



**CORRECTIONAL SERVICES
ACCREDITATION PANEL**

**The Correctional Services
Accreditation Panel Report**

2007/08

FOREWORD



This report summarises the work completed by the Correctional Services Accreditation Panel in its ninth year. Although it was the last year of CSAP's status as an Advisory Non-Departmental public body, it has been a very busy year and the volume of business submitted to the Panel has been high.

The Panel considered a number of applications from the Prison Service, NOMS, external and third party providers for accreditation, guidance or review. It also continued to provide advice on audit issues brought to it.

During the course of the year a wide range of submissions were made to the Panel. The outcome of Panel consideration of these submissions included the following:

- Five new programmes were fully accredited – a cognitive behavioural drug programme and a drugs therapeutic community for women and an alcohol dependency treatment programme for use in custody, a modular substance abuse programme for use in the community and the Cognitive Skills booster for use in prisons. Seven previously accredited programmes were re-accredited.
- Four programmes were awarded provisionally accredited status, including the Internet Sex Offending Treatment Programme, a community programme which is being developed for use in custody.

Advice and guidance was provided on programmes currently under development as well as on issues in relation to drug treatment, psychometrics and programmes that were already accredited.

The Panel assisted the NOMS Effective Interventions Board on the strategic development of effective interventions and contributed to the work being done to develop a NICE (National Institute for Clinical Excellence) equivalent structure for working with offenders within NOMS. The Panel has also quality-assured a number of research proposals for the Analytical Services. Further work addressed the development of a NOMS screening procedure for programme submissions to the Panel.

The Panel has spent some time this year discussing its experiences and conclusions for future work. We agreed that it would be useful, following the decision to bring the accreditation process in-house, to produce a report outlining the Panel's experiences over the last 9 years, and that the paper would be published. Its conclusions could feed into the work being done by the Ministry of Justice on offender management and the feasibility of putting into place a framework for the development of interventions. The report will be forward-looking and will set out the Panel's thoughts on the effectiveness of the accreditation process and the impact on its work of the policy-making process and vice versa. It will also look at the impact the Panel's work has had on the development of effective practice and offender management. An important issue for consideration is the need for more robust outcome evaluations. The Panel was pleased to note the results of the reconviction analysis of interim accredited programmes software and the findings of a decrease of re-offending rates in prisoners with sentences of at least one year. Although these data are not a valid proof, they indicate that accredited programmes may be having an impact on reducing re-offending.

The Panel also discussed its future status, the future direction of NOMS and the development of interventions. It considered that a holistic approach to interventions rather than an isolated focus on programmes or a one 'size fits all' strategy, was the right one.

This report covers my third year in post following my appointment as acting Chair of CSAP in December 2005. I am grateful to my fellow Panel members and the Panel's secretary, Carole Wham, for their continued support, hard work and dedication to maintaining high standards of programme delivery.

My appointment as acting Chair ended on 1 May 2008, when the legislative provision to bring the accreditation process in-house commenced. The appointment of current Panel members also ended and a new Panel of experts was recruited by NOMS in January 2008. Some members of the old Panel stood down and I would like to thank Sylvia Hikins, David Kennard, Janice Marques, Colin Roberts and Peter Raynor for their work individually, and collectively, and the commitment they have shown to upholding the best possible standards in all aspects of our work. We have valued their diverse skills and experience and their contribution to the Panel's work on accreditation and evidence-based practice. I wish them well.

I am staying on as a member and look forward to working closely with NOMS and the newly established Criminal Justice Group to build on the work of the Panel, promoting excellence in programmes and encouraging and accrediting sound approaches to reduce re-offending. The Panel also welcomes the opportunity to contribute to broader issues such as effective practice and strategic research.



PROFESSOR FRIEDRICH LÖSEL

DIVERSITY STATEMENT

The Government is committed to building a fairer, more inclusive society in which public authorities improve links with the community and demonstrate equal opportunities for staff and service users. The Panel is committed to ensuring that diversity and equality are valued and permeate every aspect of its role and responsibility with regard to the What Works agenda and its own practices. The Panel requires programme designers and providers to demonstrate evidence of due regard for equality, diversity and inclusiveness in terms of equality of access to programmes on the basis of need.

The Panel is committed to:

- Examining its own practices to ensure that it is accessible, open and responsive to all stakeholders and in particular minority ethnic people.
- Ensuring an environment in which all its members and participants in its business can contribute effectively regardless of gender, ethnicity, ability, age, sexuality, learning style, marital status, nationality, religion or belief and past and present life experiences.

INTRODUCTION

1. This is the ninth report of the Correctional Services Accreditation Panel, the first three being under the Panel's former name of the Joint Prison/Probation Services. It records the outcomes of the Panel's meetings during the year, including advice and decisions on programmes seeking accreditation, the Panel's work in safeguarding the quality of programme delivery by establishing criteria and overseeing audits, and the Panel's discussions in Plenary. Attached to the report are Annex A, a budget statement for 2007/8, which covers the period 1/4/2007 – 31/3/2008 and Annex B, a schedule of accredited programmes.

BACKGROUND

2. The 'What Works' evidence, based on systematic reviews of large numbers of varied offender treatment programmes evaluated on differing bases, suggests that defined and structured programmes using particularly but not exclusively cognitive-behavioural techniques can significantly reduce re-offending. The meta-analytic reviews do not suggest that there is any single, outstanding approach that is by itself guaranteed to work as a means of reducing re-offending but broadly, the principles associated with effective interventions include:

- Effective risk management
- Targeting offending behaviour
- Addressing the specific factors linked with offenders' offending
- Relevance to offenders' learning styles
- Promoting community re-integration
- Maintaining quality and integrity of programme delivery

3. There are demanding principles to meet. There is good evidence about what is effective but large-scale implementation is very difficult. There are many threats to programme integrity. Accreditation is a mechanism which has been developed to help counter these threats and to support consistent delivery of effective practice. As such it has a central part to play in continuous quality improvement in the correctional services, crucially in support of the aim they share to reduce re-offending.

4. This role has been no less important following the creation of the National Offender Management Service in 2004 and the work it has done to ensure the focus is on end to end management of the offender.

THE CORRECTIONAL SERVICES ACCREDITATION PANEL

5. Until 30 April 2008 the Correctional Services Accreditation Panel (CSAP) was an Advisory Non-Departmental Public Body. It replaced the Prison Service's General and Sex Offender Treatment Programme Accreditation Panels established by the Prison Service in 1996. The first appointments were made in accordance with the Code of Practice on public appointments in July 1999 for a period of 3 years. At that time the Panel was called the Joint Prison/Probation Services Accreditation Panel. Sir Duncan Nichol was initially appointed as the Chair by Home Office Ministers in May 1999 and was re-appointed in 2002 for a further 3 years, further extended to 31

November 2005 to help develop the role of the Panel within the parameters agreed by Ministers. Ministers agreed parameters for the Panel's future development in 2004. Professor Friedrich Lösel was appointed acting Chair on 1 December 2005 until the Panel's status changed on 1 May 2008 (further details are given in paragraph 6). His appointment ended on 30 April 2008 when the Panel's NDPB status was removed.

THE FUTURE

6. After the Ministers' set parameters for the Panel's future development in 2004, the Government introduced the Offender Management Bill on 23 November 2006 which enabled NOMS to bring the accreditation process in-house. The Offender Management Bill received Royal Assent on 26 July 2007. A new Panel of experts was recruited in January 2008. The provision which enables NOMS to remove the Panel's NDPB status and bring the accreditation process in house commenced on 1 May 2008 when current Panel members' appointments ended. Following the Ministry of Justice organisational review in January 2008 and the establishment of the NOMS Agency and the Criminal Justice Group in April 2008, work is in hand to define where the work of the Panel will sit within the new structures. A senior official within the Ministry of Justice will take over the chairmanship of the Panel. A list of the new members can be obtained from the CSAP Secretary, Carole Wham.

