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# You & Five-0: Orange County

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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 Coastal Horizons to offer You & Five-O to individuals in a pre-release program in Orange County, NC. 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 Coastal Horizons pre-release program in Orange County 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 19 male participants. On average, participants were 45.79 (SD=10.21) years old and had 11.79 (SD=1.47) years of education. Approximately 90% of the participants ( $n = 17$ ) were Black/African American, 5% ( $n = 1$ ) were White/Caucasian, and 5% ( $n = 1$ ) identified as Other.

### Measures

Pre- and posttest measures examining knowledge of individual rights, comfort level in interacting with officers, 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 was measured by an 8-item scale administered at posttest. Questions on this scale pertain to individuals' perceptions 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. 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 13.88% from baseline (M=8, SD=1.08) to follow-up (M=9.11, SD=0.90) and this improvement was statistically significant ( $p<0.01$ ). Participant scores regarding attitudes about interactions with law enforcement increased by 5.6% from baseline (M=16.88, SD=3.5) to follow up (M=17.65, SD=3.06.) This change was not statistically significant. In terms of support for You & Five-O, scores ranged from 11 to 16 with an average of 15.68 (SD=1.16).

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## 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. Participants showed high levels of support for this workshop and results indicate that their knowledge and level of comfort in interactions with law enforcement increased from baseline to follow up.

### Limitations

There are a couple of key limitations to consider when examining the results of the study. First, the sample size was small with 19 individuals. Despite the small sample size, statistically significant differences in knowledge 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 program. The third limitation con-

cerns 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. 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.

Results from the Orange County Workshop	
<b>Ethnicity %(n)</b>	
Black/African American	89.47 (17)
White	5.26 (1)
Other	5.26 (1)
<b>Age (M(SD))</b>	45.79 (10.21)
<b>Education in years (M(SD))</b>	11.79 (1.47)
<b>Knowledge of their rights</b>	
Pre-test (M(SD))	8.00 (1.08)
Post-test (M(SD))	9.11 (0.90)
Mean difference	+1.11**
% change	+13.88%
<b>Level of comfort interacting with law enforcement</b>	
Pre-test (M(SD))	16.88 (3.50)
Post-test (M(SD))	17.65 (3.06)
Mean difference	+0.76
% change	+5.6%
<b>Support for You &amp; Five-O (M(SD))</b>	15.68 (1.16)

\*\*p<0.01