measurement tool - the MCMI - for the prediction and management of inmate misconduct. It finds that the MCMI does enhance the ability of correctional managers to predict patterns of institutional adjustment among adult male felons.

Craig Hemmens and James W. Marquart. 1998. "Fear and Loathing in the Joint: The Impact of Race and Age on Inmate Support for Prison AIDS Policies." *The Prison Journal*, 78(2), 133-151. Page 6

This study measures the extent to which a sample of prison inmates perceives itself to be at risk of contracting AIDS within prison, and assesses inmate support for prison policies enacted in response to the problem of AIDS. The authors find that there is a moderate degree of fear of AIDS among a general inmate population in one state, but very strong support for prison policies to control the spread of the disease.

Kato B. Keeton and Cheryl Swanson. 1998. "HIV/AIDS Education Needs Assessment: A Comparative Study of Jail and Prison Inmates in Northwest Florida." *The Prison Journal*, 78(2), 119-132.

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This study measure the AIDS related knowledge and awareness of state and county prison inmates in Florida, comparing the findings to a similar study done in Pennsylvania some years ago. On the whole, inmates had accurate perceptions of behaviors that would put them at high risk of contracting AIDS, although they tended to overestimate the danger of low-risk behaviors. Implications for corrections management are discussed.

Victoria E. Brewer, et alii. 1998. "AIDS-Related Risk Behavior Among Female Prisoners With Histories of Mental Impairment." *The Prison Journal*, 78(2), 101-118.

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This study focuses upon the AIDS-related risk factors of mentally ill, drug addicted female prison inmates in Texas. This sub-group is found to be at especially high risk for contracting the disease, in part due to ignorance or denial of the dangers posed by their behaviors. Recommendations for corrections programming for this population are offered.

James A. Swartz. 1998. "Adapting and Using the Substance Abuse Subtle Screening Inventory-2 with Criminal Justice Offenders." *Criminal Justice and Behavior*, 25(1), 99-108.

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This study validates a substance abuse screening instrument - SASSI - developed in part for use with criminal populations. SASSI is found to be a useful and valid tool for assigning offenders to treatment, as well as for predicting relapse risk.

Yih-Ing Hser, et. alii. 1998. "Relationships Between Drug Treatment Careers and Outcomes: Findings From the National Drug Abuse Treatment Outcome Study." *Evaluation Review*, 22(4), 496-519.

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This study explores the interaction between time spent in treatment and ultimate success at recovery for drug addicts. The authors find that addicts who have more substantial treatment histories, both in terms of individual treatment episodes and total time spent in treatment, tend to be more successful at achieving sobriety. Implications for treatment of drug addicted offenders are discussed.

Detailed Reviews

Faith E. Lutze. 1998. "Are Shock Incarceration Programs More Rehabilitative Than Traditional Prisons? A survey of Inmates." *Justice Quarterly*, 15(3), 547-563.

This article reports on how boot camp participants evaluate their progress towards rehabilitation, relative to similar evaluations made by inmates confined to a more traditional prison setting. This research supplies interesting insight into how boot camp participants value their experiences in the camp.

The author notes that shock incarceration programs, most commonly manifested as motivational boot camps, are predicated upon the assumption that a military-like setting can redirect select categories of offenders, particularly young offenders, to a more productive and conventional lifestyle. The idea behind these camps is that these offenders are primarily in need of "attitude

readjustment" that can divert them from more serious criminal deviance. Critics of the boot camp concept caution that the rigid and militaristic atmosphere of the boot camp may only serve to reinforce aggressive and controlling tendencies in these young offenders.

The author reviews previous studies of the boot camp environment, noting that most of these studies indicate that the inmates have positive attitudes toward their boot camp experience, and feel that the camp has helped them progress towards rehabilitation. The author argues that the self-evaluational component of the earlier studies is weak and does not provide sufficient insight into how the boot camp environment might contribute to rehabilitation.

The author notes that most research on the rehabilitation of offenders indicates that positive change requires a correctional environment that meets the various needs of inmates (e.g. safety, treatment) while providing structure and support that allows them to overcome dysfunctional thinking and behavior.

To explore the relative effectiveness of prison and boot camp environments in meeting these needs, the author gathered data from two groups of male federal inmates in Pennsylvania. The first group consisted of 334 participants in the Intensive Confinement Center (ICC) at Lewisburg (similar to Quehanna Boot Camp). The second group consisted of 106 inmates at the Federal Prison Camp (FPC) at Allenwood (similar to a Level 2 SCI). Both groups were asked about the extent to which their respective correctional environments contributed to the following variables thought to be important to the process of rehabilitation: safety, structure, activity, social stimulation, freedom, privacy, support, emotional feedback, discipline, education, work, physical fitness and programming.

