

**TREATING TRAUMA IN THE KENTUCKY
DEPARTMENT OF CORRECTIONS PRISON
SYSTEM: SUCCESS OF SPECIALIZED
PROGRAMS IN CORRECTIONAL SETTINGS
UNDER THE NOA COUNSELING MODEL**



Robert A. Kirchner, Ph.D.
Susan Greenough
Glacier Consulting, Inc.

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This report is the fourth in a series of reports on the impact of specialized treatment under the framework of Moral Reconciliation Therapy throughout the Kentucky Correctional System addressing criminal behavior and drug abuse disorder problems of inmates. This report was prepared by Glacier Consulting, Inc., a non-profit research organization dedicated to providing information on what works in treatment of criminal offenders. The views of the authors do not represent the opinions, policies, or official positions of the Kentucky Department of Corrections.

Previous reports on the implementation and effectiveness of Moral Reconciliation Therapy (MRT) to address substance abuse disorder and create behavioral change are:

KIRCHNER, ROBERT A., AND SUSAN GREENOUGH (2017) *SUCCESS OF MORAL RECONCILIATION THERAPY (MRT) IN KENTUCKY CORRECTIONAL SETTINGS: TREATING MENTAL HEALTH AND CREATING BEHAVIORAL CHANGE (COMBINED REPORT WITH INDIVIDUAL INSTITUTION DATA)* JACKSONVILLE BEACH, FL: GLACIER CONSULTING, INC.

KIRCHNER, ROBERT A., AND SUSAN GREENOUGH (2018) *SUCCESS OF MORAL RECONCILIATION THERAPY (MRT) FOR INMATES VERSUS A CONTROL GROUP IN CORRECTIONAL SETTINGS: ANALYSIS WITHIN THE KENTUCKY DEPARTMENT OF CORRECTIONS PRISON SYSTEM UNDER THE NOA COUNSELING MODEL.* JACKSONVILLE BEACH, FL: GLACIER CONSULTING, INC.

Previous reports on specialized programs:

Kirchner, Robert A., and Susan Greenough (2018) *SUCCESS OF SPECIALIZED TREATMENT PROGRAMS FOR INMATES IN CORRECTIONAL SETTINGS: PARENTING AND FAMILY VALUES INTERVENTION WITHIN THE KENTUCKY DEPARTMENT OF CORRECTIONS PRISON SYSTEM UNDER THE NOA COUNSELING MODEL.* JACKSONVILLE BEACH, FL: GLACIER CONSULTING, INC.

ROBERT A. KIRCHNER, AND SUSAN GREENOUGH (2018) *SUCCESS OF SPECIALIZED TREATMENT PROGRAMS FOR INMATES IN CORRECTIONAL SETTINGS: COPING WITH ANGER INTERVENTION WITHIN THE KENTUCKY DEPARTMENT OF CORRECTIONS PRISON SYSTEM UNDER THE NOA COUNSELING MODEL.* JACKSONVILLE BEACH, FL: GLACIER CONSULTING, INC.

Kirchner, Robert A., and Susan Greenough (2019) *SUCCESS OF COPING WITH ANGER INTERVENTION COURSE FOR INMATES VERSUS A CONTROL GROUP: ANALYSIS WITHIN THE KENTUCKY DEPARTMENT OF CORRECTIONS PRISON SYSTEM UNDER THE NOA CONSULTING MODEL.* ST. AUGUSTINE, FL: GLACIER CONSULTING, INC.

Kirchner, Robert A., and Susan Greenough (2019) "Success of Moral Reconciliation Therapy (MRT) in Kentucky Correctional Settings: Treating Mental Health and Creating Behavior Change." In Cognitive Behavior Therapy Review, First and Second Quarter 2019. Germantown, TN: Correctional Counseling, Inc.

