

FRONTESPIECE A

Survival exercise at Kanangra Walls under the command of the Commissioner Mr. W. R. McGeechan.

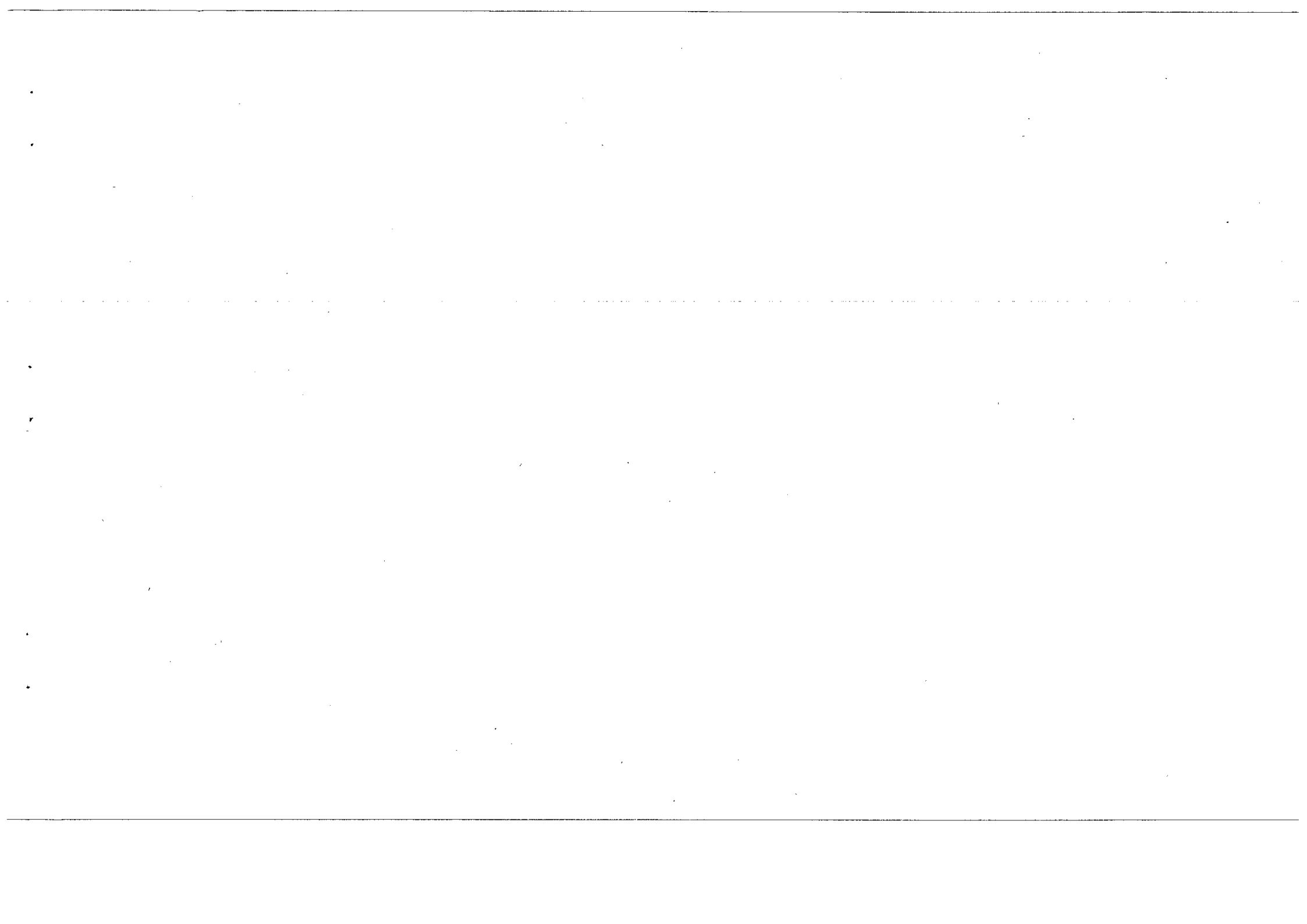
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FRONTESPIECE B

The Commissioner makes it down a waterfall during survival exercise.

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The First Year of Project Survival

- An Evaluative Report -

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On expedition,
Brisbane Waters
National Park



River crossing,
Kowmung River



Paddling down
the Hawkesbury



Expedition –
Dharug National
Park

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1. Nature and Philosophy of the Scheme

Project Survival was designed as a transition experience for young men who had been selected for Work Release. The philosophy of the plan is based on the assumption that young offenders need to develop non-delinquent values and qualities of self-control, self-confidence and judgment. It was felt that these needs could be met under survival conditions which provide opportunities in a stressful wilderness situation for offenders to react with courage, enterprise, initiative and responsibility in a team effort. Moreover, it was intended that this survival experience would act as a substitute for the challenge and emotional 'rewards' of delinquent behaviour, so that offenders would realize that personal and group satisfaction could be achieved through non-delinquent activities.

Each survival course comprises a training stage on Milson Island where participants learn bushcraft (map reading, compass reading, bush safety, first aid etc.) and take part in physical training followed by a series of expeditions. These include bushwalking, rockclimbing, abseiling, canoeing and a community service project which usually entails conservation work in national parks.

The expeditions were designed to be sufficiently difficult and stressful to produce a shock reaction through confrontation with seemingly insurmountable problems. Solutions, and survival, provide a challenge which demands skill, confidence, determination and readiness for change. These values, reinforced by officers leading the course, would be adopted by the group and give rise to a sense of achievement in meeting the course objectives.

2. History of the Scheme

Background

Project Survival was a development from the Work Release programme. As part of weekend activities for work releasees in the early history of the Work Release programme, voluntary work in national parks was established. By participating, inmates could earn points towards the privilege of monthly weekend leave. For recreation at weekends the Co-ordinator of Work Release and the Commissioner of Corrective Services organized voluntary activities such as rockclimbing, boating and bushwalking for the men. The aim was to introduce constructive leisure pursuits to the small group of work releasees.

The enthusiasm of the men who volunteered for these activities, together with a consideration of the Boulder Bay¹ experiment in Canada and Outward Bound² movements, gave rise to the Project Survival scheme. It was planned to extend the 'one day at the weekend' excursion into a comprehensive full-time course for pre-work release candidates with the wider aims outlined above. As well as community service and survival activities the scheme would incorporate a thorough training and preparation stage.

Planning

Once the broad nature of the scheme had been decided it was necessary to appoint a leader for the project and begin detailed planning of the courses. Mr. C. Cunliffe-Jones, a Community Services Officer within the Department of Corrective

1. M.A. Matheson: The Boulder Bay Experiment British Columbia Corrections Service Publication; 1970
2. F.J. Kelly: The Effectiveness of Survival Camp Training with Delinquents, Am. J. Orthopsychiatry, 41 (2) 1971 p 305-6

Services, was selected as Project Survival Leader on 2.4.73. Planning of courses and training programmes, the purchase of equipment and selection of the first candidates for the Project Survival experience took place. Finally, on 14th August, 1973 the first group of seven men landed on Milson Island for Course I and on Monday 24th September, 1973 the formal training programme began.

Research

From the inception of the scheme emphasis was placed on the planning and initiation of continuing, evaluative research, both for critical assessment of its general effectiveness and as a management guide in all aspects of the programme.

3. Aim of Research

In essence, the research study is designed to evaluate whether participants in the Project Survival course perform better on work release, parole and/or release to freedom than a control group who did not experience project survival. In addition, research procedures were designed to describe and evaluate the scheme at different phases for each group placed on the survival course.

4. General Methodology

Measures *

Measures that were utilized for descriptive and evaluative purposes include: record data, personal interviews, questionnaires, psychological profiles, officer ratings and unstructured observations.

* Copies of questionnaires, rating scales and other measures used in evaluating the Project Survival scheme are available on request to the Research & Statistics Division, N.S.W. Department of Corrective Services.

Subjects

Since the inception of the scheme in September, 1973. forty-two men in six courses have completed the programme. A control group of forty-two men were selected by choosing randomly an equivalent number to those in each course from total receptions into other pre-work release programmes at the same time as survival candidates were received on Milson Island.

5. Phases of Research: Detailed Methodology and Findings

For each of the research levels within the four phases of investigation detailed below, the methodology will be described and immediately followed by the findings which resulted. Before dealing with each phase in detail, a summary of the levels of research included in that phase will be given for ease of reference.

I. Phase 1 - Descriptive

Three levels are studied and described:

- A. Programme level - description of selection procedures and the course events
- B. Staff level - background and attitudes of staff
- C. Inmate level - record data for survivors and controls - pre-course questionnaires.

A. Programme level

(a) Methodology

Information on selection procedures was obtained through observation of selection committee meetings.

Written timetables for each course were obtained from the leader of the Project Survival Scheme. Subjective impressions of the countryside and conditions in which a typical expedition was held were obtained through

a two-day visit to Kanangra Walls for rendezvous with course members. Research officers were given one-day's training in rockclimbing and abseiling on Milson Island to provide some experience of course activities.

(b) Findings

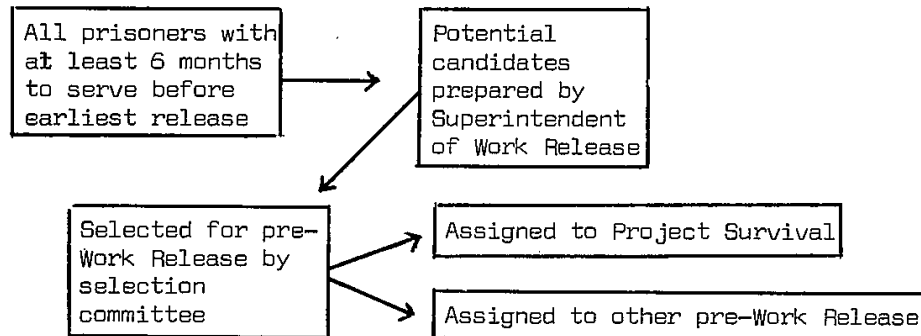
Selection of candidates

A list of potential candidates for Work Release are prepared by the Superintendent of the Work Release Programme.

A selection committee then decides on the basis of record data and information obtained in screening interviews by the Superintendent, Work Release, whether the candidate will be placed on pre-Work Release.

If the candidate is young and in good health he will be selected for Project Survival as a pre-Work Release experience. Otherwise he will be sent to an alternative pre-Work Release centre. All candidates who complete pre-Work Release successfully are placed into Work Release as vacancies occur, but priority is given to successful Project Survival trainees.

The selection procedure is diagrammed below:



Programme

The programme is divided into three stages:

- (1) Orientation on Milson Island
- (2) Training on Milson Island
- (3) Expeditions and community service

Stage 1

During this stage of approximately 2 weeks in length, survival candidates live and work with other offenders on Milson Island in normal, unsecured conditions. Each candidate is given a thorough medical examination during this period.

Stage 2

For Stage 2 the men live in special quarters on the Island and follow a programme of physical and bushcraft training combined with normal work for 2 weeks. The daily timetable runs as follows (omitting work sessions at weekends):

6.00 a.m.	morning run
7.00 a.m.	breakfast
7.30 a.m.	work programme
12.00 noon	lunch
1.00 p.m.	work programme
4.00 p.m.	after fitness session (volleyball, football, running games)
5.00 p.m.	evening meal
7.00 p.m.	evening session
9.00 p.m.	supper

1. This was designed as a difficult, challenging work project with a specified goal to be completed during this stage.

Ten lecture/discussions are held during the evening session listed above. These comprise: snakes and spiders; map and compass I; gemstones; map and compass II; communications; map and compass III; bush safety; first aid I; first aid II; trees, wildflowers and interest points on expeditions. In addition to lectures, practical exercises are given in canoeing, first aid and fire safety. A flexible programme, designed to build and maintain group enthusiasm, is the paramount consideration for Stage 2.

