



## VANTAGE POINT

### Phoenix Project

## Status Report July 2023

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# VANTAGE POINT PHOENIX PROJECT

## Introduction

### Program Overview

The Phoenix Project is a 6-month re-entry program designed to address the needs of the ACI population to enhance success upon return to the community. Program participants are engaged in core program components that address various behaviors that constitute a healthy lifestyle, sound family relationships, and successful employment. The Phoenix Project employs trainers and providers who are certified and experienced in their respective fields.

Women and men who begin the Phoenix Project are required to complete homework assignments, quizzes and tests, to actively participate, and strive for their own excellence. This program welcomes all who are willing to commit to their lives and their community.

### Evaluation Approach

The Vantage Point Phoenix Project evaluation began in May 2020. The evaluation is designed to collect pre-program intake data and post-program data. The Phoenix project team has conducted numerous 6-month post-release interviews with former inmates who participated in the program. In addition, the project team has conducted interviews with other former inmates who were released prior to start of the evaluation. As a result, some of the follow-up data reflects longer periods of time (greater than six months) for individuals who were released prior to the start of the evaluation. In the future we anticipate looking at these two groups separately as the number of participants increases over time.

The evaluation team at Datacorp was engaged by the Phoenix Project to conduct the evaluation. The evaluation team added some new questions to the intake and follow-up questionnaires to assess outcomes in greater detail. Due to these additions, readers will notice variation in the numbers of participants represented in the analysis of the new items. Each data table reflects the number of persons for whom there was complete data for any given analysis.

### Report Organization

This report is divided into three main sections. Tables in the first section describe the characteristics of inmates who participated in the Phoenix Project at intake. The second section provides outcome data where pre- and post-test data were compared to determine inmate outcomes. This is followed by a third section that describes discharge data and includes both inmates who completed the program and those who did not complete the program.

## Program Participant Summary Characteristics

### Data Collection

A substantial amount of data has been collected on the Phoenix Project participants. The first table shows there have been 238 inmates enrolled that completed greater than ten classes in the Phoenix project for whom there is intake data. To date the project team has attempted to locate 160 individuals post-release. Thus far, 118 follow-up interviews have been completed, resulting in a 74% follow-up rate. Of all participants, 203 (85.3%) have been discharged to date.

Table 1 below shows the number of program participants across the ACI facilities in which they are housed. The majority of participants continue to be selected from the Minimum-Security Facility (28%). This is followed by Medium I (22%), Medium II (21%), Women’s facility (16%), and the smallest number come from the Maximum-Security Facility (8%), The project also provides services in the Intake Protective Services facility, and this accounted for 5% of all services provided.

*Table 1. Data Collection Timepoints and Number of Participants by Facility Type*

**Data Received Summary as of 7/12/2023**

<b>Timepoint</b>	<b>Number</b>	
Intake	238	
Eligible for Follow-Up	160	67%
Discharge	203	85.3%
<b>Facility</b>	<b>Enrollment Only</b>	
Medium I (Morning project)	52	22%
Medium II (Afternoon project)	49	21%
Minimum	67	28%
Maximum	19	8%
Women's	39	16%
Intake Protective Services	12	5%

**Intake Data**

**Demographics**

Data are presented for several demographic characteristics of the program participants in the next two tables. The majority (42%) of the participants at intake fell into the 21-30-year-old age group. The sample is 82% male and 18% female. Although the Phoenix Project is 47% White, Hispanics represent 32% of the program sample, followed by 40% who reported they were Black. Forty-three percent reported completing 12<sup>th</sup> grade or a GED, 18% had completed less than a 12<sup>th</sup>-grade education, and 23% reported they completed some college. Table 3 breaks down reported employment history, family, and housing status, which shows all of the respondents as being institutionalized as the intake is done in prison.

Table 2. Age, Gender, Ethnicity, Race, Education, and School/Job Training Demographics at Intake.

Intake Demographics as of 7/12/2023		
Intakes to Date:	238	
<b>Age</b>	n	%
Total Respondents	238	100%
<21	2	1%
21-30	99	42%
31-40	80	34%
41-50	41	17%
>50	16	7%
Average age	34.38	
<b>Gender</b>	n	%
Total Respondents	237	100%
Male	195	82%
Female	42	18%
Transgender	0	0%
<b>Ethnicity</b>	n	%
Total Respondents	230	97%
Hispanic	73	32%
Non-Hispanic	157	68%
<b>Race</b>	n	%
Total Respondents	190	80%
Black	76	40%
Asian	5	3%
Native Hawaiia/Pacific Islander	1	1%
Alaska Native	0	0%
White	90	47%
American Indian	13	7%
Multi-Racial	5	3%
<b>Education</b>	n	%
Total Respondents	229	96%
Less than 12th Grade	49	18%
12th Grade or GED	114	43%
Some College	61	23%
Bachelor's Degree or Higher	3	1%
Graduate Work or Degree	2	1%
<b>Vocation Training</b>	n	%
Total Respondents	30	13%
In Progress	2	7%
Completed	1	3%
Completed and Received Certification	2	7%
Completed, Received Certification and License	2	7%
<b>School/Job Training</b>	n	%
Total Respondents	107	45%
Not enrolled	48	45%
Enrolled, full time	12	11%
Enrolled, part time	45	42%
Other	2	2%

Table 3. Employment, Family and Housing Status 30-days Prior to Intake.

