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✓ AN EVALUATION OF THE ASKLEPEION THERAPEUTIC COMMUNITY
AT THE
✓ MINNESOTA STATE PRISON

Prepared by
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SUMMARY

The average ATC resident is white, has a high school diploma, has been committed to MSP for at least one person offense, has a maximum sentence of 18.5 years, has had a juvenile record, remains in the program for approximately nine months, is twenty-nine years of age, of normal intelligence or above, and returns to the main MSP population after leaving Asklepieion. Psychologically the average ATC resident is labeled as not easily treatable and is categorized as psychotic appearing or arousal seeking.

Interviews with active residents showed that respondents were aware of various positive impacts and changes in themselves resulting from the program. The "game" and its confrontive aspects were cited frequently as the most notable feature of the program, but residents listed a variety of other program qualities which contributed to personal changes. Although the overall tone of the interviews was positive, residents cited some negative personal changes and deficiencies in the program. A successful product of the program is seen in general as one who has changed destructive life patterns so as never to return to prison. Other indicators of success include various qualities of emotional and financial prosperity.

The overall attitude toward ATC by former residents was positive. However, former residents were more critical of the program than active residents. Most of the respondents entered the community with the expectation of some degree of personal change. Almost all of the respondents were aware of many impacts of the program upon themselves as individuals. These effects related to self-concept, ability to cope, and relationships with others. There was no overwhelming hostility or conflict involved with leaving the program. Many left because they felt the impact of the program was maximized. Others left to pursue other goals. There were some dissatisfied drop-outs who had varied reasons for terminating.

Outcome data is inconclusive at this point because of the small data base. Of the twenty-six ATC residents who have been paroled, eighteen have had no further contact with the law and fifteen have been regularly employed.

The Asklepieion Therapeutic Community (ATC) is a residential program currently operating at two Minnesota correctional facilities: The Minnesota State Prison (MSP) at Stillwater and the State Reformatory for Men (SRM) at St. Cloud. An additional program at the Minnesota Correctional Facility at Lino Lakes (MCF-LL) has recently been developed, and began accepting residents in mid-July.

The existing communities, especially the one at SRM, are in infant stages from a perspective of long-term program research. However, an initial evaluation of the MSP community, which has been in operation since November, 1974, is appropriate at this time.

THEORY

The theory behind establishing Asklepieion Therapeutic Communities in correctional settings is that most offenders are losers. "A loser is a person who consistently does not deal with the realities of his present situation. He destroys his realistic options by recreating his past."¹ The theory asserts that losers need to become winners if they are ever to become responsible, productive, citizens. A winner, conversely, "is a free, autonomous person who has given up his old life-script.....Free from compulsive behavior patterns, the winner gratifies himself in ways that are socially responsible.....and feels himself a vital member of society and the human family."²

The target population of ATC may be described as constitutional psychopathic inferiors. In addition to the loser syndrome, various other features may be used to describe these individuals: tendencies of social suicide, affiliation with a negative deviant sub-culture, adherence to an inmate code, absence of an adequate role model, violent behavior, absence of thinking of reality testing, destructive or disastrous idiosyncratic scripts (life patterns), limitation of time orientation to either past, present, or future, imbalance of ego states (parent, adult, child).³

"Therapeutic communities provide the necessary setting for the severe sociopathic character disorder to become rehabilitated. Only in a small community setting where each member is committed to doing away with anti-social and criminal behavior, emotionally support the 'patient' during the process, and provide constant positive reinforcement for modified constructive behavior, is real treatment possible."⁴

Goals and Objectives

The overall goal of Asklepieion, and of therapeutic communities in general, is to aid individuals in a transition from loser to winner status. Specific short-term goals developed by the MSP community include: (1) developing social control within the inmate so that he can function in harmony with the reality of his situation and confinement; (2) creating an environment in which neither staff nor inmate have to live by traditional antagonistic codes; (3) providing an effective method of correctional treatment that does in fact alter the life style and life concept of the offender. Long-term goals are: (1) developing other therapeutic community-type learning environments by training personnel from both the State and Federal correctional system; (2) training inmates to be Lay Therapists, some

¹Mn.State Prison Asklepieion Community, Goals and Objectives of Asklepieion Therapeutic Community, undated.

²Ibid.

³Martin Groder, Asklepieion - An Effective Treatment Method for Incarcerated Character Disorders, unpublished, undated.

⁴Objectives of Asklepieion Therapeutic Community.

of whom will be able to work with staff at other institutions in therapy and treatment programs; (3) providing an alternative to traditional corrections; (4) developing plans to enable the inmates to become socially productive citizens.

For purposes of this project these numerous goals have been prioritized and operationalized by program and research staffs. The outline of goals and their measurements, in order of decreasing priority, appears as follows:

- (1) Goal - providing an effective method of correctional treatment that does in fact alter the life style and life concept of the offender.

Measurements - recidivism, post-release employment.

- (2) Goal - developing social control within the inmate so that he can function in harmony with the reality of his situation and confinement.

Measurements - number of disciplinary reports after ATC participation.

- (3) Goal - training inmates to be Lay Therapists, some of whom will be able to work with staff at other institutions in therapy and treatment programs.

Measurements - follow-up of residents who participated in counselor training.

- (4) Goal - developing other therapeutic community-type total learning environments by training personnel from both the Federal and State correctional system.

Measurements - follow-up of institute participants.

Program Description

The MSP Asklepion community is a three-faceted program.

- 1) The residential community is an intensive therapeutic treatment setting targeted for inmates with severe sociopathic character disorders.
- 2) Lay therapist training is provided to interested ATC residents who wish to build their experience into a career in the counseling field.
- 3) The training institute brings outsiders into the community for purposes of educating the public as well as providing teaching and interacting experience for the residents.

Residential Community

The community, located in Cell Hall D, is a twenty-four hour environment. Residency in the community constitutes institutional assignment, but there is some overlap with educational programs. Eventually there will also be residents enrolled in vocational programs. Inmates are paid on a range of rates for each day of ATC residence. As of July 1, 1978 four pay scales are recognized in the community:

<u>Level</u>	<u>Daily Pay Rate</u>	<u>Maximum No. of Slots in the Community</u>
Labor	\$.90 - 2.40	17
Semi-Skilled	1.40 - 2.90	4
Technician	1.90 - 3.40	2
Specialist	2.40 - 3.90	1

Residents leave the community for meals and recreation, but otherwise live and work in a family-type setting. The community itself is physically enclosed, being walled off from the rest of D-House. Presence of correctional officers within ATC is limited almost exclusively to the schedule for inmate counts. Despite the bars and standard prison construction, the atmosphere within ATC bears little resemblance to the other cell halls. Small rooms formed by partitions along the flag are transformed with bright paint, plants, throw rugs, etc.

The maximum physical capacity of the community is twenty-five (25 cells) but it normally operates below this level. The director feels that because of the small staff, the optimal program population may fall short of capacity.

The organizational structure is headed by the staff director, the only paid staff member of the program. The present director is an ex-inmate of MSP and former resident of ATC. He functions in conjunction with a coordinator structure, a structure which involves all of the residents in the maintenance needs of the community and the educational process. This involvement, the director claims, allows for greater efficiency of resources and also provides residents with responsibility and experience in exercising judgment. The coordinator hierarchy is as diagrammed:

- 1 resident director
- 1 chief coordinator
- 1 institute coordinator
- 1 program coordinator
- 1 service coordinator
- 20+ swamper

Note: All of the coordinator positions will not necessarily always be filled.

