

2024 PROGRAM OUTCOMES

MONTEREY COUNTY JAIL REENTRY PROGRAM



AGENCY

Monterey County Sheriff's Office

POPULATION

Male and female in-custody participants

PROGRAM SUMMARY

GEO Reentry Services delivers a comprehensive in-custody program at the Monterey County Jail to help participants address the underlying behaviors that contribute to their involvement in the criminal justice system. The Monterey County Jail Reentry Program (JRP) includes an array of structured group classes, self-directed and group Interactive Journaling®, and Wellness Groups. Programming includes 10 weeks of interventions on specific topics, such as substance use education, parenting skills, responsible behavior, emotional regulation, and victim awareness. Wellness Groups, created for individuals with mental health needs, focus on actively engaging participants in a social experience and helping them develop effective life skills. The JRP also offers transitional planning to all individuals at the jail and helps connect them with community resources prior to their release. Starting programming before release facilitates consistency in treatment, expedites behavior change, and promotes effectiveness in reducing recidivism.

The following reflects the annual (January 1, 2024-December 31, 2024) program data for the Monterey County JRP in California.

TRANSITIONAL PLANNING & COMMUNITY RESOURCE REFERRALS

The JRP offers transition services and referrals to help prepare participants for reentry and assist with their stabilization in the community. Participants completed a survey approximately 30 days prior to release to identify the services/needs they will have upon release. A Transition Case Manager then prepared a resource packet for each individual. During the reporting period, the JRP provided 4,631 valuable resources including:

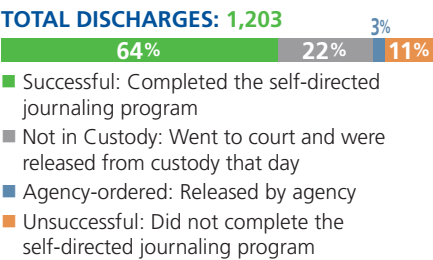
- 893 Transitional Housing
- 632 ID/Birth Certificate/Social Security/DMV
- 466 CalWORKS
- 442 Food
- 463 Employment
- 428 Personal Support

SELF-DIRECTED INTERACTIVE JOURNALING PARTICIPANTS

1,422 Individuals voluntarily participated in the self-directed Interactive Journaling program during the reporting period



SELF-DIRECTED INTERACTIVE JOURNALING DISCHARGE RESULTS



SELF-DIRECTED JOURNALS

Below is the breakdown of journals completed by the 769 participants who successfully completed the self-directed Interactive Journaling program.

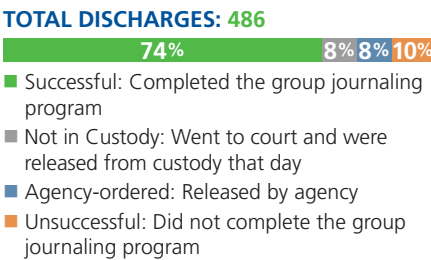
- 173 Family & Other Relationships
- 149 Spanish versions (Pensamiento responsable, Plan de cambios, Familia y otra relaciones, Primeros pasos, Sentimientos, Compartimientos de consumo de sustancias)
- 119 Substance Using Behaviors
- 96 Anger
- 95 Life Management
- 63 Feelings
- 49 Recovery Maintenance
- 20 Coping Skills
- 2 Denial
- 2 Responsible Thinking
- 2 Self-worth

GROUP INTERACTIVE JOURNALING PARTICIPANTS

486 Individuals voluntarily participated in the group Interactive Journaling program during the reporting period



GROUP INTERACTIVE JOURNALING DISCHARGE RESULTS



GROUP JOURNALS

A JRP facilitator led groups and assisted participants in navigating through their journals. Groups included:

- Addiction Behaviors
- Family
- Handling Difficult Feelings
- Individual Change Plan
- Relationships & Communication
- Responsible Behavior
- Victim Awareness
- What Got Me Here?

WELLNESS GROUP INTERVENTIONS

GEO Reentry provides Wellness Groups to reach participants who struggle with navigating aspects of a structured group format. These groups are facilitated by staff who have a passion for assisting individuals with mental health needs and/or learning barriers. Facilitators use modified cognitive behavioral curriculum and supplemental materials. Participants who completed 10 weeks of Wellness Groups received milestone credits, used toward early release.

WELLNESS GROUP PARTICIPANTS

224 Participants voluntarily participated in Wellness Groups during the reporting period



RESPONSIVENESS TO PARTICIPANT NEEDS

To ensure compliance with Americans with Disabilities Act (ADA) requirements, GEO Reentry coordinated with jail personnel to provide ADA accommodations based on each individual's needs. All participants were provided a form to identify special needs that may require assistance. In response, program staff distributed magnifiers on the spot, offered amplifiers, and made adjustments to program delivery as needed. In addition, program staff collaborated with jail command staff to address other needs, such as eye exam referrals.

87 Vision magnifiers provided to participants during the reporting period

PARTICIPANT SURVEY RESULTS

Below are the 2024 participant survey results for the individuals who participated in group Interactive Journaling. (n=62)

Please indicate your level of agreement with the following statements:

Note: Percentages do not include n/a responses.