### Intake Demographics as of 7/12/2023

Intakes to Date: 238

<b>Employment</b>	n	%
Total Respondents	176	74%
Employed full time	74	42%
Employed part time	21	12%
Unemployed, looking	34	19%
Unemployed, not looking	41	23%
Unemployed, disabled	4	2%
Unemployed, retired	0	0%
Other	2	1%
<b>Prison Employment Status</b>	n	%
Total Respondents	108	45%
In Prison	97	90%
Work Release	6	6%
<b>Family Status</b>	n	%
Total Respondents	234	98%
Never Married	157	67%
Engaged	24	10%
Married, first time	10	4%
Married, not first time	3	1%
Separated	15	6%
Divorced	18	8%
Widowed	2	1%
Other	5	2%
Living with Partner	24	10%
Clients with Children	159	67%
Average Number of Children	2.6	
<b>Housing</b>	n	%
Total Respondents	238	100%
Formal Shelter	0	0%
Informal Shelter	0	0%
Street/Outdoors	0	0%
Institution	238	100%
Housed, own/rent	0	0%
Housed, someone else	0	0%
Housed, dormitory/college	0	0%
Housed, recovery house	0	0%
Housed, residential	0	0%
Housed, other	0	0%

### Behavioral Health at Intake

The next table shows reported mental health symptoms at intake. On a scale of 0-12 the average score for having Major Depressive Disorder symptoms was 3.14. For Generalized Anxiety Disorder on a scale of 0-4, participants scored an average 1.41. For Panic Disorder the scale ranges from 0-5, and the average score was 0.33. For each scale, higher scores indicate having more symptoms of the disorder.

*Table 4. Major Depressive Disorder, Generalized Anxiety Disorder, and Panic Disorder Symptom Scores as Reported at Intake.*

**Intake Behavior & Symptom Categories as of 7/12/2023**

Intakes to Date: 238

Disorder	n	Average	Min	Max	Std. Dev.
MDD	212	3.14	0	10	2.42
GAD	200	1.41	0	4	1.01
Panic	59	0.33	0	4	0.67

*The higher the value, the more symptoms present associated with the disorder.*

*Major Depressive Disorder (MDD) ranges from 0-12*

*General Anxiety Disorder (GAD) ranges from 0-4*

*Panic Disorder ranges from 0-5*

The next table shows that 20% of the inmates reported having an alcohol dependence disorder, and 29% reported drug dependence disorders. Another 10% reported having both disorders.

*Table 5. Alcohol and Drug Dependence Reported at Intake*

**Intake SUD Behavior & Symptom as of 7/12/2023**

Intakes to Date: 238

SUD	n	%
Alcohol Dependence	48	20%
Drug Dependence	68	29%
Both	23	10%

Participants were also screened on the Beck Depression Inventory (BDI). The sample is split with some using a shortened version as well as some who were screened on the full version. The data show that for those who took the full version of the BDI, the average participant fell into the mild depressive category. On the Beck Anxiety Inventory (BAI) the average score was 11.67, which falls at the low end of the range for mild anxiety. The CAGE-AID, which is a measure of substance use problems (alcohol and drugs), averaged 2.73, indicating that the respondents have clinically significant problems with drugs/alcohol. Finally, the Adverse Childhood Experience (ACE) questionnaire for adults measures childhood trauma. The results show that the average score was 4.98 on a scale of 0-10. Higher scores on the ACE indicate more reported childhood trauma.

*Table 6. Beck Depression and Anxiety Inventories, CAGE-AID, and the ACE Screening Results at Intake.*

### Intake Screening Data Summary as of 7/12/2023

Screen	n	Min	Max	Average
BDI (Q1-Q11)	233	0	27	10.12
BDI (Q1-Q21)	144	1	40	14.37
BAI	219	0	62	11.67
CAGE-AID	240	0	4	2.73
ACE	235	0	10	4.98

BDI (Q1-Q11) ranges from 0-33

BDI (Q1-Q21) ranges from 0-63; 1-10 normal; 11-16 mild, 17-20 borderline, 21-30 moderate, 31-40 severe, 40+ extreme depression

BAI ranges from 0-63; 0-21 low; 22-35 moderate; 36+ potentially concerning levels of anxiety

