

**Service Inventory: Prisons**

This inventory presents information about major services and treatments offered in prison settings. These services are predominately provided by the Minnesota Department of Corrections (DOC). The Impact on Outcomes column shares findings from rigorous research on how effective the service is at reducing recidivism. This analysis does not look at other potentially beneficial outcomes, such as increased employment or improved health outcomes. More information about the findings or about Results First can be found at the bottom of the inventory.

Service/Practice	Service description	Involved agencies	Average length of service	Average frequency of service	Impact on outcomes	Source of evidence	Voices from the field
Affordable Homes Program (ICWC/AHP)	Inmates construct affordable housing under supervision of a qualified construction foreman and stay in county jails for the duration of the program.	DOC	7 months	40 hours a week	No effect on recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	MNDOC notes a positive change on employment in the construction trade. Moreover, local communities and nonprofits benefit from low-cost labor and additions to the stock of affordable housing.
Beyond Trauma	Beyond Trauma is a gender-responsive, cognitive behavioral program for female offenders with a history of trauma.	DOC	3 months	Twice a week	Theory-based effect on recidivism		MNDOC notes the California Evidence-Based Clearinghouse categorizes Beyond Trauma as an evidence-based practice when it is delivered with Helping Women Recover (bit.ly/2aSrROS).
Beyond Violence	Beyond Violence is a gender-responsive, cognitive behavioral program for female offenders with a history of victimization and violence.	DOC	5 months	Twice a week	Theory-based effect on recidivism		MNDOC cites a study that found Beyond Violence led to positive changes in "mental health symptoms and forms of anger expression." An ongoing study is assessing the impact on recidivism. If the findings are positive and meet the criteria for rigor, Beyond Violence would move to promising.
BRIDGE	BRIDGE includes job training and placement services, in conjunction with work release.	DOC, MINNCOR	8 months	40 hours a week	Theory-based effect on recidivism; ongoing local evaluation		Requires a high school diploma or GED to participate.
Career and technical education	This includes post-secondary education and technical training in various vocations to develop skills offenders can use to find and retain post-release employment.	DOC, MINNCOR	8 months	Varies	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	Requires a high school diploma or GED to participate.
Challenge Incarceration Program (CIP)	CIP is a voluntary early-release, boot camp program that includes physical training, cognitive skills development, education, chemical dependency treatment and intensive supervised release (ISR).	DOC, Counties	18 months; final 12 months on supervision	Phase I: 6x/week Phase II: 1-3x/week Phase III: 2x/month	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	
Challenge Program	This service utilizes interactive journaling and group discussions to encourage self-reflection.	DOC	10-11 months	1.5 hours a week	Theory-based effect on recidivism		
Chemical dependency treatment (CD)	CD participants stay in long-term residential living units that address both substance abuse issues and criminogenic factors.	DOC	6-9 months	15-25 hours a week	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	
Chemical dependency treatment (CD) (Short term)	Inpatient CD for those with shorter prison sentences. Emphasizes release planning component.	DOC	4 months	15-25 hours a week	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	
Cognitive Behavioral Therapy	Cognitive behavioral therapy includes cognitive restructuring, social skills development, and use of problem-solving skills. Thinking 4 a Change (T4C) is a brand name cognitive behavioral therapy.	DOC	25 sessions	2-4 hours per week	Proven effective at reducing recidivism	<a href="#">Crime Solutions</a>	
Correctional adult basic education	Correctional adult basic education occurs in a prison setting. It includes special education, English as a Second Language (ESL), and General Education Development (GED) preparation. A high school diploma or GED is a prerequisite for post-secondary coursework.	DOC, MDE	4-5 months	Varies	No effect on recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	Minnesota Department of Corrections (MNDOC) notes the program opens a pathway to post-secondary attainment. Their research shows post-secondary credentials lead to improved employment and recidivism outcomes (see Career Technical Education below). Minnesota ranks first nationally in GED completion rates for offender students.
Emotional intensity groups	Psychoeducation treatment uses components of the Systems Training for Emotional Predictability and Problem Solving (STEPPS) curriculum.	DOC	2 months	2 hours per week	Theory-based effect on recidivism		