Moving up the structure from swamper to resident director involves increasing levels of responsibility. Even at the lowest level, however, residents may be involved in some teaching functions.

Inmates are introduced to the program during prison orientation. For those interested, selection into ATC begins with the out-resident aspect of the program. The format for this introductory phase, which involves five to fifteen inmates at a given time, is groups and classes conducted by residents of the community. Sessions are conducted five nights weekly from 5:00 to 6:30. Although enrollment in the out-resident program is based on self-selection, practicing homosexuals, protective custody unit residents*, inmates in lock-up, inmates with less than six months remaining on their matrix time (time left to serve), and inmates who have pending disciplinary reports are excluded. There is no attempt to screen on

*PCU residents must return to the general population for a minimum of thirty days before joining the out-resident program.

the basis of type or degree of mental and emotional health, except severe cases would be excluded, if they weren't able to function in population. New out-residents are informed that one disciplinary report or more than one unexcused absence during the course of their affiliation with the program will disqualify them from participation. However, such inmates may rejoin the out-resident program at a later date without regard to previous incidences.

The out-resident facet of the program serves as a testing ground for those wishing to enter the community. The director sees it as a type of self-screening mechanism whereby those choosing not to exert the necessary effort will be eliminated from consideration.

There is no general time frame for advancing from out-resident to resident status. That determination is made by the director and is based on his subjective evaluation of each out-resident's energy, relationship to the groups, and desire to change.

Most of the out-residents do not progress into the community. The director estimates that overall ten to twenty percent of the out-residents eventually enter the community. There are many reasons for the low ratio of residents to out-residents but the director feels that a larger staff could improve the residency rate. The program could then afford to take more risks and would also have time to devote to "energizing" out-residents.

Upon acceptance into the community, new members participate in a thirty day limited (eight hours per day) session while living in the general population. At the end of this time residents may elect to become full-time residents.

Members may leave ATC at any time they desire. However, residents who are stagnant, generally disruptive, or who disobey any of the major rules (no violence, no threats to violence, no chemicals) will be released from the program at the discretion of the director. All those leaving under any circumstances retain the option of returning to the community.

Lay Therapist Training

Residents of the community may choose to become involved in training which will prepare them to act as counselors or lay therapists for other programs in the institution or in various therapeutic capacities outside of the institution. Specialized training for this includes a course in basic transactional analysis (TA 101). From here residents may advance to TA 202, which entails classroom sessions, teaching, independent study and evaluation by an outside consultant. Membership in the International Transactional Analysis Association (ITAA) is open to all graduates of the 101 course. Advanced or clinical membership is available to interested graduates of 202 who contract for one year training period of intensive TA teaching and study. At the end of this time ITAA conducts a written test, and upon passage of this, an oral test for final certification.

Training Institute

Since September, 1975, ATC has been conducting a training institute for the prison staff and interested persons outside of the institution. The director

as well as the residents engage in the training. Introductory five-day sessions are held one week each month, and three day advanced sessions are held on a less frequent basis. More than two hundred people have completed the institute.

Participants are usually drawn from treatment or supervisory settings. Goals of the institute are: (1) to promote a thorough understanding of basic transactional analysis; (2) to acquire problem-solving techniques; (3) to raise the expertise of group therapy techniques; (4) to enable participants to practice skills within the therapeutic community. Institute participants are charged \$25 per session, and optional college credit is available. The average group numbers eleven.

RESEARCH FORMAT

This study describes the entire population of ATC since its inception at Stillwater. This total group of seventy-one inmates is subdivided for analysis purposes.

TOTAL ATC POPULATION

PRESENT COMMUNITY (AS OF 4/15/78)

FORMER RESIDENTS

RELEASED FROM ATC, RETURNED TO MAIN MSP POPULATION

RELEASED FROM ATC, TRANSFERRED TO OTHER CORRECTIONAL FACILITY

PAROLED AND/OR DISCHARGED

Methodology

A) Total Community

Population Description

MMPI Description

18 Variable Profile Description

MMPI Results

18 Variable Profile Results

Data on ATC residents was collected from a variety of sources: Department of Corrections Central Office files, MSP base files, ATC files, MSP psychological files.

The information gathered from individual files was used to prepare a composite profile of these inmates. The profile includes: demographic information (e.g., race, educational level); criminal history (e.g., committing offenses, number of previous felonies, juvenile record); and psychological data (MMPI interpretations).

B) Present Community

Interviews - Active Residents

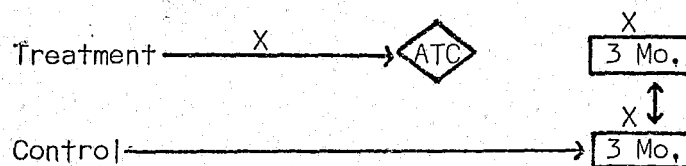
A sample of residents was drawn for intensive interviewing. The purpose of this effort was to obtain subjective, qualitative information on such matters as: motivation for entering the community, personal assessment of different aspects of the program, and individual goals.

C) Former Residents

Interviews - Former Residents
Disciplinary Reports
Analysis of Drop-Out Rate
Parole Outcome

Residents who dropped out of the program but remained in MSP were interviewed. The purpose here was to obtain information about reason for leaving the community, and about perceived strengths and weaknesses of the program. An assumption was made that overall, residents who dropped out and remained in the main MSP population were more likely to be dissatisfied than residents who were paroled directly from ATC or who were transferred to a less secure facility; that if extreme negative viewpoints existed they would most likely be found among this group. The decision was made, therefore, to interview only the former residents that were still within the Stillwater institution.

Residents who were released from the community or who dropped out and returned to the MSP population were studied for changes in prison adjustment. Major disciplinary reports were tabulated prior to entry into the community, and for a three month period subsequent to exit from the program. A control group, matched for type of offense and time period, was used for post-treatment comparison. The design appears as follows:



(NOTE: Former residents who were transferred to other facilities, including the minimum security unit, were excluded because the disciplinary policy varies between facilities.)

Of the former residents who were paroled or discharged, the primary indicators were used to assess the impact of the Asklepieion program - recidivism and employment. Parole officers were contacted for information.

RESULTS

Population Description

Seventy-one inmates have entered ATC as full-time residents since the program's inception.

Race - The overwhelming majority of ATC participants is white.

<u>Race</u>	<u>Frequency</u>	<u>Percent</u>
White	57	80.3
Black	13	18.3
American Indian	1	1.4

This can be contrasted to the overall racial composition of the prison on June 30, 1977:

<u>Race</u>	<u>Percent</u>
White	73.5
Black	17.7
American Indian	6.8

The disproportion of white residents is due mostly to low Native American participation in ATC. The ratio of Black members in the community approximates the overall prison percentage.

Education - Fifty-four (78.3%)* of the ATC group had achieved high school graduation or better at the time of their most recent MSP entrance prior to ATC residence. The break-down is as follows:

<u>Highest Education Level</u>	<u>Frequency</u>	<u>Cumulative Frequency Percent</u>
Less than Eight Grades	2	2.9
Eight Grades	1	4.3
Less than Twelve Grades	11	20.3
Less than Twelve Grades and Vocational Training	1	21.7
High School Diploma or GED	36	73.9
Twelve Grades and Vocational Training	3	78.3
Less than Four Years College	13	97.1
College Degree	2	100.0
Missing	2	
Total	71	

*N=69, Information Missing on Two Cases.