PANEL MEMBERSHIP

Chair

Professor Friedrich Lösel, Director, Institute of Criminology, University of Cambridge

Appointed members

Professor Donald Grubin, Professor of Forensic Psychiatry, Newcastle University, Northumberland Tyne and Wear NHS Trust.

Professor Michael Gossop, Head of Research, Drugs and Alcohol Addiction Services, Maudsley Hospital

Sylvia Hikins, Project Manager of Youth Start (an EU funded project for ex-offenders and young people run across 7 EU countries)

Mr David Kennard, Former Head of Psychology Services, The Retreat, York

Professor Mike Maguire, Professor of Criminology and Criminal Justice, Cardiff University and University of Glamorgan (part-time)

Dr Janice Marques, Consulting Psychologist, Sacramento, California

Professor William Murphy, Professor of Psychiatry, University of Tennessee

Dr Frank Porporino, Senior Partner, T3 Associates Training and Consulting Inc, Ottawa, Canada

Dr Barbara Rawlings, Honorary Fellow, Department of Sociology, Manchester University

Professor Peter Raynor, Professor of Criminology and Criminal Justice, Swansea University

Dr Colin Roberts, Emeritus Fellow, Green Fellow, University of Oxford University Lecturer in Criminology (retired)

SECRETARIAT

7. The CSAP Secretary is Mrs Carole Wham. Carole is located in the Interventions and Substance Misuse Group, 1st floor, John Islip Street, London SW1P 4LH. She can be contacted by telephone on 020 7217 5714 or by e-mail Carole.Wham@justice.gsi.gov.uk.

ADVISORS

8. During the course of the year, the Panel engaged the services of Professor Randall Kropp, a clinical and forensic psychologist specialising in the assessment and management of violent offenders. Dr Rex Haigh, Consultant Psychotherapist, Winterbourne Therapeutic Community in Reading advised on the development of the democratic therapeutic community core model and TC audit processes and Dr Daryl Harris, a chartered psychologist, advised the Panel in its consideration of the COVAID programme.

REGISTER OF INTERESTS

9. All Public Bodies listed in the 2000 Act have a duty to compile, maintain and make available for public inspection, a Register of the Interests of their members which the Code of Practice requires to be registered. The Register is maintained by the CSAP Secretariat and is available for inspection on request.

ACCREDITATION CRITERIA

10. Ministers approved a revised set of programme accreditation criteria in August 2002. In 2003-4 there was a further review of the accreditation criteria that led to minor revisions to the scoring system. The accreditation criteria will be reviewed when the accreditation process is brought in-house and the work of the future Panel of experts has been defined. A copy of the accreditation criteria can be obtained from the CSAP Secretary, Carole Wham. Integrated systems formerly submitted to the Panel for accreditation have been submitted for consideration by the NOMS Effective Interventions Board (EIB).

APPLICATIONS CONSIDERED

11. During the year 2007-8, the Panel considered a range of programmes. In response to the submissions the Panel has fully accredited five programmes, including a drugs therapeutic community for women for use in custody and a substance misuse programme for use in the community. The Panel also considered requests for approval of change to previously accredited programmes.

12. Programmes are normally accredited for a five year period, following which they are brought back for review. The Panel will consider whether an accredited programme needs to be reviewed for a period of less than 5 years. This may be the case, for example, where evidence from evaluation is required. If any substantial changes are made to an accredited programme within

that 5 year period, programme developers will submit the programme to CSAP for review and endorsement of the changes.

13. The Panel's criteria allows for programmes to become accredited based on reconviction evidence supporting the general approach and method used. For newer programmes, reconviction data may not be available for the programme in its present form. In that event, the Panel requires that a basic level of research evidence should be provided to support the general approach and the majority of specific methods used in the model. The model of change should be in the form of plausible hypotheses from the research literature. The Panel requires an ongoing commitment to the evaluation of outcomes based on reconviction data and will keep accredited programmes under periodic review in the light of up-to-date evidence. In granting 'accredited status' the Panel has also, in all cases to date, identified some specific points for improvement. These issues are identified in the Panel's decision letters which the Panel expects to be addressed. In addition to the audit process, the Secretariat monitors progress on improvement by seeking update reports from the programme developers.

14. 'Recognised' (Provisionally accredited) programmes and systems have received a sufficiently high rating to justify immediate use in custody and the community. Within 12 months (unless otherwise specified by the Panel) a further submission will be required to demonstrate that specific changes have addressed the issues identified by the Panel and to enable the award of 'accredited' status.

THE FOLLOWING PROGRAMMES RECEIVED FULL ACCREDITATION:

P-ASRO for Women (Custody)

15. Prison-Addressing Substance Related Offending (P-ASRO) was accredited for males in 2002 and awarded **fully accredited status** for women in April 2007. It is a cognitive behavioural treatment drug programme developed for delivery to women aged 18 or over who are assessed as being dependent on one or more illicit substances, who are at risk of re-offending and whose substance abuse increases the likelihood of any type of crime. The Panel was pleased with the improvements that had been made but would like to see role plays included in the programme that focussed on real experiences of difficult situations and ways of resolving conflict.

P-ASRO for Men (Custody)

16. This programme was accredited in 2002 for 5 years and was re-submitted for accreditation in August 2007. The Panel awarded the programme **fully accredited status**. The Panel welcomed the inclusion of weekly participant feedback and a session debrief log within the programme. However, the Panel would like to see more time allocated to feedback and discussion from assignments and facilitator training strengthened by including training in three-way role plays.

Democratic Therapeutic Community Core Model (Custody)

17. Democratic Therapeutic Communities provide a holistic residential treatment approach where individuals are required to understand and change their ways of feeling, thinking and behaving. Community structures and boundaries are established in order to encourage identified treatments to emerge and to be addressed by the community within the forums of exploring, learning about and feeding back on members' behaviour. The Core Model was fully accredited

by the Panel in 2004. Revisions made to it were submitted for review in July 2007. The Panel **expressed its approval of the revisions**. It would like to see more done to give probation and prison staff an awareness of the TC concept and the kind of offenders it is suitable for. The Panel also considered that more should be done to strengthen links and continuity between the TC experience and the broader offender management process.

Community Sex Offender Group Programme (C-SOGP) and Thames Valley – Sex Offender Group Work Programmes (TV-SOGP) (Community)

18. The Community Sex Offender Group Programme and the Thames Valley Sex Offender Group Work Programmes which aim to reduce offending by adult male sex offenders were accredited by the Panel in 2000 and 2001 respectively. The Panel considered applications for accreditation of the Relapse Prevention Component for both programmes in October 2007. The revision to this component was **accredited** by the Panel for an initial period of two years. The programme developers will be required to collect data evaluating the effectiveness of the revised programme modules during this period. In addition the Panel would like to see data from the original relapse prevention modules in order for the two versions to be compared.

FOCUS (Custody)

19. This programme is a high intensity cognitive behavioural therapy targeted at male offenders with a moderate to high risk of re-offending and who experience intermediate to severe substance abuse problems. It was accredited by the Panel in 2003 and the revised facilitator manual was submitted for the Panel's consideration in April 2007. The programme was submitted for re-accreditation in November 2007. The Panel awarded the programme fully accredited status and commended the programme developers for the work they had done to continually improve and define the programme. The Panel welcomed the inclusion of more behavioural skills in the programme and suggested further work to progress this.

