



Tackling substance dependence and primary mental health problems among UK prisoners: An integrated approach

Katie Smithsbury – Senior Research Officer
The Forward Trust

13rd November 2017

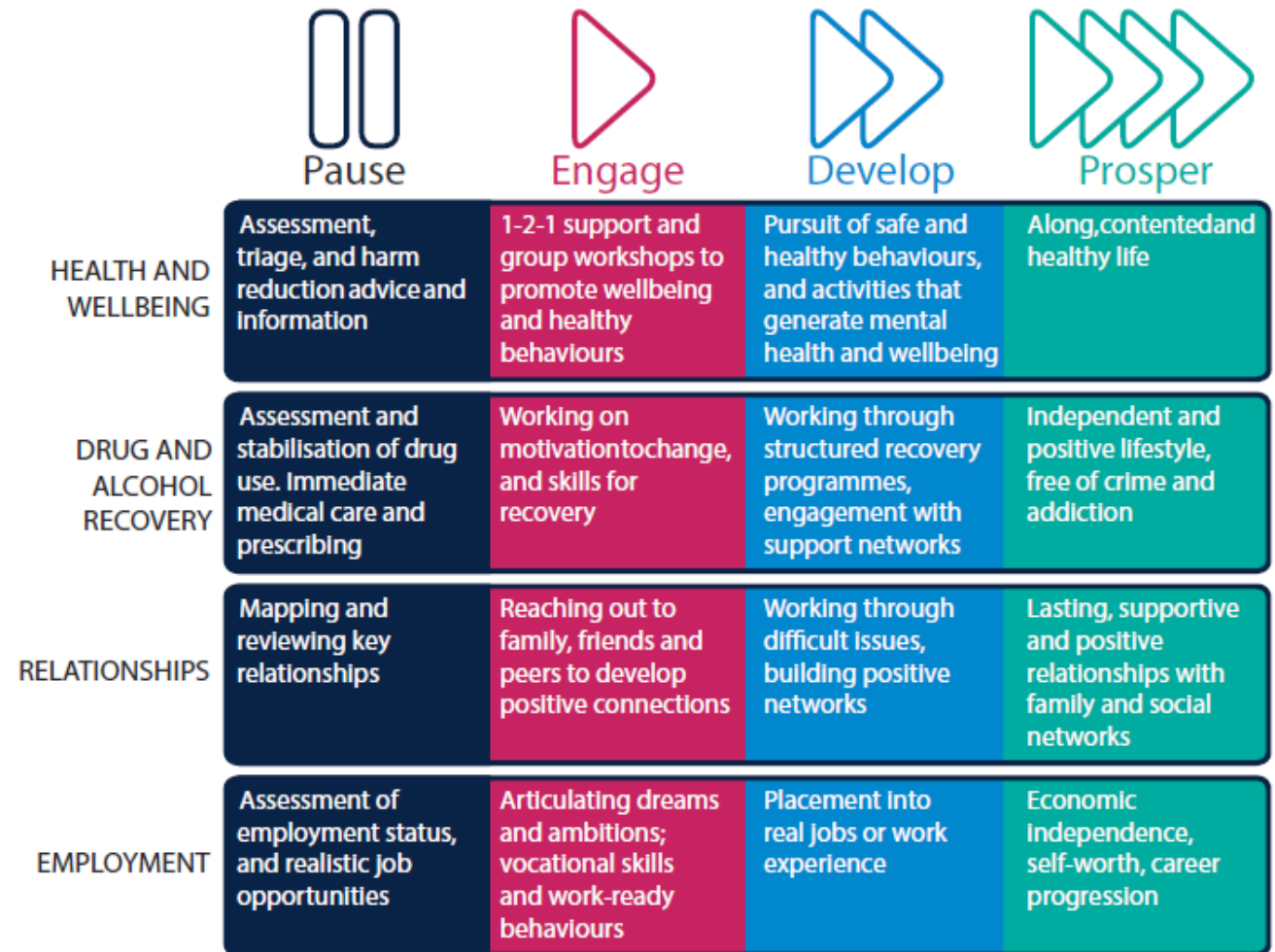


Background

- Who are the Forward Trust?
 - Rehabilitation for Addicted Prisoners Trust (RAPT)
 - Blue Sky Development

