

# SUPPORTING PRISONERS WITH MENTAL HEALTH NEEDS IN THE TRANSITION TO RESETTLE IN THE COMMUNITY:

## THE RESET STUDY

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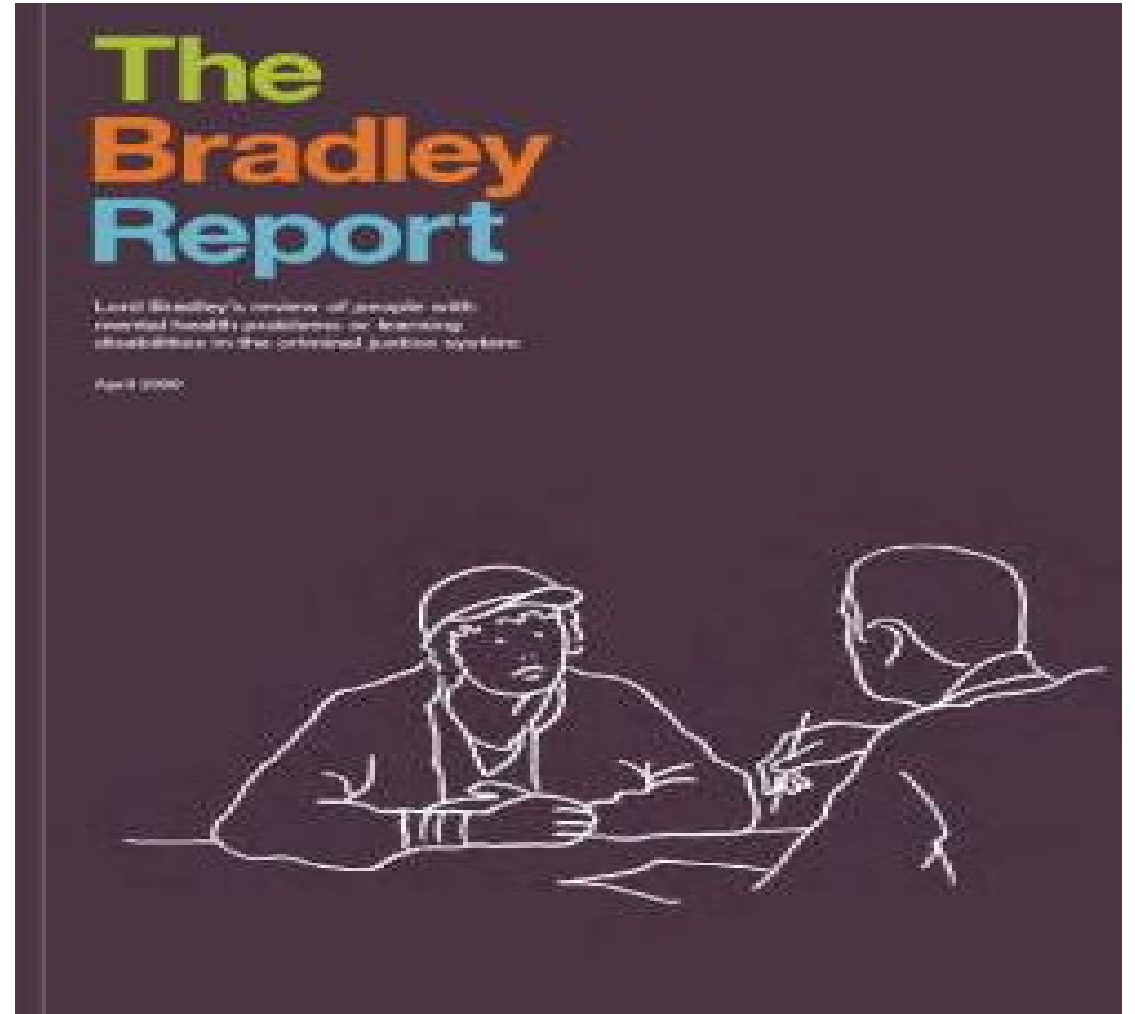