This study found that the ICC (boot camp) inmates report greater levels of personal safety and discipline than the FPC (traditional prison) inmates. The FPC inmates reported greater levels of activity, social stimulation, freedom and privacy than did the ICC inmates. No significant differences between the two groups were found on emotional feedback, structure, support, education, work, physical fitness and programming. Thus, the primary differences in the environments of the two correctional settings, as reported by the inmates, reflect the underlying nature of the setting themselves. In other words, the boot camp setting is more restrictive and safe; the traditional prison more open and unpredictable.

The author concludes that boot camps do provide the structure and security needed by some inmates to promote their own rehabilitation, but that they lack the opportunities for emotional feedback, support and growth found in a more traditional prison setting. She argues that correctional administrators should turn their attention to these aspects of the boot camp environment.

This article does reveal how inmates perceive the rehabilitative environment within two very different types of correctional settings. The study suffers, though, from limited generalizability. It would be interesting to conduct this study within a broader sample of *state* prison systems, which are likely to be more complex laboratories of correctional innovation. It would also be useful to compare

the self-reported descriptions of boot camp environments with data on how the same sample of inmates fare upon their release from incarceration. This design would shed greater light on which aspects of the boot camp environment contribute the most to rehabilitation.

John Wooldredge and Jill Gordon. 1998. "Predicting the Estimated Use of Alternatives to Incarceration." *Journal of Quantitative Criminology*, 13(2), 121-142.

This article reports on a study of the factors contributing to the use of alternatives to incarceration, such as boot camps, by judges. Specifically, this study examines the constraints that may prevent judges from using alternative sanctions more often. This article provides interesting insight into the various reasons why an offender may, or may not, be sentenced to alternative sanctions such as motivational boot camps.

The authors note that the rapid growth in prison populations over the past decade has led to overcrowding and to strain on treatment resources and state budgets. Along with the growth in prison populations has come an increasing interest in alternatives to incarceration, as a means of reducing the demand for prison space. Commonly employed alternative sanctions include probation, day reporting, house arrest and motivational boot camps.

The authors identify several factors or variables that may explain the use of alternative sentences by judges. The authors group these variables into three broad categories. First, "get tough" state sentencing policies may limit the ability of judges to apply alternative sanctions. These policies are exemplified by sentencing guidelines and mandatory minimum sentences. Second, the organizational characteristics of individual courts and correctional systems will influence the use of alternative sanctions. For example, court caseloads, current prison populations and resources, and policies and practices surrounding the use of plea bargaining can shape the imposition of alternative sentences by judges. Finally, the political attitudes and professional backgrounds of individual judges may condition their use of alternative sanctions.

The authors explore how these three factors interact to explain variation in the use of alternative sentencing, testing a number of hypotheses. They surveyed judges and court systems in 1400 counties, representing 20 states, yielding a response rate of 50 percent.

The authors found that state sentencing policies were the most powerful predictor of the use of alternative forms of incarceration by trial judges. Court organizational characteristics, and political attitudes of judges, were relatively less significant in explaining the use of alternative sanctions. The authors conclude that the movement towards structured sentencing guidelines has reduced the discretionary authority of judges to impose alternative sanctions that could alleviate pressures on prison systems. They argue that such constraints on judicial discretion contributes to the persistence of crowding and other problems in state prisons.

The primary drawback to this piece is that it is rather densely written and heavily statistical. It does, though, present a valid methodology and interesting discussion of the intersection of sentencing policies and correctional alternatives such as boot camps.

Brad R.C. Kellin, et alii. 1998. "An MCMI-III Discriminant Function Analysis of Incarcerated Felons: Prediction of Subsequent Institutional Misconduct." *Criminal Justice and Behavior*, 25(2), 177-189.

This article reports on the testing of a psychometric instrument for the prediction of institutional misconduct within adult male inmate populations. The objective of this study is to determine how much predictive power this instrument adds to existing assessment tools and methods used by prison administrators.

The authors note that psychological assessment tools are often used by corrections professionals to inform the classification, treatment and general management of inmates. These instruments, such as the commonly used Minnesota Multiphasic Personality Inventory (MMPI), can provide insight into which inmates may be more likely to experience poor adjustment to the institutional environment. Thus, the proper use of such instruments can contribute to the maintenance of security and order within a prison.

