

# The Chill Plan

*Personalized calming strategies to reduce misconducts among incarcerated women*

**Agency:** Pennsylvania Department of Corrections State Correctional Institution (SCI) Muncy

**Trial Duration:**  
06/13/16–08/12/16

**Pracademic\*:** Marci Boyer, Corrections Classification Treatment Manager

### Context

A large number of incarcerated women have a history of trauma and/or PTSD. Counselors at SCI-Muncy developed an intervention for responding to moments of acute crisis.

### Key Finding

Women with Chill Plans had fewer misconducts than women without Chill Plans.

\*BetaGov trains agency personnel to become research-savvy "pracademics" who lead trials.

## Background

In state prisons, 73% of women have symptoms of psychiatric disorder. Women coming into the prison system are often victims of trauma and suffer from posttraumatic-stress disorder. Unalleviated anxiety can be associated with misbehaviors as women resort to violence as a dysfunctional coping mechanism. Research demonstrates that appropriate treatments and programs reduce levels of depression and anxiety and mitigate psychiatric disorders.

The "Chill Plan" was designed by staff at the SCI-Cambridge Springs as a crisis-prevention program. This program empowers incarcerated women to preemptively manage their anxiety through personalized calming strategies with the end purpose of reducing misbehavior.

## Trial Design

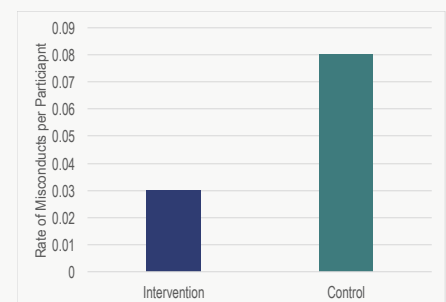
During the two-month trial period, 248 women (excluding short-term parole violators) entered the Diagnostic Center for classification. All 133 women randomized to the Chill Plan were given a description

of the program and 93 women filed a plan; 115 uninformed women served as the control group.

## Results

No participant in the intervention condition asked to invoke her Chill Plan during the trial period. However, simply filling out the Chill Plan may have been therapeutic in itself as findings document four misconducts for the Chill Plan condition (0.03 per subject), and 11 misconducts for the control condition (0.08 per subject) ( $p=0.06$ ).

Chill Plan Trial Results



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