The Chill Plan

Personalized calming strategies to reduce misconducts among incarcerated women

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

Why BetaGov?
We are fast. We are free. And we focus on research that matters to you. BetaGov promotes practitioner-led research that tests locally generated advances in education, criminal justice, health, and human services. We support more than 200 randomized controlled trials across a dozen states. One trial at a time, we are changing the way knowledge is created in the public sector.