The present study assesses the usefulness of a behavioral assessment tool - the Millon Clinical Multiaxial Inventory (MCMI) - that has been widely studied among general psychiatric populations, but less so among inmate populations. The objective is to determine whether the MCMI, in combination with information about offenders' history and demographics, has significant value for the prediction of institutional misconduct among prison inmates.

The authors administered the MCMI to a sample of 128 male felons during intake at a medium security federal prison in Canada (one of the authors is an administrator at this prison). Demographic and criminal background information on these inmates was also collected at this time. The inmates were then followed for approximately two years, to record their misconduct histories.

The authors found that, on the whole, correct prediction of misconduct severity occurred 46 percent of the time when only demographic and criminal background history were considered, but increased to 79 percent when MCMI scores were added to the analysis. Further, inmates who were rated by the MCMI as having more dysfunctional personality and behavioral traits did tend to develop more serious misconduct records. Thus, this study finds that the MCMI can aid correctional managers in predicting institutional adjustment problems of inmates.

While basically sound in its methodology, this study does suffer from limited generalizability. Specifically, it uses a relatively small, homogenous sample of inmates at a single facility. Additional research on a more diverse prison population would be needed before any firm conclusions about the utility of the MCMI could be drawn. Further, psychometric assessment instruments are only one tool

available to correctional managers. These tools may have value only when used as part of a broader package of assessment techniques. This study, though, does provide insight into the potential value of instruments such as the MCMI for predicting and managing disruptive inmate behavior.

Craig Hemmens and James W. Marquart. 1998. "Fear and Loathing in the Joint: The Impact of Race and Age on Inmate Support for Prison AIDS Policies." *The Prison Journal*, 78(2), 133-151.

This article reports on the attitudes of inmates towards policies and practices related to the treatment and custody of HIV positive and AIDS infected inmates. Variations in attitudes among different types of inmates are explored. This study supplies insight into the fear of AIDS among inmates, and into inmate support for prison policies on AIDS.

Prisons are often portrayed in the popular media as dangerous places, where inmates live in constant fear of violent or even fatal assault by other inmates. While prisons may often live up to this reputation, the authors argue that inmates are in far more danger from disease and general poor health than from attack by other inmates. This threat is often exacerbated by an extensive pre-incarceration history of drug and alcohol abuse, risky sexual behavior, and chronic neglect of medical conditions. They note that more inmates die from disease than at the hands of other inmates. In particular, AIDS/HIV has been a source of increasing concern to corrections officials. AIDS is reported to be the second leading cause of death among inmates, trailing the vague category of "natural causes".

The authors review the various strategies developed by prison systems in response to the problem of AIDS and HIV infected inmates. These policies include mandatory testing, segregation of infected inmates, and programs designed to educate inmates about the causes of AIDS and preventative measures. Such policies are intended to control the spread of the disease within the prison environment, and to provide uninfected inmates with the tools needed to avoid infection upon their release. The authors note that, while there is much research on the attitudes of correctional personnel and the general public towards AIDS, there is little research on the attitudes of inmates.

The authors explore the attitudes and perceptions of a sample of 775 recently released inmates in Texas. They were asked about their fear of AIDS while in prison, as well as their support for the AIDS-related policies and strategies employed by corrections officials. Highlights of the study include the finding that, in general, inmates support prison policies on AIDS/HIV. The vast majority of respondents indicated support for testing all inmates for AIDS and for segregating AIDS-infected and HIV-positive inmates in separate housing units. Most inmates also felt that inmates in the general population had a right to know who was HIV-positive. A bare majority of inmates indicated that they believed that they had a significant chance of contracting AIDS while in prison. Detailed breakdowns by demographic variables are also reported in this article.

Thus, this study finds a moderate degree of fear of AIDS within Texas prisons, but a very strong degree of support for prison policies directed towards the control of AIDS. The relationship

between fear of AIDS and support for prison policies was found to be complex, co-varying with respondent demographics.

This article provides interesting insight into how inmates think about the problem of AIDS within the prison setting. Like many other studies reviewed in *Research in Review*, the generalizability of the findings beyond the test site (Texas) is unclear. This article, however, does make a good contribution to generating a body of knowledge on this topic.

Kato B. Keeton and Cheryl Swanson. 1998. "HIV/AIDS Education Needs Assessment: A Comparative Study of Jail and Prison Inmates in Northwest Florida." *The Prison Journal*, 78(2), 119-132.

