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Briefing on ongoing and completed pilot schemes

in the Swiss penal system

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I. Introductory remarks

One of the main objectives of the criminal justice system is to protect society from offenders. The most important means of achieving this objective is the rehabilitation of those who are punishable under the law. Imprisonment can thus be described as effective if it succeeds in keeping the reoffending rate low. Yet there are other requirements that the criminal justice system must also satisfy. In particular, the fundamental statutory rights of prisoners must be respected and the negative spillover effects of incarceration must be avoided as far as is possible. Equally, however, the criminal justice system must be structured and operated to ensure maximum cost-effectiveness.

Those responsible for the execution of sentences and correctional measures are therefore tasked with constantly examining whether, over and above the existing means of administering justice, other measures which might successfully integrate offenders into society could be applied, including approaches which might be more cost-effective from a financial or macroeconomic perspective than actual imprisonment, and they must look into whether these measures might also achieve desirable secondary goals (such as a reconciliation between victims and offenders) or prevent negative spillover effects.

II. Legal foundations

In the Federal law on Federal Subsidies for the Execution of Sentences and Measures (*Bundesgesetz über die Leistungen des Bundes für den Straf- und Massnahmenvollzug* [[SR 341](#)]), Switzerland's legislators empowered the Federal Department of Justice and Police to commission the testing of new forms of administering justice and to provide the cantons with financial support for their work in this area. Since 1987, the Confederation has been permitted to contribute, for a maximum of five years, up to 80 % of the recognised costs of developing and testing new methods and concepts of both criminal justice enforcement and youth support programmes. The implementing ordinance to the Act (*Verordnung zum Bundesgesetz über die Leistungen des Bundes für den Straf- und Massnahmenvollzug* [[SR 341.1](#)]) and an information sheet published by the Federal Office of Justice (in German, French and Italian) provide further information on the conditions attached to funding for pilot schemes. Projects must be innovative, i.e. they must offer new features that have a significant bearing on prison, crime or social policies, and they must be evaluated scientifically. The conclusions drawn from such pilot schemes form the basis of revisions of Swiss laws on penal sanctions and measures.

III. Pilot schemes currently in progress

1. Adults

1.1 Verification of the analytic process developed in correctional facilities in the Canton of Vaud

Canton of Vaud, Department of Internal Affairs, Prison Service

Concept: The criminological analysis relates to inmates of the Etablissements de la Plaine de l'Orbe (EPO) correctional facility in the Canton of Vaud who have committed a serious offence against the psychological or physical integrity of another person as described in Article 64 paragraph 1 SCC. The aim of the criminological analysis is to assess the risk of reoffending and dangerousness as is required in order to provide adequate treatment as part of the individual sentence regime. For a number of years, a combination of clinical and statistical assessment procedures has been applied in the Canton of Vaud. In the pilot scheme, working closely with the facility staff, the current methodology is systematically recorded, evaluated and presented on the basis of an improved decision tree. In a second phase, this theory-driven, formalised and objectivised process is tested and scientifically assessed as to its reliability, effectiveness and efficiency. Establishing a consolidated decision tree should guarantee that the essential variables are recorded in a coordinated process and placed in a meaningful context for interpretation, and that accordingly the most informative possible basis for deciding on an effective sentence regime for the random sample provided is created. The study includes firstly an evaluation of the assessments carried out since 2003 and secondly a consecutive random sample of 20 subjects who are assessed by five different evaluation specialists. Their assessments are analysed based on qualitative research methods and the results are interpreted together with all the persons involved. From the findings obtained in this way, the aim is to deduce transferrable success factors relevant to a good practice model for the execution of sentences and measures.

Duration: 1.7.2011 to 30.6.2015

Evaluation: Prof. Dr. Marcelo F. Aebi, Vice-directeur de l'Ecole des sciences criminelles, Institut de criminologie et de droit pénal, bâtiment Batochime, 1015 Lausanne

1.2 ROS – Risk-oriented Penal System

Canton of Zurich Prisons Office, Probation and Prisons Service

Concept: The concept of a risk-oriented penal system combines standardised working instruments and processes with the aim of preventing re-offending and bringing about social integration. At the process level, the roles, tasks and procedures of the specialists and agencies involved in implementation should be redefined and re-implemented. The main concern is to reduce the current interface problems. Each of the four main processes, assessing risks and needs, intervention planning, intervention and evaluating effectiveness, requires specific instruments. In addition to tried and tested working methods, additional instruments are being developed, tested and evaluated. Alongside the Canton of Zurich, the Cantons of St. Gallen and Thurgau,

signatories to the East of Switzerland Concordat and the Canton of Lucerne, a party to the North-West and Central Switzerland Penal Concordat are taking part.

The aim is to review the practical suitability of working instruments and processes within the individual cantons and in relation to supra-cantonal and institutional cooperation. This will be done by means of an evaluation of processes and results in relation to various issues.

Process evaluation: From the experiences obtained in this way, the aim is to deduce transferrable success factors relevant to a good practice model for the execution of sentences and measures.

Results evaluation: The merits of the systematically used FaST Case Screening Tool will be tested for the identification of risks and needs on the basis of already validated forecasting tools on a random sample of 600 participants. On the basis of a cohort study, the effectiveness of the ROPS principles for the reduction of risks will be investigated. As part of the pilot schemes, the basic rate will be calculated ex-post-facto for 600 completed non-ROS cases. This will be compared on conclusion of the pilot scheme with ROS basic rates, in order to generate catamnestic statements on reoffending.

Duration: 1.5.2010 to 31.12.2014

Evaluation: Dr. rer. publ. lic. phil. Regula Ruffin, socialdesign ag, Kornhausplatz 12, 3011 Bern (Process evaluation)

Prof. Dr. iur. Christian Schwarzenegger, Lehrstuhl für Strafrecht, Strafprozessrecht und Kriminologie, Rechtswissenschaftliches Institut der Universität Zürich, Rämistrasse 74 / 47, 8001 Zürich (Results evaluation)

1.3 New psychotherapeutic intervention programmes and evaluation concepts in the Swiss penal system

University of Bern, Forensic Psychiatry Service

Concept: In addition to individual therapies, the Forensic Psychiatry Service of the University of Bern is running two new group therapy programmes in correctional facilities and the forensic out-patient clinic: firstly the «Reasoning and Rehabilitation Program» R&R, and R&R2, its updated and shorter version, for violent offenders. Secondly, «Anti-sexual-aggressiveness Training» ASAT® and ASAT®Swiss, its updated and adapted version, a system-confrontational learning and training programme that takes account of psychodynamic processes for adult male sex offenders with an aggression problem.

The subject of the pilot scheme, in addition to the translation of these programmes into German and French, is the systematic evaluation of these measures. On the one hand, effectiveness, economic feasibility, benefits and acceptance are tested. On the other, the links between personal and situative predictors, intervention-related variables and result quality is being investigated in order to identify differential indicators. It is intended to tackle the complex question of what specific forms of forensic treatment work for what patients under what conditions.

The planned sample size includes 563 participants, who are allocated to

experimental and control groups in the settings of custody (N=371) and liberty (N=192). The therapies are conducted in German and French.

