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Over to you

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This eighth edition of the *Pathway Press* is themed around the research and evaluation activity underway throughout the offender personality disorder pathway. Our evaluation programme is designed to provide evidence of the effectiveness of the pathway, covering each stage from early identification and case formulation, through to treatment and progression services. Our aim is that this evidence will support further development and investment in the offender personality disorder pathway in the years to come.



The offender personality disorder pathway is a complex programme to evaluate. The evaluation of its effectiveness will therefore be delivered through a combination of **national evaluation projects** that are then supported and informed by **smaller evaluation projects focusing on discrete programme interventions**, for example PIPEs, treatments and workforce development activities. You can read about a number of these projects in this edition, and if this whets your appetite for more, please see the dedicated research area of [Kahootz](http://Kahootz) or contact our programme team research leads, [Sarah.Bridgland@noms.gsi.gov.uk](mailto:Sarah.Bridgland@noms.gsi.gov.uk) and [Kathryn.Harney@nhs.net](mailto:Kathryn.Harney@nhs.net).

*We wish all our readers a very relaxing and enjoyable festive break!*

## Latest programme news

In recent months, the following new services have gone live:

- Two new prison **PIPEs**: a pre-treatment (preparation) PIPE at HMP Swaleside and an in-treatment (provision) PIPE at HMP&YOI Low Newton
- Two new **treatment services for young adult men** at HMYOI Swinfen Hall and HMYOI Aylesbury; and two new **treatment services for women**: the NEXUS service at HMP Eastwood Park, and the Rivendell service at HMP New Hall
- An **Enhanced Support Service** for violent and disruptive prisoners at HMP Pentonville and HMP Swaleside.

We have also:

- Hosted a successful workshop on our new **Framework for Case Formulation**
- Confirmed funding for the **Options Modified DBT** service at HMP&YOI Holloway
- Successfully steered the **TC+** model for learning disabled offenders through the Correctional Services Accreditation & Advice Panel, achieving a maximum score
- Continued to support the implementation of further new **Approved Premises PIPEs** at Bradshaw House, Holbeck House, South View and Edith Rigby House.

In other important news:

- The **DSPD Service at the Peaks Unit, Rampton Hospital**, is no longer accepting new referrals. This is in line with the programme's plans to decommission DSPD high secure hospital provision and recycle the funding into the new offender personality disorder pathway. There are now two alternative options for adult male offenders who would ordinarily have been referred to the Rampton DSPD Service:
  - A referral to one of the prison-based pathway services **or**
  - A referral for a hospital transfer under the Mental Health Act to one of the three personality disorder (non-DSPD) wards at Rampton, Broadmoor and Ashworth hospitals.

## Variety, adaptability and flexibility: Evaluating the offender personality disorder pathway

In September 2014, we held a pathway-wide event themed around case formulation, which was attended by 160 colleagues from across nearly 70 pathway services. Here, **Sarah Bridgland, NOMS Research Manager for the Offender Personality Disorder Team**, reflects on the day, and how it exposed a number of challenges involved in evaluating the impact and value of case formulation, and the pathway more widely. She also explains how the three distinctive pathway features of variety, adaptability and flexibility have shaped the way the pathway is evaluated.

“The case formulation event prompted a number of interesting discussions on what people considered to be the biggest benefit of case formulation: to improve treatment effect?; to increase service user engagement?; to improve compliance with licence conditions? Whilst we were unable to reach a consensus, what came across strongly was the idea that we each take on different priorities, roles and methods of delivery in the pathway; perhaps reflecting the different points at which we manage an offender in their sentence, or our different professional backgrounds. And more importantly, **delivering a varied, adaptable and flexible approach will be key to ensuring that the pathway meets the needs of a heterogeneous, complex group of offenders.**

“However, this variety, adaptability and flexibility is also what will make the OPD Pathway so difficult to evaluate!

“We thought carefully about the principles of flexibility and innovation when setting out the key outcomes for the programme (which if you haven’t seen, you can find on Kahootz [here](#)). We have aimed to achieve an approach that will enable services to operate as part of a coherent pathway, whilst at the same time encourage variety and local innovation. For instance, the way in which a service delivers against the objective, *“To improve offenders’ access and progression through services,”* will look very different in a Preparation PIPE compared to the work of probation colleagues in the community – but both will be working to achieve this high level aim.