Prison Partnership Therapeutic Community for Men (formerly North West Area Therapeutic Community) (Custody)

20. This hierarchical therapeutic community is designed to address drug offending behaviour needs of medium to high risk sentenced male prisoners. It uses a combination of social learning theory, cognitive behavioural skills and relapse prevention. The programme was awarded fully accredited status in 2003 and was **re-accredited** at the Panel's meeting in March 2008. The Panel commended the effort that had gone into revising the manuals but made a number of suggestions for further improvement. The Panel felt that the programme developers should endeavour to consider creative ways of reducing drop-out rates and that senior and graduate members of the Therapeutic Community should be more involved with the selection and recruitment process for new residents within the establishment.

Prison Partnership 12 Step Programme (Custody)

21. This is a high dose, tailored 12 step programme which targets medium to high risk drug dependent offenders for whom there appears to be a link between their offending and problematic drug use. The programme was awarded fully accredited status in 2002 and was **re-accredited** at the Panel's meeting in March 2008. The Panel welcomed the work that had been done to improve and re-write the training programme manual and recommended that the programme

developers updated the research references in the Theory Manual as there was more recent evidence available.

Offender Substance Abuse Programme (OSAP)

22. This modular programme, provisionally accredited in 2004 and 2006, aims to teach male and female medium to high risk offenders the skills required to reduce or stop substance misuse. It enhances the motivation to change and resolve ambivalence. Offenders are asked to set goals for change. The Panel awarded the programme **fully** accredited status at its meeting in March 2008 but made a number of suggestions to further develop and strengthen the manuals.

Drugs Therapeutic Community for Women (Custody)

23. This therapeutic Community is designed for women with medium to high levels of substance dependence and offending. The Panel considered an application for advice in November 2007 and the programme was awarded **fully accredited status** in February 2008. The Panel commended the programme developers on the work that had been done to improve the programme. The Panel did, however, identify a need for a more transparent process to be put in place for issues such as exclusion and de-selection of residents. When the programme is re-submitted for re-accreditation, the Panel would like to see data reflecting the outcomes of the work of the Therapeutic Community.

RAPt (Rehabilitation for Addicted Prisoners Trust) Alcohol Dependency Treatment Programme (Custody)

24. The Alcohol Dependency Treatment Programme is a three-phase abstinence-based twelve step programme, designed to be run over the course of six weeks. The programme is aimed at male offenders with a medium to high risk of offending, a history of alcohol dependence and alcohol dependence as a significant risk factor for re-offending. The Panel considered an application for advice in November 2007 and the programme was awarded **fully accredited status** at its meeting in March 2008. The Panel commended and encouraged the use of peer supporters where such people could be used to support the programme and felt that peer supporters could improve programme engagement and effectiveness.

Cognitive Skills Booster (Custody and Community)

25. This programme reinforces and consolidates the learning from an offender's attendance on either the Think First or Enhanced Thinking Skills general offending behaviour programmes. At its meeting on 2 April 2008, the Panel considered a submission of an updated set of manuals in relation to this programme. The Panel awarded the programme **fully accredited status** for three years for work with adult males. The Panel noted that although research had been undertaken to address a number of issues raised by it in 2004, more research on the effectiveness of the programme should be done before it is brought before the Panel again in three years time.

STOP (Custody)

26. This medium intensity substance misuse programme uses a cognitive behavioural therapy approach in addressing drug use and offending behaviour. The programme was awarded **fully accredited status** in 2003 and the Panel considered a submission for re-accreditation at its

meeting on 22 April 2008. The programme was awarded fully accredited status at that meeting. The Panel acknowledged the appropriate changes that had been made to the programme but considered that a thorough review of the approaches and methods used in the programme was needed. The Panel also made suggestions for improvement.

PROVISIONAL ACCREDITATION WAS AWARDED TO:

COVAID (External provider)

27. COVAID is a cognitive-behavioural treatment programme aimed at drinkers who are aggressive or violent when intoxicated. It is designed primarily for young men who are binge drinkers rather than those who are alcohol dependent, and who get into trouble on social drinking occasions. There are three versions of COVAID – a single session, an individual version and a group version.

28. This programme was submitted to the Panel for advice in April 2007. The Panel considered an application for accreditation at its meetings in February and May 2008. At its meeting in February, the Panel awarded **COVAID Group Community provisional accreditation**. The Panel considered that COVAID Individual Community and COVAID Group Secure required further development to achieve accreditation and made a number of suggestions for improvement. It did not consider that COVAID Single session was appropriate for accreditation. At its meeting in May, the Panel awarded **COVAID Group Secure provisional accreditation**. The Panel expressed concern about the transfer of the programme to a custodial setting and the lack of an offence-specific approach. The Panel felt it should be possible to incorporate reflections on past offences and role played practice of more pro-social responses. The Panel considered that this would help to bridge the gap between the custodial setting and the community.

Alcohol Free Good Lives Programme (Custody)

29. The aim of this programme is to assist with controlled drinking and abstinence, depending on the individual goal of the participant. Risk factors targeted in the programme include cognitive deficits, impulsivity, antisocial peers and lifestyle, sensation seeking and outcome expectancies of alcohol. The target group is male adults and young offenders. The Panel considered application for accreditation at its meetings on 2 August and 11 December 2007, when the programme was awarded **provisional accreditation**. Overall the Panel was pleased with the progress that had been made to the programme materials. It had a number of concerns however with the package as a whole, particularly its reliance on didactic teaching methods and the volume of content in the programme.

Internet Sexual Offending Treatment Programme (For delivery in Custody)

30. The aim of this programme is to reduce the risk of future internet sexual offending and risk of progression to contact sexual offending. It was awarded fully accredited status for use in the community in December 2006. The Panel considered an application for accreditation for use in custody in December 2007. The programme was awarded **provisional accreditation** for a period of 6 months. Within that period the Panel would like to see the management, training and programme manuals tailored to meet delivery in a custodial setting. Whilst the Panel was confident that the basis programme structure and model of change remained appropriate for delivery within a prison setting, the fundamental changes associated with transferring a

programme from the community into prison were not clear. Regarding treatment aspects of the programme, the Panel highlighted a number of areas which required further consideration.

THE FOLLOWING PROGRAMMES WERE REVIEWED OR GIVEN ADVICE BY THE PANEL:

CARE (Choices, Actions, Emotions and Relationships) (Custody)

31. This programme is exclusively for women in prison and is being developed as a multi-modal integrated intervention intended to have a positive impact across 5 broad areas. CARE aims to provide practical assistance to overcome barriers to social inclusion; reduce trauma related symptoms; increase self-worth; enhance assertive communication skills; and enhance personal and practical resources for building safe attachments. The Panel considered an application for advice at its meeting in May 2007. The Panel welcomed the development of a holistic model and the access to a range of statutory and non-statutory services and agencies was commended. The Panel asked for further clarity on the aims of the programme in terms of its impact on specific risk factors and its impact on re-offending. It would also like to see more information on the selection and de-selection criteria and content of sessions.

Thinking Skills Programme (Custody/Community)

32. Following a joint review of the cognitive skills programmes in April 2005 by NOMS/HM Prison Service and HM Probation Service, it was decided to consider the design of one programme that could be delivered both in prison and probation settings to improve effectiveness. The aim of the Thinking Skills Programme is to ensure that participants are equipped with a range of thinking skills to assist them to live offence-free lifestyles. At its meeting in June 2007, the Panel advice was sought on a number of issues. The Panel welcomed the initiative to update the content and delivery style of existing cognitive skills programmes. The Panel considered, however, that greater clarity was needed on whom the programme was targeting and how this would be done. The Panel felt that consideration should be given to increasing the sessions so that the best aspects of the programme could be effectively delivered. The Panel did not consider delivery to mixed groups of men as the best way forward

Use of Circumstances, Motivation and Readiness (Custody)

33. At its meeting on 1 August 2007, the Panel's advice was sought on the discontinuation of the circumstances, motivation and readiness scales for substance abuse treatment. The Panel considered that this measure could be discontinued in therapeutic communities provided that the effect of doing this was reviewed in a year.

