

# Phoenix/New Freedom Programs

## **A Road Not Taken: A Substance Abuse Program That Works!**

In 2007, Phoenix/New Freedom programs worked closely with Dr. Daniel Selling (currently Executive Director of Mental Health and Director of Substance Abuse Treatment for Correctional Health Services, City of New York) to create a **substance abuse program** for use in New York City Jails, particularly Riker's Island (a daily inmate population of around 14,000).

### **Program History**

In December of 2007, the program, called A Road Not Taken, was initially implemented in two units at Riker's Island.

In 2008, drug court judges began to note that inmates who completed the program were not being re-arrested as frequently as those who did not receive the programming. In May of that year, the program was officially partnered with the drug courts, and judges began sentencing offenders directly into the program.

By December of 2011, the program was expanded to multiple units-- 3 male general population, 1 male Mentally Ill/Chemically Addicted unit, and 2 female general population units.

### **The Program**

New Freedom's A Road Not Taken is a workbook-based group model based on:

- The Transtheoretical Model of Change
- Cognitive Behavioral Therapy
- Motivational Interviewing

The program includes:

1. Case management
2. Individual counseling
3. Daily curriculum (group) counseling

### **Program Evaluation Results**

The results of the program evaluation were highly significant! A **41.67%** reduction in multiple re-arrests, and a **significant 23% reduction of recidivism** for those experiencing a longer length of stay (more than 41 days) in the program.

## A Road Not Taken Evaluation Results

Counselors gathered data at intake and at discharge. Data was regularly reported to program administrators. Separate reports were quality-checked and compiled, then linked to DOC databases for incarceration history.

An evaluation sample was taken of **785 clients**, who were all released by November 28, 2010.

### **Multiple arrests upon release:**

The jail population is typically characterized by frequent re-arrests. One year later, the analysts looked at the number of times clients in the evaluation sample were re-arrested in that 1 year period:

- Pre: The average number of arrests for the year prior to the jail sentence in which A Road Not Taken enrollment occurred was 1.2 times
- Post: The average number of arrests for the year following that jail sentence was .75

**This means the average number of re-arrests per client significantly reduced from 1.2 to .751 – a reduction of 41.67%\*.**

***This reduction in arrests is a significant outcome for this high-risk population.***

\*Statistically significant: P-value < .001%

### **Recidivism:**

Then the analysts looked at the percentage of clients arrested at least once during the 1 year period following discharge:

- Pre: The percentage of clients arrested during the year prior to the jail sentence in which ARNT enrollment occurred was 57%
- Post: The percentage of clients arrested during the year following that jail sentence was 43%

**The percentage of clients arrested in a 1 yr period significantly decreased from 57% to 43% — a difference of 14%\*.**

\*Statistically significant: P-value < .001%

### **Length of Stay:**

Finally, the analysts examined the effect of length of stay in the program. The average length of stay was 41 days. So the evaluation sample was divided into those staying under 41 days and those staying over 41 days.

- Those in the program under 41 days saw a significant reduction in re-incarceration, from 1.26 to .982– **a difference of 22%**
- Those in the program over 41 days saw a significant reduction in re-incarceration, from 1.15 to .523– **a difference of 55%**
- Those under 41 days saw no significant reduction in recidivism from 58% to 53%
- Those over 41 days saw a significant reduction in recidivism from 55% to 32%– **a difference of 23%**

### **Conclusion**

In October of 2012, the research presented here was selected to be presented at the **American Public Health Association 140<sup>th</sup> Annual Meeting and Expo in San Francisco**. The session, called “Residential substance abuse treatment in the New York City jail system”, outlined the research outlined above. You can read a full description of the session here:

<https://apha.confex.com/apha/140am/webprogram/Paper266905.html>

Also presented at that meeting were the preliminary results of data from a parallel New Freedom Mental Health program called Beyond The Bridge. You can read about it here:

<https://apha.confex.com/apha/140am/webprogram/Paper268314.html>

As this is a short-stay jail population, the positive outcomes presented here are especially significant. This accomplishment is even more significant when one looks at the positive differences experienced when the dosage was increased.

**Notice the 23% recidivism drop to 32% for those who received the program for more than 41 days. For an adult jail population, this is an unusual and noteworthy result.**

For more information about A Road Not Taken, Beyond The Bridge, or any of our multitude of evidence-based resources for both adult and juvenile populations, please contact us at: 212-462-3055, or visit our websites at:

[www.newfreedomprograms.com/](http://www.newfreedomprograms.com/)

[www.phoenixcurriculum.com/](http://www.phoenixcurriculum.com/)

[www.gangprograms.com/](http://www.gangprograms.com/)

[www.insightandoutlook.com/](http://www.insightandoutlook.com/)

# A ROAD NOT TAKEN

## PHOENIX/NEW FREEDOM PROGRAMS SUBSTANCE ABUSE PROGRAM

### CORE PROGRAM

Stage 1 Preparation For Treatment: Pre-contemplation	
Page 1	▶ Pre1 What am I doing here? (3-6 program hours)
Page 33	▶ Pre3a,d Treatment readiness activities (3 program hours)
Page 52	▶ SD1 Introduction to Self-Discovery (3 program hours)
Stage 2 Self-Discovery: Pre-contemplation to contemplation	
Page 76	▶ SD7a-b My life so far (4 program hours)
Page 133	▶ SD2 What went wrong? (9 program hours)
Page 165	▶ SD5 Understanding your dependencies (8 program hours)
Page 209	▶ SD6 Reasons to change (6 program hours)
Page 243	▶ SD11 What's going on in my life? (7 program hours)
Page 269	▶ F5 Shame (6 program hours)
Page 302	▶ F11 Are you an "excitement junkie"? (1-2 program hours)
Page 316	▶ SA1 Self-awareness: preventing relapse by increasing your sensitivity to cues, patterns or cycles (5 program hours)
Page 341	▶ CC9 Denial (1 program hour)
Stage 3 Returning Home: Preparation for community reintegration	
Page 351	▶ RH6 Making positive steps to take control of your life (5 program hours)
Page 381	▶ RH5 If you "lapse" (5 program hours)
Page 430	▶ RH7 Avoiding the negative (5 program hours)
Page 453	▶ RH14 Getting close to getting out (2 program hours)

### SUPPLEMENTAL RESOURCES

Page 466	▶ AODA MI 1-4 Motivational Interviewing Resources
Page 606	▶ Competency Checklists
Page 618	▶ Fidelity Monitoring Checklist
Page 620	▶ Logic Model

**A Road Not Taken: LM**

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# Logic Model

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# New Freedom Curriculum

## TARGET POPULATIONS/ THEORY

## STRATEGIES/ ACTIVITIES

## IMMEDIATE OUTCOMES

## INTERMEDIATE OUTCOMES

## FINAL OUTCOMES

