

## **ADULT PROGRAMS AND PRACTICES**

### **Acceptance and Commitment Therapy (ACT) for Partner Aggression**

This was an emotional- and behavioral-skills enhancement program targeted at adults who engaged in aggressive behavior with their partners. This group-format program aimed to promote psychological flexibility and thereby decrease aggression in participants. The program is rated Effective. Participants reported less physical and psychological aggression at post-treatment and at the 6-month follow up. These findings were statistically significant.

### **Allegheny County (Penn.) Jail-Based Reentry Specialist Program**

This was a two-phase reentry program with an overall goal of reducing recidivism and improving inmates' transition into the community. Phase 1 provided inmates with in-jail programming and services to prepare them for release. Phase 2 provided inmates with up to 12 months of supportive services in the community. The program was rated Effective. Program participants had a 10 percent chance of re-arrest, compared with a 34 percent chance for the comparison group.

### **Assisted Outpatient Treatment (AOT)**

Also known as outpatient commitment, it is a civil legal procedure whereby a judge can order an individual with a serious mental illness to follow a court-ordered treatment plan while living in the community. The program is rated Effective. The study found participants had lower odds of arrest, arrest for violent behavior, and a reduction in overall violent behavior if they received longer treatment and more outpatient community visits.

### **Cook County Misdemeanor Deferred Prosecution**

Two-year re-arrest rate was significantly lower than comparison group ( $p < .05$ ).

### **Enhanced Thinking Skills (England)**

This is a prison-based, cognitive-behavioral skills enhancement program in England. The program is rated Effective. The evaluations of the program showed significantly reduced reconviction rates of program participants, compared with non-participants.

### **Interventions for Domestic Violence Offenders: Duluth Model**

This practice employs a feminist psychoeducational approach with group-facilitated exercises to change abusive and threatening behavior in males who engage in domestic violence. The practice is rated Effective for reducing recidivism with respect to violent offenses and Promising in reducing victimization. The results found fewer partner reports of violence in the intervention group relative to the comparison groups.

### **Mentally Ill Offender Community Transition Program (Washington)**

The program is targeted at individuals whose mental illnesses are seen as instrumental in their offenses, and who are likely to qualify for and benefit from publicly supported treatment in the community. The overall goal is to reduce recidivism. The program is rated Effective. Participants in the program were less likely to be convicted of any new offense and convicted of felony offenses, compared with the matched comparison group. The difference was statistically significant.

### **Milwaukee Diversion Program**

Two-year re-arrest rate was significantly lower than comparison group ( $p < .05$ ).

### **Reduced Probation Caseload in Evidence-Based Setting (Iowa)**

The program aims to reduce recidivism of high-risk probationers by assigning them to intensive supervision by an officer with a reduced caseload and through the use of evidence-based practices. The program is rated Effective. The treatment group subjects were arrested less than the control group.

### **Reduced Probation Caseload in Evidence-Based Setting (Oklahoma City)**

The program aims to reduce recidivism of high-risk probationers by assigning them to intensive supervision by an officer with a reduced caseload and through the use of evidence-based practices. The program is rated Effective. Their evaluation found a significantly higher revocation rate for the treatment compared with the control group. However, the rate of revocations was still very low for the treatment and 1.3 percent for control probationers.