

The Effect of The Cognitive Restructuring (CR) Reentry Program on Drug Use Among Juvenile Offenders with Alcohol Use Backgrounds.

Monica Ruiz

Department of Social Work – California State University, Fullerton

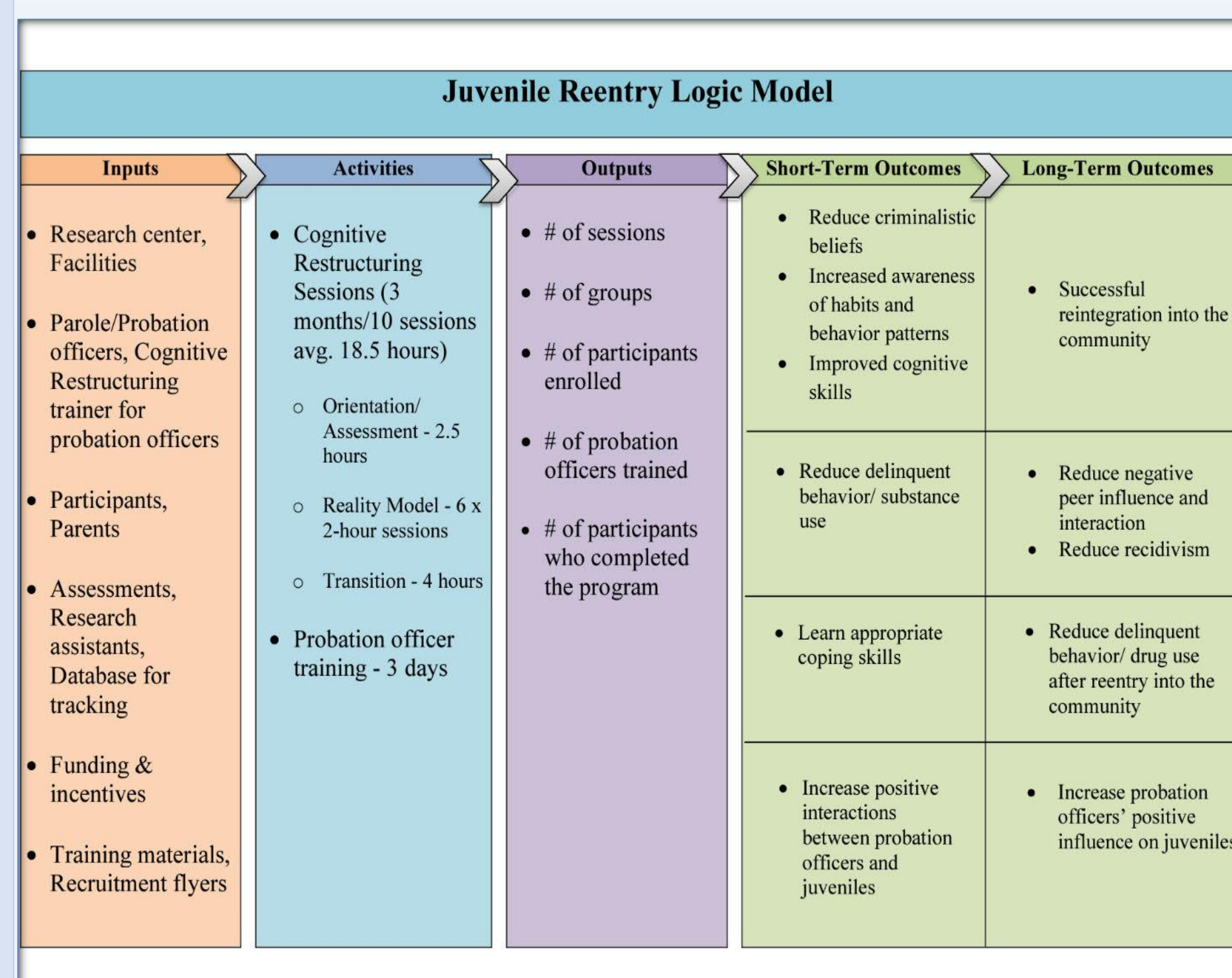
ABSTRACT

The study included looking at the effect of the Cognitive Restructuring (CR) Reentry Program among juvenile offenders with alcohol backgrounds and the effect on drug use. It involved 59 participants in the intervention group and 57 participants in the control group. The dependent variable was marijuana use and was measured by variables at intake and follow up. The program was provided to juvenile offenders involved in the juvenile justice system and ready to transition back to their communities (Jainchill, 2015). Results indicated that the program had a significance on drug use among participants with alcohol use backgrounds. However, when compared to the control group the results indicated that the program does not have an effect on the outcome.

