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**Research Article**

# Therapeutic Community Treatment Modality Program Implemented in Camarines Sur Polytechnic Colleges: A Mechanism for Social Re-Integration

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**Abstract:**

The study evaluated the effectiveness of the implementation of the Therapeutic Community Treatment Modality Program (TCTMP) in Camarines Sur Polytechnic Colleges (CSPC) as one of the community-based treatment extension services of the college in partnership with the Probation and Parole Office Administration (PPOA), Iriga City. The 28 Twenty-eight parolee respondents voluntarily answered unstructured questionnaire, on-on-one interviews, document analysis, and focus group discussions. Results revealed the 28 participants are the primary subjects involved in the crime, with a probation period ranging from 3 to 4 years. The study found that CSPC provided various activities for participants' social reintegration, affecting their behavioral, emotional, intellectual, and survival aspects. Participants agreed that TCTMP significantly improved their lives, with pre-contemplation and contemplation being the only constraints. Value formation and skills training were deemed potent tools for social reintegration.

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**Keywords: Therapeutic, Modality, Mechanism, Social Re-integration, Extension Program**

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## 1. Introduction

People think they cannot change their past. This is, however, debatable and not a fixed mindset. Humans may not be able to change their misdeeds in the past but they can change it by doing the right things today and aim for the better, not only for themselves but also for their families, their communities, and the nation as a whole.

Internationally, Article 5 of the Universal Declaration of Human Rights provides that "no one shall be subjected to torture or cruel, inhuman or degrading treatment or punishment." (United Nations, n.d.) this law enforces value for the human rights is the same principle embodied in Article II, Section 11 of the 1987 Philippine Constitution which specifically provides that "the State values human dignity and guarantees full respect for human rights." (Official Gazette, n.d.) This is given emphasis, even more, by the enactment of Presidential Decree No. 968, otherwise known as the Probation Law of 1976, (Official Gazette, 1976) which was hailed by criminal justice experts and practitioners as a significant milestone in the treatment of offenders in these contemporary times adopting two approaches for the treatment of offenders. These are the legal bases of the institutional-based treatment and community-based treatment programs of Camarines Sur Polytechnic Colleges (CSPC). With this, the CSPC was chosen as one of the recipients of the Community Extension Services on the Probation and Parole Office Administration, Iriga City that began in 2013. This program continues up to the present and this involves various clients reporting to the CSPC in a monthly basis in compliance with their parole/probationary contract. Januin et. al (2023) stated that in Malaysia, they provide a rehabilitation system and education for inmates to better their skills, uplift their morals, and provide them opportunities for reintegration into the society. Empowered by the claims of Christian (2022) which stated that community, society, and other stakeholders should ensure that incarcerated individuals are able to adjust and have programs in preparation for their reintegration in the society as this may cause issues within the community therefore improving their lives.

As a researcher and, at the same time, an active Volunteer Probation Assistant (VPA) of Region V Bicol, untiringly serving the clients in the entire Rinconada Area that covers the six (6) municipalities and one city of the province is a significant initiative in mainstreaming a program in the community most especially during in the researcher's incumbency as the Director for Extension Services of CSPC. Furthermore, the researcher chose this paper because he intends to enhance the implementation of the program in line with the vision and mission of the college towards community development and empowerment of the beneficiaries.

This paper aimed to enhance the effectiveness of the implementation of the Therapeutic Community Treatment Modality Program (TCTMP) that addresses the rightful needs of the clients along with their societal reintegration and transformation. Specifically, it sought to answer the following: 1. what is the profile of the participants according to a.) Age, b.) Sex, c.) Civil status, d.) Literacy level, e.) Main activity, f.) Crime committed, g.) The extent of participation in the crime, and, h.) Length of probation period?; 2. What are the Therapeutic Community Treatment Modality Program (TCTMP) activities implemented in Camarines Sur Polytechnic Colleges for social reintegration?; 3. What are the experiences of the participants along with the TCTMP activities in terms of, a.) Perceived benefits, b.) Expectations, and, c.) Constraints to enhance the delivery of the program?; 4. What are the commonalities of

experiences encountered by the participants during the delivery of the program?; 5. What recommendations can be proposed to enhance the delivery of the Therapeutic Community Treatment Modality Program (TCTMP) in CSPC based on the findings of this study?