Stage 3

Stage 3 lasts for approximately 3 weeks and comprises several bush expeditions, community service programmes and a sole period. A typical programme is set out in detail below.

Day 1	Milson Island - rockclimbing, cross country
Day 2	Depart in canoes for mill Creek
Day 3	Community Service - Dharug National Park
Day 4	
Day 5	First expedition - aboriginal carvings - first aid exercise - convict road
Day 6	
Day 7	
Day 7	Return to Mill Creek
Day 8	Canoe to Windsor
Day 9	Drive to Katoomba, walk to ridge
Day 10	Second expedition - Narrownneck, Cox's River, Mt. Cloudmaker, Gabes Camp, Kanangra Walls, Bullhead Ridge, Yerranderie
Day 11	
Day 12	
Day 13	Yerranderie to Bat's Camp - commence sole period
Day 14	
Day 15	
Day 16	Sole Period
Day 17	Off sole period, to Colong Caves for community service
Day 18	Community service programme
Day 19	Lannigan's creek - Mossy Camp - Kowmung River on inflatable tubes to Christy's Creek - Colboyd Ridge
Day 20	
Day 21	Windsor - commence paddle to Milson Island

Day 22	Arrive Milson Island approximately 3.00 p.m.
Day 23	Clean equipment + cross country
Day 24	Research interviews, course dinner
Day 25	Transfer to Work Release

B. Staff Level

(a) Methodology

Information on staff was obtained (with staff consent) from record data and questionnaires. Material collected comprised general requirements of Project Survival staff, staffing strength and a description of the Project Survival Leader in terms of age, training, work history, interests, attitude to work and comments on leadership qualities.

(b) Findings

General

The basic requirements for staff involved in the scheme were set out in departmental circulars notifying officers of vacancies in this area:

"Applicants must be in excellent physical condition and be prepared to undertake specialized training and travel at short notice. They must be able to demonstrate initiative and leadership potential in trying situations.

Applicants will be directly involved in the Project Survival Programme, both in its planning and implementation and will be required to be absent from Milson Island for protracted periods.

Applicants desirably should have a knowledge of practical and theoretical training in First Aid, map and compass navigation, bush walking and bush safety and be capable of leading trainees in an outdoor programme in both congenial and extreme climatic conditions".

Staff Strength

At present the staffing establishment of Project Survival comprises three positions:

The leader, currently on secondment from the Probation and Parole Service.

One position of instructor filled by First-class Prison officer on secondment.

One position of instructor is currently vacant.

For two courses during the first 12 months, this vacancy was filled by a Prison Officer on secondment.

Leader

A brief description of the Leader is set out in note form below:

Age: 24 years on appointment to the scheme.

Work history: Full time clerical work before commencing university studies, followed by part-time employment (mainly clerical work within the Department of Corrective Services) while completing his degree as a part-time student.

On graduation, employed as Community Services Officer for 13 months before appointment as leader, Project Survival on 4.2.73.

Training and experience:

Bachelor of Arts.

Outward Bound Course.

Organized camps for Methodist Christian Education Department 1971-72.

Worked as instructor for Outward Bound during annual leave.

Experience in group work with resurgents (group of prisoners at Parramatta Gaol).

Interests:

Youth work.

Sport: cricket, tennis, referees rugby.

Attitude to work:

Extremely enthusiastic.

Comments on leadership:

"The ability to communicate attitudes and values, and to earn the respect of men in the course is regarded as most important, with skills in physical activities of secondary importance".

Instructor

Age: 29 years on appointment to the scheme.

Work history:

Joined Department of Corrective Services as Prison Officer in December, 1968.

Appointed to Project Survival scheme on 22.2.74.



Trail construction
Dharug National Park



Lunch break during
trail instruction.
Dharug National
Park



Hugh Malone, Ranger
in charge, Dharug
National Park.
Has arranged community
service work for Project
Survival and allowed
them use of cottage
whilst engaged in this
work.

C. Inmate Level(a) Methodology

Pre-course questionnaire

Immediately prior to the survival course subjects were given questionnaire forms to complete. The questions related to health, subjective physical fitness, activities taken during current sentence, previous experience to Project Survival and attitude on being placed on the programme.

Record data

Standard record data were obtained for all project survival and control subjects, on age, nationality, marital status, occupation, past criminal history, current offence and sentence, establishments where current sentence had been served and disciplinary record.

(b) Findings

Pre-course questionnaire

This measure was introduced for the sixth Project Survival course and no comparable information is available for earlier courses. Findings in this area will be given in the next Project Survival Report.

Record data

Major findings will be listed below. Detailed tables are given in Appendix 1.

Age

81% of survivors were under 30 years of age at the time of their entry into Work Release compared with 67% of controls. This finding reflects the procedure of selecting young, healthy offenders for the survival programme.

Birthplace

Over 80% of both groups were born in Australia. Of the twelve migrants, eleven had spent more than five years in Australia prior to entry into Work Release.

Marital Status

While only half the control subjects were single men, almost three quarters of the survivors were single. This result is probably linked with the youth of survivors compared with controls.

Usual Occupation

Similar numbers of survivors and controls (19% in each group) give their usual occupation as professional, administrative, clerical or sales workers. More of the survivors (43%) are tradesmen and process workers compared with controls (26%).

Number of Juvenile Convictions

Almost three quarters of the men in both groups have had no previous juvenile convictions. The twelve survivors convicted of juvenile offences committed, on average, 2.75

offences each compared with an average of 2.1 offences for the eleven controls.

Types of Juvenile Offences

Juvenile offences were distributed evenly between violent offences, offences against property without violence and other offences for the survivors. For the controls, proportionately more non-violent offences against property were committed.

Juvenile Corrective Measures

Apart from suspended sentences imposed on two survivors only, juvenile offenders in both groups experienced fines, bonds, probation and committal to an institution. Probation and bonds were used most frequently, in 30 out of 56 cases (53.6%)

Juvenile Commitals

Seven survivors (16.7%) and five controls (11.9%) out of the total in each group were committed to an institution as juveniles. In three quarters of these cases the number of commitals did not exceed two.

Past Adult Convictions

Eighteen survivors (43%) and fifteen controls (36%) had no previous adult convictions. These figures include twelve men (29%) in both groups who had no previous juvenile record - that is 'first timers' in the criminal justice system.

Of the men with a previous adult record, survivors experienced an average of 2.25 adult convictions in the past compared with 3.75 convictions for controls.

Past Adult Corrective Measures

Both survivors and controls had experienced a range of corrective measures. Approximately half had received non-penal sanctions only (50% survivors 59.3% controls) 29.2% of survivors and 51.8% of controls had experienced more than one type of corrective measure in the past.

Number of Previous Imprisonment

For both group approximately 72% of offenders were experiencing their first imprisonment. The twelve survivors with prior imprisonments each had, on average, 2.2 previous terms compared with an average of 2.7 terms each for the eleven controls.

Past Adult Offences

On average the 24 survivors committed 2.3 different types of offences in the past compared with 2.9 offences for the 27 controls.

Controls committed proportionately more violent offences (24.7%) than survivors (16.1%), whereas survivors committed proportionately more driving and traffic offences than controls (35.7% compared with 16.9% respectively).

Major Current Offence

Considerably more of the survivors (71%) committed violent offences compared with controls (59%), and robberies in particular (43% and 26% respectively). Similar numbers committed non-violent property offences, approximately 27% in each group.

Number of Offences

Half the survivors and two-thirds of the controls were convicted of a single offence resulting in their current imprisonment. On average survivors committed 1.7 offences each compared with 1.4 offences for controls.

Sentence

Approximately half the men in each group (48% survivors, 55% controls) were serving sentences of 2-5 years with the average sentence length 4y 5m₁ for survivors and 3y 11m for controls.

Non-Parole Period

57% of survivors and 69% of controls had been given non-parole periods of less than 2 years. The average non-parole period specified was 1y 7m for survivors and 1y 6m for controls.

Non-Parole Period as a Proportion of Sentence

One-third of the survivors and 26% of controls were given non-parole periods comprising one-quarter or less of their total sentence.

Less than 5% of men in both groups were given non-parole periods comprising more than half the total sentence specified.

Establishments where Sentence Served

Thirty-six survivors (86%) and 30 controls (71%) had spent at least 2 months in a maximum security establishment during their current sentence.

12% of survivors compared with 33% of controls spent a 2 months period in a Pre-Work Release centre apart from Milson Island (where all survivors spent an average of 2 months).

Period from Initial Reception to Pre-Work Release

Almost half the controls had spent less than 6 months in custody when placed on Pre-Work Release, 71% spent 12 months or less before Pre-Work Release compared with 52% of survivors. Average period spent in custody prior to Pre-Work Release was 11.2m for survivors and 10.4m for controls.

Period Spent on Pre-Work Release

On average survivors spent 1m 17d at Milson Island for their Pre-Work Release programme.

Controls spent an average of 2m 9d at other Pre-Work Release centres.

1. Abbreviations - y = years
m = months
d = days

II. Phase 2 - Initial evaluation

Two aspects of inmate performance on the Project Survival programme were studied:

- A. Inmate evaluations - subjective comments made at the conclusion of the course
- B. Rate of successful programme completions.

A. Inmate evaluations

(a) Methodology

Questionnaires were designed to gauge the participants' immediate reaction to the course and their assessment of different aspects of the programme such as preparation, equipment, types of activities, leadership and group relationships. Two research officers visited Milson Island at the end of each course to administer the questionnaires, discuss answers in individual interviews in order to clarify unclear responses, and to initiate group discussion.

An Adjective Check List was administered in two ways in order to obtain a 'self-concept' score and a 'leader evaluation' score. This measure has been split into two subscales for future groups so that one scale can be administered before Project Survival and one on completion of the course to assess any changes in self-image. Findings from the Adjective Check List measure will be presented in the next report.

Verbal reports on the performance of the group as a whole were obtained from the leader.

(b) Findings

Aim

Half the respondents perceived the aim of the course as either mental and physical fitness (26%) or achievement (24%). Another 20% specified psychological gains such as independence, self-reliance, endurance and self-awareness as the main aim of the scheme and 14% suggested that teamwork was a major objective.

Preparation for Work Release and society was given as an objective by 10%, while 5% could not give an aim.

Overall Evaluation

Five of the groups found the course a challenging and rewarding experience. One group expressed mixed feelings, confusion over the aims and apparently did not try to participate wholeheartedly in the scheme.

Leadership

Four of the groups expressed very favourable attitudes towards the Project Survival Leader, emphasizing qualities of enthusiasm, competence, ability to inspire confidence and respect, trust and sensitivity to group needs.

One group, whose members showed mixed feelings over the course in general, perceived the leader as over-demanding and obsessed with course objectives. Another group acknowledged his personal qualities but perceived his emphasis on achievement of goals as stubbornness.

Emotional Reactions

Almost 80% of participants experienced a sense of achievement during the course. Similar numbers reported feelings of exhaustion and anger (80% and 76%). Approximately half the respondents experienced a sense of peace (52%) and elation (45%). One-fifth reported feeling afraid at some stage of the project.