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Introduction

Glacier Consulting, Inc. (GCI) has been tasked to perform an evaluation of the implementation and impact of “specialized” treatment modalities that are conducted for inmates assessed to need these specialized programs. The following specialized MRT programs were analyzed:

- Breaking the Chains of Trauma (Men)
- Breaking the Chains of Trauma (Women)
- Battling Shadows for Veterans and PTSD Trauma

The implementation is guided by the NOA Model designed for the Kentucky Department of Corrections. Results across the three programs showed outcomes for those clients completing the programs consistent with program effectiveness. Some program locations reported significant reductions in the number of disciplinary issues¹ and each showed reductions in recidivism. Targets of trauma can be historical, sometimes intergenerational, and/or current.

Implementing the Programs

What is Trauma? According to SAMHSA’s Trauma and Justice Strategic Initiative, “trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being.”

¹ See: KIRCHNER, ROBERT A., AND SUSAN GREENOUGH (2018) *SUCCESS OF MORAL RECONATION THERAPY (MRT) FOR INMATES VERSUS A CONTROL GROUP IN CORRECTIONAL SETTINGS: ANALYSIS WITHIN THE KENTUCKY DEPARTMENT OF CORRECTIONS PRISON SYSTEM¹ UNDER THE NOA COUNSELING MODEL*. JACKSONVILLE BEACH, FL: GLACIER CONSULTING, INC.

Individuals entering the program were selected based on the results of the assessment tool Becks Depression Inventory II (BDI).

The mental health intervention implemented under the NOA Model is based on the Moral Reconnection Therapy (MRT) modality for addressing behavioral change. MRT is a cognitive-behavioral group process that is based on the theory that thoughts, beliefs, and attitudes are the primary determinants of behaviors. MRT is designed to “facilitate a change in the client’s process of conscious decision-making” and “enhance appropriate behavior through development of higher moral reasoning”. MRT seeks to move clients from egocentric, hedonistic (pleasure vs. pain) reasoning to levels where concern for social rules and others become important. Research has shown that as clients pass MRT steps, moral reasoning increases.

The delivery of MRT is both highly structured and directive, which engages clients and keeps them on track. Achievements of each step in the program are clearly understood and client progress can be documented at every stage of the program. Clients quickly establish ownership of their participation because the program emphasizes feedback and client reflection. Each step in the program involves completing specific assignments and reporting on how they completed the step.

The MRT trauma-informed care recovery program includes a 67-page workbook [*Breaking the Chains of Trauma*](#) based on the MRT approach. The program is designed to be eight-sessions that can be implemented in an open-ended format where new participants can enter at any time.

There are separate workbooks for [female](#) and [male](#) participants with a [Spanish version](#) for each. Clients complete homework from the workbook, and the facilitator passes the client to

the next exercise or has the client redo the homework, based on objective criteria. A [Facilitator Guide](#), [audio cd set](#), and [Program Journal](#) are also available as resources.

Work with veterans to resolve trauma issues using a 146-page workbook [Battling Shadows: Veterans, Trauma, and PTSD](#). The workbook is organized into 8 extensive sessions, and each session includes a separate daily journal section. This is a 26-week cognitive behavioral clinical program for trauma and PTSD treatment which targets veterans that experienced problems with critical life events.

This is the fourth in a series of treatment resources for inmates (both women, men and veteran inmates) assessed to be facing trauma-related and critical life issues. The study focuses on programs targeted to individuals who have problems with managing feelings of anger and frustration in an appropriate way. It is used with violent offenders, and argumentative or oppositional clients.

Clients complete homework prior to coming to group sessions. In group, each client presents his or her homework to the group and the facilitator then passes the client or has the client redo the homework based on objective criteria. The groups are open-ended, meaning the new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. A typical group has a current client present as well as at least one client who previously passed the section as commentator. The program is individualized to specific client needs by requirements to meet with the facilitator or counselor at several intervals.