# Prisoners, homelessness and mental health

- Ministry of Justice (2021) - 79,092 prisoners detained in December 2021 in England and Wales
- Singleton et al (1998) - over 90% of prisoners had one or more psychiatric disorders (psychosis, neurosis, personality disorder, hazardous drinking and drug dependency)
- CHAIN (2018) - 36% of people rough sleeping in 2017 to 2018 had served time in prison
- Ministry of Justice (2012) 79 per cent of those homeless when brought into custody were reconvicted within one year vs 47% of prisoners who did not report being homeless
- Hancock et al (2018) - secure housing was the most important factor in ensuring a positive transition from prison to the community due to:
  - somewhere to live is the person's absolute priority. It was impossible to address mental health support and treatment before a person had stable accommodation
  - without housing they are lost to care. If someone does not have a fixed address, they become difficult to locate and connect with which makes it hard to provide support
  - housing helps break a cycle of returning to poor previous relationships and routines

# Bradley Report (2009)

- For resettlement to be successful, it is important to ensure that the engagement that had started in prisons continued once prisoners leave the prison gate
- If prisoners receive the support they need inside prisons, they are more likely to engage with services outside prison



# Standard Release Care Planning

- 21 Community Rehabilitation Companies (CRCs) established following The Government's policy paper "2010 to 2015 government policy: reoffending and rehabilitation"
- The focus of the CRCs work is the supervision of offenders released from short prison sentences of less than 12 months in custody. The focus of the CRCs work is to:
  - Deliver a resettlement service for all offenders released from custody engaging with many of the offenders they will manage before release – includes housing support
  - Manage the majority of offenders in the community (most low to medium risk offenders)

# Critical Time Interventions

- Draine and Herman (2007) - A structured, time limited intervention developed in the USA in the 1990s to prevent recurrent homelessness in transient individuals with severe and mental illness moving from hospital care into the community
- Its main aims:
  - to strengthen ties with family, friends and service providers and,
  - to provide practical and emotional support during the transition in to the community
- Three elements
  - Pre-release planning
  - Post-release support and liaison
  - Transfer of care
- In the UK
- the CrISP study (Shaw et al (2017) - utilised a model of CTI for male prisoners with severe mental illness.
- the ENGAGER intervention (Byng et al (2021) - complex collaborative care intervention supporting men with common mental health problems

# Supporting Prisoners upon Release Service (RESET) Intervention

- Short-term (12 week) support service to prisoners with an identified level of mental health need
- Focus is in obtaining appropriate safe and secure accommodation, access to welfare benefits, and re-engagement with health services
- Referral from Mental Health Inreach team
- Work begins before release to develop rapport with service user, to try to secure accommodation, and start to fill out necessary paperwork
- On day of release, support co-ordinator meets service user at the gate.
- Main aim in first day is to ensure the individual has some form of housing
  - Escorted to all crucial appointments on the day, such as probation and local authority housing.
  - Support is also provided to ensure that they have all of the essentials for the first few days i.e. correct medication, scripts and planned appointments.
- Support co-ordinator works intensively during the first week of release and then gradually reduces level of contact

# Aims and Objectives

- Overall aim to evaluate the impact of the supported release from prison service
- The primary objective: To examine the participants' housing situation at three months post-release
- The secondary objectives were put forward to examine at 2 weeks post-release, 3 months post-release and 9 months post-release:
  - Participants' housing situation (2 weeks post-release and 9 months post-release)
  - Rate of reoffending
  - Number of hospital admissions
  - Number on maintained benefits
  - Number of contacts with mental health and GP services
  - Level of engagement with services
  - Number in employment or education
- For the intervention group only, there was also an in-depth exploration of the participants' views and experiences of the service



# Design

- Prospective cohort design
- Study Population - prisoners referred to the RESET support service provided by Centra Care and Support and Nacro
- To be eligible for the support, prisoners
  - Had an agreed level of mental health need
  - No aftercare plan
  - Would be being released to Kent and Medway, or the London boroughs of Bexley, Bromley, or Greenwich
- The participants in the intervention group were those who received the RESET support service while the comparison group were those prisoners identified as suitable to receive the service, and agreed to take part in the study, but subsequently “lost”

# Data Collection

- Initial baseline information
  - Demographic
  - Clinical history prior to and in prison
  - Offending history
  - Accommodation prior to prison
- For RESET group only
- RESET contact
- Qualitative interviews
- Quantitative data collected at three time points
  - 14 days post-release
  - Three months post-release
  - Nine months post-release
- Accommodation
- Contact with services
- Engagement with services - Service Engagement Scale (SES) (Tait et al, 2002)
- Reoffending