The ATC population is a slightly less educated group relative to the prison as a whole. On June 30, 1977 the educational status of the MSP inmates was as shown in the following table.

<u>Grade Completed</u>	<u>Frequency</u>	<u>Cumulative Frequency Percent</u>
0-6	36	4.0
7-10	339	41.4
11-12	428	88.7
13-16	95	99.2
Over 16	7	100.0
Not Reported	119	
Total	1024	

Committing Offenses - All offenses for which sentences are being served under the commitment current to ATC participation are documented. This includes offenses for which parole was received, then revoked for a new offense, and thus the remainder of the old sentence is being served in addition to or in conjunction with the new sentence.

Person offenses are defined in this study as the following: criminal negligence resulting in death; manslaughter in the first or second degree; murder in the first, second or third degree; abduction; aggravated assault; aggravated robbery; confining own child; false imprisonment; kidnapping; simple robbery; and all felonious sex offenses.

The following table displays number and type of committing offenses for all ATC residents.

Committing Offenses - Number of Person and Property Offenses for each Resident

<u>Number of Person Offenses</u>	<u>Number of Property Offenses</u>					<u>Total</u>
	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>More than 3</u>	
0	0	8	6	1	3	18
1	27	6	2	1	0	36
2	10	0	1	0	0	11
3	2	1	0	0	0	3
More than 3	3	0	0	0	0	3
Total	42	15	9	2	3	71

Thus, fifty-three (74.6%) of the ATC population were committed for at least one person offense. Thirty-six (50.7%) are or were serving time for more than one offense. The most frequent offense was aggravated robbery, with twenty-three inmates serving time for at least one count. Fourteen (19.7%) were serving time for at least one sex offense. Committing offenses varied widely, from example, first degree murder to aiding an offender to avoid arrest.

Sentence - The average maximum sentence for ATC residents is 18.5 years (calculating life sentences as ninety-nine years and adding consecutive sentences together). The span is considerable, with one person serving a two year sentence, and two people serving life sentences. However, more than half are serving sentences of thirteen years or less.

Criminal History - Thirty (43.5%)* of the population have no recorded felony convictions prior to the commitment offenses. The frequency is as follows:

<u>Number Prior Felony Convictions</u>	<u>Frequency</u>	<u>Percent</u>
0	30	42.3
1	14	19.7
2	9	12.7
3	10	14.1
4	3	4.2
5	2	2.8
6	1	1.4
Missing	2	2.8
Total	71	

Twenty-eight (58.5%)** of the ATC population was institutionalized in a correctional facility as a juvenile, and forty-three (66.2%)** had some type of juvenile record.

For thirty-one (44.9%)* of the population, the prison stay involving ATC residency is their first adult commitment. For eleven (15.9%) this is their first institutional return; for nine (13.0%), the second return; for six (8.7%), the third return; for five (7.2%), the fourth return, for six (8.7%) the fifth return; and for one (1.4%), the eighth return.

Length of Time in Program - The average length of time in ATC residency up to April 15, 1978 was 36.6 weeks and the median was 34.0 weeks. Because there is no established time frame for program completion, there is a diversity in the duration of residency.

<u>Number of Weeks in Program</u>	<u>Frequency</u>	<u>Cumulative Frequency Percent</u>
Less than 12.	13	18.3
12-23	12	35.2
24-35	14	54.9
36-47	12	71.8
48-59	8	83.1
60-71	2	85.9
72-83	6	94.4
84-95	1	95.8
96-107	2	98.6
108+	1	100.0
Total	71	

Excluding the actives changes the distribution insignificantly and lowers the mean only slightly - to 35.9 weeks.

*N=69, no information on two cases

**N=65, no information on six cases

Prison Time Remaining - People entered the program at a wide range of points in their sentences. Shown below is the distribution of the number of remaining months at the time of entering ATC until the target release date (TRD). If a TRD was not assigned (as was the case for sixteen inmates) the expiration date was used.

<u>Number of Months Remaining until TRD</u>	<u>Frequency</u>
0 (past TRD)	1
1-9	3
10-19	17
20-29	13
30-39	12
40-49	11
50-59	4
60-69	1
70-79	1
80-89	2
90-99	1
100+	3
Missing	2

Most of the participants (76.8%) entered the program with between ten months and forty-nine months remaining until expected parole. This, however, still represents a time span of one to four years during which the inmate will spend an average of thirty-seven weeks in the program. It is obvious that a large percentage will be returning to the main population or to another correctional facility after leaving the program.

Age - Age at entry into ATC ranged from twenty to forty-seven, the average being 29.1 years of age and the median being 27.8. Forty-nine (69.0%) of the cases were between the ages of twenty-three and thirty-one. To put in comparative terms, 8.7% of the overall prison population,* but 2.9% of the ATC population is twenty-one or younger. There is also a disproportionate ratio at the older end of the distribution -- 19.1% of the overall prison population, but 14.4% of the ATC population is thirty-six or older. Thus, ATC residents are drawn predominantly from the middle range of the MSP population. *(Figures for June 30, 1977 population were used.)

Intelligence - The Army General Classification Test (AGCT) is administered to inmates as a measure of intelligence. ATC residents exhibited a broad distribution of scores.

According to the categories established for interpretation of the AGCT, sixteen of the ATC residents are in the superior range, twelve are bright average, eighteen are normal, six are dull normal and four are borderline.

<u>Raw Score</u>	<u>Frequency</u>	<u>Cumulative Frequency Percent</u>
Below 70	3	5.4
70-79	1	7.1
80-89	6	17.9
90-99	9	33.9
100-109	9	50.0
110-119	12	71.4
120-129	7	83.9
130-139	7	96.4
140	2	100.0
Missing	15	

Destination - Of the sixty-one former residents (not including ten actives) of ATC, eleven (18.0%) were paroled or discharged directly from the community, thirty-four (55.7%) went from ATC into the main MSP population, and fifteen (24.6%) were transferred to another correctional unit, including the Minimum Security Unit (MSU).

Status - As of April 15, 1978 the status of the study population was as follows:

<u>Status</u>	<u>Frequency</u>	<u>Percent</u>
Active in ATC	10	14.1
Discharged or on Parole	25	35.2
Residing in Main MSP Population	23	32.4
Transferred to Other Correctional Facility	8	11.3
Returned to MSP on Technical Violation	2	2.8
Returned to MSP on New Offense	1	1.4
Pending Revocation or Service of Warrant	2	2.8
Total	71	

MMPI Description

Two psychological measurements administered at the prison are included in this report as descriptive and analytic variables.

(1) The Minnesota Multiphasic Personality Inventory (MMPI);

(2) The 18 Variable Profile. Both are administered to inmates shortly after commitment as a means of psychological assessment. Data were retrieved from individual psychological files.

The MMPI is a highly recognized measurement utilized widely among prison populations and many other groups. Results are scored across a multitude of scales and grouped into three main categories: validity, clinical, and new.

¹MMPI Interpretation Manual for Counselors and Clinicians. Jane C. Duckworth, Ph.D., and Edwin Duckworth, Ph.D. Accelerated Development, Inc., 1975.