Volleyball, Milson
Island Training Stage 2.



Aboriginal Carvings,
Dharug National Park

Gains

Two-thirds of the groups perceived main benefits of the course as physical fitness and a sense of achievement. Half the groups also mentioned awareness of others and self-discovery as major gains.

Course Repetition

Thirty-four participants (81%) stated that they would be prepared to repeat the course if given a suitable opportunity.

Summary

Three aspects of the course have been emphasized by the participants: leadership, emotional response and incentive.

1. Leadership

The personal qualities of the Project Leader, his enthusiasm, competence, trust, patience and lack of authoritarianism were crucial in setting the tone for the course.

2. Emotional response

Most participants experienced some sense of achievement through endurance and overcoming difficulties. However, the amount of personal satisfaction obtained through achievement varied widely between individuals and was greatest in those who realized and entered into the objectives of the course.

3. Incentive

While over three-quarters of participants stated that they would be prepared to repeat the course the incentive of Work Release on completion of the project is essential for initial motivation.

B. Programme completions

(a) Methodology

Details of any men who had been removed from Project Survival were recorded. Possible reasons for removal include health reasons, misconduct or escaping.

(b) Findings

One man was removed from the programme because of illness during the training stage. He was transferred to a metropolitan establishment for the remainder of the course, but was admitted into the Work Release Programme shortly after the survivors.

III. Phase 3 - Subsequent evaluation on Work Release

Four levels of evaluation at the Work Release stage were studied in order to determine whether Project Survival had any effect on the participants during Work Release.

- A. Retrospective evaluation of Project Survival
- B. Evaluation of Work Release
- C. Officer evaluation of performance on Work Release
- D. Rate of successful programme completions.

A. Retrospective evaluation of Project Survival

(a) Methodology

At a suitable time while they were still on Work Release and preferably at least two months after their reception on the scheme, survivors were given questionnaires

designed to measure retrospective evaluation of Project Survival, followed by individual interviews for clarification of replies.

Retrospective evaluations were completed by twenty survivors.

(b) Findings

Overall Evaluation

Of the 20 respondents, 8 (40%) stated that the survival experience was enjoyable or 'great'. The remainder had mixed feelings and summarized the course as 'partly good, partly not so good'.

Gains

Eighteen survivors (90%) stated that they had gained from the course: self-reliance, independence, confidence (16.7%); greater appreciation of people and life (27.7%); co-operation and mateship (16.7%); physical testing and survival (22.2%); relaxation, peace, humanization (16.7%).

The two survivors who did not gain from the course stated that they had come from the bush or done similar activities before.

Benefit on Work Release

Thirteen survivors (65%) stated that the course was of benefit to them on Work Release. Main benefits were given as physical fitness in preparation for strenuous work (46%) and psychological benefits such as self-control, relaxation, challenge, awareness of others (31%).

Of the seven survivors who said that the course was of no benefit on Work Release, five said it was irrelevant or meaningless, one said it did not change him and one said he had not been in prison long enough to benefit from the course.

Enjoyable Aspects

Four survivors (20%) stated that they enjoyed all of the course. Others mentioned certain aspects: the countryside (30%), specific activities (30%), the sole period (15%) and group relationships (5%).

Disliked Aspects

Two survivors (10%) said that there was nothing they enjoyed least about the course. Others, when questioned, mentioned aspects they disliked: difficult walking or climbing (30%), canoeing (25%) rations (15%), weather (10%), organization and leadership (10%).

B. Evaluation of Work Release

(a) Methodology

When the survivors were given their 'Retrospective Evaluation of Project Survival' questionnaires, they were also given an 'Evaluation of Work Release' schedule to complete. Items on this schedule included participation in Work Release activities, friendship patterns, job attitudes, attitudes to staff, other inmates and the programme at Work Release.

Control subjects were given the 'Evaluation of Work

Release' schedule at the same time as the survivors.

Whereas 20 survivors completed the schedule, only 14 controls were available for this stage of the inquiry.

(b) Findings

1. Participation in the Work Release Programme

Time on Work Release

The twenty survivors who completed the evaluation of Work Release questionnaire had spent, on average, 3 months on the Work Release programme prior to answering the questionnaire compared with an average of 3 months 5 days on the programme for the fourteen control subjects.

The range in each case was from 18 days to 6 months 5 days for survivors, and from 11 days to 5 months 27 days for controls.

Activities

45% of survivors and 71% of controls take part in organized activities. Sporting activities predominate, although music and social events are listed by a few participants.

Courses

Four survivors (20%) and four controls (28%) are enrolled in courses. The survivors, on the whole, are studying academic and sales subjects while controls are studying technical courses.

Interviews - Social Worker

60% of survivors and 79% of controls have had at least one interview with the social worker. On average, survivors have had 1.4 interviews and controls 2.1 interviews.

Community Service

Approximately 80% of survivors and controls have participated in community service activities: survivors, 4.5 times on average and controls an average of 4.0 times.

Weekend leave

65% of survivors and 86% of controls have been released to weekend leave. On average, survivors have been granted leave on 2.7 occasions, controls on 3.0 occasions.

(2) Friendship Patterns

General Interaction

Sixteen survivors gave the names of 76 men (on average 4.8 each) with whom they were associated on Work Release. Exactly half of these men were survivors and half men who had entered Work Release by other means. Twelve controls gave the names of 58 men (on average 4.8 each) with whom they were associated on Work Release: 19% of these men were survivors and 81% were other work releasees.

Area of Contact

For both survivors and controls, associations are related most frequently to sporting activities (45% and 35% respectively). Apart from sporting occasions, survivors associated with other survivors most frequently in more self-initiated activities such as at meals, for music and talking. Controls associate with survivors almost exclusively in sporting areas (73%) but see other work releasees for meals, talking and card playing in 47% of their associations.

Good friends

Half the survivors, compared with 28% of controls, stated that they had less than three good friends on Work Release. Approximately one-third in both groups said that they had more than 6 good friends amongst the men on the programme.

3. Programme evaluation - work

Job Attitude

80% of survivors and 71% of controls had a positive attitude towards their job, making comments such as 'interestinga challengean opportunity to better myselfvery satisfied ...found responsibility more to my liking than I thought I ever would'.

Hours or Work

80% of survivors and 86% of controls were satisfied with their hours of work.

Wages

70% of survivors and 74% of controls were satisfied with their wages. Those who were dissatisfied felt that they would earn more in another job or else demand more money from their boss if they were not prisoners.

Workmates

None of the respondents had negative comments to make about their workmates. Some commented 'we get on well as they don't know the situation (i.e. our being prisoners)'.

Employer

Only one survivor and three controls made negative comments about their boss. Many respondents commented on the fairness, understanding and competence of their bosses.

4. Programme evaluation - Work Release Centre

Controls had a more positive attitude to the centre and its programme than survivors. Over 20 items in the evaluation schedule, 49% of survivors and 58% of controls on average gave favourable ratings. Another 11% of survivors and 9% of controls were undecided in their ratings.

The Programme

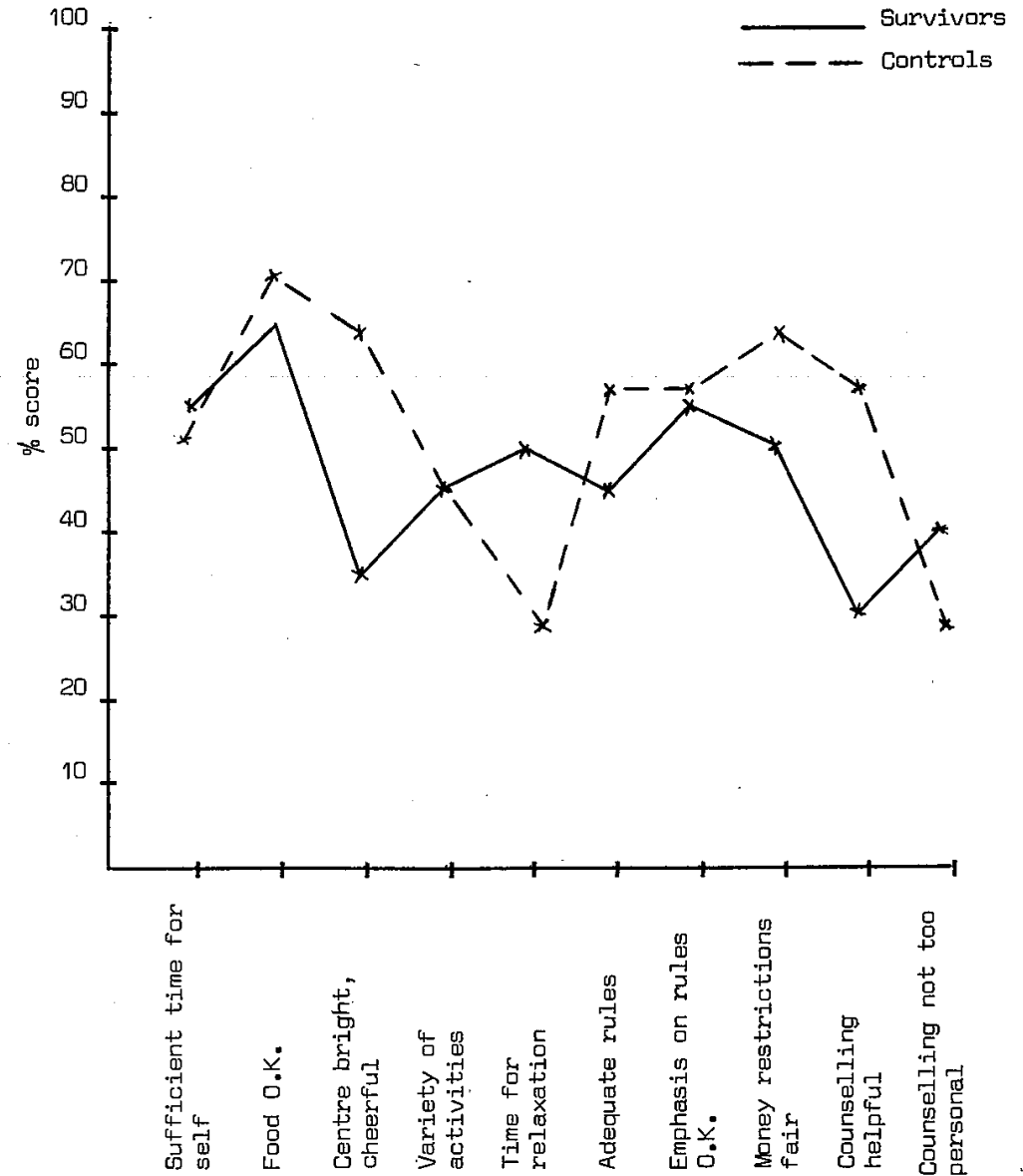
Similar ratings on the programme were given by survivors and controls, with approximately 48% on each group rating the programme favourably and 8% undecided.