“The value in having a common outcome framework and consistency of measurement is that it allows us to ‘scale up’ evidence at a national level in order to promote the value of the work to those who fund us and, importantly, to

test whether the new ‘whole systems pathway approach’ is the best means of achieving outcomes for this group of offenders.”

“When designing the evaluation strategy for the programme, we decided that testing the ‘whole pathway’ hypothesis (that *“outcomes will be achieved by offenders accessing a pathway of interventions”*) was essential. So earlier this year we commissioned a research consortium, led by Kings College London, to conduct a national evaluation of the pathway for men (see pages 2-3). This is an incredibly ambitious and complex project, and we will need the cooperation (and data!) from all providers to successfully pull off this crucial piece of work.

“We are also in the process of commissioning evaluations of the women’s pathway, and the PIPE approach. A study of prison Democratic Therapeutic Communities is also underway (see page 3).

“We are fortunate that the programme attracts an enormous amount of research interest from colleagues within the pathway and independent academic institutions. It will be impossible for the central research programme to cover off everything,

and it will be **through the contribution of local, regional and independent academic research** that we can begin to build a high quality evidence base for the work we are delivering.”

## National Evaluation of Offender Personality Disorder Pathway (‘NEON’)

A national pathway evaluation, now known as ‘NEON,’ has been commissioned by NOMS and NHS England with a view to establishing a detailed understanding of the working mechanisms, impact and cost-effectiveness of the offender personality disorder pathway. In this article, **Dr Manuela Jarrett, NEON project manager**, describes the interactions that pathway services can expect with the NEON team and the evaluation process.

“The evaluation research team (with membership derived from four UK universities) is being led by Dr Paul Moran, based at King’s College London. The evaluation will take place over two stages: an initial feasibility study in two regions of the country, to assess methods for collecting the data needed, and a second stage which involves rolling out the evaluation nationally.

“The initial feasibility study is in progress and will last until March 2016. Some of the activities which we will need your help with are listed below:



*Variety, adaptability and flexibility are key features of the pathway, and our evaluation approach*

- Interviews with staff and offenders, to get an idea of how the pathway is working in their particular area and to gather views about the pathway
- We are setting up Expert Reference Groups with criminal justice and health service leads. These groups will give us an overview of how the pathway is working at a regional level (e.g. what services have been commissioned; how does data sharing between agencies work etc.)
- We want to collect offender data from offender personality disorder services (e.g. demographics, offending history, progress through the pathway, sentence plan etc.)
- We want to test whether we can extract data from criminal justice databases (e.g. OASys, PNOMIS, nDelius) and link these data to create a global database
- A survey of services (to be completed by clinical pathway leads) to find out what activity is going on (e.g. screening in criteria used; numbers of case formulations per month)
- We will visit services to get a sense of some of the challenges of the settings in which services are based
- We want to see whether we can pilot two scales for use by Offender Managers, in order to assess the impact of the pathway on offenders' psychological wellbeing and social functioning
- We want to liaise with other local and regional evaluations.

**“Thank you in advance for your support with this important study!”**



If you would like further information about the research, Manuela can be reached on 0207 848 5053 or [manuela.jarrett@kcl.ac.uk](mailto:manuela.jarrett@kcl.ac.uk)

## Democratic Therapeutic Communities: outcomes study

Democratic Therapeutic Communities (DTCs) are an Offending Behaviour Programme aimed at providing treatment to offenders with complex needs, many of whom have moderate to severe personality disorder. In prison, DTCs provide a 'living-learning' environment where offenders participate in group therapy and attend staff-resident meetings to make decisions about the running of the community. The broad aims of DTCs are to reduce reoffending and improve psychological health. Fourteen DTCs (three of which are TC+s modified for learning disabled offenders) currently operate across five prisons.

