

The Impact of Improper Rehabilitation Programs on Recidivism Rate

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Abstract

Recidivism remains a crucial problem in most correctional facilities despite the programs they implement to ensure its control and reduction. Research studies reveal that among black men, recidivism is prevalent because these individuals are among the most likely group to land in prison. Reoffending is a challenge because it contributes to prison crowding and a high imprisonment rate. Therefore, correctional facilities employ rehabilitation strategies to tame it and reduce its rate among various inmates. However, despite implementing the rehabilitation strategies, reoffense among black men is still high. Such begs the question of whether these strategies are improper and whether improper or inappropriate rehabilitation can tame the recidivism rate among black men. Thus, the study focuses on the lack of appropriate rehabilitation strategies in prisons. The critical issue is to understand whether the absence of these programs could be a trigger or could impact the rate of reoffenses among black men.

Keywords: recidivism, rehabilitation, incarcerations

The Impact of Improper Rehabilitation Programs on Recidivism Rate

Recidivism remains a key challenge in many countries as the call to ease mass incarceration in countries like the United States rises. In the United States, the arrest rate has increased as the country holds more than 2.4 million people behind bars. However, critics point at the discriminative approach to implementing mass incarceration policies. Data from various departments shows that black men are more likely to land in prison than others. A more worrying concern is the rate of recidivism among black men. Baggio et al. (2020) reveal that 39% of the offenders are black men in the United States. Research studies come up with various factors to explain such a trend. For example, research studies point out that most black men are vulnerable to crime. These individuals live in inner cities where employment has become a significant problem. Therefore, they are likely to commit crimes after being released from prison.

Despite the various factors that explain the rationale for high recidivism among black men, a key area of concern is the rehabilitation programs. In the United States, the call to introduce effective rehabilitation programs to reduce the rate of rearrests is high. The United States prison system focuses on effective rehabilitation services. However, research studies show that these programs are less effective in addressing the needs of the prisoners after leaving the prison facilities. Research studies underline the need for better rehabilitation programs targeting minority people, primarily black men. Weinrath et al. (2021) state that rehabilitation reduces recidivism if an institution has in place proven principles. These principles should target a specific group and have resources to address their needs. However, these programs must be evidence-based and target specific populations to help them. In that case, most of the rehabilitation programs targeting black men are less accurate, lack

evidence-based approaches, and do not address the need of these populations. Therefore, they are ineffective in addressing the rate of recidivism among them.

Research Problem and Research Question and Hypotheses

Research problem: The recidivism rate is high among black men, although the various rehabilitation programs government and correctional facilities employ reduce it among prisoners. Research studies show that a group of people that have become vulnerable to arrest are black men. In the same way, they also report the highest number of recidivism in the United States. Haarsma et al. (2020) state that these individuals are four-time most likely to land in jail than the Caucasian men in the United States. At the same time, the author states that 29% of them are most likely to get arrested three years after being released from prison (Finseth et al., 2021). Therefore, the study focuses on understanding whether proper rehabilitation programs can reduce the rate of recidivism among black men.

Rehabilitation is a significant strategy that correctional facilities employ to reduce recidivism. In the United States, Finseth et al. (2021) claim that about 50% of the prisoners undergo rehabilitation. However, only 12% of them are black men. Such is a low number considering that black men are among the highest number of individuals in the United States prisons. Therefore, the question remains whether these rehabilitation programs are proper to reduce the rate of recidivism among black men. Also, the concern remains on what defines proper or improper rehabilitation programs and whether improper ones can impact the rate of recidivism among black men. Therefore, the following will be the key research question to address the problem.

Research questions: Does improper rehabilitation programs or services affect the rate of recidivism among black men?

Research Hypothesis: improper rehabilitation programs increase the likeliness of recidivism among the black men

Literature Review

The United States has employed numerous rehabilitation programs to reduce recidivism in correction facilities. The conventional idea is that proper rehabilitation programs provide prisoners with ideas, knowledge, and the capabilities to survive and avoid crime after their release from prison. However, there is concern about what constitutes appropriate rehabilitation programs in the literature. For example, Washington (2018) states that rehabilitation programs should aim to help society and offenders. These programs should treat the offenders and give them hope for a better future through establishing them and ensuring they lead a normal life. In doing so, Bellamy et al. (2019) reveal that a proper rehabilitation program must be functional, focus on the needs of specific groups of prisoners, and use the existing rehabilitation resources to ensure it meets the target group's needs. Miller et al. (2019) support the idea by revealing that proper rehabilitation programs should focus on three areas. These include evidence-based practices, cost-effectiveness, and targeting high-risk or high-need inmates.