Duration: 1.1.2010 to 31.3.2015

Evaluation: Prof. Dr. rer. medic. Dr. phil. habil. Martin Pepper, Leiter Bereich Forschung und Entwicklung, Forensisch-Psychiatrischer Dienst der Universität Bern, Falkenplatz 16–18, 3012 Bern

2. Children, adolescents and young adults

2.1 ThePaS – Effectiveness of the standardised therapy programme for adolescent sex offenders

Department of Child and Adolescent Psychiatry at the University of Zurich, Centre for Child and Adolescent Forensics (FKJF)

Concept: ThePaS is a new structured, multimodal, cognitive-behavioural therapy and sexual pedagogic intervention programme for young people developed by the FKJF. The offence-specific treatment is ordered as an out-patient measure in an individual and group setting for minors who have been convicted of a sexual offence or who have such a case pending before the juvenile prosecutor. In the pilot scheme, and based on assessments at three separate times, the effect of the treatment is evaluated on the adolescents who are assigned to the FKJF and adolescent forensics out-patient unit of the Clinic for Forensic Psychiatry in the Basel University Psychiatric Clinics during the three-year recruitment period. The target sample size is 80 participants, who will be allocated equally to experimental and control groups.

The evaluation will scientifically investigate the effectiveness, necessity and proportionality of this therapy programme for the first time and take account of the demand for the success of adolescent penal measures to be verified. By obtaining sufficient substantiated findings, producing a therapy manual and developing additional working instruments, it is intended to prepare the ground for its introduction in other cantons.

Duration: 1.2.2011 to 1.2.2016

Evaluation: Dr. phil. Marcel Aebi, Leiter der Abteilung Forschung der Fachstelle für Kinder- und Jugendforensik am Zentrum für Kinder- und Jugendpsychiatrie der Universität Zürich, Neptunstrasse 60, 8032 Zürich

2.2 MAZ. – Pilot scheme on screening and target attainment in in-patient measures Clinic for Child and Adolescent Psychiatry, Basel

Concept: The pilot scheme «Screening and target attainment in in-patient measures» introduces two instruments developed and adapted respectively by the working group for the juvenile penal system in Switzerland. For screening, the BARO screening procedure is used and for assessing progress in individual cases a pedagogical target attainment instrument is used. The screening is carried out as a pre-post comparison without a control group. The time interval between the assessment points amounts to a year. The project is addressed as an offer to Federal Office of Justice-recognised

educative institutions for children and adolescents and centres conducting measures for adolescents in German-speaking Switzerland. A random sample of 200 male and 100 female adolescents is aimed for.

The implementation of these standardised instruments in the Swiss system of measures for adolescent offenders is intended firstly to systematically establish the pedagogic and therapeutic requirements and thus to optimise the decision-making process. Secondly, the two instruments permit the continual evaluation of progress with the pedagogic measures. In addition, a scientifically sound and comprehensive profile of the in-patient clientele will be provided by means of differentiated psychological and psychiatric screening procedures based on standardised tests.

The pilot scheme is organised in two phases: a phase for gathering information and adapting instruments and a phase for collecting and evaluating data.

Duration: 1.10.2006 to 30.9.2009; extended to 31.03.2011 (see below)

Expansion: The MAZ pilot scheme on screening and target attainment is being expanded to cover French-speaking Switzerland and the Canton of Ticino and the completion date is being extended in German-speaking Switzerland. The intention is to recruit 300–400 additional probands. The aim is to be able to make representative statements for the whole of Switzerland as well as individual sub-groups and provide the impetus for a supra-regional professional dialogue.

Evaluation: Prof. Dr. Jörg Fegert, Ärztlicher Direktor der Klinik für Kinder- und Jugendpsychiatrie/Psychotherapie, Universitätsklinikum Ulm, Steinhövelstrasse 5, D-89075 Ulm

IV. Completed pilot schemes

1. Adults

1.1 Learning programmes as a new form of intervention in criminal justice Canton Zurich probationary and enforcement services

Concept: The project centred around the question of whether cognitive-behavioural learning programmes that focus on specific offences could be implemented as part of Zurich's criminal justice system. This offence-based perspective offers a new approach to the work of the probationary services, as it shifts the emphasis away from encouraging social integration and towards identifying and dealing with specific risk factors and interventions that reduce the risk of reoffending. The learning programmes should be employed at an early stage and should be geared to defined target groups, offences and problems. They are intended to change the attitudes and behavioural patterns of offenders, thereby reducing reoffending rates and bringing about long-term social integration. In a methodical approach, the project recorded the deficits and resources that clients displayed in various areas of their lives. This suitability screening process then formed the basis for the report to the judicial authority and allocation to group training sessions.

In total, the following five offence-specific learning programmes for offenders

with suspended sentences, as well as two TRIAS programmes for individuals actually serving sentences were developed, deployed and evaluated: partnership without violence; offence-based training; training for road users with DUI convictions (long form); learning programmes for road users with DUI convictions (short form); social training for aggressive, risk-taking road users; training of cognitive and social skills; job application and communications training.

Duration: 1 October 1999 to 30 September 2003; Evaluation to 30 September 2004 (suspended from July to December 2001)

Evaluation: Dr. phil. Jacqueline Bächli-Biétry, Verkehrspsychologische Forschungsprojekte und Diagnostik, Lebernstrasse 9, 8134 Adliswil

Results: Given the small samples in some cases, as well as short probation periods, the review of these learning programmes' effectiveness on the basis of reoffending rates makes it difficult to make statements that will stand up to statistical scrutiny. The evaluation nonetheless indicates that learning programmes do have a preventative effect both generally and in respect of the offences addressed. The hypothesis that attendance at a learning programme is a suitable means of reducing offence-specific reoffending rates was largely confirmed. However, there are significant differences overall in reoffending rates between the various offences. Individuals who had been sentenced for a crime against property or a serious road traffic violation were much more likely to reoffend than those sentenced for drink driving. Another significant finding was that older participants and Swiss nationals had a lower propensity to reoffend than younger people or non-Swiss. There is supporting evidence for the positive effect of active participation. The risk of reoffending was much lower among those who were committed to the training course.

Reports: **Bewährungsdienst Zürich II** (2006). Lernprogramme als neue Interventionsform in der Strafjustiz. Modellversuch 1999–2003. Schlussbericht der Projektleitung vom März 2006.

Bewährungsdienst Zürich II (2006). Hinweise für die Bewährungshilfe für die Implementierung von deliktorientierten Lernprogrammen, Februar 2006.

Bewährungsdienst Zürich II (2006). Hinweise für die Strafanstalten zur Implementierung der Gruppentrainings in sozialen Fertigkeiten (TIAS I und II), Februar 2006.

Bächli-Biétry, J. (2006). Lernprogramme als neue Interventionsform in der Strafjustiz. Evaluationsbericht des Modellversuchs «Lernprogramme als neue Interventionsform in der Strafjustiz» vom März 2006.