In 2013, the programme team commissioned NatCen Social Research to explore whether it would be feasible to conduct a robust evaluation

of prison DTCs. The NatCen team was led by Caroline Turley, Sergio Salis and Jane Kerr, with advice and guidance provided by Professor David Farrington from the University of Cambridge. Here, **Caroline Turley, a member of the NatCen research team**, describes the study and plans for the next phase of work.

“The feasibility study involved:

- A literature review
- In-depth qualitative interviews with NHS/NOMS stakeholders and DTC staff
- A thorough assessment of the scope for a robust evaluation of the impact of DTCs on key outcomes (reoffending and psychological health), using data from OASys, NOMIS and the DTC database.

“The findings indicated that **it is possible to conduct a robust evaluation of DTCs**, and recommended a ‘matching’ approach. This is a statistical technique which involves identifying a group of offenders who have not participated in a DTC (the untreated group) and have comparable characteristics to offenders who have attended a DTC (the treated group). Key outcomes for the treated and untreated group are then compared to obtain a reliable estimate of the DTC impact.

“However, the findings also identified a number of challenges. One was the large proportion of DTC participants with indeterminate sentences. As NOMS wants to assess the extent to which DTCs reduce reoffending, a large proportion of offenders with indeterminate sentences means we are unlikely to observe many participants leaving prison and therefore being at risk of reoffending over a reasonable time period.

“As a result, NatCen is currently conducting additional feasibility work to explore whether there are alternative (proxy) outcome measures that can be identified in existing data sources. A particularly valuable and worthwhile aspect of this work will be the **wider benefit it will have to NOMS and NHS stakeholders, as well as to the pathway programme**. This is because very few research studies have included indeterminate sentenced prisoners in their samples due to the challenges of observing outcomes for this group.

“If our work suggests that (actual or proxy) reoffending and/or psychological health outcomes are available for offenders in the treated and untreated samples, then we will proceed to carrying out a full outcome study of DTCs, in collaboration with NHS/NOMS in 2015.”



## Evaluating the *Chromis* programme

*Chromis* is an accredited programme designed specifically to reduce violence in individuals with high levels of psychopathic traits. It currently runs in full as part of the Westgate Personality Disorder Treatment Service at HMP Frankland, and components of the programme are delivered at the Primrose service in HMP&YOI Low Newton, the Rivendell service at HMP&YOI New Hall, Roseberry Park Hospital and two Closed Supervision Centres in high secure prisons. Here, **Jenny Tew, Quality and Outcomes Specialist in NOMS Interventions Services**, tells us more about the way the *Chromis* programme is being evaluated to assess its effectiveness.

“There are numerous challenges to evaluating *Chromis*. The small numbers who go through the programme each year and the length of participants’ sentences mean that it is going to be some time before a reconviction study is possible. This does not mean there is nothing to do. **Proxy measures of re-offending and other potential benefits have started to be considered and initial indications are very encouraging.**”

“There is a completion rate of between 82% and 98% for components showing that individuals do engage in *Chromis*. So far there have been 25 programme completers on Westgate. The majority of these have been considered to progress in some way, have had a reduction in risk shown in a HCR-20 assessment and around a third have had a reduction in security category.

“Looking in detail at some completers we’ve found **improved levels of self reported anger and fewer than expected acts of physical aggression** in treatment and after transfer, compared to their pre-treatment behaviour. Talking to individuals about their experience of treatment also highlighted really useful information to inform development, including the **benefits of having prison officers involved in delivery.**”

“In line with practice, it is important for evaluation to keep in mind what success looks like for this population and set its sights accordingly. For some, simply staying in a treatment room is a major achievement that needs to be recognised.

“Creative approaches to evaluation help to provide an evidence base for ongoing programme delivery and identify where and how practice can be improved. **It is something everyone can contribute to and so we encourage you to get involved!**”



A *Chromis* fish

## All Wales Offender Personality Disorder Community Pathway: Research, evaluation and data support

The Wales Personality Disorder Community Pathway project aims to provide screening, consultation formulation and support to offender managers across the country. With an area covering more than 8,000 square miles and a total population of just over 3 million, that is a significant challenge! A key aspect of pathway development has been the establishment of an evaluation, data support and research team. Here, two members of the team, **Dr Jason Davies and Aisling O’Meara**, tell us more about their approach to evaluating the pathway service in Wales.