# Baseline Information

Information	Intervention group n=31	Comparison group n=31	Total N=62
Mean Age (sd)	37.9 (11.0)	34.4 (9.4)	36.2 (10.3)
Ethnicity			
White British(%)	27 (87.1%)	27 (87.1%)	54 (87.1%)
Black British(%)	3 (9.7%)	3 (9.7%)	6 (9.7%)
Other(%)	1 (3.2%)	1 (3.2%)	2 (3.2%)
Single	28 (90.3%)	29 (93.5%)	57 (91.9%)
Employed (%)	2 (6.5%)	4 (13%)	6 (9.7%)
History of substance misuse(%)	24 (77.4%)	26 (83.9%)	50 (80.6%)
Mean length of current prison sentence in days (sd)	658.1 (811.5)	517.1 (779.6)	600.1 (793.7)
Previous prison sentence	22 (71.0%)	26 (83.9%)	48 (77.4%)

# Accommodation Status Prior to Prison

Accommodation	Intervention group n=31	Comparison group n=31	Total N=62
Friends/Family (%)	9 (30.0%)	13 (41.9%)	22 (36.1%)
Independent (%)	4 (13.3%)	3 (9.7%)	7 (11.5%)
Homeless (%)	16 (53.3%)	10 (32.3%)	26 (42.6%)
Hostel (%)	0 (0%)	2 (6.5%)	2 (3.3%)
B&B (%)	1 (3.3%)	1 (3.3%)	2 (3.3%)
Supported (%)	0 (0%)	2 (6.5%)	2 (3.3%)

# Contact with RESET Services

- Reasons for Referral to RESET N=62
  - Housing - 50 (80.6%)
  - Services - 8 (12.9%)
- The RESET intervention group n =31
- 14 days post-release
  - 30 users engaged (97%); mainly weekly or twice weekly
- Three-months post-release
  - 29 users engaged (94%); mainly weekly
- Nine months post-release
  - 5 users still in contact

# Accommodation Results

Time Point	Accommodation	Intervention n=31	Comparison n=29	Chi square (df) and Sig
Three-Months	Homeless	0 (0)	8 (27.6)	9.88 (1) p = 0.01
Three- Months	Independent accommodation	12 (38.7)	5 (17.2)	3.4 (1) p = 0.07
Three-Months	B&B accommodation	5 (16.1)	0 (0)	5.1 (1) p = 0.02
Three- Months	Number in prison	2 (6.5)	7 (24.1)	3.68 (1) p = 0.06
14 days	Number homeless	0 (0)	8 (27.6)	9.87 (1) p = 0.01
14 days	Number in temporary accommodation	7 (22.6)	0 (0)	7.41 (1) p = 0.01
14 days	Number in prison	0 (0)	3 (10.3)	3.38 (1) p = 0.07

# Accommodation at nine months post-release

	Intervention n=31	Comparison n=28	Ttest (df) and Sig
Mean number of days housed (sd)	244.48 (59.72)	129 (123.76)	4.49 (38.04)* p = <0.01

# Other Significant Findings

- Contact with Services
  - Significantly more of the RESET group in receipt of state benefits and in contact with a GP at all three time points
  - The RESET group significantly more likely to be in contact with mental health services at TP<sub>2</sub>
- Offending
  - TP<sub>1</sub> - Significantly less of the RESET group reoffended
- Service Engagement
  - TP<sub>1</sub> and TP<sub>2</sub> – SES Collaboration sub-scale score significantly higher for RESET group. However, number of responses from the comparison group were small (n=11)



# Thematic analysis of interviews

- Three overarching themes
- **Someone to watch over me** – The support co-ordinators were viewed as people who were “on their side”. This included looking out for them and supporting them in their endeavours.
- **Time is relative** - The immediacy of the support given was very important not only in helping access resources and services but in also in their engagement with the RESET service. This contrasted with the slow process often associated with other services.
- **It's a wild world** - This focused on the complexities of trying to deal with administrative and bureaucratic processes when communicating with various services. This was often due to not being able to understand the processes or not having the skills to access services such as the benefits system or accommodation services.

# Limitations

- Small number of participants
- Follow up only 9 months
- Focused on those who had agreed to receive RESET service
- Lower number of ethnic minority referrals than would be expected

# Summary of Findings and Recommendations

- Overall positive results with the RESET intervention group having: secure accommodation, greater engagement with services, greater access to welfare payments
- Overall well received service with positive views of the service from service users and demand for extended support
- Future developments:
  - Explore reason for low ethnic minority referrals
  - Initiate and evaluate women's service(s)
  - Look at rationale for offering flexible support time (and what would be the criteria for support beyond 3 months)
  - Extend evaluation to include a longer follow up period (i.e. after 18 or 24 months)

Thank You

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