CAGE-AID ranges from 0-4; 2 or greater is considered clinically significant

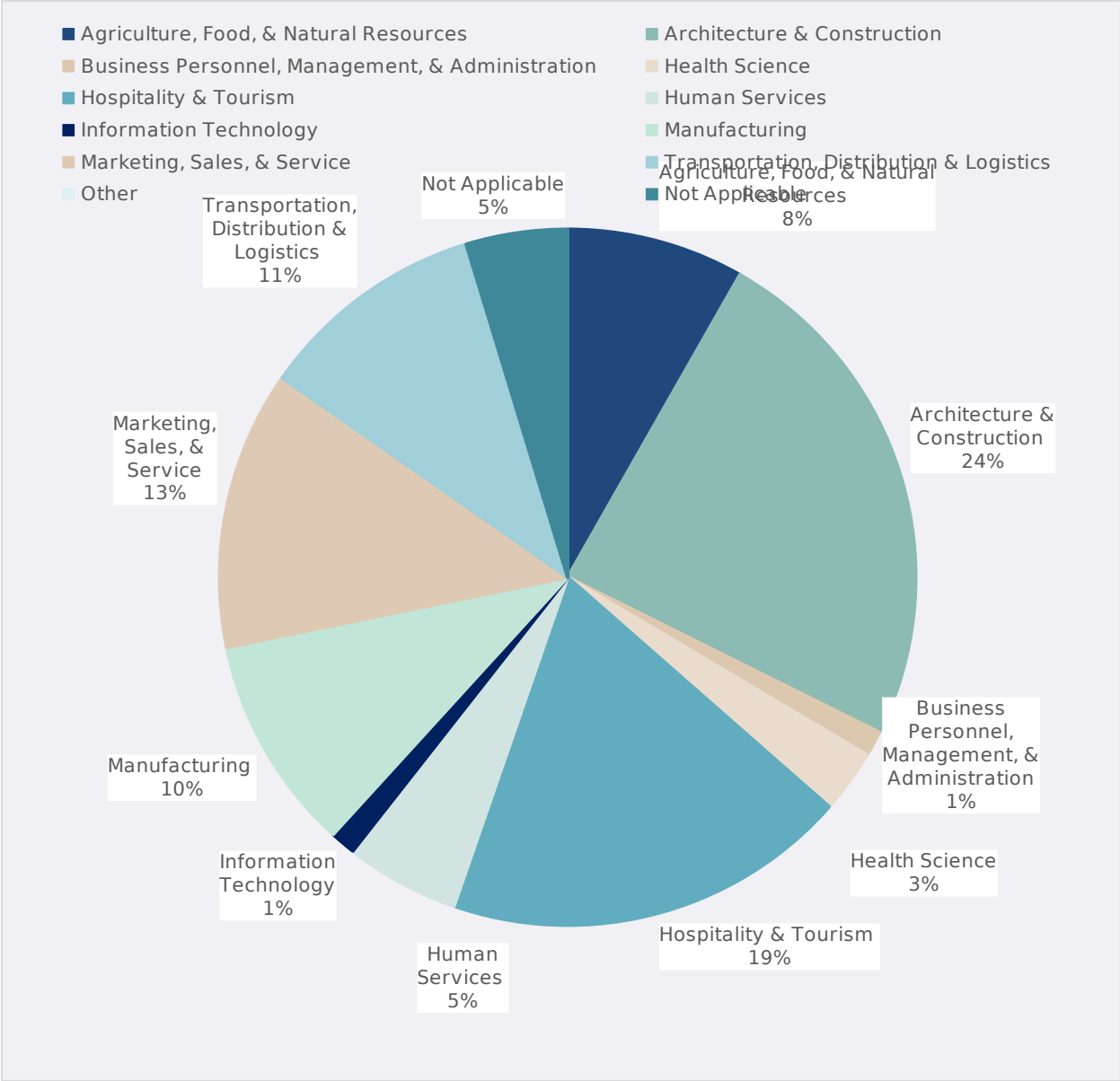
ACE ranges from 0-10

### Employment

The pie chart that follows shows occupations inmates reported that they had at the time of their incarceration. It can be seen that the majority were involved in construction (24%), which was followed by hospitality and tourism (19%), which was then followed by individuals who reported they had worked in the services industries (13%).

Figure 1. Occupation Before Incarceration





**Additional Intake Tables**

As mentioned in the introduction, we have new data from program participants that has been gathered for this evaluation. The new data includes more extensive information on incarceration history, mental health, substance abuse, social connectedness, and quality of life. There were 107 respondents with complete data for the new evaluation questions. The numbers are small when spread across subcategories; therefore, we advise interpreting them cautiously, especially for measures where there are a large number of subcategories.

**Substance Use**

The substance use data show that of the 107 individuals with data on these measures few reported substance use at intake. The greatest number appeared in the alcohol category (7%), which was followed by prescription sedative use (6%).

Table 7. Substance Use Reported at Intake.

**Intake Substance Use as of 7/12/2023**

Intakes to Date: 238

Substance Use (recent)	n	%
Total Respondents	107	45%
Cigarette Use	4	4%
Alcohol use	8	7%
Marijuana	5	5%
Cocaine/crack	1	1%
Prescription stimulants	5	5%
Methamphetamine	0	0%
Inhalants	0	0%
Prescription sedatives	6	6%
Hallucinogens	1	1%
Street opioids	1	1%
Prescription opioids	2	2%
Other	1	1%

The new incarceration data show that the majority (68%) of the 107 respondents with data on these measures reported that they have been incarcerated 1 - 5 times in their lifetimes. When asked about the number of years they had been incarcerated, the greatest majority (44%) reported that it had been in the 1-5-year range. This was followed by another 26% who reported they had been incarcerated in the 6-15-year range. Forty-eight percent of the respondents reported they had been incarcerated as youth. There were 57% who reported being on probation/parole.

