



This analysis looked at the re-offending behaviour of 257 adults who took part in Caritas Care's ex-offenders programme while in prison or in the community. Overall, the analysis shows that more people would need to be included in order to determine the way in which the intervention affects the rate and frequency of re-offending among participants, but this should not be taken to mean that the programme fails to affect them. However, the results do provide evidence that participants who re-offend do so more quickly than non-participants.

The ex-offenders programme aims to help offenders overcome barriers to rehabilitation using one-to-one mentoring. It is run by the charity Caritas Care, which provides multiple types of support to families and communities, and it takes place in prison and in the community.

This analysis of the Caritas Care programme measured proven re-offences in a one-year period for a 'treatment group' of 257 offenders who took part in the programme and for a much larger 'control group' of similar offenders who did not take part. These measurements were used to estimate the impact that the programme would be expected to have on the re-offending behaviour of any people who are similar to those in the analysis.

The 257 people who were eligible to be included in the main analysis were from a group of 387 people whose details were submitted to the Justice Data Lab. The impact of the programme on those who were not analysed may be different to the impact on those who were.

Overall measurements of the treatment and control groups

For **100** typical people in the **treatment** group:

↑ **46** people committed a proven re-offence
↑ within a one-year period (a rate of 46%),
4 people more than in the control group

⚖ They committed **205** proven re-offences during
↑ the year (a frequency of 2.05 offences per
person), **45 offences more** than in the control
group

📅 On average, a re-offender committed their first
↓ proven re-offence after **117** days,
21 days quicker than in the control group

For **100** typical people in the **control** group:




42 people committed a proven re-offence
within a one-year period (a rate of 42%)

They committed **160** proven re-offences
during the year (a frequency of 1.60
offences per person)

On average, a re-offender committed their
first proven re-offence after **138** days

Overall estimates of the impact of the intervention

For **100** typical people who would receive the intervention, compared with **100** similar people who would not receive it:

-  The number of people who would commit a proven re-offence during one year after release could be **lower by as many as 2 people, or higher by as many as 10 people**. It is estimated that a treatment group of 2,155 people would need to be analysed in order to determine the direction of this difference.
-  The number of proven re-offences committed during the year could be **lower by as many as 6 offences, or higher by as many as 95 offences**. Similarly, more people would need to be analysed in order to determine the direction of this difference.
-  On average, the time before a re-offender committed their first proven re-offence could be **shorter by between 4 and 39 days**. This is a **statistically significant result**.

What you can say about the one-year re-offending rate:

- ✓ "This analysis provides evidence that, for every 100 participants, the Caritas Care ex-offenders programme may decrease the number of proven re-offenders during a one-year period by up to 2 people, or may increase it by up to 10 people"

What you cannot say about the one-year re-offending rate:

- ✗ "This analysis shows that the Caritas Care ex-offenders programme increases/decreases/has no impact on the one-year proven re-offending rate of its participants"

What you can say about the one-year re-offending frequency:

- ✓ "This analysis provides evidence that, for every 100 participants, the Caritas Care ex-offenders programme may decrease the number of proven re-offences during a one-year period by up to 6 offences or may increase it by up to 95 offences"

What you cannot say about the one-year re-offending frequency:

- ✗ "This analysis shows that the Caritas Care ex-offenders programme increases/decreases/has no impact on the one-year proven re-offending frequency of its participants"

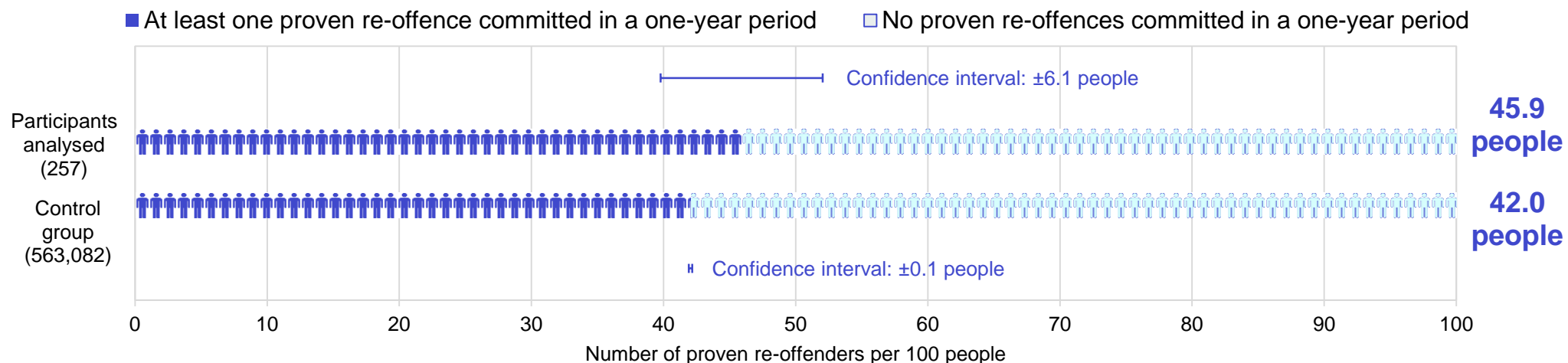
What you can say about the time to first re-offence:

- ✓ "This analysis provides evidence that, for participants who re-offend during a one-year period, the Caritas Care ex-offenders programme may shorten the average time to first proven re-offence by between 4 and 39 days"

What you cannot say about the time to first re-offence:

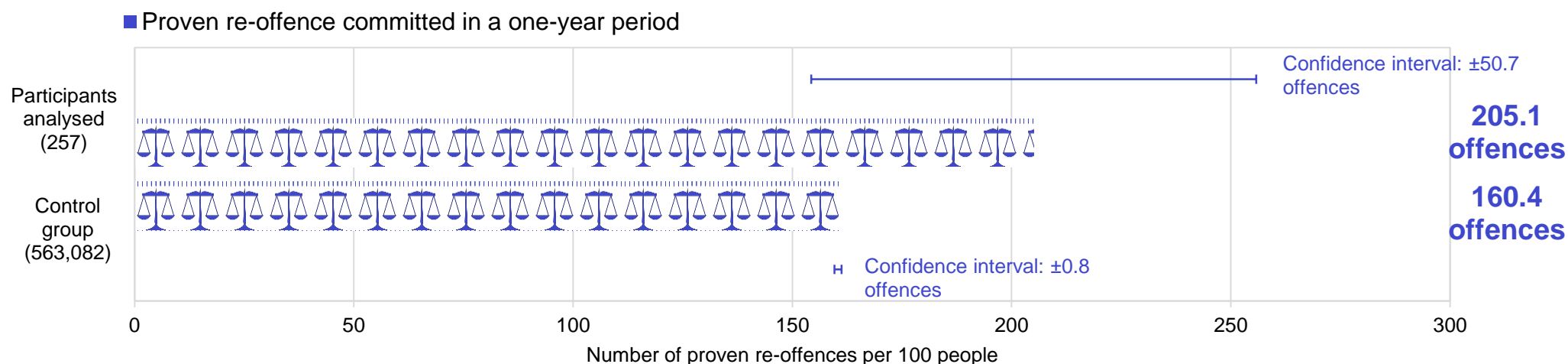
- ✗ "This analysis shows that, for participants who re-offend during a one-year period, the Caritas Care ex-offenders programme increases/has no impact on the average time to first proven re-offence"

One-year proven re-offending rate after participation in Caritas Care ex-offenders programme



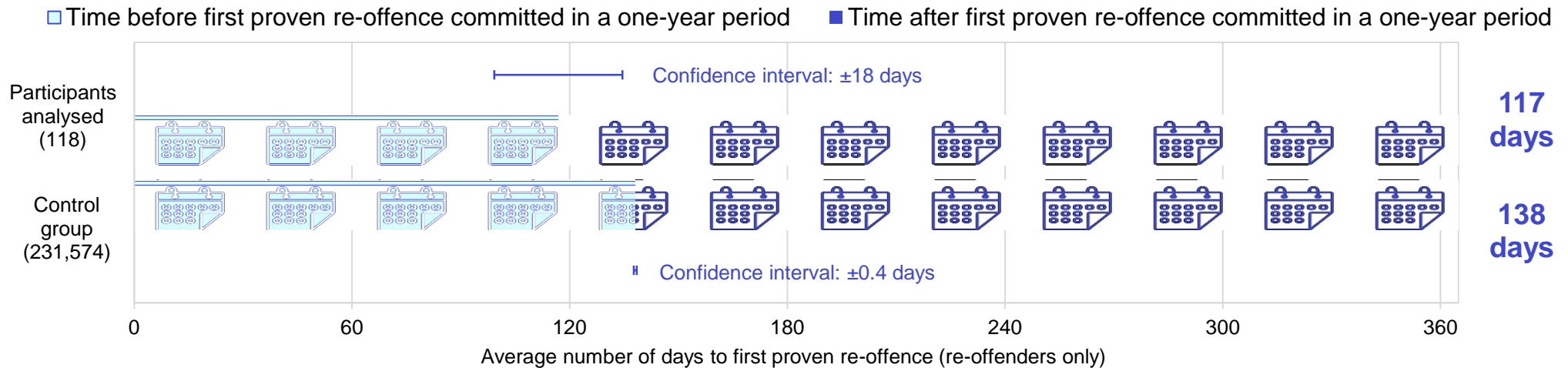
Non-significant difference between groups

