



ILLINOIS DEPARTMENT OF CORRECTIONS

**Illinois Crime Reduction Act of 2009
Evidence-Based Practice Report
FY25**

JB Pritzker
Governor

Latoya Hughes
Director

(Text of Section after amendment by [P.A. 103-271](#))

Sec. 10. Evidence-based programming.

(e) The Department of Corrections, the Prisoner Review Board, and other correctional entities referenced in the policies, rules, and regulations of this Act shall design, implement, and make public a system to evaluate the effectiveness of evidence-based practices in increasing public safety and in successful reintegration of those under supervision into the locality. Annually, each agency shall submit to the Sentencing Policy Advisory Council a comprehensive report on the success of implementing evidence-based practices. The data compiled and analyzed by the Council shall be delivered annually to the Governor and the General Assembly.

The Illinois Department of Corrections implemented the Ohio Risk Assessment Tool (ORAs) for use in all facilities starting in 2020. ORAs was adopted as an ongoing response to risk assessment mandates specified by the Crime Reduction Act, 2009 ([PA096-0761](#)); "...the adoption, validation, and utilization of the statewide, standardized risk assessment tool described in this Act...". The ORAs is intended to assist ongoing efforts to reduce recidivism through the introduction of individualized case planning, and expansion of existing evidence-based programs within the department. The ORAs is an evidence-based risk assessment tool designed to assess risk to reoffend for individuals in custody while the corresponding case plan identifies programming needs based on risk levels.

The following evidence-based programs are currently offered at facilities within the Illinois Department of Corrections.

Substance Use

- **12 Step Program Alcoholics Anonymous Addiction Treatment (AA)**

AA is well-known, having a long history with over nine decades of positive outcomes for participants. This program is recognized by the Department of Mental Health and Addiction Services (DMHAS) as effective, evidence-based programming for substance use and addiction services. AA is currently offered in 9 correctional facilities and is dependent on outside volunteers. Participation is ongoing with indefinite timeframes and is offered in hourly sessions, once per week.

- **Narcotics Anonymous (NA)**

Narcotics Anonymous is among the oldest self-help groups for the support of drug abusers, beginning in 1953, and is recognized by DMHAS as evidence-based

programming. Currently facilitated in three facilities, the Department continues to build options to include this programming systemwide. Participation is ongoing with indefinite timeframes and is offered in hourly sessions, once per week.

- **Certified Associate Addictions Professional (CAAP)**

The CAAP training program is fully accredited by the Illinois Certification Board and provides training and educational opportunities to participants interested in enhancing personal recovery while exploring professional training in addiction services. To date, approximately 300 individuals in custody have been certified by the CAAP program. The program, currently offered in one facility, is provided in 6-month sessions, and runs 2.5 hours per week.

- **Beyond Trauma: A Healing Journey for Women**

This curriculum is designed to help women recover from the effects of trauma in their lives by focusing on addiction theory, women's psychological development, and the negative health effects resulting from trauma. Beyond Trauma is evidence-based and facilitated throughout the Women's Division. The program utilizes evaluation tools to collect programmatic data to enhance future implementation strategies and ensure consistency and effectiveness. The curriculum was most recently updated in 2019 and ongoing training efforts ensure staff are fully prepared to implement Beyond Trauma programming with fidelity. This program is offered in 12 sessions per cohort, 1.5 hours per session, 3 days per week.

- **Hazelden Drug Treatment**

Established in IDOC in 2017, this program was developed by the Hazelden Betty Ford Treatment Center, uses evidence-based addiction treatment modalities and are available in short or long form throughout all IDOC facilities. Hazelden helps participants prioritize their sobriety as they prepare for release and transition back into the community. The short program can be completed in 5 sessions for 2 hours per week or in 10 sessions for 1 hour per week, for 20 hours in total. The long program runs 12 weeks, 3 hour per session, for 5 days a week. The long version is currently offered at 26 facilities while the short version is offered in 28 facilities.

- **Helping Women Recover**

Helping Women Recover is an evidence-based program offered at two facilities within the Women's Division to assist in treating women with a history of trauma and addiction. Sessions cover topics such as healthy relationships, sexuality, spirituality, and learning a sense of self. The program is facilitated across 12 sessions, 1.5 hours per session, 3 times per week.

Life Skills

- **Inside Out Dads**

One of most noted evidence-based evaluations of this program was conducted by Rutgers University in 2010. This evidence-based program is available within all 26 male IDOC facilities and is aimed to develop pro-parenting attitudes, life skills, and prepare fathers in advance of community release while providing additional skills training related to post-release parenting. This program is spread across 12 sessions, 1.5 hours per session, and offered 3 times per week.

- **Seeking Safety**

This evidence-based program provides counseling treatment in a safe manner to assist individuals in custody with addressing PTSD, trauma and substance use. The program was originally developed in 1992 at Harvard Medical School. Seeking Safety is a present-focused program and participants not required to reveal past stories of trauma or addiction. The focus is on what the participant can do right now to create a better life for themselves. The variation of program hours and times is dependent upon the participant as they can skip topics that might be traumatizing. This program is offered two IDOC facilities and varies across 25 sessions.