INTRODUCTION

The Cognitive Restructuring (CR) Reentry Program is a protocol administered to juvenile offenders who were released from juvenile justice residential treatment facilities in the state of Delaware and Florida (Jainchill, 2015). It involved a three-phase protocol: intake (pretest), exit (posttest), and follow up. It was created to work with juvenile offenders over a period of 3 months which included 10 group sessions and about 4-8 participants per group. The CR Reentry Program looked at providing techniques for juvenile offenders in order for them to be successful back in their home communities such as teaching them problem-solving skills, using the cognitive process eventually have the youth change their criminalistic beliefs. A major goal of CR Reentry Program besides helping offending youth is to train professionals, particularly Probation Officers (P.O.) with a master's level education or equivalent to be more effective in restructuring the juvenile offenders' belief system that contributes to their criminal behavior (Jainchill, 2015).

LOGIC MODEL



EVALUATION QUESTION

Cognitive Restructuring (CR) Reentry Program on drug use among juvenile offenders with alcohol use backgrounds?

LITERATURE REVIEW

- The Cognitive Restructuring (CR) Reentry Program can be best looked through cognitive behavioral theory which looks at the way individuals behave, think, and rationalize (Sheafor, & Horejsi, 2015).
- Programs or interventions with Cognitive Behavioral Therapy (CBT) principles are implemented in juvenile offenders to reduce recidivism, substance use, and criminal behaviors (Jainchill, 2015).
- Holistic Enrichment for At Risk Teens (HEART) was an intervention utilized for juvenile offenders (females) to help them with substance use and delinquency (Robert-Lewis et al., 2010).
- Helped them in areas of psychosocial functioning such as mental health, family relation, peer relations, educational status, vocational, leisure and recreational skills, and decrease in aggressive behaviors, however not in substance use nor delinquency (Robert-Lewis et al., 2010).
- Stein (2020) studied incarcerated youth and the implementation of Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI) to help them cope with their substance use disorder (marijuana and alcohol use).
- The study demonstrated that through the use of CBT and (MI) juvenile offenders had a decrease in heavy drinking only partial intent of the study (Stein, 2020).
- CR Reentry Program like the studies that are available wanted to help out juvenile offenders with their substance use and criminalistic ways.

METHODOLOGY

Evaluation Design

- Evaluate the effect of Cognitive Restructuring (CR) Reentry Program on juvenile offenders with alcohol use backgrounds and drug use.
- This project used secondary data from the Criminal Justice- Drug Abuse Treatment Studies (CJ-DATS), 2003-2009, ICPSR #30143.
- The research study is a pretest/posttest classical experimental design with three measurement points: intake (pretest), exit (posttest), and follow up.
- The subjects in the research will be assigned to one of the two reentry protocols: Cognitive Restructuring (CR) or Aftercare Services (AF) through random assignment in order to create randomized groups.

Sample

- Juvenile offenders from the state of Delaware and Florida
- Participants with alcohol use backgrounds for Cognitive Restructuring Reentry Program: 59 and Aftercare Services: 57

Measures

Dependent Variable (DV)

- DV is marijuana use at different time points (post and follow up), Ever used any marijuana, Marijuana used last 90 days, Marijuana used patterns last year before incarceration date, Marijuana use pattern last 90 days

Independent Variable (IV)

- Cognitive Restructuring Reentry Program

Key Variables

- Alcohol use pattern last year before incarceration date.