Integrated Domestic Abuse Programme (for delivery in Custody)

34. This is an integrated group work and individual session programme for adult males. The programme was accredited for use in the community in 2004. At its meeting in October 2007, the Panel gave its advice on the programme's suitability for delivery in custody. The Panel welcomed the move to an integrated approach to domestic abuse and overall could see no reason why the programme could not be applied to a custodial setting. The Panel raised a number of concerns in relation to assessment and targeting, intensity, programme delivery, continuity and evaluation.

The Panel welcomed the intention to evaluate the Cardiff pilot and recommended that contact was made with the researchers.

Aggression Replacement Training (ART) (for delivery in Custody)

35. This programme aims to reduce aggressive behaviour through teaching social skills, anger management techniques and improved moral reasoning. It was accredited for use with adult males in the community in 2001. The Panel's advice was sought on the programme's suitability for delivery for use in a custodial setting at its meeting on 23 November 2008.

36. The Panel considered that there would be differences in custodial delivery in terms of continuity and reinforcement and the provider would need to work closely with the 'host' establishment to ensure staff and participant availability as well as effective arrangements for follow up work. The Panel emphasised the importance of recognising that in dealing with aggressive people in a prison setting, issues of selection and motivation were critical factors. Suggestions for improvement were made in relation to targeting and selection, case management, intensity and the Panel commented on the programme's suitability for women.

Kainos Community Challenge to Change (third party provider)

37. This is a multi-modal residential intervention that uses community experience and cognitive behavioural modules to address anti-social behaviour, increase self responsibility and develop self-efficacy/problem solving skills. The Panel considered an application for advice in October 2006 and a further application in December 2007. The Panel were encouraged by the work that had been done to further develop the programme and the progress that had been made. The Panel welcomed the development of a hybrid model which it felt had the potential to offer a comprehensive approach combined with a degree of flexibility. The Panel said it would like to see the benefits of blending a Therapeutic Community Model with a cognitive behavioural mode made more explicit and requested a clear specification of the type of offender for whom the programme is intended and the methods used to select them. The Panel also made a number of suggestions for improvement in other areas.

CSAP SUB-PANEL BUSINESS

Work to further develop the CSAP stocktake papers produced in 2004 and 2007

38. At a meeting on 31 January 2008, this sub-panel looked at how this work could be progressed. Its purpose would be to look at how the papers produced in 2004 and 2007 could be further developed. The main areas for discussion and agreement were identified. The Panel discussed target group and length, aims, context and level of detail, authorship and funding. The Panel defined the allocation of work and agreed that a first draft should be completed by July 2008.

NICE guidelines on Cognitive Behavioural Drug Treatment programmes

39. At its meeting on 10 March 2008, a CSAP sub-panel discussed the National Institute for Health and Clinical Evidence (NICE) guidelines on cognitive behavioural drug treatment which had recently been published. The Head of the NOMS Drugs Strategy Team sought the Panel's advice on the potential impact on the prison drug treatment framework of the guidelines. It was

agreed that CSAP would give this issue further consideration and provide a written response following the discussion.

Conflicts of Interest

40. The sub-panel met on 24 April 2008 to discuss whether there was a need to strengthen the guidance on conflicts of interests and how these issues should be handled in future. It was agreed that clear guidance in this area was needed and suggestions were put forward for addressing these issues. It was agreed that:

- The register of interest would be updated.
- A record should be made of any declarations of conflicts of interest at a sub-panel.
- An ethics sub-panel would be convened to look at any borderline cases. These meetings will be recorded and be available to the public.
- Guidance will be drawn up for sub-panel chairs. The CSAP sub-panel chair will be responsible for ensuring there are no conflicts of interest.
- Members will not be able to put a programme forward by consideration by the Panel for 2 years if they have been involved in the consideration of a programme with similar aims.

41. These recommendations were put forward for the full Panel's agreement at the CSAP Plenary meeting in October 2007.

AUDIT

Joint Audit Process

42. At its meeting on 31 March 2008, the Panel were asked to endorse the joint audit process and standards for the delivery of accredited programmes in custody and the community. The Panel expressed its broad approval of this approach and the principles behind it. The Panel welcomed the work that had been done to improve the process and considered that the introduction of a universal set of standards and of a separation between compliance and quality issues laid the foundations for audits focussed more sharply on critical factors and greater consistency between prison and probation. The Panel expressed concern however, about its translation in practice in relation to programmes run in community settings and would need to be satisfied that it can be delivered effectively across both settings before giving its unreserved approval.

Offending Behaviour Programmes

43. Professor Mike Maguire, the CSAP representative, reviewed the 2007/8 audit of offending behaviour programmes in January 2008. The audit findings were presented to the Panel. 169 audits had been carried out at 97 sites. The Panel noted that there had been some problems at some establishments with quality of delivery. The Panel would like to see more consistency across programme delivery and more support offered to Treatment Managers. The Panel was happy with the improvements that had been made to the clinical teams' post Programme reports but would like to see more focus placed on the quality of facilitator training which would in turn drive up the standards of delivery. The Panel considered that the use and purpose of psychometric testing should be reviewed by the centre but measures to ensure consistency should continue.

44. The Panel commended the audit process and the effort that had been put into the process. The review of findings was easy to read. However, it stressed the need to look at ways of keeping experienced staff in place to deliver programmes. The Panel would find it helpful to have a short report setting out the key issues that had arisen following the audit for submission to CSAP. The report should give an overview of the current position and outline the auditors' experiences and any recommendations for change. The Panel endorsed the audits for 2007/8.

Democratic Therapeutic Communities

45. At its May 2007 meeting, the CSAP representative Barbara Rawlings reviewed the 2006/7 audit of democratic therapeutic communities. CSAP approval was sought on the publication of the National Report. The audit findings and suggested recommendations for improvement and an overview of how the Joint Community of Communities and Prison Service Review had worked in practice were presented to the Panel. Twelve democratic therapeutic communities in five prisons were involved in the process. The service standards for therapeutic communities had been fully reviewed and revised to simplify them and core standards had been introduced. Performance overall had declined but there were some positive findings in a number of areas and there was evidence that the therapy was making a difference. Overall the quality and consistency in the delivery of the TC approach was good. A number of recommendations were put forward to help to improve performance in a number of areas, which were approved by CSAP.

46. The Panel agreed that more needed to be done to ensure that end of therapy was dealt with more effectively. To aid relapse prevention, support networks should be created that residents could link into when they leave. Therapeutic communities also needed to ensure they held case conferences at the end of therapy. The Panel expressed concern at the level of overall performance. It agreed that there was a need to drive up standards and that this could be done by raising the barrier but they would like to see achievable and realistic targets put in place. There was a need for effective administrative and support structures as well as good management practices. The Panel thought there was a need to re-visit the audit process as it seemed odd that a TC could achieve a high score but recommendations were still made for further improvement. CSAP approved the publication of the National Report

Changes to the Joint Review Methods.

47. A sub-panel meeting, chaired by Barbara Rawlings was held in July to discuss proposed changes to the joint review methods for therapeutic communities. The Community of Communities Peer review standards had been reviewed and strengthened to ensure that progress on areas of improvement identified in the previous year were recognised and recorded appropriately. The service standards were made up by the core standards providing the basic criteria by which a service could be defined as a TC. The Panel encouraged TCs to become more proactive and to work 'SMARTER' to attract clients. The Panel would like consideration given to simplifying the 'gateway' to get people onto TCs. One way of doing this might be by going through one referral system.