PROGRAM EFFECTIVENESS:

DATA, ANALYSIS AND FINDINGS

Data for this report came from sources that are internal to the Department's systems for tracking the program.² Reported data covers individuals who participated in the following 3 specialized programs during 2016 to January 2020:

- Breaking the Chains of Trauma (Men)
- Breaking the Chains of Trauma (Women)
- Battling Shadows for Veterans and PTSD Trauma

The data provided the necessary information to depict the population based on five (5) selection criteria, together with additional descriptive variables. Program outcomes are then reported along with relational analyses that help increase understanding of the trends and patterns of implementation over time. Findings are provided for the identified specialized program at the following five (5) institutions:

Breaking the Chains of Trauma (Men)

- **Eastern Kentucky Correctional Complex (EKCC)**
- **Kentucky State Penitentiary (KSP)**

Breaking the Chains of Trauma (Women)

- **Kentucky Correctional Institution for Women (KCIW)**
- **Ross Cash Correctional Complex (RC)**

Battling Shadows for Veterans and PTSD Trauma

- **North Point Training Center (NTC)**

² The KDOC supports the Kentucky Offender and Management System (KOMS), which is important to the management of prisons statewide. We want to express our appreciation for their support in providing data for this study.

Program Participants

The number of participants attending the specific course in each program location is shown in the table below:

Number of Program Participants		
Breaking the Chains of Trauma for Men	EKCC	205
	KSP	282
Breaking the Chains of Trauma for Women	KCIW	75
	RC	83
Battling Shadows for Veterans & PTSD Trauma	NTC	54

Characteristics of the Attendees

The data provided the necessary information to depict the participants in the specialized program based on 6 descriptive variables, including:

- Age
- Race
- Level of Education
- Mental Health Score
- Level of Security
- Prior Program Completions

Each variable is presented for the program participants in each institution. The findings for each program are provided separately. This provides the basis for assessing the validity of outcome, with relational analyses to understand the overall program effectiveness.

To understand program outcomes, we review the status of clients and the number of sessions present in the program. We examine whether additional sessions have any significant impact on the number of disciplinary write-ups. Finally, we will look at recidivism rates.

Program Assessment:

Breaking the Chains of Trauma for Men

Characteristics of the Clients

Age:

With regard to age, the distribution of clients is grouped into the following six categories:

20 – 29, 30 – 39, 40 – 49, 50 – 59 and > 60.

The percentage breakdown is shown in the table to the right. The majority of clients attending the program are ages 30 – 39.

However, the program addresses and is showing success with clients across the age

spectrum. Specifically, there is a significant distribution of clients in the 20 – 29 age group as well as the 40 – 49 age group across the institutions. The median age for participants in at EKCC is 35.6 and at KSP, the median age is 35.9.

Breaking the Chains of Trauma for Men (Age Range)		
Age Groups	EKCC	KSP
20 to 29 years	28%	23%
30 to 39 years	42%	45%
40 to 49 years	20%	20%
50 to 59 years	8%	10%
60 and older	1%	1%
Total Participants	100%	100%

Ethnicity:

The table to the right shows the ethnicity breakout by institution. The percentages relating to race are consistent across institutions. The ethnicity of those clients completing the program is consistent with the percentages shown in the table.

Breaking the Chains of Trauma for Men (Ethnicity)		
Ethnicity	EKCC	KSP
White	65%	61%
Black	33%	37%
Bi-Racial	1%	---
Hispanic/Latino	---	1%
Total Participants	100%	100%

Education:

The next selection variable is education level. For purposes of analysis, education level is depicted according to the following categories: less than 12 years, grade 12, grades 13-16 and greater than 16. The distribution of clients based on the number of grades is shown in the table to the right. The majority of male program attendees completed 12th grade.

Breaking the Chains of Trauma for Men (Education Level)		
Education Groups	EKCC	KSP
Grade 12	68%	69%
Grades 13 to 16	8%	12%
Greater than 16	5%	2%
Less than 12 years	19%	17%
Total Participants	100%	100%

Mental Health Score: The next variable is the current mental health score. This includes scores from 0-5 with 0 being no mental health to 5 beings severally mentally ill. The table depicts the percentage of clients for each mental health score. The data shows that the majority of clients across each institution reported no mental health issues.