“Although only a small overall resource, the **ethos of using data and evaluation to develop and shape practice is firmly embedded.** The overall approach is one of action research – where findings are used as soon as they are produced to inform pathway development and improvement. This provides a **feedback loop of trying out, evaluating and refining.**”

“At present there are a number of larger projects being undertaken such as a needs analysis of women in Wales who have offended (being run with the Women’s Pathfinder development) and a baseline analysis of some of the Approved Premises prior to the potential development of Enabling Environments / PIPEs within them. The team analyses and reports data on consultations and formulation meetings with offender managers in order to inform the development of this aspect of the service, and is currently investigating the ways in which the screening tool aids decision making for entry into the pathway.

“The evaluation of new service initiatives (for example, the possible development of a community Dialectical Behavior Therapy initiative) is also supported by the team, as are specialist projects such as those undertaken by pathway staff completing courses such as the MSc in Working with Personality Disorder. In addition the team supports data collection and analysis as part of the KPI returns and for Wales’ involvement in the Mentalisation Based Therapy pilot.

“**Developing the service by having practice informed by and building evidence is a critical aspect of the pathway in Wales.** It is hoped that this will help ensure that high quality services can be appropriately delivered within the finite resources available.”



## “Food, Glorious Food”... or is it?: Women prisoners’ relationship with food

Food is seen as a basic human requirement, a way to socialise, and it can even form part of our identity as individuals. However in prison it is generally seen as a

means of survival and access to food can have an effect on some individuals’ psychological and physical wellbeing.

A recent study at the PIPE service, HMP&YOI Low Newton, aimed to identify female prisoners’ experiences with food when imprisoned. Here, **Sarah Passmore, Trainee Forensic Psychologist**, describes the findings.



“22 residents from the PIPE at HMP/YOI Low Newton participated in the study, with data gathered via focus groups and explored through Thematic Analysis. Findings identified four main themes: **choice, prescribed medication, prison regime and ordinariness**.

“Participants noted a reduced choice of food, in particular a limited availability of vegetables, but conversely a high array of fatty foods. Both had a negative impact upon mood:

*“Makes me feel sluggish, when I have just eaten. I’m full for two hours then hungry.”*

“Although it was essential for some prescribed medication to be taken directly with food, the prison regime did not always facilitate this. This again can impact upon emotion and behaviour:

*“Scared of treatment and didn’t know the side effects, felt quite scared so bought porridge.”*

“Prison regime, in particular the times between meals, were shown to impact upon emotion and behaviour:

*“Cry because you’re hungry in your cell at night.”*

“Participants referred to the implementation of the Breakfast Club and cookery sessions within the PIPE. These were suggested to have **boosted morale, positive emotions and behaviours**:

*“Raring to go, want to go to work if you have breakfast.”*

*“It’s brilliant; everyone can come together and take time to eat together.”*

“The consumption of food is essential for survival. However, the PIPE has facilitated the awareness and importance of food for socialisation, psychological wellbeing and ‘ordinariness.’

“The results of the study highlighted that prison regime, including what and when prisoners ate, had an effect on their psychological and physical

wellbeing. Also, the prison regime and the time prisoners received prescribed medication had an influence of whether they took medication at all or as prescribed, i.e. with food. The implementation of cookery and eating together on the wing boosted morale, positivity and independence which consequently enhanced wellbeing and positive behaviour.”

*The study was conducted by Sarah, with her colleagues Claire Bainbridge (PIPE Principal Forensic Psychologist) and Dr Ranjit Kini (Consultant Forensic Psychiatrist).*

## Evaluating the community pathway in London

Community-based offender personality disorder services (including case identification, consultation and formulation; joint casework, pathway planning and workforce development) have been delivered nationally since April 2013. The London Pathways Partnership (LPP) provides this service for the London region, and is also HMP Belmarsh’s partner in the delivery of the Enhanced Progression Unit at the prison. Here, **Professor Mary McMurrin, University of Nottingham**, describes the way that the LPP service is being evaluated. Other members of the research team are Professor Eddie Kane, University of Nottingham; Jack Cattell, Director of Get the Data Ltd; and Professor Darrick Jolliffe, University of Greenwich.

