

December 2024
Inventory of Evidence-Based, Research-Based, and Promising Programs for Adult Corrections

Program/intervention	Classification	Cost-beneficial	Reason program does not meet evidence-based criteria	% POC	Outcome	Effect size ^	p-value	No. in treatment group	No. of effect sizes
COMMUNITY-BASED PROGRAMS									
<i>Diversion</i>									
Jail diversion for individuals with mental illness (post-arrest)	Null	51%	Weight of the evidence	58%	Crime	-0.020	0.627	556	6
Police diversion for individuals with mental illness (pre-arrest)	Null	20%	Weight of the evidence	64%	Crime	0.089	0.275	290	3
Police diversion for low-severity offenses (pre-arrest)	Null	79%	Weight of the evidence	61%	Crime	-0.093	0.260	247	2
<i>Housing</i>									
Community-based correctional facilities (halfway houses)	⊖	88%	Weight of the evidence	60%	Crime	0.016	0.071	22,371	7
Housing assistance with services	Null	100%	Weight of the evidence	80%	Crime	-0.079	0.267	1,143	4
Housing assistance without services	●	0%		36%	Crime	-0.098	0.021	1,794	3
<i>Learning and working</i>									
Employment counseling and job training in the community ^^	⊙	99%	Benefit-cost	56%	Crime	-0.059	0.111	2,830	9
Employment counseling and job training with paid work experience in the community ^^	⊙	97%	Benefit-cost	91%	Crime	-0.087	0.021	4,973	10

● Evidence-based ⊙ Research-based P Promising ⊖ Poor outcomes Null Null outcomes NR Not report

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COMMUNITY-BASED PROGRAMS									
Reentry transition supports									
Circles of Support and Accountability	●	53%		77%	Crime	-0.321	0.032	110	3
Employment counseling and job training (transitional reentry from incarceration into the community)	●	4%		58%	Crime	-0.224	0.019	338	2
Reentry Community Services Program (RCSP)	◎	29%	Benefit-cost	43%	Receipt of ABD	0.432	0.001	359	1
					Receipt of Basic Food	0.407	0.002	359	1
					Crime	-0.252	0.015	359	1
					Psychiatric hospitalization	0.322	0.111	359	1
					ED use	-0.048	0.420	359	1
					General hospitalization	0.041	0.755	359	1
Homelessness	-0.271	0.003	359	1					
Serious and Violent Offender Reentry Initiative (SVORI)	◎	91%	Benefit-cost	64%	Crime	-0.279	0.001	1,772	6
Sex offense programming									
Treatment in the community for individuals convicted of sex offenses	◎	18%	Benefit-cost	44%	Crime	-0.050	0.090	960	7
Substance use disorder programming									
Buprenorphine for opioid use disorder for adults post-release	P	NA	Weight of the evidence	11%	Opioid use disorder	0.000	1.000	24	1
Drug Offender Sentencing Alternative (DOSA) (Residential)	◎	NA	Weight of the evidence	19%	Crime	0.032	0.096	5,103	1

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COMMUNITY-BASED PROGRAMS									
Substance use disorder programming (continued)									
Injectable naltrexone for opioid use disorder for adults post-release	⊙	0%	Benefit-cost	88%	Opioid use disorder	-0.316	0.018	235	3
					STD risky behavior	-0.047	0.825	153	1
					Death	0.000	1.000	153	1
					Alcohol use disorder	-0.049	0.893	153	1
					Crime	-0.181	0.294	169	2
Inpatient or intensive outpatient drug treatment in the community	Null	89%	Weight of the evidence	59%	Crime	-0.007	0.239	8,683	5
Methadone for opioid use disorder for adults post-release	Null	0%	Weight of the evidence	36%	Technical violations	-0.065	0.472	92	1
					Alcohol use disorder	0.247	0.354	128	1
					Illicit drug use disorder	0.019	0.672	211	3
					Cannabis use disorder	0.000	1.000	128	1
					Emergency department visits	-0.089	0.665	128	1
Outpatient or non-intensive drug treatment in the community	●	52%		44%	Crime	-0.122	0.014	42,338	3
Therapeutic communities (in the community) for individuals with co-occurring disorders	⊙	72%	Benefit-cost	66%	Crime	-0.160	0.001	588	6
Therapeutic communities (in the community) for individuals with substance use disorders	⊙	52%	Benefit-cost	86%	Crime	-0.102	0.001	669	4

