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THOMAS A. COUGHLIN III  
COMMISSIONER

WARD DE. WITT  
ASSISTANT COMMISSIONER

DIVISION OF PROGRAM PLANNING, RESEARCH AND EVALUATION

Frank Tracy, Director

FOLLOW-UP STUDY OF SAMPLE OF  
MT. MCGREGOR ALCOHOL AND SUBSTANCE ABUSE TREATMENT PROGRAM

At the request of the facility superintendent and program staff, the present report examines the return rate of a sample of participants in the Mt. McGregor Alcohol and Substance Abuse Treatment (A.S.A.T.) Program.

The highlights of this report, which is the fourth in the Department's research series on facility alcohol programs, are presented in the following Executive Summary and illustrative graphic.

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Donald G. Macdonald  
Program Research Specialist IV

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FOLLOW-UP STUDY SAMPLE OF  
MT. MCGREGOR ALCOHOL AND SUBSTANCE ABUSE TREATMENT PROGRAM

HIGHLIGHTS

1. Purpose of Research. At the request of the facility superintendent and program staff, this research project was designed to generate statistical data pertinent to the basic question, "Does satisfactory participation in the Mt. McGregor Alcohol and Substance Abuse Treatment (A.S.A.T.) Program reduce the participant's likelihood of return to the Department's custody following release?"
2. Prior Research on Woodbourne and Mt. McGregor A.S.A.T. Programs. The initial two studies in the Department's research series on alcohol programs focused on the established Woodbourne Alcohol and Substance Abuse Treatment (A.S.A.T.) Program, which began in 1976. In 1985, a preliminary report was issued on the recently developed Mt. McGregor A.S.A.T. Program, which was initiated in 1983. This report tracks a larger sample of Mt. McGregor program for longer follow-up periods.
3. Research Design. The facility reported that 129 participants left the program in 1983. Of this total, 121 were classified satisfactory program participants while 8 were categorized as unsatisfactory program participants (who dropped out or were terminated by the program). Due to the very limited number of unsatisfactory program participants, no comparison of satisfactory and unsatisfactory participants is possible.
4. Follow-Up Procedure. Of the 121 satisfactory program participants, 105 had been released by the cut-off date of December 31, 1985. This cut-off date for releases is used to insure a follow-up period of at least 12 months, which is the standard policy in Department recidivism research.
5. Comparison of Return Rate of Satisfactory Program Participants and Overall Return Rate of Department Releases. Using the average return rate of all Department releases, projected return rates were computed for these program participants based on the number of months since their release. The actual return rate of the satisfactory program participants (20.9%) was thus notably less than their projected rate based on the Department's overall return rate (28.3%).
6. Conclusion. The findings of this research on the Mt. McGregor program together with the prior studies of the Woodbourne program combine to suggest that satisfactory participation in these institutional alcohol programs is positively related to satisfactory post-release adjustment as measured by return statistics.

FOLLOW-UP STUDY SAMPLE OF  
MT. MCGREGOR ALCOHOL AND SUBSTANCE ABUSE TREATMENT PROGRAM

The present report examines the return rate of a sample of offenders who satisfactorily completed the Alcohol and Substance Abuse Treatment (A.S.A.T.) Program at Mt. McGregor Correctional Facility. (For purposes of brevity, this program is subsequently referred to as the Mt. McGregor A.S.A.T. Program.)

Background. In recent years, the Department has sought to develop improved program services for offenders with alcohol abuse problems.

Due to the widely acknowledged correlation between alcohol abuse and criminal behavior among these offenders, an expressed objective of these programs is to reduce the likelihood of recidivism among program participants by addressing their alcohol abuse problems.

Prior Studies of Woodbourne Alcohol and Substance Abuse Treatment Program. In view of this expressed objective of the Department's alcohol programs, a research series was designed to assess the return rates of participants in the Department's alcohol programs.

The first two reports in this series concerned the Woodbourne Alcohol and Substance Abuse Treatment (A.S.A.T.) Program. a/ When this research series was initiated in late 1982, the Woodbourne program was the Department's major alcohol treatment program. This program, which was initially established in 1976, serves approximately 600 participants on an annual basis.