## **2. Methodology**

### **2.1 Research Design**

This research used mixed method of quantitative and qualitative approaches specifically adopting an explanatory sequential approach. An explanatory sequential approach or design consists of first collecting quantitative data and then collecting qualitative to help explain or elaborate on the quantitative results. (Creswell & Plano Clark, 2011) The quantitative result provided the general picture of the data by conducting a survey to gather the participants' profile and Therapeutic Community Treatment Modality Program (TCTMP) activities implemented to quantitatively collect the data. On the other hand, the used a qualitative method through one-on-one interview, observation, focus group discussion utilizing unstructured questionnaire, and documentary analysis were used to account the commonalities of experiences of the participants in the program. In the same way, the gathered quantitative data underwent a qualitative method of analysis to expound and validate the result of the data.

### **2.2 Participants**

There were 28 active participants of Therapeutic Community Treatment Modality Program (TCTMP) who were randomly selected based on the identified criteria of the study. The criteria demand that these individuals had to be identified and selected from the total clients of the program conducted at the Camarines Sur Polytechnic Colleges. For the purpose, however, of describing the interviewees, referred to as the participants, they were subjected to the focus group discussion, interview using unstructured questions based on the six stages of change.

### **2.3 Data Gathering Tools**

In the conduct of this research paper, the means of gathering data and information are one-on-one interviews, observation, focus group discussions utilizing unstructured questionnaires in line with the stages of change, and documentary analysis gathered and provided by the Probation and Parole Office Administration, Regional Office V (Bicol). The data from the Iriga City PPA Office were also used to support the answers of the participants. An informal interview was also conducted with the non-participants to ensure concrete and valid data gathered from the actual participants of this study. Utilizing this method allows the researcher to provide an in-depth, detailed, and flexibility in gathering and conducting the data collection (Bihu, 2020).

The results underscored the different answers of the participants which are tallied as a basis for the conclusion and recommendation to address issues and concerns besetting the program delivery. Stakeholders, activity facilitators, community informants were also interviewed to validate the data provided by the participants.

### **2.4 Ethical Consideration**

The ethical standard in the conduct of this research paper is ensured through first, the researcher sought the approval from the National Office of the Parole and Probation Administration (NPPA) through its regional and local offices to have access to pertinent records of the participants as used in this research undertaking to follow necessary protocols and regulations that govern the utilization of sensitive information. After obtaining the approval of the NPPA the researcher ensured the compliance with legal and ethical guidelines. Also, the researcher asked permission from the respondents and transparently explained to them purpose and the confidentiality of the names and pertinent information gathered. Further, researcher gave the identified respondents an informed consent which empowers the participants to make informed decisions about their participation. The researcher ensured that the data will only be used solely for the study and the participants had the liberty of deciding not to answer some parts of the conversational processes which they think is not appropriate for them. These ethical considerations were embedded within the conduct of the study which is a reflection of the researchers upholding principles of respect, transparency, autonomy, and confidentiality in the treatment of the research participants. Furthermore, Resnik (2020) discussed that ethical considerations in research promote data integrity, professionalism, and accountability; these standards are essential in ensuring that the conduct of research safeguards various moral and social values.

## **3. Results and Discussions**

### **3.1 Profile of the Participants**

The findings showed that **Ages** ranging from 30-39 and 40-49 or 25.0 percent topping the list and 60-69 or 7.14 percent registered the least as to the age distribution; **Sex**, data revealed that the participants were dominated by male with 25 or 89.29 percent; **Civil Status**, noting on the data, it revealed that married participants dominated the list with 13 or 46.43 percent; and widow/ widower with 1 or 3.57 percent registered the least; **Literacy Level**, data showed that, completed high school with 7 or 25.00 percent revealed the highest number and no education, some college, and with vocational, with 1 or 3.57 percent provided the least distribution; **Main**

**Activity**, data showed that 24 or 87.00 percent were employed; **Crime Committed**, data showed that crimes against persons with 13 or 45.00 percent revealed the highest number, while crimes against opium & other prohibited drugs, crimes public morals, chastity and honors registered the least number with 1 or 3.57 percent; **Extent of Participation in the Crime**, data revealed that 28 or 100.00 percent of the participants were categorized as principal along extent of crime participation; and, **Length of Probation Period**, data divulged that, 10 or 35.71 percent served a probation period for 3 years 1 day-4 years and 0 month- 6 months with 1 or 3.57 registered the least.

