

Research Article

The Impact of the Therapeutic Community Modality Program (TCMP) on Re-Offender Rate among Person Deprived of Liberty (PDL) in Lucena City District Jail Female Dormitory, Quezon Province

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ABSTRACT

This study evaluated the impact of the Therapeutic Community Modality Program (TCMP) on post-release behavior and recidivism among female Persons Deprived of Liberty (PDLs) in the Lucena City District Jail Female Dormitory, Quezon Province. It specifically examined the program's influence on behavioral rehabilitation during incarceration—covering personal behavior, attitudes, and decision-making—and tracked post-release outcomes. Using purposive sampling, the study involved 40 former female PDLs (20 TCMP completers and 20 non-completers) released between 2022 and 2024. Participants' post-release status was monitored for 12 months after discharge. Data were gathered through a researcher-made questionnaire, semi-structured interviews, and document analysis. Quantitative data were analyzed using descriptive statistics, t-tests, and chi-square tests, while qualitative data were subjected to thematic analysis. Findings showed that TCMP completers demonstrated marked improvements in self-control, emotional regulation, and decision-making discipline. The re-offender rate among completers (10%) was notably lower than among non-completers (30%), representing a 66.7% reduction in recidivism associated with program completion. The study also introduced the Therapeutic Community Modality Program-Based Reintegration Support Framework (TRSF), emphasizing four interrelated domains—Behavioral Continuity, Relational Support, Socioeconomic Empowerment, and Community Linkages—as foundations for sustained rehabilitation. Overall, the results affirm that the TCMP contributes significantly to behavioral transformation and reduced re-offending among female PDLs. The study recommends the program's continued expansion, institutionalized post-release monitoring, and stronger interagency collaboration among the Bureau of Jail Management and Penology (BJMP), local government units, and community organizations to enhance long-term reintegration outcomes.

Keywords: Therapeutic Community Modality Program, Behavioral Rehabilitation, Re-offender Rate, Female Persons Deprived of Liberty (PDLs), Reintegration Framework, Lucena City District Jail

1. INTRODUCTION

The prevalence of recidivism among incarcerated individuals remains a pressing concern for justice systems worldwide. Various rehabilitation efforts have been implemented across countries to address the cycle of re-offending, with therapeutic community programs emerging as promising interventions. Research in recent years highlights that therapeutic community approaches, which emphasize peer support, structured social learning, and personal accountability, have been effective in reducing re-offender rates among incarcerated populations (DeLisi et al., 2022). In many parts of the world, correctional facilities are increasingly adopting therapeutic community models to support the rehabilitation and reintegration of persons deprived of liberty (PDLs). However, despite these promising interventions, recidivism continues to challenge prison reforms, necessitating a closer examination of program impacts across different contexts.

Within the Asia-Pacific correctional policy landscape, ASEAN countries such as Malaysia and Thailand have increasingly

integrated therapeutic community (TC) and other therapeutic modality programs into prison systems to curb re-offending. In Malaysia, inmates participating in community-based rehabilitation recorded a markedly low recidivism rate of 0.24%, compared to 17.6% among those rehabilitated in custody, demonstrating the effectiveness of therapeutic and community-linked interventions in promoting reintegration (Malay Mail, 2024). Similarly, Malaysia's TC programs, such as those implemented at Kajang Prison, have been shown to foster positive behavioural changes including discipline, self-control, and social responsibility (Othman et al., 2019). In contrast, Thailand's experience reveals that while TC participation improves short-term treatment outcomes among drug offenders, national reoffending remains high, with about one-third of released prisoners reincarcerated within three years (International Drug Policy Consortium, 2021). These comparative insights underscore that therapeutic interventions are most effective when coupled with structured aftercare and community support, affirming their growing significance in shaping evidence-based correctional policy across the ASEAN region (Kawaguchi, 2020).