1.2 Predictors of response to therapy and propensity to reoffend among sexual and violent offenders

Canton Zurich psychiatric/psychological service

- Concept:** The project examined the influence of a variety of standardised, defined-content therapies on the propensity to reoffend and response to therapy among sexual and violent offenders, the majority of whom have personality disorders. It was intended to create a framework that could be used in a therapeutic setting to allow specific treatments to be indicated more precisely and statements to be made on the effectiveness of the ordered measures. Furthermore, a parallel study was conducted among a subgroup of sexual and violent offenders to look into the reliability and suitability for predicting reoffending rates of three diagnosis instruments that are widely used in North America.
- Duration:** 1 May 2000 to 30 April 2003; extended to 30 April 2005
- Evaluation:** Staff of the psychiatric and psychological service at the Canton Zurich Office of Justice.
- Results:** A number of amendments to the data collection procedure and to objectives were made while the pilot scheme was in operation. The characteristics of the violent and sexual offenders in the sample were described in detail using socio-demographic criteria. The comparison of the descriptive findings from the sample with the Swiss Household Panel (SHP) revealed surprisingly high numbers of individuals with a recognised vocational qualification, as well as much higher proportion of persons not in gainful employment. Two models were developed for the sample in order to predict general propensity to reoffend, as well as the risk of a repeat violent or sexual offence. However, these models proved unsuitable to provide a reliable indication of propensity to reoffend among another sample of violent and sexual offenders. Four forecasting instrument to predict propensity to commit further criminal offences were investigated with regard to their applicability to Switzerland. Based on the related findings, the use of the Psychopathy Checklist-Revised (PCL-R) cannot be recommended at the present time with the usual risk-forecasting parameters in Switzerland. By contrast, the Psychopathy Checklist: Screening Version (PCL:SV), as a shorter and more economical tool for diagnosing psychopathy, might also be used in German-speaking countries to predict the risk of repeat violent and sexual offences. The accuracy of the Violence Risk Appraisal Guide (VRAG) was also proven for German-speaking regions. Although the Static-99 was able to predict the propensity to commit further violent offences, it was not able to offer any such statements with regard to sexual offences. Where the findings are concerned, it must be borne in mind that the samples and, in particular, the number of relevant repeat offences, were very small. A model to identify inmates with a high risk of violence was then developed on the basis of the violent and sexual offenders held at Pöschwies prison.
- Report:** **Endrass, J., Rosegger, A., Urbaniok, F.** (2007) Zürcher Forensik Studie. Schlussbericht des Modellversuchs: Therapieevaluation und Prädiktorenforschung 2000–2005.

1.3 Electronic monitoring in the cantons of Basel-Stadt, Basel-Landschaft and Bern, as well as Vaud, Geneva and Ticino

Operated by the Department of Justice of Canton Basel-Stadt (project management body for the cantons of Basel-Stadt, Basel-Landschaft and Bern) and the Department of Institutions and External Relations of Canton Vaud (project management body for the cantons of Vaud, Geneva and Ticino).

- Concepts:** As part of the intercantonal trial, divided into two regional projects, electronic monitoring (EM) was used either at the beginning of a sentence instead of imprisonment, or towards the end as a new form of enforcement between semi-release and parole. The cantons aimed to test the electronically monitored enforcement of custodial sentences outside the prison system with a parallel programme of active counselling and support for offenders. In the **Cantons of Basel-Stadt and Basel-Landschaft**, EM was piloted as an alternative to short-term sentences of between one and twelve months. It was also used at the end of longer sentences as an additional stage of enforcement prior to conditional release, or for between one and twelve months at the end of the semi-release period. Where short sentences were concerned, a combination of EM and community service was planned following a sentence of at least one month under EM. **Canton Bern** planned to use EM exclusively for short sentences of three to twelve months, specifically so that it did not overlap with community service. However, as in the two Basel cantons EM may be combined with community service as part of three to twelve-month sentences. The **cantons of Geneva, Ticino and Vaud** planned to use EM for short-term sentences of one to six months, as well as for periods of one to six months at the end of the semi-release period after a sentence of two and a half years. these cantons did not plan to combine EM with community service.
- Duration:** 1 September 1999 to 31 August 2002; evaluation to be completed by 31 August 2004
- Evaluation:** G. Peter-Egger, **e&e** Entwicklung & Evaluation im Sozialwesen, Schönbühlstrasse 8, 8032 Zurich
Prof. M. Killias, University of Lausanne, Institute of Forensic Science and Criminology, IPSC, 1015 Lausanne
- Results:** **e&e entwicklung & evaluation GmbH** (2007). Interkantonaler Modellversuch «Elektronisch überwachter Strafvollzug (EM) für Kurz- und Langstrafen», 1. September 1999 bis 31. August 2002. Evaluationsbericht zu den Nachbefragungen vom Februar 2007.
Kissling, I. & Killias, M. (2006). Schlussbericht über die experimentelle Evaluation von Electronic Monitoring vs. Gemeinnützige Arbeit. Oktober 2006.
Villettaz, P. & Killias, M. (2005). Les arrêts domiciliaires sous surveillance électronique: une sanction «expérimentale». Etude préliminaire de la récidive après l'exécution d'une peine privative de liberté sous la forme des arrêts domiciliaires dans les trois cantons latins. 2ème Rapport du Janvier 2005.
e&e entwicklung & evaluation GmbH (2004). Interkantonaler Modellversuch «Elektronisch überwachter Strafvollzug (EM) für Kurz- und Langstrafen», 1. September 1999 bis 31. August 2002. Evaluationsbericht zur Rückfalluntersuchung vom Dezember 2004.

e&e entwicklung & evaluation GmbH (2003). Auswertung des interkantonalen Modellversuchs «Elektronisch überwachter Strafvollzug (Electronic Monitoring / EM) für Kurz- und Langstrafen», 1. September 1999 bis 31. August 2002. Schlussbericht vom Juni 2003.

Villettaz, P. & Killias, M. (2003). Les arrêts domiciliaires sous surveillance électronique dans les cantons de Genève, du Tessin et de Vaud. Rapport final du Juin 2003.

1.4 Coming to terms with the offence and making amends – the Bernese TaWi model

Canton Bern Office of Detention and Probation

- Concept:** The aim of this project was to extend care during detention by including a systematic process of offenders coming to terms with their offence, victim/offender mediation and compensation. The key points were to encourage the offender's intrinsic motivation to come to terms with their offence and to take personal responsibility with regard to the injured party. As part of a feasibility study, the detailed concept required for implementation was developed, a coordination office was set up and a survey conducted among potential clients to assess their willingness to take part. The feasibility study was conducted between February 1999 and April 2000. Worked out by an interdisciplinary team, the consolidated TaWi concept (the name comes from the German abbreviation of the project's title) was tested in practice for two years and underwent a conceptual and structural review during the subsequent six months.
- Duration:** 1 February 1999 to 30 April 2000 (feasibility study), 1 September 2000 to 28 February 2003
- evaluation:** Prof. Margit E. Oswald, Chair of Social Psychology, Institute of Psychology, University of Bern, Muesmattstrasse 45, 3000 Bern 9
- Results:** A second survey conducted among potential clients some time after the feasibility study also revealed that the offenders had not changed their positive attitude towards TaWi. However, willingness to take part dropped from 50 % to 28 %. 74 or 11 % of all clients who were notified of the project decided to participate, of which 16 completed their TaWi-process. One of the most important reasons for the gulf between positive attitudes and actual participation was seen as the fact that most of the TaWi counselling was carried out by specially trained prison staff. Case studies are not particularly convincing owing to poor figures. The only five TaWi participants surveyed twice showed no proven change of attitudes relating to appreciation of the victims' perspectives and only slightly greater readiness to take personal responsibility for their actions. Evaluation indicates the project should be continued if offenders have the choice of participating or not and if, in the future, all TaWi-related activities are placed in the hands of consultants from outside the prison.
- Reports:** **Amt für Freiheitsentzug und Betreuung Bern** (2003). Schlussbericht zum Modellversuch 1999–2003. Falldokumentationen: Anhang zum Bericht.

