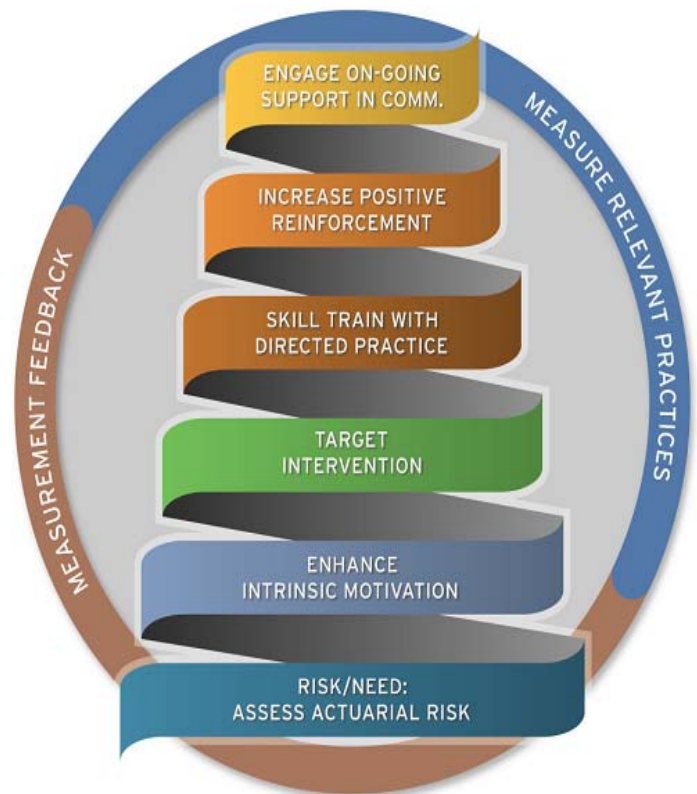


Eight Evidence-Based Principles¹

1. Assess Actuarial Risk/Needs
2. Enhance Intrinsic Motivation
3. Target Interventions
 - a) *Risk Principle*: Prioritize supervision and treatment resources for higher risk offenders.
 - b) *Need Principle*: Target interventions to criminogenic needs.
 - c) *Responsivity Principle*: Be responsive to temperament, learning style, motivation, culture, and gender when assigning programs.
 - d) *Dosage*: Structure 40-70% of high-risk offenders' time for 3-9 months.
 - e) *Treatment Principle*: Integrate treatment into the full sentence/sanction requirements.
4. Skill Train with Directed Practice (use Cognitive Behavioral treatment methods)
5. Increase Positive Reinforcement
6. Engage Ongoing Support in Natural Communities
7. Measure Relevant Processes/Practices
8. Provide Measurement Feedback



These eight principles are mutually reinforcing, and coordinated implementation brings the benefits of each. In addition, research indicates that the targeting of interventions is the core of evidence-based supervision. Research also indicates that resources are used more effectively when they are focused on moderate to high-risk rather than low-risk offenders, therefore considering offenders' risk to reoffend and subsequently addressing the specific needs that drive their criminal behavior allows agencies to target resources on higher-risk offenders.

An Explanation of Evidence Based Principles

Evidence based principles (EBP) draw on the highest form of empirical evidence. It is the objective and responsible use of current research and the best available data to guide practice decisions and produce the outcomes that consumers (e.g., offenders, victims, communities, and other key stakeholders) expect. EBP embraces the use of all available tools including removal from the community for intensive treatment or revocation proceedings. This research indicates that certain programs and intervention strategies, when applied to a variety of offender populations, reliably produce significant reductions in recidivism. EBP is the body of research that describes contemporary correctional assessment, programming and supervision strategies that lead to improved correctional outcomes such as the guiding offenders through the process of becoming law abiding and productive and thereby increasing public safety.

A significant trend throughout all human service fields that emphasize outcomes, EBP is based on the notion that interventions within corrections are considered most effective when they reduce offender risk and subsequent recidivism and therefore make a long term contribution to public safety. Within the field of corrections, evidence based practices can involve research tested principles that guide intervention, or they can refer to specific intervention models proven to lead to desirable outcomes. Ultimately, developing evidence based approaches to

correctional services is about taking an *objective, balanced, and responsible* review and use of the professional literature to find good evidence, and then using it effectively to support policy and practice. It does not mean that all research findings pertaining to a specific intervention or strategy must reach the same conclusion for *all* samples and across *all* settings. It also does not mean that additional findings cannot provide refuting evidence at a later stage. In other words, once evidence-based is not always evidenced-based. Agencies must keep an eye on the horizon and modify their protocols as the evidence for what is most effective evolves.

Most importantly, adopting evidence-based principles is not an indication that correctional services are going “soft” on crime or criminals. In fact it is quite the opposite. Evidence-based practice provides more assurance that professionals are using the ‘right’ strategies and approaches, which will result in reduced misconduct and enhanced safety for all. Often, requiring an offender to confront and change criminal behaviors is more intimidating and harsh than allowing the offender to “do time” or coast through traditional community supervision. Finally, it is important not to oversell what can be achieved by assuming that any specific evidence-based intervention or strategy is guaranteed, failsafe, or a ‘magic bullet’. Reducing recidivism is a complex process that depends on a number of variables. In addition, evidence-based practices must be implemented with fidelity to the original approach in order to replicate these results. A commitment to continuous quality improvement is needed both to ensure that interventions are replicated with fidelity and that new evidence is incorporated as it becomes available.

What are Criminogenic Needs?

Offenders have a variety of needs, some of which are directly linked to criminal behavior. The following needs are examples of dynamic risk factors that, when addressed or changed, affect the offender’s risk for recidivism².

Factor	Risk	Need
Antisocial Behavior*	Early and continued involvement in a number or antisocial acts	Noncriminal alternative behaviors in risky situations
Antisocial Personality*	Adventurous, pleasure seeking, low self control, restlessly aggressive	Problem solving, self management, coping, and anger management skills
Criminal Thinking*	Attitudes, beliefs , values and rationalizations supportive of crime; emotional states of anger, resentment and defiance	Less risky thinking and feelings; adopt a pro-social identity
Criminal Associates*	Close association with criminals and relative isolation from pro-social people	Reduce association with criminals, enhance associations with pro-social people
Family/ Marital	Lack of nurturance, caring or close monitoring and supervision	Reduce conflict, build positive relationships and communication; enhance monitoring and supervision
Employment/ School	Low levels of performance and satisfaction	Enhance rewards, performance and satisfaction
Leisure/ Recreation	Low levels of involvement and satisfaction in antisocial activities	Enhance involvement and satisfaction in pro-social activities
Substance Abuse	Abuse of alcohol and/or drugs	Reduce use, personal and interpersonal supports for substance abuse behavior; enhance alternatives to use

*Top Four Criminogenic Needs (i.e., factors most strongly linked to criminal behavior)

¹ Adapted from Crime and Justice Institute (2009). *Implementing Evidence-Based Policy and Practice in Community Corrections, 2nd ed.*, Washington, DC: National Institute of Corrections.

² Adapted from Andrews, D.A. et al, (2006). The Recent Past and Near Future of Risk and/or Need Assessment. *Crime and Delinquency*, 52 (1) as cited in Latessa, E. J. (2008). *Improving the Effectiveness of Correctional Programs through Research*, Cincinnati, OH: University of Cincinnati, Division of Criminal Justice.

