

Five-Year Recidivism Study of MRT®-Treated Offenders In A County Jail

by Sally Krueger

Prior reports have shown that MRT-treated inmates at the Wayne County Jail in Wooster, Ohio have significantly lower rearrest rates than all other jail inmates from one to three years after their release (Krueger, 1993; 1995). In addition, data has clearly shown that offenders attending at least 10 MRT sessions during their jail incarceration, the lower their subsequent rearrest rate (Krueger, 1995). This report extends the earlier rearrest data to a full five years after release.

Background

MRT was initiated in the Wayne County Jail in April 1992 by a trained facilitator and has continued to this date. The program was immediately popular with inmates and no incentives were offered for inmate participation (see Krueger, 1993 for a report on how

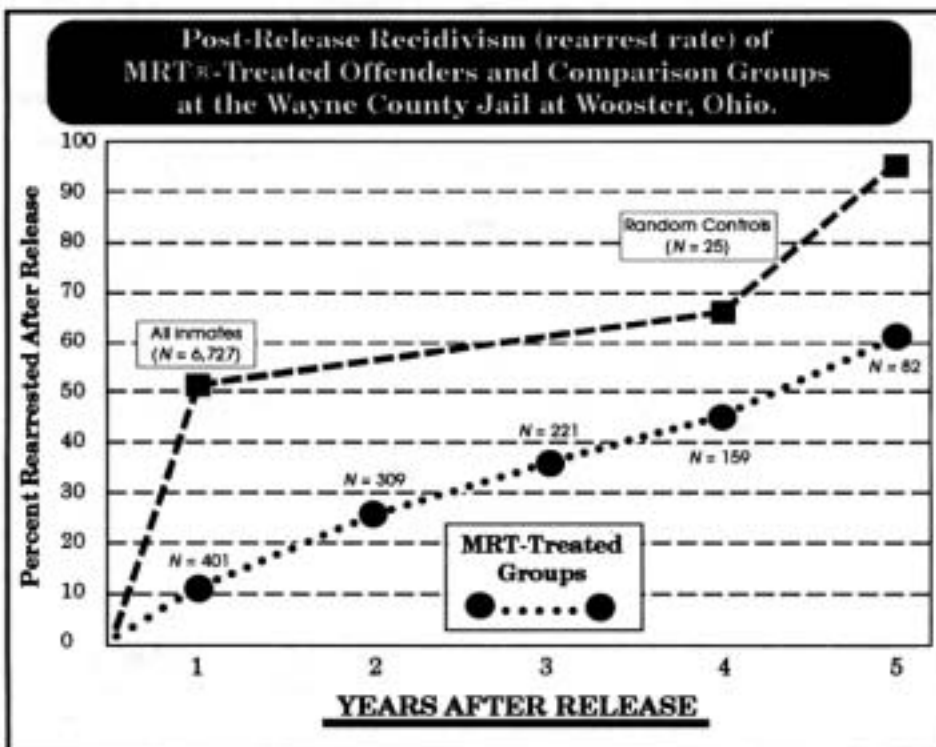
the program was implemented). Approximately 80 inmates participated in the program each year in the ongoing, open-ended group. (Note that the jail is a short-term facility housing inmates for no longer than 18 months – most inmates serve 9 months or less. Many offenders beginning MRT at the facility were released prior to attending attending 10 sessions or more.) By July 1997, a total of 82 MRT-treated inmates had been released for five years and 159 had been out for four years. A total of 401 treated inmates had been released for a year or more.

Rearrest Data Analysis

Data on participants' and control subjects' rearrests was obtained from a computer and record search of jail records. The below figure shows the rearrest rate for the MRT-treated subjects for each

year after release up to the five-year group. During the first year of the study, the MRT group's ($N = 401$) rearrest rate of 11% was compared to the 51% rearrest rate of all jail inmates.

A random sample of 25 non-treated jail inmates who had been released for four years was selected in 1996 for comparison to the 159 MRT-treated inmates. The MRT group showed a 45% rearrest rate at four years compared to 67% for the controls. A chi-square analysis showed that the MRT group had significantly lower rearrests than controls ($X^2 = 4.46$; $p < .05$). The five-year group of MRT-treated offenders showed a 62% rearrest rate compared to a 95% rearrest rate for nontreated controls. Chi-square analysis (corrected for continuity) showed the MRT-treated group to have a significantly lower rearrest rate ($X^2 = 9.44$; $p < .005$).



Summary

MRT clearly appears to significantly lower the rearrest rate on offenders treated during jail incarceration. In addition, earlier reports show that the further a participant progresses in the treatment, the lower the rearrest rate.

References

- Krueger, S. (1993) MRT in a county jail. *Cognitive Behavioral Treatment Review*, 2(2), 4.
- Krueger, S. (1995) Three-year recidivism of MRT-treated offenders in a county jail. *Cognitive Behavioral Treatment Review*, 4 (2), 12-13.