➤ What we do

➤ Who we work with



Forward's Commitment to Research

➤ Evaluating the effectiveness of Forward's interventions

- Routine data collection
- Validated assessment and outcome tools



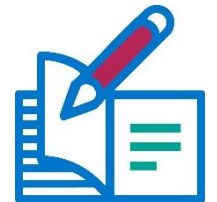
➤ Service development, creating new interventions to meet evolving needs

- Service user feedback and focus groups
- Commissioning priorities and requirements



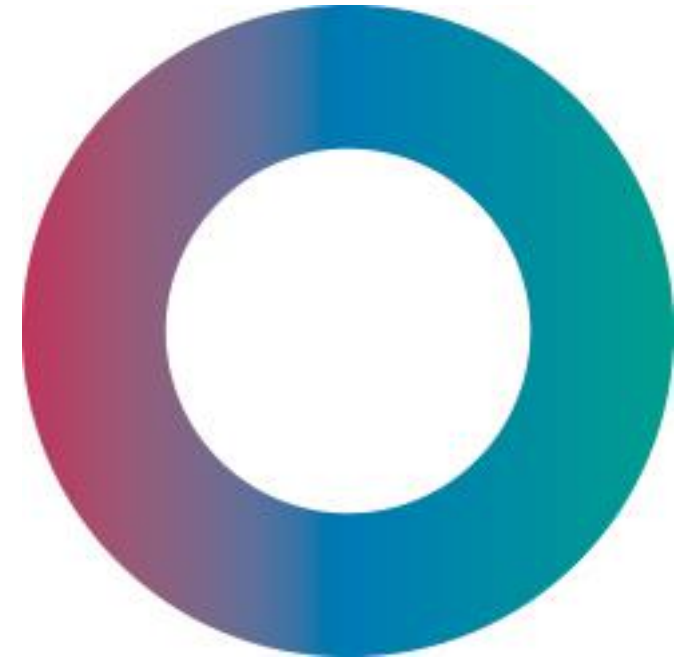
➤ Impact briefings and award-winning, peer-reviewed publications

- 5 published journal articles to-date



Comprehensive Assessment Process

- Holistic appraisal of needs
 - ETE
 - Accommodation
 - Offending history
 - Physical health
 - Substance use
 - Mental health
- Responsive, person-centred care-planning



Mental Health Screening

- Part of Forward's programme assessment process since 2006
- Extended to all service users in April-17
- Informing care-planning at ground-level, including onward referrals
- Informing service/programme development centrally
 - Seeking Safety
 - Mindfulness



