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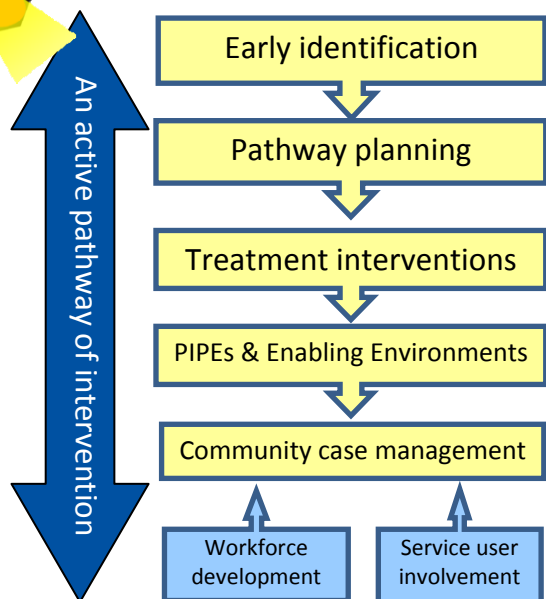
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With implementation of the offender PD strategy now firmly underway, this fourth edition of the *Pathway Press* takes stock of what's in store between now and March 2015. Shining a spotlight on the strategy from various perspectives along the pathway, we asked colleagues: **“What will the strategy mean for you?”**



- Rachel Wilson and Terry Kirkby, NOMS and NHS PD co-commissioners for the Mid sector, give us the **co-commissioners' view**
- Sue Ryan from Resettle offers a **view on service user involvement**
- Alex Worsman and Nikki Jeffcote at HMP Belmarsh provide the **view from a new service on the offender PD pathway**
- Alice Bennett, trainee forensic psychologist at the Westgate Unit at HMP Frankland, gives us the **view from an existing treatment site** and
- Tracy Clarke, manager of Crowley House Approved Premises, shares her **view from a women's PIPE**.

Share **your** reflections of what the offender PD strategy will mean for **you** by emailing pd@noms.gsi.gov.uk and we'll include a selection of the best contributions in our next edition!

... Latest programme news ...

In recent months, we have:

- Concluded contract negotiations with 30 Probation Trusts for delivery of community-based PD services, and delivered a successful training event for 90 health and criminal justice practitioners to help them implement the services
- Launched procurement exercises to identify health service providers to work collaboratively with HMP Garth and the Sheppey prisons delivering new PD treatment services
- Completed the psychologically informed planned environment (PIPE) service specification, and developed plans for new PIPEs at HMP Wymott, Crowley House and the Sheppey prisons
- Published a research report on the [enabling features of PIPEs](#).

Our next steps are:

- Finalising procurement arrangements for the economic evaluation of the offender PD programme
- Commencing the next round of service user listening events
- Developing our plans for a PD pathway for young adult offenders.

What the strategy will mean for me: the co-commissioners' view

To implement the offender PD strategy nationwide, the programme has recruited an NHS co-commissioner and a NOMS co-commissioner for each of the four commissioning regions: North, South, Mid and London. Together, the co-commissioners plan, commission and performance manage offender PD services across their area.

The co-commissioners for the Mid region, which covers the Midlands and East of England, are **Terry Kirkby (NHS)**, who has over 25 years' experience working in secure mental health and NHS specialised commissioning, and **Rachel Wilson (NOMS)**, who has 19 years' experience working for HM Prison Service.*

Here, Rachel and Terry tell us about their experiences to date of implementing the strategy in the Mid region, and their aims and objectives in the coming months.

"We are both new to co-commissioning and we have found the process of joint working extremely useful as we both bring a fresh perspective. In particular, when we attend meetings, our separate areas of expertise allow us to make joint decisions based on a wealth of knowledge.

"We are just concluding the Mid region's contribution to the national initiative to introduce **community-based offender PD services** – this is where Probation Trusts and a selected health care partner work together on case screening, formulation and pathway planning. Twelve out of thirteen Trusts in our region have already started delivering the services, and now the 13th Trust has also expressed interest. Within the next three months, the probation/health partnerships will screen offenders for PD and develop comprehensive training plans for all key staff.

"At HMPs Gartee and Dovegate, we have opened democratic therapeutic communities for offenders with learning disability (known as **TC+**). Specialist expertise is accessed from Rampton Hospital. Both prisons have recently started to work with their first cohorts and are currently assessing potential participants for the second. Please contact the TC+ at either prison if you know of any potentially suitable candidate.