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COMMUNITY-BASED PROGRAMS									
Supervision									
"Swift, certain, and fair" supervision	⊙	51%	Benefit-cost	38%	Crime	-0.095	0.069	6,790	11
Case management ("swift, certain, and fair") for drug-involved persons	●	48%		54%	Crime	-0.183	0.023	4,570	9
Case management (not "swift, certain, and fair") for drug-involved persons	⊙	98%	Benefit-cost	72%	Crime	-0.047	0.163	3,625	19
Day reporting centers	⊙	47%	Benefit-cost	89%	Crime	-0.242	0.030	400	4
Electronic monitoring (parole) ^^	●	87%		41%	Crime	-0.069	0.001	11,777	8
Electronic monitoring (probation) ^^	●	100%		40%	Crime	-0.164	0.130	7,036	10
Intensive supervision (surveillance and treatment)	●	51%		50%	Crime	-0.156	0.004	3,078	17
Intensive supervision (surveillance only)	Null	92%	Weight of the evidence	65%	Crime	-0.005	0.921	2,095	14
Revocation reduction programs	⊙	NA	Single evaluation	68%	Crime Technical violations	-0.328 -0.203	0.084 0.312	162 162	1 1
Risk Need and Responsivity supervision (for individuals classified as high- and moderate-risk)	●	100%		36%	Crime	-0.109	0.001	8,575	14

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COURT-BASED PROGRAMS									
Drug/alcohol offense programming									
Deferred prosecution of DUI offenses	⊙	NA	Heterogeneity	12%	Alcohol-related offenses	-0.165	0.003	3,647	2
Driving Under the Influence (DUI) courts	⊙	0%	Benefit-cost/heterogeneity	17%	Crime	-0.223	0.001	474	4
Drug courts	●	97%		42%	Crime	-0.255	0.001	29,452	72
Ignition interlock devices for alcohol-related offenses	⊙	NA	Heterogeneity	18%	Alcohol-related offenses	-0.265	0.004	3,363	4
Other									
Civil legal aid	●	NA		77%	Court burden	0.027	0.789	248	3
					Litigation success	0.278	0.051	860	5
Day fines	P	NA	Single evaluation	47%	Crime	-0.163	0.343	191	1
					Payments/fines/restitution	0.327	0.267	383	2
					Technical violations	-0.556	0.002	191	1
Domestic violence perpetrator treatment (Duluth-based model) ^^	Null	55%	Weight of the evidence	NR	Crime	0.016	0.894	1,140	7
Domestic violence perpetrator treatment (Non-Duluth models) ^^	●	NA		47%	Alcohol use	-0.026	0.756	38	1
					Crime	-0.071	0.046	560	6
					Domestic violence	-0.064	0.045	713	7
					Substance use	0.109	0.197	38	1
Legal financial obligation repayment interventions	●	NA		41%	Payments/fines/restitution	0.158	0.151	1,116	7
Mental health courts	●	98%		65%	Crime	-0.168	0.001	1,424	6
Reentry courts	●	30%		98%	Crime	-0.174	0.008	584	2

