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# Residential Substance Abuse Treatment Programs for Women



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## Synopsis

- ◆ Quick overview of Forever Free (Jeske)
- ◆ Forever Free's success (Prendergast, Hall)
- ◆ How Forever Free began (Jeske, Conn, Chavez)
- ◆ How the integrity of the program was maintained (Chavez, Conn, Jeske, Peterson)



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## Background: Forever Free Substance Abuse Treatment Program

- Started in 1991
- Designed specifically for women
- Cognitive-behavioral model (Gorski)
- Participants housed separately, but mix with other inmates during meals and work assignments
- Intensive six-month program provided to volunteering women inmates during the end of their imprisonment
- Upon release, women may also volunteer for an additional six months of residential treatment in the community

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## Documenting Forever Free's Success: Aims of Outcome Evaluation

- Compare the 12-month outcomes of Forever Free participants with similar inmates from the general prison population on:
  - ◆ parole performance
  - ◆ drug use
  - ◆ employment
  - ◆ psychological functioning
- Determine what in-treatment variables predict outcome for Forever Free participants

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# Outcome Study Participants

- Female
- 215 inmates
  - ◆ 119 enrolled in Forever Free
  - ◆ 96 in comparison group enrolled in drug education
- Housed at California Institution for Women near Chino
- Low educational attainment
- 66% have children under 18
- Offenses were primarily drug or drug-related
- During the 30 days before incarceration, the treatment group reported spending an average of \$125 on alcohol and \$1,976 on illegal drugs

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## Age and Ethnicity

	Treatment (N=119)	Comparison (N=95)
Age <sup>1</sup>		
Age in years (mean)	35	34
Ethnicity (percent) <sup>2</sup>		
White	36	31
African American	31	38
Latina	24	19
Other	9	12

<sup>1</sup>Independent sample t-test, differences were non-significant at  $p = .05$  level.

<sup>2</sup>Fishers Exact Test (2-Tail), differences were non-significant at  $p = .05$  level.

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## Drug Use History

	Treatment	Comparison
Primary Drug of Abuse (percent) <sup>1</sup>		
Cocaine/crack	36	54
Amphetamine/methamphetamine	28	16
Heroin and other opiates	25	21
Alcohol	6	6
Other drugs	4	3
Ever injected in lifetime (% yes)	64*	50
Received drug education or treatment during past incarcerations (% yes)	25*	39

<sup>1</sup> Fishers Exact Test (2-Tail), differences were non-significant at  $p = .05$  level.

\* Fishers Exact Test (2-Tail),  $p < .05$ .

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## Arrest and Incarceration History

	Treatment	Comparison
Lifetime arrests (mean) <sup>1</sup>	15	17
Age first arrested (mean) <sup>1</sup>	19	18
Lifetime incarcerations (mean) <sup>1</sup>	8	9
Age first incarcerated (mean)	21	N.A.
Controlling case (percent) <sup>2</sup>		
Drug offenses	62	64
Robbery, burglary, forgery	27	26
Assault	4	4
Other	7	6

<sup>1</sup>Independent sample t-test, differences were non-significant at  $p = .05$  level.

<sup>2</sup>Fisher's Exact Test (2-tail), differences were non-significant at  $p = .05$  level.

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# Methods

## In-prison assessment:

- ◆ Twice for the treatment group
- ◆ Once for the comparison group (abbreviated form)