The Evaluation

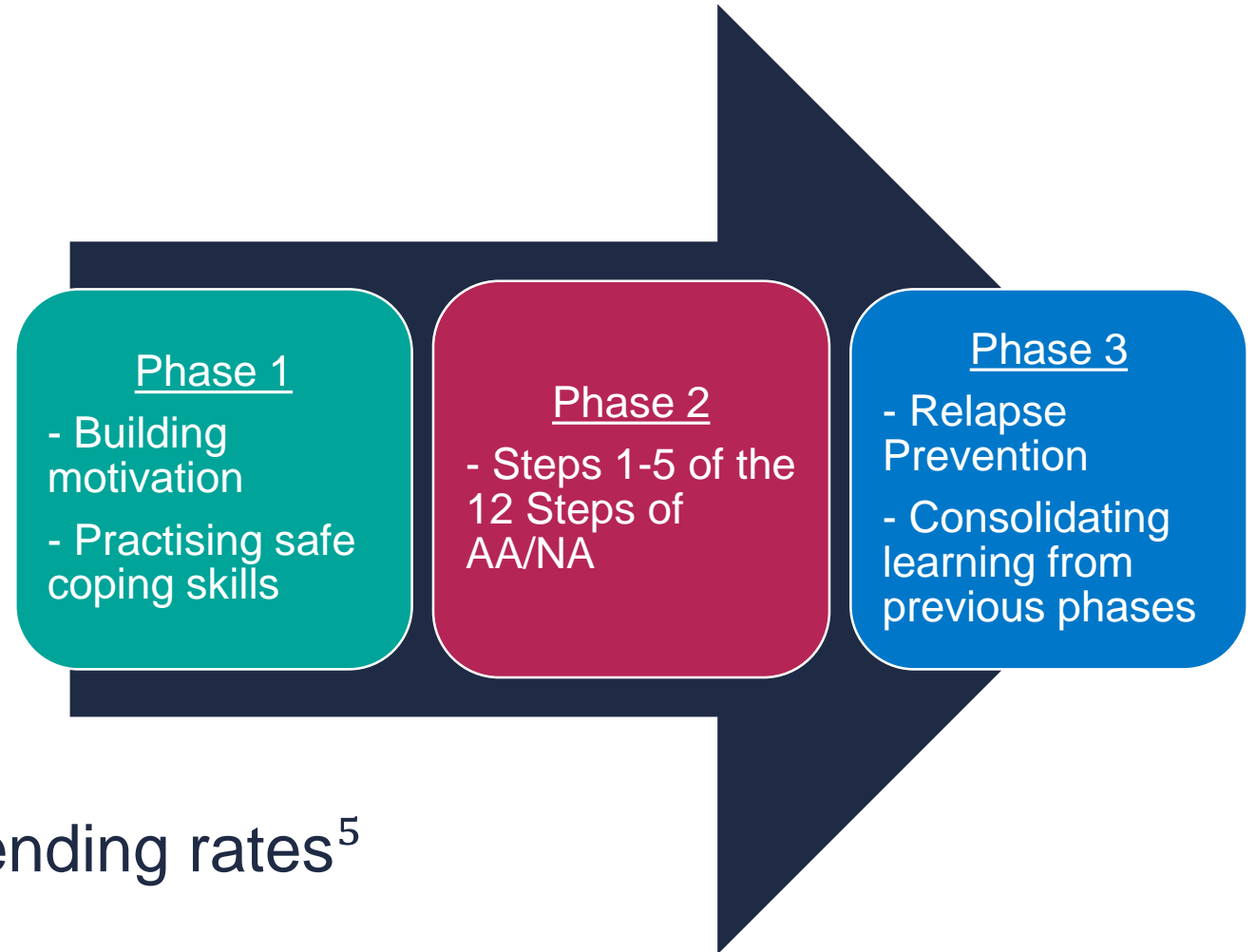
- 109 service users who completed Forward's Substance Dependence Treatment Programme (SDTP)
 - 2015-16
 - 8 prison establishments
- Pre- to post-treatment assessment of symptoms of anxiety and depression
 - Comprehensive Addiction and Psychological Evaluation¹ (CAAPE) tool
 - Structured interview, compatible with DSM-IV-TR criteria
 - Suitable for identifying symptoms