48. The joint community of communities/prison service standards had undergone a major revision to improve the structure and work had been done to align the standards more closely with those used to audit other offending behaviour programmes. The Panel welcomed the work that had been done to simplify the standards. The Panel would like to see the process become more mainstream and aligned to the process adapted for offending behaviour programmes. 49.

A move to a bi-annual joint review cycle was proposed based on percentage compliance. The Panel welcomed the introduction of action plans and suggested making this a formal quality improvement arrangement in a bid to drive up standards. The Panel would also like to see the process made as clear and as simple as possible to make it easy to follow. The Panel expressed its approval to the proposed changes to the standards and joint review process. It made a number of recommendations for improvement and thought that consideration should be given to including prison service standards which capture what is needed in relation to best practice and engagement in the participation process.

Drug Treatment Programmes

50. Professor Michael Gossop, the CSAP representative, reviewed the 2007/8 audit of drug treatment programmes in March 2008. A summary of the audit results were presented to the Panel. 117 audits had been carried out. The Panel thought that the process had improved. It would, however, like to see programme duration included alongside attrition rates and a flagging system set up so that establishments scoring 75% or less were followed up. The Panel would also find it useful to see an establishment's IQR ratings from previous years as this would help it to see whether or not performance was improving. The Panel was pleased to note that from 2008/09 the CARATS (Counselling, Assessment, Referral, Advice and Throughcare services) would be audited.

51. The Panel expressed concern at the poor performance in relation to continuity and throughcare, particularly the poor completion of the comprehensive substance misuse assessments. The Panel would like more to be done to ensure these documents were completed correctly and an update given on progress in 2008/9. The Panel considered that there were still some weaknesses in the audit process. There needed to be an improvement in performance in a number of areas, including institutional support, management of providers and referral procedures and the Panel would like to see mechanisms put in place to ensure that these issues were addressed. The Panel approved the 2007/8 audit.

Audit feedback mechanisms and processes

52. A meeting was held in June 2007 with Professor Michael Gossop, the CSAP representative, to discuss whether the results of the auditing system could be used more effectively to strengthen the weight of the process, particularly with regard to under-performing establishments. An overview of the audit feedback mechanisms and processes and how they worked was given to the Panel. The way data was used and stored was discussed. The Panel stressed the importance of putting in place a database of audit outcomes including data on attrition rates to inform the whole system. The Panel considered that the process would benefit if a scientific evaluation of the audit process was carried out and the analysis and conclusions fed into the system. CSAP considered that having a formal mechanism in place would help to ensure that expertise was not lost as key staff moved on. The Panel expressed its approval of the current feedback mechanisms.

ANALYTICAL SERVICES SEMINAR – JULY 2007

53. The Panel attended a seminar hosted by the Analytical Services in July 2007. The purpose of the seminar was to explain the Project Quality Assurance Board (PQAB) process and to update the Panel on the work currently done by the Analytical Services and the quality assurance mechanisms that were being developed with the Government Social Research Unit and the

Office for Science and Innovation. All research commissioned in the Ministry of Justice has to go through a research quality assurance process which ensures that research is robust and valid with a high quality design to maximise the likelihood of achieving the stated aim. The Panel plays a key role in this by advising the Analytical Services on research strategy and planning; contributing to quality assurance through the PQAB process; and peer review. The Analytical Services summarised their work with the Government Social Research Unit as helping to build and maintain quality as well as consistent standards. An overview was given of the GRS guidance on publishing Government Social Research. The guidance lays down four guiding principles in relation to research which were:

- Contributory in advancing wider knowledge or understanding
- Defensible in design by providing a research strategy which can address the evaluation questions posed
- Rigorous in conduct through the systematic and transparent collection, analysis and interpretation of qualitative data
- Credible in claim through offering well-founded and plausible arguments about the significance of the data generated

PLENARY BUSINESS – OCTOBER 2007

CSAP – future status

54. The legislation to bring the accreditation process in-house had been included within the Offender Management Bill which received Royal Assent in 2007. As this was the last Plenary meeting of the Panel in its current form, the CSAP Chair summarised the Panel's history and its achievements. He commended the Panel's commitment to high standards and quality of delivery. The Panel's future had been uncertain for a long period and the Chair expressed concern at the loss of the Panel's non-departmental public body status. The plan to keep the 'Correctional Services Accreditation Panel' as the name for the future advisory group was welcomed.

The Head of the Interventions and Substance Abuse Unit, NOMS, thanked the Panel for their commitment to promoting excellence in programme design. She updated the Panel on developments to bring the accreditation process in house and the rationale behind it. The Panel were also updated on the work being taken forward to develop a NOMS Centre for Correctional Excellence. A discussion took place on how the new 'panel of experts' would work and where the responsibility for audit would lie. The Panel noted that work was in hand to develop a joint audit process across custody and the community.

55. The Panel expressed concern at the loss of an 'independent' voice. It was felt that this could impact on the Panel's independence and its influence and there was a risk that programme quality might be compromised because of organisational needs. The Panel were re-assured that accreditation decisions will continue to remain independent of providers. It would not be in NOMS' interest to lose independent advice which had been greatly valued. The CSAP Chair considered that good working relationships with NOMS would play a key part in the efficiency of the new Panel. The composition would also be pivotal to its success and should consist of a mix of academics and practitioners.

56. Turning to the Centre for Correctional Excellence, the Panel thought that moving to a NICE way of working may lead to decisions being based more on cost-effective grounds rather than on quality and that this might lead to the delivery of shorter, rather than more intensive, programmes. The Head of ISAU acknowledged the pressure on resources but considered that having an effective interventions strategy would enable interventions to be targeted more effectively.

57. The Panel expressed concern at the framing of the NOMS Screening Advisory Group. This sub-group was set up in June 2007 to perform a gate keeping role, filtering applications to CSAP. It decides on the appropriateness of applications to CSAP and whether they should be referred for advice or accreditation. The Panel was concerned at the gap between the advice and accreditation stages of the process. It needed to be made clear to programme developers that they could seek the advice of the Panel on the development of their programme during those two stages. The Panel would like to see the relationship between the two parties become more interactive with the Panel taking on a 'shepherding' role.

NOMS Future Direction

58. The Director of Commissioning and Partnerships expressed her gratitude to the Panel for its work, which was greatly valued. The Panel had been leaders in their field, developing an accreditation process which was widely seen as a model of best practice. She updated the panel on developments within NOMS, including the Carter Review. NOMS would continue to exist but it was not clear how it would operate within the context of the Ministry of Justice which was still being configured. However, it was committed to implementing offender management and had a clear commissioning mission. The Director said she would like to see a holistic approach taken to developing interventions. The Panel considered that adopting a NICE type of model for this type of work would put offenders at the centre of the service, sequencing programmes appropriate to ensure their needs were met.

59. The Panel expressed concern about the proposal put forward by the Carter Review to build bigger prisons. Panel members thought there were other more effective options, such as having smaller units within prisons or offering community based interventions. It was felt that further prison crowding may have a detrimental effect on what has been achieved in rehabilitation. The Director of Commissioning and Partnerships thought there was little evidence to support the effectiveness of a move to a smaller unit but recognised that there was a need to look at the back end of a sentence so see if it would be feasible and sensible to release prisoners faster.

60. The CSAP Chair thought the Panel had a useful role to play as the work moved forward. He agreed that a holistic approach to interventions was the right one but would like to see a reduction in pressure on the prison system. Incarceration rates could be reduced by 3 basic strategies: a) reducing re-offending through further improvement of rehabilitation programmes, b) investment in alternatives to short-term prison sentences which go along with particularly high re-offending rates, and c) expansion of programmes for developmental crime prevention.

