



DATA SUMMARY: HORIZON CYCLE 2013-2014

The HORIZON data collected at Marion, London, and Chillicothe Correctional dorms for the 2013-2014 program cycle showed positive impacts in the following areas (in-depth Data Analysis outlining study design and specific statistical breakdowns available upon request):

CRIMINAL THINKING VARIABLES: Criminal thinking is a composite of 19 individual elements of cognition which can be measured. Participants showed statistically significant changes (decreases in 10 out of 19 specified evidence-based elements of criminal thinking) measured in pre and post-test administration of the PAS ® (Personal Achievement Score) in the following areas:

Defensiveness: Unduly guarded or inhibited responses to self-reporting.

Projection: Tendency to project blame for past and present criminal conduct onto external factors (e.g., family upbringing, poverty, the government, racism, etc.).

Rationalization: The belief that performing good deeds erases the harm a person has inflicted on others as a consequence of their involvement in a criminal lifestyle.

Grandiosity: The belief that one will be able to indefinitely postpone or avoid the negative consequences of a criminal lifestyle (e.g., incarceration, injury, death, etc.).

Cognitive Indolence: The tendency to be lazy, unmotivated, and irresponsible leading the individual to take short-cuts and look for the easy way to deal with problems or challenges.

Current Criminal Thinking: Elements which indicate the presence of a current cognitive belief system which supports a criminal lifestyle.

Problem Avoidance: The tendency/desire to run from difficulties by engaging in crime and/or using drugs rather than confronting problems directly.

Denial of Doing Harm: Tendency of an individual to minimize and justify the harm done to others as part of their involvement in a criminal lifestyle.

Reactive Criminal Thinking: The individual's tendency to react to external circumstances with typically impulsive and outer-directed criminal thinking.

Fear of Change: The individual's apprehension about change and the degree to which such fear stands in the way of effective intervention.

SUMMARY: The measured changes in criminal thinking for the program participants were strong. Based on these trend results, it would be reasonable to theorize that the number of positive changes in criminal thinking could increase upon achieving full statistical power with the addition of the 2015 data.

RESILIENCY: Is defined as the emotional and cognitive capacity of an individual to successfully rebound from experienced life challenges. Specifically, it is the measured ability of an individual to readily recover from illness, depression, adversity, etc., and is recognized as an acquired (as opposed to innate) personality skill. The Participants showed a:

- **Decrease in overall Resiliency**

SUMMARY: Perhaps somewhat counterintuitively, this result should not necessarily be viewed as a negative trend, especially in light of the Criminal Thinking changes noted above. The way people think about problems determines the coping mechanisms they develop to deal with them. Major changes in thinking can easily make people feel vulnerable prior to developing alternative methods of coping that complement the experienced cognitive shifts. Therefore, it is reasonable to theorize that the cognitive changes measured in the participants placed them in the position of questioning their current coping skills (as reflected in their reduced resiliency scores), and could indicate that more than a transitory shift in thinking style has occurred. Confirmation of that hypothesis will only be able to be ascertained with analysis of additional data points over time.

MOTIVATION VARIABLES: Identifies 16 stable personality constructs in an individual's life that help him/her experience their life as meaningful. Research shows that, when measurably present and reinforced, the fulfillment of this group of internal needs results in an overall feeling of contentment even if

important life goals are not met. Participants showed prosocial decreases in the following areas:

Status (decreased): A desire for prestige which is often expressed as a desire for attention. Seeks to move up in the world – wants to become “somebody” or impress others by how rich/powerful they are. The desire is so strong they believe they are above the rules and are willing to break them in order to achieve the prominence to which they aspire. NOTE: A decrease in status motivation is linked to reduced criminality, especially in the area of theft/robbery related charges. And, behind prison walls, it is specifically related to a reduction in extortionist behaviors.

Tranquility (decreased): A desire to avoid mental/emotional/physical pain at any cost. People with a strong tranquility score are motivated to create a completely peaceful lifestyle – having the tendency to fall apart at the first signs of stress - and unrealistically strive to totally eradicate any disturbance, turmoil, and/or anxiety, from their daily affairs to the point of becoming overly aggressive/defensive in order to do so. They are also prone to certain types of substance abuse as a means of depressing mental/emotional/physical signs of stress. NOTE: A decrease in tranquility equates to an increase in the ability to face set-backs without undue stress. Furthermore, this outcome bodes well for the capacity of the Participants to improve their resiliency once released back into the general offender population, since that is an environment of highly elevated stressors.

SUMMARY: Due to the stable nature of internal motivation it is particularly difficult to achieve change in this area of personality – although important to do so in terms of sustaining behavioral change. That being said, many of the designated motivation elements which were not measured as moving in the desired direction appear to be hovering on the verge of statistical significance. Therefore, the limits of the sample size may have contributed to the fact that, to date, only 2 of 16 motivators showed significant movement.