One-year proven re-offending frequency after participation in Caritas Care ex-offenders programme



Non-significant difference between groups

Average time to first proven re-offence after participation in Caritas Care ex-offenders programme



Significant difference between groups

Caritas Care's ex-offenders programme in their own words

"Caritas Care provides one-to-one mentoring to help ex-offenders address their issues and overcome barriers to rehabilitation. This includes support to overcome the following issues: homelessness, mental health problems, substance misuse, worklessness/inactivity and offending behaviours. The work varies depending on the individual's needs, but clients consistently require support in most of these areas, either from a project worker or a volunteer. Most clients therefore receive multiple interventions to address their needs.

The intervention provides a wrap-around holistic service that addresses the complex needs of its participants. The intervention is risk-led, and detailed assessments are undertaken with each individual before their intervention is planned. These assessments consider their latest sentence and previous convictions, as well as their physical and mental health and any known drug or alcohol abuse. The intensity of support provided by our project workers and volunteers depends on the person's risk of reoffending. Clients are made aware of the package of support they will receive and how these may be adjusted depending on the progress they are making and their capacity to move forward. This is in accordance with the Risk-Need-Responsivity model.

The intervention takes place within prisons (prior to release) and in the community throughout North-West England. For prisoners, support from a project worker usually begins up to three months before release and through-the-gate assistance is provided when they leave North-West prisons or relocate back to the North-West area. The intervention typically works with people for up to twelve months in the community. In cases where support starts after prison release or a probationary sentence, clients may be referred by themselves, by their families or via other agencies such as the Probation Service, mental health teams, substance misuse teams, Revolution (police teams) and supported housing providers and hostels (when the individual is at risk of being evicted).

In order to access support via this intervention, people must pose a low-to-medium risk to others (although they are likely to be at high risk of re-offending). Those with sexual offences against children are not permitted.

The ex-offenders programme has operated under names including ACE (Assisted Community Engagement) and CRP (Community Resettlement Project). "

Caritas Care's response to the Justice Data Lab analysis

"Whilst we welcome the detail that the research provides for the project, we do feel that, in the very nature of studies like this, detail can be lost in the context of the project as we know it from day to day. Whilst the control group was matched for complexity, we consider that other factors are to be considered, particularly that some of the research cohort were drawn from a historical 'Inside Out' programme who were all heavily convicted, recidivist offenders. The follow-up period of one year does not allow for detailed analysis of how these people's lives may have changed for the better in the long term, and it is our experience that this effect is real and powerful for those we work with, who report much better attachments to community, stable accommodation, a growing sense of purpose and pride in their achievements.

We maintain that most ACE participants who re-offend do so in more minor ways and are rarely re-imprisoned, and that the overall frequency of offending is much reduced. These are all massive gains for the individual, and for the communities that they live in.

We fully accept that longitudinal studies will always reflect past performance. However, our practice and the people we work with have changed in the meantime, and a more holistic analysis would give a much broader appreciation of the progress made by our service users."

The results in detail

Four analyses were conducted to account for different types of characteristics. The treatment groups were almost identical in each analysis, but the control groups differed accordingly:

- **National complex analysis** – a treatment group of 257 people compared with a control group of 563,082 records from England and Wales, matched on offender demographics, recent employment and benefit status, criminal history and individual risks and needs
- **Regional complex analysis** – a treatment group of 258 people compared with a control group of 87,265 records from North-West England, matched on offender demographics, recent employment and benefit status, criminal history and individual risks and needs
- **National standard analysis** – a treatment group of 258 people compared with a control group of 555,327 records from England and Wales, matched on offender demographics, recent employment and benefit status and criminal history
- **Regional standard analysis** – a treatment group of 258 people compared with a control group of 91,083 records from North-West England, matched on offender demographics, recent employment and benefit status and criminal history

The complex analyses controlled for the following risks and needs: drug and alcohol use, mental health, accommodation status, employment history, relationships and attitude towards offending.