Oswald, M.E., Bütikofer, A., Castelli, F. & Steinbach, J. (2002).

Wissenschaftliche Evaluation des Modellversuchs «Tataufarbeitung und Wiedergutmachung (TaWi) – Berner Modell». Umsetzungs- und Implementierungsphase. Schlussbericht.

Amt für Freiheitsentzug und Betreuung Bern (2000). Feinkonzept für die Umsetzungs- und Implementierungsphase vom 31. Mai 2000.

Oswald, M. E., Gabriel, U., Müller, S., Kabay, Ch. & Portner, C. (2000).

Wissenschaftliche Evaluation des Modellversuchs «Tataufarbeitung und Wiedergutmachung (TaWi) – Berner Modell». Abschlussbericht der Machbarkeitsstudie.

Amt für Freiheitsentzug und Betreuung, Projektstelle TaWi. (2000).

Schlussbericht der Projektleitung zur Machbarkeitsstudie. Auswertungsbericht zu den Aufbauphasen I und II.

1.5 Community service Zurich II

Canton Zurich probation and enforcement services

- Concept:** The pilot scheme was open to all persons serving custodial sentences of up to 90 days. The aim was to ease social rehabilitation through individual support measures and compulsory information events. Efforts were made to obtain the best possible cost/benefit ratio.
- Duration:** 1 January 1996 to 31 December 1999; evaluation completed by June 2000
- Evaluation:** e&e Entwicklung & Evaluation im Sozialwesen, Schönbühlstrasse 8, 8032 Zürich
- Results:** During the scheme, 84 % of offenders entitled to serve their sentence as community service opted for this form of penalty. Those evaluating the scheme described this high percentage as a «market success» which could be attributed primarily to the more attractive conversion key that has been in effect since 1996. As a secondary factor, they cited the comments made by offenders who took part in the survey, who said they found work to be a more rational alternative to simply «sitting in prison». In the opinion of the evaluators, the proportion of offenders choosing community service instead of incarceration or semi-detention might be even higher if the current institution of concurrent sentences were revoked.
- No significant increase in difficulty was observed with regard to custodial sentences of over 30 days, i.e. community service of between 124 and a maximum of 360 hours. The effort of finding placements tends to rise as the duration of community service increases, however. There is also a greater risk of marginalised persons with socially dysfunctional tendencies failing to complete their full term of service, although this risk can be kept low if the necessary parallel support is provided. Great importance is thus rightly attached to support programmes, which are described as the one indispensable element of any community service scheme.
- The evaluation included a sophisticated cost/benefit analysis which showed, among other things, that the costs of community service are lower than those of semi-detention and the ordinary prison regime. Compared with these latter means of enforcement, community service is also the only one which covers its own organisational and support programme expenses if the value of economic output is set off against costs (calculations are based on an average

of CHF 20 per hour for community service, CHF 15 per hour for workshop work in prison and CHF 15 per hour for voluntary work with senior citizens and the disabled as part of a semi-detention scheme).

Report: **e&e entwicklung & evaluation** (2001). Auswertung der Gemeinnützigen Arbeit auf Freiheitsstrafen von bis zu 3 Monaten, 1996–1999. Modellversuch 2 zur Gemeinnützigen Arbeit im Kanton Zürich. Schlussbericht vom März 2001 (überarbeitete Version).

1.6 Semi-detention of up to 12 months in Winterthur Canton Zurich Directorate of Justice and the Interior

Concept: Offenders serving sentences of six to twelve months were held in semi-detention while attending a parallel specialist-run programme in two subgroups (treatment of dependence and training in social skills) and appropriate motivational activities.

Duration: 1 October 1993 to 31 July 1998

Evaluation: e&e Entwicklung & Evaluation im Sozialwesen, Schönbühlstrasse 8, 8032 Zürich

Results: The model of extended semi-detention piloted by the department of semi-detention (*Abteilung für Halbgefangenschaft*) in Winterthur proved to be feasible in practice. The induction programme at the beginning of enforcement (offence and problem-specific group discussions, creative activities, joint sporting activities) emerged as an essential central element of the concept. It was regarded as helpful by the majority of offenders because it enabled them to set new personal objectives. Where staying power is concerned, it has been shown that there is a higher incidence of reoffending among those serving longer sentences in semi-detention. The follow-up study confirmed that the reoffending rate in the pilot group was one-third lower than that in the control groups. A more in-depth analysis indicated correlations between the complexity of the offender's problems and the success of the programme, i.e. neither the form of the sentence nor the programme in themselves automatically have a preventative effect. Rather, the key success factor is whether or not the offender really understands how to gain the maximum from the sentence and programme-specific services on offer. Efforts on the part of correctional facilities to optimise conditions of use therefore pay off. Long semi-detention was continued seamlessly after the pilot scheme had ended and it now forms an integral part of the Zurich criminal justice enforcement system.

Reports: **e&e entwicklung & evaluation GmbH** (2003). Modellversuch Lange Halbgefangenschaft. Ergebnisse Nachuntersuchung. Zusatzbericht vom 25. März 2003.

e&e Entwicklung & Evaluation im Sozialwesen (1999). Modellversuch Verlängerung Halbgefangenschaft, durchgeführt in der Abteilung für Halbgefangenschaft Winterthur. Schlussbericht vom 15. Juni 1999.

Suter, M., Team HGW und Helmrich, D. (1998). Bericht über den praktischen Teil des Modellversuches «verlängerte Halbgefangenschaft» in der HG Winterthur.

1.7 Work progression

St. Johannsen prison centre

- Concept:** The centre's previous concept – group confinement combined with therapies offered by specially trained doctors – was enhanced by offering inmates specific training courses to improve their chances on the labour market.
- Duration:** 1 April 1993 to 31 March 1996, evaluation to 31 March 1998
- Evaluation:** Dr. Th. Mühlemann, Falkenhöheweg 18, 3012 Bern
- Results:** It was not possible to implement all elements of the work progression scheme successfully, neither was any conclusive proof offered on the impact of the remedial programme on a person's staying power and self-esteem. The low-threshold offers like workshops, internal training and internal vocational courses in different skills proved effective, as they helped participants to structure different areas of work and set realistic goals. Very few of the total 95 participants were able to manage the apprenticeships and taster courses. It was felt in retrospect that talks with the inmates before and after the training programme were essential. The work progression scheme was adopted as part of the centre's normal regime once the trial phase had been completed. It would be possible to transfer the project to other institutions, provided a sufficiently long lead time were allowed and the opportunities and limits of professional training schemes were clarified properly in advance.
- Report:** **Mühlemann, Th.** (1999). Arbeitsprogression. Schlussbericht zum Modellversuch im Massnahmenzentrum St. Johannsen.