The successful reintegration of Persons Deprived of Liberty (PDL) is severely challenged by a complex web of structural and social barriers, which are acutely amplified for female ex-inmates. In the local context, women face intersectional stigma rooted in both their criminal record and the violation of traditional gender roles that cast women as moral anchors and primary caregivers (Inside Stories, 2023). This dual layer of social rejection—often exceeding that experienced by men—makes familial reintegration particularly challenging, as women struggle with the guilt of ambiguous loss of their children and the potential social abandonment by their family units, the very support network critical for desistance (Arditti & Few, 2008; UN Women, 2022). Consequently, while the Therapeutic Community Modality Program (TCMP) is a primary rehabilitation tool, its effectiveness against recidivism must be critically examined in light of these gender-specific hurdles, which include limited access to gender-sensitive trauma care and lack of competitive, formal employment opportunities upon release (DIGNITY, 2017). Focusing exclusively on the experiences within the Lucena City District Jail Female Dormitory, this study offers a unique and localized contribution by empirically investigating whether participation in the TCMP significantly buffers the re-offender rate among female PDL, thereby providing the Bureau of Jail Management and Penology (BJMP) with gender-disaggregated, evidence-based data crucial for refining post-release support mechanisms in the CALABARZON region.

In the Philippines, the Bureau of Jail Management and Penology (BJMP) has recognized the importance of therapeutic interventions in its jail management strategies. The Therapeutic Community Modality Program (TCMP) has been introduced in various facilities as a rehabilitative tool designed to foster behavioral change, promote mental health recovery, and encourage pro-social behavior among PDLs (BJMP, 2023).

The Therapeutic Community Modality Program (TCMP), as implemented by the Bureau of Jail Management and Penology (BJMP), is a structured rehabilitation framework that integrates psycho-social interventions to foster personal transformation among Persons Deprived of Liberty (PDLs). The program typically includes five core components: (1) Morning Meeting, which sets the tone for the day through structured announcements, affirmations, and group reinforcement; (2) Encounter Groups, where participants engage in guided group discussions to confront behaviors, provide feedback, and promote emotional awareness; (3) Skills Training Sessions, focused on developing life skills such as anger management, communication, decision-making, and relapse prevention; (4) Work Therapy, which instills discipline and responsibility through assigned daily roles that simulate real-world work settings; and (5) Spiritual and Values Formation Activities, designed to encourage moral reflection, forgiveness, and self-acceptance as part of one's healing and reintegration journey. These components work synergistically to foster accountability, emotional regulation, and a renewed sense of identity among PDLs. By incorporating consistent routines, peer support, and therapeutic reflection, TCMP establishes a holistic environment conducive to meaningful behavioral change. Understanding the depth and function of these components will be vital in assessing TCMP's effectiveness, particularly in preparing female PDLs for life beyond incarceration and reducing their likelihood of re-offending. (Bureau of Jail Management and Penology [BJMP], 2023).

Despite the promising objectives of TCMP, research on its actual effectiveness, particularly its influence on the re-offender rate, remains limited. Most existing evaluations focus on anecdotal success stories, short-term behavioral improvements inside jail facilities, or program completion rates without tracking post-release outcomes (Aguilar et al., 2021). Moreover, there is a noticeable gap in studies targeting female PDLs, a subgroup that often faces distinct reintegration challenges related to stigma, family separation, and economic vulnerability (Guevara et al., 2023). In addition, localized studies specifically investigating TCMP's impact within provincial jails, such as the Lucena City District Jail Female Dormitory, are scarce. This lack of evidence makes it difficult to measure the true rehabilitative value of TCMP and to advocate for its sustained or expanded implementation.

The need for this study arises from the critical necessity to generate empirical data that can inform correctional policy and practice. Understanding whether TCMP effectively reduces the re-offender rate among female PDLs is vital for crafting responsive, gender-sensitive rehabilitation programs. Furthermore, it offers the potential to refine existing TCMP structures, ensuring that they meet the unique psychosocial needs of female detainees and truly contribute to their long-term reintegration. By focusing on the

Lucena City District Jail Female Dormitory, this study addresses both the gender-specific and location-specific gaps in the current body of knowledge, contributing not only to academic discourse but also to practical reforms in Philippine jail management. In doing so, it supports the broader goals of restorative justice, community safety, and sustainable rehabilitation outcomes for formerly incarcerated women.