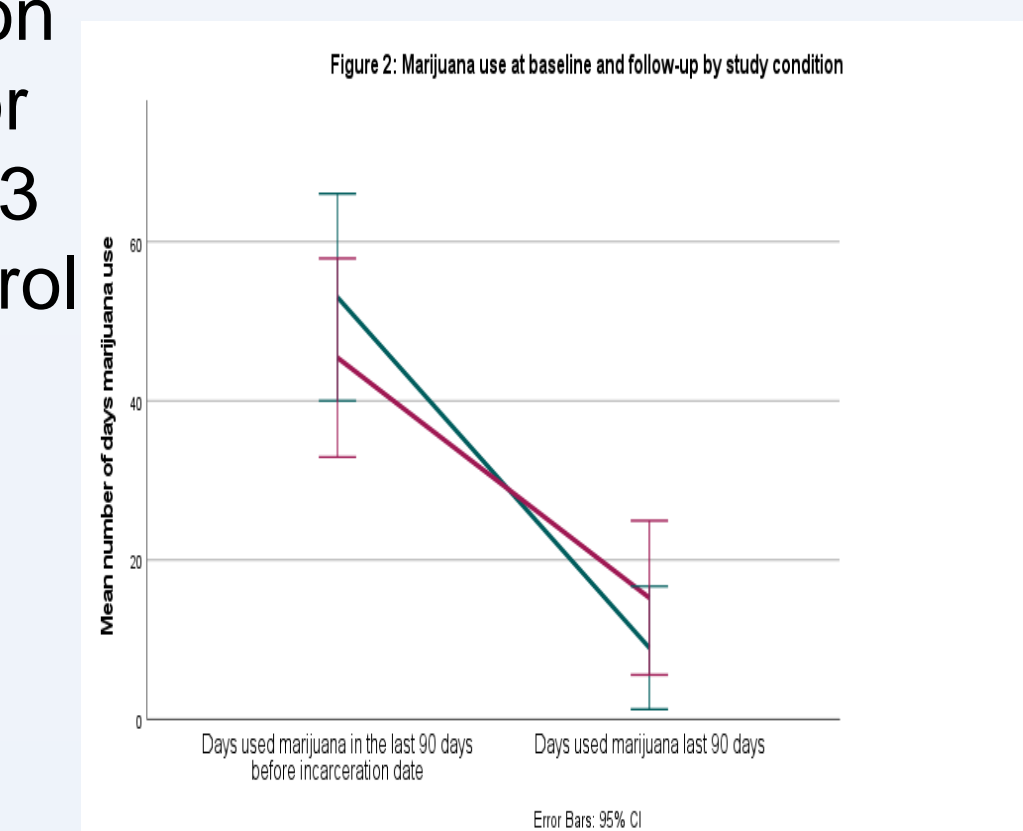
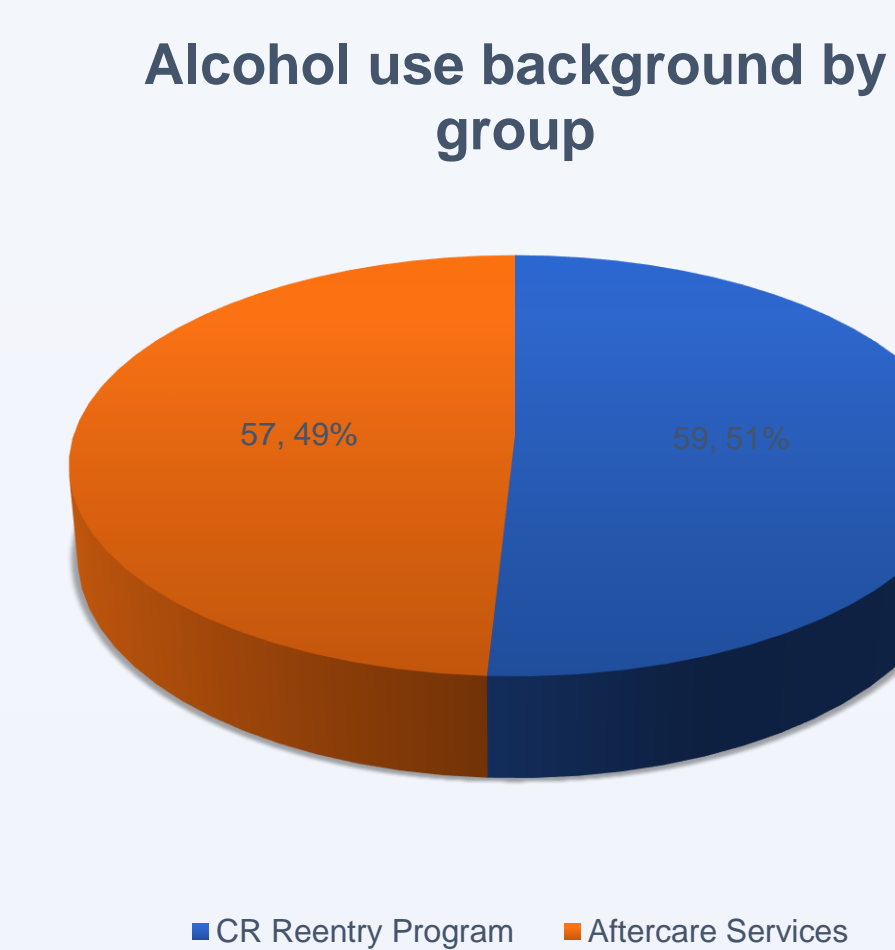
Data Collection