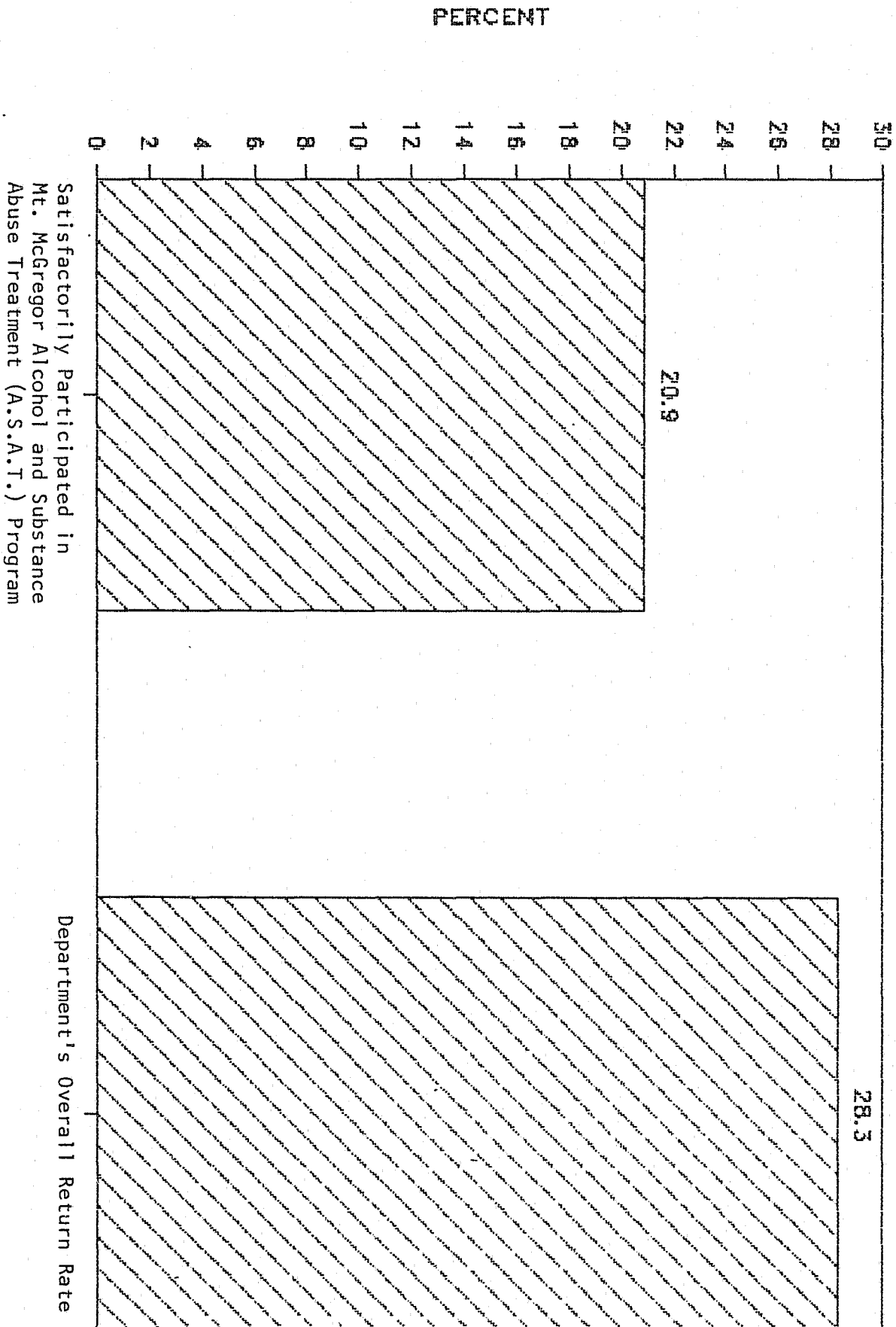
This preceding research on the Woodbourne Program compared the return rate of a sizable sample of satisfactory program participants (146) to both the return rate of a comparison group of unsatisfactory program participants (62) and the overall return rate of all Department releases. The satisfactory program participants had a lower return rate (20.5%) than both the unsatisfactory program participants (27.4%) and their projected return rate based on the Department's overall release population (24.0%).

