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**Možnosti a problémy resocializace vězňů, účinnost programů zacházení
The possibilities and problems involved in the resocialisation of inmates and
the effectiveness of treatment programmes**

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Summary

The study entitled “*The possibilities and problems involved in the resocialisation of inmates and the effectiveness of treatment programmes*”, which concentrates on the sphere of penological research aimed at questions of the resocialisation of inmates and the effectiveness of treatment programmes, was carried out as part of the Medium-term Research Activity Plan at the Institute for Criminology and Social Prevention between 2008 and 2010.

The standardised programme called *Stop, Think and Change* (the “3Z” programme), which has already produced some results, was chosen for research purposes. The investigation considered two groups of inmates (of 148 respondents each) from 14 prisons (Světlá nad Sázavou, Kuřim, Jiřice, Pardubice, Rýnovice, Znojmo, Vinařice, Horní Slavkov, Příbram, Heřmanice, Nové Sedlo, Kynšperk, Ostrov, Karviná), of which one group passed through the 3Z treatment programme before their release/conditional discharge at the beginning of 2010 and the second did not. The aim of the research was mainly to examine the effectiveness of the selected programme by considering the recidivism of both groups of inmates in the criminological sense; in other words, a return to criminal behaviour following release (whether they found themselves in custody or repeatedly served a prison sentence); with the use of data taken from the Prison Information Service.

The 3Z cognitive-behavioural programme for inmates is intended for convicted men and women who repeatedly serve a sentence for predominantly crimes against property before the time limit of conditional discharge or before the end of their prison sentence. The aim is to lead convicts to create an adequate view of crime and to realise and accept the specific consequences that arise from committing it. The programme should encourage convicts to change the attitudes and thinking that leads to criminal conduct and motivate them to acquire new social skills and lead a crime-free, self-sufficient life after being released.

The programme is divided into eleven sessions (including an introductory familiarisation session and a closing session) and covers three months. Each session is planned according to need at 1.5 to 2 hours, with one 15-minute break. It is a group programme and works under a group dynamic that can help along the process of changing individual convicts or put the brakes on it. For this reason the 3Z programme requires a well-coordinated team of two trainers (instructors), who run it together.

All those who pass through the 3Z programme are presented with an anamnestic questionnaire by the instructors, with the questions aimed at collecting

- basic information about convicts (age, marital status, number of children, education, employment before conviction etc.);
- information for a criminal case history (for example criminal activity within the family, previous criminal activity, current criminal activity);
- information on the course of imprisonment.

Most data was collected in the first half of 2010. The anamnestic questionnaire was also completed by the group that did not undergo the programme. However, questions to concern participation in and an evaluation of the 3Z programme were omitted from their questionnaires. Evaluation of the questionnaire showed that the selected groups of inmates do not differ drastically, with a few minor variations, and that the next part of the research would not be affected by any major diversity.

It was discovered from the prison information system after 6-8 months had passed from the release of respondents from their prison sentence or conditional discharge that around 57 % of the respondents who underwent the 3Z programme were free, but that the situation was similar for the group not having undergone the 3Z programme, in which around 62 % were free.

It was found that **10.6 % of the people having undergone the 3Z programme reoffended around six months after their release. Meanwhile, 6.5 % of our respondents not having undergone the programme had reoffended.** Paradoxically, the group that did not undergo the resocialisation programme showed lower levels of recidivism. Unfortunately, then, our findings disprove the theory that simply undergoing the 3Z resocialisation programme results in lower recidivism levels after release.

The reasons affecting the results are many. The main one is probably the short time span between the release of our respondents (around 6 to 8 months) together with the fact that around 40 % of convicts were still in prison at the time of the research (reduction of research population).

Another reason for the opposite effect of the 3Z programme to that originally intended could be the make-up of the respondents from the perspective of their motivation. Efforts are made in the group that underwent the programme to select motivated convicts that are interested in undergoing the programme on the basis of set criteria (which is understandable given the demands on personnel and time of the 3Z programme). At work here, at least jointly, is the logical desire of convicts to obtain a good evaluation for the needs of court decisions on their conditional discharge or a transfer to a less strict type of prison.

Of course, other factors could also have played their part in the result, for example the readiness of a social background following release or financial obligations.

The success of the 3Z programme depends to a certain extent on the convicts themselves and whether they are able to integrate into society after serving their sentence without breaking the law again.

If there is not change to thinking and actual conditions for life after release from prison, any efforts to correct convicts will lose their effect.

Translated by: Presto