Breaking the Chains of Trauma for Men (Current Mental (MH) Level))		
Current MH Level	EKCC	KSP
MH-0	55%	47%
MH-1	19%	15%
MH-2	26%	38%
Total Participants	100%	100%

Level of Security: The final selection variable is level of security (referred to in the data as the “custody level”). The table shows the breakdown of attendees by custody level. The categories include the following:

- Community (Level 1)
- Minimum (Level 2)
- Medium (Level 3)
- Close (Level 4)
- Maximum (Level 5)
- Restricted (Level A)

Breaking the Chains of Trauma for Men (Custody Level)		
Custody Level	EKCC	KSP
Community (Level 1)	7%	5%
Minimum (Level 2)	10%	6%
Medium (Level 3)	51%	56%
Close (Level 4)	20%	20%
Maximum (Level 5)	2%	6%
Restricted (Level A)	---	1%
Unassigned	9%	6%
Total Participants	100%	100%

The table to the right shows that most participants are designated as medium custody (Level 3).

Prior Program Completions: The table to the right shows the breakdown of attendees by prior program completions. The overwhelming majority of the clients have completed multiple programs (>89%). The combination of specialty programs is a significant factor in assessment of program outcomes, because the analysis cannot isolate the impact of the single program under review.

Breaking the Chains of Trauma for Men (Programs Completed/Assigned)		
Completed/Assigned	EKCC	KSP
Multiple	89%	90%
Single	8%	5%
None	3%	5%
Total Participants	100%	100%

Program Outcomes

Program status: The status of all clients is presented in the table below. The table presents shows the number and percentage of clients based on program status for each institution. The average number of days from assignment to status for EKCC was 161 days and for KSP, the average number was 162 days.

Breaking the Chains of Trauma for Men (Program Status)				
Status	EKCC	% of Total	KSP	% of Total
Completed	97	47%	138	49%
Released	37	18%	70	25%
Terminated	16	15%	35	14%
Withdrew	31	8%	39	12%
Assigned (Temporary)	24	12%	---	---
Total Participants	205	100%	282	100%

Number of Days Present at the Course: The table below looks at the completed clients attendees by number of days reported present at the course. This factor can be looked at to assess whether sessions present at the course had any significant impact on program outcome measures. The percentage of attendees is broken down by the following groupings:

- Less than 20 days
- 20 days or More

The highest percentage varies across institutions as shown by the highlighted cells in the table below. 76% of the clients completing the program at EKCC were present 20 days or more; only 43% of the clients at KSP were present 20 days or more.

Breaking the Chains of Trauma for Men (Number of Days Present at Course)		
Days Present for Completed Clients	EKCC	KSP
Present Less than 20 Days	24%	57%
Present 20 Days or More	76%	43%
Total	100%	100%

DR Reduction for Completed Clients: This program outcome measure looks at the total number of clients completing the program and compares the number of disciplinary write-ups for the 2-year period prior to enrollment to the number of disciplinary write-ups during the program to the number of disciplinary write-ups during the 2-year period after the program. As shown in the table below, the number of DRs was significantly reduced overall after completion and across institutions.

Breaking the Chains of Trauma for Men (DR Reduction for Clients Completing Program)		
Time Frame for DRs	EKCC	KSP
DRs 24 Months <u>Prior</u> to Enrollment	323	712
DRs During the Program	51	74
DRs 24 Months <u>After</u> Completion of the Program	153	280
<i>Percent Decline from Prior to After</i>	<i>53%</i>	<i>61%</i>

DR Reduction (comparison with those present at 20 or more days): The number of DR write-ups during and after the program were then looked at for those present at the program for 20 or more days. Here we see a significant change for those clients present 20 or more days at both EKCC and KSP.

Breaking the Chains of Trauma for Men (DR Reduction for <u>All</u> Clients Completing Program Compared to those <u>Present at 20 or More Days</u>)		
DRs During the Program	EKCC	KSP
For <u>All</u> completed clients	51	74
For completed clients <u>Present 20 or more Days</u>	33	25
<i>Percent Difference</i>	<i>35%</i>	<i>66%</i>
DRs 24 Months <u>After</u> Completion of the Program	EKCC	KSP
For <u>All</u> completed clients	153	280
For completed clients <u>Present 20 or more Days</u>	118	103
<i>Percent Difference</i>	<i>23%</i>	<i>63%</i>

Recidivism of Released Clients: The next program outcome measure looks at the number of clients (completing the program) who were released and the number who have returned. The table below shows the number who were released and the number who returned across the institutions. It is difficult to assess the significance of this measure without a “control population.” It is also important to note that the significance a single specialized program cannot be isolated from the many other programs attended by those completing this program.

