

VIPASSANA MEDITATION PROGRAM OUTCOMES STUDY
King County North Rehabilitation Facility
PRELIMINARY RESULTS

n = 75

| MEN n ₁ = 47 | | Return to King County Jail (through March 15, 2002)¹ | | | | | | | | |
|-------------------------------------|--------------------------------------|--|------------------------|-----------|-------------------|-------------------|---------------------------------------|---------------------------------------|-------------------------|--------------|
| | | Avg # Pre-Prog Bookings ² | Avg Pre-Prog Jail Days | 0x | | 1x or > | | Avg # Post-Prog Bookings ³ | Avg Post-Prog Jail Days | Total |
| No. | % (row) | | | No. | % (row) | No. | % (row) | | | |
| Course No. | | | | | | | | | | |
| 1 Nov-97 | 2.0 | 28.2 | 5 | 45% | 6 | 55% | 1.5 | 21.4 | 11 | 100% |
| 3 Jun-98 | 1.4 | 49.2 | 4 | 40% | 6 | 60% | 1.7 | 70.2 | 10 | 100% |
| 5 Jan-99 | 2.7 | 33.9 | 7 | 54% | 6 | 46% | 0.9 | 52.3 | 13 | 100% |
| 7 Sep-99 | 3.3 | 72.4 | 4 | 31% | 9 | 69% | 1.6 | 62.2 | 13 | 100% |
| Subtotal | 2.4 | 46.5 | 20 | 43% | 27 | 57% | 1.4 | 51.6 | 47 | 100% |
| WOMEN n ₂ = 28 | | Return to King County Jail (through March 15, 2002)¹ | | | | | | | | |
| Course No. | Avg # Pre-Prog Bookings ² | Avg Pre-Prog Jail Days | 0x | | 1x or > | | Avg # Post-Prog Bookings ³ | Avg Post-Prog Jail Days | Total | |
| | | | No. | % (row) | No. | % (row) | | | No. | % (row) |
| 2 Mar-98 | 3.0 | 45.6 | 4 | 57% | 3 | 43% | 1.6 | 50.4 | 7 | 100% |
| 4 Oct-98 | 4.3 | 46.3 | 1 | 17% | 5 | 83% | 2.5 | 42.7 | 6 | 100% |
| 6 Jun-99 | 4.7 | 62.6 | 4 | 57% | 3 | 43% | 2.0 | 49.4 | 7 | 100% |
| 8 Dec-99 | 2.9 | 21.3 | 4 | 50% | 4 | 50% | 0.9 | 37.1 | 8 | 100% |
| Subtotal | 3.7 | 43.0 | 13 | 46% | 15 | 54% | 1.7 | 44.7 | 28 | 100% |
| Total | 2.89 | 45.19 | 33 | 44% | 42 | 56% | 1.51 | 49.04 | 75 | 100% |

¹Final outcome results will be available in May 2002; preliminary results are through March 15, 2002 only.
 > Results from courses 1-6 are final; results from courses 7-8 are preliminary.

²No. of pre-program bookings averaged over a two-year period.

³No. of post-program bookings will be averaged over a two-year period.

Footnote: Other evaluation studies indicate that 75% of NRF residents are re-booked into the King County Jail within two years; about 20% of these re-bookings involve old charges or warrants (FTA, FTC, Probation Violation).

PRELIMINARY VIPASSANA OUTCOMES AS OF MARCH 18, 2002

Recidivism outcome study results from the King County North Rehabilitation Facility (NRF) Vipassana Meditation Program are preliminary. The outcomes study (courses 1-8 only) will include a 2-year criminal history review (pre-program) and a 2-year post-program review. Final results will be available in June 2002. The sample size for this study is admittedly small (n = 75) and NRF does not have the resources to review recidivism data outside King County. This evaluative study will provide valuable baseline information that will be built upon via a research project funded (two years) through a federal grant from the National Institutes of Health to the University of Washington.

Preliminary outcome results, through March 18, 2002, indicate the following:

44% of the inmates completing a Vipassana Course at NRF have not returned to the King County Jail (KCJ), compared with only 25% in NRF General Population Study (n=338; results are final). In other words, 3 out of 4 NRF inmates are re-incarcerated within two years, while less than 2 out of 4 Vipassana inmates are re-incarcerated.

- The recidivism rate (re-bookings into KCJ) is currently 56% for individuals who completed a Vipassana course at NRF compared to 75% for the NRF general population.
- The average number of bookings has declined from 2.9 pre-program bookings to 1.5 post-program bookings (preliminary).
- The average number of jail days has increased slightly from 45.2 days pre-program to 49 post-program, indicating that those who return to jail are incarcerated for longer periods, making up the difference. It is too early to tell for courses 7-8.

These results are very encouraging, particularly given the relatively brief program (10 + days) involved. For more information, please contact Dave Murphy at (206) 296-1465 or via email at dave.murphy@metrokc.gov.

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