The result shows that majority of the participants belong to ages 30-39 and dominated by males and married participants. In the study, crime is predominantly a male activity and, in most criminal populations, whether of offenders passing through the courts or of those sentences institutions, men outnumber women by a high proportion, especially in more serious offenses. (Clarke, Allott, Edge, Thomas, & Bernard, 2020) Also, the literacy level of the participants are mostly high school graduates in which the main activity of the majority is “employed.” According to Merton sociological theories, many criminals have low educational level and their employment histories consisted of mostly low wage jobs with frequent periods of unemployment. In addition, broken windows, psychological disorders, social atrocities, and not sound personality are another reasons for most common crimes committed by these inmates that led to robbery, burglary, automobile theft, drug trafficking, and shoplifting and others. (Causes of Crime, 2022) It is noted that on the extent of participation in the crime, all are principal subjects in the commission of the crime while in terms of the length of the probation period, it ranges from 3 to 4 years of probationary period.

### **3.2 Therapeutic Community Treatment Modality Program (TCTMP) Activities**

The TCTMP is structured around a collection of exercises, each specifically designed to cover the essential aspects of the participants' health. Behavioral exercises anticipate adopting good behavior, introducing healthy lifestyles, and developing efficient coping mechanisms to contend with problems. Such activities range from individual cognitive behavior therapy, group counseling, and behavioral modeling exercises to eradicate undesirable behaviors and reinforce the recommended ones. Empowering individuals even they are inside the prison results in positive impact on their outlook which in place aids them in their rehabilitation and reintegration into the society in the future (Mohammed & Bakar, 2022). Additionally, Arbour et. al (2021) stated that rehabilitation programs may directly reduce recidivism rates when prisoners get into society again as they are empowered by rehabilitation programs, which entails and provides them with better opportunities as they are able to uplift their skills. These rehabilitation programs may help them to properly improve themselves and better their perceptions, ideals, and concepts about what should they do with their lives.

In the emotional activities, the participants are made to enhance their emotional intelligence, self-awareness, and emotional regulatory skills. Emotional expression skills are acquired by participants in the experiential exercise, expressive arts therapies, and mindfulness practices. They learn how to handle themselves in moments of stress and anxiety and to build their resilience. Through reaching out, the program workers provide participants with the necessary tools to deal with individual relations appropriately and to overcome the different emotional charges of everyday life.

Intellectual activities not only involve the academics of the audience but also improve their cognitive abilities, critical thinking skills, and knowledge as well. Educational seminars, training programs, and mental exercises can provide participants with the opportunity to expand their understanding of the world, approve of new abilities, and achieve personal and professional goals. By promoting an environment where one is always striving to learn and be intellectually curious, the program equips the participants with tools that help them succeed in various facets of their lives.

Survival aspects entail activities that provide participants with financial self-sustainability and help them learn how to effectively manage their finances. Employment readiness, entrepreneurship workshops, and financial education training give participants a practical set of tools that will help them create economic empowerment and long-term stability. In this way, the program helps participants increase internal self-reliance and develop the ability to be financially responsible without being dependent on external support systems.

People's positive reaction to these activities plays a significant role in the visible outcome as they testify to the transformational effects of the programs. A large share of the beneficiaries recognize the influence of this course in terms of improved behavior, emotional state, thinking, and economic situation. TCTMP is an all-encompassing program that addresses different aspects of life and allows the participants to build a robust base for their readjustment into mainstream society.

