



This analysis looked at the reoffending behaviour of 283 females who had completed or part completed the Forward Trust Women’s Substance Dependence Treatment Programme (WSDTP) at HMP Send. The overall headline results show that those who took part in the programme were less likely to reoffend and reoffended less frequently than those who did not.

The WSDTP is an intensive, full time 16-21 week abstinence-based Twelve Step programme aiming to reduce reoffending through psychosocial treatment and abstinence.

The headline analysis in this report measured proven reoffences in a one-year period for a ‘treatment group’ of 283 offenders who received support some time between 2007 and 2017, and for a much larger ‘comparison group’ of similar offenders who did not receive it. The analysis estimates the impact of the support from Forward Trust on the reoffending behaviour of people who are similar to those in the treatment group. The support may have had a different impact on the 159 other participants whose details were submitted but who did not meet the minimum criteria for analysis.

Overall measurements of the treatment and comparison groups

For 100 typical women in the treatment group, the equivalent of:

For 100 typical women in the comparison group, the equivalent of:



24 of the 100 women committed a proven reoffence within a one-year period (a rate of 24%), 9 women fewer than in the comparison group.

33 of the 100 women committed a proven reoffence within a one-year period (a rate of 33%).



64 proven reoffences were committed by these 100 women during the year (a frequency of 0.6 offences per person), 43 offences fewer than in the comparison group.

107 proven reoffences were committed by these 100 women during the year (a frequency of 1.1 offences per person).



154 days was the average time before a reoffender committed their first proven reoffence, 6 days later than the comparison group.

149 days was the average time before a reoffender committed their first proven reoffence.



Overall estimates of the impact of the intervention

For **100** typical women who receive support, compared with **100** similar women who do not receive it:



The number of women who commit a proven reoffence within one year after release could be **lower by between 4 and 14 women. This is a statistically significant result.**



The number of proven reoffences committed during the year could be **lower by between 22 and 63 offences. This is a statistically significant result.**



On average, the time before an offender committed their first proven reoffence could be **shorter by as many as 19 days, or longer by as many as 31 days.** More women would need to be analysed in order to determine the direction of this difference.

Please note totals may not appear to equal the sum of the component parts due to rounding.

✓ **What you can say about the one-year reoffending rate:**

“This analysis provides evidence that support from Forward Trust may decrease the number of proven reoffenders during a one-year period.”

✗ **What you cannot say about the one-year reoffending rate:**

“This analysis shows that support from Forward Trust increases/has no effect on the reoffending rate of its participants.”

✓ **What you can say about the one-year reoffending frequency:**

“This analysis provides evidence that support from Forward Trust may decrease the number of proven reoffences committed during a one-year period by its participants.”

✗ **What you cannot say about the one-year reoffending frequency:**

“This analysis shows that support from Forward Trust increases/has no effect on the number of proven reoffences committed during a one-year period by its participants.”

✓ **What you can say about the time to first reoffence:**

“This analysis did not provide clear evidence on whether support from Forward Trust shortens or lengthens the average time to first proven reoffence. There may be a number of reasons for this and it is possible that an analysis of more participants would provide such evidence.”

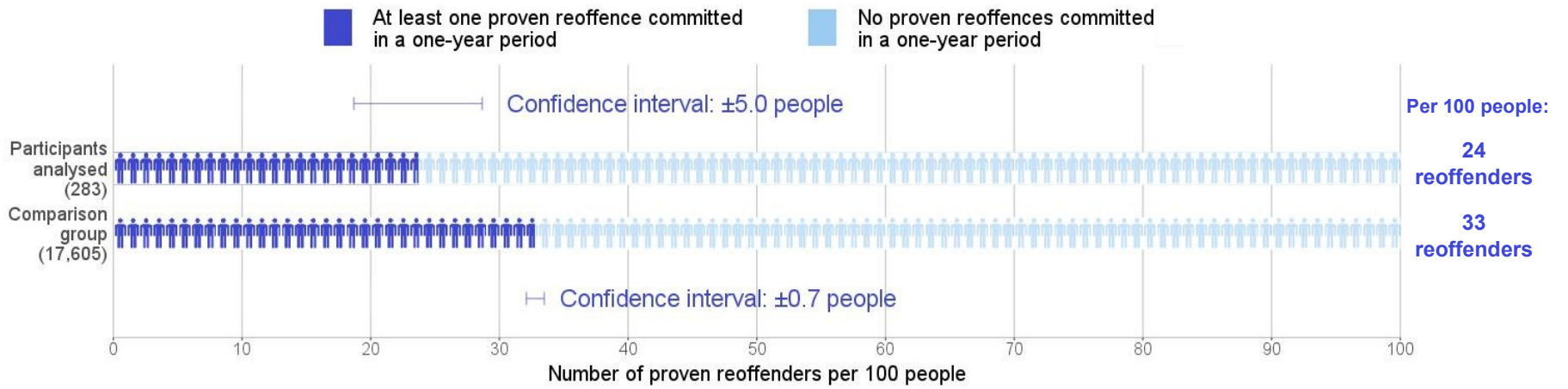
✗ **What you cannot say about the time to first reoffence:**