Breaking the Chains of Trauma for Men (Recidivism Rates)		
Release/Return	EKCC	KSP
Number of Completed Clients Released	34	49
Number of Completed Clients Returned	15	19
<i>Percent Returned</i>	<i>44%</i>	<i>39%</i>

Program Assessment:

Breaking the Chains of Trauma for Women

Characteristics of the Clients

Age:

With regard to age, the distribution of clients is grouped into the following six categories: 20 – 29, 30 – 39, 40 – 49, 50 – 59 and > 60. The percentage breakdown is shown in the table.

The majority of clients attending the program are ages 30 – 39. However, the program addresses and is showing success with clients across the age spectrum as shown below. Specifically, there is a significant distribution of clients in the 20 – 29 age group as well as the 40 – 49 age group across the institutions. The median age for participants in at KCIW is 37.1 and at RC, the median age is 38.9.

Breaking the Chains of Trauma for Women (Age Range)		
Age Groups	KCIW	RC
20 to 29 years	27%	16%
30 to 39 years	41%	42%
40 to 49 years	20%	29%
50 to 59 years	12%	10%
60 and older	---	4%
Total Participants	100%	100%

Ethnicity:

The table to the right shows the ethnicity breakout by institution. The percentages relating to race are consistent across institutions. The ethnicity of those clients completing the program is consistent with the percentages shown in the table.

Breaking the Chains of Trauma for Women (Ethnicity)		
Ethnicity	KCIW	RC
White	84%	89%
Black	13%	8%
Bi-Racial	3%	3%
Total Participants	100%	100%

Education:

The next selection variable is education level. For purposes of analysis, education level is depicted according to the following categories: less than 12 years, grade 12, grades 13-16 and greater than 16. The distribution of clients based on the number of grades is shown in the table below. The majority of male program attendees completed 12th grade.

Breaking the Chains of Trauma for Women (Education Level)		
Education Groups	KCIW	RC
Grade 12	43%	54%
Grades 13 to 16	24%	19%
Greater than 16	19%	13%
Less than 12 years	15%	13%
Total Participants	100%	100%

Mental Health Score: The next variable is the current mental health score. This includes scores from 0-5 with 0 being no mental health to 5 beings severally mentally ill. The table depicts the percentage of clients for each mental health score. The data shows that the majority of women across each institution reported Level 2 mental health issues.

Breaking the Chains of Trauma for Women (Current Mental (MH) Level))		
Current MH Level	KCIW	RC
MH-0	23%	34%
MH-1	5%	12%
MH-2	47%	48%
MH-3	25%	5%
No Value	---	1%
Total Participants	100%	100%

Level of Security: The final selection variable is level of security (referred to in the data as the “custody level”). The table shows the breakdown of attendees by custody level. The categories include the following:

- Community (Level 1)
- Minimum (Level 2)
- Medium (Level 3)
- Close (Level 4)

Breaking the Chains of Trauma for Women (Custody Level)		
Custody Level	KCIW	RC
Community (Level 1)	7%	46%
Minimum (Level 2)	3%	29%
Medium (Level 3)	63%	8%
Close (Level 4)	16%	2%
Maximum (Level 5)	5%	0%
Unassigned	7%	14%
Total Participants	100%	100%

- Maximum (Level 5)
- Restricted (Level A)

The table below shows that most participants are designated as medium custody (Level 3).

Prior Program Completions: The table below show the breakdown of attendees by prior program completions. The overwhelming majority of the clients have completed multiple programs (>92%). The combination of specialty programs is a significant factor in assessment of program outcomes, because the analysis cannot isolate the impact of the single program under review.