## Incarceration History

Table 8. Incarceration History Reported at Intake.

**Intake Incarceration Summary as of 7/12/2023**

Intakes to Date: 238

History	n	%
Total Respondents	107	45%
Times Incarcerated		
1-5 Times	73	68%
6-10 Times	22	21%
16-20 Times	5	5%
21 or More	3	3%
Years incarcerated		
Less than year	9	8%
1-5 Years	47	44%
6-15 Years	28	26%
16-30 Years	13	12%
31-50 Years	5	5%
51 or More Years	3	3%
Youth Incarceration	51	48%
<b>Current Involvement</b>	<b>Enrollment Only</b>	
Total Respondents	116	49%
Currently Awaiting	10	9%
Probation/Parole	66	57%

### Mental Health, Substance Use Treatment, Quality of Life and Social Connectedness

Several new mental health questions were added to the intake questionnaire for the evaluation. The new data show 92% of the sample reported some kind of violence or trauma in their life history. Of those who reported trauma histories, several reported experiencing trauma-related symptoms such as nightmares (82%), avoidant behavior (81%), guarded behavior (74%), and feeling detached (63%). Nineteen percent of the 107 respondents at intake who answered the new questions reported having had inpatient mental health treatment, and 10% reported inpatient treatment for substance use. Another 10% reported being in outpatient treatment for mental health and another 7% reported being outpatient substance abuse treatment.

Quality-of-life scores fell in the middle range on the scale. On a scale of 1-5 where higher scores indicate better functioning, respondents reported 3.05 for quality of life. An examination of each component of the quality-of-life ratings showed the respondents were least satisfied with themselves (3.15). Regarding social connectedness, participants reported being satisfied with their personal

relationships (3.71) and when asked about how much they value their personal relationships, the average score of 4.68 indicated they value them nearly completely.

*Table 9. Mental Health Intake Data including Trauma, Treatment History, Quality of Life and Social Connectedness.*

**Intake Mental Health Data as of 7/12/2023**

Intakes to Date:	238
Total Respondents:	107
<b>Trauma</b>	<b>n      %</b>
Any violence/trauma	98      92%
Nightmares	80      82%
Avoid	79      81%
Guard	73      74%
Detached	62      63%
<b>Treatment</b>	<b>n      %</b>
Inpatient physical	10      9%
Inpatient mental health	20      19%
Inpatient substance abuse	11      10%
Outpatient physical	3      3%
Outpatient mental health	11      10%
Outpatient substance abuse	8      7%
ER physical	2      2%
ER mental health	2      2%
ER substance abuse	1      1%
<b>Quality of Life</b>	<b>Average</b>
Average Quality of Life Rating*	3.05
Average Health Satisfaction**	3.55
Average Energy Rating***	3.99
Average Functioning Satisfaction**	4.11
Average Self Satisfaction**	3.15
<b>Social Connectedness</b>	<b>n      %</b>
Interaction with Support	107      100%
No One	14      13%
Clergy Member	0      0%
Family Member	75      70%
Friends	11      10%
Other	7      7%
Average Personal Relationship Satisfaction**	3.71
Average Personal Relationship Value Rating***	4.68

\*Quality of Life ranges from 1 (Very Poor) to 5 (Very Good)

\*\*Satisfaction ranges from 1 (Very Dissatisfied) to 5 (Very Satisfied)

\*\*\*Rating ranges from 1 (Not at All) to 5 (Completely)

## Intake to 6-Month Follow-Up Outcomes

At the time of this report, 118 former inmates have been reached for follow-up, resulting in a 74% follow-up rate thus far. This marks an increase of 3% in the team’s follow-up rate. Of those, the majority (48%) have completed the follow-up interview within six months of their release. The Phoenix team has located an additional 26% who have been released longer than six months. Of those reached for follow-up, 46% indicated they were still receiving services. This marks a 2% increase from the last reporting period.

Table 10. Follow-Up Summary Data

<b>Follow-Up Data Summary as of 7/12/2023</b>		
	Follow-Ups Attempted to Date:	160
	Follow-Up Interviews Completed to Date:	118 74%
<b>Status</b>	<b>n</b>	<b>%</b>
Deceased at time of due date	3	2%
Completed interview within specified window	76	48%
Completed interview outside specified window	41	26%
Located, but refused, unspecified	3	2%
Located, but unable to gain institutional access	0	0%
Located, but otherwise unable to gain access	0	0%
Located, but withdrawn from project	0	0%
Unable to locate, moved	2	1%
Unable to locate, other	35	22%
<b>Still Engaged with Services at Follow-Up</b>	<b>n</b>	<b>%</b>
Yes	74	46%
No (includes those who completed 10 or fewer classes)	86	54%

## Intake and Follow-up Demographics

Follow-up demographics are fairly similar to those at intake. There are more Whites located at follow-up (49%) than there were White respondents at intake (47%); however, this difference is not as substantial as it has been in the past. The average respondent’s age at follow-up was approximately 35 years old. There were 99 males (85%) and 18 (15%) females who provided 6-month follow-up data.