- I. Validity Scales - to measure the test-taking attitude of the subject.
 - a) Lie (L) and Correction (K) scales - to measure the amount of faking to look better.
 - b) Frequency or confusion (F) scale - to measure the amount of faking to look worse.
- II. Clinical Scales - to indicate problem areas, strengths, and/or coping behaviors of the subject.
 - a) Hypochondriasis (Hs) scale - to measure the number of bodily complaints claimed by a person and whether these complaints are used to manipulate others.
 - b) Depression (D) scale - to measure the degree of pessimism and sadness the subject feels at the time the test is administered.
 - c) Conversion Hysteria (Hy) scale - to measure the amount of denial of difficulties and conflicts.
 - d) Psychopathic Deviate (Pd) scale - to measure the amount of conflict or 'fighting something'.
 - e) Masculinity - Femininity (M-F) scale - to measure atypical interest patterns; note: this scale is not to be interpreted as measuring homosexuality.
 - f) Paranoia (Pa) scale - to measure the degree of interpersonal sensitivity, suspiciousness and self-righteousness.
 - g) Psychasthenia (Pt) scale - to measure anxiety, usually that of a long term nature.
 - h) Schizophrenia (Sc) scale - to measure mental confusion.
 - i) Hypomania (Ma) scale - to measure psychic energy.
 - j) Social introversion (Si) scale - to measure the subject's preference for being alone or being with others.

Raw scores for each scale are converted into standardized T-scores, based on a normal population. Deviance above the norm is described as either a moderate deviation (a T score of 60 through 70) or a marked elevation (a T score of 70 or above). For example, a T score on the depression scale of 45 through 60 would reflect the state of the majority of people taking the test. A T score of 60 through 70 would be interpreted as a mild dissatisfaction with life or the existence of a long term unhappy situation with which the person has learned to live. At the level of 70 through 80 there usually exists a general sadness either about life, self or the world. This sadness tends to be situationally specific or temporary in nature. T scores of 80 through 90 on the D scale reflect general gloom, particularly concerning the self. Scores of 90 or above indicate an all-pervasive pessimism.

Scores are also interpreted in combinations. An illustration particularly relevant to prison populations is the 4-9 personality. When the four and nine scales are moderately elevated the person may be socially active, extroverted and lively. At levels of T=70 or above, persons tend to be aroused seekers, and asocial acting out is likely to be seen. In contrast to 4-8 scales (where poor judgment may be the cause of trouble) the 4-9 person seems to seek the excitement of the trouble.

III. New Scales - added to the MMPI profile after extensive experimentation.

In interpreting the new scales, in contrast to the clinical scales, elevations do not necessarily have negative connotations. To most accurately interpret these New Scales, each one must be dealt with individually, in combination with other scales, and in the context in which it occurs.

- a) First factor or conscious anxiety (A) scale - to measure the amounts of overt anxiety present when the test was taken.
- b) Second factor or conscious repression (R) scale - to measure the amount of conscious repression.
- c) Ego-Strength (ES) scale - to measure the amount of overall psychological health.
- d) Low Back Pain-Functional (LB) scale - insufficient understanding for interpretation.
- e) Caudality (CA) scale - insufficient understanding for interpretation.
- f) Dependency (DY) scale - to measure dependency, such that the higher the score the more the person would like to or actually is leaning on others.
- g) Dominance (Do) scale - to measure a person's ability to take care of his or her own life.
- h) Social responsibility (Re) scale - to measure the acceptance or rejection of a previously held value system.
- i) Prejudice (P-) scale - to measure rigidity in thinking.
- j) Status (St) scale - to measure the socio-economic status which the person desires.
- k) Control (Cn) scale - to measure ability to control problem behavior.

Grouped by the MSP staff psychologist, MMPI profiles distinguish between eight psychiatric categories. These are based on scale elevations which are predominant in the profile. The categories are as follows:

- 1) 4-9 - arousal seekers (see page 12)
- 2) psychotic appearing
- 3) type 9 (hypomania scale)
- 4) paranoid
- 5) exhibiting atypical interest patterns
- 6) type 4 (psychopathic deviate scale)
- 7) normal
- 8) neurotic

18 Variable Profile Description

The 18 variable profile is a psychological testing instrument which complements information obtained from the MMPI and which is designed specifically for inmate populations. The profile was developed by the psychology staff at MSP, and raw scores are transformed into standardized T-scores based on the MSP population. The profile is intended to provide a personality description of individual inmates, and to provide a prediction instrument for institutional and parole behavior.¹

¹James L. Jacobson, Ph.D., and R.D. Wirt, Ph.D., Studies of Psychological and Sociological Variables of State Prison Inmates, Section No. 1, The 18 Variable Profile, (December, 1961).

The following scales are measured in the 18 variable profile.

- a) Lie (L) scale - to measure "the degree to which the subject may be attempting to falsify his scores by always choosing the response that places him in the most acceptable light socially".
- b) Ex25 scale - to predict parole success.
- c) Ex23 scale - to measure response to incarceration.
- d) Ex27 scale - to measure response to group psychotherapy.
- e) Ex24 scale - to measure institutional adjustment.
- f) Social introversion (Si) scale - to measure the degree of social introversion or extroversion.
- g) Repression (R) scale - to measure repression.
- h) Responsibility (Re) scale - to measure acceptance of responsibility.
- i) Psychopathic Deviate (Pd - not k corrected) scale - "to measure personality characteristics of amoral and asocial sub-groups of persons with psychopathic personality disorders".
- j) Psychopathic Deviate (Pd-S) scale - Subtle items - to distinguish the personality characteristics of normal groups.
- k) Hypomania (Ma-Not K corrected) scale - to measure the "acting out" tendency of persons who cannot tolerate anxiety.
- l) Hostility (Ho) scale - to measure a dislike for and distrust of others.
- m) Dominance (Do) scale - to measure domineering behavior.
- n) Masculinity-Femininity (Mf) scale - to measure the tendency toward masculine or feminine interest patterns.
- o) Psychasthenia (Pt - not K corrected) scale - to measure the similiarity of the subject to psychiatric patients who are troubled by phobias or compulsive behavior.
- p) Hysteria (Hy-O) scale, Obvious items - to measure neurotic or psychoneurotic bodily concerns.
- q) Paranoia (Pa-S) scale, Subtle items - to measure degree of paranoia.

The total graphic configuration of the 18 variable profile can be used to distinguish two basic groups of inmates which will be called: (1) easily treatable; (2) less easily treatable.

The first group is not as dependent on treatment for reform, is more likely to respond to treatment, and is less likely to be in trouble again regardless of treatment. Various characteristics and attributes which contribute to the treatment responsiveness of this group are: a higher acceptance of cultural norms, few psychopathic characteristics, more ego strength and self-control.

The complement group is generally more needful of treatment, but less responsive to it. Without treatment, the likelihood of future criminal activity is great. This group can best be described in terms of four sub-categories characterized by: (1) identity problems; (2) hostility, anger and rejection; 3) lack of internal behavioral controls; (4) lack of responsibility.

1) IDENTITY PROBLEMS

The primary feature exhibited among inmates in this group is difficulty in establishing a sexual identity. As a whole, there is also evidence of difficulty in prison adjustment. However, there is no indication of psychosis or mental illness, nor hostility or anger, and these individuals are socially outgoing.

2) HOSTILITY, ANGER, AND REJECTION

The individuals in this group openly admit to feelings of hostility, anger, and rejection of cultural norms. There is evidence of some degree of mental illness.

3) LACK OF INTERNAL BEHAVIORAL CONTROLS

Characterized by impulsiveness, this group also exhibits traits of hostility, anger and resentment. There is possible evidence of mental illness.