Behavior Modification

- **Moving On**

Moving On is offered within the Women's Division as an intervention program that draws from evidence-based programming and provides women in custody with positive alternatives to criminal activity. In advance of release, this program helps participants to identify personal support and community resource options. Moving On provides 26 sessions at 2 facilities, 2 hours per session, on 2 days per week.

- **Start Now**

This skills-focused program is designed for use in correctional facilities to treat individuals in custody with behavioral disorders. It was developed to meet the needs for situational and cognitively appropriate management, providing manual-guided treatment for behaviorally disordered individuals. The program was developed from a study funded by the National Institute of Justice, which tested a version of Start Now (Dialectical Behavior Therapy) within the Connecticut Department of Corrections. Start Now was created as a cost-effective group therapy form of intervention for individuals in custody with behavioral and emotional disorders. The program incorporates motivational interviewing, cognitive behavioral therapy, trauma-sensitive care, gender specific guidance, focusing skills, and nonjudgmental structural approach to programming. The program places the primary responsibility for change on the program participant and is offered in 32-1.5hr sessions, twice per week. This program is offered

at 28 facilities and includes gender responsive manuals and materials.

- **Thinking For A Change**

The National Institute of Corrections developed the Thinking For A Change program to change criminogenic thinking with the goal of reducing recidivism. This evidence-based Cognitive Behavioral Treatment (CBT) program has been implemented within all male IDOC facilities. CBT uses talk therapy to teach participants coping skills for dealing with various problems. The focus of CBT is how the participants thoughts, beliefs and attitudes can affect the participants feelings and actions. The program varies with 25-27 sessions, 2 hours per session on a weekly basis. The program was studied and evaluated in 2009.

- **ACE 101**

Currently offered at Illinois River and Menard Correctional Centers, this behavior modification program introduces the groundbreaking 1998 ACEs Study. This study found a link between Adverse Childhood Experiences (ACEs) and adult health outcomes. This module looks at brain development research that explains why ACEs have a life-long effect on health and behavior. In scenario-based learning sequences individuals learn how toxic stress can cause protective features of brain development and functioning to become maladaptive through the processes of epigenetic and triggering. This module also includes a survey of projects and programs that have used the knowledge from the ACEs study and brain research to begin to build better communities and stop the spread of ACEs to future generations. Evidence based ACEs 101 module often serves as an introduction to childhood experiences research and is delivered in two 1–2-hour sessions.

- **Beyond Violence and Anger**

Specific to the Women's Division, this behavior modification program is a manualized curriculum for women who are struggling with the issue of anger and are in community settings (outpatient and residential substance abuse treatment programs, domestic violence shelters, mental health clinics, etc.). Beyond Anger and Violence is the first manualized intervention for women that focuses on anger, as well as the trauma they may have experienced. It utilizes a variety of evidence-based therapeutic strategies (i.e., psychoeducation, role playing, mindfulness activities, cognitive behavioral restructuring, and grounding skills for trauma triggers). This 42-hour intervention consists of a facilitator guide, participant workbook and DVD. The facilitator's manual for the 21-session program is a step-by-step guide containing the theory, structure, and content needed for running groups. Group is held once per week and is 2-3 hours per session.

- **Courage to Heal**

Offered in the Women's Division, this behavior modification program, *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*, is a self-help book by poet Ellen Bass and Laura Davis that focuses on recovery from child sexual abuse and is held weekly, 2-3 hours per group.

- **DEFY**

Defy's entrepreneurial programs enable one of America's largest forgotten communities, individuals in custody; to defy the odds. DEFY equips them with new skills, new connections, and a new belief to match their new purpose, and succeed in their new life of economic independence. The program uses evidence-based outcome tools and curriculum. Success is measured quantitatively and qualitatively. This is an ongoing life skills group with volunteer availability. The program is offered at Kewanee Life Skills Re-Entry Center and Pontiac Correctional Center.

- **Facing Your Feelings**

Offered in the Women's Division, this behavior modification program is rooted in ACT (acceptance and commitment therapy). The program aims to help individuals learn to tolerate distress and regulate their emotions and is evidence based in ACT, DBT, and CBT and the field of emotional regulation.

- **LifeSmart for Women**

Offered in the Women's Division, LifeSmart for Women is evidence based on research and is shown to be effective in reducing recidivism and improving outcomes for women in corrections. It's designed to address the specific needs and challenges of women, particularly those with co-occurring mental health and substance use disorders, and those with a history of trauma. The program focuses on developing coping skills, emotional wellness, and addressing the impact of abuse.

- **Interpersonal Violence**

Interpersonal Violence (CBI-IPV) curriculum provides a thorough intervention that targets interpersonal violence. As the name suggests, interpersonal violence includes and reaches beyond intimate partner violence to include family members, roommates, and other cohabitants. This intervention relies on a cognitive behavioral approach to teach participants strategies to manage risk factors. The program places heavy emphasis on emotion regulation and skill building activities to assist with cognitive, social, emotional, and coping skill development. Staff are trained to facilitate and certified by the University of Corrections Institute. The program is 52 sessions and is 90 minutes per session. The program is at Illinois River, Vienna, Shawnee, and Danville Correctional Centers.