GEO Reentry staff provide me with a healthy, compassionate environment

88% **12%**

GEO Reentry staff treat me with dignity and respect

91% **9%**

GEO Reentry staff provide services that enable me to be successful in the community

88% **12%**

GEO Reentry staff are knowledgeable about the material

90% **10%**

GEO Reentry staff noticed and told me when I was doing well

89% **11%**

■ Agree/Strongly Agree
■ Disagree/Strongly Disagree

What are some skills that you learned in groups?

"How to utilize my support system and how to manage my emotions versus reacting on them."

"The stop and think method, putting myself in someone else's shoes, and looking at the situation in a **different perspective**."

"How to **build healthy relationships** and be more respectful to others."

MONTEREY COUNTY JRP REDUCES CRIMINAL THINKING

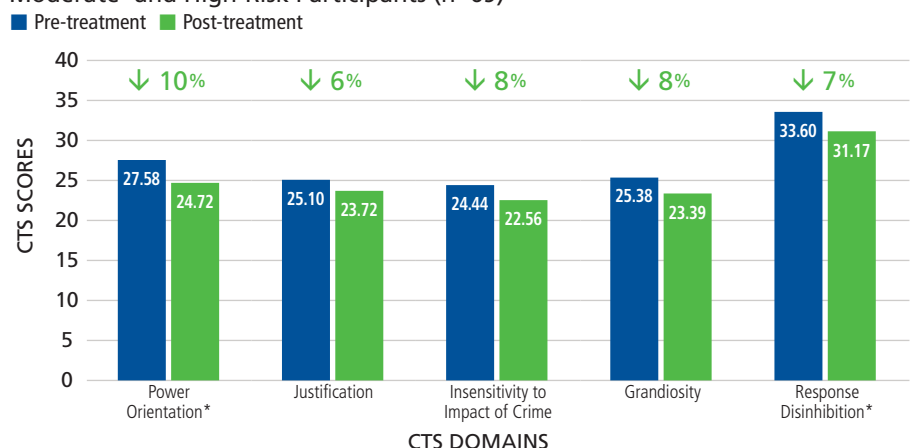
Criminal thinking domains, such as antisocial cognitions and antisocial attitudes, are frequent targets for change in correctional treatment, and are described in current theories of criminal behavior.¹ The research on "What Works" to reduce recidivism indicates that antisocial cognition and antisocial attitudes (criminal thinking) are among the top three risk factors as drivers of recidivism. The Texas Christian University (TCU) Criminal Thinking Scales (CTS) 3.0, released in 2022, measures the effect of GEO Reentry's treatment on antisocial cognition and attitudes. The results in this report indicate that GEO Reentry's treatment reduced criminal thinking patterns as measured by the CTS and therefore lowers the potential for future recidivism.

SUMMARY OF RESULTS

Research evaluators analyzed the pre- and post-programming CTS scores for 69 individuals who participated in programming at Monterey County JRP between January 1, 2024 and December 31, 2024. These individuals had moderate- to high-risk scores in at least one domain at starting point. Participant risk level is determined by the recommended score ranges outlined by research (see table below). The average number of days between the pre- and post-programming assessments was 71 days.

The results indicated in Figure 1 illustrate that these participants averaged an 8% reduction (2.1 points) across all five domains. Two of the five domains showed a clinically significant reduction (two points or greater) in participant criminal thinking patterns.

FIGURE 1: MONTEREY COUNTY JRP CRIMINAL THINKING SCALES COMPARISON
Moderate- and High-Risk Participants (n=69)



*A clinically significant reduction in scores is defined as a two point or greater decrease from the pre- to post-treatment score.

CTS DOMAINS	DESCRIPTION	RECOMMENDED RISK SCORE RANGES		
		LOW	MEDIUM	HIGH
POWER ORIENTATION	• Reflects the need for power and control • High scores may be associated with an outward display of aggression to control their external environment or others	10-15	16-23	24-50
JUSTIFICATION	• Refers to the tendency to justify one's criminal behavior • High scores reflect a likelihood to make excuses for their crime(s) or blame others for their wrongdoings	10-15	16-23	24-50
INSENSITIVITY TO IMPACT OF CRIME	• Focuses on a lack of understanding or awareness around the effect their crime has on others or society • High scores may be associated with the individual being prone to shrugging off their crime(s), thinking it is not that big of a deal	10-17	18-21	22-50
GRANDIOSITY	• Refers to thoughts and feelings of superiority as compared to others • High scores are associated with a belief that one is above the law or superior to others	10-15	16-23	24-50
RESPONSE DISINHIBITION	• Focuses on the inability to regulate behavior in situations when overwhelmed • High scores reflect behavior that the individual may later regret such as lashing out or becoming aggressive	10-23	24-30	31-50

¹Sease, T. B., & Knight, K. (2023). Development and Testing of the Texas Christian University Criminal Thinking Scales 3.0. *Crime & Delinquency*, 69(13-14), 2699-2718.

FOR MORE INFORMATION

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