1.8 DINGI

Lenzburg prison

- Concept:** In a special wing outside the prison, adults with dependency problems went through a special learning-theory-based treatment programme as part of the traditional prison regime. The aim of the programme was to equip inmates better to live lawfully as integrated members of society.
- Duration:** 1 December 1992 to 30 June 1997
- Evaluation:** Dr. med. M. Etzensberger, IPD Klinik Königsfelden, P.O. Box, 5201 Brugg
- Results:** In practice, the concept proved to be both useful and practicable. After completing the programme, the participants displayed better social skills, their ability to deal with daily life had generally improved and depression was less of a problem. The findings are less positive with regard to the participants' criminal records, however: Initial analyses revealed that of 18 people who had taken part in the scheme, half had reoffended within a year or so, compared with 20 % for the control group. A case follow-up study after five years will verify or disprove these findings.
- The DINGI project was halted after the pilot phase owing to a lack of demand.
- Reports:** **Etzensberger, M. & Schläpfer, U.** (1999). Abschlussbericht des Modellversuches DINGI, Kapitel 7 'Bedeutung des Modellversuchs' und Kapitel 8 'Schlussfolgerungen'.
- Thomann, R.** (1998). Abschlussbericht des Modellversuches DINGI, Kapitel 6 'Auswertung'.
- Etzensberger, M., von Moos, R., Pfrunder, M.-L. & Schläpfer, U.** (1997). Abschlussbericht des Modellversuches DINGI.

1.9 Supplementary programme for low achievers

Saxerriet prison

- Concept:** An educational and therapeutic programme was established for physically and mentally underperforming inmates unable to cope with the daily routine of ordinary prison regime. The objective was to increase the wellbeing and quality of life of the participants, to promote their integration into the prison community and to expand the scope and performance of the institution.
- Duration:** 1 September 1991 to 31 August 1996
- Evaluation:** Dr. Ch. Maeder and A. Brosziewski, University of St. Gallen, Institute of Sociology, Tigerbergstrasse 2, 9000 St. Gallen
- Results:** Implementing the concept was largely successful: At an individual level by increasing inmates' wellbeing and improving their quality of life, and at a general level by fostering the integration of this problem group into the prison community. Clients – an average group of 8-9 people – were offered supervised work, courses and therapeutic support in the prison's own special workshops. The correctional scheme was firmly adopted as part of the normal prison regime in August 1996 and has since become a recognised element of the criminal justice system in the criminal justice treaty between the cantons of Eastern Switzerland.
- Report:** **Maeder, Ch. & Brosziewski, A.** (1997). Vom Umgang mit «Schwachen und Schwierigen» im offenen Strafvollzug. Ein soziologischer Evaluationsbericht über das Zusatzprogramm für leistungsschwache Insassen in der Kantonalen Strafanstalt Saxerriet. St. Gallen: Universität St. Gallen, Soziologisches Seminar HSG.

1.10 Testing a new criminal justice enforcement concept

Pöschwies prison

- Concept:** The system of group confinement but with individual sentence programmes for different clients was piloted in the old building while the new building was still under construction.
- Duration:** 1 July 1989 to 31 December 1992 and 1 January 1995 to 30 June 1995
- Evaluation:** U. Schmidt, e&e Entwicklung & Evaluation im Sozialwesen, Schön-
bühlstrasse 8, 8032 Zurich
- Results:** The pilot scheme can be described as extremely successful. The enforcement system tested was based on group rather than individual custody and set new standards for closed prisons in Switzerland. This concept creates a learning environment in which offenders can practice social skills, thereby helping their ultimate resettlement in the sense of the mission laid down in the Swiss Penal Code. The introduction of the new system resulted in a reduction in suicide and escape attempts. It also helped to reduce tensions between different ethnic groups. Furthermore, the parallel scientific study showed that the new concept could be used in modified form in other correctional facilities.
- Report:** **e&e Entwicklung & Evaluation im Sozialwesen** (1998). Modellversuche im Altbauprovisorium der Strafanstalt Regensdorf im Hinblick auf das neue Vollzugskonzept in der neuen Anstalt Pöschwies. Zusammenfassender Schlussbericht vom August 1996 (mit eingearbeiteten Ergänzungen vom Dezember 1996).

1.11 Community service in Canton Vaud

Canton Vaud Department of Justice, Police and Armed Forces

- Concept:** Persons serving a custodial sentence of up to 14 days in the form of community service were compared with a group of persons serving a custodial sentence in prison. A follow-up study to the pilot scheme examined the legal and social records of the subjects from the trial group and the control group.
- Duration:** 1 January 1993 to 31 December 1995
- Evaluation:** Prof. M. Killias, University of Lausanne, Institute of Forensic Science and Criminology, IPSC, 1015 Lausanne
- Results:** Immediately after completing their community service and as much as two years later, those involved in the scheme were generally more optimistic about the future (including the likelihood of their reoffending) and displayed a greater degree of social responsibility than those from the control group who had spent the term of their sentence in prison. The subsequent study showed that community service had no significant impact on future convictions and that there was no correlation between the way in which a sentence was served and its effect on work, family and social life.
- Report:** **Killias, M.** (1997). *Le travail d'intérêt général dans le canton de Vaud. Rapport sur le TIG avec une comparaison entre un groupe expérimental et un groupe témoin randomisés.* Lausanne: Université de Lausanne, Institut de police scientifique et de criminologie (IPSC).

1.12 Community service in Canton Lucerne

Canton Lucerne Department of Justice

- Concept:** The target group for this project consisted of adults given a custodial sentence of up to 30 days. The community service initiatives were organised in collaboration with the Caritas charity, which was also involved in providing support to those performing the work.
- Duration:** 1 January 1991 to 31 December 1995
- Evaluation:** J. Schmid, Arbeitsgemeinschaft für wissenschaftliche Sozialforschung und Beratung, Fachstrasse 38, 8942 Oberrieden
- Results:** Rather than on community service per se, the evaluation focused on the specific ways in which the Lucerne Directorate of Justice and CARITAS collaborated on the programme. After several necessary adjustments had been made, the alliance worked well. However, the savings for the state are rather less if a private organisation is involved.
- Reports:** **Justizdepartement des Kantons Luzern & Caritas Schweiz** (1996). Bericht über das Projekt «Gemeinnützige Arbeit von straffälligen Erwachsenen» im Kanton Luzern. Schlussbericht zum Modellversuch.
Justizdepartement des Kantons Luzern (1996). Ergänzungsbericht zum Schlussbericht des Modellversuchs «Gemeinnützige Arbeit von straffälligen Erwachsenen» im Kanton Luzern.
Schmid, J. & Boddenberg Schmid, G. (1996). Neue Formen im Strafvollzug. Pilotversuch Kanton Luzern. Schlussbericht der Evaluation. In: Justizdepartement des Kantons Luzern & Caritas Schweiz (1996). Bericht über das Projekt «Gemeinnützige Arbeit von straffälligen Erwachsenen» im Kanton Luzern. Schlussbericht zum Modellversuch.