4) LACK OF RESPONSIBILITY

Individuals in this group are less amenable to treatment primarily because of an unwillingness to accept responsibility. In general, however, there is no indication here of mental illness.

MMPI Results

MMPI scores were grouped into categories, based on scale elevations, by the head of the MSP psychology staff.

<u>Category</u>	<u>Frequency</u>	<u>Percent</u>
4-9 (arousal seekers)	13	18.3
Psychotic Appearing	11	15.5
9 (Hypomania)	3	4.2
Paranoid	2	2.8
Atypical Interests	7	9.9
4 (Psychopathic Deviant)	18	25.4
Normal	1	1.4
Neurotic	3	4.2
Missing	13	18.3
Total	71	

The data shows that of those who have entered Asklepion and who have taken the MMPI, only one resident would be considered psychologically normal. The most frequent mental malady is psychopathic deviance. This category, together with the arousal seekers and psychotic appearing, accounts for 72.4 percent of those tested.

The high frequency of missing data here is attributed to several factors: inmates are not required to participate in testing and some refuse to do so; for inmates who transferred to MSP from another facility, the data was not available; a few of the test scores were invalidated by the psychologist due to apparent faked responses.

18 Variable Profile Results

Categories from the 18 variable scales were obtained in the same way.

<u>Category</u>	<u>Frequency</u>	<u>Percent</u>
Treatable	19	34.6
Less Treatable		
Identity Problems	16	29.1
Hostility	9	16.4
Absence of Controls	6	10.9
Irresponsibility	5	9.1
Missing	16	
Total	71	

Clearly, the majority of those with reported scores are classified as less easily treatable. Of those seen as less treatable, the most frequent problem concerns identity. At some point in the future when the population numbers would make it feasible, it would be interesting to compare parole outcome between the treatable and less treatable groups.

The frequency of missing data for the 18 variable profile is due to the reasons explained previously for the MMPI test and to one additional reason: the 18 variable profile was introduced as an addendum to the psychological testing and several of the ATC residents entered MSP before this change took place.

Interviews - Active Residents

A sample of residents was drawn for intensive interviewing. Aside from striving for a more thorough picture of the program, personal interviews were used to obtain subjective, qualitative information on such matters as: motivation for entering the community, personal assessment of different aspects of the program, individual goals, perceived personal changes, and plans after release.

The interviews were largely unstructured, using ten main questions as guidelines. Of the current (5/3/78) population of sixteen, eight have resided in the community three weeks or longer. Because the focus of the interviews entails a certain degree of perspective over time, selection was limited to these eight residents.

The active residents first became interested in ATC through one of two means, or a combination of means: (1) information from someone else, e.g., a friend who went through the program, (2) self-motivation, e.g., a desired change in their lives.

When asked about expectations upon their entrance into the program, residents responded with various personal, internal changes: to learn more about oneself, to be able to deal with problems, to interact more positively with others, and to gain insight into behavior. More superficial expectations included: to learn a quick cure or magic formula for dealing with problems, to get out of prison faster, to impress people with one's intelligence, and to influence the parole board.

All of those interviewed remarked that their expectations changed during the course of participating in the program. Some perspectives changed, for instance, from primarily passive ("what this program will do for me") to one primarily active ("what I will do for myself"). Others said they realized that not only behavior, but also attitudes and personality should be targets of change. Some expectations changed to focus on longer-range or more expanded goals. As awareness of the program increased, expectations changed to reflect specifics, i.e., lay therapy training.

All of the respondents experienced positive impacts from the community. Some of these were elicited by the residents to address individual problems and goals. These impacts include: gaining self-confidence, finding appropriate ways of dealing with anger, learning a multitude of options in dealing with difficult situations, acquiring a more positive mental attitude, learning to act more rationally, understanding the reasons for behavior, learning to trust others, becoming knowledgeable in TA and counseling, abandoning the "tough guy" image in prison, utilizing personal potential, and establishing specific personal goals (e.g., physical fitness, education).

The residents said they were aware of other impacts and changes which resulted from participation in ATC, but which were not consciously motivated. Some of these were, for example: learning to relate better to others, establishing better interaction with guards, improving the prison discipline record, acquiring better awareness of personal capabilities, accepting responsibility, learning to handle personal goals, and developing closer personal relationships.

When asked which elements of the program contributed to individual positive impacts, respondents cited: game confrontation, informal sessions, job responsibility, interaction with outsiders (e.g. through the institutes), environment which is relatively isolated and protected from the general population, teaching experience, closeness of members of the community, steady flow of information, positive peer group atmosphere, and role modeling of staff and former residents.

The residents were aware of fewer negative than positive impacts. Those they mentioned were: that the system of punishment may produce some hostility toward the program; that residents may develop a superior attitude in relation to other programs or to the general population; that occasionally confrontation during the game becomes excessive; that attitude and behavior changes eliminate a criminal lifestyle and thus make adjustments to the streets and to old friends more threatening and frightening.

Several deficiencies or weakness of the program were noted. These were: that as the community population fluctuates there may be "too many chiefs"; that there is insufficient contact with outside resources (i.e., psychological professionals); that public relations are inadequate in informing the public about the program; that there are insufficient resources to deal with problems other than character disorders; that the size of the staff is inadequate to address all the residents' needs; that conflict with the administration places stress on the community; that library resources are limited; that the confines of the institution inhibit individual progress (e.g., there is no provision for teaching outside workshops); that the restriction on out-of-community hours interferes with other goals, such as education.

In relating personal descriptions of a successful product of the program, all the respondents mentioned a change in destructive life-patterns so as to never return to a prison. But the image of a transformed person included many other characteristics as well: holding down a job, providing for a family, pursuing a career interest (including lay therapy), recognizing and utilizing options, reaching happiness and emotional stability, becoming a thinking and problem-solving person, gaining control over oneself, being an approachable person, knowing one's own needs and feelings, becoming self-motivated and willing to grow, and learning to take others' lives into consideration.

Active residents were aware of personal characteristics which they felt could affect the individual outcome of the program. Those characteristics which residents felt could promote an individual's success in the program include: a sincere desire to change, honesty, belief in the program, at an age between twenty-two and thirty-five, openness to others' opinions, reasonable intelligence,

Personal characteristics which were thought to hinder program success were: unacceptance of new information, unwillingness to sacrifice outside interests; deeply emotionally troubled; lack of perseverance, dishonesty, and unwillingness to change. On the other hand, one resident responded that there is no personal characteristic with which the community cannot deal.

In recommending the program to others, the active residents interviewed would consider: Those who have been in prison for awhile and are tired of doing time; those who are not afraid of taking risks; those who want to find options to lead to a more positive lifestyle; those who are most troublesome and most in need of change; and those who are sincerely interested in change. Some residents responded in terms of types of people to whom they would not recommend the program: those with more than three years and less than six months remaining until the target release date; those with strong ethnic backgrounds; those in protective custody; those with certain diagnoses which present a danger to oneself or to others (e.g., paranoid schizophrenia); and those who were committed for sex offenses.

Summary

Initial individual disposition toward the program would probably not be a good predictor of long-term attitude, as all of the respondents indicated attitudinal and motivational changes after entering the community.

Respondents were aware of various positive impacts and changes in themselves resulting from the program -- impacts that they had designed as goals, as well as impacts which the environment of the community stimulated.

The game and its confrontive aspects were cited frequently as the most notable feature of the program, but residents listed a variety of other program qualities which contributed to personal changes.

