



Evidence-Based Principles and Desistance Factors In Faith-Based Programming

Presented by
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**GOD OUR
PROVIDER**

Phil 4:19 And my God will meet all your needs according to his riches in glory in Christ Jesus.

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Workshop Objectives

Attendees will be able to:

- Identify goals, programs, and people in discipleship
- List the benefits of implementing evidence-based and desistance factors into discipleship relationships
- Implement evidence-based and desistance principles with discipleship
- Create a discipleship plan

Definitions

Evidence-based Principles: The eight “principles” that have been derived from the research on risk reduction and recidivism.

Desistance: The process of individuals ceasing engagement in criminal activities. (NIC)

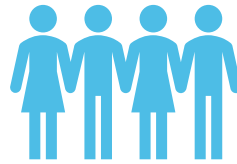
Discipleship: An intentional relationship in which we walk along-side other disciples in order to encourage, equip, and challenge one another in love to grow toward maturity in Christ. (Ogden)

Rehabilitation is a by-product of Christian formation. As their Christian faith is developed, so is their moral development.

Benefits of Implementing EBP and Desistance with Discipleship



Increases credibility
with corrections



Increases discipleship
opportunities



Increases ministry
effectiveness

Discipleship



Discipleship Goals (examples): They

Explore Christianity and place their faith in Christ

Own their faith

Explain and embrace their identity in Christ

Have Christ as first in their life

Explain and embrace core Christian beliefs

Take responsibility for growing spiritually by engaging in a rhythm of spiritual practices

Reflect Christ-like thinking attitudes, and behavior. (Transformed mind and heart)

Develop Christian friendships

Disciple Others

Activity

WHAT ARE THE DISCIPLESHIP
GOALS OF YOUR MINISTRY?
(KNOW, DO, FEEL)

Reveal Study

Hawkins and Parkinson describe the Reveal Study research conducted on 250,000 people at 1,000 churches. The study looked at 50 different factors that impact spiritual growth (defined as loving God and loving others).

Their findings?

A Spiritual Continuum Emerged from the Research

Exploring Christianity

"I believe in God, but I'm not sure about Christ. My faith is not a significant part of my life."

Growing in Christ

"I believe in Jesus, and I'm working on what it means to get to know him."

Close to Christ

"I feel really close to Christ and depend on him daily for guidance."

Christ- Centered

"God is all I need in my life. He is enough. Everything I do is a reflection of Christ."

Chart 3-3: This framework emerged as the most powerful *predictive* description of how people grow spiritually.

Movements

Exploring
Christ

Growing
in Christ

Close to
Christ

Christ-
Centered

Early
Movement
1

Intermediate
Movement
2

Advanced
Movement
3

Catalysts

Spiritual Beliefs and Attitudes

- Core Christian beliefs, such as belief in salvation by grace, **Jesus to be first in my life and the authority of the Bible.**

Organized Church Activities

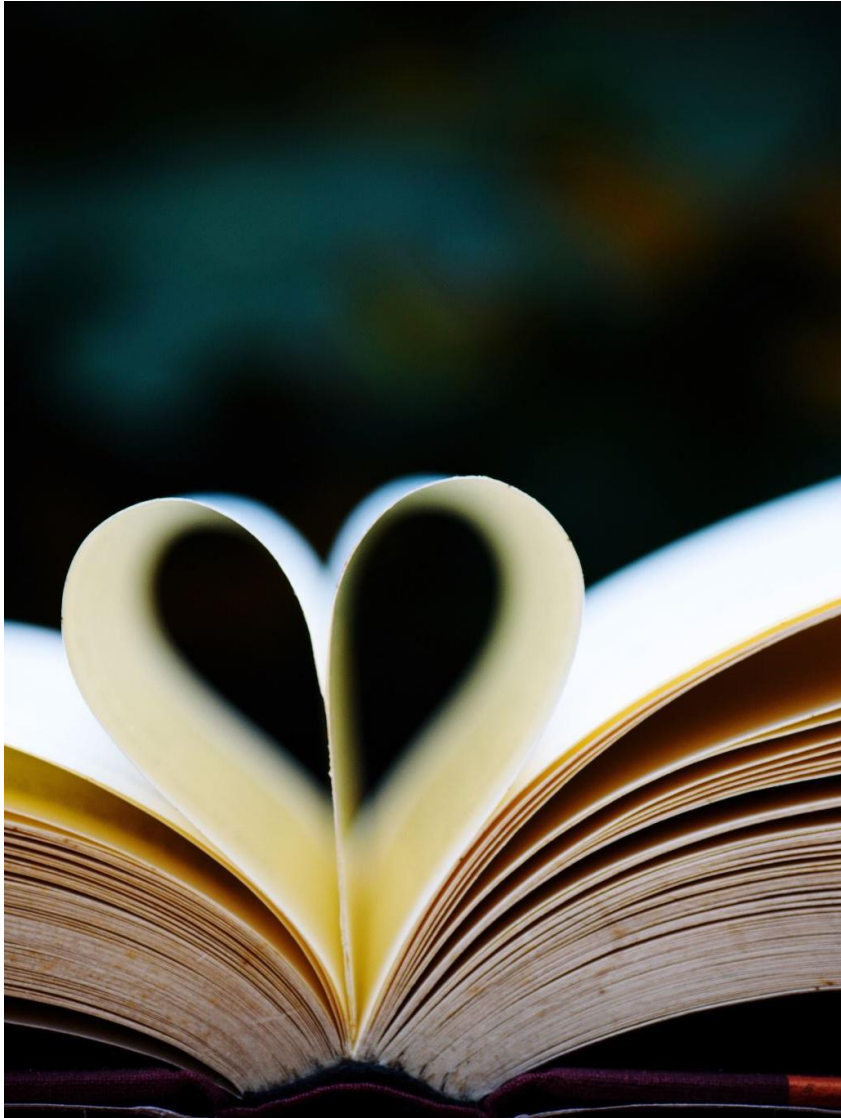
- Worship services, small groups, adult education on spiritual topics, or **servicing** in church ministry