1.13 Community service for socially dysfunctional unemployed persons in Canton Zurich

Canton Zurich Directorate of Justice and the Interior

- Concept:** The target group for the scheme consisted of unemployed persons who had been given custodial sentences of up to 30 days, who were not integrated into society and who, because of their marginal position, had little prospect of undertaking unsupervised community service. In addition to performing group-based supervised community service, the objective of the pilot scheme was to offer its target group a special recruitment and counselling programme to encourage them to create or recreate a structured and disciplined daily life. Whether and to what extent community service combined with a counselling programme is suitable for this special problem group was also examined as a specific area of focus.
- Duration:** 1 January 1993 to 31 December 1995, evaluation to 30 June 1997
- Evaluation:** U. Schmidt, e&e Entwicklung & Evaluation im Sozialwesen, Schönbühlstrasse 8, 8032 Zurich
- Results:** It is clear from the final report that enforcement work with the target group of socially dysfunctional unemployed persons is much more resource-intensive than the normal enforcement of community service. However, the two cornerstones of the programme – supervised group work and individual counselling – proved to be absolutely essential. The results show that this programme is feasible, even though it involves difficulties and certain elements may have to be omitted. The general objective, of enabling the socially dysfunctional to change their lives, proved elusive. It was much more difficult to recruit this group and motivate them to perform community service than it was to encourage them to see a project through once they had begun to work as part of a team.
- Report:** **e&e Entwicklung & Evaluation im Sozialwesen** (1998). Gemeinnützige Arbeit für dissoziale Arbeitslose. Modellversuch 1993–1995. Schlussbericht vom September 1997 (mit eingearbeiteten Ergänzungen vom Mai 1998 und November 1998).

1.14 Community service in Canton Bern

Canton Bern Directorate of Police

- Concept:** Custodial sentences of up to 30 days to be served in the form of community service, with no grounds for excluding any offender.
- Duration:** 1 July 1991 to 30 June 1994
- Evaluation:** Prof. K.-L. Kunz, Institute for Penal Law and Criminology, University of Bern, Hochschulstrasse 4, 3012 Bern
- Results:** This pilot scheme can be described as extremely successful. In particular, the principle that «anyone who wishes to and who fulfils the conditions should be able to do community service» has proven its worth. The contribution of the probation service was and is considerable in this area, and savings have been made because costly time in custody has been avoided.

- Reports: **Kunz, K.-L., von Witzleben, Th.** (1996). Gemeinnützige Arbeit – Modellversuch im Kanton Bern. Auswertungsbericht. Schweizerische kriminologische Untersuchungen Band 8, Haupt Verlag, Bern, ISBN 3-258-05368-5.
Kunz, K.-L. & von Witzleben, Th. (1995). Gemeinnützige Arbeit. Modellversuch im Kanton Bern. Auswertungsbericht. Bern: EDMZ.

1.15 La Pâquerette

Champ-Dollon Prison section, Canton Geneva Department of Justice and Police

- Concept: Severe personality disorders in inmates were treated in a therapeutic setting under the leadership of the Institute of Legal Medicine.
- Duration: 1987 to 1989
- Evaluation: T.-W. Harding, Institut universitaire de médecine légale, 9, avenue de Champel, 1211 Geneva 4
- Results: The pilot scheme proved successful. Particular credit is due to the director for her enormous commitment, and her work was recognised accordingly in the evaluation report. The social therapy environment in which the inmates of Pâquerette lived had a positive effect. Internationally, the facility enjoys an excellent reputation and often receives visitors from throughout Europe. In Switzerland itself, however, its success goes almost unnoticed.
- Reports: **Tanner H.** (Juli 1994). Sekundärauswertung des pilot schemes Centre «La Pâquerette», Centre de sociothérapie pénitentiaire.
Schurmans M.-N., Ummel M. (1991). Le Centre de sociothérapie pénitentiaire «La Pâquerette», Rapport d'évaluation.

1.16 Le Tram

Canton Geneva Department of Justice and Police

- Concept: Correctional institution for dependent drug users, with the treatment programme of an institution for the enforcement of measures.
- Duration: 1987 to 1989
- Evaluation: Prof. M. Killias, University of Lausanne, Institute of Forensic Science and Criminology, IPSC, 1015 Lausanne
- Results: This pilot scheme produced few conclusive results because there were personnel changes both at the scheme and among those evaluating it. In addition, the evaluation documents were not completed properly, which naturally meant that the findings were not reliable enough to make a definitive pronouncement on the success or failure of the scheme. Nonetheless, «Le Tram» would seem to have proven its practical worth because it is recognised as an institution under the criminal justice treaty between French-speaking cantons in Switzerland.
- Reports: **Tanner H.** (1993). Sekundärauswertung des Modellversuchs Centre «Le Tram», Centre pour toxicomanes en exécution de peine.
Aliman A. (1990). Rapport d'évaluation du centre «Le Tram», centre pour toxicomanes en exécution de peine. 1er rapport intermédiaire, version finale. Lausanne: Université de Lausanne, Faculté de droit, IPSC-Crimonologie.

2. **Children, adolescents and young adults**

2.1 **Treatment programme for juvenile sexual offenders**

Association CTAS, Geneva

- Concept:** The main goals of this project are to inform and support young offenders. Early care is seen as an important preventive means. The dynamic of the group as well as the entire programme should help them to escape from isolation and find a place for discussing and understanding problems instead. They also learn to live their life in a different way. Specifically, the discussion sessions aim at developing new personal and social competence and restoring self-respect. The programme involves three sequences of ten weekly meetings. It lasts one year and it is intended to treat 24 young offenders, i.e. five groups, during the project.
- Admission to the programme is only possible provided the offence has been reported to the juvenile court or youth welfare office. The offender themselves must not deny the offence of which they are accused, and there must be a clear indication of suitability for this kind of programme.
- Duration:** 1 March 2003 to 28 February 2006, evaluation to 29 February 2008
- Evaluation:** Françoise Narring, Hôpitaux Universitaires de Genève HUG, rue Micheli-du-Crest 24, 1211 Geneva 14
- Results:** To be published later
- Report:** To be published later

2.2 **BEO-Sirius**

Cantonal observation centre, Bolligen

- Concept:** The project run by the cantonal observation (*Beobachtung* in German, hence the project name) centre is aimed primarily at socially dysfunctional 14-18 year olds who require counselling and correction and for whom, although a period at a young offenders' institution would appear to be appropriate, a conventional, fully residential period is not yet necessary or would be unwise. Two flexible and independent new services, counselling and vocational training, offer interdisciplinary support to young men and those around them so that a foster placement can be avoided in the medium term. A model that is already practised in individual cases and in terms of its basic tenets was evaluated and given a systematic structure for the first time. This pilot scheme was intended to help to refocus the system of institutional care.
- Duration:** 1 July 2000 to 31 December 2003; evaluation to 31 December 2004
- Evaluation:** Dr. B. Cloetta, Evaluation section of the Institute of Social and Preventive Medicine, University of Bern, Niesenweg 6, 3012 Bern
- Results:** Some 70 young people took part in the evaluation (26 from screening services, 14 from vocational training and, as a control group, 30 young people from a residential setting.) Compared with residential options, the young people who are placed at BEO-Sirius tend to have greater psychosocial resources, as well as parents who are willing to be involved in the therapy. The young people from the screening services tend to be younger upon entry than those in a residential setting. Meanwhile, in vocational training the young people in a part-residential setting tend to be older.