Breaking the Chains of Trauma for Women (Programs Completed/Assigned)		
Completed/Assigned	KCIW	RC
Multiple	92%	93%
Single	4%	4%
None	4%	4%
Total Participants	100%	100%

Program Outcomes

Program status: The status of all clients is presented in the table below. The table presents shows the number and percentage of clients based on program status for each institution. The average number of days from assignment to status for KCIW was 172 days and for RC, the average number was 159 days.

Breaking the Chains of Trauma for Women (Program Status)				
Status	KCIW	% of Total	RC	% of Total
Completed	48	64%	61	73%
Released	8	11%	21	25%
Terminated	13	17%	---	---
Withdrew	6	8%	1	1%
Total Participants	75	100%	83	100%

Number of Days Present at the Course: The table below looks at the completed clients attendees by number of days reported present at the course. This factor can be looked at to assess whether sessions present at the course had any significant impact on program outcome measures. The percentage of attendees is broken down by the following groupings:

- Less than 20 days
- 20 days or More

The highest percentage varies across institutions as shown by the highlighted cells in the table below. 75% of the clients completing the program at KCIW were present 20 days or more; and 93% of the clients at RC were present 20 days or more.

Breaking the Chains of Trauma for Women (Number of Days Present at Course)		
Days Present for Completed Clients	KCIW	RC
Present Less than 20 Days	25%	7%
Present 20 Days or More	75%	93%
Total	100%	100%

DR Reduction for Completed Clients: This program outcome measure looks at the total number of clients completing the program and compares the number of disciplinary write-ups for the 2-year period prior to enrollment to the number of disciplinary write-ups during the program to the number of disciplinary write-ups during the 2-year period after the program. As shown in the table below, the number of DRs was significantly reduced overall after completion at KCIW. The data showed no reduction in the number of DRs at RC for clients completing the program.

Breaking the Chains of Trauma for Women (DR Reduction for Clients Completing Program)		
Time Frame for DRs	KCIW	RC
DRs 24 Months <u>Prior</u> to Enrollment	358	28
DRs During the Program	93	13
DRs 24 Months <u>After</u> Completion of the Program	158	97
Percent Decline from Prior to After	56%	0%

DR Reduction (comparison with those present at 20 or more days): The number of DR write-ups during and after the program were then looked at for those present at the program for 20 or more days. Here we see a significant change, particularly for the number of write-ups during the program and after the program at KCIW.

Breaking the Chains of Trauma for Women (DR Reduction for All Clients Completing Program Compared to those Present at 20 or More Days)		
DRs During the Program	KCIW	RC
For <u>All</u> completed clients	93	13
For completed clients <u>Present 20 or more Days</u>	68	12
Percent Difference	27%	8%
DRs 24 Months <u>After</u> Completion of the Program	KCIW	RC
For <u>All</u> completed clients	158	97
For completed clients <u>Present 20 or more Days</u>	131	93
Percent Difference	17%	4%

Recidivism of Released Clients: The next program outcome measure looks at the number of clients (completing the program) who were released and the number who have returned. The table below shows the number who were released and the number who returned across the institutions. It is difficult to assess the significance of this measure without a “control population.” However, in a prior combined report of all Kentucky institutions, the evaluators identified a combined 34% recidivism rate. Using this rate as a data point, we can see that both KCIW and RC had lower recidivism rates for those completing this course. It is also important to note that the significance a single specialized program cannot be isolated from the many other programs attended by those completing this program.

Breaking the Chains of Trauma for Women (Recidivism Rates)		
Release/Return	KCIW	RC
Number of Completed Clients Released	20	40
Number of Completed Clients Returned	4	6
<i>Percent Returned</i>	<i>20%</i>	<i>15%</i>

Program Assessment:

Battling Shadows for Veterans & PTSD Trauma

Characteristics of the Clients

Age:

With regard to age, the distribution of clients is grouped into the following six categories: 20 – 29, 30 – 39, 40 – 49, 50 – 59 and > 60. The percentage breakdown is shown in the table to the right. The majority of clients

Battling Shadows for Veterans & PTSD Trauma (Age Range)	
Age Groups	NTC
20 to 29 years	6%
30 to 39 years	31%
40 to 49 years	20%
50 to 59 years	33%
60 and older	9%
Total Participants	100%

attending the program are ages 50 – 59. However, the program addresses and is showing success with clients across the age spectrum as shown below. Specifically, there is a significant distribution of clients in the 30 – 39 age group as well as the 40 – 49 age group across the institutions. The median age for participants in this course is 45.5 years of age.