2. MATERIALS AND METHODS

This study employs descriptive evaluative research design. Descriptive evaluation allows the researcher to systematically capture and analyze the outcomes associated with the Therapeutic Community Modality Program (TCMP) among female Persons Deprived of Liberty (PDLs) who had been released from the Lucena City District Jail Female Dormitory. Through this design, the study will describe the behavioral changes, track incidences of re-offending, and assess the post-release reintegration experiences of former PDLs. It will also evaluate the perceived effectiveness of TCMP based on the data that will be gathered from official jail records, interviews, and secondary documentation. This approach does not involve manipulation of variables but is focused on presenting the actual conditions and post-program outcomes of the respondents to provide an empirical basis for assessing TCMP's impact.

Research Locale and Participants

The study was conducted at the Lucena City District Jail Female Dormitory, located in Barangay Ibabang Dupay, Dalahican Road, Lucena City, Quezon Province, Philippines. The Lucena City District Jail is operated under the Bureau of Jail Management and Penology (BJMP) and primarily houses female Persons Deprived of Liberty (PDLs) undergoing trial or serving short-term sentences. The facility is among those that had implemented the Therapeutic Community Modality Program (TCMP) as part of its rehabilitation efforts. It offers a structured environment where daily routines, group therapy sessions, skills training, and peer support systems are integrated into the inmates' incarceration period. The choice of this locale is justified by its active Therapeutic Community Modality Program (TCMP) implementation, its manageable population size, and the availability of accessible post-release records needed for assessing re-offender rates.

The population of this study consisted of former female PDLs confined at the Lucena City District Jail Female Dormitory and who completed the TCMP between the years 2022 and 2024. To ensure the relevance and validity of the findings, only those who had been released for at least one year at the time of data collection will be considered, as this period allowed for the observation of potential re-offending behavior.

Instruments

The primary research instruments for this study included a researcher-developed questionnaire, a semi-structured interview guide, and a document analysis checklist. For Specific Question No. 1, which examines the behavioral rehabilitation of Persons Deprived of Liberty (PDLs) in terms of personal behavior, attitudes, and decision-making, a structured questionnaire was designed to quantitatively assess the influence of the Therapeutic Community Modality Program (TCMP) during incarceration. The questionnaire items were aligned with the three behavioral dimensions under study and utilized a four-point Likert scale for self-assessment of behavioral change. The instrument underwent expert validation by three specialists in psychology, penology, and research methodology to ensure content validity, clarity, and relevance, followed by a pilot test to establish reliability using Cronbach's alpha. The semi-structured interview guide, meanwhile, was validated by two qualitative research experts and used to elicit in-depth reflections from purposively selected former PDLs who completed the TCMP between 2022 and 2024. Inclusion criteria required participants to have completed the TCMP and been released for at least six months, while those with ongoing legal proceedings or unresolved behavioral therapy were excluded. Interview data were transcribed verbatim and coded through thematic analysis using both inductive and deductive approaches, with initial open coding followed by axial categorization to identify recurring patterns. Ethical approval for the study was granted by the Institutional Research Ethics Committee, and informed consent was obtained from all participants. To safeguard participant well-being, debriefing sessions were conducted after interviews, and psychological support referrals were made available to address any emotional distress arising from the recollection of incarceration experiences.

Data Collection

Prior to data collection, ethics clearance was obtained from the relevant institutional review board. Informed consent was secured from all respondents, and confidentiality was ensured. Participant well-being was monitored during and after data collection. The data gathered through the researcher-made questionnaire are analyzed using descriptive statistical techniques, primarily the Weighted Mean, to determine the extent of behavioral rehabilitation among former female Persons Deprived of Liberty (PDLs) who completed the Therapeutic Community Modality Program (TCMP). The Weighted Mean will be applied to assess respondents' self-reported changes in personal behavior, attitudes, and decision-making. A four-point Likert scale is used, with verbal interpretations corresponding to each mean range to determine the overall effectiveness of TCMP based on participant perception.