The need for partly residential screening services and accompanying vocational training was proven: between January 2001 and December 2003, BEO-Sirius received a total of 158 placement enquiries, coming 50:50 from the two services.

- Reports: **Kantonale BEObachtungsstation** (2005). Schlussbericht der Projektleitung zum Modellversuch «BEO-Sirius» vom Februar 2005.
Cloetta, B., Bähler, G., Müller, C., Markwalder S. (2005). Evaluation des Modellversuchs «BEO-Sirius». Schlussbericht vom Januar 2005.
Kantonale BEObachtungsstation (2005). BEO-Sirius. Feinkonzept vom Februar 2005.
Kantonale BEObachtungsstation (2005). Modellversuch BEO-Sirius. Leitfaden zur Übertragbarkeit vom August 2005.

2.3 Environment-related training for unemployed young women

Swiss Foundation Bellevue

- Concept: The project draws on a new modular residential and training system. It was aimed at young women between the ages of 16 and 20 (residents and non-residents) who are still looking for a job or apprenticeship. A design pool was used to set up an environment-related training facility for design-based recycling. It taught young women a broad range of basic everyday skills and crafts that would equip them for both the labour market and times of unemployment.
- Duration: 1 January 1998 to 30 December 2002; follow-up to 31 December 2003
- Evaluation: Prof. P. Steck, University of Constance, Department of Psychology, Psychological Diagnostics, P.O. Box D44, D-78434 Constance
- Results: The system proved to be a highly effective and useful educational method. Despite the highly structured approach, which gives the young people the necessary degree of security, the system is highly sophisticated and thus permits a precise response to the resources and needs of its subjects. Requirements profiles, scope of action and autonomy were comprehensible to the young people and therefore offered clear and attractive incentives for development. Thanks to multiple horizontal and vertical movement, the method also became a reliable diagnostic system.
- The evaluation, which comprised an internally-led and an externally-led part, confirmed the expected results with regard to the young people's development. The treatment impacted positively on independence, confidence in personal abilities, and stability.
- In the spring of 2004, a follow-up survey was conducted of the work or training situations of 32 young people from the original pool. This found that, as at the survey date, six individuals had completed some form of vocational training, eleven were still in training, three were attending school or college and seven had broken off their education. In addition to the 14 young people who were completing training, seven had a permanent job, six changed employers frequently, and one young person was living off social security. No information could be collected on four of the subjects.
- Report: **Jugendstätte Bellevue (2004)**

2.4 Rimeille F.M.

Association de la Maison des Jeunes

- Concept:** A support group was operated according to a modular system which permitted young people to receive more flexible care. Modules were selected for severely disturbed young people and young adults in accordance with their problems and needs. Module selection was on a contractual basis. It was evaluated with all participants and modified if necessary every three months. Participants could stay on the programme for a maximum of twelve months. Daily rates were calculated on the basis of the number and duration of the modules taken (40 % for the basic module, 10 % for each further module).
- Duration:** 1 September 1996 to 31 August 2001 (follow-up study to 31 August 2002)
- Evaluation:** D. Malatesta & S. Stofer, EPFL – ENAC – INTER – Chaire de sociologie, Bâtiment polyvalent, Ecublens, 1015 Lausanne
Chinet, L., Eienberger, F., Plancherel, B., Bolognini, M. & Halfon, O. (psychological section). SUPEA, University Clinic for Children and Adolescents, University of Lausanne.
- Results:** In the course of the five-year pilot project, the scheme accepted 49 young people aged between 15 and 18. Nine of these withdrew without completing the programme. The evaluation shows that the modular care system and, in particular, its intermediary status between care home and outpatient youth support programmes was highly appreciated by young people and educators alike. However, in some cases module content was not defined precisely, which meant that the young people did not follow the full module system. They seemed to choose those support modules which offered the most tangible benefits, with «work» and «family» being the most popular. It is hardly surprising that these are the areas in which the young people had the most pressing problems. The main benefit of the modules was their function as a means of entry into social and educational care. The initial part of the follow-up study showed that, six months after leaving the scheme, 17 out of 30 young people were in work or training and 13 were living in their own apartment.
- Reports:** **Stofer, S. & Malatesta, D.** (2002). Évaluation d'une structure pour jeunes en difficultés: L'exemple d'un programme lausannois. Rapport final.
Chinet, L., Eienberger, F., Plancherel, B., Bolognini, M. & Halfon, O. (2002). Évaluation du projet pilote «Rimeille F.M.» Rapport final (partie psychologique, intégrée dans le rapport final).

2.5 Integrating children in care who are experiencing difficulties at school (school mediation)

Foundation La Feuillère

- Concept:** The aim of the trial was to improve and assure the integration of children in residential care into the state school system. A new mediation unit was set up to provide additional coaching and intervention for children with learning difficulties that cannot be accommodated in the classroom. It was based on the assumption that children living in care homes come from difficult family backgrounds in which there are insufficient resources for schooling. Teachers are often stretched too far. The mediator's role is thus to intercede between school, residential home and child to ensure that the children receive the additional support they require and can thus improve their academic performance.
- Duration:** 1 August 1998 to 31 July 2001
- Evaluation:** Dr. Psych. P.-A. Doudin, Centre Vaudois de Recherches Pédagogiques (CVRP), ch. de Bellerive 34, 1007 Lausanne
- Results:** Intervention on the part of mediators benefited 26 children in care who were displaying difficulties in state schools. The mediators' role included providing educational support in lessons, help with homework and also working with and supporting teachers. Their intervention was extremely valuable, and the evaluation shows that its influence on both the psychological development and academic performance of the children was very positive. The evaluation framework was unable to define the mediators' intervention in precise terms, however. One of the factors here is that the roles of educators and mediator became confused in the course of the project. Consequently, the positive effect that this phase had on the children cannot be attributed exclusively to the mediator. The idea behind the mediation unit can nonetheless be regarded as excellent, not to mention forward-looking with regard to the care home system. Improvements would need to be made – especially in terms of defining roles in such a network – if the scheme were actually to be introduced long-term. It would also be very important for all of the professionals involved to support the idea wholeheartedly. The pilot scheme was unsuccessful in this regard.
- The institution is currently working on defining mediation work between care home and school more precisely, and is considering continuing with the mediation service after a suspension period.
- Report:** **Doudin, P.-A. & Pflug, L.** (2001). Évaluation du projet pilote La Feuillère / Établissement scolaire du Mont-sur-Lausanne. Rapport final.

2.6 SOMOSA social education pilot centre

Foundation SOMOSA

- Concept:** Special educational and therapeutic approach to severely disturbed dysfunctional youths and young adults who cannot be accommodated at conventional correctional and treatment centres owing to their complex pathological behavioural disorders.
- Duration:** 1 June 1995 to 31 May 1998
- Evaluation:** Prof. A. Dittrich, Psychologisches Institut für Beratung und Forschung, Jupiterstrasse 49, 8032 Zurich
- Results:** On balance, the pilot scheme was a success. Results showed that a programme of integrated special education and psychotherapy can make even severely disturbed young people more able to adapt and cope with everyday life. This lays the foundation for further treatment. It also demonstrated that this specific scheme can close a gap in the provision made for treating socially dysfunctional young persons.
- Reports:** **Fischer, C.** (2000). 5 Jahre Modellstation SOMOSA (Sozialpädagogisch-psychiatrische Modellstation für schwere Adoleszentenstörungen). Normatives Konzept und Realisierung 1.1.1994 bis 31.12.1998. VWB-Verlag für Wissenschaft und Bildung, Berlin, ISBN 3-86135-097-1
- Dittrich, A. & Fischer, C.** (1999). Schlussbericht der wissenschaftlichen Begleitung zum Modellversuch «Sozialpädagogisch-psychiatrische Modellstation (SOMOSA)».
- Grünwald, H.** (1999). Expertenkommentar zum Bericht SOMOSA. Kritische Würdigung der Resultate der Evaluationsstudie aus Sicht der wissenschaftlichen Qualitätssicherung.