Context

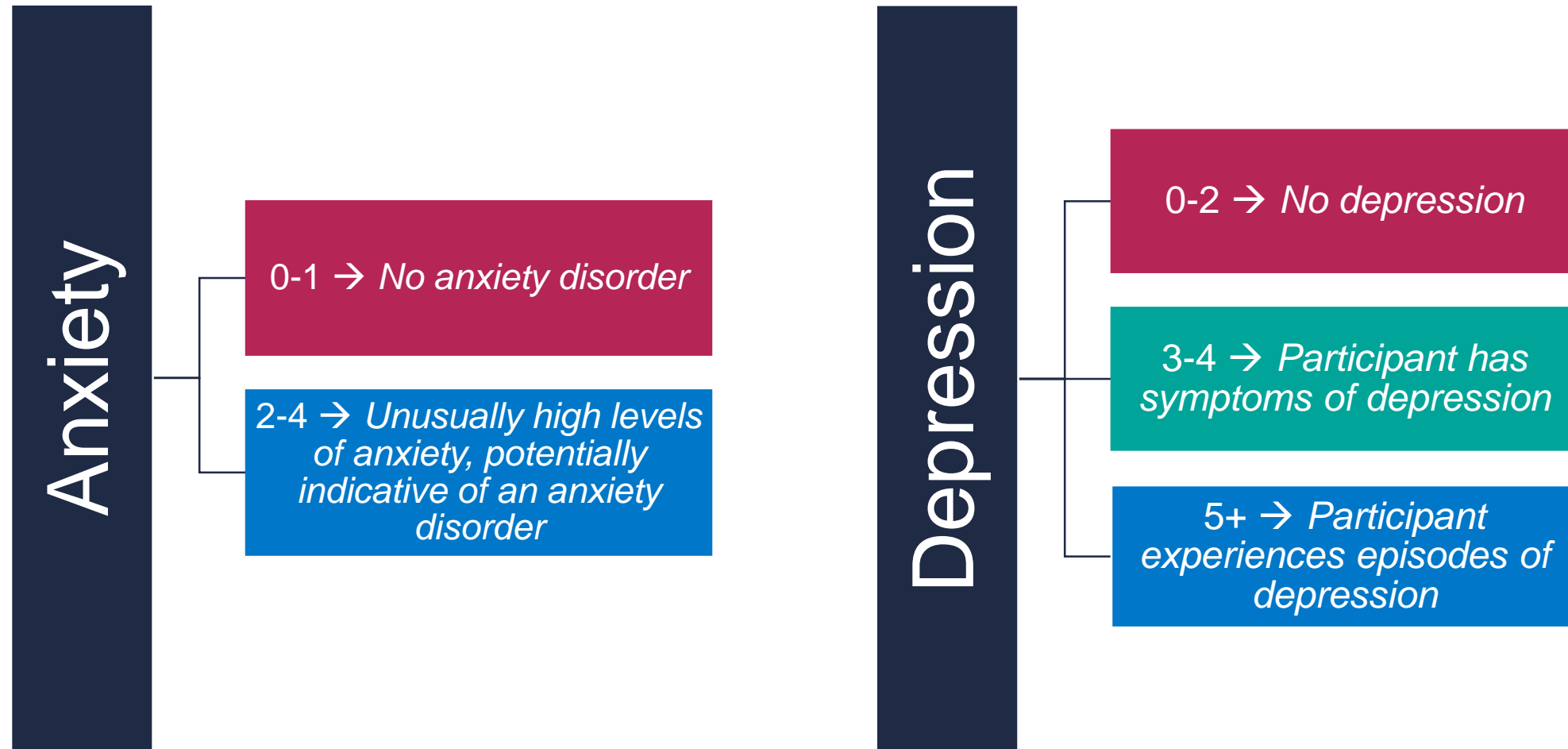
- Mental health problems affect at least 46% of those involved in both substance misuse treatment and the criminal justice system²
- Rising rates of self-inflicted death and self-harm in prisons³
- Prisoners suffering with co-occurring mental health and substance misuse problems continue to 'fall through the gaps'
 - Call for better integration – PHE Health & Justice Annual Review (2015-16)⁴