### **3.4 Benefits**

On the experiences in terms of perceived benefits, the participants have revealed strong agreement that TCTMP has brought a great impact on their lives as a human person with honor and dignity. Participants affirm that measures created by TCTMP impacted them through improving their sense of personal dignity, addressing diverse needs, and promoting values-based development, the program contributes to the overall well-being and empowerment of individuals transitioning back into society. As these factors enable them to see their inherent worth and integrity and for them to foster a conducive environment, which is vital in personal growth and empowerment. More so, the participants claimed that it positively influence them in various aspects of life including their emotional, economic, social, and mental states. Additionally, TCTMP furthered the participants experience in developing their self-confidence,

individuality, ethical reflection, and character development. This affirms that the initiative was able to enhance their personal belief and spirituality. Additionally, the TCTMP initiative was also highlighted by the participants to adopt a more environmentally-conscious behaviors as the program also foster sustainable and environmental stewardship. These claims are supported by the study of Kazemiah (2019) which was cited by Ugelvik (2022) which strengthen the importance of providing the respondents activities that examines and provide them with activities that would ready them in reentering the society. These realizations were beneficial in the respondents by providing them with a program that effectively empower them into transitioning back into society. These findings highlight the importance of comprehensive and person-centered approaches in aiding successful social integration and rehabilitation.

**3.5 Expectations**

On expectations of the participants along with the level of satisfaction being a recovering individual, the participants were highly satisfied with the assistance they received from CSPC in terms of the activities delivered under the TCTMP and as an approach to their recovery. The respondents affirms that the program initiatives of the CSPC ensures that it remains responsive, relevant, and effective in supporting individuals on their journey towards community reintegration and recovery. Respondents furthered that CSPC portrays their strong commitment in upholding development and improvement which is a manifestation of the institution dedication to excellence and innovation. These areas affirms that the institution fosters an environment of growth and program within the organization and among program participants. Nevertheless, further improvement of delivery of programs and services as well as the quality of training and capacity of implementers shall continually be improve for a continuous progress. Affirmed by the study of (Ismail, 2020) which says that programs that prioritizes prisoners should be strengthen as they are in need of assistance for various matters concerning them.

**3.6 Constraints**

The respondents highlighted that the institution may be able to improve the pre-contemplation and contemplation stages as the constraints of the programs was evident in this area. Additionally, the respondents verbalized a general evaluation indicating constraints in an array of stages in change. It was also identified that preparation of the institution in implementing the program is not identified as a constraint by the respondents thus it indicates that participants of the study feels adequately supported and equipped in aiding them into their transition into action oriented behaviours. These areas of constraints are imperative as it underscores the importance of addressing challenges and acknowledging lapses on the initiatives that the institution is working on. Through this, CSPC can be able to further enhance the impact and effectiveness of the programs they spearhead and ultimately supporting participants in a achieving a long-term recovery and successful reintegration into the community. This affirms by the study of Melnick et al. (1999) which underscores the need for an improvements on various elements in implementing various programs such as policies, staffs, programs, and other essential concepts in program implementation as cited by Latesa et. al (2020)

**3.7 Commonalities of Experiences**

The TCTMP initiative was cited to be able to provide participants an insight on how they significantly change their way of living as the program gave them a transformative impact on their lives, it further encourage them to portray positive behavioural changes while practicing a healthier lifestyle. Additionally, TCTMP played a crucial role in respondents recovery process as it encourage, understand, and be accountable individuals, the program furthered their social connections as the TCTMP provided them insights on how to rebuild relationships, strengthen their support networks, which are vital in a successful reintegration into society. The respondents also expressed that the program underscores that the initiative was an exhibition of fairness, inclusivity, and individualized care which ensure equal access for the respondents to resources and support services. The program also featured values formation which helped in developing strong ethical foundation and cultivated them to have positive character traits. These also created an area for the respondents to holistically grow. This is substantial in addressing issues on psychosocial needs and skills essential for successful reintegration into the society.

With these discussions, it is easy to understand the TCTMP is effective in recovery and social reintegration facilitation within the respondents. TCTMP features positive changes in various aspects of life of the respondents. These changes are imperative in equipping the respondents with the necessary tools to support them during the time they are rebuilding their lives and become active contributing members of the society. These claims are supported by Tadros et. al (2023) whom cited Shamblem et. al (2012) in which the study highlighted that participants who participates within programs and enrichment activities showcase positive effects on their relationships within peers.