For the qualitative data obtained from semi-structured interviews, thematic analysis was conducted. Responses were transcribed, coded, and categorized into themes that reflected common experiences, challenges, and perceptions related to

behavioral change and post-release reintegration. This method allows the researcher to uncover meaningful patterns and insights that complemented the quantitative findings.

In addition, the data from the document analysis checklist was summarized through frequency counts and percentage distributions to compare the re-offender rates of former PDLs who completed the TCMP and those who did not. This comparative analysis provides empirical support for evaluating the program's impact on post-release outcomes.

The combination of quantitative and qualitative analyses ensured a comprehensive understanding of the TCMP's effectiveness in promoting rehabilitation and reducing recidivism among the study's target population.

Data Analysis

Data from the researcher-made questionnaire were coded, tabulated, and analyzed using both descriptive and inferential statistics. Descriptive measures such as frequency, percentage, weighted mean, and standard deviation were applied to summarize behavioral rehabilitation indicators among TCMP completers and non-completers. To determine whether there were significant differences in re-offender rates and behavioral outcomes between the two groups, inferential analyses—specifically the independent t-test and chi-square test—were employed. These tools provided statistical validation for claims of program effectiveness and measurable behavioral change.

Responses from the semi-structured interviews were transcribed, coded, and thematically analyzed to identify recurring patterns, themes, and insights reflecting participants' lived experiences, rehabilitation progress, and post-release reintegration. Data from the document analysis checklist were systematically reviewed and categorized to support or contrast the quantitative findings.

The integration of descriptive, inferential, and qualitative analyses allowed for triangulation of results, strengthening the reliability and depth of the study's conclusions regarding the impact of the Therapeutic Community Modality Program (TCMP) on re-offending and behavioral rehabilitation.

3. RESULTS AND DISCUSSION

Quantitative Findings and Interpretation

1. Participation in the Therapeutic Community Modality Program (TCMP) Affecting the Behavioral Rehabilitation of Persons Deprived of Liberty (PDL) During their Incarceration

1.1 Personal Behavior

Table 1
Effect of Therapeutic Community Modality Program to Personal Behavior

Variable	Weighted Mean (WM)	Verbal Interpretation
1. TCMP affected how I managed my impulses and reactions.	3.12	Agree
2. My daily routines and self-discipline were positive influence by TCMP	3.52	Strongly Agree
3. TCMP helped me express my emotions and control negative behaviors.	3.52	Strongly Agree
4. I showed noticeable improvement in how I responded to conflict situations after joining TCMP	3.84	Strongly Agree
OVERALL WEIGHTED MEAN	3.50	Highly Effective

As shown in Table 1, the quantitative mean scores were consistent with coded qualitative responses describing improved self-discipline, impulse control, and emotional regulation. These emergent themes—'self-management,' 'patience,' and 'constructive coping'—supported the statistical interpretation that TCMP participation enhanced behavioral maturity.

The data indicated that the Therapeutic Community Modality Program (TCMP) had a highly effective impact on the

personal behavior of female Persons Deprived of Liberty (PDLs), with an overall weighted mean of 3.50. Respondents reported noticeable improvements in managing conflict, emotional control, and self-discipline during incarceration. The highest-rated item (mean = 3.84) reflected participants' enhanced ability to handle conflict situations, while strong ratings were also observed for emotional regulation and adherence to routines. Although impulse control scored slightly lower (mean = 3.12), it remained within the "highly effective" range. These results align with prior studies (Martin et al., 2022; Holtfreter & Wattanaporn, 2023) highlighting the role of therapeutic communities in promoting emotional regulation, discipline, and pro-social behavior. The findings also support Bandura's Social Learning Theory (1977), emphasizing learning through observation, reinforcement, and modeling. Overall, TCMP significantly contributed to the development of self-regulation and behavioral maturity among the participants.