Table 11. Age, Gender, Ethnicity, and Race Demographics of Follow-up Participants

**Demographics for Follow-Up Participants as of 7/12/2023**

Total Follow-Up Interviews to Date: 118

<b>Age</b>	<b>n</b>	<b>%</b>
Total Respondents	118	100%
<21	1	1%
21-30	49	42%
31-40	37	31%
41-50	24	20%
>50	7	6%
Average age	34.82	
<b>Gender</b>	<b>n</b>	<b>%</b>
Total Respondents	117	99%
Male	99	85%
Female	18	15%
Transgender	0	0%
<b>Ethnicity</b>	<b>n</b>	<b>%</b>
Total Respondents	113	96%
Hispanic	31	27%
Non-Hispanic	82	73%
<b>Race</b>	<b>n</b>	<b>%</b>
Total Respondents	97	82%
Black	36	37%
Asian	2	2%
Native Hawaiian/Pacific Islander	1	1%
Alaska Native	0	0%
White	48	49%
American Indian	6	6%
Multi-Racial	4	4%

**Intake to Follow-up Demographic Changes**

Demographic changes over the 6-month time period are reported in Table 12. It can be seen that some of the respondents have increased their education level as indicated by increases in those reporting they have completed some college courses, 22% at intake, 36% at follow-up. This change marks a 72% change in the number of people who have some college in their educational background at this point. There were also 5 people who reported graduate work—there were none previously. Two people reported they were receiving vocational training, and 4 people reported they completed and received a vocational/training certificate. These results are encouraging as education and vocational training are key outcomes for this program.

Table 12. Changes in Education, Vocational/Technical Training, and School/Job Training Enrollment from Intake to Follow-Up.

**Demographics for Follow-Up Participants as of 7/12/2023**  
Total Follow-Up Interviews to Date: 118

<b>Education</b>	<b>Intake</b>		<b>Follow-Up</b>		<b>%Δ</b>
Total Respondents	115	97%	118	100%	NA
<12th Grade	25	22%	19	16%	-23%
12 or GED	62	54%	49	42%	-21%
Some college	25	22%	43	36%	72%
Bachelor's Degree	3	3%	2	2%	-33%
Graduate Work or Degree	0	0%	5	4%	
<b>Vocational and Technical Training</b>	<b>Intake</b>		<b>Follow-Up</b>		<b>%Δ</b>
Total Respondents	0	0%	19	79%	NA
In Progress	0	0%	2	11%	
Completed	0	0%	2	11%	
Completed and Received Certificate	0	0%	4	21%	
Completes and Received Certificate and License	0	0%	0	0%	
<b>School/Job Training</b>	<b>Intake</b>		<b>Follow-Up</b>		<b>%Δ</b>
Total Respondents	31	26%	118	100%	NA
Not enrolled	16	52%	92	78%	NA
Enrolled, full time	2	2%	10	8%	NA
Enrolled, part time	12	10%	12	10%	NA
Other	1	1%	4	3%	NA

Table 13 shows the changes over time for participants on reported employment, family, and housing status. The greatest change is in the percentage of former inmates who are unemployed but looking for work, 156% increase, and those who were unemployed but not looking for work dropped 52%. The data show there was a 40% increase in the percentage employed full-time and 8% increase in those employed part-time. Here again, the results are extremely encouraging as gainful, stable employment is a key outcome for this program.

While the numbers are somewhat small, there was a 75% increase in the number of respondents who reported being married for the first time, a decrease of 13% in those who reported being separated and decrease of 8% of those who reported being divorced at follow-up.

Table 13. Changes in Employment, Family and Housing Status from Intake to Follow-Up.

<b>Demographics for Follow-Up Participants as of 7/12/2023</b>					
Total Follow-Up Interviews to Date:		118			
<b>Employment</b>	Intake		Follow-Up		%Δ
Total Respondents	88	75%	118	100%	NA
Employed full time	42	48%	59	50%	40%
Employed part time	12	14%	13	11%	8%
Unemployed, looking	9	10%	23	19%	156%
Unemployed, not looking	23	26%	11	9%	-52%
Unemployed, disabled	2	2%	4	3%	67%
Unemployed, retired	0	0%	2	2%	200%
Other	0	0%	6	5%	600%
<b>Family Status</b>	Intake		Follow-Up		%Δ
Total Respondents	114	97%	117	99%	NA
Never Married	80	70%	86	74%	8%
Engaged	7	6%	3	3%	-57%
Married, first time	4	4%	7	6%	75%
Married, not first time	2	2%	0	0%	-100%
Separated	8	7%	7	6%	-13%
Divorced	12	11%	11	9%	-8%
Widowed	1	1%	1	1%	0%
Other	3	3%	2	2%	-33%
Living with Partner	10	8%	19	16%	90%
Clients with Children	79	67%	92	78%	16%
Average Number of Children	2.50		2.60		4%
<b>Housing</b>	Intake		Follow-Up		%Δ
Total Respondents	118	100%	118	100%	0%
Formal Shelter	0	0%	7	6%	700%
Informal Shelter	0	0%	6	5%	600%
Street/Outdoors	0	0%	0	0%	0%
Institution	118	100%	7	6%	-94%
Housed, own/rent	0	0%	59	50%	5900%
Housed, someone else	0	0%	20	17%	2000%
Housed, dormitory/college	0	0%	0	0%	0%
Housed, recovery house	0	0%	17	14%	1700%
Housed, residential	0	0%	1	1%	100%
Housed, other	0	0%	1	1%	100%