Ethnicity:

The table to the right shows the ethnicity breakout by institution. The ethnicity of those clients completing the program is consistent with the percentages shown in the table.

Battling Shadows for Veterans & PTSD Trauma (Ethnicity)	
Ethnicity	NTC
White	83%
Black	13%
Hispanic/Latino	4%
Total Participants	100%

Education:

The next selection variable is education level. For purposes of analysis, education level is depicted according to the following categories:

less than 12 years, grade 12, grades 13-16 and greater than 16. The distribution of clients based on the number of grades is shown in the table below.

Battling Shadows for Veterans & PTSD Trauma (Education Level)	
Education Groups	NTC
Grade 12	50%
Grades 13 to 16	41%
Greater than 16	9%
Total Participants	100%

The majority of program attendees completed 12th grade. There is a significant percentage of individuals completing 13-16 years of education.

Mental Health Score: The next variable is the current mental health score. This

includes scores from 0-5 with 0 being no mental health to 5 being severely mentally ill. The table depicts the percentage of clients for each mental health score. The data shows that the 44% of the clients reported Level 2 mental health issues and 41% reported no mental health issues.

Battling Shadows for Veterans & PTSD Trauma (Current Mental (MH) Level)	
Current MH Level	NTC
MH-0	41%
MH-1	15%
MH-2	44%
Total Participants	100%

Level of Security: The final selection variable is level of security (referred to in the data as the “custody level”). The table shows the breakdown of attendees by custody level. The categories include the following:

- Community (Level 1)
- Minimum (Level 2)
- Medium (Level 3)
- Close (Level 4)
- Maximum (Level 5)
- Restricted (Level A)

Battling Shadows for Veterans & PTSD Trauma (Custody Level)	
Custody Level	NTC
Community (Level 1)	4%
Minimum (Level 2)	7%
Medium (Level 3)	80%
Close (Level 4)	6%
Unassigned	4%
Total Participants	100%

The table below shows that most participants are designated as medium custody (Level 3).

Prior Program Completions: The table below show the breakdown of attendees by prior program completions. The overwhelming majority of the clients have completed multiple programs (>96%).

Battling Shadows for Veterans & PTSD Trauma (Programs Completed/Assigned)	
Completed/Assigned	NTC
Multiple	96%
Single	4%
Total Participants	100%

The combination of specialty programs is a significant factor in assessment of program outcomes, because the analysis cannot isolate the impact of the single program under review.

Program Outcomes

Program status: The status of all clients is presented in the table below. The table presents shows the number and percentage of clients based on program status for each institution. The average number of days from assignment to status for NTC was 185 days.

Battling Shadows for Veterans & PTSD Trauma (Program Status)		
Status	NTC	% of Total
Completed	44	81%
Released	4	7%
Terminated	1	2%
Withdrew	5	9%
Total Participants	54	100%

Number of Days Present at the Course: The table below looks at the completed clients attendees by number of days reported present at the course. This factor can be looked at to assess whether sessions present at the course had any significant impact on program outcome measures. The percentage of attendees is broken down by the following groupings:

- Less than 20 days
- 20 days or More

The highest percentage varies across institutions as shown by the highlighted cells in the table below. 89% of the clients completing the program at NTC were present 20 days or more.

Battling Shadows for Veterans & PTSD Trauma (Number of Days Present at Course)	
Days Present for Completed Clients	NTC
<i>Present Less than 20 Days</i>	11%
<i>Present 20 Days or More</i>	89%
Total	100%

DR Reduction for Completed Clients: This program outcome measure looks at the total number of clients completing the program and compares the number of disciplinary write-ups for the 2-year period prior to enrollment to the number of disciplinary write-ups during the program to the number of disciplinary write-ups during the 2-year period after the program. As shown in the table below, the number of DRs was significantly reduced overall after completion at NTC.