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FACILITY-BASED PROGRAMS									
Family & relationships									
Parenting Inside Out (during incarceration)	⊙	49%	Single evaluation	41%	Crime ‡	0.637	0.000	194	1
					Substance use disorder ‡	1.070	0.257	194	1
					Major depressive disorder	-0.208	0.050	194	1
					Parental stress	-0.208	0.050	194	1
Parenting programs (for incarcerated parents)	●	NA		58%	Parenting success	0.280	0.074	49	3
Residential Parenting Program (during incarceration)	P	NA	No rigorous evaluation with outcome of interest						
Learning & working									
Correctional Camps Programs (e.g., firefighting, forestry)	P	NA	No rigorous evaluations with outcome of interest						
Correctional education (basic skills)	●	60%		56%	Crime	-0.080	0.001	14,879	5
					Technical violations	0.090	0.104	1,010	2
					Employment	0.229	0.000	6,082	2
					Earnings	0.053	0.237	7,606	2
					Prison misconduct	0.027	0.354	6,680	1
Correctional education (combined)	●	100%		53%	Crime	-0.152	0.000	25,623	16
					Technical violations	0.090	0.104	1,010	2
					Employment	0.229	0.000	6,082	2
					Earnings	0.053	0.237	7,606	2
					Prison misconduct	-0.130	0.193	9,419	4

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‡The effect size for this outcome indicates an incidence rate ratio (IRR), not a standardized mean difference effect size. An IRR less than one indicates a lower rate of the outcome in the treatment group relative to the comparison group; an IRR greater than one indicates a higher rate of the outcome. The treatment n for this outcome represents person-years.

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FACILITY-BASED PROGRAMS									
Learning & working (continued)									
Correctional education (post-secondary)	●	97%		53%	Crime	-0.355	0.039	2,166	5
					Prison misconduct	-0.440	0.289	1,385	2
Correctional education (vocational)	●	88%		45%	Crime	-0.101	0.090	7,941	3
					Prison misconduct	0.040	0.568	1,354	1
Correctional industries (program costs include expenditures only)	●	77%		45%	Crime	-0.052	0.080	7,362	8
					Employment	0.165	0.001	4,988	5
					Technical violations	0.062	0.196	3,775	2
					Prison misconduct	0.132	0.132	4,199	3
Correctional industries (program costs include expenditures and revenue)	●	96%		45%	Crime	-0.052	0.080	7,362	8
					Employment	0.165	0.001	4,988	5
					Technical violations	0.062	0.196	3,775	2
					Prison misconduct	0.132	0.132	4,199	3
Dog training programs (during incarceration)	⊙	NA	Heterogeneity	21%	Prison misconduct	-0.202	0.001	484	1
Horticulture programs (during incarceration)	P	NA	No rigorous evaluation with outcome of interest						
Roots of Success (Sustainability in Prisons Project)	P	NA	No rigorous evaluation with outcome of interest						
Work release	●	99%		38%	Crime	-0.036	0.061	24,013	9

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FACILITY-BASED PROGRAMS									
Sex offense programming									
Cognitive behavioral therapy (CBT) (during incarceration) for individuals convicted of sex offenses	Null	67%	Weight of the evidence	28%	Crime	-0.073	0.462	2,589	7
					Sex offense	-0.060	0.538	2,362	6
					Technical violations	0.030	0.856	472	2
Treatment during incarceration for individuals convicted of sex offenses	⊙	32%	Benefit-cost	28%	Crime	-0.070	0.013	2,939	12
					Sex offense	-0.045	0.171	2,750	11
Substance use disorder programming									
Drug Offender Sentencing Alternative (DOSAs) (Prison)	⊙	NA	Heterogeneity	22%	Crime	-0.171	0.000	4,393	1
Outpatient treatment (during incarceration) for individuals with substance use disorders	●	100%		61%	Crime	-0.135	0.059	1,390	7
					Technical violations	-0.175	0.100	260	1
					Illicit drug use disorder	-0.514	0.332	30	1
					Anxiety disorder	-0.115	0.789	37	1
					Major depressive disorder	-0.732	0.064	37	1
Therapeutic communities (during incarceration) for individuals with co-occurring disorders	⊙	97%	Single evaluation	48%	Crime	-0.812	0.003	75	1
					Substance use disorder	-0.490	0.033	75	1
					Anxiety disorder	-0.104	0.541	75	1
					Major depressive disorder	-0.152	0.372	75	1
Therapeutic communities (during incarceration) for individuals with substance use disorders	●	90%		61%	Crime	-0.133	0.013	7,731	14
					Employment	0.063	0.543	341	1
					Illicit drug use disorder	0.010	0.866	896	2
					Technical violations	-0.072	0.312	800	2