This article is related to the previous article, and presents the findings of a study of HIV/AIDS education programs for county and state jail inmates in Florida. Along with the previous piece, it provides further insight into what inmates know about AIDS, and what they need to know in order to minimize their risks of spreading the disease.

The authors notes that while most states provide AIDS education programs to inmates, few have attempted to evaluate the effectiveness of these programs. Further, the programs that are provided are often voluntary and are limited in scope and intensity. Pennsylvania is cited as one of the few states that have studied the extent of knowledge about AIDS among the inmate populations. A study done by Chris Zimmerman in 1991 found that inmates in Pennsylvania state prisons are generally very knowledgeable about behaviors that can cause AIDS, but also tend to over-estimate the dangers of behaviors commonly regarded as low-risk by the medical community (e.g. kissing).

The authors expand upon the Pennsylvania study by measuring AIDS knowledge and awareness among inmates in four county jails and two state prisons in Florida. Inmates were asked to rate the degree of risk of HIV transmission associated with a variety of activities, ranging from sitting next to someone with AIDS to unprotected sexual intercourse. They were also asked whether inmates with AIDS should be quarantined. The authors hypothesized that state prison inmates would be more knowledgeable than county jail inmates, given the greater presence of formal AIDS education programs in state, as opposed to county, correctional facilities.

On the whole, the inmates who responded to the survey correctly recognized behaviors that would put them at high risk for contracting AIDS. As with the Pennsylvania study, there was some tendency to over-estimate the danger of selected low-risk behaviors. Overall, the state inmates were more accurate in their perceptions of risk than the county inmates, although by a small margin. Finally, most inmates responding to the survey did not favor quarantining HIV positive inmates.

The authors conclude that prison-based AIDS education program do have an impact on inmate awareness of behaviors that put them at risk for AIDS. Whether this knowledge is translated into behavioral changes is unclear. Given the finding that there is some failure to fully discriminate

between low and high risk behaviors, they recommend that AIDS education programs employ active, interactive learning approaches, that they be given in multiple session overtime, and that they be based upon a better understanding of the informational deficits particular to a given inmate population. They also urge county jails to offer more intense AIDS education programming, along the lines of what is provided by state prisons.

This study builds nicely upon the earlier work done in Pennsylvania. The sample size is small, though, and the authors are somewhat unclear about the sample design and overall response rate. Further, they fail to adequately address the link between knowledge and behavior related to the transmission of AIDS. In any event, this study does provide useful information about how inmates perceive the disease.

Victoria E. Brewer, et alii. 1998. "AIDS-Related Risk Behavior Among Female Prisoners With Histories of Mental Impairment." *The Prison Journal*, 78(2), 101-118.

This article is related to the previous two articles, but focuses specifically upon the AIDS related problems of a specific class of offenders - mentally ill females. This study adds to the insight provided by the previous two articles.

The authors begin by asserting that the movement to de-institutionalize the mentally ill in the 1970's has resulted in the shifting of much of this population to state prison systems. They note that many inmates are diagnosed with mental problems during the classification process. These inmates often have drug and alcohol problems as well. The combination of mental illness and drug and alcohol involvement puts these inmates at particular risk for HIV infection, both on the street and in the institutional environment. This risk is enhanced for females, who may be more inclined to engage in risky sexual behaviors in order to support drug habits. The authors note that little research has been done on risk factors associated with this population.

The authors contribute to remedying this research deficit by gathering data on AIDS related risk behaviors from a random sample of 500 female offenders upon admission to the Texas state prison system. These inmates were surveyed about their drug and alcohol histories, criminal backgrounds, mental health problems, sexual behaviors, perceived risk of contracting AIDS, and other background variables.

The authors found a high co-occurrence of mental illness, substance abuse, high risk sexual behavior and ignorance of the risk of contracting AIDS. Indeed, significant numbers of the mentally ill inmates reported engaging in extremely high risk behaviors, such as prostitution and intravenous drug use. These women were also highly uninformed of the risks associated with these behaviors. The authors conclude that these types of inmates will re-enter society as individuals at high risk for a continued pattern of potentially self-lethal behaviors. They recommend that prison system target intensive education and treatment programs to this population, with post-release follow-up provided by parole systems and community agencies.

This article complements the previous two articles, with a focus upon a subgroup of inmates who are at especially high risk for contracting AIDS. One concern with the study is that, out of the 500 offenders in the original sample, only 80 were defined as having significant mental health problems. Thus, the conclusions of the study are based upon a small sample. This study, though, does adequately explore a problem facing many correctional systems.