About the SDTP

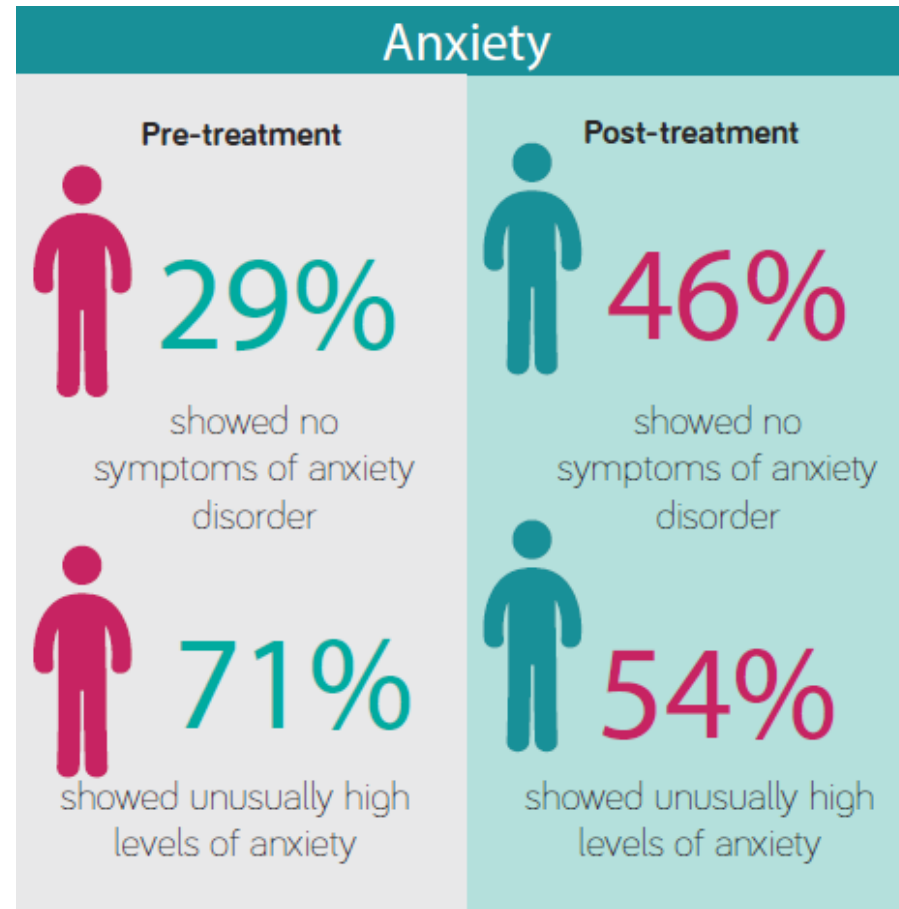
- 16-21 weeks (full-time)
- Adult male prisoners
- Abstinence-based
- Evidence-based approaches
- CSAAP accredited
- Significant reduction in reoffending rates⁵
 - 31% vs. 49%