“This analysis shows that support from Forward Trust shortens/lengthens/has no effect on the average time to first proven reoffence for its participants.”

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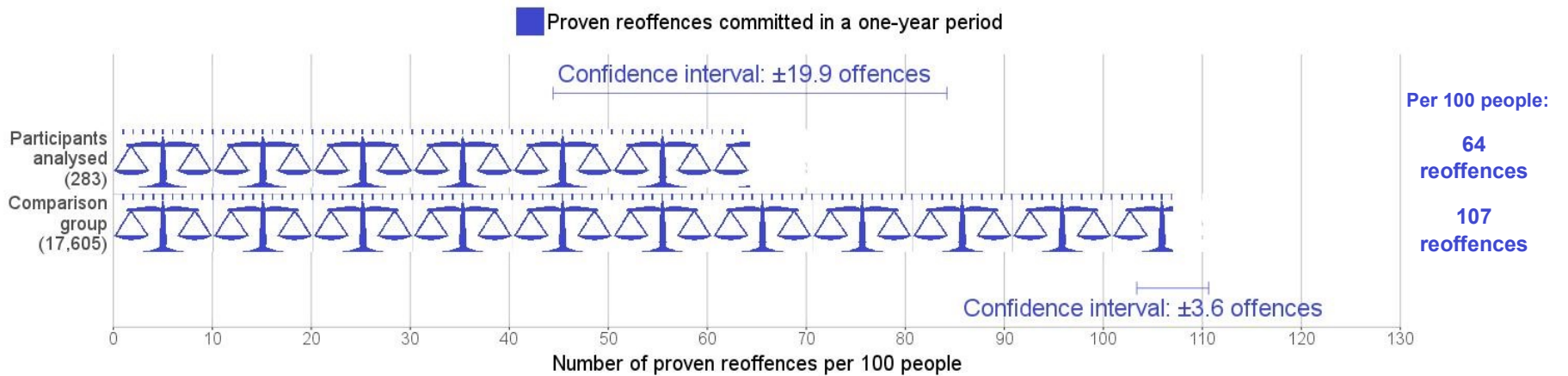
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One-year proven reoffending rate after support from Forward Trust