“We are working with Sarah Bridgland, NOMS Research Manager for the Offender Personality Disorder Team, and Dr Phil Minoudis, Clinical Lead for the LPP Community Pathways Service, to examine the key aspects of the operation of the pathway and to investigate how this might work to enhance offenders’ progress.

“Using organisational databases, the team will examine actual practice against planned practice in activities such as case identification, formulation, pathway planning, and services provided. The impact of the pathway will be ascertained by comparing the results for people on the pathway with those of a similar group who did not receive this approach. This will allow the research team to explore whether the pathway is having the desired effect.

“Richer information about how pathway activities have an impact will be collected from interviews with staff and offenders on the pathway. Key evaluation questions are **how staff perceive the process and what improvements might be made**, as well as how well the pathway activities improve offenders’ **engagement with services and motivation to progress**.

“The research continues until autumn 2015, after which we will disseminate the results widely.”

## An evaluation of teaching case formulation to Probation Officers

Formulation has long been a core competency of mental health professionals. With formulation-led management central to the offender personality disorder strategy, a recent piece of research<sup>1</sup> considered whether formulation should be carried out in the same way for services delivering offender personality disorder services in the community, and whether the skill of writing quality formulations could be taught to probation officers. Here, two members of the research team, **Phil Minoudis and Jake Shaw**, tell us more...

"We designed a research project to see if we could evaluate the quality of formulations, by testing a new formulation Quality Checklist.<sup>2</sup> We measured whether the quality of formulations written by Probation Officers improved after providing formulation training and group case discussions, where they practised the skill. We trialled this over a six-month period and asked independent experts to use the new checklist to rate formulations written by probation officers.

"We found the **Quality Checklist performed well and seemed a valid and reliable way to score and rate formulations**. However, there was little improvement in the quality of the probation officer formulations over time – and when there was improvement, it did not reach the standard of quality required by the checklist. We thought about whether this was due to the quality of the training or the amount of information used to formulate cases. The most important conclusion seemed to be that the **purpose of formulation in the community pathways services was quite different to mental health settings**. There was little need for lengthy comprehensive narratives of the whole person (Case Formulation) and a greater requirement for formulations which focused on discrete problems, such as an impasse (Problem Formulation), or on risk (Risk Formulation).

"Considering these different types of formulation helped to inform the new guidance on levels of formulation.<sup>3</sup> The results also led us to develop further research. We are currently investigating the impact of completing case formulations collaboratively with OPD service users in the community. In this study, we are less focused on the quality of formulations and are concerned instead with the process. We hypothesise that **completing formulations collaboratively with**

<sup>1</sup> Minoudis P., Craissati J., Shaw J., McMurrin M., Freestone, M., Chuan S. & Leonard A. (2013). An evaluation of case formulation training and consultation with probation officers. *Criminal Behaviour and Mental Health* 23: 252–262. The full article is available on Kahootz [here](#).

<sup>2</sup> McMurrin M., Logan C., Hart S. (2012) Case Formulation Quality Checklist. Institute of Mental Health: Nottingham.

<sup>3</sup> The new guidance is available [here](#).

**service users** may improve engagement in supervision and strengthen the working alliance. We are also investigating whether offender managers believe this process adds value over simply completing a risk assessment using OASys. We hope to be able to report on the findings of this study in summer 2015."

## Evaluating the impact of Shared Reading in PIPEs

The offender personality disorder programme is working with the charity, The Reader Organisation, to provide shared reading to men and women in PIPEs, **using literature and poetry to explore complex ideas and practise inter-relational skills**. Here, **Amanda Brown, Criminal Justice Development Manager at The Reader Organisation**, describes how the impact of weekly Shared Reading groups in PIPEs is being evaluated.

"We're using a number of tools in our evaluation, including:

- Group member questionnaires before and after attendance
- Key staff questionnaire to capture observed and recorded levels of engagement and compliance
- Focus groups with staff and group members
- Case studies.

"The questionnaire focuses on the experience of being in a Shared Reading group by providing opportunity for agreement or disagreement with a series of statements, for example, *"Listening to and talking about the stories and poems makes me think about things in my own life."* It also incorporates a short well-being scale.

