

BEHAVIOUR CHANGE PROGRAMS



IN THE COMMUNITY

Since 2009, Caraniche has developed and delivered a wide range of Behaviour Change Programs in the community. Through these programs we have identified a number of factors that consistently improve program outcomes or present barriers to success.

ALCOHOL DRIVEN AGGRESSION PSYCHO-EDUCATIONAL TREATMENT (ADAPT) PROGRAM

2009 - 2013

Delivered 35 times across 12 Community Corrections locations

420 offenders enrolled

- 40 hour group program
- 2 formats: day format (4 hour sessions, weekly) and evening format (3 hour sessions, weekly)
- Addresses alcohol related violent offending (criminogenic)
- Targets moderate risk male offenders with community-based dispositions for violent offences committed under the influence of alcohol
- The vast majority of participants (96%) rated the program as good or very good
- Similarly 98% rated the program as useful or very useful
- There was also strong anecdotal evidence of the program impacting on participant's behaviour from both CCOs and participant self-report
- Outcomes varied according to alcohol use patterns with the strongest outcomes for young males with binge drinking patterns, rather than dependent alcoholics.

CORRECTIONS VICTORIA PSYCHO-EDUCATIONAL PROGRAM

2013 - 2016

Delivered 48 times, state-wide

- 35 hour group program
- 2 formats: day format (5 hour sessions, weekly) and evening format (2.5 hour sessions, twice weekly)
- Aimed at increasing an offender's coping skills to make better life decisions (Non-offence specific/psycho-educational)
- Targets moderate risk offenders (both male and female programs delivered separately)
- Strong anecdotal evidence of better outcomes for participants.

KICKSTART PROGRAM

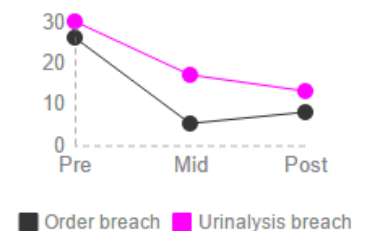
2015 - 2016

5 pilot programs

41 offenders enrolled

- 42 hour group program
- 2 formats: day and evening format (3 hour sessions, twice weekly) and weekend format (6 hour session, weekly)
- Criminogenic AOD program
- Targets moderate to high risk male offenders with community corrections orders, with a history of AOD problems
- 95% of participants specified they would recommend KickStart to others
- Data provided by CCOs showed multiple breaches of orders and positive urine tests prior to participants' commencement of the program. Breaches occurred less frequently throughout the pilots for participants who completed the program indicating increased compliance and reduced drug use whilst participating in KickStart.
[REDUCED FREQUENCY OF ORDERS AND URINE TEST BREACHES - KICKSTART PROGRAM](#)

Breaches occurred less frequently throughout the pilots for participants who completed the program, indicating increased compliance and reduced drug use whilst participating in KickStart.



Urinalysis breaches reduced from 30% to 13%.

Order breaches reduced from 26% to 8%.

OUR LEARNINGS



FACTORS THAT INCREASE LIKELIHOOD OF SUCCESS

Attending the first program session: of participants who attended the first session, 76% went on to complete the program, as opposed to a 54% completion rate for those who failed to attend the first session.

Ensuring participants have been advised of their enrolment in the program and are aware of session times and locations is essential. Caraniche sends SMS reminders 24 hours prior to the first session. This is critical to achieving attendance at Session 1.

CCS consistency of message: participants with corrections officers who reinforce the message that participants are required to attend and who follow up on non-attendance are better supported to complete the program.

Screening for group mix: Factors to be considered include offender types, co-offending relationships, mental health and personality disorders.

Support from Caraniche: Caraniche staff routinely sends SMS reminders to participants 24 and 48 hours prior to sessions and make phone contact with participants and/or their community corrections officers when they fail to attend without notice.

Treatment targeting: outcomes are stronger for participants who meet the selection criteria.

BARRIERS TO SUCCESS

Low referrals: the impact of low referrals is significant and includes delayed start dates for programs, scheduling issues, cancelled programs, commencing programs with lower than ideal start numbers and perhaps most significantly, relaxing the suitability criteria to include participants who would ordinarily be screened. This can impact on program outcomes.

Delays between referral and program commencement: the longer the time period between screening, referral and program commencement, the higher the non-attendance rate at Session 1.

Lack of clarity of requirements: While Caraniche cannot confirm whether or not participants were informed of program attendance details, participants regularly reported being uninformed when questioned on failure to attend at the commencement of programs.

Lack of reinforcement: participants who fail to attend sessions resulting in program removal are often observed to have little or no consequences (such as return to court, breach of order etc.).

Prioritisation of other commitments: case managers often reported participants could not engage in the program as they were already engaged in community work/employment etc. A greater focus on treatment being a priority is needed by CCS locations to maximise attendance rates and success of community programs.

Poor stakeholder communication: communication between key stakeholders was often unclear and impacted upon program planning and delivery.

PARTICIPANT FEEDBACK

KICKSTART PROGRAM (2015-16)



“I’m happier at home with my family, friends, and girlfriend, and I know how to respect more.”

“I don’t fight with my ex, mainly through the things I’ve learnt at KickStart.”

“My motivation has changed because my thought process has changed. If I continue the way I am going, I could end up in much worse situations.”

“I am motivated because being sober and opening up has been a big thing and I’ll never look back.”

“I have calmed down and taken time to stop, relax and rethink before acting.”

“Better attitude, behaviour and relationships.”

“[I’ve seen] a change in my emotions. I can really take time to actually see what I’m really feeling. Usually I wouldn’t care.”