



The Rhythm2Recovery Model and It's Alignment to Prisoner Rehabilitation

Factors identified by Research that Increase Recidivism

Research has identified a number of key factors that act to increase the risk of reoffending for both adults & juvenile detainees & across genders.

The probability of reoffending is greatest between the ages of 17 & 21 years of age, & decreases into adulthood.

The younger the age at which an offender commences offending, the more likely they are to be recidivist offenders. Similarly, more frequent & serious prior offending is linked to increased risk of reoffending, as is prior imprisonment.

An offender's lifestyle including an anti-social peer group, & drug use are strongly linked to recidivism. Unemployment, limited or low-level education, (school dropout), poverty, a history of mental health problems, family instability, serious, prolonged drug use, low levels of emotional regulation & social isolation are among the key factors identified.

Post-release difficulties are particularly important. These difficulties, such as limited access to financial resources, limited contact with family & limited knowledge of social support & health services impact community reintegration & are associated with increased recidivism. Studies have also indicated that rates of recidivism for those with mental health issues, & co-occurring mental health & addiction issues are well above average & represent a major impediment to rehabilitation. (Payne, J. (2007) Recidivism in Australia, Findings & future research, Australian Institute of Criminology).

What Reduces Reoffending

Research points to a number of key elements that help reduce rates of criminal offending. Critical amongst these are the targeting of the intervention to a prisoner's needs & motivation, & the professional capacity of those delivering the program. (K Heseltine, A Day & R Sarre, Prison-based correctional offender rehabilitation programs).

Many existing prison programs are not designed for those who have literacy challenges & are often unsuitable for prisoners from minority cultural backgrounds.

School engagement, education & achievement, family connection, non-delinquent peers, low propensity for risk taking, & pro-social attitudes have been regularly associated with a lower risk of both violence & other problem behaviours. (Shepherd, S., Leubbers, S., Oglloff, J. 2016).

Significant research also points to the success of targeted cognitive interventions that address drug use, as well as psycho-social interventions that target anger & emotional management, develop interpersonal skills, & improve social problem solving. (UK Ministry of Justice, 2015. What works in reducing reoffending in young adults – a rapid evidence assessment.).

The Rhythm2Recovery Model – Evidence Based Practice for Prisoner Rehabilitation

The Rhythm2Recovery model combines fun rhythmic music with psycho-social learning to engage prisoners who are reluctant to participate in programs with a high literacy content or talk confidentially to a counsellor. This model has a strong focus on healthy relationships & uses analogies drawn from the drumming to discuss a wide range of life skill issues that support healthy social integration. Programs developed from this model are used in prison services across Australia & internationally, & have been shown to increase self-esteem & social competencies, & reduce anxiety & psychological distress (Martin, et al, UWA 2014). Engagement in rhythmic music has been shown to improve cognition & emotional control, with rhythmic music impacting primal brain areas responsible for the human stress response (Levitin, D. (2006). Playing music together with others develops social skills & builds social confidence that transfers to improved social relationships both inside & outside of prison. Prison authorities have noted improved relationships between prisoners & between inmates & staff after completing programs based on this model (Martin et al, UWA, 2014). This form of participatory music can also be used as a recreational pastime outside of prison, helping to ease the challenges of transition back into the community.