CSAP – Experiences and Conclusions for Future Work

61. The Panel discussed how to take its work forward. A paper had been produced which summarised the views expressed in the Panel's stocktake paper of 2004, responses to the 2006 questionnaire and the CSAP Chair's presentation for the Panel Plenary meeting in November 2006. Its purpose was to record the Panel's experiences over the last 9 years and to draw

conclusions for the Panel's successor body. The CSAP Chair considered that one of the key issues was a lack of good empirical data from England and Wales. A programme's effectiveness should not only rely on demonstration projects from other countries but needed to be measured by a sound evaluation of its local delivery in practice.

62. In the discussion that followed, the Panel said it would like to see more flexibility built into the accreditation process. CSAP should become more of a 'critical friend' to developers by offering advice and guidance throughout the process. More should be done to ensure that the CSAP sub-panels worked consistently and adopted the same working styles. The Panel would like to see programmes accredited for 3 years and then re-submitted. During that time programmes should be evaluated and updated in the light of new research evidence. Panel members also questioned the need for the large numbers of manuals provided with an accreditation submission and thought it would be worth exploring whether they were used. The Panel considered site visits as a valuable part of the process but recognised that putting these in place would have cost implications.

63. The Panel would also like to see their role in the Effective Interventions Board and in the work of the Analytical Services clarified. The Panel stressed the importance of having the Analytical Services business plan linked into their programme of work. It was felt that there was a gap in research particularly in relation to programme efficiency/links to offender management. The Panel thought that more use could be made of audit management information as a research tool and the Panel's successor body should play a key role in the audit process. The CSAP Chair stressed the importance of good recidivism data. The Head of Interventions and Substance Abuse Unit thanked the Panel for their helpful comments. She recognised that it was an imperfect world but said that NOMS had to work within its existing structure using the best evidence and management information available.

CSAP – Terms of Reference

64. The Panel endorsed the revised terms of reference which would be relevant for the work of the current Panel. Looking forward, the Panel said that the reference to accrediting programme design would need to be adjusted in the light of the move to bring the accreditation process in-house.

NOMS Screening Advisory Group for Filtering Applications to CSAP

65. Following on from the earlier discussion on the framing of this Group, the Panel expressed concern at the proposed appeals process. The Panel thought independence could be compromised if NOMS chaired the Advisory group and they must put mechanisms in place to ensure the outcome is transparent. The advisory members of this group should be appropriate to the programme content. CSAP should be informed of the outcome of any meetings and the rationale behind the decisions. The Panel endorsed the establishment of the Advisory Group.

CSAP - Conflicts of Interest

66. The CSAP Chair updated the Panel on the outcome of a sub-panel meeting held on 24 April 2007 to discuss how future conflicts of interests should be handled. A number of recommendations were put forward for approval. The Panel agreed that there was a need for clear guidance on this, particularly for sub-panel Chairs. It should be made clear what constitutes a conflict of interest and how they should be handled by the Panel. The Panel endorsed the sub-panel's recommendations.

Any Other Business

67. Panel members said that the move to joint working across the correctional services had resulted in them being asked to consider whether programmes which had already been accredited were suitable for delivery in custody and the community. How these programmes should be handled would need to be addressed. It was not clear whether Panel members should revisit all the manuals or only the areas of change. The Panel agreed that these programmes should come back for review rather than re-accreditation but the key elements of change would be rated. If endorsed, the programme should be re-submitted for further review within 3 years to enable the Panel to review the data.

ANNEX A

CORRECTIONAL SERVICES ACCREDITATION PANEL BUDGET 2007/8 (Covers the period 1/4/2007 – 31/3/2008)

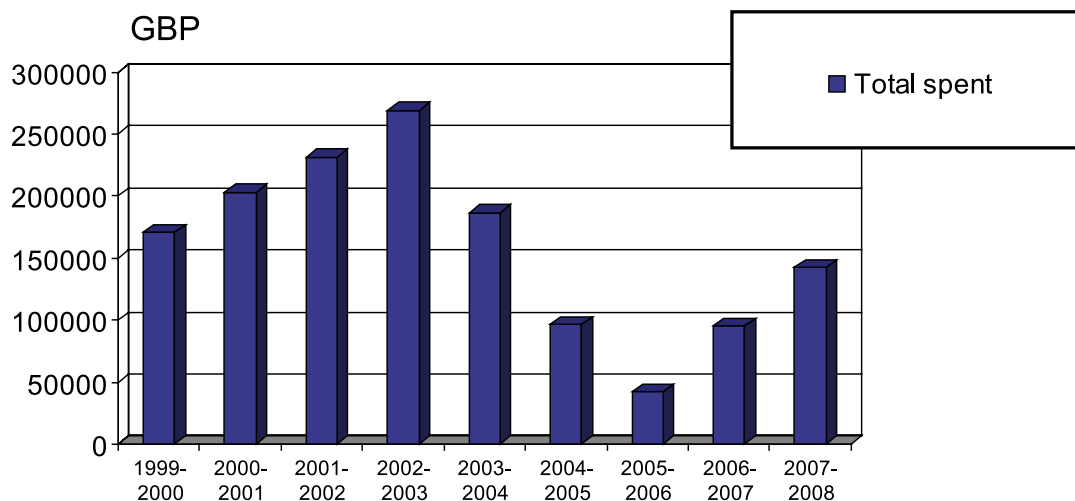
Item	Total spent (£)	Allocated (£)	Differential (£)
Fees: Chair* and members	106,550.00	40,000.00	66,550.00
Travel and Subsistence	14,339.75	10,000.00	4,339.75
Accommodation for Panel meetings	14,192.25	10,000.00	4,192.25
Administrative costs/contingency	7,359.93	10,000.00	-3,640.07
Total	142,441.93	70,000.00	- 72,441.93

A significant increase in Panel business and the recruitment process for the new Panel led to increased costs and the profiled budget was overspent in 2007/8.

* The fees for the Chair were for the days he served on sub-panels and representing CSAP on the Effective Interventions Board. The work as Panel Chair was done without honorarium.

The total costs of CSAP over the 9 years of work is shown in the chart below:

CSAP Expenditure over 9 years



ANNEX B

SCHEDULE OF PROGRAMMES CURRENTLY ACCREDITED OR RECOGNISED BY THE PANEL

GENERAL OFFENDING BEHAVIOUR PROGRAMMES

Programme	Description and designer/ development history	Number and length of core programme sessions	Status
Enhanced Thinking Skills	<p>Addresses thinking and behaviour associated with offending through a sequenced series of structured exercises designed to teach inter-personal problem solving skills.</p> <p>Developed by the Prison Service and adapted by the Home Office for use in the community.</p>	20 sessions. 2-2 ½ hours each	Accredited for use in custody 1996 and in the community in 2000.
Think First	<p>A sequence of exercises designed to teach participants a number of social problem solving skills which are then applied to aspects of offences and situations in which they occur. Originally developed by James McGuire.</p>	22 sessions, each 2 hours. Extended programme of 30 sessions (Think First Inside) was used in prisons.	Accredited for use in custody in 1996 and in the community in 2000.
Reasoning and Rehabilitation	<p>A cognitive behavioural programme focussing on replacing maladaptive thinking with skills that promote pro-social behaviour. First developed and tested in Canada by Robert Ross and Elizabeth Fabiano, revised by T3 Associates.</p>	38 sessions of between 2 and 2 ½ hours each	Accredited for use in custody in 1996 and in the community in 2000

