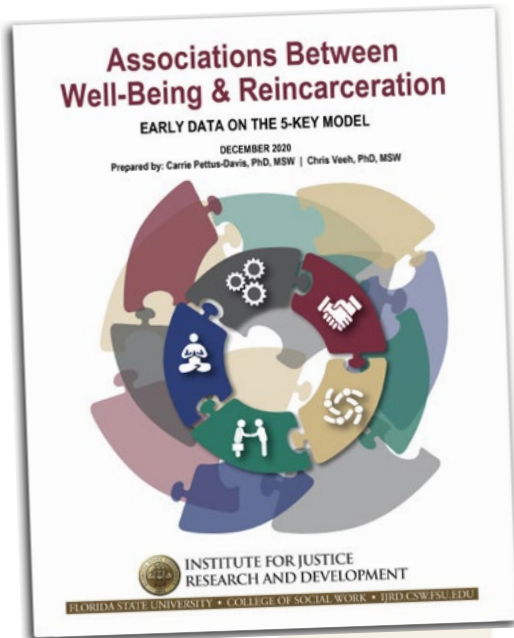


KEY TAKEAWAYS FROM QR 9

ASSOCIATIONS BETWEEN WELL-BEING & REINCARCERATION



Prior to reporting these early findings, it is important to revisit the purpose of Phase 1 of the study, which was largely about feasibility and piloting the 5-Key Model. Then, the purpose of Phase 2 is to further define, refine, and optimize the model. Therefore, outcome analyses in Phase 2 will speak more directly to the comparative outcomes between those who receive the 5-Key Model and those who do not. However, during a pilot phase it is appropriate to look at outcome trends, which is what we have examined. *Listed below are the early findings about these trends.*

- At both 8 and 15 months after their release from incarceration, fewer people assigned to the 5-Key Model group report a reincarceration event than those in the comparison group who were eligible to receive standard available services.
 - At 8 months, 18% of participants assigned to the 5-Key Model group reported a reincarceration event compared to 28% of participants assigned to the comparison group.
 - At 15 months, 28% of participants assigned to the 5-Key Model group reported a reincarceration event, compared to over 40% of participants assigned to the comparison group.
- Among participants assigned to the 5-Key Model group, higher levels of reported well-being on each of the 5 Keys was associated with reduced likelihood of reincarceration.

- Across both 5-Key and comparison participants, higher levels of overall well-being were associated with reduced likelihood of reincarceration. At 15 months after release from incarceration, participants in the 5-Key Model group reported higher levels of overall well-being.
- Across both groups of participants, having a job was not associated with reincarceration or well-being.
- At 15 months after release from incarceration, a slightly higher percentage of participants in the 5-Key Model group reported active employment (78%), compared to participants in the comparison group (74%).
- Each of the 5 Key Facilitators of Well-Being – Healthy Thinking Patterns, Meaningful Work Trajectories, Effective Coping Strategies, Positive Social Engagement, and Positive Relationships – are associated with increases in overall well-being. The positive association between Meaningful Work Trajectories and well-being occurred through reported employment aspirations and did not show associations from the presence of having a job.
- There appears to be significant underreporting of substance use by both groups of participants – wherein 80-90% report no alcohol or drug use respectively. Among those who do report substance use, participants in the 5-Key Model group are more likely to report using substances. Possible explanations for this might be that these individuals have greater frequency or quantity of substance use or it could be that these individuals are more likely to report substance use because of greater trust in the research team through their engagement with the 5-Key Model practitioners.
- Participants of color, older participants, and participants with multiple incarceration histories were more likely to engage in 5-Key Model programming and receive more sessions than those without these characteristics.
- The amount of program engagement with the 5-Key Model varies, but findings suggest that at 15 months after release from incarceration, individuals who received more sessions of 5-Key Model programming report higher levels of employment, overall well-being, and less substance use (among those who reported any substance use).

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