Staff

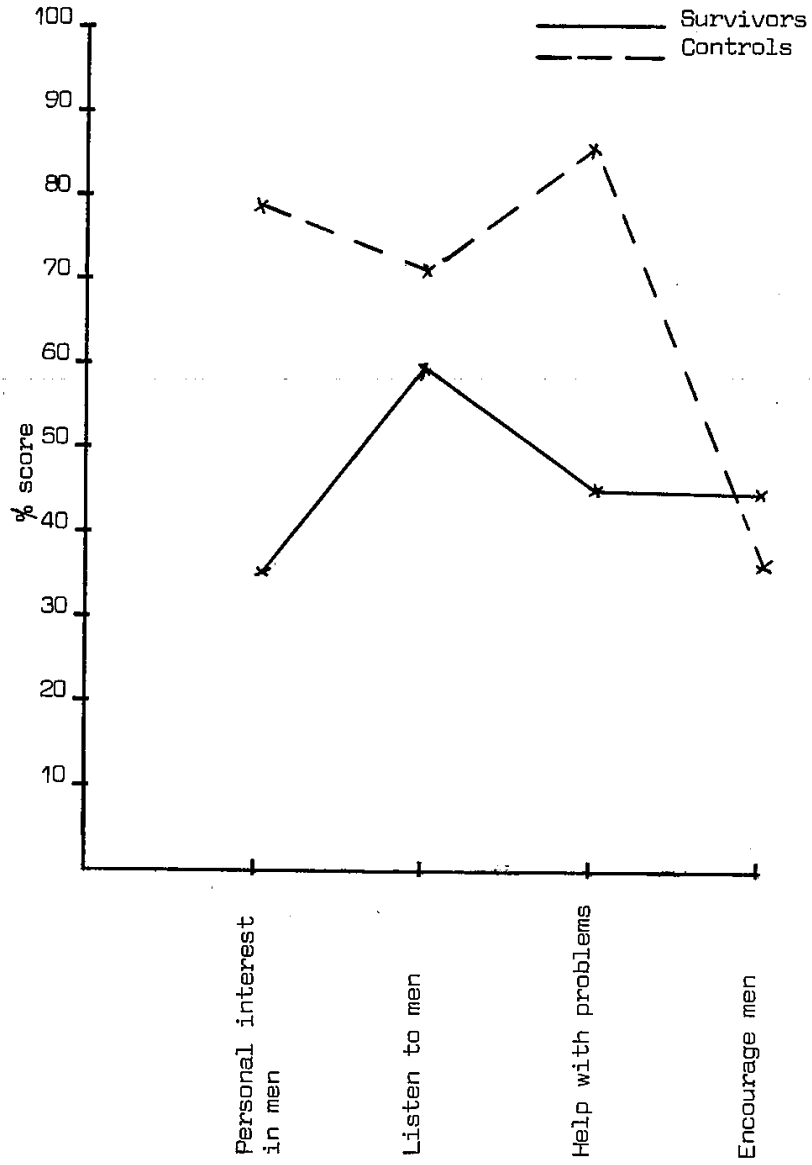
Controls rated staff more highly than survivors. On average 46% of survivors gave positive staff evaluations compared with 68% of controls.

Residents

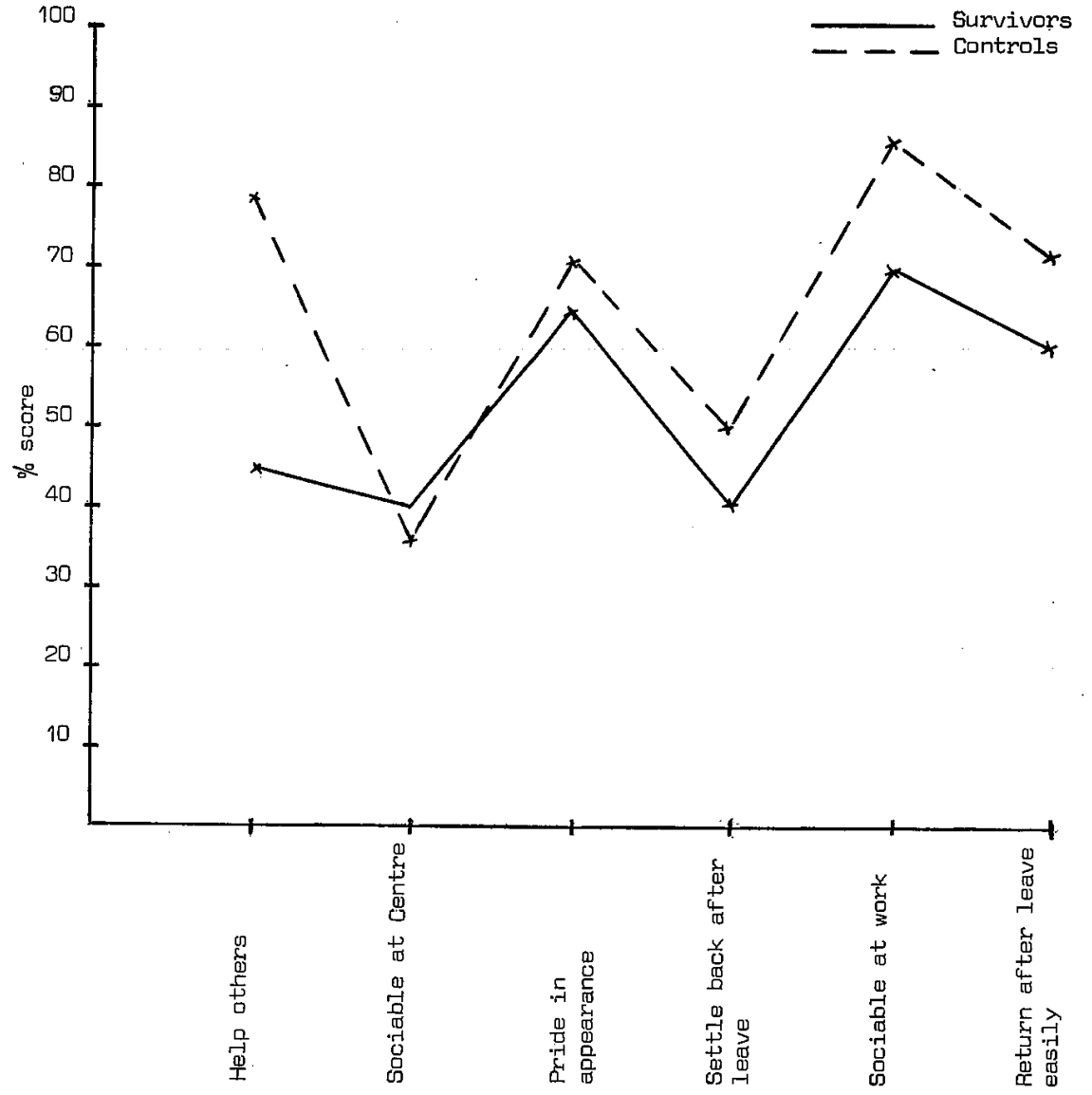
Respondents in both groups were less critical of other residents than of staff or the programme. 53% of survivors and 66% of controls rated other residents favourably, while 16% of survivors and 7% of controls were undecided.



Evaluation of Work Release (2) Staff



Evaluation of Work Release (3) Residents



C. Officer evaluation of performance on Work Release

(a) Methodology

The officer in charge of the Work Release Centre completed an objective assessment of the performance on Work Release of the 20 survivors and 14 controls who answered the 'Work Release Evaluation' questionnaire, using his own knowledge of the men and observations made by his subordinate officers.

Items for the rating schedule were compiled from a list of qualities defined by the officers as being characteristic of 'good' Work Release inmates. All items were objective behavioural characteristics that were rated as appearing often, occasionally or never in each inmate (e.g. "Pretends to be sick to avoid work" - scored negatively). The rating scale comprised 26 items scored 2 when rated as appearing often, 1 when appearing occasionally and 0 when never shown, and one item which was scored 1 if present and 0 if absent.

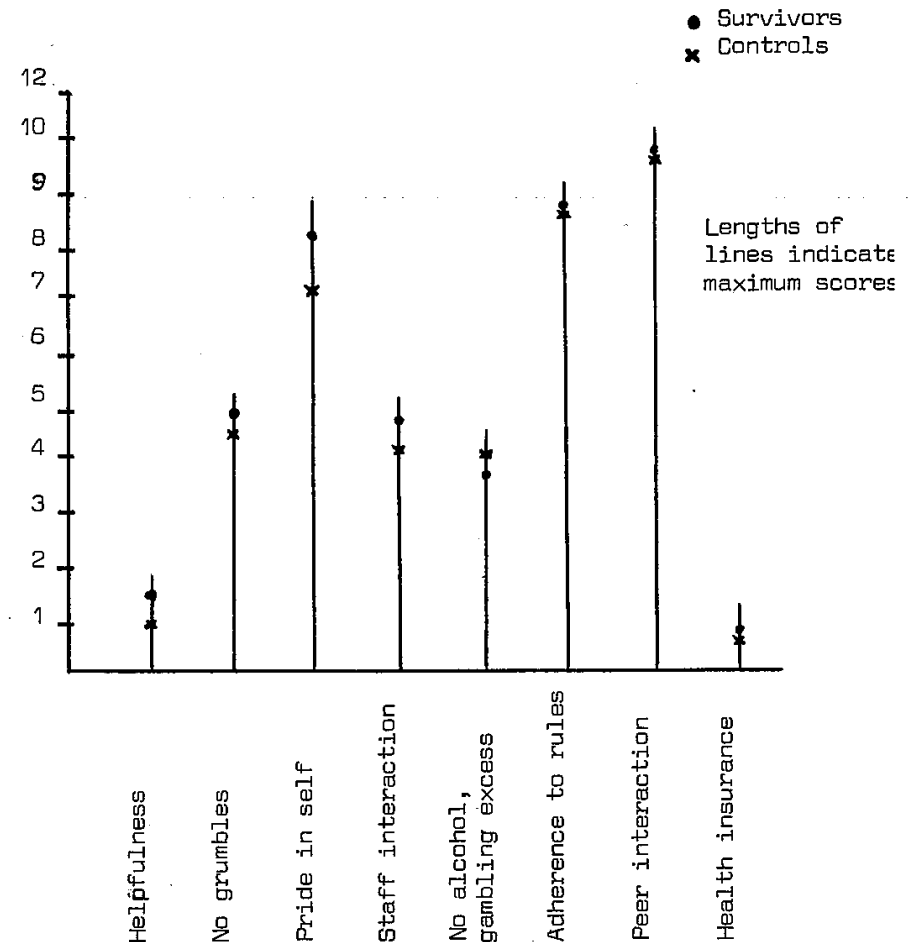
(b) Findings

Total Scale

Survivors on average scored slightly higher than controls on the rating scale, gaining 41.7 out of 53 compared with 39.6 for controls. This difference was found to be statistically significant at the .05 level of probability₁. The slightly better performance of survivors was maintained on all subscales except 'alcohol and gambling'.

1. That is, in only five cases in 100 would a difference of this size occur by chance, without the groups actually performing differently.

Graph. Average scores of survivors and controls on staff ratings





Lunch break,
Hawkesbury River



River crossing,
Kowmung River



Ridge line overlooking
Hawkesbury

Rating by Period on Work Release

There is no consistent relationship between period of time spent on Work Release and rating by officers. Highest average score was given to survivors who had spent less than one month on Work Release and may reflect the initial, very favourable impression reported by officers when survivors first arrive after their survival programme.