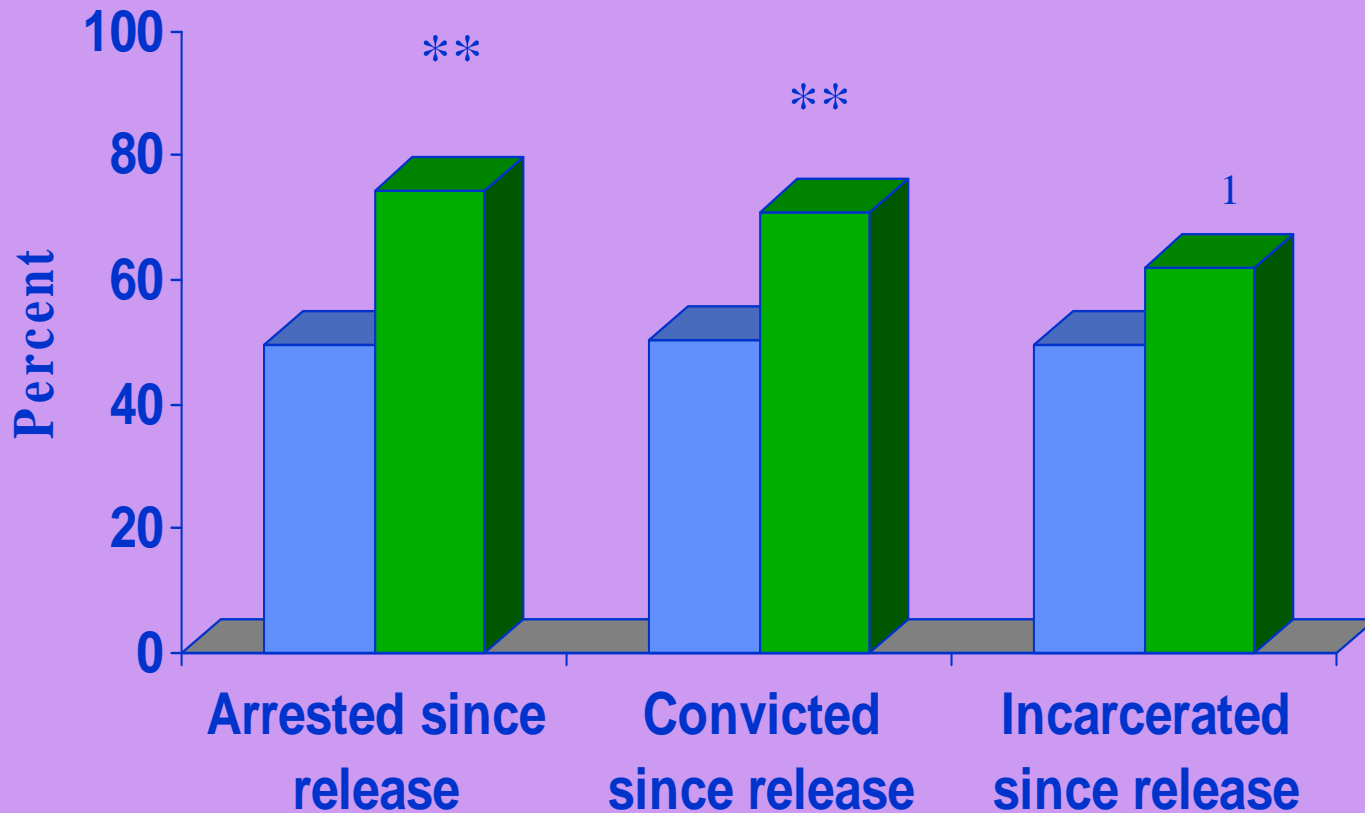
## One-year post-release interviews:

- ◆ Telephone and face-to-face
- ◆ Urine samples



# Criminal Justice Measures

## Forever Free participants perform better



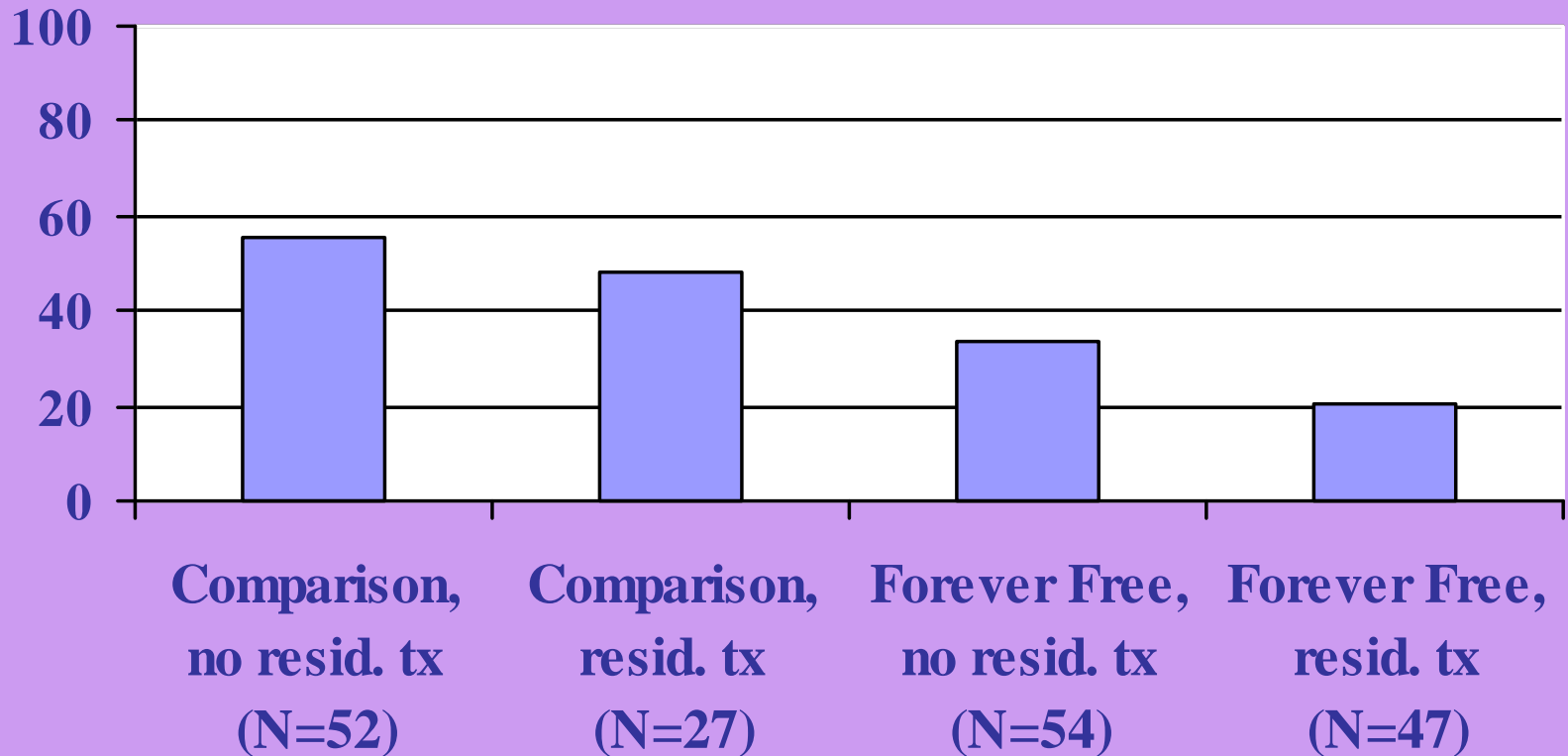
\*\*  $p < .01$   
<sup>1</sup>  $p = .09$