In each analysis, fourteen measures of one-year re-offending were analysed. The headline results in this report refer to the three overall measures in the national complex analysis. Tables 1-8 show the results of all analyses for all measures, with rates expressed as percentages and frequencies expressed per person.

One measure shows a significant result in all analyses. A further **two measures show significant results in at least one of the standard analyses**, but these become non-significant when controlling for more complex needs such as homelessness, mental health problems and substance misuse.

Significant results

The estimates for all measures in all analyses show the following statistically significant results:

- All four analyses provide significant evidence that the intervention **shortens the amount of time before a person commits their first re-offence** (Table 3).
- The two standard analyses provide significant evidence that the intervention **increases the total number of re-offences committed** (Table 2). The two complex analyses also show an increase, but these are not statistically significant.
- The national standard analysis provides significant evidence that the intervention **decreases the number of people who receive a custodial sentence for their first re-offence** (Table 7). The other three analyses also show a decrease, but these are not statistically significant.

Tables 1-3 show the overall measures of re-offending. The average time to first re-offence includes re-offenders only.

Table 1: Number of participants in Caritas Care's ex-offenders programme who committed a proven re-offence in a one-year period, compared with control groups

Analysis	Area	Number in treatment group	Number in control group	One-year proven re-offending rate				
				Treatment group rate (%)	Control group rate (%)	Estimated difference (% points)	Significant difference?	p-value
Complex	National	257	563,082	45.9	42.0	-2.3 to +10.0	No	0.21
	Regional	258	87,265	46.1	42.6	-2.6 to +9.7	No	0.26
Standard	National	258	555,327	46.1	41.2	-1.2 to +11.0	No	0.12
	Regional	258	91,083	46.1	41.0	-1.0 to +11.3	No	0.10

Table 2: Number of proven re-offences committed in a one-year period by participants in Caritas Care's ex-offenders programme, compared with control groups

Analysis	Area	Number in treatment group	Number in control group	One-year proven re-offending frequency (offences per person)				
				Treatment group frequency	Control group frequency	Estimated difference	Significant difference?	p-value
Complex	National	257	563,082	2.1	1.6	-0.1 to +1.0	No	0.08
	Regional	258	87,265	2.1	1.6	-0.1 to +1.0	No	0.08
Standard	National	258	555,327	2.1	1.5	+0.0 to +1.0	Yes	0.05
	Regional	258	91,083	2.1	1.5	+0.1 to +1.1	Yes	0.02

Table 3: Average time to first proven re-offence in a one-year period for participants in Caritas Care's ex-offenders programme who committed a proven re-offence, compared with control groups

Analysis	Area	Number in treatment group	Number in control group	Average time to first proven re-offence within a one-year period, for re-offenders only (days)				
				Treatment group time	Control group time	Estimated difference	Significant difference?	p-value
Complex	National	118	231,574	116.9	138.1	-38.9 to -3.6	Yes	0.02
	Regional	119	36,408	116.2	138.5	-39.9 to -4.8	Yes	0.01
Standard	National	119	229,499	116.2	138.7	-40.1 to -4.9	Yes	0.01
	Regional	119	35,930	116.2	139.4	-40.8 to -5.6	Yes	0.01

Tables 4-6 show measures of the severity of re-offending, for re-offenders only, with Table 6 comparing the severity of the first re-offence to that of the original (index) offence. Tier 1 offences are the most severe and tier 3 offences are the least severe.