D. Rate of successful programme completions

(a) Methodology

Records were kept for each member of the survival and control groups of the date and method of release from the programme, whether by completion of the sentence or non-parole period, or by removal from the scheme. Removals from Work Release were classified into 7 types, in decreasing order of seriousness:

- I. Commission of further offence
- II. Escape from custody
- III. Breach of house rules
- IV. Other breaches
- V. Generally unsuitable
- VI. Awaiting deportation: other administrative reasons
- VII. Health reasons

(b) Findings

As at 10.10.74 when the sixth Project Survival group arrived at Work Release, successful completions had been recorded for 41% of survivors and 62% of controls. 5% of survivors and 10% of controls had been removed from the programme. Survivors were classified as type 3 removals; controls as type 2 and type 3 removals. The remainder (54% of survivors, 28% of controls) were still on the Work Release programme.

IV. Phase 4 - Proposed follow-up on Parole

As from December, 1974 an evaluation of the performance of work releasees on parole will be prepared at six monthly intervals by the supervising parole officer. The follow-up on parole schedule covers adjustment indices such as employment record, accommodation changes and family relationships as well as an examination of failure by breaches or further offences.

6. Discussion of methodology and findings

Methodology

Before attempting to summarize and discuss the results of this study it is necessary to refer back to the aims of research in a correctional setting. Through evaluative research, correctional personnel are attempting to describe a particular programme, to analyze its effectiveness, to gauge its weaknesses and to suggest reasons for its influence or lack of it.

Methodologies are limited by the practical demands of efficient administration. Adequate description depends on the existence of comprehensive and accurate record data; optimum evaluation depends on the extent to which sensitive research designs and instruments can be used in situations where the prime responsibility of (non-research) personnel is smooth administration.

A common problem in correctional research is the selection of a satisfactory control group. In this study it was planned to select control subjects randomly from men assigned at the Work Release Selection Committee Meeting to pre-work release centres other than the Project Survival scheme. However, it was found that not all men selected for pre-work release were actually transferred to a pre-work release centre, or, because of the demand for

accommodation at the Work Release Centre, not all pre-Work Release candidates are actually placed on Work Release. This meant that equal numbers of survivors and controls were not available for interviewing and assessment at the vital 'Work Release Evaluation' stage.

In practice, it will be necessary in future to select control subjects randomly from men who are received into the Work Release Centre at the same time as the survivors, but from other pre-Work Release programmes.

Measures

While a number of different measures were used in various phases of the evaluation, improvements could be made in the study by the following additions:

1. A psychological assessment of survivors before and after the project in order to determine psychological changes resulting from the experience. At present the Adjective Check List is used as a measure of self-concept, but it is highly susceptible to faking and does not tap underlying changes.
2. Ratings by Project Survival staff of the performance of men on their course so that performance on the course can be related to participants' course evaluations and subsequent behaviour.
3. Completion of a 'Perspectives on Project Survival' and 'Perspectives on Work Release' schedule by Survival and Work Release staff respectively in order to obtain a more complete assessment of the social atmosphere in the two environments.

Findings

Three main questions, which have been asked by administrators of the Project Survival programme, can be answered by this research study.

1. Considering participants' observations, does Project Survival provide the type of experience it is intended to create?
2. Does Project Survival influence the participants' perceptions of Work Release?
3. Does Project Survival influence the participants' behaviour on Work Release?

These, and similar questions can be answered by asking for opinions and observing behaviour in a controlled, objective manner. However, a control group was used to determine whether the perceptions and behaviour that were elicited could be attributed to the experience of Project Survival. To be an adequate control, the men assigned to this group must be as similar as possible to the Project Survival candidates, with the only difference that they do not experience Project Survival. Thus, before the above three questions can be dealt with, it is necessary to ask:

- (a) In terms of social and criminal history, how similar are survivors and controls?

It was stated in the detailed findings that survivors were younger than controls because of a deliberate selection policy. This difference is apparently associated with differences in marital status: relatively fewer survivors had experienced the responsibility of providing for a wife and family.

In terms of past criminal history survivors and controls were not significantly different. However, more survivors had committed armed robberies as their current offence, which are considered to be typical of young, irresponsible offenders.

Although sentences imposed on survivors were slightly longer than controls', the non-parole periods specified for the two groups (the effective prison term in 90% of cases) was quite similar and the period spent in custody prior to placement in a pre-Work Release centre differed by only one month.

Thus apart from age, and certain age - related variables, the survivors and controls were quite similar. This initial difference in age could be expected to have some influence on the general behaviour and maturity of both groups on Work Release and subsequent reconviction rates: the younger survivors would tend to be at a disadvantage statistically (i.e. one would predict, all other things being equal, survivors to have a higher risk of failure on Work Release from impulsive, irresponsible behaviour and a higher risk of further crime until the age of 30).

The degree of similarity between survivors and controls is considered satisfactory for the purpose of this research. Differences in age would disadvantage the survivors, so they would not bias the results towards an unnecessarily favourable picture of Project Survival.

It can then be assumed that there is no a priori reason to believe that the men selected for Project Survival would perform better on Work Release and on discharge than men selected for other pre-Work Release schemes, and so any differences in behaviour and attitudes can (in the absence of any conflicting data) be attributed to the Project Survival experience.

The three questions can now be dealt with.

1. Considering participants' observations, does Project Survival provide the type of experience it was intended to create?

In essence, the survival course was intended to create a stressful, challenging experience which would elicit qualities of confidence, determination and readiness for change during the course while providing an enduring sense of achievement in meeting course objectives.

Both in interviews immediately after the course and retrospective evaluations, survivors stated that they found the course difficult, both physically and psychologically. Individual emotional responses to the course varied, but most participants reported feelings of achievement during the course and on return to Milson Island: many specified benefits from the course they experienced during Work Release.

It appears that Project Survival does provide the type of experience it was intended to create for the majority of participants.

2. Does Project Survival influence the participants' perceptions of Work Release?

Both survivors and controls expressed a positive attitude to their work, with very few differences between the two groups. However, control subjects perceived the programme, staff and other residents at the Work Release Centre more favourably than the survivors.

It is possible that the survivors felt more at ease with

the researchers because of prior contacts and so expressed more freely the less favourable opinions which were common to all work releasees. However, another explanation is that the survivors found the survival course (programme, staff, group relationships, freedom) satisfying to the extent that the Work Release scheme was seen as 'going back to prison', whereas the controls found the conditions better than those they had experienced previously.

It is suggested that Project Survival influences perceptions of Work Release negatively. However this hypothesis requires further testing.

3. Does Project Survival influence the participants' behaviour on Work Release?

Officers' ratings of the behaviour of work releasees are slightly higher for survivors than controls (statistically significant at .05 level) although the possibility of biased assessment cannot be overlooked. On reception the officer-in-charge knows which men have experienced Project Survival, but after the first few weeks he is more concerned about their performance under his administration. Ratings after two or three weeks would probably be biased, if at all, towards justifying administrative controls placed on the men or privileges granted, rather than a desire to provide material favourable to the survival scheme.

Programme completions provide inconclusive evidence at this stage. Whereas fewer survivors had been removed from the programme when compared with controls, more survivors were currently on the programme at the time of the study and so had a higher risk of future breakdown while on Work Release.

At present there is a slight tendency for the general behaviour of survivors on Work Release to be better than controls, but no firm observation as to the effect of Project Survival upon behaviour on Work Release can be made at this stage.

Implications for further research

While it will be possible to answer the three administrative questions with more assurance as the measures used during the first year of the scheme are applied to subsequent groups, the question of causation remains as a research challenge. If Project Survival can be said, on the basis of continuing research, to improve the performance of participants on Work Release and in the community, which aspects of the programme are responsible for the change?

Environment

In establishing the Project Survival scheme, administrators hypothesised that exposure to a stressful wilderness situation would produce changes in attitude and behaviour through achievement. This could be examined more closely by an analysis of the interaction between the individual's perception of the environment, his response to it and his subsequent attitudes and behaviour.

Leadership

The survival situation focusses the attention of the group on the leader: his competence, relationships with the men, values and actions. Most of the men react strongly, either positively or negatively, to the leader. Thus, it would be valuable to examine the influence of the leader's personality on the motivations, perceptions and values of the survivors. This could be done by comparing groups who had experienced different leaders for the major part of the course.

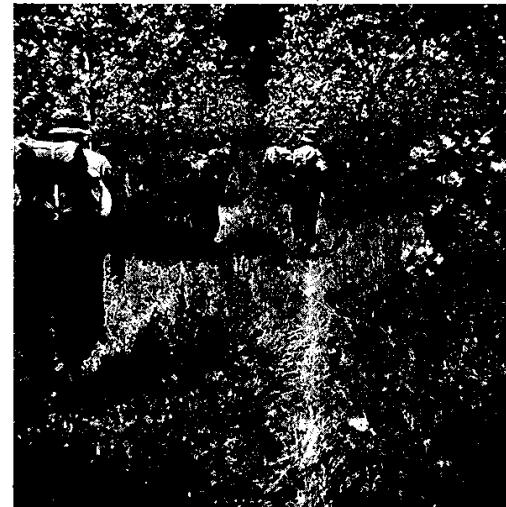
Small Groups

One of the secondary aims of the scheme was to foster a sense of interdependence and co-operation amongst course numbers. The significance of these small groups could be examined by assessing their structure and cohesiveness during the scheme, the strength and permanence of group relationships during Work Release compared with other Work Releasees. The effects of group solidarity upon socialization into Work Release could be examined.

Other Factors

Although the environment, leadership and small group relationships appear to be the major components of the Project Survival experience, other factors may prove to be significant for certain individuals, either in isolation or in conjunction with situations occurring on Work Release. Through correlational analyses of success and failures on Work Release and in the community from survival and control groups, it may be possible to confirm these three or postulate other aspects of the survival course that are related to favourable adjustment on the one hand, and lack of adjustment to the demands of Work Release and freedom on the other hand.

Alternatively, factors quite unrelated to the survival scheme may prove to be significant as determinants of success or failure e.g. personality traits, family background, current family relationships, characteristics of the Work Release situation (relationships with officers, relationships in the work situations, wider opportunities for decision making etc.). These in isolation or in combination with the survival experience may contribute directly to ultimate success or failure. Use of the control group guards against the former possibility, but the influence of uncontrolled factors must be considered if the more obvious relationships between expected cause and effect do not hold.



Expedition Dharung National Park 103° F.

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APPENDIX 1.

Record Data.

TABLE 1. Age at entry on Work Release

Age at entry on Work Release	Survivors		Controls	
	N	%	N	%
Under 20 years	7	16.7	2	4.8
20 years & less than 25 years	16	38.1	15	35.7
25 years & less than 30 years	11	26.2	11	26.2
30 years & less than 35 years	7	16.7	5	11.9
35 years & less than 40 years	-	-	2	4.8
40 years & less than 45 years	-	-	4	9.5
45 years & less than 50 years	1	2.3	1	2.3
50 years & over	-	-	2	4.8
TOTAL	42	100.0	42	100.0

TABLE 3. Marital status

Marital status	Survivors		Controls	
	N	%	N	%
Single	30	71.4	21	50.0
Married	9*	21.4	13	30.9
Separated	1	2.4	5	11.9
Divorced	2	4.8	1	2.4
De facto	-	-	2	4.8
TOTAL	42	100.0	42	100.0

* One married while on Work Release

TABLE 2. Place of birth

Country of birth	Survivors		Controls	
	N	%	N	%
N.S.W. (+ A.C.T.) ¹	33	78.6	32	76.2
Other Australian states	2	4.7	5	11.9
New Zealand	1	2.4	-	-
United Kingdom	1	2.4	3	7.1
United States of America	1	2.4	-	-
Europe	4	9.5	2	4.8
TOTAL	42	100.0	42	100.0

¹ Two of the survivors and one control subject were of aboriginal descent.