"The Mid region is also taking the lead on implementing the first **women offender PD pathway** in the country. This includes the CAMEO treatment service at HMP Foston Hall, a whole prison enabling environment at Drake Hall and a psychologically informed planned environment at Crowley House Approved Premises in Birmingham. These services add to the existing national services for women at HMP

Congratulations to Wendy, a prisoner at Foston Hall, who came up with the name for the prison's new PD treatment service. It will be called the **CAMEO** service, which is not just a name but also a mission statement:

*Coping with complex needs
Aiming for better understanding of self through
Motivation to change
Engaging with others and
Optimism for the future*

CAMEO will be delivered in partnership by Foston Hall, Birmingham & Solihull Mental Health NHS Foundation Trust and Anawim Women's Centre from November. To find out more, contact Gill.Heap@noms.gsi.gov.uk.

Low Newton (Primrose) and HMP Send (democratic therapeutic community).

"Future services for the Mid region potentially include a treatment service in a male category C prison; a service in the young adult estate; and development of a pilot service for sex offenders.

"Going forward, we both look forward to continuing to develop a greater understanding of strategic commissioning, the commissioning process, the services in our area and the qualities we each as individuals are able to bring to the Mid region co-commissioning team."

* The full list of regional PD co-commissioners is below. You can contact them via pd@noms.gsi.gov.uk.

North	Mick Burns – NHS Neil Pigginn – NOMS
South	Sue O'Rourke – NHS Nick Joseph – NOMS
Mid	Terry Kirkby – NHS Rachel Wilson – NOMS
London	Mary O'Donnell – NHS Nick Joseph – NOMS

What the strategy will mean for me: a view on service user involvement – Resettle community PD service

One of the underpinning principles of the offender PD programme is meaningful and ongoing service user involvement in all aspects of the work we do and the services we co-commission. Through involvement, we aim to:

- Build up and maintain relationships between offenders and staff
- Establish activities that support personal empowerment and the development of individual responsibility, confidence and skills
- Facilitate the direct involvement of offenders in development, design and evaluation of service provision to improve its effectiveness
- Improve the potential for individual offenders to actively participate in interventions available to them.

One project that has already embraced these principles is the Resettle project in Merseyside. It is a community project that addresses the needs and risks of adult men with personality difficulties who have significant offending histories. Resettle focuses on reducing offenders' risk to the public and themselves, improving psychological well-being and increasing social integration.

Here, Dr Sue Ryan, Clinical & Forensic Psychologist / Lead Sociotherapist, tells us more about how service user involvement is a key element of delivery.

“Involving participants in the day to day running of the project and in their own intervention plan is **key to the project ethos and to participants achieving their goals.**”

“Participants are involved in selection of staff, teaching to psychology doctorate trainees, project development, and meeting with visitors. We recently developed a service user working group; we regularly seek participants' views in the development of the project; and they are actively involved in the running of the community such as chairing meetings and preparing lunch. Participants are also involved in setting their goals, assessing their progress and writing to the MAPPA (multi-agency public protection arrangements) panel to make sure their voice is represented. We are also developing a participant support group and a participant representative role. Finally, we have a service user representative on our Project Board.

“Involvement is an area that does create tension at times. It is important to balance the needs and wants of the participant with what is realistic and safe, and at times it can be easy to adopt a paternalistic model of the ‘team knows best’. However despite these tensions, as a team we continue to reflect on these issues and develop participant involvement, recognising it as essential for the development of the individual and project. **We recognise that participants offer expertise in areas that staff cannot.**”

“I will leave you with some quotes from Resettle participants about what they have found valuable:”

“Having support but be[ing] treated like an adult. I am 47 years old, but have never lived independently.”

“It can be embarrassing asking for help; [you] need others to tell you it's okay.”

“Being alone scares the living daylight out of me, especially after prison.”

“Just be there for me when I am struggling.”



What the strategy will mean for me: view from a new pathway service – the London Pathways Progression Unit at HMP Belmarsh

The London Pathways Progression Unit (LPPU) at HMP Belmarsh is a service for 41 men who have significant personality difficulties. Having opened in April 2013, the unit aims to assist participants in progressing towards safe and successful release. The LPPU works primarily with men who have a realistic pathway into the community within two years but also with those who need support to progress through their sentence, whether downgrading from category A or by progressing into open conditions.

Here, Alex Worsman, LPPU's operational lead, and Nikki Jeffcote, the service's clinical lead, tell us more about what the service will offer.

“We work within a psychologically-informed model of desistance, helping men plan for their future by enhancing their self-awareness, skills and sense of social value, and by developing relationships in custody that will be sustained after release.