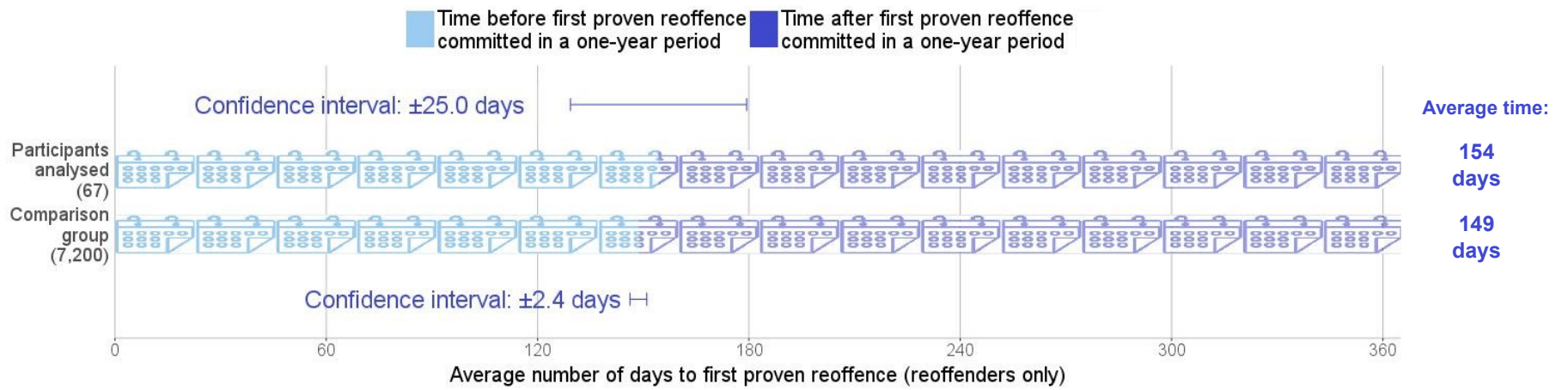
Significant difference between groups

One-year proven reoffending frequency after support from Forward Trust



Significant difference between groups

Average time to first proven reoffence after support from Forward Trust



Non-significant difference between groups

Forward Trust in their own words

“ Forward Trust (formerly RAPt) has been delivering the Women’s Substance Dependence Treatment Programme (WSDTP) at HMP Send since 2007. Following a rebranding process in September 2016, the programme became known as ‘Footsteps in Recovery’ but the core content of the intervention was not altered. In 2010 the programme was awarded full accreditation through the Correctional Services Accreditation and Advisory Panel (CSAAP) and was subsequently reaccredited by the panel in 2013.

The WSDTP (Footsteps in Recovery) is a three-phase programme, based on the Twelve Step principles of Alcoholics and Narcotics Anonymous (AA/NA). Delivered over a period of 16-21 weeks, its key objectives are to address the dual dynamic risk factors of substance misuse and substance-related offending.

The following therapeutic elements are delivered throughout the programme to all participants. Supplementary assignments are also tailored to specific needs of individuals to support learning and embedding of recovery attitudes and behaviours.

- Motivational Enhancement Therapy (MET)
- Seeking Safety
- Cognitive Behavioural Therapy (CBT)
- Interpersonal group therapy
- Step assignments
- Attendance at Twelve Step meetings and speaker meetings (e.g. AA, NA, CA etc.)
- Peer evaluations
- Complementary therapy

All ‘graduates’ from the programme are automatically eligible for ongoing support through Forward’s central Recovery & Resettlement service.”

Response from Forward Trust to the Justice Data Lab analysis

“ The Forward Trust continues to be committed to assessing the effectiveness of our services through research and evaluation and welcomes the opportunity to submit data to the Justice Data Lab (JDL).

We are delighted to see the demonstrable impact of the WSDTP (Footsteps in Recovery) on reoffending, showing that our long-term Twelve Step programmes are effective in supporting both men and women to make transformational changes in their lives. We feel these findings hold particular significance given the multiple and complex vulnerabilities experienced by women involved in the criminal justice system, the cycle of reoffending and associated trauma.

Whilst acknowledging the complexities of the comparison process, we feel that there continues to be a methodological limitation in matching individuals on frequency and level of substance use, as opposed to substance dependence (a prerequisite for participation in the WSDTP). We therefore feel that the impact of this intervention is likely to be even greater than estimated in these analyses.

The Forward Trust has a long history of delivering the WSDTP (Footsteps in Recovery) at HMP Send and hopes to have the opportunity to deliver it much more widely in the future. ”

Results in detail

Three analyses were conducted in total. The headline analysis examined all participants whilst the sub-analyses show the breakdown of results for two cohorts: those who completed the programme and those who started but did not complete the programme. For those who did not complete the programme, on average participants completed 10 weeks out of the full 16-21 weeks. Our analysis was conducted controlling for offender demographics and criminal history and the following risks and needs: employment, education, relationships, substance misuse and psychological health.

Analyses

1. **Overall:** treatment group matched to offenders in England and Wales using demographics, criminal history and individual risks and needs.
2. **Completed Forward Trust:** treatment group matched to offenders in England and Wales using demographics, criminal history and individual risks and needs.
3. **Did not complete Forward Trust:** treatment group matched to offenders in England and Wales using demographics, criminal history and individual risks and needs.

The headline results in this report refer to the Overall analysis.

The sizes of the treatment and comparison groups for reoffending rate and frequency analyses are provided below. To create a comparison group that is as similar as possible to the treatment group, each person within the comparison group is given a weighting proportionate to how closely they match the characteristics of individuals in the treatment group. The calculated reoffending rate uses the weighted values for each person and therefore does not necessarily correspond to the unweighted figures. Moreover, each analysis undergoes a different Propensity Score Matching process. Therefore, the numbers of matched individuals and reoffenders in the analyses may not total to the overall numbers depending on the weights assigned.