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FACILITY-BASED PROGRAMS									
Therapeutic & support									
Aggression Replacement Training (ART) (during incarceration)	Null	55%	Weight of the evidence	6%	Crime Anger or aggression	-0.110 0.100	0.304 0.707	1,193 30	3 1
Alternatives to Violence (AVP) (during incarceration)	⊙	NA	Single evaluation	88%	Anger or aggression	-0.453	0.031	53	1
Anger management programs (other) (during incarceration)	●	100%		34%	Crime	-0.265	0.003	496	3
					Violent offenses	-0.260	0.014	415	2
					Technical violations	-0.327	0.003	305	1
					Prison misconduct	-0.423	0.241	36	1
					Anger or aggression	-0.814	0.029	36	1
Beyond Trauma (during incarceration)	P	NA	No rigorous evaluation with outcome of interest						
Beyond Violence (during incarceration)	●	94%		69%	Crime	-1.038	0.031	19	1
					Technical violations	0.000	1.000	19	1
					Anxiety disorder	-0.603	0.000	79	2
					Major depressive disorder	-0.402	0.018	79	2
					Post-traumatic stress	-0.361	0.034	79	2
					Illicit drug use disorder	-0.662	0.153	19	1
					Anger or aggression	-0.362	0.034	79	2
Breaking Barriers (during incarceration)	P	NA	No rigorous evaluation with outcome of interest						
Bridges to Life (during incarceration)	●	97%		57%	Crime	-0.225	0.058	296	1
Cognitive behavioral therapy (CBT) (for individuals classified as high- or moderate-risk)	●	95%		24%	Crime	-0.109	0.001	32,831	42
Dialectical behavior therapy	●	NA		43%	Psychiatric symptoms	-0.356	0.082	49	2

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FACILITY-BASED PROGRAMS									
<i>Therapeutic & support (continued)</i>									
IF Project (during incarceration)	P	NA	No rigorous evaluation with outcome of interest						
Interactive journaling (e.g., Getting it Right) (during incarceration)	P	NA	No rigorous evaluation with outcome of interest						
Life skills education	Null	0%	Weight of the evidence	61%	Crime	0.009	0.877	1,130	4
Moral Reconciliation Therapy® (MRT) (during incarceration)	Null	83%	Weight of the evidence	75%	Crime	-0.043	0.522	690	2
Moving On (during incarceration)	Null	97%	Weight of the evidence	38%	Crime	-0.065	0.815	354	2
					Technical violations	-0.118	0.385	211	1
Seeking Safety (during incarceration)	●	97%		43%	Alcohol use disorder	-0.279	0.357	23	1
					Illicit drug use disorder	0.187	0.537	23	1
					Major depressive disorder	-0.694	0.000	74	2
					Post-traumatic stress	-0.358	0.000	240	5
Therapeutic communities for individuals with personality disorders	⊙	NA	Heterogeneity	NR	Crime	-0.175	0.159	694	1
Thinking for a Change (T4C) (during incarceration)	Null	58%	Weight of the evidence	75%	Crime	-0.075	0.219	2,978	3
					Technical violations	-0.110	0.037	716	2
Traumatic brain injury (TBI) rehabilitation (during incarceration)	P	NA	No rigorous evaluation with outcome of interest						

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OTHER PROGRAMS									
Mandatory arrest for domestic violence	Null	NA	Weight of the evidence	48%	Crime	0.061	0.571	214	1
					Domestic violence	0.002	0.971	2,103	6
					Domestic violence homicide	0.022	0.637	50	1
Restorative justice conferencing	Null	44%	Weight of the evidence	28%	Crime	-0.072	0.641	266	6
Sex offender registration and community notification	Null	89%	Weight of the evidence	30%	Crime	0.016	0.836	19,142	7