1.2 Attitudes

Table 2
Effect of Therapeutic Community Modality Program to Attitudes

Variable	Weighted Mean (WM)	Verbal Interpretation
1. TCMP affected my attitude toward accepting rules and rehabilitation.	3.74	Strongly Agree
2. I became more open-minded and respectful as a result of my TCMP experience.	3.68	Strongly Agree
3. TCMP made me reflect more deeply on the consequences of my past actions.	3.92	Strongly Agree
4. The program influenced me to view life and rehabilitation more positively.	3.92	Strongly Agree
OVERALL WEIGHTED MEAN	3.82	Highly Effective

Table 2's results on openness and positive outlook were reinforced by coded narratives emphasizing 'acceptance of rehabilitation' and 'hopeful self-reflection.' These themes were derived from statements in which participants described viewing life and rehabilitation more positively, validating the numerical findings.

The data showed that the Therapeutic Community Modality Program (TCMP) had a highly effective influence on the attitudes of female Persons Deprived of Liberty (PDLs), with an overall weighted mean of 3.82. Respondents reported significant positive changes in outlook and mindset, particularly in reflecting on past actions and viewing rehabilitation more positively (mean = 3.92). The program also fostered greater openness, respect for authority, and acceptance of rehabilitation (means ranging from 3.68 to 3.74). These findings align with studies by Caravaca-Sánchez and García-Jarillo (2022) and García and Ortega (2022), which emphasize that attitude transformation occurs when emotional reflection and pro-social learning are integrated into rehabilitation. Consistent with Bandura's Social Learning Theory (1977), the results highlight how group-based modeling and reinforcement can reshape beliefs and behaviors. Overall, TCMP was highly effective in promoting attitudinal growth, self-awareness, and readiness for reintegration among female PDLs.

1.3 Decision-Making

Table 3
Effect of Therapeutic Community Modality Program to Decision-Making

Variable	Weighted Mean (WM)	Verbal Interpretation
1. TCMP affected how I thought through the consequences of my decisions.	3.64	Strongly Agree
2. I became more cautious and intentional in my actions during incarceration.	3.82	Strongly Agree
3. The program helped me develop a mindset focused on making better choices.	3.74	Strongly Agree
4. TCMP influenced me to make decisions that aligned with personal growth and responsibility.	3.56	Strongly Agree
OVERALL WEIGHTED MEAN	3.69	Highly Effective

In Table 3, the high weighted means on intentional and responsible choices aligned with qualitative codes such as 'careful planning,' 'awareness of consequences,' and 'goal setting.' This coding confirmed that decision-making improvement observed quantitatively was also reflected in participants' personal accounts.

The data indicated that the Therapeutic Community Modality Program (TCMP) had a highly effective impact on the decision-making abilities of female Persons Deprived of Liberty (PDLs), with an overall weighted mean of 3.69. Participants reported becoming more cautious, intentional, and reflective in their actions, demonstrating improved judgment and critical thinking. The highest-rated item (mean = 3.82) showed heightened awareness and control over personal choices, while other indicators reflected greater alignment between decisions, personal growth, and responsibility. These findings support the conclusions of Shukla and Mansoor (2023) and Matos and Marques (2024), who emphasized that therapeutic interventions and cognitive training enhance inmates' reasoning and self-regulation. Consistent with Bandura's (1977) Social Learning Theory, the results suggest that TCMP fosters internalized learning through modeled behavior. Overall, the program was found to be highly effective in strengthening decision-making—an essential component of rehabilitation and long-term desistance from crime.

2. Comparative Re-Offender Rate Between PDLs Who Completed the TCMP And Those Who Did Not At The Lucena City District Jail Female Dormitory

Table 4
Comparative Re-Offender Rate Between PDLs Who Completed the TCMP and Those Who Did Not

Group	Total Released	Re-Offended	Re-Offender Rate (%)
Completed TCMP	20	2	10%
Did Not Complete/Join TCMP	20	6	30%

The comparative data in Table 4 corresponded with emergent themes like 'readiness for reintegration' and 'commitment to change,' illustrating how behavioral and attitudinal gains from TCMP translated into lower re-offending

outcomes.