Forever Free Comparison

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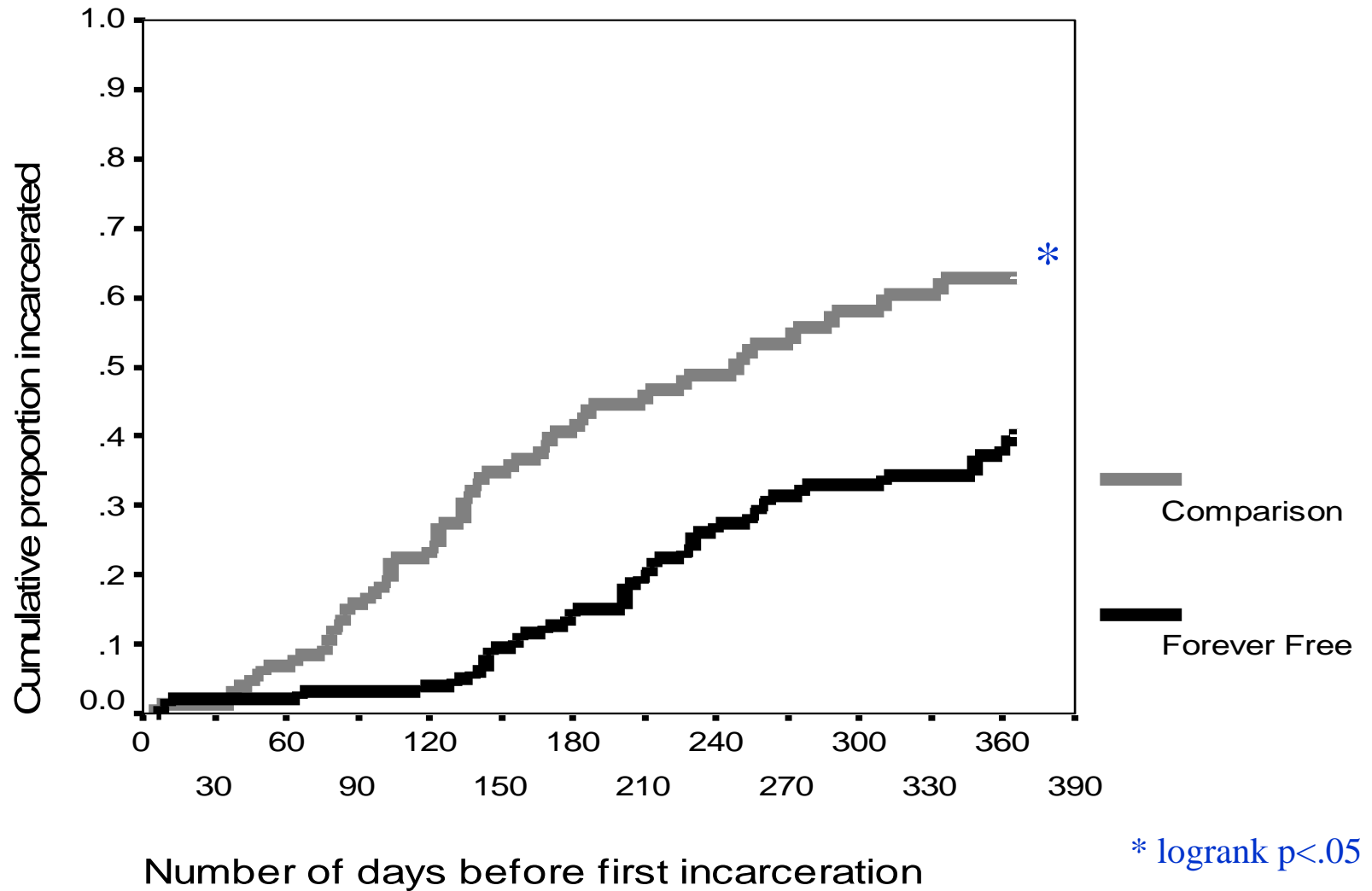
# Percent Reincarcerated