Functional rehabilitation programs must employ evidence-based practices to meet the needs of the targeted inmate. Bellamy et al. (2019) state that rehabilitation services must be research-based to meet the target group's needs adequately. The authors state that such programs must have a recipe for evaluation. A constant assessment ensures that they are correct and address the needed areas. Bellamy et al. (2019) further stress the need for the proper rehabilitation programs to be cost-effective. The author finds that most cost-consuming programs fail to deliver and meet the objectives. These programs demand more resources which sometimes the implementers fail to avail, thus limiting its scope. Lastly, Miller et al. (2019) reveal that proper rehabilitation programs target high-risk or high-needs

prisoners. The authors admit that most rehabilitation programs fail to control recidivism because they target the wrong needs in their findings. The author recommends that a correctional facility "select the assessment tools most effective at determining which inmates are the highest-risk to recidivate and have the highest-need for rehabilitation programs to address those needs" (Miller et al., 2019, p. 428). Without such strategies, the rehabilitation programs become improper and thus fail to reduce recidivism.

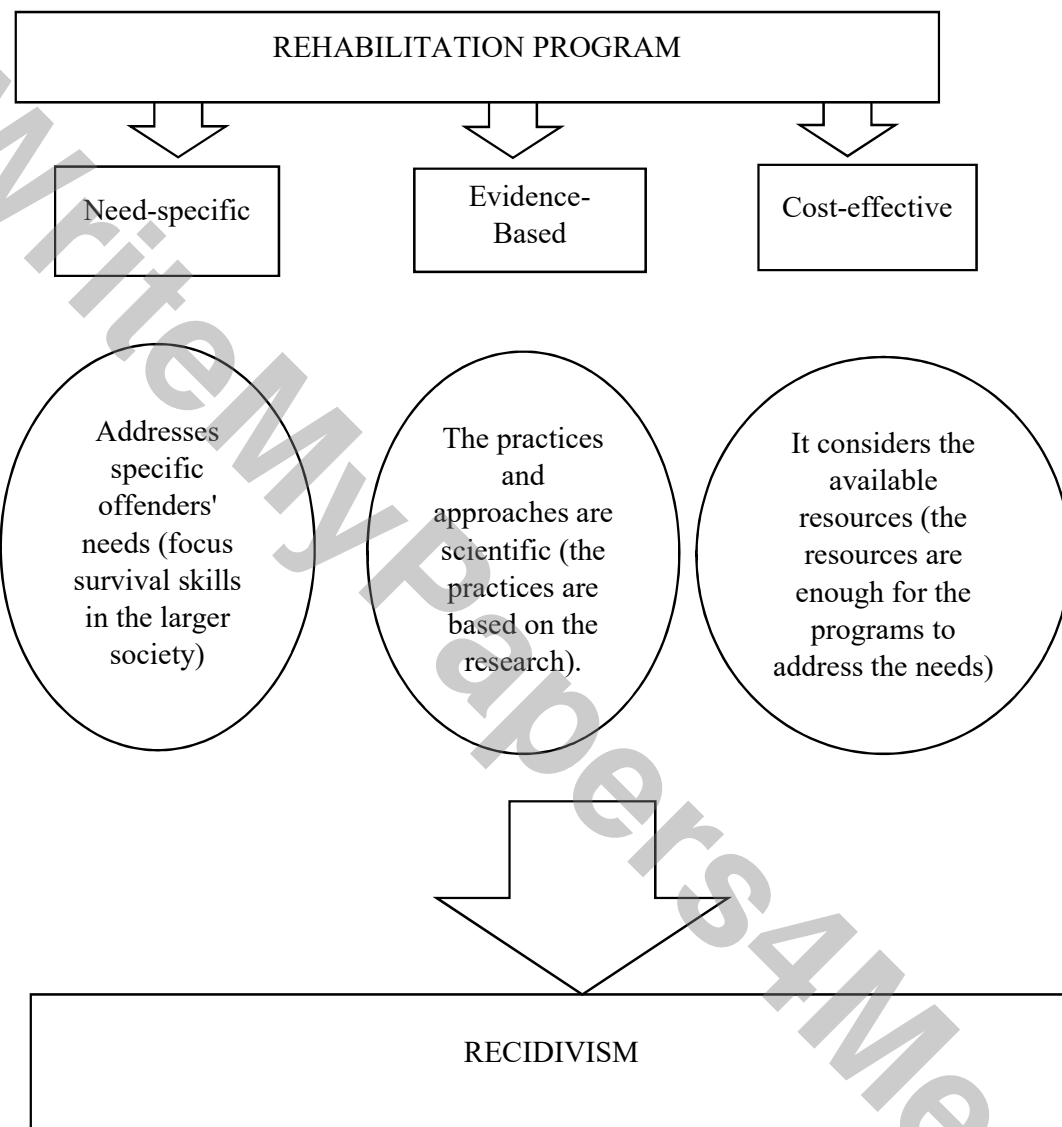
The literature findings link proper rehabilitation programs with a reduced recidivism rate among prisoners. In their research study targeting the rehabilitation programs among inmates, Mustaffa & Aliyu (2018) use 153 inmates and focus on the effectiveness of proper rehabilitation programs on recidivism. The outcome shows that of the 153 inmates who enrolled in the programs, 56% did not re-offend over five years. The critical elements of the effective rehabilitation programs for the research included specific target needs. These needs included psychological, mental, financial, and social needs. The authors thus recommend that correction facilities focus on evidence-based practices in their rehabilitation programs to control the rate of the rearrests.

