

Programmes in Custody

Criminal Justice

Which custodial interventions have evidence behind them, and which do harm.

Evidence quality differs enormously between these two columns.

Better supported

Cognitive-behavioural offending programmes

Substance treatment continued after release

Education and vocational qualifications

Employment support linked to real jobs

Family contact maintained through sentence

Weak or harmful

Scared straight: increases offending

Boot camps: no reliable effect found

Deterrence-only awareness sessions

Any programme delivered without fidelity

Intensive work with low-risk people

Educational reference. Scared straight is among the few interventions repeatedly shown by trials to make outcomes worse.