## Prison treatment + parole treatment = best outcome

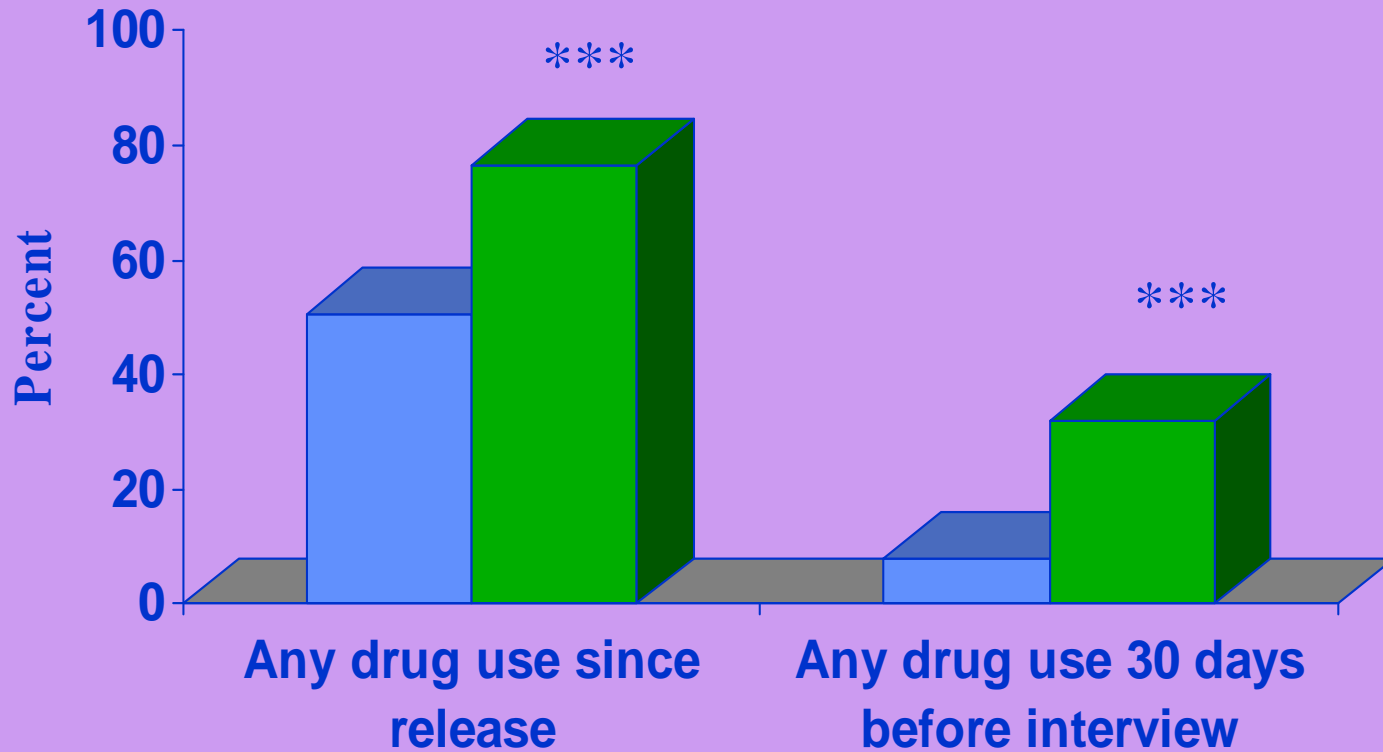


$p = .006$ , chi square

# Forever Free significantly delays reincarceration



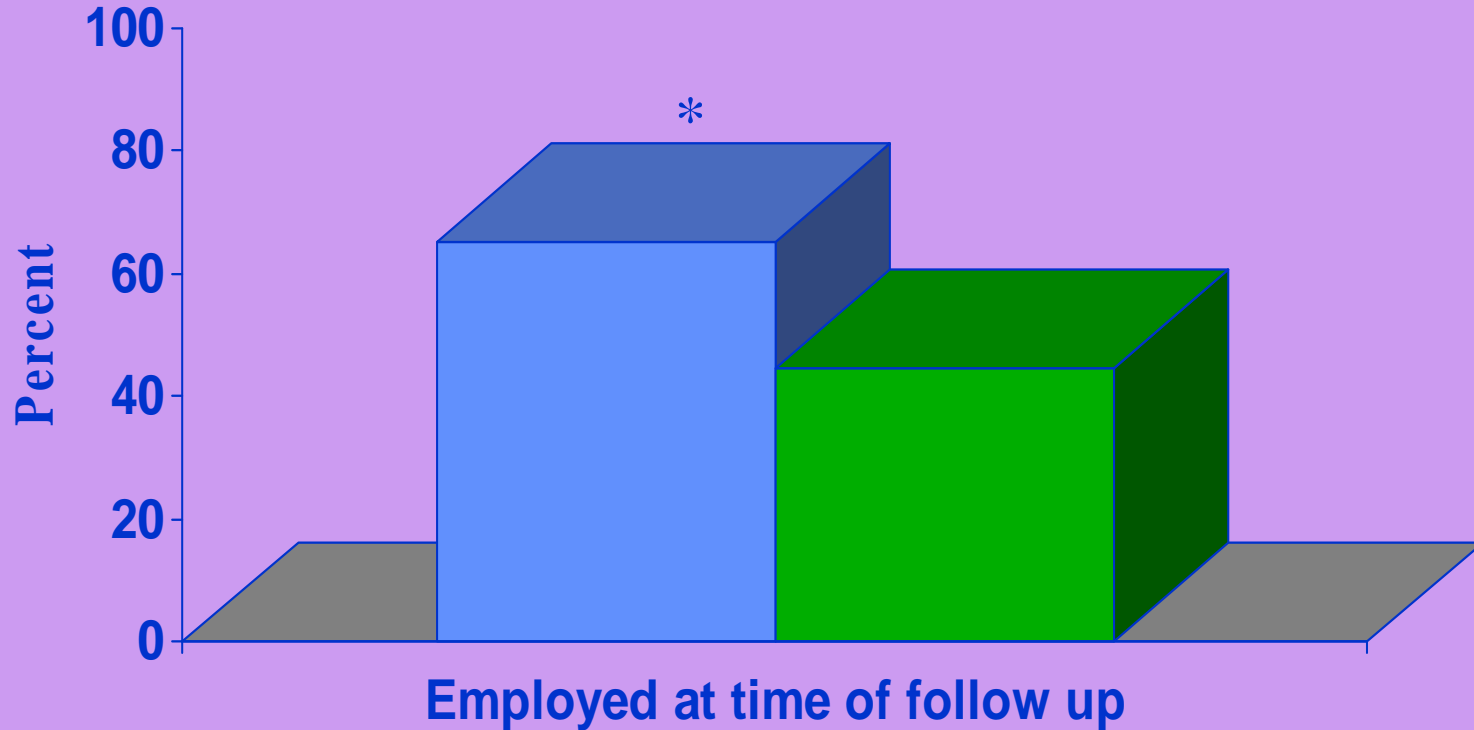
# Lower levels of drug use among Forever Free participants



