



**This analysis looked at the re-offending behaviour of 51 adult men who took part in Safe Ground's Fathers Inside programme while they were in prison. The analysis shows that those who took part were less likely to re-offend than those who did not, and that they committed fewer re-offences. In order to determine the way in which the intervention affects the time to first re-offence among participants, more people would need to become eligible for analysis, but this should not be taken to mean that the programme fails to affect it.**



The Fathers Inside programme is an intervention for male prisoners, which aims to improve their parental responsibilities through drama, fiction and group discussion. It is run by the charity Safe Ground, which works with offenders, and people at risk of offending, to develop relationship skills.



This analysis of the Fathers Inside programme measured proven re-offences in a one-year period for a 'treatment group' of 51 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 other people who are similar to those in the analysis.



The 51 people who were eligible to be included in the main analysis were part of a group of 159 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:

 **24** people committed a proven re-offence  
 within a one-year period (a rate of 24%),  
**16 people fewer** than in the control group

 **61** proven re-offences were committed by  
 these 100 people during the year (a frequency  
of 0.61 offences per person), **69 offences**  
**fewer** than in the control group

 **143** days was the average time before a re-  
 offender committed their first proven re-  
offence, **2 days later** than in the control group

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


**40** people committed a proven re-offence  
within a one-year period (a rate of 40%)


**130** proven re-offences were committed  
by these 100 people during the year (a  
frequency of 1.30 offences per person)


**141** days was the average time before a  
re-offender committed their first proven re-  
offence

## Overall estimates of the impact of the intervention

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

 The number of people who commit a proven re-offence during one year after release could be **lower by between 4 and 28 people**.

 The number of proven re-offences committed during the year could be **lower by between 16 and 123 offences**.

 On average, the time before a re-offender committed their first proven re-offence could be **shorter by as much as 62 days, or longer by as much as 65 days**. More people would need to be analysed in order to determine the direction of this difference.

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

✓ "This analysis provides evidence that, for every 100 participants, the Safe Ground Fathers Inside programme decreases the number of proven re-offenders during a one-year period by between 4 and 28 people"

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

✗ "This analysis shows that the Safe Ground Fathers Inside programme increases/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 Safe Ground Fathers Inside programme decreases the number of proven re-offences during a one-year period by between 16 and 123 offences"

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

✗ "This analysis shows that the Safe Ground Fathers Inside programme increases/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 Safe Ground Fathers programme may shorten the average time to first proven re-offence by up to 62 days or may lengthen it by up to 65 days"

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

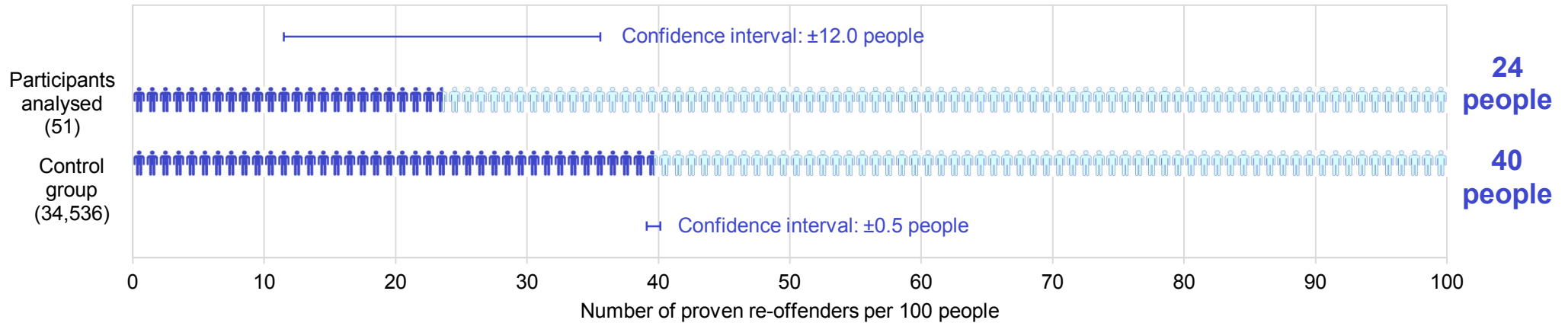
✗ "This analysis shows that, for participants who re-offend during a one-year period, the Safe Ground Fathers Inside programme increases/decreases/has no impact on the average time to first proven re-offence"

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## One-year proven re-offending rate after participation in Safe Ground's Fathers Inside programme

