



## The Carey Guides and Brief Intervention Tools: Built on Research

Many customers have asked us whether the Carey Guides and Brief Intervention Tools (BITS) are built on research. All of the Guides include a cognitive behavioral approach and were built on the best-known studies (see [careygrouppublishing.com/Research.pdf](http://careygrouppublishing.com/Research.pdf) for the Carey Guides Research Support document, which lists much of the research used to develop each Guide). Each Guide was reviewed by a panel of practitioners and researchers, including Dr. Faye Taxman, to ensure that it was consistent with the research literature. The University of Cincinnati also reviewed the Guides to ensure they were consistent with their teaching around core correctional practices.

The BITS were created after the Carey Guides, and were based on the same research used to develop the Guides. The sections in the Carey Guides Research Support document that were used to guide the development of the BITS are as follows:

- BITS *Who I Spend Time With* tool: see citations for the Carey Guides *Antisocial Associates and Engaging Prosocial Others*.
- BITS *Overcoming Thinking Traps* tool: see citations for the Carey Guide *Antisocial Thinking*.
- BITS *Problem Solving* tool: see citations for the Carey Guides *Interpersonal Skills and Problem Solving*.
- BITS *Decision Making* tool: see citations for the Carey Guide *Motivating Offenders to Change*.
- BITS *Overcoming Automatic Responses* tool: see citations for the Carey Guide *Substance Abuse*.

While the BITS *Thinking Traps* tool relates to the research on cognition's influence on violations of the law (see citations for the Carey Guide *Antisocial Thinking*), we conducted a separate literature search before creating this tool. Some relevant citations include the following:

- Samenow, S. E. (2002). *Straight talk about criminals*. Rowman & Littlefield.
- Yochelson, S., & Samenow, S. (2000). *The criminal personality: A profile for change*. Aronson.
- Yochelson, S., & Samenow, S. (1995). *The criminal personality: The change process*. Aronson.

In terms of conducting research on the Carey Guides and BITS, we have made a deliberate decision not to conduct research on these tools out of concern for a potential conflict of interest—real or perceived. Instead, Carey Group Publishing has urged users of the Guides and BITS to conduct their own research and, indeed, we have been informed that Carey Group Publishing tools have been the subject of agency studies in several states. Two evaluations have been forwarded to us so far:

1. The North Carolina Department of Public Safety, Community Corrections, reported results of their Carey Guide usage using a matched sample comparison group. The findings are summarized as follows:

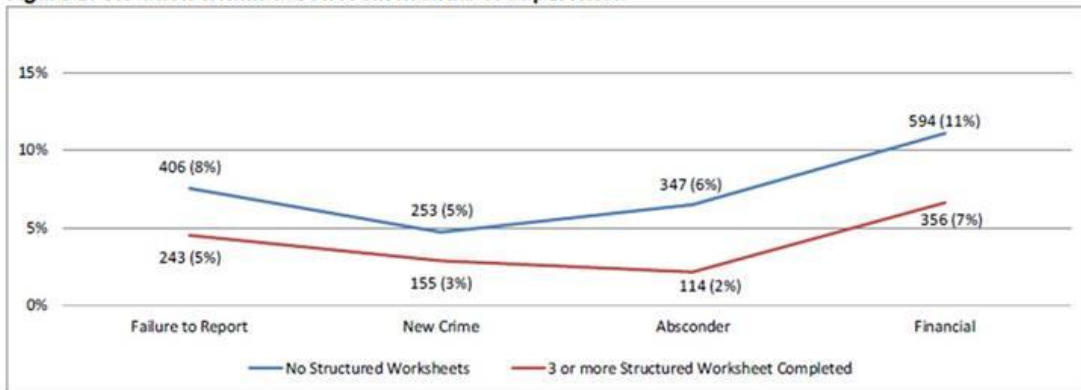


According to a recent study conducted by the research unit of the North Carolina Department of Public Safety (NCDPS), the use of structured worksheets, such as Carey Guide tools, results in lower recidivism rates, fewer violations, increased engagement, and other positive outcomes. Since 2011, North Carolina’s Division of Community Corrections has used structured worksheets—mostly Carey Guide tools—over 227,600 times. NCDPS compared the results of more than 2,000 people who completed three or more structured worksheets against a matched sample of people who did not use three or more structured worksheets.

According to the study, people assessed as high risk who completed three or more structured worksheets were significantly less likely to violate the law again (40% less likely) or to violate supervision by absconding (67% less likely), failing to report (37% less likely), or failing to meet financial obligations (36% less likely) during the first six months of supervision than people in the comparison group. The study also suggests that the use of three or more structured worksheets helps establish rapport, improve engagement, and increase receptivity to receiving, and participating in, additional services (e.g., being assessed for a potential substance use disorder).

**SUMMARY:** Offenders in the structured worksheet group (243, 5%) were significantly less likely to have a violation for failure to report<sup>1</sup> than offenders in the comparison group (406, 8%). In addition, offenders in the structured work sheet group were significantly less likely to have new crime<sup>2</sup> (155, 3%, 253; 5%), absconding<sup>3</sup> (114, 2%; 347, 6%) and financial<sup>4</sup> (356, 7%; 594, 11%) violations during the first six months of supervision than offenders in the comparison group.

**Figure 1: Violation within the First Six Months of Supervision**



2. A large detention jurisdiction in Santa Clara County, California, that has used BITS in their juvenile detention facility report positive results. Their findings are available at [careygroupublishing.com/the-carey-guides-and-bits-contest-winners](http://careygroupublishing.com/the-carey-guides-and-bits-contest-winners).

As noted, several other agencies have informed us that they will be conducting independent evaluations of the Guides. When they are completed, we will seek permission to post this information on our website as well.