### Behavioral Health

The first table in this series shows an increase (11%) in the rate of anxiety symptoms and larger increase in the percentage (30%) of panic symptoms at follow-up. This is most likely due to adjusting to life outside of the prison system and respondents having greater self-awareness of their inner states. This has been confirmed with qualitative data in this evaluation, and it is also commonly observed in similar populations, such as people leaving substance abuse treatment.



Table 14. Major Depressive Disorder, Generalized Anxiety Disorder, and Panic Disorder Symptom Scores as Reported from Intake to Follow-Up.

**Intake & Follow-Up Behavior & Symptom Categories as of 7/12/2023**

Total Follow-Up Interviews to Date: 118

Disorder	Intake					Follow-Up					% Δ
	n	Average	Min	Max	Std. Dev.	n	Average	Min	Max	Std. Dev.	
MDD	107	3.32	0	10	2.60	109	3.19	0	11	2.62	-4%
GAD	98	1.43	0	4	1.10	98	1.59	0	4	1.10	11%
Panic	33	0.39	0	4	0.75	95	0.51	0	4	0.89	30%

The higher the value, the more symptoms present associated with the disorder.

Major Depressive Disorder (MDD) ranges from 0-12

General Anxiety Disorder (GAD) ranges from 0-4

Panic Disorder ranges from 0-5

There were substantial reductions in alcohol dependence (down 50%), drug dependence (down 73%), and dependence on both types of disorder (down 21%). These changes are most likely due to participation in treatment and support post-release according to participant reports. Here again, the numbers are still rather small in the alcohol dependence and “both” categories and should be interpreted with caution.

Table 15. Alcohol and Drug Dependence Reported from Intake to Follow-Up

**Intake & Follow-Up SUD Behavior & Symptom as of 7/12/2023**

Total Follow-Up Interviews to Date: 118

SUD	Intake		Follow-Up		% Δ
	n	%	n	%	
Alcohol Dependence	22	19%	11	9%	-50%
Drug Dependence	41	35%	11	9%	-73%
Both	14	12%	11	9%	-21%

The following data demonstrates a decrease across symptoms associated with the BDI, BAI, and CAGE-AID instruments. When comparing follow-up results to intake the short version of the BDI reduced by 43% and the long version of the BDI showed a 31% reduction in depression. BAI percent change reduced by 31%, and the CAGE-AID percent change reduced by 36%. All results were in the desired direction.

Table 16. Behavioral Health Screening Data at Follow-Up

Intake & Follow-Up Screening Data Summary as of 7/12/2023

Screen	Intake				Follow-Up				% Δ
	n	Min	Max	Average	n	Min	Max	Average	
BDI (Q1-Q11)	115	0	27	9.96	116	0	26	5.72	-43%
BDI (Q1-Q21)	57	3	34	13.77	89	0	38	9.46	-31%
BAI	107	0	62	12.44	111	0	50	8.60	-31%
CAGE-AID	118	0	4	2.79	115	0	4	1.78	-36%

BDI (Q1-Q11) ranges from 0-33

BDI (Q1-Q21) ranges from 0-63; 1-10 normal; 11-16 mild, 17-20 borderline, 21-30 moderate, 31-40 severe, 40+ extreme depression