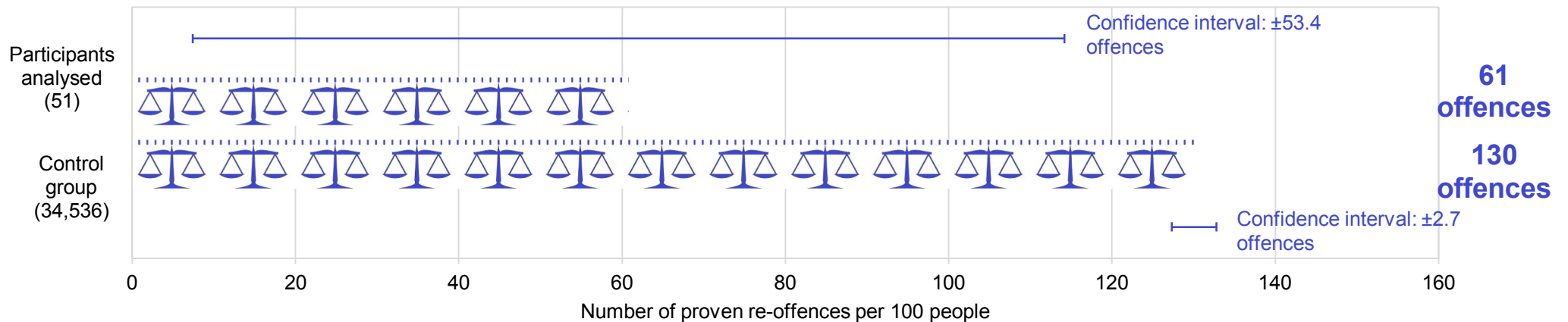
■ At least one proven re-offence committed in a one-year period    □ No proven re-offences committed in a one-year period



**Significant difference between groups**

## One-year proven re-offending frequency after participation in Safe Ground's Fathers Inside programme

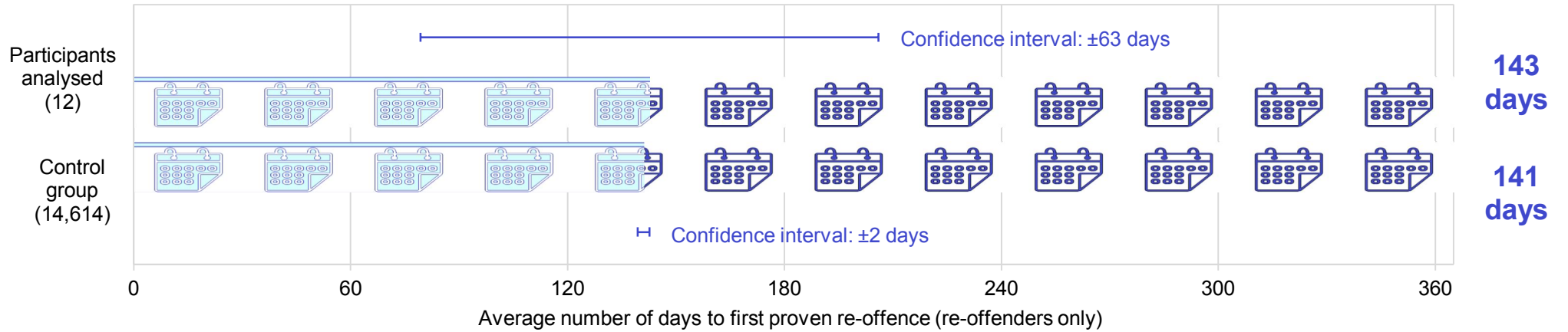
■ Proven re-offence committed in a one-year period



**Significant difference between groups**

# Average time to first proven re-offence after participation in Safe Ground's Fathers Inside programme

□ Time before first proven re-offence committed in a one-year period ■ Time after first proven re-offence committed in a one-year period



Non-significant difference between groups

## **Safe Ground's Fathers Inside programme in their own words**

“Safe Ground is a charity working with offenders on a range of projects, both in prison and in the community, with the aim of reducing re-offending by developing relationship skills. Fathers Inside is a 5-week full-time parenting programme delivered in adult male prisons. The programme focuses on parental responsibilities and children’s education, development and wellbeing. The programme uses drama, fiction, group discussion, games and written portfolio work to enable students to develop a better understanding of their role as a father, while challenging attitudes, developing skills essential to successful resettlement, and contributing to desistance from crime.

The programme is taught by two full-time tutors (usually prison education staff or officers) and a part-time family support worker. Class sizes vary between 10 and 20 men with a completion rate of roughly 75%. Only men who have completed the programme have been included in this sample for analysis. All offenders who have children are eligible to participate in Fathers Inside, with the exception of offenders convicted of a sexual offence or where the victim was a child.”

## Safe Ground's response to the Justice Data Lab analysis

“Safe Ground is delighted to receive our latest JDL report, for the first time including Fathers Inside for analysis. Safe Ground were the first organisation to offer data to the JDL, which is a big risk for organisations, particularly of our size. This report clearly demonstrates the significant impact of Fathers Inside – only 24% of men who took the programme re-offended within a year of release, compared to 40% of their counterparts who did not take it.

We have great faith in the methodological integrity of our programmes and are very pleased to continually evaluate and interrogate our work. Alone, we do not believe the JDL can offer any more definitive evidence than any other evaluative method. As part of a wide range of broader, incremental, quantitative and qualitative measures, however, we are delighted to add JDL analysis to our repertoire. This report includes men across 9 different establishments, including HMP Parc (Family Intervention Unit), a drug rehabilitation wing in HMP Lewes (in partnership with the Crime Reduction Initiative), HMP The Mount, HMP Hewell and Category A prison HMP Whitemoor. Fathers Inside therefore is effective when analysed over a range of settings, with diverse populations.

