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## Book Review: Boot camps: An intermediate sanction

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***Boot camps: An intermediate sanction***, J.F. Anderson, L. Dyson and J.C. Burns. Lanham, MD: University Press of America, 1999.

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In *Boot camps: An intermediate sanction*, Anderson and his colleagues have amassed a compilation of scholarly articles that have been previously published in peer-reviewed journals on a topic that continues to interest policy makers and correctional administrators across the nation and abroad: boot camps. This rudimentary reader brings together articles related to a variety of important issues. The most pivotal and pragmatic issues are addressed including an examination of program effectiveness related to recidivism rates and financial costs, the role of aftercare, inmate perceptions while incarcerated in boot camps and the future directions of boot camps. Other general interest topics are also covered, such as the development and history of boot camp programs.

This text is a fundamental starting point for undergraduate and graduate students who are interested in increasing their understanding of intermediate sanctions and correctional programming, correctional administrators who are considering the addition of a militaristic component to a new or existing program and policy makers who make decisions on expansion or denouncement of boot camp programs in their jurisdictions. From an academic viewpoint, the text includes a number of features that enhance its utility as an instructional tool. Anderson and colleagues have thoughtfully formed questions at the conclusion of each chapter that could shape interesting classroom

discussions, function as the basis for essay questions or simply act as a medium for the reader to assess his/her understanding of the material. Additionally, the authors have included a list of key terms at the end of each chapter along with a thorough glossary at the end of the text. The glossary is especially useful for foreign audiences who may be less familiar with the American criminal justice system or for people who are new to the corrections area.

The content of each individual chapter is enhanced when the reader considers the text as a whole. Two different boot camp programs comprise the location for the various studies presenting empirical results. The first boot camp is a large program located in Harris County, Texas. The Courts Regimented Intensive Probation Program, or CRIPP, holds between 450 and 500 males and females at any given point in time. This program incorporates the militaristic style of a traditional boot camp along with a treatment component to meet medical, vocational, physical and social needs including drug and alcohol counseling. The second boot camp program discussed throughout the text is located in Childersburg, Alabama. The Disciplinary Rehabilitation Unit, or DRU, is a male-only program that as compared to CRIPP is much smaller, accommodating a maximum of 150 male participants. The DRU program also combines traditional components with a treatment orientation. DRU bases its treatment program on choice theory and Yochelson and Samenow's criminal personality research.

Descriptions of these boot camp programs including their daily activities are an understated advantage of the chapters, especially for those readers who may be considering development or modification of a boot camp program. It is important for the reader to note that both of these programs are atypical of the majority of traditional boot

camps that currently exist. Instead, they are illustrative of the next wave of boot camp programs that utilize the military structure to deliver treatment components, which tend to be the true focus of the program. Anderson and his colleagues present in-depth explanations of programmatic components and philosophical backgrounds for each of the treatment orientations. While both programs incorporate military drill and ceremony, these orientations are distinct. The reader is exposed to two modern programs, with two different populations, each having a unique treatment perspective. The perspectives allow for interesting contrasts between empirical results presented in each of the chapters. Given that the book presents results from a small sample of boot camps ( $n=2$ ), the reader should be cautious to interpret these results from the standpoint of a case study rather than a general approach to boot camps. The reader must keep in mind that the findings may be less generalizable to the overall population of boot camps in the United States.

Chapters that present empirical examinations of issues are informative and scientifically based yet sufficiently simple in their presentation such that readers with varying levels of statistical knowledge are able to benefit from the results. Statistical analyses are less complex than analyses that are typically found in many criminal justice journal articles. From one perspective, this approach is an advantage to the reader who is a student or practitioner with a limited knowledge of statistics. He/she is less likely to be caught up in the quantitative aspects and able to focus instead on the main ideas presented. Readers who have more advanced quantitative analysis expectations are cautioned about the nature of some of the analyses and may wish to supplement their reading of the topic with additional boot camp literature. Overall,

Anderson and his colleagues achieve a careful balance between scientific methodology for researchers and a digestible format for practitioners.

The book concludes with a discussion of an emerging issue that is on the edge of boot camp program development and research – the role of aftercare as a key to the success of boot camp programs. The authors emphasize the lack of resources and provisions offenders have once they return to the community and the impact their situation has on the culmination of offender's boot camp experience. They discuss a variety of aftercare strategies that have been proposed and implemented as a capstone to the boot camp experience, including descriptions of specific program components. Anderson and his colleagues balance their recommendations of aftercare development with necessary warnings that aftercare programs are not without their problems, and go on to outline some of these concerns for future research. This final chapter provides an important piece to the overall picture of the utility of boot camps. While some of the studies indicate that components of the boot camps hold promise for changing an offender's behavior, it is more likely to be successful if partnered with an effective transitory aftercare program.

In conclusion, *Boot camps: An intermediate sanction* is a quality text for academics and practitioners alike, who wish to engage in a cursory review of the empirical literature that exists on boot camps in order to gain a basic understanding of the subject matter. Anderson and his colleagues present detailed descriptions of promising boot camp programs, include assessments of boot camp program effectiveness, and lead the reader into the future direction of boot camps with encouraging suggestions regarding necessity of aftercare components for existing boot

camp programs.