

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

n = 75

<b>MEN</b> n <sub>1</sub> = 47		<b>Return to King County Jail (through March 15, 2002)<sup>1</sup></b>								
		Avg # Pre-Prog Bookings <sup>2</sup>	Avg Pre-Prog Jail Days	<b>0x</b>		<b>1x or &gt;</b>		Avg # Post-Prog Bookings <sup>3</sup>	Avg Post-Prog Jail Days	<b>Total</b>
No.	% (row)			No.	% (row)	No.	% (row)			
<b>Course No.</b>										
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%
<b>WOMEN</b> n <sub>2</sub> = 28		<b>Return to King County Jail (through March 15, 2002)<sup>1</sup></b>								
<b>Course No.</b>	Avg # Pre-Prog Bookings <sup>2</sup>	Avg Pre-Prog Jail Days	<b>0x</b>		<b>1x or &gt;</b>		Avg # Post-Prog Bookings <sup>3</sup>	Avg Post-Prog Jail Days	<b>Total</b>	
			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%

<sup>1</sup>Final 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.

<sup>2</sup>No. of pre-program bookings averaged over a two-year period.

<sup>3</sup>No. 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](mailto:dave.murphy@metrokc.gov).

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