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a/ Macdonald and Bala, Analysis of Return Rate of Participants in Woodbourne Alcohol Program (NYS DOCS), 1984; and

Macdonald and Bala, Follow-Up Study of Sample of Woodbourne Alcohol Program Participants (NYS DOCS), 1983.

# COMPARISON OF RETURN RATES



Purpose of Present Research. In line with the expansion of the Department's alcohol programs in recent years, the present report examines the return rates of participants in one of the Department's more recently established alcohol programs.

At the request of the facility superintendent and program staff, this report concerns the Mt. McGregor A.S.A.T. Program, which was launched in 1983.

Program Description. The Mt. McGregor A.S.A.T. Program represents a particularly appropriate subject for the second alcohol program report in this series due to its significant programmatic differences from the Woodbourne model.

Participants in the Woodbourne A.S.A.T. Program are drawn from the entire facility, while participants in the Mt. McGregor program are housed together in a separate 75 men dormitory during the 90-day program cycle.

The Mt. McGregor Program is directed by the facility's Sr. Chaplain and is staffed by a Alcohol Rehabilitation Assistant, who supervises a number of inmate coordinators.

The program provides both counseling and education services to the involved inmates with alcohol abuse problems.

The program's counseling component stresses a family/community atmosphere. The program employs a structure similar to that of Alcoholics Anonymous. The Twelve Step Approach to meeting and solving daily problems is emphasized. Participants are involved in daily group sessions in groups, which average 10-12 members. Individual counseling is also provided.

To resolve the problems that naturally arise in residential programs, there are weekly meetings of the two "families" which comprise the dormitory. At these "concern night" meetings, the residents have an opportunity to voice their problems. However, there is a strictly enforced rule that a resident cannot leave his seat under any circumstances during a confrontation with any individual during these conflict resolution sessions.

The counseling component of the program is complemented by a 156 hour educational component which includes audio-visual and written materials; educational classes; and speakers from Alcoholics Anonymous, Narcotics Anonymous and other organizations.

Following completion of the 90-day cycle, participants may move to a separate aftercare program in another 61 men dormitory or return to the facility's general population.

In order to facilitate the program participants adjustment upon release, the programs staff have developed working relationships with Division of Parole staff as well as community-based organizations.

Development of Research Design. At the request of the facility superintendent, a research design was developed with the program staff in early 1985.

Similar to the focus of the preceding studies in this series, this research was designed to generate statistical data pertinent to the basic question: "Does satisfactory completion of the Mt. McGregor A.S.A.T. Program reduce the participant's likelihood of returning to the Department's custody?"

Sample Selection. A threshold issue in follow-up research is the selection of an appropriate study sample.

This sample selection posed a particular problem in this study due to the relatively recent establishment of the program in 1983 since an adequate follow-up period is essential in recidivism research.

In line with standard policy in Department recidivism research, the facility program staff was asked to generate a listing of all satisfactory and unsatisfactory program participants in 1983. The resulting listing indicated that 121 inmates had satisfactorily completed the program in 1983 and 8 inmates had failed to satisfactorily participate.

Due to the very limited number of unsatisfactory participants reported (8), no valid comparison of the return rate of satisfactory program participants can be made in this study.

Initial Report on Mt. McGregor A.S.A.T. Program. In 1985, an initial report was issued concerning the Mt. McGregor A.S.A.T. Program. b/

Due to the relatively recent implementation date of the program in 1983, only a limited number (69) of these 121 satisfactory program participants had been released by December 31, 1984. (This cut-off date for release was selected to insure a follow-up of at least 12 months.)

Moreover, the majority (61) of these 69 released program participants were not released until 1984. As such, the follow-up period for nearly all cases was between 13 and 24 months.

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b/ Macdonald and Bala, Follow-Up Study of Sample of Mt. McGregor A.S.A.T. Program Participants (NYS DOCS), 1985.

In the conclusion of this earlier report, it was proposed that a subsequent study examine the return rate of a larger sample of program participants over a longer follow-up period. For this reason, this report was designed to track a greater number of program participants for an expanded follow-up period.