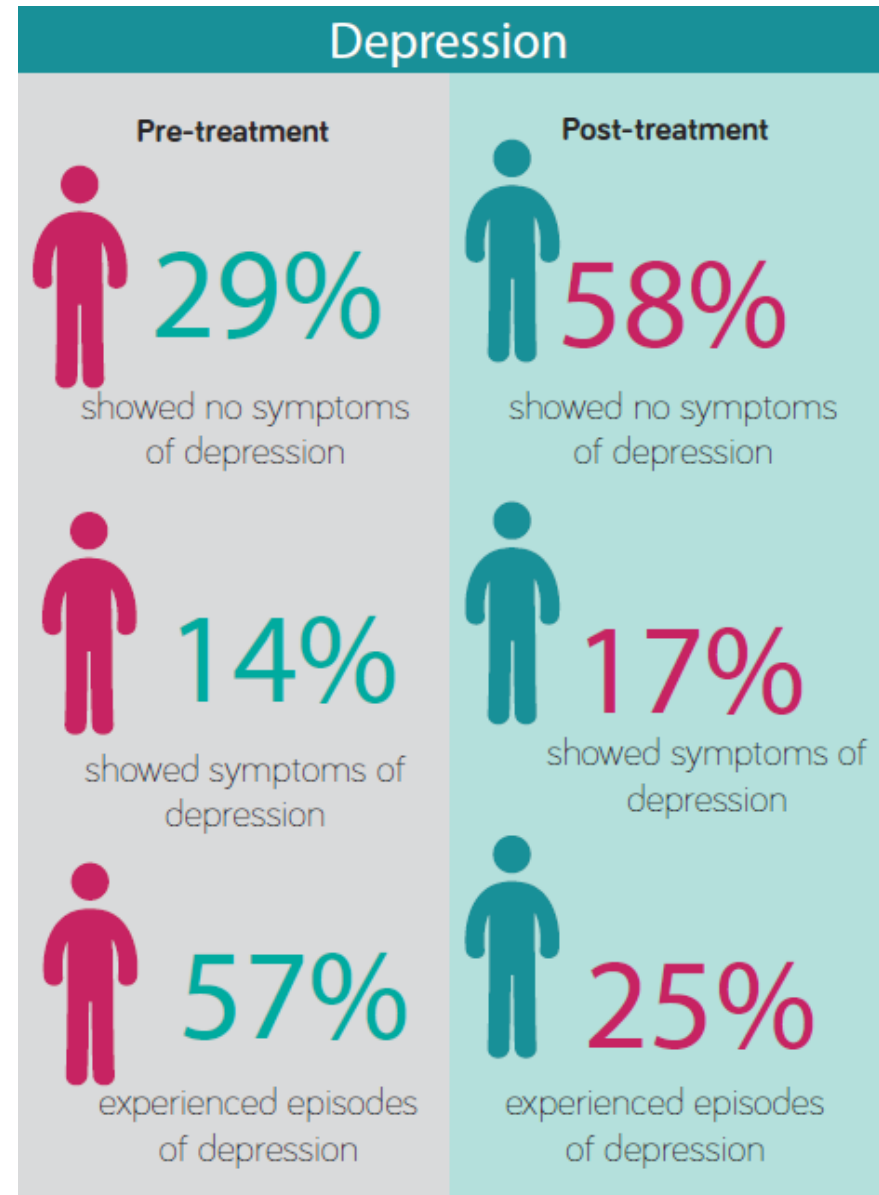
Scoring Criteria Anxiety & Depression



Findings: Symptoms of Anxiety



Findings: Symptoms of Depression



Implications

- Relationship between depressive symptoms and increased reconviction rates⁶
- Initial findings indicate efficacy of integrated intervention for reducing symptoms of anxiety and depression
- Potential to alleviate burden on overstretched prison mental health services

Q&A



References

1. Hoffman, N. G. (2000). *CAAPE (Comprehensive Addictions and Psychological Evaluation) Manual*. Smithfield, RI: Evinco Clinical Assessments.
2. Lankelly Chase Foundation. (2015). *Hard Edges: Mapping severe and multiple disadvantage (England)*. Retrieved from <http://lankellychase.org.uk/wp-content/uploads/2015/07/Hard-Edges-Mapping-SMD-2015.pdf>
3. Ministry of Justice. (2017). Retrieved from *Safety in Custody Statistics Bulletin , England and Wales , Deaths in prison custody to March 2017 , Assaults and Self-Harm to December 2016*. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/611187/safety-in-custody-statistics-q4-2016.pdf
4. Public Health England. (2016). *Health & Justice annual review 2015/16*. London, UK. Retrieved from https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/565232/health_and_justice_annual_review_2015_to_2016.pdf
5. Kopak, A. M., Dean, L., Proctor, S. L., Miller, L., & Hoffman, N. G. (2014). Effectiveness of the Rehabilitation for Addicted Prisoners Trust (RAPt) Programme. *Journal of Substance Use*, 20(4), 254–261. <http://doi.org/10.3109/14659891.2014.904938>
6. Breedvelt, J. J. F., Dean, L. V., Jones, G. Y., Cole, C., & Moyes, H. C. A. (2014). Predicting recidivism for offenders in UK substance dependence treatment: Do mental health symptoms matter? *Journal of Criminal Psychology*, 4(2), 102–115. <http://doi.org/10.1108/JCP-02-2014-0006>

Get in touch

For *more information* about Forward's research and/or programmes contact the Research Team:

research@forwardtrust.org.uk

To discuss *partnership opportunities* with Forward contact Carwyn Gravell, Business Development Director:

carwyn.gravell@forwardtrust.org.uk