Personal Spiritual Practices

- Prayer, **reflection on Scripture** or solitude

Spiritual Activities with Others

- **Spiritual friendships**, evangelism or serving those in need “on my own”



Findings: Scripture Engagement

Nothing has a greater impact on spiritual growth than reflection on Scripture. . . . *If churches could do only one thing to help people at all levels of spiritual maturity grow in their relationship with Christ, their choice is clear. They would inspire, encourage, and equip their people to read the Bible—specifically, to reflect on Scripture for meaning in their lives. . . .* **The Bible is the most powerful catalyst for spiritual growth.** The Bible's power to advance spiritual growth is unrivalled by anything else we've discovered.

Activity

WHAT SERVICES/
PROGRAMS ARE
USED IN YOUR
DISCIPLESHIP
PROGRAM?

Services/practices used in the discipleship relationship

Exploring Christianity

Bible Studies

Worship

Support Group

One-on-one
discipleship/mentoring

Prayer

Devotional Time

Serving

Relationship Matters

Foundational to learning and crucial for discipleship

Positive relationships improves motivation, engagement, and emotional well-being.

They don't care what you know, until they know that you care.

Disciplers: Ministry Staff and Volunteers



SELECTION



TRAINING



ENCOURAGEMENT

Activity

What are characteristics you look for in a discipler?

What training (expectations) do you offer?

How do you encourage your disciplers?

Volunteers

Characteristics

- Warm, friendly, trustworthy, accepting, empathetic, humble, submits to authority, a safe person
- Good listener, attentive, spiritually mature, emotionally healthy
- Match gender, ethnicity

Training

- Expectations
- Skills
- Create a safe space, classroom management

Encourage

- Check in with them
- Communicate

Summary

Discipleship is a relationship and must be intentional – have goals

Spiritual growth is a process

Catalysts move people to next stage of growth - a primary catalyst is **reading and reflecting on Scripture**

Discipler makes a difference

Desistance



Desistance Factors

Non-criminal identity

Strong relationships with pro-social people

Hope, resiliency, self-control, problem-solving skills

Finding purpose in life

Volunteering

Evidence-based Principles

8 Evidence-Based Principles

Assess	Assess Offender Risk/Needs using Actuarial Instruments
Enhance	Enhance Intrinsic Motivation – Motivational Interviewing
Target	Target Intervention – Needs and Responsivity principles
Staff	Staff Skill Trained with Directed Practice (Cognitive Behavioral Treatment, Social Learning Theory)
Increase	Increase Positive Reinforcement
Engage	Engage Ongoing Support in Natural Communities
Measure	Measure Ongoing Processes and Practices
Provide	Provide Measurement Feedback

Target Interventions

NEEDS AND
RESPONSIVITY

Target Interventions: Needs Principle

Researchers have identified major risks and needs associated with criminal conduct and predicts recidivism.

Needs – Interventions should be individualized based on the needs assessment.

Content/programming is based on addressing criminogenic risks/needs.

Needs should be gender-specific.

Criminogenic Dynamic Factors (risks and needs for men)

History of antisocial behavior (desistance – prosocial, legal behavior)

Antisocial personality patterns (problem-solving, anger management, socialization and coping skills)

Antisocial attitudes, values, and beliefs (responsible thinking skills, empathy, prosocial values, positive attitudes, conflict resolution, communication skills)

Antisocial associates (peers) (reduce antisocial peers, increase prosocial peers)

Dysfunctional family (parenting skills, marital skills, trauma healing)

Lack of education achievement/employment stability and achievement (GED, Trade, College, Job skills)

Lack of prosocial leisure activities (service projects, prosocial leisure activities w/o substances)

Substance abuse (SUD) (Support groups)

Female Risks and Needs

Gender-Neutral Factors

- Antisocial behavior history
- Antisocial associates
- Substance abuse (SUD)