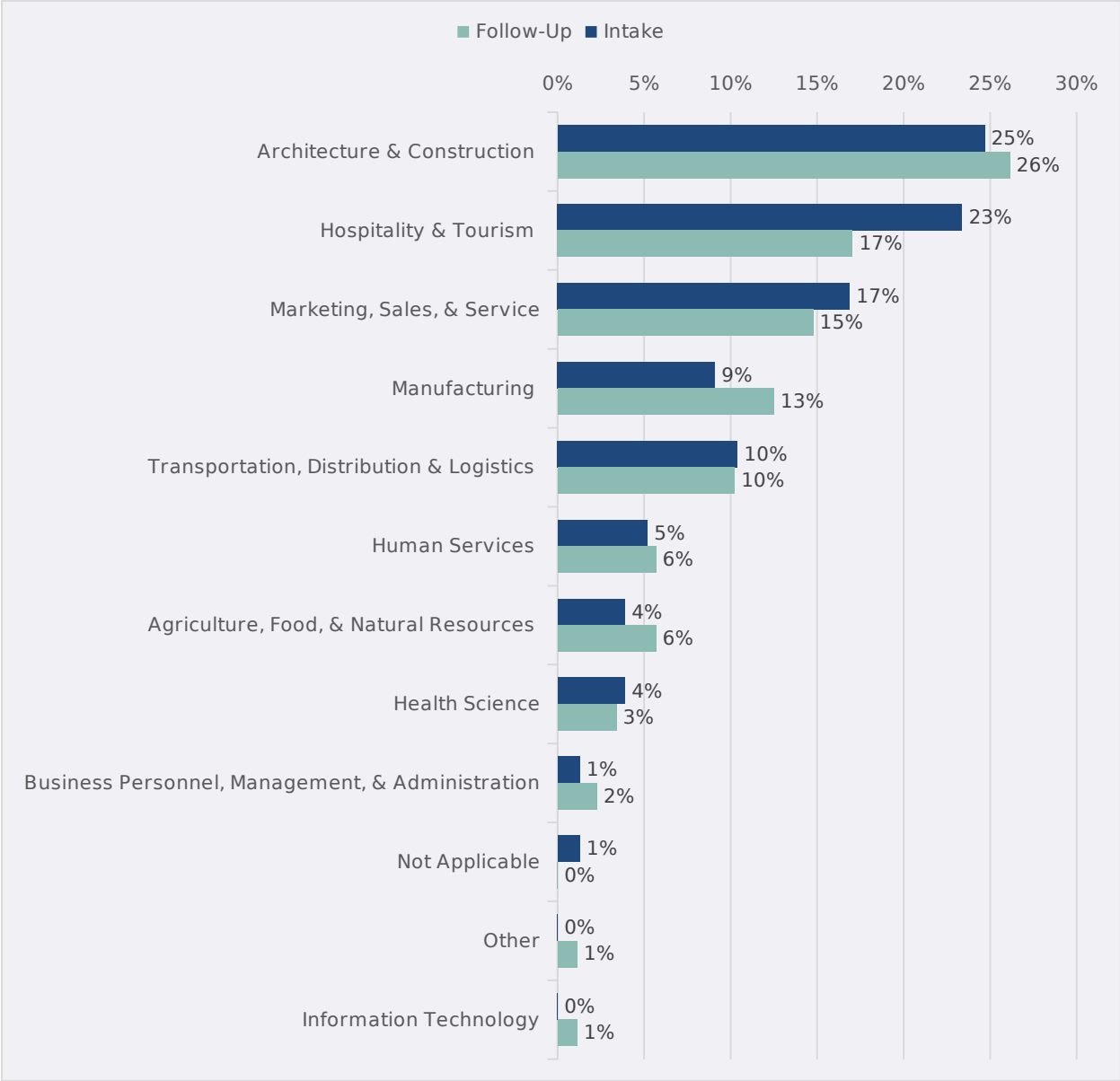
BAI ranges from 0-63; 0-21 low; 22-35 moderate; 36+ potentially concerning levels of anxiety

CAGE-AID ranges from 0-4; 2 or greater is considered clinically significant

## Employment

The data in the figure below shows a decrease in hospitality, tourism, marketing, sales, and service industries. This suggests program participants transitioned to more specialized occupations that typically pay more and/or offer more stability. Increases were observed in manufacturing, construction, human services, and agricultural industries. The improved compensation is a protective factor against recidivism.

Figure 2. Occupation Before & After Incarceration



**New Follow-Up Data**

**Substance Use at Follow-Up**

The table below shows 57% of the respondents at follow-up reported cigarette use. The next most reported substance was alcohol (36%), which was followed by marijuana (32%), then by cocaine/crack which was reported by 11%, and prescription stimulants (8%). All other substances had five or fewer respondents indicating they had used the substance, except the “other” category where there were seven respondents.

*Table 17. Substance Use Reported at Follow-Up*

**Follow-Up Substance Use as of 7/12/2023**

Total Follow-Up Interviews to Date: 118

<b>Substance Use (recent)</b>	<b>Follow-Up</b>	
Cigarette Use	67	57%
Alcohol use	42	36%
Marijuana	38	32%
Cocaine/crack	13	11%
Prescription stimulants	9	8%
Methamphetamine	3	3%
Inhalants	1	1%
Prescription sedatives	4	3%
Hallucinogens	5	4%
Street opioids	3	3%
Prescription opioids	4	3%
Other	7	6%

**Trauma Status at Follow-Up**

Program participants present with a high rate of trauma symptoms. Overall, 67% of the follow-up sample reported they experienced trauma, and over 73% of those individuals reported experiencing trauma symptoms. Participants reported high levels of outpatient mental health treatment at follow-up with 28% of the sample seeking mental health services. This underscores the importance of treatment pre- and post-release.

