

DOSAGE PROBATION

Dosage Probation Model Fundamentals

The following are the fundamental characteristics of the dosage probation model and can be used as “talking points” when communicating with others about the model:

- Dosage probation is an innovative approach to sentencing and supervision. With dosage probation, the length of supervision is determined by the number of hours of intervention necessary to reduce the likelihood of recidivism as opposed to a standard probation term, such as 3, 4, 5, etc., years.
- The dosage probation model incentivizes behavior change by providing an opportunity for the person under supervision to earn early discharge if they successfully engage in interventions that are demonstrated to reduce the likelihood of recidivism.
- The type and amount (“dose”) of intervention are matched to a person’s likelihood of recidivism and need areas that contribute most to that likelihood (“criminogenic needs”), as determined by an empirically based, validated risk/needs assessment tool.
- The dosage probation targets are 100/200/300 hours. People assessed as having a moderate likelihood of recidivism must complete 100 hours of intervention to earn early discharge. People with a moderate/high likelihood of recidivism must complete 200 hours. People with a high/very high likelihood of recidivism must complete 300 hours.
- To count as dosage, people must be actively engaged in cognitive-behavioral interventions that address the five most influential criminogenic needs, which include: (1) antisocial cognition, (2) antisocial personality or temperament, (3) procriminal companions, (4) family/marital relationship challenges or stressors, and (5) substance abuse.
- People can complete cognitive-behavioral interventions in three ways: during one-on-one interactions with their probation agent, as homework assignments, and through programs delivered by the probation department or community-based service providers.
- Success is measured by the completion of dosage requirements. In contrast, the measure of success under the traditional probation model is the satisfaction of supervision conditions.
- The dosage probation model requires probation agencies to engage their staff in extensive training and ongoing coaching and to identify and track data-driven performance measures to ensure fidelity to the dosage probation model and achieve the desired outcomes.
- The dosage probation model requires collaboration among justice system partners representing the judiciary, prosecution, defense, people harmed by crime, probation, law enforcement, and community-based service providers.