Although the overall tone of these interviews was positive, residents cited some negative personal changes and deficiencies in the program.

A successful product of the program is seen, in general, as one who has changed destructive life patterns so as never to return to prison. Other indicators of success include various qualities of emotional and financial prosperity.

Most respondents felt that there are certain personal characteristics which would be enabling to an ATC resident, and other characteristics which would be disabling. There was no consensus, however, as to which characteristics these were.

Interviews - Former Residents

Twenty former ATC residents who left the program to return to the general population and who were in MSP in mid-June were interviewed for this study. The information gathered through these interviews is not intended to be scientific or quantifiable, but to provide subjective insights into individual cases. Each person's experience in the program is a unique experience. This approach, therefore, cannot be used to generalize to types of residents, but should be viewed as a perspective of the interface between program and people.

By the nature of their remarks, each respondent's overall attitude toward the program was categorized. Of the twenty, three held the program to be unequivocally positive - that no efforts could make the program any better than it is. Fourteen felt the program to be positive overall, but that there was some degree of disappointment or some awareness of weakness in the community. Two respondents appeared to be ambivalent about their attitude toward the program - neither positive nor negative aspects were dominant. Two remaining respondents regarded the program to be negative overall.

Introduction to the Program

Respondents reported various ways of acquiring initial knowledge or interest in the program. Five recalled being introduced to the program during general prison orientation. Five others heard about it through a friend, by general word of mouth, or by prison literature. Two had personal contact about the program by ATC staff or the prison administration. Four said they were in need of change and more or less went program shopping. Two were participating in other Asklepion communities when they were transferred to MSP. Perhaps the most unusual case was an inmate who saw a newspaper article and became interested in the program shortly before he was arrested.

Expectations

Most of these respondents entered the community with expectation of some degree of personal change: "deal with reality", "get my head together to maintain a job", "get off dope", "become aware of myself", "keep out of prison", etc. Three of the residents mentioned that they joined the community in hopes of finding a quick way out of prison. For the most part, expectations of a change in self remained the emphasis throughout the course of participation in the program. In some cases, however, the goals became more specific.

Weaknesses

Throughout the course of the interviews, various dissatisfactions with the program were noted. It may be easier to deal with these in categories as follows: residents, game, structure, program policies and theories, administration.

Comments made about composition of the community and attitudes of residents include: that residents weren't as committed as they should be; that there were too many sex offenders in the community (sex offenders are sometimes placed at the bottom of the prison social stratification); that because the program attracts so many people who are afraid of the general population or find it difficult to adjust there, all ATC residents carry a derogatory nametag; that sometimes the community was alienated because there was not equal enthusiasm among all the residents; that power and information cliques developed; that opportunists abused the program as a means of early release or access to the minimum security unit.

A few remarks were made about the use of the confrontive therapy groups known as the game: that sometimes the game gets carried away by making mountains out of molehills; that occasionally the game is too confrontive; that the game approach may be used when a better, less confrontive strategy would be more appropriate.

Some former residents were critical of the structure of the program. A couple spoke to the sheltered environment - that it served as a hiding place and was like "living in a bubble", that the limited freedom of movement permitted little socializing with members of other programs or of the general population. Another commented that the leadership structure sometimes amounted to a popularity contest. The structure of a family setting was said to neglect individual needs.

The greatest number of comments regarded program policies and approaches.* Several former residents were concerned about the pressure for personal change they felt exerted by the community: that there was pressure to change without allowance for the fact that change proceeds at different rates (and the respondent felt that the director might prefer to accept faster "changes" in order to improve the success rate); that the program encourages residents to change according to the system but not to question it; that the program employs brain-washing techniques; that not allowing violence is like "taking the claws away from the cat".

Other concerns centered around the theoretical basis of the program: that the philosophy seemed to be that the group is always right; that the orientation of the program is to dwell on background (i.e., why I came to be like this) rather than accepting the responsibility and working from there.

Other weaknesses cited concerned the applicability of the program; that the program is based on white middle-class values and fails to make a distinction between the black experience and the white experience; that the program is aimed at coping in one type of social environment and some people will not be returning to such an environment; that the real issue is survival and the only concrete alternative to former lifestyles offered by the program is a therapy or counseling career.

Other weaknesses mentioned which deal with policies include: that a situation where residents are forced to participate in sessions is a "pressure cooker"; that the types of punishment are demoralizing (e.g., standing in a corner, sitting on a bench without moving); that there is too much pressure in encouraging therapy careers; that contrary to other therapy settings, ATC will not tolerate minor setbacks for chemical dependents.

Finally, some former residents felt that administrative directions weakened the program; that administrative pressure for numbers and quotas has resulted in admitting out-residents before they're ready; that the administration uses some residents (i.e., the "do-gooders") to manipulate other residents.

*Bear in mind that respondents span the history of the program and that policies have been constantly evolving. These comments, then, do not reflect any particular point in time.

Impacts

Former residents were aware of many impacts of the program upon themselves as individuals. These impacts could be either results of deliberate goals set by the residents, or the result of the ATC environment.

Many respondents mentioned impacts which affect their relationships with others; fewer games with people - act "straighter"; better insight into interaction with others; improved communication with people; controlling reactions to others; dealing with individuals at different levels of education; changed enough to be able to sit down and be interviewed (two respondents said they could not have handled this situation before ATC).

There were also impacts which affected their own self-concepts: learned to respond to positive strokes for positive behavior rather than positive strokes for negative behavior; learned to care about oneself; brought out the good side of oneself that was covered with negative stuff; improved self-confidence.

Some positive impacts were said to improve their ability to cope: made better adjustments to prison life; learned to control depression; helped to relieve paranoia; learned to handle one's own life; learned to control anger and to deal with feelings; learned how to operate under stress; worked out suicidal tendency.

Other impacts mentioned by the respondents include: learned to think before acting; to weigh both sides; found people one understands and enjoys being with; planned farther ahead; became aware of other alternatives; became more academically advanced; became more responsible; changed from a "playful kid to a grown man."

Former residents attributed these positive changes to various aspects of the program. Most frequently mentioned was the game. Other elements which were mentioned include: peer pressure, structure which permits direction by peers with a common background; work and responsibility system; closeness of community; positive environment; psychodrama; classes, reading and instruction; sincerity and concern of residents and staff; role model of director and graduates who return to visit; individual treatment; confrontation; a safe environment which allows you to deal with whatever you need.

Negative impacts were voiced, though only at a ratio of about one to seven of positive impacts. Those mentioned were: that it was difficult to adapt to the general population after the safe environment of ATC without some kind of deprogramming or time to wind down; that the new knowledge of people could be used as a manipulative tool and as skills with which to become a better criminal; that the nature of the program is too critical and encourages the residents to be fault-finders; that by enforcing modes of behavior residents turn out alike.

Reason for Leaving

Former residents left the program for a variety of reasons. The most frequently mentioned reason was simply that they felt that they got all they could out of the program. Five of the residents left ATC to go to Minimum Security Unit (MSU) and several of these said they would have pursued the

program on the farm if it had been available.* One that went to the farm would have remained in the community had there been more visiting privileges. In order to keep his marriage together he went to MSU which allowed greater contact with his family. A couple respondents felt that the program had become too routine, e.g., one said that he had gone beyond the stage where a person had to yell at him to get the point across. Two others left in order to participate in other programs; e.g., college courses. Three respondents admitted that they were asked to leave the community, mostly for drug reasons. Other reasons given include: the gaming got vicious; started sliding-not working too hard; got burned out; was just interested in finding out what was wrong with him, but was not interested in TA; wanted to leave to test himself in prison rather than on the streets; had two years left on the matrix, which he felt was too long to remain in the program; developed medical problems; was dissatisfied because he couldn't apply the knowledge to the streets. Although all of the residents interviewed here have left the community, at least one keeps in contact with the residents and staff, and several others indicated they would like to rejoin the program at some time.