Gender
responsive
risk/need areas

Relational dysfunction

Anger/Hostility

History of child abuse and adult victimization

History of mental illness

Family conflict

Parental stress

Housing safety

Depression/anxiety (symptoms)

Psychosis (symptoms)

Bible Studies and Sermon

Evidence-Based Principle – Target Intervention

HOW - Select topics that address criminogenic risks/needs and build desistance

- Identity in Christ
- Hope
- Resiliency – coping with stress
- Self-control – Anger management
- Character (the Heart) - Fruit of the Spirit, forgiveness,
- Healing from your past (trauma), grieving losses
- Thinking Christianly – Moral behavior, thinking responsibly, making decisions (transformed mind)
- Communication and conflict resolution skills
- Healthy relationships – building trust and applying “one anothers” (empathy)
- Celebrate Recovery, or Christian 12-Step
- Serving others

Target Interventions: Responsivity Principle

Address barriers – anxiety,
ADD, childcare,
transportation

Programming and services
should be responsive to
temperament, learning
style, motivation, culture,
and gender when assigning
programs.

Jesus

Modeled

Parables

Asked questions

Bible Studies and Sermons: Responsivity Principle

Vary learning styles

- Visual (handouts, powerpoints, visual aid, skits)
- Auditory (lecture, music, facilitate)
- Kinesthetic (hands on, practice skills)
- Social (partners, teams)
- Reflective Journaling

Increase Engagement

Gender matters

Culture matters

Reading level – less than 7th grade

One-on-One

Strengths
Motivation

Learning Styles
Sacred
Pathways

Match with
same gender

Increase Positive Reinforcement

Increase Positive Reinforcement

Research indicates that a ratio of **four positive to every one negative reinforcement** is optimal for promoting behavior changes.

Hebrews 3:13

But encourage one another daily,
as long as it is called “Today,” so
that none of you may be
hardened by sin’s deceitfulness.

Activity

WHAT ARE
EXAMPLES OF
POSITIVE
REINFORCEMENT
USED IN YOUR
PROGRAM?

Positive Reinforcement Examples

Words of praise

Assign a task that demonstrates confidence

Public praise

Letters of affirmation

Certificates

Study Bible

Increased freedom

Bus passes, gift cards, etc.

Be creative in identifying ways to provide positive reinforcement. You may be limited by the rules and policies in the correctional facility or program as to what tangible gifts are allowed.

Engage in Ongoing Support in Natural Communities

Pro-Social Relationships

EBP: Engage ongoing support in natural communities Research indicates that positive outcomes (i.e. reductions in violations and new crime behavior) are more likely to be achieved when their significant others are engaged in their case plans and when they have **meaningful connections to the pro-social community.**

EBP: Target Interventions: Criminogenic factors (risk) antisocial associates (need) Reduce interactions with antisocial associates and increase interactions with prosocial people.

Scripture

Walk with the wise and
become wise, for a
companion of fools
suffers harm.

Proverbs 13:20

Do not be misled: Bad
company corrupts good
character.

1 Corinthians 15:33

Prosocial Relationships

Staff and volunteers who come into the correctional facility

Faith-based reentry staff and volunteers

Mentors, coaches – inside and/or outside

Church community interactions, support, relationships

Prosocial Family and friends (encourage/facilitate)

Christian Peers (Inside and Out)

EBP Implementation Review

Target Interventions

Need Principle – Target criminogenic risks/needs

Responsivity Principle – use multiple learning styles, cultural and gender appropriate

Positive

Provide positive reinforcement

Prosocial People

Prosocial staff and volunteers

Implementing EBP and Discipleship: Example #1

Ministry
Program/Service
Type: Small Group
Class

Gender: Men

Curriculum:
Changed for Good

Goals:

Participants will be able to:

Explain how to manage anger.

Describe a Biblical view of anger and anger management.

Demonstrate anger management skills.

Demonstrate personal and relational skills.

Reduce the amount of tickets or incidence reports received by the student.

Develop Christlike character that glorifies God.

Target
Intervention:
Need and
Responsivity

Need: Anger
Management and
Interpersonal Skills

Responsivity: Use a
variety of learning
styles

Increase Positive Reinforcement

Certificate

Moral Rehabilitation:
Anger Management and
Interpersonal Skill
Development

Verbal praise

Prosocial People

**Volunteers from
Faith Church will
be facilitating the
class**

Implementing EBP and Discipleship: Example #2

Ministry
Program/Service Type:
Reading and Reflecting
on Scripture

Gender: Women

Curriculum: Building a
Resilient Life



Goals

Participants will be able to:

- Read and reflect on Scripture
- Develop resilience and joy
- Recognize triggers for feeling overwhelmed
- Overcome setbacks without giving up

Target Intervention

Needs: Developing
healthy coping
skills

Responsivity:
Targeted for
women

Increase Positive Reinforcement

Certificate

Moral Rehabilitation:
Resiliency

Verbal praise

Prosocial People

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Thank you!

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