- Face to face interviews (baseline, exit, follow up).
- Baseline interviews for the state of Florida occur within 48 hours of the youth's return home.
- Data collection in Delaware occurs 4 weeks prior to the juvenile offenders' release from the incarceration facility. (Parental consent and youth assent needed prior to assessment).
- 3-months post-release from the facility, and 9-months post-release.

RESULTS

Descriptive:

- The sample's mean age was 16.73 (SD=1.03) for the intervention group, and 16.77 (SD=0.98) for the comparison group. The age average was similar in both groups.
- The sample's mean number of days of alcohol intoxication in the last 90 days before incarceration was 4.70 (SD=15.10) for the intervention and 5.43 (SD=17.75) for the control group.



Inferential Analysis

- Wilcoxon Signed-Ranks Test was performed to compare the baseline and follow up number of days of drug use (marijuana).
- A significance difference was found in the results for the intervention group ($Z=-4.34$, $p<.001$.)
- A significance difference was found in the results for the comparison group ($Z=-3.42$, $p<.001$). These results indicate that the program had an effect on drug use among the participants with alcohol use backgrounds.
- Multiple Linear Regression Analysis was done to determine if the intervention would hold its true values if other factors (marijuana use frequency last year before incarceration date, age they first drank alcohol, and days of alcohol intoxication (<4 drinks) last 90 days before follow-up) were included in the analysis.
- After conducting a multiple regression analysis, the program compared to the control group does not have an effect on the outcome.

DISCUSSION

Implications

- Gaps in research on how CBT can help juvenile offenders with substance use backgrounds, and criminalistic ways.
- Programs like CR Reentry Program can have a positive impact in juvenile offenders and their future.
- Larger sample population to both juvenile offenders with alcohol use backgrounds and multiple substance use backgrounds not limited to marijuana.
- Multiple means of data collection instead of limited to face to face interviews (online surveys, printed surveys in which they can turn in anonymously).
- Different professionals such as Social Workers, Marriage and Family Counselors, administering the program.
- Participant feedback

Study Limitations

- Filtering out the participants made the study sample smaller, need to have a fair representation of participants with alcohol use backgrounds.
- Face to face interviews limits data collection leading to dishonest answers.

Conclusion

This study did not support the program's intended outcome stating that CR Reentry Program will have an effect on substance use among juvenile offenders with alcohol use backgrounds. Further research is suggested to determine the effectiveness of CR Reentry Program.

REFERENCES

- Jainchill, N. (2015). Criminal Justice Drug Abuse Treatment Studies (CJ-DATS): A Comparison of Two Reentry Strategies for Drug Abusing Juvenile Offenders, 2003-2009 [United States]. Ann Arbor, MI: Inter-university Consortium for Political and Social Research [distributor].
<https://doi.org/10.3886/ICPSR30143.v2>
- Roberts-Lewis, A.C, Welch-Brewer, C.L, Jackson, M. S, Pharr, O. M, & Parker, S. (2010). Female Juvenile Offenders with HEART: Preliminary Findings of an Intervention Model for Female Juvenile Offenders with Substance Use Problems. *Journal of Drug Issues*, 40(3), 611-625.
<https://doi.org/10.1177/002204261004000304>
- Sheafor, B. W., & Horejsi, C. R. (2015). *Techniques and Guidelines for Social Work practice* (Tenth edition). Pearson.
- Stein, L.A.R, Martin, R., Clair-Michaud, M., Lebeau, R., Hurlbut, W., Kahler, C. W, Monti, P. M, & Rohsenow, D. (2020). A randomized clinical trial of motivational interviewing plus skills training vs. Relaxation plus education and 12-Steps for substance using incarcerated youth: *Effects on alcohol, marijuana and crimes of aggression. Drug and Alcohol Dependence*, 207, 107774-107774.
<https://doi.org/10.1016/j.drugalcdep.2019.107774>