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# A Pilot Study of You & Five-O

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A brief report examining the impact of You & Five-O on adults who are incarcerated



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## Background and Study Objective

You & Five-O is an interactive workshop that prepares citizens for encounters with law enforcement by equipping them with knowledge about their constitutional rights and strategies for safely interacting with law enforcement. This workshop has been successfully implemented with adults and youth in various settings and results indicate that program participants show increased knowledge about their rights as well as increased comfort in their ability to interact with law enforcement. Further, previous reports show that participants show positive support for the You & Five-O curriculum.

Recently, You & Five-O partnered with officials from the North Carolina Department of Public Safety, Correction Enterprises to expand implementation of You & Five-O and pilot test the workshop in two facilities: one male facility and one female facility. The following brief report summarizes the results of this pilot test and examines the impact of the You & Five-O workshop on individuals' knowledge about their rights and their comfort in interacting with law enforcement.

## Methods

### Design

The findings presented here represent only participants from the two test sites (i.e., one male and one female prison) and are not inclusive of results from previous evaluations. The evaluation uses a pre-experimental design in which participants enrolled in the workshop completed a set of measures before the workshop and then again after completing the workshop.

### Sample

The training program was administered to 20 participants, 50% ( $n = 10$ ) of whom were males and 50% ( $n = 10$ ) were females. On average, participants were 42.15 (SD=10.23) years old and had 12.9 (SD=1.83) years of education. Half of the participants (50%,  $n = 10$ ) were Black/African American, 40% ( $n = 8$ ) were White/Caucasian, and 10% ( $n = 2$ ) were Hispanic/Latino. Demographic characteristics were comparable among males and females (i.e., no statistically significant differences between the groups; see Table 1).

### Measures

Pre- and posttest measures examining knowledge of individual rights, comfort level in interacting with of-

icers, and support for the You & Five-O workshop were administered before the start of the workshop and immediately after completion. Knowledge about individual rights during law enforcement interactions was measured by a North Carolina General Statutes questionnaire that consists of 10 questions about individual rights pertaining to NC statutes relevant to law enforcement interactions. Scores on this measure are based on the number of correctly answered questions and may range from 0 to 10. Level of comfort interacting with officers is measured by a 6-item scale that asks about individuals' comfort level with various descriptions of officer interaction. Response options for each item are based on a likert-type scale that ranges from 1 *very uncomfortable* to 4 *very comfortable*. These responses are summed to create a total score for comfort level. Support for You & Five-O programming is measured by an 8-item scale administered at posttest. Questions on this scale pertain to individuals' perception of the benefits of the training, whether they would recommend the training to others, and whether they believe the training was enjoyable and informative. Response options include 0=No, 1=Maybe, and 2=Yes. A total score on the Support scale was created by summing responses to the 8 items. Additional information about the reliability and validity of these scales is available upon request.

### Data analysis

Descriptive statistics were used to describe the sample characteristics. Bivariate inferential statistical tests were used to examine change between pre- and posttests. Paired samples t-tests were used to compare means scores on knowledge and comfort level at the pre-test compared to the posttest measure. Independent samples t-tests were used to examine differences in scores at pre-test and posttest between males and females. Percent change in pre- and posttest scores was calculated by subtracting the pre-test score from the posttest score and dividing the mean difference by the pre-test score.

## Results

Overall, scores on the knowledge scale increased 21.3% from baseline ( $M=7.3$ ,  $SD=1.45$ ) to follow-up ( $M=8.85$ ,  $SD=1.46$ ) and this improvement was statistically significant ( $p<0.001$ ). This trend was consistent among males and females. For instance, knowledge scores for males increased 15.79% from baseline

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$p < 0.05$ ) and knowledge scores for females increased 27.14% from baseline ( $M = 7.0$ ,  $SD = 1.15$ ) to follow up ( $M = 8.9$ ,  $SD = 0.88$ ;  $p < 0.001$ ). Participant scores regarding attitudes about interactions with law enforcement increased by 45.23% from baseline ( $M = 22.55$ ,  $SD = 4.74$ ) to follow up ( $M = 32.75$ ,  $SD = 5.37$ ;  $p < 0.001$ ). These trends were consistent among males and females with males showing a 38.72% increase in interaction scores from baseline ( $M = 23.5$ ,  $SD = 3.98$ ) to follow up ( $M = 32.6$ ,  $SD = 5.40$ ;  $p < 0.001$ ) and females improving their interaction scores by 52.31% from baseline ( $M = 21.6$ ,  $SD = 5.44$ ) to follow up ( $M = 32.9$ ,  $SD = 5.63$ ;  $p < 0.001$ ; see Table 2).