TABLE 4. Usual occupation

Occupational group	Survivors		Controls	
	N	%	N	%
Professional, technical & related	-	-	2	4.8
Administrative & managerial	1	2.4	1	2.4
Clerical	6	14.3	4	9.5
Sales	1	2.4	1	2.4
Farmers & related	-	-	2	4.8
Miners & related	-	-	1	2.4
Transport & communications	1	2.4	4	9.5
Tradesmen & process workers	18	42.8	11	26.2
Labourers	9	21.4	12	28.5
Not known	6	14.3	4	9.5
TOTAL	42	100.0	42	100.0

TABLE 5. Number of juvenile convictions

Juvenile convictions	Survivors		Controls	
	N	%	N	%
Nil	30	71.4	31	73.8
1	2	4.8	5	11.8
2	3	7.1	2	4.8
3	1	2.4	1	2.4
4	-	-	2	4.8
5	4	9.5	-	-
6 +	2	4.8	1	2.4
TOTAL	42	100.0	42	100.0

TABLE 6. Types of juvenile offences¹

Offence	Survivors		Controls	
	N	%	N	%
Offences against the person:				
Indecent assault male	1		-	
Carnal knowledge	1		-	
Assault police	1		-	
Offences against property - violent:				
B.E.S.	7		7	
Malicious damage	1		-	
TOTAL VIOLENT OFFENCES	11	33.3	7	30.4
Offences against property - non-violent:				
Larceny	7		7	
Larceny M/V	2		2	
Receiving	2		1	
TOTAL NON-VIOLENT PROPERTY OFFENCES	11	33.3	10	43.5

TABLE 6. Types of juvenile offences¹ cont'd

Offence	Survivors		Controls	
	N	%	N	%
Social offences:				
Vagrancy			1	
Administer drugs	1			
Other offences:				
Obstruct railway lines			1	
Truancy	1			
Offensive behaviour	1			
D.U.I.	1			
Indecent language	1			
Escape	1		1	
Resist arrest	1			
Speeding			1	
Unregistered/uninsured M/V	1			
Unlicensed driving	1		1	
State false name	1			
Traffic offences	1		1	
TOTAL SOCIAL & OTHER OFFENCES	11	33.3	6	26.1
TOTAL	33	100.0	23	100.0

¹ Listing all juvenile offences committed by 12 survivors and 11 controls.

TABLE 7. Corrective measures imposed for juvenile offences

Measure	Survivors		Controls	
	N	%	N	%
Fine	7	21.2	5	21.7
Bond	7	21.2	7	30.4
Probation	10	30.3	6	26.2
Suspended sentence	2	6.1	-	-
Institution	7	21.2	5	21.7
TOTAL	33	100.0	23	100.0

TABLE 8. Committals to institution as juvenile

Number of committals	Survivors		Controls	
	N	%	N	%
1	3	42.9	1	20.0
2	3	42.9	2	40.0
3	1	14.2	1	20.0
4	-	-	1	20.0
TOTAL	7	100.0	5	100.0

TABLE 9. Past adult convictions

Number of past adult convictions	Survivors		Controls	
	N	%	N	%
Nil	18	42.9	15	35.7
1	11	26.2	8	19.1
2	7	16.6	2	4.8
3	1	2.4	5	11.9
4	2	4.8	3	7.1
5 +	3	7.1	9	21.4
TOTAL	42	100.0	42	100.0

TABLE 10. Corrective measures experienced in the past as an adult

Measure	Survivors		Controls	
	N	%	N	%
Fine	3	12.5	5	18.5
Bond	2	8.3	5	18.5
Bond + suspended sentence	2	8.3	-	-
Fine + bond	2	8.3	4	14.9
Fine + bond + suspended sentence /probation	1	4.2	2	7.4
Probation	1	4.2	-	-
Suspended sentence	1	4.2	-	-
Imprisonment	8	33.3	3	11.1
Imprisonment + bond	1	4.2	2	7.4
Imprisonment + fine	1	4.2	3	11.1
Imprisonment + fine + bond	-	-	3	11.1
Fine served in prison	2	8.3	-	-
TOTAL	24	100.0	27	100.0

TABLE 11. Number of previous imprisonments

Number of imprisonments	Survivors		Controls	
	N	%	N	%
Nil	30	71.4	31	73.8
1	6	14.3	3	7.1
2	2	4.8	2	4.8
3	3	7.1	3	7.1
4	-	-	1	2.4
5 +	1	2.4	2	4.8
TOTAL	42	100.0	42	100.0

TABLE 12. Types of offences committed in the past as an adult¹

Offence type	Survivors		Controls	
	N	%	N	%
Offences against the person	1	1.8	5	6.5
Offences against property:				
- with violence	8	14.3	14	18.2
- without violence	19	33.8	28	36.4
Social offences	2	3.6	6	7.8
Driving + traffic offences	20	35.7	13	16.9
Revocation + breach offences	3	5.4	4	5.2
Other offences	3	5.4	7	9.0
TOTAL	56	100.0	77	100.0

1. This table lists the different types of previous offences committed by 24 survivors and 27 controls. Multiple instances of the same offence committed by 1 offender are counted once only.

TABLE 13. Major offence resulting in current imprisonment

Type of offence	Survivors		Controls	
	N	%	N	%
Offences against the person:				
A.O.A.B.H.	-	-	2	4.8
Assault	1	2.4	-	-
Manslaughter	1	2.4	1	2.4
Robbery (including armed assault & rob, robbery)	18	42.8	11	26.1
Indecent assault on female	-	-	1	2.4
Culpable driving	1	2.4	1	2.4
Demand money with menaces	-	-	1	2.4
Offences against property with violence:				
B.E.S.	9	21.4	8	19.0
TOTAL VIOLENT OFFENCES	30	71.4	2	59.5
Offences against property without violence:				
Larceny	2	4.8	1	2.4
Larceny as a clerk/servant	1	2.4	3	7.0
Embezzlement	-	-	1	2.4
Larceny M/V	7	16.6	2	4.8
Fraud	-	-	1	2.4
Receiving	-	-	2	4.8
False representation	1	2.4	-	-
Forge and utter	-	-	1	2.4
Possess lithographic plates	-	-	1	2.4
TOTAL NON-VIOLENT PROPERTY OFFENCES	11	26.2	12	28.6

1. Where more than one offence was committed the most serious offence resulting in the longest sentence was taken.
2. Sub-totals do not add to this figure exactly because of rounding.

TABLE 13. Major offence resulting in current imprisonment cont'd

Type of offence	Survivors		Controls	
	N	%	N	%
Social offences & other offences:				
Import prohibited imports	-	-	1	2.4
Drive whilst disqualified	1	2.4	-	-
Breach of recognizance	-	-	1	2.4
Conspiracy	-	-	3	7.1
TOTAL SOCIAL & OTHER OFFENCES	1	2.4	5	11.9
TOTAL	42	100.0	42	100.0

TABLE 14. Number of offences dealt with in current conviction(s)

Number of offences committed	Survivors		Controls	
	N	%	N	%
1	22	52.4	28	66.6
2	14	33.3	13	31.0
3	5	11.9	1	2.4
4	-	-	-	-
5 +	1	2.4	-	-
TOTAL	42	100.0	42	100.0

TABLE 15. Length of sentence

Length of sentence	Survivors		Controls	
	N	%	N	%
6 m & less than 12 m	1	2.4	-	-
12 m & less than 18 m	1	2.4	4	9.5
18 m & less than 2 y	2	4.8	3	7.2
TOTAL LESS THAN 2 Y	4	9.5	7	16.7
2 y & less than 3 y	7	16.7	10	23.8
3 y & less than 4 y	7	16.7	5	11.9
4 y & less than 5 y	6	14.3	8	19.0
TOTAL 2 Y & LESS THAN 5 Y	20	47.6	23	54.8
5 y & less than 6 y	8	19.0	4	9.5
6 y & less than 8 y	5	11.9	3	7.2
8 y & less than 10 y	2	4.8	1	2.4
10 y & over	3	7.0	4	9.5
Life/Governor's Pleasure	-	-	-	-
TOTAL 5 Y & OVER	18	42.9	12	28.5
TOTAL	42	100.0	42	100.0

1. Sub-totals do not add to this figure because of rounding.

TABLE 16. Length of non-parole period

Length of non-parole period	Survivors		Controls	
	N	%	N	%
6 m & less than 9 m	9	21.4	12	28.6
9 m & less than 12 m	3	7.1	7	16.6
12 m & less than 2 y	12	28.6	10	23.8
2 y & less than 3 y	11	26.2	5	11.9
3 y & less than 5 y	4	9.5	5	11.9
5 y & over	1	2.4	2	4.8
N/S, N/A	2	4.8	1	2.4
TOTAL	42	100.0	42	100.0

TABLE 17. Non-parole period as proportion of sentence

Proportion	Survivors		Controls	
	N	%	N	%
Less than $\frac{1}{4}$	8	19.0	2	4.8
Exactly $\frac{1}{4}$	6	14.3	9	21.4
Over $\frac{1}{4}$ & less than $\frac{1}{2}$	18	42.8	16	38.1
Exactly $\frac{1}{2}$	6	14.3	12	28.5
Over $\frac{1}{2}$ & less than $\frac{3}{4}$	2	4.8	1	2.4
Exactly $\frac{3}{4}$	-	-	1	2.4
N/A, N/S	2	4.8	1	2.4
TOTAL	42	100.0	42	100.0

TABLE 18. Establishments in which candidates spent 2m
and over prior to Work Release

Type of establishment	Survivors		Controls	
	N	%	N	%
Maximum security reception:				
Long Bay	32		29	
Parramatta	3(1)*		3(2)	
Goulburn	4(2)		5(5)	
Maitland	1(1)		1(1)	
Bathurst	1(1)		2(2)	
TOTAL MAXIMUM SECURITY RECEPTIONS	41(5)		40(10)	
TOTAL DISTINCT PERSONS	36	85.7	30	71.4
Camps:				
Laurel Hill	1		1	
Mannus	-		1	
Newnes	1		3	
Oberon	-		1	
Kirkconnell	-		2	
TOTAL RECEPTIONS IN CAMPS	2	4.8	8	19.1
Other unsecured or special:				
Berrima	10		2	
Emu Plains	3		2	
Cooma	1		-	
Cessnock	4		2	
TOTAL RECEPTIONS IN OTHER UNSECURED OR SPECIAL	18	42.9	6	14.3

* Numbers in brackets refer to men who had spent 2 m & over in another maximum security centre as well.