Battling Shadows for Veterans & PTSD Trauma (DR Reduction for Clients Completing Program)	
Time Frame for DRs	NTC
DRs 24 Months <u>Prior</u> to Enrollment	69
DRs During the Program	24
DRs 24 Months <u>After</u> Completion of the Program	34
<i>Percent Decline from Prior to After</i>	<i>51%</i>

DR Reduction (comparison with those present at 20 or more days): The number of DR write-ups during and after the program were then looked at for those present at the program for 20 or more days. Here we see a significant change, particularly for the number of write-ups during the program and after the program at NTC.

Battling Shadows for Veterans & PTSD Trauma (DR Reduction for All Clients Completing Program Compared to those Present at 20 or More Days)	
DRs During the Program	NTC
For <u>All</u> completed clients	24
For completed clients <u>Present 20 or more Days</u>	20
<i>Percent Difference</i>	<i>17%</i>
DRs 24 Months <u>After</u> Completion of the Program	NTC
For <u>All</u> completed clients	34
For completed clients <u>Present 20 or more Days</u>	26
<i>Percent Difference</i>	<i>24%</i>

Recidivism of Released Clients: The next program outcome measure looks at the number of clients (completing the program) who were released and the number who have returned. The table below shows the number who were released and the number who returned across the institutions. It is difficult to assess the significance of this measure without a “control population.” However, in a prior combined report of all Kentucky institutions, the evaluators identified a combined 34% recidivism rate. Using this rate as a data point, we can see that NTC had a lower recidivism rate for those completing this course. It is also important to note that the significance a single specialized program cannot be isolated from the many other programs attended by those completing this program.

Battling Shadows for Veterans & PTSD Trauma (Recidivism Rates)	
Release/Return	NTC
Number of Completed Clients Released	16
Number of Completed Clients Returned	3
<i>Percent Returned</i>	<i>19%</i>

Conclusion

This report is a first step in evaluating the impact of “specialized” treatment modalities that are conducted for inmates assessed to need additional specialized interventions. The results of this report show that there is no question as to the importance of these programs to the inmate populations. The overarching goal of the program is to teach skills and attitudes to combat and manage trauma.

As more participants complete these programs, and with the introduction of specific control groups, the construct to compare results of programs impact would provide increased confirmation of program effectiveness. However, in the absence of more cases and a control group we can conclude that attendees of the courses mirror the characteristics of the institutions where they are housed. It is also significant that:

- Most of the inmates participating in the programs are rated at the Security Level Medium or above.
- The reduction in disciplinary write-ups (DR) was significant, especially for the Veterans.
- The recidivism rate was significant after completing the courses, especially for Veterans (19%).

As NOA Counseling continues the implementation of these trauma programs, and the number of individuals completing the program increase, we should gain more precision in measuring effectiveness. We should also be able to more effectively gauge the impact the programs are making on the inmates housed in the Kentucky Department of Corrections and on their successful re-entry into society.

Appendix

Citations for Materials used in the Programs

Little, Gregory L, Kenneth D Robinson and Katherine D. Burnette (2015)
Breaking the Chains of Trauma: Men's Version. Memphis, TN: Eagle Wing Books, Inc.

Little, Gregory L, Kenneth D Robinson and Katherine D. Burnette (2015)
Breaking the Chains of Trauma: Women's Version. Memphis, TN: Eagle Wing Books, Inc.

Little, Gregory L, Kenneth D Robinson and Katherine D. Burnette (2015)
Breaking the Chains of Trauma: Program Journal. Memphis, TN: Eagle Wing Books, Inc.

Little, Gregory L, Kenneth D Robinson and Katherine D. Burnette (2016) *Battling Shadows; Veterans, Trauma, and PTSD*. Memphis, TN: Eagle Wing Books, Inc.

Little, Gregory L., and Kenneth D. Robinson (2013) *Winning the Invisible War*. Memphis, TN: Eagle Wing Books, Inc.