On the whole, criticism about the program was constructive in nature. Many suggestions were offered as to program improvements. Several people discussed the process of leaving the community: that because some people substitute group dependency for their chemical dependencies it is important to be able to break away from the group in order to test oneself; that a period of withdrawal from the community would be helpful in adjusting to the general population; that some sort of interim step, e.g., MSU, would make parole easier.

Regarding the physical setting of the community, a couple of residents felt that greater separation from the general population (e.g., where even meals would be eaten inside the community, such as the Atlantis Program in C-House), would help to break old ties. It was also felt that the community could use a larger area.

Another consideration of some residents concerned outside (e.g., marital) problems. There is no other program in the institution that is involved in these areas, and ATC, they felt, would be an appropriate place. One way of meeting these needs would be for the program to provide more involvement with the families of residents. Additional contact with outside professionals was also suggested, such as for conducting groups and workshops.

Several suggested that the program should be expanded in some form, e.g., to combine therapy with vocational or educational components in order to provide concrete alternatives for survival other than lay therapy training; to extend the program outside the institution to reach non-criminal types, such as alcoholic businessmen.

Referrals to Program

When asked if they would recommend the program to anyone, most responded affirmatively. Some believed that anyone could benefit from the program, that it covers all problems including chemical dependency. One said that all offenders

*At one point there was some confusion about extending the program to MSU and several went to MSU under this assumption that it would be.

are lacking something (e.g., care and concern) that can be provided by ATC. Others felt that certain types of offenders would be more appropriate than others: younger offenders; minorities; those running from themselves; those who are inquisitive, searching and sincere; those who are tired of what is happening with their lives; those who hide behind images; those who play games with themselves and others; those wrapped in a shell; offenders with sex problems (especially rapists); those with communication problems; and those who need someone to take care of them until they get their head together. Some types of inmates were seen as less appropriate or receptive to treatment: first-time offenders with short sentences; gays. A few respondents felt that only a select minority of offenders would benefit from the program, (e.g., those who can't make it in the general population), because most couldn't handle the intensity of the program or because, one said, that when a person is ready to change it will happen.

Of the former residents interviewed, eight considered themselves successful products of the program, one did not, and the rest were unsure or had no response. The predominant criteria mentioned in evaluating individual success was not to return to prison. (It is interesting to note here that some of the respondents were confident of not returning and could thus call themselves successful, while others said they wouldn't know about this until they were tested on the streets). Other criteria of success which were mentioned include: ability to solve problems; changed lifestyle and/or priorities; autonomy; having a direction in life; ability to transact with people on a one to one basis; ability to tell when you don't need the program any more; honesty with oneself and others; receiving fewer disciplinary reports; thinking before acting; liking and accepting oneself; making a living (including the therapy field); being normal; setting goals and meeting them.

Characteristics for Success

Respondents listed a variety of personal characteristics which they felt would encourage individuals' success in the program: positive thinking, self-confidence; outgoing personality; fear of living in the general population; intelligence; desire to pursue the TA field; empathy with other people's backgrounds; willingness to open up; flexibility; trust; willingness to change; honesty; desire to stay out of prison; acceptance of responsibility for crime; conformity. One former resident said that there are no particular characteristics which are necessary; rather the program needs a variety of people who can look at things differently.

Summary

The overall attitude toward ATC by former residents was positive. Of the twenty respondents, two were ambivalent in their remarks, and two more felt the negative aspects outweighed the positive.

Residents acquired knowledge of and interest in the program through both official and unofficial means. Most of the respondents entered the community with the expectation of some degree of personal change.

Former residents were more critical of the program than active residents. Dissatisfaction can be grouped into five rough categories - residents, game, structure, program policies and theories, administration.

Almost all of the respondents were aware of many impacts of the program upon themselves as individuals. These effects related to self-concept, ability to cope and relationship with others.

There was no overwhelming hostility or conflict involved with leaving the program. Many left because they felt the impact of the program was maximized. Others left to pursue other goals. Of course there were dissatisfied drop-outs who had varied reasons for terminating.

Disciplinary Reports

To give a perspective of prison adjustment, disciplinary reports were recorded prior to treatment. Before entering ATC, seventeen inmates were found guilty of forty-four major disciplinary offenses. These infractions amounted to 1,057 days of segregation*, 98 days of isolation, and 394 days of lost good time. It is probably safe to assume from the disciplinary backgrounds of ATC residents, that the community draws from a cross-section of the MSP population in terms of prison discipline; that ATC is a concentration of neither the most adjusted nor the least adjusted inmates.

During the treatment period of ATC residency, only one inmate has ever received a major disciplinary write-up. Punishment for this infraction was three days isolation and seven days of lost good time.

An attempt was made to compare discipline records of former ATC residents with inmates from the general MSP population. Because of the multitude of factors affecting prison behavior (e.g., type of committing offense, length of prior institutional time, age, number of months left to serve, race, cell hall assignment, etc.) this comparison is rough at best.

The procedure used in this study compares the discipline records of the thirty-four ATC residents who returned to the main MSP population and remained there for a period of at least three months. A random control group was drawn from the main population matching for year of MSP entrance (ten from 73-74, eleven from 1975, five from 1976, eight from 1977), controlling for type of commitments (half were new commitments or revocations, half were transfers), and controlling for type of committing offenses (a constant ratio of property to person offenders for each group).

A three month period was examined for each group. For the treatment group this was the three month period immediately after leaving ATC. The overall length of time between entering MSP and leaving ATC was approximately thirteen months. Where possible, the measurement period for those in the control group was taken twelve months after entering MSP. For those inmates who had not been in the prison for that long, the last three month period of their MSP stay was used. The average length of time between entering MSP and the three month measurement period was approximately nine months.

Comparison of disciplinary records between the two groups shows three inmates from the control group receiving a total of seven major reports and serving a total of one hundred fifteen days of segregation, twenty days of isolation and thirty-five days of good time lost. Of those in the treatment group, one inmate received a major disciplinary write-up which entailed three days of isolation and seven good time days lost.

Although there is a difference in the disciplinary records of these two samples, the results are insignificant and therefore inconclusive. Perhaps a longer period of observation (e.g., six months rather than three) would have shown more obvious differences. However, evaluating prison adjustment is an

*Segregation and isolation times are not adjusted for suspended days or concurrent sentences.

extremely complex task. The hazard is matching a control group with a treatment group and it is virtually impossible to control for all relevant independent variables. The methods applied here were admittedly analytically weak.

Although this analysis can reach no conclusion on the effect of the program on individuals after leaving the community, there is an obvious impact during the treatment period. During the three and a half years that ATC has been operating, only one resident has been found guilty of a major disciplinary infraction.