In our 21st birthday year, to be able to demonstrate how Fathers Inside supports NOMS and education providers to effectively deliver against a range of outcomes, including re-offending, is important. We are delighted to be able to add this convincing official statistic to our evidence base and look forward to Fathers Inside and Family Man continuing to impact men and their families for many years to come.

We are very grateful to all the participants in our programmes, the families and community workers that support our work and the Prison and Education delivery teams who work and train so diligently to ensure these high quality outcomes. This success is theirs.”

## The results in detail

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

- **National complex analysis** – a treatment group of 51 people compared with a control group of 34,536 from England and Wales, matched on offender demographics, employment history, criminal history and individual risks and needs
- **National standard analysis** – a treatment group of 50 people compared with a control group of 38,739 from England and Wales, matched on offender demographics, employment history and criminal history only

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

In each analysis, the three headline measures of one-year re-offending were analysed (see results in Tables 1-3):

1. One-year re-offending rate
2. Frequency of re-offences
3. Time to first re-offence

Further measures regarding the severity of re-offending and of re-offences resulting in custody have not been included in this report. This is because the numbers within each category were too small to make reliable estimates for these measures.

**Two measures show significant results in both the complex and standard analyses.**

### Significant results

- Both the national complex and national standard analyses provide significant evidence that **fewer participants than non-participants commit a re-offence within a one-year period** (Table 1).
- Both the national complex and national standard analyses also provide significant evidence that **participants commit fewer re-offences within a one-year period than non-participants** (Table 2).



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 Safe Ground's Fathers Inside 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	51	34,536	23.5	39.6	-28.1 to -4.0	Yes	0.01
Standard	National	50	38,739	24.0	41.3	-29.6 to -5.0	Yes	0.01

*Table 2: Number of proven re-offences committed in a one-year period by participants in Safe Ground's Fathers Inside 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	51	34,536	0.6	1.3	-1.2 to -0.2	Yes	0.01
Standard	National	50	38,739	0.6	1.4	-1.3 to -0.3	Yes	0.00

*Table 3: Average time to first proven re-offence in a one-year period for participants in Safe Ground's Fathers Inside 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	12	14,614	142.7	141.0	-61.7 to +65.0	No	0.96
Standard	National	12	16,926	142.7	138.5	-59.2 to +67.5	No	0.89

## Profile of the treatment group

Safe Ground's Fathers Inside programme took place in adult male prisons throughout England and Wales. The people in the national complex treatment group participated in the programme between November 2012 and December 2013 at HMPs Hewell, Highpoint, Leeds, Lewes, The Mount, Parc and Reading. They are a sample from around 2,400 participants who completed the programme between 2003 and 2014 at the above prisons and at HMPs Ashwell, Aylesbury, Belmarsh, Blakenhurst (now part of HMP Hewell), Cardiff, Channings Wood, Chelmsford, Deerbolt, Durham, Erlestoke, Exeter, Glen Parva, Guys Marsh, Huntercombe, Lowdham Grange, Onley, Rochester, Stafford, Stocken, Swinfen Hall, The Verne (now closed), Wandsworth, Whitemoor, Wolds and Wymott.

The 51 people in the national complex treatment group were between 19 and 47 years old at the beginning of their one-year re-offending period, with an average age of 29 years. 96% were UK nationals, and their ethnic composition was 78% white, 10% black and 12% Asian. By comparison, 82 of the people who could not be included in the analysis (for whom sufficient information was available) were 87% UK nationals, with an ethnic composition of 57% white, 30% black, 10% Asian and 2% other.

Information on individual risks and needs was available for 45 people in the national complex treatment group (88%), recorded near to the time of their original conviction. Among these people, it is estimated that:

- 44% used drugs at least once a week and/or had some problems with alcohol use
- 20% had no fixed abode
- 73% were unemployed
- 69% had parenting responsibilities

## Matching the treatment and control groups

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

- Most of the characteristics used in the national complex analysis showed good matching quality. Some characteristics showed reasonable matching, including some sentence length bands and offence types. One characteristic showed poor matching quality, which was the number of previous non-domestic burglary offences.
- A large majority of the characteristics used in the national standard analysis showed good matching quality. A small number of characteristics showed reasonable matching quality, including the number of previous prison sentences and the age at first contact with the criminal justice system. No characteristics showed poor matching quality.

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

159 records were submitted for analysis, corresponding to 159 individual participants.



159

7 people (4%) 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.



152

100 people (63%) were excluded because they were not recorded in the re-offending database during the period following their participation in the Fathers Inside programme. This may be because they were still in custody, or because less than one year had elapsed since their release, at the time the latest re-offending information was recorded.



52

1 person was excluded from the national complex analysis and 2 people were excluded from the national standard analysis, because they could not be matched to any individuals in the control group. The national complex treatment group contains 32% of the people originally submitted.



51

**National complex  
treatment group**  
(control group:  
34,536 records)



50

**National standard  
treatment group**  
(control group:  
38,739 records)

## Contact points

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