**Table 1 Stages of Change Along Constraint**

Indicators	Constraint	Not a Constraint
<b>A. Pre-contemplation</b>		
1. Discernment from what is right from wrong	/	



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- 2. Lack of motivation to change /
- 3. Receive feedback that one’s actions are unacceptable /
- 4. Lack of intention to stop negative behavior /
- 5. Denial of negative behavior leads to fights and conflicts with others /
- B. Contemplation**
- 6. Lack of confidence/commitment to change on his own /
- 7. Has second thought to change unacceptable behavior /
- 8. Has doubted the capacity to change /
- 9. Limited knowledge about the problem /
- 10. Fear of failure /
- C. Preparation**
- 11. Has started to develop realistic plans toward behavior change /
- 12. Has seen oneself living a better life /
- 13. Has anticipated the positive benefits of change /
- 14. Has greater will to change for good than not /
- 15. Has motivation and readiness to change /
- D. Action**
- 16. Change is visible to others /
- 17. Verbalized plans to change to family and friends /
- 18. Asked forgiveness from the people conflicted from before /
- 19. Has noticed self’s change /
- 20. Has gained family’s support in the change process /
- E. Maintenance**
- 21. Avoided any temptations to return to the old behavior /
- 22. Participate in organizations/groups with good physical, emotional and psychological influence /
- 23. Keep oneself out from the places that might trigger/remind negative actions/ activities /
- 24. Family is happy with the positive changes seen /
- 25. Feeling happy with the renewed lifestyle /
- F. Relapse**
- 26. Family and friends notice one’s restlessness /
- 27. Has socialized with friends that may trigger relapse /
- 28. Restless and has thought of previous negative activities /
- 29. Often worried to relapse /
- 30. Hearing others noticing your relapse /

**3.8 Proposed Recommendation**

The proposed recommendations were drawn up to strengthen the provision of the service by TCTMP at CSPC, which were based on the outcome of this study, with emphasis on the constraints that the participants both wordily and openly voiced during the data collection. Recommendations are at hand to address the felt needs of the participants/ clients to the social reintegration process and this includes the following: a) Provision of additional livelihood skills activities that will assist them from the competency of skill-validation to job-entry through the TESDA courses available for them, b) Conduct of moral reformation activities, and literacy and education program, to build up their character and knowledge, c) Offer financial, health, and medical assistance through partnership with government and private sectors to ensure that there will be sustainability of the program and implementation, d) Invest on the facilitators and increase volunteers to widen the scope of influence and form a strong group that focuses on corporate social responsibility, e) Foster a more robust relationship among clients by creating as mediation and conferencing groups that is anchored on the CSPC’s principle on restorative justice, and lastly f) Conduct a comprehensive impact study to measure the effectiveness of the TCTMP.

**4. Conclusion**

The TCTMP program of the academic institution Camarines Sur Polytechnic College (CSPC) is a model program that has the potential to heal individuals who are struggling in the midst of societal integration and personal change that takes place in a community. The comprehensive approach, which relies on conventional processes, individualized counseling, as well as communal associations, enables the program to be an elemental asset for the participants' recovery and relationship restoration, as well as

integrating them back into society on a meaningful level.

First of all, among the most significant advantages of the TCTMP in influencing the lives of participants in various ways is that it caters to the different needs and problems of the youths through the multiple activities that are run within a college setting. All these activities comprise the actual behavioral, emotional, intellectual, and survival needs of people, and therefore, we can holistically take learning and development. Participants in these kinds of activities not only acquire critical skills and perspectives to cope with the demanding challenges of rehabilitation and social reconnection but also get tremendous support from other people going through the same experience.

Generally, participants in the TCTMP program enjoy a wide variety of felt advantages, such as behavior amelioration, fighting for their rights, and improving the wells; thus, they become better persons in the end. The program is seen as a powerful driver of change for those involved, giving them the opportunity to make changes to their lives, clean up their thoughts, find a new self-concept, and reevaluate the sense of purpose that defines them. Social service, specifically for vulnerable groups like people experiencing homelessness, is mainly dependent on structured interventions to ensure a supportive system that enforces the transformation of their lives with the noble objective of rejoining their families and community at large as productive members.