TABLE 18. Establishments in which candidates spent two months
and over prior to Work Release cont'd

Type of establishment	Survivors		Controls	
	N	%	N	%
Pre-work release centres				
Milson Island ¹	42		-	
Strathmore	4		4	
Yarrangobilly	1		4	
Edrom Lodge	-		6	
TOTAL RECEPTIONS IN PRE-WORK RELEASE CENTRES EXCLUDING MILSON ISLAND	5	11.9	14	33.3
Silverwater House receptions	2	4.8	-	-
Spent less than 2m in any gaol before Work Release	5 ²	11.9	6	14.3

1. Approximately 2m duration depending on length of course
2. Excepting period on Milson Island

TABLE 19. Period from initial reception to Pre-Work Release

Period	Survivors		Controls	
	N	%	N	%
Less than 3 m	8	9.1	10	23.8
3m & less than 6 m	14	33.3	10	23.8
TOTAL LESS THAN 6 m	22	52.4	20	47.6
6 m & less than 9 m	2	4.8	7	16.7
9 m & less than 12 m	2	4.8	3	7.1
TOTAL LESS THAN 12 m	26	61.9	30	71.4
12 m & less than 18 m	4	9.5	2	4.8
18 m & less than 2 y	7	16.7	2	4.8
TOTAL LESS THAN 2 Y	37	88.1	34	81.0
2 y & less than 3 y	4	9.5	4	9.5
3 y & less than 5 y	1	2.4	3	7.1
5 y & over	-	-	1	2.4
TOTAL	42	100.0	42	100.0

TABLE 20. Period spent on Pre-Work Release

Period	Survivors		Controls	
	N	%	N	%
Less than 1 m	8	19.0	2	4.8
1 m & less than 2 m	28	66.7	14	33.3
2 m & less than 3 m	6	14.3	8	19.0
3 m & less than 4 m	-	-	7	16.7
Over 4 m	-	-	2	4.8
No Pre-Work Release programme	-	-	9	21.4
TOTAL	42	100.0	42	100.0

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APPENDIX 2.

Detailed evaluation of Project SurvivalTABLE 1. Comments on aims of course

Perceived aim	Number of respondents	%
Fitness (mental and physical)	11	26.2
Achievement of something you don't think you can do	10	23.8
Independence, self-reliance endurance, self-awareness	8	19.1
Learning to work as a team	6	14.3
Preparation for Work Release and society	4	9.5
Learning bushcraft	1	2.4
Don't know	2	4.7
TOTAL	42	100.0

TABLE 2. Overall evaluation by each group

Group No.	Comment
1	All were pleased they had completed the course and felt they had become less selfish and more tolerant of other people's weaknesses.
2.	Expressed mixed feelings and confusion over the aims. Some enjoyed it, some found it too demanding. This group appeared to have developed the philosophy of 'doing time quietly with a minimum of effort' which conflicted with the purpose of the scheme.
3.	This group found the course hard but worthwhile.

TABLE 2. Overall evaluation by each group cont'd

Group No.	Comment
4.	These men saw beyond the aims of physical fitness to the values of self-awareness, trust, mental and physical endurance, self-testing and social interaction and consequently found the course a valuable experience.
5.	Enjoyed the challenge of the course and responded well.
6.	Found the course an excellent experience, hard but rewarding. Saw beyond the physical to the psychological and social aims

TABLE 3. Overall evaluation of leadership by each group

Group No.	Comment
1.	The leader inspired a sense of confidence, was trusting, not authoritarian. His enthusiasm was infectious.
2.	He expected too much of us and was obsessed with the idea of gaining the set objective.
3.	He was able to be one of the group and kept the group together.
4.	The leader was good-hearted but stubborn.
5.	This group stressed his competence in bushcraft and leadership.
6.	The leader was sensitive to the needs of the group and commanded our respect.

TABLE 4. Emotional reactions during the course

Reaction	Number of respondents ¹ who experienced it	
	N	%
Sense of achievement	23	79.3
Exhaustion	23	79.3
Anger	22	75.9
Peace	15	51.7
Elation	13	44.8
Fear	6	20.7

1. Response elicited from 29 survivors only

TABLE 6. Repetition of the course

Comment	Number of respondents	%
Would be prepared to repeat course	34	80.9
Would not be prepared to repeat Course	8	19.1
TOTAL	42	100.0

TABLE 5. Gains from the course

Gain	Number of groups expressing gain (N=6)
Fitness	4
Achievement, satisfaction	4
Awareness of others/group feeling	3
Self-discovery	3
Bushcraft knowledge	2
Wider outlook on life	2
Tolerance, unselfishness	1
Peace and refreshment	1

Appendix 3. Survivors' retrospective evaluation of Project
Survival given while on Work Release

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APPENDIX 3.

Survivors' retrospective evaluation of Project Survival given while on Work ReleaseTABLE 1. Overall evaluation of Project Survival

Comment	No.	%
Great experience, wouldn't have missed it	3	15.0
Enjoyable	5	25.0
Partly good, partly not so good	12	60.0
Not really enjoyable	-	-
Most unpleasant	-	-
TOTAL	20	100.0

TABLE 3. Gains from the course

Comment	No.	%
Gains experienced	18	90.0
No gains experienced	2	10.0
TOTAL	20	100.0

TABLE 4. Types of gains mentioned

Gains	No.	%
Self-reliance, independence, confidence	3	16.6
Greater appreciation of people and life	5	27.8
Co-operation and mateship	3	16.7
Physical survival	2	11.1
Being tested and succeeding	2	11.1
Relaxation, peace of mind	2	11.1
Being asked opinions and feelings	1	5.6
TOTAL	18	100.0

TABLE 2. List of general evaluative comments
(optional responses)

1. Not so good on instructors' side.
2. With certain changes no hesitation in doing it again.
3. Should be more of it.
4. Mental and psychological aspects good, some actual conditions not so good.
5. A very real experience - made me aware of the prison system and people.
6. The going was hard in parts....(but) everyone had a bit of a ball at times.

TABLE 5. Reasons for not gaining from the course (N=2)

1. Come from the bush myself
2. Have done it before

TABLE 6. Benefit of survival course on Work Release

Comments	No.	%
Survival course benefit	13	65.0
Course no benefit on Work Release	7	35.0
TOTAL	20	100.0

TABLE 7. Types of benefits gained from survival course

Benefits	No.	%
Physical fitness as preparation for strenuous work	6	46.1
Transitional experience helpful in facing day to day living	1	7.7
Awareness of others, self-control and relaxation	2	15.4
Friendship with other survivors	1	7.7
Sense of challenge	1	7.7
Desire to share bush with family	1	7.7
Not specified	1	7.7
TOTAL	13	100.0

TABLE 8. Reasons for not being of benefit

Reason	No.	%
Irrelevant to Work Release	4	57.1
Did not change me	1	14.3
Had not been in prison long enough before course	1	14.3
Means nothing to people on Work Release that I did the course	1	14.3
TOTAL	7	100.0

TABLE 9. Aspects of survival course that were enjoyed most

Comment	No.	%
The countryside, beauty of bush	6	30.0
All of the course	4	20.0
Sole period	3	15.0
Specific activities (canoeing, abseiling, climbing)	6	30.0
Having fun in a group	1	5.0
TOTAL	20	100.0

TABLE 10. Aspects of survival course that were enjoyed least

Comment	No.	%
Canoeing back to Milson Island	5	25.0
Difficult walking/hiking/climbing	6	30.0
Rations	3	15.0
Weather (rain, snow)	2	10.0
Organization and leadership	2	10.0
Nothing to complain about	2	10.0
TOTAL	20	100.0

Appendix 4. Evaluation of Work Release

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APPENDIX 4.
Evaluation of Work Release

Section (4) Participation in Work Release Programme

TABLE 1. Period of time spent on Work Release prior to answering questionnaire

Time spent on Work Release	Survivors	Controls
Less than 1 m	6	3
1 m & less than 2 m	-	-
2 m & less than 3 m	5	5
3 m & less than 4 m	-	-
4 m & less than 5 m	6	1
5 m & less than 6 m	-	5
6 m & over	3	-
TOTAL	20	14
Average	3 m 0 d	3 m 5 d

TABLE 2. Number of activities engaged in during Work Release

Number of activities	Survivor		Control	
	N	%	N	%
Nil	11	55.0	4	28.6
1	2	10.0	6	35.7
2	3	15.0	2	14.3
3	2	10.0	3	21.4
Over 3	2	10.0	-	-
TOTAL	20	100.0	14	100.0

TABLE 3. Types of activities engaged in during Work Release¹

Type	Survivors	Controls
Soccer	8	7
Running	2	-
Basketball	5	3
Table tennis	1	1
Cricket	3	2
Golf	1	2
Lawn bowls	-	1
Swimming	-	1
Music	1	1
Social events	1	-
TOTAL	22	18

¹ Numbers do not refer to distinct persons as many interested work releasees participate in several activities (see Table 2)

TABLE 4. Courses taken during Work Release

Type of course	Survivors		Controls	
	N	%	N	%
Nil	16	80.0	10	71.6
Academic - B.Ec.	1	5.0	-	-
- Maths, English	1	5.0	-	-
Sales - Sales representation	1	5.0	-	-
Technical - explosives	-	-	1	7.1
- welding	-	-	1	7.1
- electrical trades	1	5.0	-	-
- drawing & sketching	-	-	1	7.1
- building, carpentry & joinery	-	-	1	7.1
TOTAL	20	100.0	14	100.0

TABLE 5. Contacts with social worker since reception on Work Release

Number of interviews	Survivors		Controls	
	N	%	N	%
Nil	8	40.0	3	21.4
1	3	15.0	5	35.7
2	6	30.0	3	21.4
3 - 5	1	5.0	2	14.3
6 - 8	2	10.0	-	-
9 +	-	-	1	7.2
TOTAL	20	100.0	14	100.0
Average	1.35		2.07	

TABLE 6. Participation in weekend community service activities

Number of times joined activity	Survivors		Controls	
	N	%	N	%
Nil	4	20.0	3	21.4
1	2	10.0	4	28.6
2	2	10.0	-	-
3 - 5	5	25.0	2	14.3
6 - 8	1	5.0	2	14.3
9 +	6	30.0	3	21.4
TOTAL	20	100.0	14	100.0
Average	4.45		4.0	

TABLE 7. Release on weekend leave

No. of times released to weekend leave	Survivors		Controls	
	N	%	N	%
Nil	7	35.0	2	14.3
1	2	10.0	2	14.3
2	1	5.0	3	21.4
3 - 5	7	35.0	4	28.6
6 - 8	3	15.0	3	21.4
9 +	-	-	-	-
TOTAL	20	100.0	14	100.0
Average	2.65		3.0	

Section (2) Friendship patternsTABLE 8. Most frequent contacts made by survivors₁ (N=16)

Area of contact	No. of survivors associated with	No. of non-survivors associated with
Dormitory	5	3
Meals	8	4
Talking	6	4
Work	1	3
Music	3	2
Community service	-	1
T.V. room and cards	1	1
Sport	14	20
TOTAL	38	38

- 16 survivors gave names of men seen most often in different situations
- 2 survivors said they were friendly with all work releases
- 2 survivors said they had no friendship contacts

TABLE 9. Most frequent contacts made by controls₁ (N=12)

Area of contact	No. of survivors associated with		No. of non-survivors associated with	
	N	%	N	%
Dormitory	1		6	
Meals	2		8	
Talking	-		8	
Work	-		7	
Music	-		-	
Community service	-		-	
T.V. room and cards	-		6	
Sport	8		12	
TOTAL	11		47	

1. 12 controls gave names of men seen most often in different situations
- 2 controls refused to state their friendship pattern

TABLE 10. Number of good friends on Work Release

Number	Survivors		Controls	
	N	%	N	%
Nil	4	20.0	3	21.5
1 - 2	6	30.0	1	7.1
3 - 6	4	20.0	5	35.7
6 +	6	30.0	5	35.7
TOTAL	20	100.0	14	100.0

Section (3) Programme evaluation - work

TABLE 11. Attitude to job

Attitude	Survivors		Controls	
	N	%	N	%
Very happy in it	5	25.0	5	35.7
Happy in it	6	30.0	4	28.6
O.K.	5	25.0	1	7.1
Uninteresting, unsatisfactory	1	5.0	1	7.1
Dislike it	2	10.0	3	21.5
No applicable - no job yet	1	5.0	-	-
TOTAL	20	100.0	14	100.0

TABLE 12. Hours of work

Attitude	Survivors		Controls	
	N	%	N	%
Good	8	40.0	6	42.9
O.K.	8	40.0	6	42.9
Unsatisfactory	3	15.0	-	-
No comment - not applicable	1	5.0	2	14.2
TOTAL	20	100.0	14	100.0

TABLE 13. Wages

Attitude	Survivors		Controls	
	N	%	N	%
Great - very good	3	15.0	3	21.4
Good	7	35.0	4	28.6
O.K.	4	20.0	2	14.3
Unsatisfactory	4	20.0	2	14.3
Very poor	1	5.0	1	7.1
No comment - not applicable	1	5.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 14. Workmates

Evaluation of workmates	Survivors		Controls	
	N	%	N	%
Very good people	4	20.0	4	28.6
Good people	13	65.0	6	42.9
O.K.	1	5.0	1	7.1
No comment - not applicable	2	10.0	3	21.4
TOTAL	20	100.0	14	100.0

1. Many of these items were modelled on items cited by Lambert and Madden in, The Vanier Centre for Women Research Report No. 1: The Examination of the Social Milieu. Appendix VII.