Research studies also reveal that proper rehabilitation with specialists' input reduces the rate of recidivism. Gannon et al. (2019) demonstrate that specialist input is key to effective rehabilitation programs that control recidivism. The authors use meta-analysis studies targeting 70 studies and 55,604 individuals. The study focused on three types of offenses: domestic violence, sexual crime, and general violence programs. The study's outcome shows that with an input of a specialist, there is a low rate of reoffense on a specific crime. Supporting a similar idea, Beaudry et al. (2021) also reveal that specialized forms of rehabilitation should effectively reduce recidivism among offenders. The authors are particular that most correctional facilities are not successful with their rehabilitation programs because they do not need specific. For example, Beaudry et al. (2021) mention that most

African American inmate suffers mental health challenges. However, the rehabilitation programs address such challenges generally without seeking the help of a specialist. In that case, the rehabilitation programs become inappropriate to address these needs. Thus, they do not address the need of the specific target inmate leading to an increase in recidivists.

Therefore, the literature review showcases the need to have a proper rehabilitation program in correctional facilities. It is evident from the research studies that effective rehabilitation programs reduce recidivism. The authors reveal that such programs address inmates' essential mental, social, financial, and psychological needs. In that case, they help reduce the rate of reoffense. It is also evident from the literature that there is a need to define proper and improper rehabilitation programs. Inappropriate rehabilitation programs lack evidence-based practices. They also do not consider resources and fail to address the inmates' specific needs. The literature is clear that such programs lack the tenets necessary to help reduce the recidivism rate among the inmates. The gap in the literature is evident—the literature majors on the proper rehabilitation programs and their impact on recidivism. However, no specific literature addresses the effects of improper rehabilitation services on recidivism among black men. Therefore, this research study aims to bridge the gap by focusing on how inappropriate rehabilitation could impact recidivism among black men.

Conceptualization and Theory



The conceptual framework shows that proper rehabilitation programs should possess critical traits that affect recidivism. These include the ability to address the specific needs of the inmate. Also, such programs need to be mindful of the resources available to address the needs. The last one is the evidence-based approach or practices. It implies that rehabilitation programs should have research-based practices. A rehabilitation service that possesses these principles should critically impact the recidivism rate among the targeted inmates.

Critical theories explain recidivism. The first is a sociological theory, which views recidivism as an act of social strain—the theory views re-offending as a lack of social support. Getting out of prison and beginning fresh life in society is a challenge. These individuals lack social connectedness, which is key to finding jobs and creating a social environment that enhances support. Lack of such support leads to isolation and wrong friendship, leading to re-offending.

Also, psychological theory explain recidivism as an act of mental ill-health. From this theory's perspective, recidivism occurs because most people released from prison are not mentally stable. Therefore, these individual needs proper assistance when they complete their terms in the prisons (DiBenedetto, 2018). Lack of support for financial, emotional, and psychological needs means they are likely to commit offenses. The last theory is the resistance theory. It explains a situation where a person reaches a state of non-offense. For instance, a person released from prison is likely to cease or re-offend. Desistance comes in where the needs of these individuals remain unachieved. These include social, psychological, financial, and emotional needs. According to this theory, an individual is likely to re-offend where these needs are not met.

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