James A. Swartz.1998. "Adapting and Using the Substance Abuse Subtle Screening Inventory-2 with Criminal Justice Offenders." *Criminal Justice and Behavior*, 25(1), 99-108.

This article reports on a study of the utility of the Substance Abuse Subtle Screening Inventory-2 (SASSI) for the classification and treatment planning of criminal offenders. SASSI is found to be a potentially useful tool for the management of inmates. This study provides insight into an alternative classification tool available to corrections managers.

The author notes that while there are a myriad of substance abuse screening instruments available to prison officials, few of them have been developed specifically for the diagnosis and classification of offenders in a prison setting. Most instruments currently in use within prisons have been adapted from more generic screening tools. Further, the author notes that few of these have been rigorously tested and validated for use with criminal populations.

The author argues that the lack of sufficient evaluation and testing of such instruments is troublesome, given the severity of substance abuse among offenders, as well as the tendency of such populations to misrepresent and conceal their drug problems. Most screening instruments currently in use in prisons were developed for use with individuals actively seeking treatment. The ideal screening instrument for prisons, then, would correctly identify and assess drug addiction problems even among individuals who intentionally distort their substance abuse histories. Such an instrument should also allow corrections managers to draw inferences about offenders' recidivism risk.

The author assessed the utility of SASSI after its adoption by a non-profit drug and alcohol treatment vendor providing case management services to offenders under community supervision in Illinois. SASSI was selected by this vendor after a review of various available alternatives. Data were gathered on two groups of offenders serviced by the vendor. The two groups represented two major community supervision programs in the Chicago area. Overall, more than 2,000 offenders were included in the study. SASSI was used by the vendor to assign offenders to drug and alcohol treatment services, as well as to forecast which offenders were at risk for relapse and re-offense.

This study found that, on the whole, the use of SASSI resulted in accurate assessments of drug and alcohol needs of the offenders included in the study, and facilitated appropriate program assignment. This evaluation also found that predictions of relapse risk provided by SASSI were valid against random urine screens performed on the offenders. The author concludes that SASSI is a

promising instrument for the assessment and management of criminal offenders.

This study appears to be well constructed, with no major weaknesses. As the author notes, though, future research should test SASSI against other instruments that have already been well validated in the literature.

Yih-Ing Hser, et. alii. 1998. "Relationships Between Drug Treatment Careers and Outcomes: Findings From the National Drug Abuse Treatment Outcome Study." *Evaluation Review*, 22(4), 496-519.

This article reports on a study of the effect of duration in drug treatment programs on the ultimate success of addicts in getting and remaining drug free. While this study does not specifically focus upon criminal offenders, it does provide interesting insight into factors that can contribute to the successful treatment of drug addiction. Its findings are readily transferable to a corrections setting.

The authors note that much of the literature on the effectiveness of drug treatment programs indicates that single applications of treatment and therapy do little to prevent relapse to drug use over the long term. Drug addiction is better thought of as a chronic problem, requiring ongoing treatment and monitoring. Drug abuse, then, is perhaps analogous to a chronic medical condition like arthritis, where no single treatment can "cure" the problem. Rather long term success in recovery depends upon long term commitment and access to treatment programs.

The authors argue that it is reasonable to hypothesize that success in recovery will be associated with intensity and *duration* of treatment. Thus, they expect to find *cumulative treatment effects* when examining success rates among clients of drug treatment programs. They test this proposition with data gathered from 2800 drug addicts who participated in the larger National Drug Abuse Treatment Outcome Study.

The authors found that cumulative time spent in treatment was positively related to success in recovery from cocaine and heroin addiction. This relationship held for both outpatient and residential treatment modalities, but was especially strong for the outpatient treatment group. Further, this study found that addicts who had longer histories (or "careers") of drug treatment tended to spend more time in subsequent treatment episodes, leading to success in recovery. Thus, this research suggests that drug treatment is (or should be) an iterative process, where repeated exposure to therapy eventually identifies and corrects cognitive errors underlying drug use and facilitates behavioral changes that promote sobriety.

This research appears to be well constructed, with no serious flaws. One implication is that there may be no quick wins possible in the treatment of drug addicted offenders. Positive results may become evident only after multiple treatment episodes. This study also suggests that evaluations of individual drug and alcohol treatment programs should take into account the treatment careers of

inmates in these programs, as variation in such careers may influence program outcomes.