

Kainos Community Research Update – September 2012

1. This note lists research to evaluate Kainos Community programmes in English prisons. General information can be found on the Kainos web site at www.kainoscommunity.org. Other web references are given or documents can be obtained from Prof Chris Lewis at chris.lewis@port.ac.uk

Background

2. The Kainos programme Challenge to Change started in 1999. C2C currently runs in Stocken, Swaleside and The Verne,* and has been successfully audited by NOMS. C2C was accredited by the Correctional Services Accreditation Panel (CSAP) in 2009. Although C2C was restructured to meet CSAP requirements, the essential hybrid nature was retained of a CBT programme set in a quasi-therapeutic community, informed by a faith-based approach.

**Post-publication Footnote: This was the position at the time of the research summary in 2012. Since April 13 C2C has been running in HMP Stocken, Guys Marsh and Haverigg.*

Databases

3. Kainos maintains good databases of their 1,000 graduates since 1999 and uses these to carry out routine internal monitoring of prison conditions and return to prison rates, as well as carrying out independent external research, under the guidance of an expert advisor (Professor Sir Tony Bottoms, Cambridge, 2000-2004: Prof Chris Lewis CBE, Portsmouth since 2004.) Teams from Bristol, Cambridge, Leicester and Portsmouth Universities have carried out the research. Reconviction analyses have been carried out as well as more qualitative analyses.

Reconviction analyses

4. **Reconviction rates** have been measured by Burnside et al, 2002¹: Rose 2002²: Ellis and Shalev, 2007³, Ellis, 2011⁴ and Ellis, 2012⁵. The Burnside study, using data for 2001 found no basis for concluding that Kainos graduates had lower reconviction rates than released prisoners generally. The Rose study, using data up to 2002, was more

¹ Burnside, J., Adler, J., Loucks, N. & Rose, G. 2002 *Kainos Programme Evaluation*

² Rose, G., 2002 *Kainos Community: a two year reconviction study*, Cambridge University, July 2002.

³ Ellis, T. and Shalev, K. *An Evaluation of the Effectiveness of the Kainos Community 'Challenge-to-Change' programme in English prisons.*
[http://media.wix.com/ugd/a5d298cf2e3b9e03da51d5021a680d80.ugd?dn=FINAL PORTSMOUTH REPORT 24 weeks.pdf](http://media.wix.com/ugd/a5d298cf2e3b9e03da51d5021a680d80.ugd?dn=FINAL%20PORTSMOUTH%20REPORT%2024%20weeks.pdf)

⁴ Ellis, T. *Summary report on Kainos CtC updated reconvictions analysis* July 2011

⁵ Ellis, T. *Kainos Community Reoffending Evaluation: 3rd Evaluation – August 2012*

positive and showed a reduction of 13 percentage points from the predicted 38% to the actual 25% for the 2-year reconviction rate for prisoners that had spent 6 months or more at The Verne. The 2007 Portsmouth University study, of graduates during the period 1999-2003, showed a reconviction rate of 35%, significantly lower than a predicted rate of 50%: a reduction of 15 percentage points.

5. The 2011 Portsmouth study used the same raw data as the 2007 one but a more sophisticated form of analysis involving matched samples and showed: a) The re-offending rate for the non-Kainos matched comparison group was 30.4% and b) that the equivalent re-offending rate for the Kainos group was 24.1%. This confirmed that the Kainos group achieved a 6.3% lower conviction rate than the comparison group. Because of the high attrition rate of the MOJ databases, this was not statistically significant.

6. The most recent independent analysis of reoffending was produced in August 2012 by Tom Ellis of Portsmouth University. Kainos sent details of nearly 900 CtC graduates to MOJ for them to do a 'Matched Samples' analysis. MOJ could only match 38% of these because of different recording practices for release dates between their data base and the Kainos MIS. Because of resource constraints MOJ have not yet been able to investigate whether they could match a higher proportion of CtC graduates against their databases. However, even this smaller and less representative sample showed important results confirming that C2C does reduce reoffending:
 - a. The frequency of proven offending after 1 year for Kainos graduates (0.54) was significantly lower than for the comparison group (0.83).
 - b. The frequency of court convictions and cautions after 1 year for Kainos graduates (0.29) was significantly lower than for the comparison group (0.45).
 - c. The 1-year re-offending rate for the Kainos group was 18.5% compared with the re-offending rate for the matched comparison non-Kainos group of 23.5% (The comparable national rate for released prisoners is approximately 26%). Because of the MOJ attrition, this is only marginally significant.

7. Kainos reconviction analyses suffers from the same problems of interpretation of all offender programmes, namely : a) one can never be sure that reconviction rates are only influenced by the programme being evaluated and b) programmes themselves gradually evolve over the years and are delivered by different people. However, the value of this analysis has been recognised by MOJ. In an e-mail of October 2011, Dr Ruth Mann from NOMS stated, when speaking of Kainos, that '*There are no other accredited programmes that have stronger evaluation designs at the moment apart from ETS.*' Of course, the RCT model used to evaluate ETS is far too expensive for a charity to use.

Qualitative analysis

8. **Qualitative analyses** have also been carried out, to inform changes needed in staff training, relations with the Prison Service, and so on. Such reports are often quite historic and do not refer to the position today. Burnside conducted interviews with staff and prisoners in 2001 but the Kainos programme has developed considerably since then, especially up to 2003, so that the Burnside research is particularly out of date. Whereas Burnside considered CtC in the context of **faith programmes** he researched at the time, the 2009 accreditation panel was able to judge CtC in the context of **all CBT and TC programmes**. Lomas and Rogers⁶, as part of an internal management exercise to improve delivery of the programme leading up to accreditation, also conducted interviews with staff and prisoners.
9. These two reports are somewhat out of date. However, Horton⁷ is more relevant. As part of his degree thesis, he interviewed staff and collected information from questionnaires completed by prisoners at Stocken. His thesis confirmed that participants in the programme regarded the CtC programme to be more integrative than their view of or experience of other English state-run prison programmes.
10. **Other research** is carried out from time to time: eg the University of Portsmouth carried out an estimate of the level of potential savings that could be achieved by Kainos programmes in 2009⁸.
11. Finally, there is an interesting (anonymous) review of the Burnside book in The 2006 Howard Journal which summarises the book and its context.⁹

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⁶ Lomas and Rogers, 2008 *Kainos Community: Reports on Stakeholder responses*, Internal Kainos documents.

⁷ *The Challenge to Change: Is Reintegrative Shaming Theory (RST) applicable in modern British prisons?* Horton, R. Thesis for BSc in Criminal Justice, 2011, Portsmouth University.

⁸ See *Calculations of Potential Savings for Kainos Challenge to Change Programme*, Institute of Criminal Justice Studies, University of Portsmouth, UK, 2009.

⁹ *My Brother's Keeper: Faith-based Units in Prisons* J. Burnside with N. Loucks, J.R. Adler and G. Rose. Cullompton: Willan (2005) 390pp. ISBN 978-1-84392-061-8 (Book review from the Journal of the Howard League February 2008)