

**Evidence based and Gender Responsive Programs for Justice Involved Women:
Evaluation Findings and Resources¹**

Program Name	Description	Evaluations and Resources
Moving On (by Dr. Marilyn Van Dieten)	Goals are to provide women with opportunities to mobilize and enhance existing strengths, and access personal and community resources; incorporates cognitive-behavioral techniques with Motivational Interviewing and relational theory.	A recent evaluation of its use with women on probation in Iowa confirmed its effectiveness in reducing recidivism (Gehring, Van Voorhis, & Bell, 2010). Van Dieten, 1998 http://orbispartners.com/programs/for-females/moving-on/
Beyond Trauma: A Healing Journey for Women (by Dr. Stephanie Covington)	Uses psycho-educational and cognitive skills approaches to help women develop coping skills and emotional wellness to counter the effects of physical, emotional, and sexual abuse.	Studies on the program’s use in women’s prisons indicate the importance of addressing both trauma and substance abuse in women’s recovery (Messina, Calhoun & Braithwaite, 2014; Saxena, Grella & Messina, 2015; Saxena, Messina & Grella, 2014). Evaluations found positive changes in specific domains of the TCU Criminal Thinking, Psychological Adjustment, and Social Functioning scales for women who completed <i>Helping Women Recover/Beyond Trauma</i> at an Oklahoma women’s prison (OK DOC, 2013). Covington, 2003 http://www.stephaniecovington.com/beyond-trauma-a-healing-journey-for-women1.php
Helping Women Recover: A Program for Treating Addiction (by Dr. Stephanie Covington)	Addresses substance abuse by integrating the four theories of women’s offending and treatment: pathways, addiction, trauma, and relational theories.	<i>See evaluation results for Beyond Trauma above.</i> Covington, 2008 http://www.stephaniecovington.com/helping-women-recover-a-program-for-treating-substance-abuse.php
Beyond Violence: A Prevention Program for Criminal Justice-Involved Women (by Dr. Stephanie Covington)	Beyond Violence focuses utilizes a multi-level approach and a variety of evidence based therapeutic strategies (i.e., psycho-education, role playing, mindfulness activities, cognitive-behavioral restructuring, and grounding skills for trauma triggers). It is designed to assist women in understanding trauma, the multiple aspects of anger, and emotional regulation.	Evaluations of Beyond Violence’ (BV) use with incarcerated women show significant reductions in PTSD, anxiety, anger, aggression, and symptoms of serious mental illness (Kubiak et al., 2014; Kubiak, Kim, Fedock & Bybee, 2015; Kubiak, Kim, Fedock & Bybee, 2012; Messina, 2014; Messina, Braithwaite, Calhoun & Kubiak, 2016). Preliminary results from a pilot BV program in one correctional facility in Michigan showed that during the first year on parole, BV participants were less likely to recidivate (33% of BV participants v. 40% of non-participants); were less likely to test positive for drugs (58% v. 80%); and produced fewer positive drug screens (1.9 v. 3.6).

BV participants also had better treatment adherence outcomes (Kubiak, 2013).

Covington, 2014

<http://www.stephaniecovington.com/beyond-violence-a-prevention-program-for-criminal-justice-involved-women1.php>

Seeking Safety
(by Dr. Lisa Najavits)

Treats the co-existing disorders of trauma, PTSD, and substance abuse; draws from the research on cognitive-behavioral treatment of substance abuse disorders, post-traumatic stress treatment, and education.

Evaluations indicate improvements in social adjustment, psychiatric symptoms, problem-solving, substance abuse, and depression (<http://www.treatment-innovations.org/evidence.html>).

Evaluations on its use with justice-involved women also show promising results (Lynch, Heath, Mathews & Cepeda, 2012, Zlotnick et al., 2003). A study of peer led SS found significant positive outcomes in trauma-related problems; psychopathology; functioning; self-compassion; and coping skills (Najavits et al., 2014). In a recent randomized controlled study, SS participants had significantly less trauma symptoms and depression than the control group (Tripodi & McCarter, 2015. Further study is underway on the impact of SS on criminal justice outcomes).

Najavits, 2002

<http://www.seekingsafety.org/>

Forever Free²

Goals are to reduce substance use and recidivism. It runs as a modified therapeutic community and provides substance abuse treatment and relapse prevention services.

The one program evaluation conducted thus far demonstrated that participants had fewer arrests or convictions while on parole supervision than participants in a comparison group (Hall et al., 2004).

Kassebaum, 1999

<http://legacy.nreppadmin.net/ViewIntervention.aspx?id=118>

Dialectical Behavioral Therapy (DBT)³

A cognitive-behavioral approach involving skills training, motivational enhancement, and coping skills.

DBT has been tested in many settings and found to increase intermediate outcomes such as reductions in drug use, suicide attempts, and eating disorder measures, and improvements in mental health symptoms (Dimeff, Koerner, & Linehan, 2002). One study of female juvenile offenders, found reductions in behavioral problems (Trupin, Stewart, Beach, & Boesky, 2002).

<http://behavioraltech.org/resources/whatisdbt.cfm>

http://behavioraltech.org/downloads/Research-on-DBT_Summary-of-Data-to-Date.pdf

Linehan, 1993

Endnotes:

¹ Some content was adapted from: Gehring & Bauman, 2008; Van Voorhis et al., 2009.

² Forever Free is no longer in operation at the California Institution for Women, but is in operation at Casa Aurora, a community corrections center for women in Bakersfield, CA (Personal communication with David Conn, January, 5, 2016). This program implements the Center for Substance Abuse Treatment (CSAT) guide for treating women offenders (Kassebaum, 1999).

³ Not developed specifically for female offender populations, but addresses abuse and trauma.

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