"The full report will be available in January 2015. In the meantime, here is a sample of the reflections gathered during the focus groups."



*"... **We're ourselves**, especially when officers join in."*

Group Member, HMP Hull

*"I want to explore deeper places, it awakens you to other levels of thought. It motivates you, using your mind, exploring and learning at the same time, learning about others. Everyone here, I know them a bit more, a little better, **it makes for a deeper connection with people.**"*

Group member, HMP Send

*"Some women we work with have really short attention spans, potentially with an ADHD diagnosis. For them to be able to sit down for half an hour is a real achievement. Shared Reading offers an opportunity to practice that. We have seen some of the women who find that really difficult, able to stay for longer and longer. So that's **helped with their mindfulness and their patience.**"*

Prison Officer, HMP Send

## Good News column(s!)

Here, we celebrate recent events and developments in the offender personality disorder pathway. If you have a Good News story to share for a future edition, please email [pd@noms.gsi.gov.uk](mailto:pd@noms.gsi.gov.uk).

### Personality disorder awareness training for prisoner peer supporters

*By Cholena Mountain, staff trainer from the Institute of Mental Health, and Donna Smart, service user trainer from Emergence*

Peer support training was commissioned as a pilot to take place in two women's prisons, Drake Hall and New Hall, with the aim of providing Listeners, Insiders and other peer supporters with additional training about personality disorder. Together, we (Cholena and Donna) co-designed and co-delivered the training.

We started by running a focus group at HMP Drake Hall to establish what knowledge and understanding the women had and what they wanted to know about personality disorder. The women engaged well in the process and reported that, when in their Listening role, the difficulties they encountered most were often related to inconsistency, boundary issues (especially in relation to their time), fear of abandonment and rejection, being on a pedestal one minute and off the next, and struggles with supporting people who self-harmed.

Following the feedback, we designed a one-day package, which covered topics including: what is (and what is not) personality disorder; how personality disorder develops using the bio-psycho-social model and attachment theory; and the inter-relational dynamics and difficulties often termed 'acting out', 'splitting', and 'breaking boundaries.' The course concludes with a discussion with the women about how they can take care of themselves, and introduces a reflective model.

During both pilot days there was a high level of involvement; the women asked relevant questions, shared their experiences and discussed how the increased understanding would help them in their role; all could identify a significant learning point at the end of the day.

An officer commented:

*"So for me to experience the after effects of your training highlights how important and worthwhile it was."*

One participant commented:

*"I now understand what my daughter is going through with her children."*

She had a family visit the following week and had a very emotional time with her daughter and grandchildren. She explained about her training and how she had misjudged her daughter; that the training made her understand better. The woman in question now feels a lot happier in both herself and her relationship with her family.

An amended PD-KASQ evaluation was carried out before and after the training. The findings will now be analysed, with a view to informing whether further peer support training is offered, in both female and male sites.

### Rivendell opens its doors to new service users at HMP&YOI New Hall

*By Mick Winn – Rivendell Governor, HMP&YOI New Hall*

On 1<sup>st</sup> October 2014, the Rivendell Service opened at HMP&YOI New Hall, joining the OPD pathway for female offenders in the north of England and Wales. The service is run in partnership between the prison, Greater Manchester West NHS Foundation Trust (GMW) and the Together Women Project (TWP), and joins the CARE programme and Compass pilot scheme already running in the prison.

The staff group of 13 officers, clinicians and managers have all volunteered to work on the Rivendell service and underwent a joint selection process between GMW and New Hall. For the first two weeks after opening, the whole team attended a bespoke training package designed by experts in the field. The Rivendell team has also been visiting other services, to benefit and learn from others' experiences.

The 16-bed service is located in the vacated YJB building at New Hall and has single en-suite rooms for participants. Rivendell is providing services to women with complex needs and sits in the pathway between a PIPE and the long established Primrose service at HMP&YOI Low Newton. Rivendell is aimed at women who want to make changes in their lives and are open to the possibility that change may be possible.

The treatment period lasts for around two years. The service user will benefit from having a mentor/advocate provided by the TWP team; the mentor/advocate service will also follow the offender into the community and provide advice and support for up to two years following release.