Additionally, TBCMP helps frustrated people who have a troubled past to feel that they are being heard and that they can improve. In this program, participants are given vital nurturing and empowering effects that contribute to their self-agency because the program is structured in a way that affords them an opportunity for growth and development. This feeling, amazingly itself, is a must for people who want to climb off the addiction chain or otherwise challenge themselves and start going for the forward path.

However, notwithstanding the fact that the program has achieved what it set out to (the TCTMP offers positive impacts), there are some hindrances and challenges that must be addressed in order to improve how effective it can be. Restrictions could be low funding, the refusal of innovation, and community involvement. Nevertheless, the CSPC will keep tightening the program and developing the guidelines by dealing with the specific constraints in order to provide the services that suit individual client circumstances.

Various suggestions for expansion of the delivery of TCTMP at CSPC are made based on the outcomes identified in this paper. We advise that the possibilities to be given in addition include doing some livelihood skills, conducting moral and literacy/education programs, offering financial, health, and medical assistance, investing in facilitators, volunteers, or those who are near to them, and doing a program impact study to see the program's effectiveness.

One of the ways CSPC can keep the positive trends associated with the TCTMP going is to follow these recommendations. This way, the project can continue to help participants and the communities around them. Besides this, enhanced funding and collaboration with private and public agencies can aid the project's contributions to extend the program geographically, serve many people in need, and realize a far-reaching impact.

With this in mind, the TCTMP functioning at CSPC has become a model of excellence in recovery planning as well as social reintegration, offering individuals the opportunity to turn around their lives, to better themselves, and to achieve their dreams of social inclusion finally. The program helps to restore the spirits of community members who are in a difficult situation by using the form of communication activities, interventions, and partnerships. The program empowers people and teaches members to be self-sufficient and productive citizens. Addressing the participants' diverse needs and challenges, as well as implementing tailored solutions for improvement, will lead to the CSPC's ability to continue the enlarging of the effectiveness and impact of the TCTMP, which will consequentially contribute to the recognition, sense of comfort and harmony in communities' among the participants and their communities in overall.

#### **4.1 Short Acknowledgement**

The researcher would like to express his sincere appreciation and gratitude to the Department of Justice Parole and Probation Administration (DJPAPA) for the immensely invaluable support and collaboration given during the lengthy period of development of this research. One of the most successful community programs under the DJPAPA's initiatives is the rehabilitation and reintegration program, which has helped many clients meet the goals we set out for them and participate in many valuable experiences when it comes to the Therapeutic Community Treatment Modality Program (TCTMP).

The involvement of the Department of Justice Parole and Probation Administration in the project has determined the need for cooperation and assistance in getting information and data that highlight the importance of the TCTMP as providing holistic help to the people re-entering society closely matches the research purpose, which was to observe the trials, perceptions and the result of the participants in the program.

Moreover, the clients/participants who intentionally give researchers a chance to evaluate their knowledge or attitude and undergo improvements should be appreciated. Furthermore, the friendly and the persons behind the organization who are full-disclosure and willing to dialog have made the most reliable group in this matter. Their experiences and insights have contributed to the project, providing a broader contextual understanding of the rehabilitation journey. This knowledge enriches us and makes the rehabilitation effort more effective, providing us with the dignity of success.

Justice Department Parole and Probation Administration Institute, as well as stakeholders, have acted importantly in the way of the research and the outcomes. The joint action taken throughout the research process not only includes data collection but also leads

to tremendous admiration for the complicated nature of the TCTMP link to the basic needs of people's lives. Nevertheless, this ethical aspect should not be ignored since there is also a need to recognize the consent permitting research exploitation of society's weak, such as the rehabilitation and reintegration of individuals. The researcher promises to stay on the side of ethical principles and maintain the confidentiality, dignity, and health of all people who take part in the investigation. In closing, the researcher from the field highly appreciates the Department of Justice and all the participants for their meaningful participation in the research. The collaboration between the local clinical agencies, community resources, and recreational means, such as cycling and equestrian trails, is telling in the fact that they have provided the framework for increased knowledge about the role of a TCTMP in the domain of rehabilitation and reintegration. From today onwards, the researcher has the resolve to use these findings to formulate policies, practices, and intervention initiatives aimed at helping individuals pass through this challenging stage of their lives and re-integrate back into the community.

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