Analyses	Controlled for Region	Treatment Group Size	Comparison Group Size	Reoffenders in treatment group	Reoffenders in comparison group
Overall		283	17,605	67	7,200
Completed Forward Trust		174	9,943	32	3,011
Did not complete Forward Trust		110	13,676	34	5,457

In each analysis, **three headline measures** of one-year reoffending were analysed, as well as four additional measures (see results in Tables 1-7):

1. **Rate of reoffending**
2. **Frequency of reoffending**
3. **Time to first reoffence**
4. Rate of first reoffence by court outcome
5. Frequency of reoffences by court outcome
6. Rate of custodial sentencing for first reoffence
7. Frequency of custodial sentencing

Significant results

There are seven statistically significant results among the analyses. These provide significant evidence that:

Overall

- **Participants are less likely to commit a reoffence** than non-participants
- **Participants commit fewer reoffences** than non-participants

Completed Forward Trust

- **Participants are less likely to commit a reoffence** than non-participants
- **Participants commit fewer reoffences** than non-participants

Did not complete Forward Trust

- **Participants commit fewer reoffences** than non-participants
- **Participants who reoffend within a one-year period commit fewer triable-either-way offences** than non-participants
- **Participants who reoffend within a one-year period receive fewer custodial sentences** than non-participants

Tables 1-7 show the overall measures of reoffending. Rates are expressed as percentages and frequencies expressed per person. Tables 3 to 7 include reoffenders only.

Table 1: Proportion of women who committed a proven reoffence in a one-year period after support from Forward Trust, compared with matched comparison groups

Analysis	Number in treatment group	Number in comparison group	One-year proven reoffending rate				p-value
			Treatment group rate (%)	Comparison group rate (%)	Estimated difference (% points)	Significant difference?	
Overall	283	17,605	24	33	-14 to -4	Yes	<0.01
Completed Forward Trust	174	9,943	18	29	-16 to -4	Yes	<0.01
Did not complete Forward Trust	110	13,676	31	33	-11 to 7	No	0.64

Table 2: Number of proven reoffences committed in a one-year period by women who received support from Forward Trust, compared with matched comparison groups

Analysis	Number in treatment group	Number in comparison group	One-year proven reoffending frequency (offences per person)				p-value
			Treatment group frequency	Comparison group frequency	Estimated difference	Significant difference?	
Overall	283	17,605	0.64	1.07	-0.63 to -0.22	Yes	<0.01
Completed Forward Trust	174	9,943	0.55	0.95	-0.66 to -0.15	Yes	<0.01
Did not complete Forward Trust	110	13,676	0.78	1.23	-0.77 to -0.11	Yes	0.01

Table 3: Average time to first proven reoffence in a one-year period for people who received support from Forward Trust, compared with matched comparison groups

Analysis	Number in treatment group	Number in comparison group	Average time to first proven reoffence in a one-year period, for reoffenders only (days)				Significant difference?	p-value
			Treatment group time	Comparison group time	Estimated difference			
Overall	67	7,200	154	149	-19 to 31	No	0.65	
Completed Forward Trust	32	3,011	172	148	-15 to 62	No	0.22	
Did not complete Forward Trust	34	5,457	135	142	-41 to 27	No	0.68	

Table 4: Proportion of women supported by Forward Trust with first proven reoffence in a one-year period by court outcome, compared with similar non-participants (reoffenders only)

Analysis	Number in treatment group	Number in comparison group	One-year proven reoffending rate by court outcome of first reoffence, for reoffenders only					Significant difference?	p-value
			Court outcome	Treatment group rate (%)	Comparison group rate (%)	Estimated difference (% points)			
Overall	66	7,181	Either way	74	78	-15 to 7	No	0.50	
			Summary	24	19	-5 to 16	No	0.29	
Completed Forward Trust	32	3,000	Either way	84	79	-8 to 19	No	0.39	
Did not complete Forward Trust	33	5,441	Either way	67	76	-26 to 8	No	0.27	
			Summary	30	19	-6 to 28	No	0.19	

Note, each court outcome is only shown if the number of offenders in both the treatment and comparison groups is greater than 10 for that outcome.

Table 5: Number of proven reoffences in a one-year period by court outcome for women supported by Forward Trust, compared with similar non-participants (reoffenders only)

Analysis	Number in treatment group	Number in comparison group	One-year proven reoffending frequency by court outcome, for reoffenders only					
			Court outcome	Treatment group frequency	Comparison group frequency	Estimated difference	Significant difference?	p-value
Overall	66	7,181	Either way	2.20	2.56	-0.95 to 0.24	No	0.23
			Summary	0.48	0.63	-0.36 to 0.06	No	0.16
Completed Forward Trust	32	3,000	Either way	2.50	2.61	-1.06 to 0.84	No	0.81
			Summary	0.41	0.62	-0.50 to 0.08	No	0.15
Did not complete Forward Trust	33	5,441	Either way	1.97	2.88	-1.68 to -0.13	Yes	0.02
			Summary	0.55	0.75	-0.52 to 0.12	No	0.21

Note, each court outcome is only shown if the number of offenders in both the treatment and comparison groups is greater than 10 for that outcome.