Priestley one to one	This programme aims to change learned behaviour and thoughts, attitudes and values. Developed by Philip Priestley.	20 sessions each estimated to take 1-1 ½ hours.	Accredited for use in the community in 2001.
Cognitive skills booster	This programme reinforces and consolidates the learning from a general behaviour programme Developed jointly between the National Probation Director and Prison Service.	10-12 sessions of 2 ½ hours each which can be delivered at the rate of between one and three sessions per week with no more than one session being delivered on one day.	Accredited for use in custody and community in 2008
JETS Living Skills Programme	A cognitive behavioural programme targeted at male juveniles aged 15 to 18 who have a medium to high risk of re-offending. It aims to teach younger offenders how to behave and think in more pro-social ways. Developed by the Prison Service.	25 sessions of approximately 2 hours each, plus 7 individual sessions.	Accredited for use in custody in 2007

MOTIVATIONAL PROGRAMMES

Programme	Description and designer/development history	Number and length of core programme sessions	Status
F.O.R	A brief cognitive, motivational programme for short-term prisoners. The objective of the programme is to increase the motivation of prisoners to become committed and active participants in setting their own agenda for change. Developed by T3 Associates.	The structured delivery component is delivered within 3-4 weeks. The programme offers 39 guaranteed contact hours.	Accredited for use in custody in 2006.

VIOLENCE PROGRAMMES

Programme	Description and designer/development history	Number and length of core programme sessions	Status
Aggression Replacement Training	<p>Aims to reduce aggressive behaviour through teaching social skills, anger management techniques and improved moral reasoning. Developed by Wiltshire Probation Area in collaboration with the Home Office and National Probation Directorate.</p>	<p>18 sessions, 2 hours per session.</p>	<p>Accredited for use in the community with adult males in 2001. Provisionally accredited for females</p>
Controlling Anger and Learning how to manage it	<p>Canadian cognitive behavioural programme which teaches skills in managing anger and emotions. It is aimed at offenders for whom anger/aggression features as a component in current or previous offending. The programme was developed by B Winogron, M van Dieten and L Gauzas in Canada.</p>	<p>24 sessions, 2 hours each</p>	<p>Accredited for use in custody in 2000 and in the community in 2004.</p>
Cognitive self change programme	<p>Adapted programme designed for adult offenders with a history of violence who are motivated to change their pattern of behaviour. Participants must have 12 months or more left to serve in prison. Consists of 6 blocks, the final one takes place in the community after release.</p>	<p>38 sessions of between 2 and 2 ½ hours each</p>	<p>Accredited for use in custody in 1996 and in the community in 2000</p>

<p>Healthy Relationships Programme</p>	<p>This programme uses a range of techniques such as lectures, guided learning exercise and case studies to enable offenders to take responsibility for their behaviour and to develop skills in order that they may eliminate violent and abuse behaviour from their intimate relationships. It was originally designed by Lynne Stewart and Natalie Garboro for the Correctional Service of Canada in 1998 and adapted for use in England and Wales.</p>	<p>68-70 sessions of 2 ½ hours</p>	<p>Accredited for use in custody in 2003</p>
<p>Integrated Domestic Abuse Programme</p>	<p>This is an integrated group work and individual session programme for convicted adult male perpetrators of domestic abuse committed in the context of a heterosexual relationship. The programme includes interagency risk management and work with known victims. It was developed by the National Probation Directorate.</p>	<p>Rolling modular programme of 27 group work sessions preceded by 4 pre-group sessions and followed by a minimum of 4 post group sessions.</p>	<p>Accredited for use in the community in 2004.</p>
<p>Community Domestic Violence Programme</p>	<p>Integrated domestic abuse programme for male perpetrators of domestic abuse. The programme includes interagency risk management and contact with known victims. It is based on the Canadian Correctional Services Family Violence Programme.</p>	<p>26 sessions of group work plus 9 individual sessions.</p>	<p>Accredited for use in the community in 2004.</p>

Chromis	<p>This is a cognitive behavioural programme which focuses on the identification, reduction and external management of a range of risk factors in offenders whose level or combination of psychopathic traits disrupts their ability to engage in both treatment and sustained socio-behavioural change.</p> <p>It was developed by the prison service to meet the needs of highly psychopathic individuals.</p>	<p>The programme comprises of 5 core components which combine individual and group work.</p>	<p>Accredited for use in custody in 2005.</p>
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PROGRAMMES EXCLUSIVELY FOR WOMEN

Programme	Description and designer/development history	Number and length of core programme sessions	Status
Women's Acquisitive Crime Programme	<p>This programme is for adult females who have committed a range of index offences in the context of acquisitive crime. It uses a motivational approach. It was designed by T3 Associates for the National Probation Directorate.</p>	<p>Sequential 31 session group-work programme.</p>	<p>Accredited for use in the custody and the community in 2005.</p>

SUBSTANCE MISUSE PROGRAMMES

Programme	Description and designer/ development history	Number and length of core programme sessions	Status
ASRO	This is a modular group work programme which aims to teach offenders the skills required to reduce or stop substance misuse. It was developed by Professor Mary McMurrin and Philip Priestley.	20 sessions of 2 ½ hours.	Accredited for use in the community in 2004.
PRISM	One to one programme delivery. This programme aims to teach offenders the skills required to reduce or stop substance misuse. It was developed by Professor Mary McMurrin and Philip Priestley.	20 sessions of between 45 minutes and 2 hours.	Accredited for use in the community in 2004.
Drink Impaired Drivers	This programme aims to reduce the risk of future drink related driving offences. It combines cognitive behavioural work and education. It was developed by South Yorkshire probation area in collaboration with the Home Office	14 sessions of 2 hours.	Accredited for use in the community in 2001 (males) and in 2006 (females).

<p>RAPt Substance Abuse Programme</p>	<p>This is a medium to high intensity programme aimed at prisoners with severe and entrenched drug and offending behaviour. It is predominantly a 12-step programme developed from the Minnesota model which combines elements from therapeutic communities, group therapy and cognitive strategies of behaviour modification. It was developed by the Rehabilitation of Addicted Prisoners Trust.</p>	<p>Pre-admission (assessment and education phase) - 2 sessions of 90 minutes each per week for 4 to 6 weeks. Primary phase (covering first five of the 12 steps) – 12 weeks, five days per week. Sessions of between 1 and 2 hours. Aftercare phase (focusing on skills training and relapse prevention) – 12 workshops of 2 hours, delivered once or twice a week.</p>	<p>Accredited for use in custody in 2000 for men, women and young offenders. Programme accredited specifically for males in 2006.</p>
<p>RAPt Alcohol Dependency Treatment Programme</p>	<p>This is a three-phase abstinence-based 12 step programme designed to be run over the course of six weeks. The programme is aimed at male offenders with a medium to high risk of re-offending, a history of alcohol dependence and alcohol dependence as a significant factor for re-offending. The programme was developed by the Rehabilitation of Addicted Prisoners Trust.</p>	<p>Phase 1 is one week long. The focus in this phase is on enhancing participant motivation and on the development of basic copying skills. Phase 2 is a four-week 'primary programme' focussed on taking participants through the first 3 of the 12 steps of AA recovery. Phase 3 consists of one week of Relapse Prevention Training.</p>	<p>Accredited for use in custody in 2008.</p>