\*\*\*  $p < .001$

Forever Free Comparison

# Higher level of employment among Forever Free participants



\*  $p < .05$

Forever Free Comparison

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## Additional Findings

- Forever Free women who attended residential treatment during parole were 15 times more likely to be employed
- Income of those employed was barely above minimum wage
- Nearly 80% of women in both groups smoked, of these approximately 80% wanted treatment for smoking
- Forever Free participants scored significantly better on psychological functioning at follow up
- Women in both groups had a high need for services during parole; the greatest unmet need was for vocational services
- Of women with minor children, a higher percentage of Forever Free participants had their children living with them and a higher percentage of Forever Free participants rated themselves as doing “Well” in their parenting

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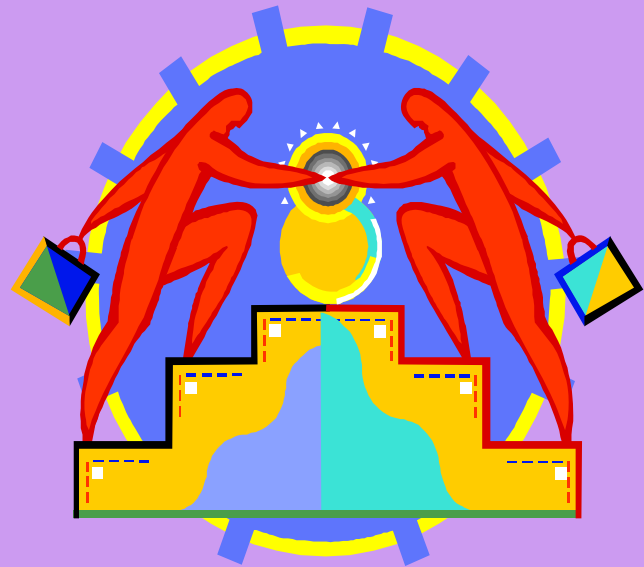
## Recommendations

- Strongly encourage or mandate community aftercare
- Require a service needs assessment prior to parole
- Link Forever Free parolees to community services
- Provide vocational training to improve income status of women and their children
- Undertake additional research on:
  - ◆ cognitive-behavioral treatment in prison settings
  - ◆ the impact of post-release services, especially vocational training, on long-term outcome
  - ◆ improving parenting outcomes

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## How the Forever Free program began

- California Department of Corrections in Sacramento
- Warden buy-in
- Custody staff buy-in
- Training for custody staff
- Bumps along the way



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## How the integrity of the program was maintained

- ✓ Long-term involvement of both CDC and Mental Health Systems staff
- ✓ Continuing evaluation
- ✓ Counselor training
- ✓ Custody staff training
- ✓ Staff pay