The comparative analysis of re-offender rates between two groups of female Persons Deprived of Liberty (PDLs) released from the Lucena City District Jail Female Dormitory over a two-year span (2022–2024) revealed a marked difference in post-release outcomes. As shown in the data, among the 20 former PDLs who completed the Therapeutic Community Modality Program (TCMP), only 2 re-offended, resulting in a re-offender rate of 10%. In contrast, 6 out of 20 individuals who did not complete or participate in TCMP re-offended, reflecting a re-offender rate of 30%.

These findings suggested that participation in TCMP may have significantly contributed to reducing the likelihood of re-offending. This aligns with the results presented in Question No. 1, where participants reported that TCMP had a highly effective impact on their personal behavior (WM = 3.50), attitudes (WM = 3.82), and decision-making (WM = 3.69). Respondents indicated that TCMP helped them manage conflict, develop a positive outlook, make responsible decisions, and reflect more deeply on the consequences of their actions—all of which are protective factors against recidivism.

The results echo the findings of Duwe and Kim (2022) and Pratt and Turanovic (2023), who emphasized the importance of structured, evidence-based rehabilitation programs in reducing recidivism. The therapeutic community structure of TCMP, which includes daily group engagement, peer support, and cognitive-emotional processing, provides a social learning environment consistent with Bandura's Social Learning Theory (1977)—where behavior change is acquired through observation, modeling, and reinforcement. In conclusion, the lower re-offender rate among TCMP completers offered empirical support for the effectiveness of the program in promoting behavioral transformation and post-release success, reinforcing the value of therapeutic community approaches in female correctional rehabilitation.

3. Based on the findings, what evidence-based reintegration framework was developed to strengthen post-release support mechanisms for former PDLs who completed the TCMP?

Based on the study's findings, an evidence-based TCMP-Based Reintegration Support Framework (TRSF) was developed to address the behavioral and systemic needs of former female Persons Deprived of Liberty (PDLs) who completed the Therapeutic Community Modality Program (TCMP). Results showed that TCMP had a highly effective impact on personal behavior (WM = 3.50), attitudes (WM = 3.82), and decision-making (WM = 3.69), forming a strong foundation for successful reintegration. Comparative data further revealed that TCMP completers had a lower re-offender rate (10%) than non-participants (30%), demonstrating the program's effectiveness in reducing recidivism. However, findings also underscored the need for continuous post-release support in decision-making, employment, psychological stability, and community acceptance. To sustain these gains, the TRSF was designed around four core domains—Behavioral Continuity, Relational Support, Socioeconomic Empowerment, and Community Linkages—to ensure continuity of care beyond incarceration. The framework serves as both a policy recommendation and practical model that the Bureau of Jail Management and Penology (BJMP) and local government units can adopt to institutionalize structured, gender-responsive post-release rehabilitation systems.

These findings resonate with global rehabilitation standards such as the United Nations Standard Minimum Rules for the Treatment of Prisoners (Nelson Mandela Rules) and the United Nations Rules for the Treatment of Women Prisoners and Non-custodial Measures for Women Offenders (Bangkok Rules), both of which emphasize individualized rehabilitation, social reintegration, and gender-responsive programming. The TCMP's emphasis on peer support, behavioral therapy, and structured daily engagement reflects these international frameworks by promoting accountability and humane correctional practices.

Nonetheless, this study is subject to certain limitations. The sample size of 40 participants restricts generalizability, and the one-year observation period limits conclusions about long-term behavioral stability. Moreover, self-report data from former PDLs may involve recall or social desirability bias. Future research should include longitudinal follow-up and larger, multi-site samples to strengthen the evidence base and validate the TCMP's long-term effects.

