

The **PRINCIPLES** of **EVIDENCE BASED PRACTICES** in Community Corrections



Measurement

In order to know whether you are meeting your goals, you must gather data. If you don't identify what data is important on the front end, you will end up with no meaningful information. In today's environment, that is not good.

Build the Therapeutic Relationship

You are asking a person or a group of people to change their entire way of doing things. They will not be interested until they know that you understand their struggles and values and actually care about them.



Establish Behavioral Accountability & Structure

In most cases, the change process begins with understanding what to say "no" to. Eliminating problematic behaviors removes the "noise" and often makes the need for change more apparent. Old habits die hard. Don't expect instant compliance.

Reinforce Positive Behavior

In order to help people understand what behavior is desirable, use positive reinforcement. Behavior that is reinforced is likely to occur again. Don't be stingy with positive reinforcement. The more, the better.



Assess Risk, Need, & Responsivity

People are complex and therefore accurate assessment is time consuming. A well rounded evaluation requires objective and subjective measures. Don't forget about history and behavioral observations.

Enhance Intrinsic Motivation

The key to increased motivation is actually not the carrot or the stick. People can usually identify good reasons to make various changes. They need help with the back and forth conversation in their head.



Target Interventions

With a good assessment and skilled motivational work, the best intervention usually reveals itself to all involved. In addition to efficacy, motivation and potential side effects of various interventions must be considered.

Collaborate on Case Plan

If you want a person or group of people to embark on the treatment journey, include them in developing the roadmap. The most efficient route from point A to point B is the one that was mapped collaboratively.



Engage the Community

You play a number of vital roles during the change process, but you cannot play those roles forever. Engaging the community provides an additional source of reinforcement, support, and role modeling.

Train Behavioral Skills

The goal is to create new behavioral habits. Learning new skills is an active process. Ultimately, you are training someone to be a **DOER** of a new skill. **D**emonstration, **O**bservation, **E**valuation, and **R**epetition are the key combination.



Transition Plan

It is time to let them demonstrate that they can maintain their new habits without your constant support and guidance. They will make mistakes. Help them get back on track and provide hope.

Feedback

Look at all of the effort you have invested in this process. No doubt, you did some things well and others less so. You have data. Use that data to improve the next process. Share your new knowledge.