2.7 START AGAIN

Verein Start Again

- Concept:** The scheme was aimed at drug-dependent young adults. After physical detoxification, they were offered a variety of treatment and rehabilitation modules (systematic addiction therapy, Narcotics Anonymous, meditation, systematic family therapy) to facilitate their rehabilitation and reintegration into society. The aim was to bring about an holistic therapeutic and mental recovery process.
(The Confederation provided financial support only for the evaluation of the way in which the strategy was implemented.)
- Duration:** 1 June 1995 to 31 May 1998
- Evaluation:** Dr. U. M. Studer, START AGAIN Suchttherapiezentrum für Drogenabhängige, Steinwiesstrasse 24, 8032 Zurich
- Results:** The evaluation showed that clients fell into one of three equal-sized groups upon release – successfully integrated, integrated but fighting problems, and relapsed. The effectiveness of the therapy programme cannot be ascribed to any specific form of intervention. Instead, it is the therapy programme as a whole which promotes a sustainable process of self-healing in clients. The provision of outpatient follow-up support has proven to be an equally important factor in successful reintegration. This addiction therapy centre continues to operate today.

Report: **Studer, U. M.** (1998). Verlangen, Süchtigkeit und Tiefensystemik. Fallstudie des Suchttherapiezentrum für Drogenabhängige START AGAIN in Männedorf und Zürich im Zeitraum von 1992 bis 1998.

2.8 Drug wing for young people serving correctional sentences

Aarburg cantonal youth detention centre

Concept: Young offenders requiring detention in a youth centre and willing to enter an educational programme but not voluntarily begin drug therapy were treated using educational therapy. One of the objectives was for the young people to play a responsible-minded part in the group and thus develop their social skills. They were also to learn to distance themselves from drugs and cultivate more constructive responses to conflict. Their stay in the drug wing was structured in two stages (reception and training group) and held in two separate residential groups. The most important difference between these two phases was the openness of the framework on offer.

Duration: 1 September 1993 to 31 August 1996

Evaluation: Prof. A. Uchtenhagen, Addiction Research Institute ISF, Konradstrasse 32, 8005 Zurich

Results: The concept was only partially successful in practice. Overall, only around half of the young people accepted on to the programme completed it as planned and went on to join a follow-up programme. After leaving the scheme, many fell back into their old behavioural patterns such as increased drug consumption and close contact with friends in the drug milieu. Furthermore, the internal and external structures of the two residential groups and the related support provision showed very distinct effects on the young people and their behaviour. While it was possible to build up a trusting relationship with the young people in the reception group and put educational tools into practice, much of what had been gained was lost again as soon as they moved to the training group. The more outward-looking emphasis and less intensive supervision of this group was associated with an increase in drug consumption and problematic social behaviour within the group.

Report: **Dobler-Mikola, A., v. Massenbach, K., Müller, V., Wettach, R. H.U. und Uchtenhagen, A.** (1998). Evaluation des Pilotversuches «Abteilung für drogengefährdete Jugendliche» im Kantonalen Jugendheim Aarburg. Schlussbericht des Evaluationsteams vom März 1997 (mit überarbeiteten Kapiteln vom März 1998).

2.9 Offender-victim reconciliation among young people

Zurich district youth advocacy

Concept: Young offenders were offered the opportunity to make psychological and material amends for the offence that they committed. The aim was to reconcile offender and victim with the help of experts. The pilot scheme was suspended after only two years owing to the small number of cases and lack of interest on the part of victims.

Duration: Autumn 1991 to autumn 1994

Evaluation: M. Roth, Dorfplatz, 8911 Rifferswil

- Results:** Pilot schemes may, of course, fail. Nonetheless, the outcome of this scheme is a particularly sobering in view of victims' refusal to meet with offenders, i.e. they agreed to meet (or would have agreed to meet) only very reluctantly or for payment (which was not made). It must nonetheless be stated that individual offices of juvenile prosecutors have been able to mediate in occasional cases, and have generally been successful. It would seem that the design of the pilot scheme was wrong.
- Report:** **Roth M., Kupper C.** (1994). Täter-Opfer-Ausgleich, Modellversuch der Jugendanwaltschaft Zürich, Schlussbericht der wissenschaftlichen Begleitforschung.

2.10 Rötzelstrasse

Zurich Office for residential homes for children and juveniles

- Concept:** Young adults were looked after individually in small external apartments. They lived as independently as possible, but received social educational support for their specific problem from experienced social education workers for at least a year.
- Duration:** 1987 to 1991
- Evaluation:** Dr. L. Gehrig, im Schmitthenacher 13, 8413 Neftenbach
- Results:** The pilot scheme did not entirely succeed in the original target age group of 18-20 year olds, as it became clear that this age band is still rather too unstable. This particular form of care did enjoy success among 21-23 year-olds, however. Nonetheless, no confederation subsidies are available for this age group, because the majority have been referred to the scheme under the terms of the Swiss Civil Code, or they are staying in the apartments voluntarily.
- Reports:** **Tanner H.** (1994). Sekundärauswertung des Modellversuchs Sonderbetreuung für Jugendliche, Städtisches Zentrum Rötzelstrasse, Zürich.
Frisch J., Gehrig L. (1992). Bericht über die Begleituntersuchung zum Modellversuch «Sonderbetreuung am Zentrum Rötzelstrasse in Zürich».

2.11 TREK

Basler Freizeitaktion und Verein für Jugendfürsorge Basel

- Concept:** The project aimed to bring about an intensive process of change in socially dysfunctional young people by means of outward bound courses lasting several months. TREK is now a fixture of the educational home system.
- Duration:** 1988 to 1991
- Evaluation:** F. Crain, Institut für spezielle Pädagogik und Psychologie, Elisabethenstrasse 53, 4002 Basel
- Results:** The trial scheme showed that the use of experiential education as a teaching tool makes sense if both preparation for outward bound courses and the concluding programme are part of a social education framework, i.e. if experiential education is embedded in a longer-term social education correctional programme. Outward bound courses alone have little sustainable effect, with a very high reoffending rate among the young people, who spent just six months on such courses. Today, trekking modules are used as

recommended in the pilot scheme's findings and are also part-subsidised by the Confederation.

- Reports:
- Tanner H.** (1994). Sekundärauswertung des Modellversuchs 'Erlebnispädagogisches Projekt TREK'.
 - Henrich C.** (1992). Nachuntersuchung über das Projekt TREK 90.
 - Mosimann R., Anderegg K.** (1991). Wirkungsanalyse TREK 86 und TREK 88.