Table 4: Number of participants in Caritas Care's ex-offenders programme who committed their first proven re-offence in a one-year period in each tier of severity, compared with control groups (tier 1 is excluded because low numbers prevent a reliable estimate of difference)

Model	Area	Number in treatment group	Number in control group	One-year proven re-offending rate by severity tier of first re-offence, for re-offenders only					
				Severity tier	Treatment group rate (%)	Control group rate (%)	Estimated difference (% points)	Significant difference?	p-value
Complex	National	115	225,623	2	10.4	9.5	-4.8 to +6.6	No	0.75
				3	88.7	89.4	-6.6 to +5.1	No	0.80
	Regional	116	35,481	2	10.3	9.1	-4.4 to +6.9	No	0.67
				3	88.8	89.9	-6.9 to +4.8	No	0.71
Standard	National	116	223,696	2	10.3	9.7	-4.9 to +6.3	No	0.81
				3	88.8	87.7	-4.7 to +6.9	No	0.71
	Regional	116	35,023	2	10.3	10.3	-5.6 to +5.7	No	0.98
				3	88.8	88.6	-5.6 to +6.0	No	0.94

Table 5: Number of proven re-offences committed in a one-year period in each tier of severity by participants in Caritas Care's ex-offenders programme who committed a proven re-offence, compared with control groups (tier 1 is excluded because low numbers prevent a reliable estimate of difference)

Model	Area	Number in treatment group	Number in control group	One-year proven re-offending frequency by severity tier, for re-offenders only (offences per person)					
				Severity tier	Treatment group frequency	Control group frequency	Estimated difference	Significant difference?	p-value
Complex	National	115	225,623	2	0.3	0.3	-0.1 to +0.2	No	0.88
				3	4.0	3.4	-0.3 to +1.4	No	0.21
	Regional	116	35,481	2	0.3	0.3	-0.1 to +0.2	No	0.64
				3	4.0	3.4	-0.3 to +1.5	No	0.19
Standard	National	116	223,696	2	0.3	0.3	-0.1 to +0.2	No	0.77
				3	4.0	3.3	-0.2 to +1.5	No	0.15
	Regional	116	35,023	2	0.3	0.3	-0.1 to +0.2	No	0.71
				3	4.0	3.2	-0.1 to +1.6	No	0.10

Table 6: Number of participants in Caritas Care's ex-offenders programme who committed their first re-offence in a one-year period in a lower tier, the same tier or a higher tier of severity than their original (index) offence, compared with control groups

Model	Area	Number in treatment group	Number in control group	One-year proven re-offending rate by severity tier of first re-offence relative to index offence, for re-offenders only					
				Relative severity	Treatment group rate (%)	Control group rate (%)	Estimated difference (% points)	Significant difference?	p-value
Complex	National	115	225,623	Less	21.7	18.4	-4.4 to +10.9	No	0.40
				Same	68.7	75.6	-15.6 to +1.7	No	0.11
				More	9.6	5.9	-1.8 to +9.1	No	0.19
	Regional	116	35,481	Less	22.4	19.3	-4.6 to +10.9	No	0.42
				Same	68.1	75.4	-15.9 to +1.3	No	0.10
				More	9.5	5.4	-1.3 to +9.5	No	0.13
Standard	National	116	223,696	Less	22.4	19.7	-5.0 to +10.4	No	0.49
				Same	68.1	72.7	-13.2 to +4.0	No	0.30
				More	9.5	7.6	-3.5 to +7.3	No	0.49
	Regional	116	35,023	Less	22.4	19.6	-4.9 to +10.5	No	0.48
				Same	68.1	74.1	-14.6 to +2.6	No	0.17
				More	9.5	6.3	-2.2 to +8.6	No	0.24

Tables 7-8 show measures of custodial sentencing, for re-offenders only.

Table 7: Number of participants in Caritas Care's ex-offenders programme receiving a custodial sentence for their first re-offence in a one-year period, compared with control groups

Analysis	Area	Number in treatment group	Number in control group	One-year rate of custodial sentencing for first proven re-offence, for re-offenders only				
				Treatment group rate (%)	Control group rate (%)	Estimated difference (% points)	Significant difference?	p-value
Complex	National	115	225,623	33.9	40.6	-15.5 to +2.1	No	0.13
	Regional	116	35,481	33.6	39.6	-14.7 to +2.8	No	0.18
Standard	National	116	223,696	33.6	42.7	-17.9 to -0.4	Yes	0.04
	Regional	116	35,023	33.6	40.1	-15.3 to +2.2	No	0.14

Table 8: Number of custodial sentences received in a one-year period by participants in Caritas Care's ex-offenders programme who committed a proven re-offence, compared with control groups

Analysis	Area	Number in treatment group	Number in control group	One-year frequency of custodial sentencing, for re-offenders only (sentences per person)				
				Treatment group frequency	Control group frequency	Estimated difference	Significant difference?	p-value
Complex	National	115	225,623	1.8	1.7	-0.5 to +0.5	No	0.87
	Regional	116	35,481	1.8	1.7	-0.5 to +0.5	No	0.87
Standard	National	116	223,696	1.8	1.8	-0.5 to +0.5	No	0.92
	Regional	116	35,023	1.8	1.7	-0.4 to +0.6	No	0.72