Follow-Up Period. As noted above, an adequate follow-up period of at least 12 months is required for valid analysis based on return rates. For this reason, a cut-off date for release from Department custody of December 31, 1985 was set to insure a follow-up of at least 12 months as of December 1986.

Follow-Up Procedure. The Department's computer file was then utilized to determine (a) the number of satisfactory program participants who were subsequently released and (b) the number of released program participants who were returned to Department custody.

Comparison to Overall Return Rate of Department Releases. For general comparison purposes, the average return rate of Department releases is used in Department recidivism studies. The actual return rates of program participants in various programs are compared to this overall return rate.

The average return rate of Department releases can be utilized to compute a projected return rate among the satisfactory program participants.

The approach permits a comparison of the return rate of the sample of satisfactory participants and the Department's overall return rate.

Development of Projected Return Rate for Comparison Purposes. The Bureau of Records and Statistical Analysis tracks all Department releases for a five year period to generate return rate statistics. Using the average return rate of all Department releases in 1980, a projected return rate can be developed for the satisfactory program participants based on the number of months since their release.

For example, the program participants released in 1985 would have been in the community between 13 and 24 months as of December 31, 1986 depending on their respective release dates. Based on the Department's average return rate, it may be projected that 22.8% of these individuals released in 1985 would be returned to Department custody for a parole violation or with a new sentence by December 31, 1986.



<u>Release Year</u>	<u>Months Since Release (as of 12/31/86)</u>	<u>Projected Percent Returned</u>
1985	13 - 24 Months	22.8%
1984	25 - 36 Months	31.9%
1983	37 - 48 Months	37.3%

These projected return rates can then be applied to the number of program participants released in each of these years to generate the number of expected returns.

<u>Release Year</u>	<u>Number Released in Year</u>	<u>Projected Return Rate</u>	<u>Projected Number Returned by 12/31/86</u>
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Satisfactory Program Participants

1983	8	X	37.3%	=	3
1984	61	X	31.8%	=	19
1985	36	X	22.8%	=	8
TOTAL	105	X	28.3%	=	30

Overall, it can be projected that 30 of the satisfactory program participants would have been returned by December 1986.

Comparison of Actual and Projected Return Rates. The following table compares the actual and projected return rates of the satisfactory program participants.

Of the 106 released program participants, 22 were returned to Department custody with a new sentence (6) or due to a parole violation (16).

As illustrated by this table, the actual return rate of the satisfactory program participants (20.9%) was considerably lower than their projected rate based on the Department's overall release population (28.3%).

	<u>Projected Return Rate</u>		<u>Actual Return Rate</u>	
	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>
Satisfactory Program Participants	30	28.3%	22	20.9%

In reviewing this report, the reader is cautioned against direct comparisons to these findings to similarly positive findings of the previous research on the Woodbourne A.S.A.T. due to differences in sample sizes, follow-up periods, projected return rates, facility programs and characteristics of the participants.

Conclusion and Discussion. As indicated in the introduction to this survey, the purpose of this follow-up study was to generate statistical data pertinent to the question, "Does satisfactory participation in the Mt. McGregor A.S.A.T. Program reduce the participant's likelihood of returning to the Department's custody?"

This research did find that satisfactory program participants had a lower return rate than their projected rate based on the Department's overall return rate.

As stated in the prior research on the Woodbourne program, it might be argued that those inmates who successfully participate in alcohol abuse programs are more motivated than those who do not and that this same factor is related to their future satisfactory adjustment on parole. As such, it could be contended that these individuals might be expected to do well on parole.

In light of these considerations, this research series was designed to analyze the relationship of satisfactory program participation and post-release recidivism without attempting to attribute any observed differences wholly to the impact of the program. As such, the lower return rate of the sample of offenders who satisfactorily participated in the Mt. McGregor Alcohol Program may be jointly attributed to both the offenders' motivation and the impact of the program.

In conclusion, these research considerations caution against any definitive conclusions concerning the overall impact of the program. However, the findings of this research on the Mt. McGregor program together with the prior studies of the Woodbourne program combine to suggest that satisfactory participation in these institutional alcohol programs is positively related to satisfactory post-release adjustment as measured by return statistics.