Thank you to colleagues who have already made referrals to the Rivendell Service; a few spaces are still available. To make a referral and/or find out more, please email: [Jayne.Taylor@gmw.nhs.uk](mailto:Jayne.Taylor@gmw.nhs.uk) or [Caroline.Logan@gmw.nhs.uk](mailto:Caroline.Logan@gmw.nhs.uk).



## The Beacon Open Day

*By residents and staff on The Beacon*

In September 2014, The Beacon personality disorder treatment service at HMP Garth hosted an Open Day for approximately 70 visitors, including probation staff, prison officers, Governors, psychologists and other NHS staff. A number of different areas were set up for visitors to look around, including:



### 🚧 **Enabling Environment** –

to see how we go about creating an environment that promotes safety and involvement for staff and residents; for example, showing respect and being supportive of others.

🚧 **ASSIST** – our group therapy programme aimed at helping us develop the understanding and skills we need to manage unhelpful personality traits and encourage more positive functioning.

🚧 **Occupational Therapy (OT)** – to see how our OT sessions help us develop new skills and encourage interactions between staff and residents; for example the ‘Garden Project’ and ‘Dining Room Project’.

🚧 **Our living space** – to see the unit and how we integrate as a small community.

One of the residents of The Beacon had the following to say about the day...

*“The Beacon open day was a good chance to put across what the Personality Disorder Service is all about. Not only were the presentations given by clinical and prison staff but also by residents. This proved to be highly valued as the unit is about us therefore it was a good opportunity for the lads to be involved and contribute to and communicate what The Beacon and our personality disorder means for each of us.”*

The day seemed to be effective as we had a lot of positive feedback from visitors. This included:

*“An amazing place and nice to see the relationships that have been formed.”*

*“An interesting and innovative approach.”*

Staff also experienced it as a very positive day, although somewhat hectic getting all our visitors in and out! Many staff commented on how useful it was to get feedback from visitors who had referred men to The Beacon and noticed positive

changes in their ability to engage and participate in the day. This was despite many of the men only being with us for a relatively short period.

Many of the men have commented on the positive aspects of being on The Beacon, especially feeling listened to and staff taking an interest in, and trying to support and genuinely understand them as people. The Beacon, like any other service, has its ups and downs but we continue to aim to offer this input to all the men in our service to enable them to make the changes they want to achieve in their own lives and the goals they and others have

identified for progress and recovery.

## Enabling Environments Awards

*By Sarah Paget and Laura Simmons, Royal College of Psychiatrists*

The Enabling Environments (EE) Award is a significant achievement for any service but there are added challenges within the Criminal Justice Sector. Over 70 services along the offender personality disorder pathway are currently working toward the award and demonstrating their commitment to putting relationships at the heart of their work. This impressive feat is in no small part due to the groundbreaking work of the PIPE pilots who tested the approach and demonstrated that the award is achievable and makes a difference to staff and offenders. Here’s what Kirk Lodge Approved Premises PIPE had to say about their achievement 18 months on:

*“The process ... required staff and residents to work collaboratively.... (and) encouraged service user involvement beyond tokenistic gestures.”*

*“The (EE Award) prompted an increased investment in staff welfare... (and) facilitated improved links with the community and co-working with partnership agencies including volunteer staff, police and health providers.”*

The EE Award team would like to congratulate and thank the seven current offender personality disorder pathway EE Award holders:

- Approved Premises PIPE: Kirk Lodge
- Approved Premises PIPE: Stafford House
- HMP Frankland: Westgate Unit PIPE
- HMP Gartree: PIPE
- HMP Hull: PIPE
- HMP Low Newton: PIPE
- HMP Send: PIPE.

**Over to you: Pathway Press** brings you the latest offender personality disorder programme updates, stories from our pathway services and wider personality disorder developments. Previous editions are available on Kahootz [here](#) and on the NOMS intranet [here](#). Our next edition (April 2015) will focus on Therapeutic Environments. If you have a story to share, please email [pd@noms.qsi.gov.uk](mailto:pd@noms.qsi.gov.uk).