Table 6: Proportion of women who received a custodial sentence for their first proven reoffence after support from Forward Trust, compared with similar non-participants (reoffenders only)

Analysis	Number in treatment group	Number in comparison group	One-year rate of custodial sentencing, for reoffenders only				
			Treatment group rate (%)	Comparison group rate (%)	Estimated difference (% points)	Significant difference?	p-value
Overall	66	7,181	33	40	-19 to 5	No	0.25
Completed Forward Trust	32	3,000	38	39	-20 to 16	No	0.83
Did not complete Forward Trust	33	5,441	30	45	-31 to 2	No	0.08

Table 7: Number of custodial sentences received in a one-year period by women who received support from Forward Trust, compared to similar non-participants (reoffenders only)

Analysis	Number in treatment group	Number in comparison group	One-year frequency of custodial sentencing, for reoffenders only (sentences per person)				
			Treatment group frequency	Comparison group frequency	Estimated difference	Significant difference?	p-value
Overall	66	7,181	1.21	1.52	-0.77 to 0.15	No	0.19
Completed Forward Trust	32	3,000	1.41	1.52	-0.89 to 0.66	No	0.76
Did not complete Forward Trust	33	5,441	1.06	1.93	-1.43 to -0.31	Yes	<0.01

Profile of the treatment group

Forward Trust WSDTP at HMP Send has been in operation since 2007. There are a variety of routes by which individuals can be referred to the WSDTP, including self-referral, through Offender Managers or as part of their substance misuse care plan.

The programme is aimed at adult females who meet the following criteria:

- medium-high risk of reoffending;
- a history of drug dependence;
- drug dependence as a significant risk factor for reoffending;

To maximise the programme's impact on reoffending, priority is given to those in the medium-high range of reoffending. The WSDTP is an abstinence-based programme aimed at individuals with a history of drug dependence. Priority is given to those with a history of dependence on more than one substance (including alcohol). Where an individual has been assessed as meeting the criteria for drug dependence, their dependence will be assumed to be a significant risk factor for reoffending even if it was not a factor in any of their previous crimes (if, for example, drug use escalated since imprisonment). However, individuals with a clear history of drug-related offending will be given priority.

**Participants included in analysis
(283 offenders in Overall analysis)**

- Female 100%
- White 83%, Black 14%, Asian 2%, Unknown ethnicity 0%
- UK nationality 95%, Foreign nationality 3%, Unknown nationality 2%
- Aged 20 to 68 years at the beginning of their one-year period (average age 34)
- Sentence type:
 - Up to six months 1%
 - Six to twelve months 1%
 - One to four years 65%
 - Four to ten years 25%
 - In prison for public protection 5%
 - Other life sentences 2%

**Participants not included in analysis
(115 offenders with available data)**

- Female 100%
- White 86%, Black 12%, Asian 1%, Unknown ethnicity 1%
- UK nationality 93%, Foreign nationality 6%, Unknown nationality 1%

Information on index offences is not available for this group, as they could not be linked to a suitable sentence.

For **44 people** without any records in the reoffending database, no personal information is available.

Please note totals may not appear to equal the sum of the component parts due to rounding.

Information on individual risks and needs was available for 238 people in the overall treatment group (84%), recorded near to the time of their original conviction.

- 48% had some or significant psychological problems
- 53% had some or significant problems during their childhood experiences
- 74% had some or significant problems with problem solving skills

Matching the treatment and comparison groups

The analyses matched a comparison group to the treatment group. A summary of the matching quality is as follows:

- All variables in the Combined model were well matched
- All variables in the Completed model were well matched
- All variables in the Did not complete model were well matched

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 comparison groups

442 women were submitted by Forward Trust and met the minimum requirements for analysis

442

90 women (20%) were excluded because they did not have a prison sentence in the reoffending database or were not released in time for the analysis

352

65 women (15%) were excluded because they did not have a record in the reoffending database that corresponded to their period of participation with Forward Trust

287

4 women (1%) did not match during Propensity Score Matching

283

Overall treatment group: 64% of the participants submitted
(Comparison group: 17,605 records)

174

Completed Forward Trust treatment group

(Comparison group: 9,943 records)

110

Did not complete Forward Trust treatment group

(Comparison group: 13,676 records)

Please note the numbers of matched individuals in the sub-analyses (completed and did not complete) may not total to the overall treatment group depending on the weights assigned during Propensity Score Matching.

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