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Definitions and Notes:

Classification Definitions:

Evidence-based:	A program or practice that has been tested in heterogeneous or intended populations with multiple randomized and/or statistically controlled evaluations, or one large multiple-site randomized and/or statistically controlled evaluation, where the weight of the evidence from a systematic review demonstrates sustained improvements in outcomes of interest. Further, "evidence-based" means a program or practice that can be implemented with a set of procedures to allow successful replication in Washington and, when possible, has been determined to be cost-beneficial.
Research-based:	A program or practice that has been tested with a single randomized and/or statistically controlled evaluation demonstrating sustained desirable outcomes but does not meet the full criteria for "evidence-based."
Promising:	A program or practice that, based on statistical analyses or a well-established theory of change, shows potential for meeting "evidence-based" or "research-based" criteria, which could include the use of a program that is evidence-based for outcomes other than the alternative use.
Null:	A program or practice that has been tested in a heterogeneous or intended population with multiple randomized and/or statistically controlled evaluations, and yet has no significant effect on improvements in outcomes of interest.
Poor:	A program or practice that has been tested in a heterogeneous or intended population with multiple randomized and/or statistically controlled evaluations where the weight of the evidence from a systematic review demonstrates produces poor (undesirable) effects on outcomes of interest.

Other Definitions:

Cost-beneficial:	A program or practice where the monetary benefits exceed costs with a high degree of probability according to the Washington State Institute for Public Policy.
% POC:	The weighted average of program participants in the program outcome evaluations are persons of color (POC).

Reasons Programs May Not Meet Suggested Evidence-Based Criteria:

Benefit-cost:	The proposed definition of evidence-based practices requires that, when possible, a benefit-cost analysis be conducted. We use WSIPP's benefit-cost model to determine whether a program meets this criterion. Programs that do not have at least a 75% chance of a positive net present value do not meet the benefit-cost test. The WSIPP model uses Monte Carlo simulation to test the probability that benefits exceed costs. The 75% standard was deemed an appropriate measure of risk aversion.
Heterogeneity:	To be designated as evidence-based, the state statute requires that a program has been tested on a "heterogeneous" population. We operationalize heterogeneity in two ways. First, the proportion of program participants who are persons of color (POC) must be greater than or equal to the percentage of individuals who are POC in Washington. From the 2020 Census, for adults aged 18 or older, 77% were White and 23% were POC. Thus, if the weighted average of program participants in the outcome evaluations of the program is at least 23% POC, then the program is considered to have been tested in a heterogeneous population. Second, the heterogeneity criterion can also be achieved if at least one of the studies has been conducted in Washington and a subgroup analysis demonstrates the program is effective for POC ($p < 0.20$). Programs that do not meet either of these two criteria do not meet the heterogeneity definition.
Single evaluation:	The program does not meet the minimum standard of multiple evaluations or one large multiple-site evaluation contained in the current or proposed definitions.
Weight of the evidence:	To meet the evidence-based definition results from a random-effects meta-analysis ($p\text{-value} < 0.20$) of multiple evaluations or one large multiple-site evaluation must indicate the practice achieves the desired outcome(s). To meet the research-based definition, one single-site evaluation must indicate the practice achieves the desired outcomes ($p\text{-value} < 0.20$). If results from a random-effects meta-analysis of multiple evaluations are not statistically significant ($p\text{-value} < 0.20$) for desired outcomes, the practice may be classified as "Null." If results from a random-effects meta-analysis of multiple evaluations or one large multiple-site evaluation indicate that a practice produces undesirable effects ($p\text{-value} < 0.20$), the practice may be classified as producing poor outcomes.
No rigorous evaluation with outcome of interest:	This program has not yet been tested with a rigorous outcome evaluation.

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