In terms of support for You & Five-O, scores ranged from 12 to 16 with an average of 15.5 ( $SD = 1.10$ ) for the total sample. Among males, scores ranged from 12 to 16 with an average of 15.4 ( $SD = 1.26$ ). Among females, scores ranged from 13 to 16 with an average of 15.6 ( $SD = 0.97$ ; see table 2).

### **Discussion and Implications**

This pilot study aimed to examine the impact of the You & Five-O workshop on knowledge of individual rights and participants' level of comfort during law enforcement interactions. Results indicate that participants' knowledge was significantly enhanced from baseline to follow up for males and females in the prison pilot. In addition, participants reported improved level of comfort in interactions with law enforcement and believed that this workshop was beneficial, informative and appropriate for use with adults and youth alike.

### **Limitations**

There are a couple of key limitations to consider when examining the results of the study. First, the sample size is small with 10 males and 10 females. Despite the small sample size, statistically significant differences in the outcome variables (i.e., knowledge and level of comfort in interactions) were detectable. Second, assuming that participants were not randomly selected to participate, selection bias may be a threat. For instance, if participants were selected based on their willingness to participate or their interest in the topic, they may be more open to the workshop content compared to those who may not have self-selected to participate. Consequently, results may have limited generalizability to other samples within the prisons.

The third limitation concerns the study design. Without a comparison group or additional follow up points, there is no way to determine whether the observed change was a result of the workshop itself and whether these effects would be sustained after the training program.

### **Implications**

Despite these limitations, the results of the study are significant and promising. Results indicate that participants believe the training to be valuable and exhibit positive improvements in knowledge of statutes and comfort level with law enforcement. This suggests that You & Five-O is a promising training program that is both feasible and acceptable among participants. The improvements in knowledge and level of comfort, coupled with positive attitudes about the workshop suggest that corrections officials may consider offering this workshop to additional participants and continue to evaluate the training, perhaps adding another follow up measure and/or adding a comparison group to enhance the rigor of the evaluation. If prison administrators do consider further implementation of this training, timing and targeting of participants should be examined. For instance, prison administrators may consider prioritizing training for individuals who have upcoming release dates and could integrate the training as part of the re-entry planning process. In terms of evaluation design, corrections officials may consider a more rigorous evaluation such as a quasi-experimental design that includes a comparison group. Using a more rigorous evaluation design will enhance the confidence in the study findings by controlling for other factors that may impact scores on the outcome variables.

*This report was prepared by Tonya B. Van Deinse, PhD, MSW. Questions regarding the study methods and findings should be directed to Dr. Van Deinse: [tbvandeinse@hotmail.com](mailto:tbvandeinse@hotmail.com).*

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**Appendix A**

**Table 1: Demographic Characteristics of Sample**

	<b>Total</b>	<b>Male</b>	<b>Female</b>
<b>Ethnicity %(n)</b>			
Black/African American	50 (10)	60 (6)	40 (4)
Hispanic/Latino	10 (2)	10 (1)	10 (1)
White	40 (8)	30 (3)	50 (5)
<b>Age (M(SD))</b>	42.15 (10.23)	46.3 (11.13)	38 (7.66)
<b>Education in years M(SD))</b>	12.9 (1.83)	13.4 (2.07)	12.4 (1.51)

**Table 2: Training Outcomes: Participant Knowledge and Comfort in Interactions with Law Enforcement**

		<b>Total</b>	<b>Male</b>	<b>Female</b>
<b>Knowledge of their rights</b>				
	Pre-test (M(SD))	7.3 (1.45)	7.6 (1.71)	7.0 (1.15)
	Post-test (M(SD))	8.85 (1.46)	8.8 (1.93)	8.9 (0.88)
	Mean difference	1.55***	1.2*	1.9***
	% change	+21.23%	+15.79%	+27.14%
<b>Level of comfort interacting with law enforcement</b>				
	Pre-test (M(SD))	22.55 (4.74)	23.5 (3.98)	21.6 (5.44)
	Post-test (M(SD))	32.75 (5.37)	32.6 (5.40)	32.9 (5.63)
	Mean difference	10.2***	9.1***	11.3***
	% change	+45.23%	38.72%	+52.31%
<b>Support for You &amp; Five-O (M(SD))</b>		15.5 (1.10)	15.4 (1.26)	15.6 (0.97)

\*p<0.05; \*\*\*p<0.001