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EMPLOY	EMPLOY is vocational education combined with programming on job search skills and assistance finding and retaining post-release employment.	DOC, MINNCOR	15 months	Daily	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	Requires a high school diploma or GED to participate.
InnerChange Freedom Initiative	InnerChange is a faith-based prisoner reentry program with mentorships that continue post-release.	DOC	30 months	Varies	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	
Institution/Community Work Crew (ICWC)	Inmates work on community projects under supervision of a crew leader.	DOC	8 months	40 hours a week	Theory-based effect on recidivism		Minnesota Department of Corrections (MNDOC) notes work crews provide benefits to local communities through service.
MINNCOR (Correctional Industries)	Prison jobs where inmates earn a wage and develop job skills. A portion of profits from product sales is reinvested into DOC programming.	DOC, MINNCOR	Less than 48 months	25 hours a week	Proven effective at reducing recidivism (MN)	<a href="#">WWR</a>	Requires a high school diploma or GED to participate.
MnCOSA	A group of trained volunteers provide weekly pro-social support to Level 2 sex offenders four weeks before release and for at least one year after release.	DOC	9-15 months	1-2 hours a week	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	
Moving On	A gender-responsive, cognitive behavioral program for female offenders.	DOC	3 months	4 hours per week	Proven effective at reducing recidivism (MN)	<a href="#">WWR</a>	
Power of People (prison-based services)	Power of People includes life skills and relationship-building for inmates. The curriculum teaches readers to identify positive relationships and lifestyles.	DOC	3 months	2 hours per week	Theory-based effect on recidivism	<a href="#">What Works with MN Prisoners</a>	MNDOC notes that this program has changed since the 2006-2011 period studied in an evaluation that found no impact on recidivism (Clark & Duwe, 2015). This evaluation did not examine other potentially important outcomes such as prison misconduct.
Pre-release employment services (DEED)	This employment service program for offenders is often provided in conjunction with a career and resource fair.	DOC, DEED	6-8 hours	Once	Theory-based effect on recidivism		
Restorative Justice 101	This introductory class teaches principles and practices of restorative justice.	DOC	2 months	1.5-2 hours per week	Theory-based effect on recidivism		
Sex offender treatment	This prison-based inpatient sex offender treatment incorporates cognitive behavioral therapy and focuses on high-risk offenders.	DOC	16 months	Daily	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	
Thinking for a Change (T4C)	T4C is a cognitive behavioral therapy program that includes cognitive restructuring, social skills development, and use of problem-solving skills.	DOC	25 sessions	2-4 hours per week	Proven effective at reducing recidivism (MN)	<a href="#">Crime Solutions</a>	
Victim Impact Class	This course increases an offender's awareness of the impact crime has on victims and teaches them to take responsibility for their actions.	DOC	3 months	2 hours per week	Theory-based effect on recidivism		
Work release	Carefully screened offenders are released from prison to county jails and are employed in the community.	DOC, Counties	4-5 months	40 hours a week	Proven effective at reducing recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	
Core correctional services, required offerings, or other service categories							
General reentry services	Release planning prepares offenders for life outside prison. It addresses how to attain identification, housing, employment, health care, etc.	DOC	2 months, prior to release	Varies	Category of services		
Other behavioral health services	Continuum of mental health services. Four levels include self-help groups, outpatient interventions, supporting living units, and residential care.	DOC	Varies	Varies	Category of services		

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Other enrichment services	These services provide an opportunity for self-development. Examples include art, critical thinking skills, library, and a computer learning center.	DOC	Varies	Varies	Category of services		
Other groups addressing criminogenic needs	Individual institutions have latitude to offer a range of courses that seek to address criminogenic needs. These programs range from professionally staffed programs to loosely structured, volunteer-led groups.	DOC	Varies	Varies	Category of services		
Parenting & family services	Assorted programs, such as Families in Focus, Parenting with a Purpose, and Reading is Fundamental, promote healthy, growing, and supportive family relationships.	DOC	Varies	Varies	Category of services		
Release planning for Serious and Persistent Mental Illness (SPMI)	Services to address vocational, housing, chemical dependency, psychiatric medical, and transportation needs for offenders with serious and persistent mental illness.	DOC	2 months, prior to release	Varies	No effect on recidivism (MN)	<a href="#">What Works with MN Prisoners</a>	Statute requires release planning for every offender with SPMI. MNDoc adds, though no impact was found on recidivism, there may be positive impacts on hospitalizations or psychiatric symptoms. These impacts have not yet been studied in Minnesota.
Religious services	A wide range of faith-based groups and services are offered at facilities and cover many faiths and religious bodies.	DOC	Varies	Varies	Category of services		

Impact on outcomes: definitions	
Proven effective	A proven effective service or practice offers a high level of research on effectiveness, determined through multiple qualifying evaluations outside of Minnesota or one or more qualifying local evaluation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs. The label <b>MN</b> indicates a local rigorous evaluation.
Promising	A promising service or practice has some research demonstrating effectiveness, such as a single qualifying evaluation that is not contradicted by other such studies, but does not meet the full criteria for the proven effective designation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
Theory-Based	A theory-based service or practice has no research on effectiveness or less rigorous research designs that do not meet the above standards. These services and practices typically have a well-constructed logic model or theory of change. This ranking is neutral. Services may move up to promising or proven effective after research reveals their impact on outcomes.
No effect	A service or practice with no effects has no impact on the desired outcome. It does not include the service's potential effect on other outcomes. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs. The label <b>MN</b> indicates a local rigorous evaluation.
Category of services	These services represent a category of services that a client may receive, dependent on need. As services can vary from client to client, we cannot assess their effectiveness.

About Results First
<p>A bipartisan provision enacted during the 2015 legislative session instructs Minnesota Management &amp; Budget (MMB) to conduct benefit-cost analyses for corrections and human services, using the Pew-MacArthur Results First framework. The Results First team at MMB partners with agencies and counties to estimate benefit-cost ratios associated with practices that have been rigorously evaluated.</p> <p>As policymakers face difficult budget choices, knowing which services have proven outcomes that lead to taxpayer savings is valuable. This ability to make informed choices when employing public resources maximizes the benefits to state residents. This inventory provides a central repository of services offered in Minnesota and evidence of their effectiveness.</p> <p>MMB will release the adult criminal justice benefit-cost analysis in late 2016. More information is available on our website: <a href="https://mn.gov/mmb/results-first/">https://mn.gov/mmb/results-first/</a>. The benefit-cost analysis is based on the Washington State Institute for Public Policy (WSIPP) model. The technical appendix is on their website: <a href="http://www.wsipp.wa.gov/BenefitCost">http://www.wsipp.wa.gov/BenefitCost</a></p> <p>Voices from the field column MMB understands that services are complex and quality research exists that may not meet our definitions. We welcome that context and detail. If your organization would like to add a voices from the field comment, email <a href="mailto:ResultsFirst@state.mn.us">ResultsFirst@state.mn.us</a>. The statement must be brief, validated by MMB, and attributable to the submitting organization. It can include links to additional information.</p>