TABLE 15. Employers

Evaluation of boss	Survivors		Controls	
	N	%	N	%
Very good	6	30.0	7	50.0
Good	7	35.0	2	14.3
O.K.	3	15.0	-	-
Poor	1	5.0	3	21.4
No comment - Not applicable	3	15.0	2	14.3
TOTAL	20	100.0	14	100.0

Section (4) Programme evaluation - Work Release Centre¹

TABLE 16. "Men here don't have enough time for themselves"

Comment	Survivors		Controls	
	N	%	N	%
Agree	9	45.0	7	50.0
Disagree	11	55.0	7	50.0
Undecided	-	-	-	-
TOTAL	20	100.0	14	100.0

TABLE 17. "Food here is not as good as it might be"

Comment	Survivors		Controls	
	N	%	N	%
Agree	7	35.0	2	14.3
Disagree	13	65.0	10	71.4
Undecided	-	-	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 18. "This centre is a bright and cheerful place to live"

Comments	Survivors		Controls	
	N	%	N	%
Agree	7	35.0	9	64.3
Disagree	11	55.0	5	35.7
Undecided	2	10.0	-	-
TOTAL	20	100.0	14	100.0

TABLE 19. "The staff take a personal interest in each man"

Comments	Survivors		Controls	
	N	%	N	%
Agree	7	35.0	11	78.6
Disagree	10	50.0	1	7.1
Undecided	3	15.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 20. "Most of the men here usually help someone if he is feeling down"

Comments	Survivors		Controls	
	N	%	N	%
Agree	9	45.0	11	78.6
Disagree	10	50.0	3	21.4
Undecided	1	5.0	-	-
TOTAL	20	100.0	14	100.0

TABLE 21. "No-one really listens to what the residents have to say"

Comments	Survivors		Controls	
	N	%	N	%
Agree	6	30.0	3	21.4
Disagree	12	60.0	10	71.4
Undecided	2	10.0	1	7.2
TOTAL	20	100.0	14	100.0

TABLE 22. "Most of the residents here have only a few friends and usually ignore the other men"

Comments	Survivors		Controls	
	N	%	N	%
Agree	10	50.0	9	64.3
Disagree	8	40.0	5	35.7
Undecided	2	10.0	-	-
TOTAL	20	100.0	14	100.0

TABLE 23. "The staff are truly interested in helping residents with their problems"

Comments	Survivors		Controls	
	N	%	N	%
Agree	9	45.0	12	85.7
Disagree	9	45.0	1	7.1
Undecided	2	10.0	1	7.1
TOTAL	20	100.0	14	100.0

TABLE 24. "Most men here take a real pride in the way they look"

Comments	Survivors		Controls	
	N	%	N	%
Agree	13	65.0	10	71.4
Disagree	4	20.0	2	14.3
Undecided	3	15.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 27. "There is not enough time on week days for fun and relaxation"

Comments	Survivors		Controls	
	N	%	N	%
Agree	9	45.0	8	57.1
Disagree	10	50.0	4	28.6
Undecided	1	5.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 25. "There are a good number of sports and activities to choose from so few residents get bored."

Comments	Survivors		Controls	
	N	%	N	%
Agree	9	45.0	6	42.9
Disagree	10	50.0	8	57.1
Undecided	1	5.0	-	-
TOTAL	20	100.0	14	100.0

TABLE 28. "There would be chaos if there were fewer rules around here"

Comments	Survivors		Controls	
	N	%	N	%
Agree	9	45.0	4	28.6
Disagree	10	50.0	8	57.1
Undecided	1	5.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 26. "Too much notice is taken of what a resident does wrong, not what he does well"

Comments	Survivors		Controls	
	N	%	N	%
Agree	9	45.0	7	50.0
Disagree	9	45.0	5	35.7
Undecided	2	10.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 29. "There is too much emphasis on rules and regulations"

Comments	Survivors		Controls	
	N	%	N	%
Agree	8	40.0	5	35.7
Disagree	11	55.0	8	57.1
Undecided	1	5.0	1	7.2
TOTAL	20	100.0	14	100.0

TABLE 30. "Restrictions placed on spending the money we earn are unfair"

Comments	Survivors		Controls	
	N	%	N	%
Agree	10	50.0	5	35.7
Disagree	10	50.0	9	64.3
Undecided	-	-	-	-
TOTAL	20	100.0	14	100.0

TABLE 31. "It is difficult to settle back in the centre after weekend leave"

Comments	Survivors		Controls	
	N	%	N	%
Agree	6	30.0	5	35.7
Disagree	8	40.0	7	50.0
Undecided	6	30.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 32. "Most residents keep a bit apart from the men they work with"

Comments	Survivors		Controls	
	N	%	N	%
Agree	3	15.0	1	7.1
Disagree	14	70.0	12	85.7
Undecided	3	15.0	1	7.1
TOTAL	20	100.0	14	100.0

TABLE 33. "It is difficult to come back after weekend leave"

Comments	Survivors		Controls	
	N	%	N	%
Agree	4	20.0	3	21.4
Disagree	12	60.0	10	71.4
Undecided	4	20.0	1	7.1
TOTAL	20	100.0	14	100.0

TABLE 34. "Most residents think counselling sessions are helpful"

Comments	Survivors		Controls	
	N	%	N	%
Agree	6	30.0	8	57.1
Disagree	10	50.0	4	28.6
Undecided	4	20.0	2	14.3
TOTAL	20	100.0	14	100.0

TABLE 35. "Too many personal questions are asked during counselling sessions"

Comments	Survivors		Controls	
	N	%	N	%
Agree	7	35.0	7	50.0
Disagree	8	40.0	4	28.6
Undecided	5	25.0	3	21.4
TOTAL	20	100.0	14	100.0

TABLE 36. Summary evaluation of Work Release Centre

Variables	Survivors			Controls		
	Positive	Undecided	Negative	Positive	Undecided	Negative
<u>Programme</u>						
Sufficient time	11	-	9	7	-	7
Food O.K.	13	-	7	10	2	2
Centre bright, cheerful	7	2	11	9	-	5
Variety of activities	9	1	10	6	-	8
Time for fun & relaxation	10	1	9	4	2	8
Adequate rules	9	1	10	4	2	8
Emphasis on rules	11	1	8	8	1	5
Money restrictions fair	10	-	10	9	-	5
Counselling helpful	6	4	10	8	2	4
Counselling not too personal	8	5	7	4	3	7
TOTAL	94	15	91	69	12	59
Average %	47.0 ₁	7.5	45.5	49.3	8.6	42.1
<u>Staff</u>						
Personal interest	7	3	10	11	2	1
Listen to residents	12	2	6	10	1	3
Help with problems	9	2	9	12	1	1
Notice good points	9	2	9	5	2	7
TOTAL	37	9	34	38	6	12
Average %	46.3	11.2	42.5	67.9	10.7	21.4

1 Total number of favourable responses (i.e. 94) as a % of total positive, negative and neutral responses (i.e. 200)

TABLE 36. Summary evaluation of Work Release Centre cont'd.

Variables	Survivors			Controls		
	Positive	Undecided	Negative	Positive	Undecided	Negative
<u>Residents</u>						
Help others	9	1	10	11	-	3
Sociable at centre	8	2	10	5	-	9
Appearance good	13	3	4	10	2	2
Easy to settle after leave	8	6	6	7	2	5
Sociable at work	14	3	3	12	1	1
Easy to return after leave	12	4	4	10	1	3
TOTAL	64	19	37	55	6	23
Average %	53.4	15.8	30.8	65.5	7.1	27.4
GRAND TOTAL	195	43	162	162	24	94
Grand average %	48.8	10.7	40.5	57.9	8.5	33.6

χ^2 programme variable : $\chi^2 = 0.432$ not significant
 staff variables : $\chi^2 = 7.123$ significant at $p < .05$
 resident variable : $\chi^2 = 3.628$ not significant

Appendix 5. Officer evaluation of work Releasees

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APPENDIX 5.

Officer evaluation of Work ReleaseesTABLE 1. Average scores of survivors and control groups on officer assessment variables

Variable	Maximum score per subject	Score			
		Survivors N=20		Controls N=14	
		Total	Average	Total	Average
Helpfulness	4	29	1.45	13	0.93
No grumbles	6	97	4.85	67	4.79
Pride in self	10	164	8.20	99	7.07
Staff interaction	6	95	4.75	59	4.21
Alcohol and gambling	4	74	3.70	56	4.00
Adherence to rules	10	171	8.55	119	8.50
Peer interaction	12	197	9.85	137	9.79
Contribution to Health Insurance	1	7	0.35	4	0.29
TOTAL	53	834	41.70	554	39.57

$t = 2.32, df = 32$: significant at .05 level

TABLE 2. Total scores on officer assessment analysed by length of time spent on Work Release

Period on Work Release	Survivors			Controls		
	Number	Total score	Average	Number	Total score	Average
Over 4 m	9	367	40.77	6	257	42.83
3 m & less than 4 m	-	-	-	-	-	-
2 m & less than 3 m	5	193	38.60	5	176	35.20
1 m & less than 2 m	-	-	-	-	-	-
Under 1 m	6	274	45.67	3	121	40.33
TOTAL	20	834	41.70	14	554	39.47

$t = 1.20, df = 13$ n/s

$t = 2.31, df = 8$ n/s

$t = 2.37, df = 7$ n/s

Appendix 6. Success and failure on Work Release

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APPENDIX 6.
Success and failure on Work Release

TABLE 1. Men currently on Work Release, successful completions and removals as at 10.10.74

	Survivors		Controls	
	N	%	N	%
Current	23	54.8	12 ₁	28.6
Successful completions	17	40.5	26	61.9
Removals:				
	<u>Survivors</u>	<u>Controls</u>		
Escape	-	2		
Breach house rules	1 ₂	2 ₃		
Pending deportation	1	-		
Total removals	2	4.7	4	9.5
TOTAL	42	100.0	42	100.0

1. 3 of these still on pre-work release
2. found drinking to excess on night before due for release to parole
3. time off work, gambling; drinking