*Table 18. Mental Health Status Reported at Follow-Up*

### Follow-Up Mental Health Data as of 7/12/2023

Total Follow-Up Interviews to Date: 118

<b>Trauma</b>	<b>Follow-Up</b>	
Any violence/trauma	79	67%
Nightmares	55	70%
Avoid	58	73%
Guard	55	70%
Detached	49	62%
<b>Treatment</b>	<b>Follow-Up</b>	
Inpatient physical	9	8%
Inpatient mental health	9	8%
Inpatient substance abuse	8	7%
Outpatient physical	31	26%
Outpatient mental health	33	28%
Outpatient substance abuse	22	19%
ER physical	14	12%
ER mental health	8	7%
ER substance abuse	7	6%
<b>Quality of Life</b>	<b>Follow-Up</b>	
Average Quality of Life Rating**	4.0	
Average Health Satisfaction***	3.7	
Average Energy Rating****	4.0	
Average Functioning Satisfaction***	4.1	
Average Self Satisfaction***	3.7	
<b>Social Connectedness</b>	<b>Follow-Up</b>	
Interaction with Support	116	98%
No One	14	12%
Clergy Member	3	3%
Family Member	65	55%
Friends	24	20%
Other	12	10%
Average Personal Relationship Satisfaction***	4.0	
Average Personal Relationship Value Rating****	4.6	

\*Data may not be available at enrollment due to instrument updates.

\*\*Quality of Life ranges from 1 (Very Poor) to 5 (Very Good)

\*\*\*Satisfaction ranges from 1 (Very Dissatisfied) to 5 (Very Satisfied)

\*\*\*\*Rating ranges from 1 (Not at All) to 5 (Completely)

### Follow-Up Reincarceration

New incarceration data show that at follow-up 23 former inmates (19%) had been recently arrested. Twenty-one (18%) reported being held overnight. Of those who were arrested 57% were for probation/parole violations and 22% were drug related.

Table 19. Recent Incarceration Status Reported at Follow-Up

### Follow-Up Incarceration Summary as of 7/12/2023

Total Follow-Up Interviews to Date: 118

Recent Arrest	n	%
Arrested	23	19%
Bail violation	0	0%
Bench warrant for fines	2	9%
Drug related	5	22%
Assault	3	13%
Court fines	0	0%
Probation/Parole violation	13	57%
Other	0	0%
Held Over Night	21	18%
1-3 Nights	3	14%
4-10 Nights	0	0%
11-30 Nights	4	19%
31-90 Nights	3	14%
Over 91 Nights	11	52%

### Follow-Up Program Achievements

There were several significant program achievements reported at follow-up. Clients also indicated whether they felt the work they did with Phoenix Project aided them in their accomplishment. For instance, 17% of the follow-up respondents reported they applied for vocational training, and 95% of those who applied for vocational training reported that the Phoenix Project was instrumental in them submitting an application. Nineteen percent reported they applied for school and 18% reported they were enrolled in school. Forty-eight percent of these participants who applied for school, and 48% of those that enrolled in school reported that assistance from the project was instrumental in helping them to apply and enroll in school. Other significant accomplishments include a 64% employment rate among the former inmates, and 81% of them living in stable housing.

Table 20. Achievements and Assistance from the Phoenix Project Reported at Follow-Up

**Follow-Up Program Achievements as of 7/12/2023**

Total Follow-Up Interviews to Date: 118

	Achievements		Assistance	
	n	%	n	%
Applied for school	23	19%	11	48%
Enrolled in school	21	18%	10	48%
Applied for vocational training	20	17%	19	95%
Enrolled in vocational training	16	14%	12	75%
Applied for employment	80	68%	27	34%
Currently/Recently employed	75	64%	17	23%
Living in stable housing	95	81%	12	13%

### Discharge

As of the time of this report, 203 program participants have been discharged from the Phoenix Project. On average, program participants completed roughly 25 classes. Of those individuals participating in the evaluation, so far, 153 individuals (75%) of those who have been discharged fully completed or graduated from the program. Of these, 143 completed 21 or more classes.

Table 21. Discharge Status Summary Data

### Discharge Data Received Summary as of 7/12/2023

Total Discharges to Date: 203

<b>Classes Completed</b>	<b>Number</b>	
Average	24.6	
Range	11 - 39	
0 Classes	0	0%
1-10 Classes	0	0%
11-15 Classes	20	10%
16-20 Classes	40	20%
21-25 Classes	71	35%
26-30 Classes	30	15%
More than 30 Classes	42	21%
<b>Status</b>	<b>n</b>	<b>%</b>
Completion/Graduate	153	75%
Termination	23	11%
Early Release	27	13%
<b>Termination Reason</b>	<b>n</b>	<b>%</b>
Terminated for Absence	3	13%
Terminated for Behavior/Non-Compliance	8	35%
Terminated by Counselor	0	0%
Terminated by DOC/Corrections	7	30%
Voluntarily Left Program	3	13%
Death	0	0%
Other	2	9%

## SUMMARY

In summary, the results show the Phoenix Program is extremely successful. Substantial numbers of participants complete the program. Upon release they report stable housing, working or looking for work, and enrolling in trade/vocational and educational programs. Among those who are employed, we also see many have moved into jobs that pay higher salaries. We are pleased to see all of the program outcomes trending in the right direction. Even rearrest rates, trend lower that what is normally observed among post-release inmates, lending additional credibility to the success of the Phoenix program.

Substantial numbers of participants also report that the Phoenix program was instrumental in helping them achieve these goals. With the team's high follow-up rate (74%), the results can be interpreted with confidence. It is with great anticipation that we look forward to gathering more follow-up data to further strengthen the findings.