4. CONCLUSION

The study concluded that the Therapeutic Community Modality Program (TCMP) exerts a significant positive impact on behavioral rehabilitation and recidivism reduction among female Persons Deprived of Liberty (PDLs) in the Lucena City District Jail Female Dormitory. Participants demonstrated marked improvements in self-control, emotional regulation, discipline, and decision-making, reflecting deeper openness to rehabilitation and a more constructive life outlook. The notably lower re-offender rate among TCMP completers (10%) compared to non-completers (30%) within the 2022–2024 cohort reinforces the program's effectiveness in promoting lasting behavioral change.

Building on these findings, the TCMP-Based Reintegration Support Framework (TRSF) is proposed as an actionable policy tool to extend the program's transformative potential beyond confinement. The TRSF is anchored on four interrelated domains: behavioral continuity, relational support, socioeconomic empowerment, and community linkages. Each domain is supported by clear, implementable mechanisms designed to ensure sustained rehabilitation—through continuous counseling,

family engagement, livelihood training, and coordinated partnerships with community and government institutions. Collectively, these elements promote holistic reintegration by addressing both internal transformation and external support systems.

However, the study acknowledges certain limitations, such as its focus on a single correctional facility and the limited longitudinal follow-up on post-release outcomes. These constraints suggest caution in generalizing findings to other settings.

Future research should examine the long-term impacts of TCMP participation across varied correctional contexts, incorporate male and juvenile PDL populations, and explore the adaptability of the TRSF framework in different institutional and cultural environments. Further inquiry into stakeholder implementation challenges and cross-agency collaboration models will also enhance the framework's practical applicability.

In summary, the TCMP demonstrates strong potential not only as a rehabilitative intervention but also as a foundation for sustainable reintegration policy. The TRSF provides a structured pathway to institutionalize rehabilitation gains, while future research can deepen understanding of how therapeutic communities can evolve into comprehensive reintegration ecosystems.

Table 5
Proposed Evidence-Based Framework: TCMP-Based Reintegration Support Framework (TRSF)

	Domain	Evidence-Based Support Mechanism
1.	Behavioral Continuity	Regular peer-led check-ins, cognitive-behavioral sessions, and access to post-release counseling services to sustain behavioral gains.
2.	Relational Support	Family reintegration counseling, parenting support, and conflict-resolution mechanisms to rebuild trust and social bonds.
3.	Socioeconomic Empowerment	Skills certification, job placement partnerships, and financial literacy training for sustainable reintegration.
4.	Community Linkages	Collaboration with LGUs, NGOs, and faith-based organizations to provide housing, mentoring, and social support systems.

ETHICAL CONSIDERATION

This study strictly observe ethical standards in the conduct of research involving human participants. Prior to data collection, the researcher secured a formal approval from the Bureau of Jail Management and Penology (BJMP) and the administration of the Lucena City District Jail Female Dormitory. The study protocol, including its objectives, instruments, and participant rights, was also be reviewed and cleared by an accredited Ethics Review Committee to ensure compliance with ethical research guidelines.

All participants are informed of the study's purpose, scope, and procedures before data collection commences. They are assured of the voluntary nature of their participation and are provided with an informed consent form only those who give written consent were allowed to participate in the questionnaire and interview phases of the study. Participants were also informed of their right to withdraw from the study at any point without penalty or consequence.

Confidentiality and anonymity were strictly upheld. Personal identifiers were excluded from the data collection tools, and responses were encoded using assigned participant codes. All data—including completed questionnaires, interview transcripts, and jail documents—were securely stored and accessed only by the researcher. The findings were reported in aggregate form to prevent the identification of individual respondents.

The study ensured compliance with the Data Privacy Act of 2012 (Republic Act No. 10173), and no psychological, legal, or emotional harm was inflicted upon the participants. Sensitivity to the vulnerable status of former PDLs was observed throughout the research process. All ethical measures were implemented to ensure that the dignity, rights, and welfare of all respondents were protected.

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