Profile of the treatment group

Caritas Care's ex-offenders programme took place in North-West England, both in the community and in prisons including HMP Haverigg, HMP Kirkham, HMP Lancaster Castle (prior to closure), HMP Preston, HMP Styal and HMP Wymott. The people in the national complex treatment group took part in the programme between June 2009 and September 2013. The majority of them participated during and/or following a custodial sentence, with the remainder participating after receiving a community sentence. People entered the programme through various routes including self-referral, referral by support workers in prison and referral by agencies in the community. Details of people were not submitted to the Justice Data Lab if they were enrolled in the programme but were subsequently withdrawn having failed to engage with it.

The 257 people in the national complex treatment group were between 18 and 58 years old at the beginning of their one-year re-offending period, with an average age of 33 years. 91% of them were male, at least 93% were ethnically white and at least 92% were UK nationals. By comparison, 116 people whose details were found on the PNC but who could not be included in the national complex treatment group were 95% male, at least 95% ethnically white and at least 95% UK nationals.

Information on individual risks and needs was available for 226 people in the national complex treatment group (88%), recorded near to the time of their original conviction. Among these people, it is estimated that:

- 51% used drugs at least once a week and/or had significant problems with alcohol use
- 32% had no fixed abode
- 64% were unemployed

Matching the treatment and control groups

Each of the four analyses matched a control group to the relevant treatment group. A summary of the matching quality is as follows:

- All analyses showed good matching quality on a large majority of the characteristics used. None showed poor matching quality on any of the characteristics used.
- The national complex, national standard and regional standard models showed reasonable matching on the Copas rate, which indicates the rate at which an offender has built up convictions throughout their criminal career. The regional complex analysis showed good matching on this characteristic.
- The national standard and regional standard analyses showed reasonable matching on the number of index offences involving theft, handling, fraud and forgery, the total number of previous convictions and the total number of previous court orders. The national complex and regional complex analyses showed good matching on these characteristics.

Further details of group characteristics and matching quality, including risks and needs recorded by the Offender Assessment System (OASys), can be found in the Excel annex accompanying this report.

This report is also supplemented by a general annex, which answers frequently asked questions about Justice Data Lab analyses and explains the caveats associated with them.

Numbers of people in the treatment and control groups

388 records were submitted for analysis, corresponding to 387 individual participants.

387

11 people (3%) were excluded from the treatment group because their records could not be identified on the Police National Computer (PNC). This may be because their identifying information was not sufficiently similar to allow a link to be made with any PNC record.

376

105 people (27%) were excluded because they were not recorded in the re-offending database during the period following their participation in the Caritas Care programme. This may be because they were still in custody when the re-offending data were collected, or because less than one year had elapsed since their release.

271

11 people (3%) were excluded because they had committed at least one proven sexual offence before starting the programme. They were excluded because the re-offending patterns of sex offenders are generally very different to those of non-sex offenders. 1 person (0.3%) was excluded because they were under 18 years old at the beginning of their re-offending period.

259

2 people were excluded from the national complex analysis, and 1 person was excluded from the other analyses, because they could not be matched to any individuals in the control group. The national complex treatment group contained 66% of the people originally submitted.

257

**National complex
treatment group**

(control group:
563,082 records)

258

**Regional complex
treatment group**

(control group:
87,265 records)

258

**National standard
treatment group**

(control group:
555,327 records)

258

**Regional standard
treatment group**

(control group:
91,083 records)

Contact points

Press enquiries should be directed to the Ministry of Justice press office:

Tel: 020 3334 3555

Other enquiries about the analysis should be directed to:

Sarah French

Justice Data Lab Team

Justice Statistical Analytical Services

Ministry of Justice

7th Floor

102 Petty France

London

SW1H 9AJ

Tel: 07967 592428

E-mail: justice.datalab@justice.gsi.gov.uk

General enquiries about the statistical work of the Ministry of Justice can be e-mailed to:
statistics.enquiries@justice.gsi.gov.uk

General information about the official statistics system of the United Kingdom is available from
<http://www.statisticsauthority.gov.uk/about-the-authority/uk-statistical-system>

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