Analysis of Length of Stay in the Program

The length of time that residents remain in the community varies considerably. One question to be addressed, then, is whether or not there are certain characteristics which are related to ATC participation. The following variables were included in this analysis: type of offense (person or property), education, race, AGCT score, MMPI category, eighteen variable profile category, length of sentence, length of time until target release date at entry into ATC, number of previous felonies and age. None of these variables were related to length of stay to a degree that was statistically significant. If certain types of individuals are more likely to perservere in the program, either the data base here is too small to reveal any persistent trends, or the variables included in this study are not relevant to this question. It is also possible, however, that the factors affecting long tenure in the program (and supposed congruity with the program) are too subtle or too complicated for measurement. Another explanation is that there is no basis for analyzing in this way; that those who participate in the program for a long period of time may be a very diverse group with very diverse reasons for their participation. The program director feels that the dropout rate is simply a factor of adapting to confrontation; there are some who choose to remain through the early discomforts of the confrontive atmosphere and work out their feelings, and there are others who abandon this effort.

Some research on Asklepion programs has been done which defines program dropouts and completers. For example, in a study of a therapeutic community in a federal institution⁵, dropouts were defined as those who voluntarily withdrew from the program. Completers were defined as those inmates remaining in the program until (a) parole or (b) transfer to another institution to work as an inmate staff member in a similar program. In this study, a significant difference was found between dropouts and completers for several variables: length of remaining sentence, IQ score, and two personality factors as measured on the MMPI.

This present study of the MSP ATC used length of stay in the program as the dependent variable rather than dropout/completer categories. This approach was taken for several reasons:

- 1) Because residents enter ATC with different needs and respond to treatment at different rates, the program has not used length of time in the program to define a completer.

⁵David F.Mrad and Alan G. Kransoff, Ph. D., "Use of MMPI and Demographic Variables in Predicting Dropouts from a Correctional Therapeutic Community", Offender Rehabilitation, Vol. 1 (2), Winter 1976-77.

- 2) The orientation of the community is that any amount of time spent in residency could and should have an effect upon an individual. The director of the program feels that to categorize residents as to graduates or dropouts would be to skew the results in the most favorable light and to distort the real objectives of the community.
- 3) An assumption must be made in categorizing residents: that those who drop out and "who are willing to return to the general prison population, usually leave in conflict with the program and not as a result of having developed a substantial reorientation."⁶ However, the interviews with former ATC residents at MSP indicated that conflict with the program was not a major reason for leaving the community in most cases. Also, the former residents mentioned many impacts and effects which the community had upon them.

Therefore, the analysis of length of stay in the program did not differentiate between dropouts and completers.

Parole Outcome

One goal of the Asklepieion program is to help the inmate adjust to his confinement. But another goal looks beyond an effective method of correctional treatment that alters the lifestyle and life concept of the offender. Although many changes may have taken place in these individuals (changes in attitudes, social life, etc.) two effects which are probably the most important and most easily measurable are: employment and contact with the law. We are measuring then minimal criteria that have been defined for program success.

Contact was made with parole officers of former ATC residents who had returned to the streets. (Note: one inmate was discharged from MSP upon expiration, so no parole follow-up is available. Also, information is missing on a resident of Colorado.) In looking at outcome there is again no attempt to define graduates of the program vs. dropouts.

Because this study is looking at all ATC participants, there is no uniform parole time. The range of time on parole up to the cut-off date of this study, 4/15/78, is 279 weeks (from two weeks to 281 weeks). The average time on parole is 71.4 weeks and the median is 56.5 weeks.

Files showed that for the period between parole and 4/15/78, fifteen parolees were regularly employed or enrolled in school, and eleven were irregularly or sporadically employed. This latter category includes those who were idle for two or more months after leaving the correctional facility. Those who were categorized as regularly employed may have held a variety of jobs, but with only short periods of idle time between the jobs. Broken into very rough categories, based on the Parole Officer's (PO's) knowledge about the jobs, six were employed in manual labor, unskilled, or semi-skilled capacities, one was a full-time student, six were employed in some aspect of the counseling field, and two were apparently in professional-type or white collar jobs.

⁶Mrad and Krasnoff.

Based on PO information, which admittedly is not always accurate and up-to-date, eight of these twenty-six former residents were arrested while on parole. The relationship between employment and arrest history is as follows:

		<u>Regular Employment after Release</u>		
		<u>Yes</u>	<u>No</u>	
Arrest	Yes	2	6	8
	No	13	5	18
		15	11	26

The conditions of these arrests may be important in describing the paroled population.

REGULARLY EMPLOYED

One parolee was convicted of four traffic violations for which he was fined.

One parolee was convicted of burglary and accused of rape and aggravated assault and subsequently sent to St. Peter.

NOT REGULARLY EMPLOYED

One Parolee was arrested, but the charges were later dropped.

One parolee was convicted of disorderly conduct and served sixty days in the workhouse. He also had two abscondings, and is still at large on the second one.

One parolee is pending revocation for a new felony relating to drug trafficking.

One parolee was convicted of attempted aggravated robbery and has twelve additional felonies pending.

One parolee was arrested for petty theft but was not adjudicated. He also served a sentence in the workhouse for a felonious burglary.

One parolee was arrested for burglary with trial pending.

Three former residents were returned to correctional institutions after release. Of these, one was for a new offense and two were for technical violations.

The number of paroled ATC residents is still too small at this point to test for statistical significance between those who have maintained steady employment vs. those who have not, or between those who have had no subsequent contact with the law vs. those who have been arrested or revoked. A very rough outcome statistic is a ratio of three revocations to twenty-six parolees, which is a recidivism rate of approximately twelve percent. Bear in mind that this is a summary statistic spanning the history of the program and does not control for length of time on parole.

Research conducted by Dr. Ken Bowles at the United States Penitentiary at Marion, Illinois studied one hundred nineteen ATC residents who had been paroled throughout the history of the program. The results are as follows:

<u>Length of Time as ATC Resident</u>	<u>Recidivism Rate</u>
Less than Six Months	29%
Six to Twelve Months	26%
Twelve to Eighteen Months	23%
Over Eighteen Months	11%

The initial results show former residents who have been on the streets more than two years to have a recidivism rate of zero. Dr. Bowles found a significant correlation between the length of time in the Asklepion and recidivism rate.

At the Fort Grant Training in Fort Grant, Arizona, of one hundred eighty-nine inmates who had spent at least six months in Asklepion prior to release, eight are known to have returned to prison.⁷ This is a recidivism rate of approximately 4.5%.

Lay Therapy Training

Upon passage of TA 101 at a minimum score of ninety-five percent, residents pursuing lay therapy training must pass an exam which allows them to teach in the institute. Throughout the history of the community twenty-one residents have indicated an interest in lay therapy to the extent of teaching in the institute. Out of these twenty-one, eleven have been paroled and of these parolees, seven have been engaged in some type of employment in the counseling field since being paroled. Four paroled former residents who were not enrolled in lay therapy training took jobs related to the counseling field. Employment placements for these former residents includes various correctional facilities: St. Croix Camp, Anishinabe Longhouse, Lino Lakes, Retreat House. It is notable that none of these who took employment in the counseling area had any recorded prior experience in this field. Their involvement appears to be due totally to participation in Asklepion.

Also, other residents and former residents are involved in counseling activities within the institutions. For example, one inmate, one former ATC resident, is transferring to Lino Lakes to organize the new Asklepion community. Another is working with a program in an out-of-state facility. Several of the active residents are now working in a leadership level in the community.

Four ATC participants are under contract for advanced ITAA membership.

⁷ Testimony of Clifford W. Anderson, Superintendent of the Fort Grant Training Center before the Subcommittee on Penitentiaries and Corrections, Senate Committee on the Judiciary, August 2, 1978.

END