“The LPPU is delivered by a partnership between HMP Belmarsh, the London Pathways Partnership, a collaboration of four NHS mental health trusts, and London Probation Trust, which supports frequent input from specialist Probation Officers. This approach ensures that men who come to the unit receive consistent support that continues through their sentence and into the community. **Integrated and joint working is the essence of what the strategy means to us:**”

taking a flexible approach that responds to individual needs and seeks outcomes that enhance the safety and wellbeing of offenders, the staff working with them, and the wider community.

“**Being a new service in the pathway is both exciting and challenging.** Between now and 2015 we will continue to embed our model of joint working and increase the skills and confidence of staff both within and beyond the unit. Through joint and collaborative working with offenders, our pathway partners and all those supporting them, we can develop the service to its full potential, build professional networks and support others as prison and health colleagues in existing services have supported us.”

If you would like further information on the LPPU, please contact alexander.worsman@hmpr.gsi.gov.uk or nikki.jeffcote@oxleas.nhs.uk.



What the strategy will mean for me: view from an existing treatment site – Westgate at HMP Frankland

The Westgate PD service opened in 2004 as part of the Dangerous & Severe PD Programme, and is one of two male high security prison sites offering assessment and treatment for PD.

Westgate treatment includes formal group and individual sessions encompassing a range of therapies, supported by the Good Lives model, which is designed to encourage the setting and attainment of treatment-related goals.

Here, Alice Bennett, Westgate trainee forensic psychologist, reflects on the changes in store for Westgate now that it's been incorporated into the new offender PD pathway.

"With the introduction of PD services in lower security prisons and the closer links between the PD pathway and Close Supervision Centres, the number of **referrals** received by Westgate may decrease and service users accepted for admission may be different to those accepted in the past. So we're going to refine our referral process in order to attract the most appropriate referrals for Westgate. Also, given the potential differences in participants admitted to Westgate, we'll be evaluating the treatment we offer to ensure it's responsive to risk and criminogenic need and appropriate for the men participating in the service.

"It's really positive that the new pathway includes supported **progression** options for service users. This will allow prisoners who complete Westgate treatment to transfer to appropriate sites where they're supported and encouraged to generalise the skills they've learned with us. Additionally, more vocational training opportunities will be available, supporting progression towards release. We're keen to work with other sites on the pathway to ensure service users access appropriate future services.

"Finally, here's the verdict of a recent prisoner who completed Westgate treatment:"

"It's been challenging but rewarding. It's not nice having things pointed out to you but when you know about them you can change them. Gaining insight is where I've got my rewards from. I can see where I went wrong and avoid certain things in the future and it's developed me as a person. I've got these [PD] traits and I'll probably always have them but at least I know about them, [and] when they portray themselves, I can do something about it."

What the strategy will mean for me: view from Crowley House, a women's community PIPE

Crowley House in Birmingham is one of just six Approved Premises (APs) for women in the country. It has 20 beds and is operated by Staffordshire and West Midlands Probation Trust.

Here, Tracy Clarke, Manager of Crowley House, considers what will be different for the AP's residents and staff as it develops into a Psychologically Informed Planned Environment (PIPE).

"The residents and staff at Crowley House are really excited about becoming the first female AP PIPE! Along with Foston Hall and Drake Hall prisons, we'll form part of the women's PD pathway in the Mid region. We're also involved in the enhanced women's service being developed and delivered by the Trust.

"We don't expect to see a significant change in the make up of our resident group, many of whom have a diagnosis of PD. But a big change will be a psychologist joining the team as clinical lead and helping us work in a more psychologically informed way – this will maximise the impact and effectiveness of our work by **building on what we already do**, helping us to form containing and attached relationships and creating an environment at Crowley House where **women feel supported and safe**, and those who have undertaken treatment can practise new skills. This recognition of the importance of relationships and interpersonal interactions runs parallel with the Trust's focus on the principles of effective Probation practice which include positive working relationships, hopefulness for the future and building on recognised strengths.

"Work around service user involvement continues, and staff skills and confidence are being developed through additional training and the provision of time and space to reflect through group and individual supervision. Finally, the existing enhanced regime will be reviewed and structured and creative sessions developed."

"In the words of one member of staff:"

"Understanding more about the women I work alongside, what works and why it works will increase my confidence and mean good outcomes for the women."



Over to you: Pathway Press brings you the latest offender PD programme updates, stories from our pathway services and wider personality disorder developments. Previous editions are available here: <http://www.personalitydisorder.org.uk/criminal-justice/publications/>. Our next edition (October 2013) will focus on workforce development. If you have a story to share, please email pd@noms.gsi.gov.uk.