<p>The Prisons Partnership 12 step programme (Lancaster Castle)</p>	<p>This is a high dose 12 step programme which targets medium to high risk drug dependent offenders where there is a link between their offending and problematic drug abuse. The programme was developed for the Prison Service by Anton Ashcroft in collaboration with Paul Bevan and Chris Berry. It is a rolling programme consisting of three phases.</p>	<p>Pre-admission phase – delivered 2 days a week for 4 weeks Primary phase – the main core of the programme covering the first of the twelve steps Aftercare phase – focusing on skills training and relapse prevention</p>	<p>Accredited for use in prisons in 2003 and re-accredited in 2008.</p>
<p>P-ASRO</p>	<p>Prison-Addressing Substance Related Offending is a low intensity cognitive behavioural intervention designed to assist offenders address drug use and related offending, learn and enhance skills and thinking patterns required to reduce or stop drug misuse and offending. This programme was adapted from the probation community based ASRO programme and developed by the Prison Service Drug Strategy Unit.</p>	<p>20 session programme divided into 4 modules delivered over a 6 week period. Session length is 2 hours.</p>	<p>Accredited for use in custody in 2002 for men and re-accredited in 2007. Accredited for women in 2007.</p>
<p>North West Area (formerly Garth and Wymott) Therapeutic Community</p>	<p>This hierarchical therapeutic community is designed to address drug offending behaviour needs of medium to high risk offenders. It uses a combination of social learning theory, cognitive behaviour skills and relapse prevention. The programme was designed and developed for the Prison Service by prison psychologists at Garth and Wymott prisons with specialist input from Phoenix House.</p>	<p>This programme can be completed within 9 to 12 months depending on an individual's progress throughout the 3 stages. Number and session lengths will vary from 90 to 120 minutes.</p>	<p>Accredited for use in custody in 2003 and re-accredited in 2008.</p>

<p>Ley Prison Programme</p>	<p>This programme is designed to address drug and offending behaviour of medium to high risk sentence male offenders. It is a cognitive behavioural programme which is delivered within a therapeutic environment. It was developed by Ley Community.</p>	<p>The core programmes runs for 31 weeks. Aftercare is delivered over a 4 week period.</p>	<p>Accredited for use in custody in 2003.</p>
<p>Drake Hall Therapeutic Community for Women</p>	<p>This is a hierarchical therapeutic community for women aged 18 or over assessed as having a high level of dependence on one or more illicit substances and at least seven months left to serve. It was developed by the Prison Service.</p>	<p>The programme lasts 24 weeks and is split into three phases, induction, primary and re-entry. The Induction phase is delivered over a 4 week period, the primary phase over a 16 week period and the re-entry phase lasts 4 weeks.</p>	<p>Accredited for use in custody in 2007.</p>
<p>FOCUS</p>	<p>FOCUS is a high intensity cognitive behavioural therapy. It is targeted at male offenders with a moderate to high risk of re-offending who have intermediate or severe substance abuse problems. It was designed and developed by the Prison Service High Security Estate.</p>	<p>62 x 2 hour sessions, held 3-4 times a week. 3 individual sessions take place at the beginning, middle and end of the programme.</p>	<p>Accredited for use in custody in 2003 and re-accredited in 2007.</p>

<p>Action for Drugs</p>	<p>This is a medium intensity programme which uses a cognitive behavioural approach to treatment. The programme targets male adults and young offenders with a medium to high risk of re-offending. It encourages offenders to learn and enhance pro-social skills that will enable them to become and remain drug free. It was designed and developed by a consortium of six drug service providers.</p>	<p>48 sessions to be delivered at a minimum of 3 sessions per week over a period of 16 weeks. The average length of a session is 12 hours.</p>	<p>Accredited for use in custody in 2003.</p>
<p>STOP</p>	<p>This is a medium intensity programme which uses a cognitive behavioural approach to treatment. The programme targets male adults and young offenders with a medium to high risk of re-offending. It encourages offenders to learn and enhance pro-social skills. It was designed and developed for the prison service by HMP Gartree.</p>	<p>The programme is broken down into 90 one hour sessions and 45 two hour sessions delivered over a period of 12-15 weeks.</p>	<p>Accredited for use in custody in 2003 and re-accredited in 2008.</p>
<p>Short Duration Programme</p>	<p>This is a cognitive behavioural drug treatment programme with a focus on harm minimisation. It boosts drug treatment provision for offenders in custody for a short period (6 months left to service or on remand). The programme was developed by the prison service.</p>	<p>20 sessions of 2 ½ hours. Sessions are delivered daily and the course is completed in 4 weeks.</p>	<p>Accredited in 2005 for use in custody for adult male and females and young offender institutions.</p>

<p>Offender Substance Abuse Programme</p>	<p>This is a modular programme that aims to teach male and female medium to high risk offenders the skills required to reduce or stop substance misuse. It enhances the motivation to change and resolve ambivalence. The programme was developed by the Correctional Services in Canada.</p>	<p>26 sessions of 2 ½ hours.</p>	<p>Accredited for use in the community in 2008.</p>
<p>COVAID</p>	<p>COVAID stands for Control of Violence for Angry Impulsive Drinkers. COVAID is a 10-session cognitive behaviour therapy programme that aims to reduce the likelihood of aggression and violence. It was developed by Professor Mary McMurrin and Delight Training Services Ltd</p>	<p>10 sessions of up to 2 hours long. There are two main themes in COVAID – the personal scientist and self control. COVAID helps the participant become a scientist who studies his/her own behaviour. The programme helps to encourage self control skills identifying those already used and adding new skills.</p>	<p>COVAID Group Community was awarded provisional accreditation for use in the community in February 2008.</p> <p>COVAID Group Secure was awarded provisional accreditation for use in custody in May 2008.</p>
<p>Alcohol Free Good Lives Programme</p>	<p>This programme is a medium intensity cognitive behavioural group programme which aims to reduce re-offending in young men who have been imprisoned for alcohol-related crimes of violence and who are hazardous drinkers. The target group is male adults and young offenders aged 18-30. The programme was developed for the Prison Service by LMB Consultancy.</p>	<p>30 group sessions that can be run over 10 weeks at 3 sessions per week. There is one individual pre-programme session.</p>	<p>Awarded provisional accreditation in 2007.</p>

DEMOCRATIC THERAPEUTIC COMMUNITIES

Programme	Description and designer/ development history	Number and length of core programme sessions	Status
<p>Democratic Therapeutic Community Core Model</p>	<p>Democratic Therapeutic Communities provide a holistic residential treatment approach where individuals are required to understand and change their ways of thinking, their feelings and their behaviour. Community structures and boundaries are established in order to encourage identified treatment needs to emerge. They are aimed at those offenders for whom a shorter intervention may be inadequate or where particular emotional and psychological needs may hinder engagement in other programmes. The core model was developed by the Prison Service in collaboration with Community of Communities.</p>	<p>Treatment occurs during a prolonged residential stay in the TC. Treatment is usually completed after 18 months but this may vary according to the individual.</p>	<p>Accredited for use in custody in 2004 and re-accredited in 2007.</p>

SEX OFFENDER PROGRAMMES

Programme	Description and designer/ development history	Number and length of core programme sessions	Status
Community Sex Offender Group Programme	This programme aims to reduce re-offending by adult male sex offenders. It was designed by staff in the West Midlands Area and developed in collaboration with the Home Office.	50 hour induction module. Total length is either 100 hours or 260 hours depending on risk/deviancy profile.	Accredited for use in the community in 2000. Revised relapse prevention component re-accredited for 2 years in 2007.
Thames Valley Sex Offender Group work Programme	This programme aims to reduce re-offending by adult male sex offenders and to provide support to partners of perpetrators. It was set up as a joint initiative with health, police and social services and was developed in collaboration with the Home Office.	10 consecutive day foundation block. The total length is either 196 hours for high risk/high deviancy or 156 hours for low risk/low deviancy.	Accredited for use in the community in 2001. Revised relapse prevention component re-accredited for 2 years in 2007
Northumbria Sex Offender Group Programme	This programme aims to reduce offending by adult male sex offenders. Developed by staff in Northumbria Probation Area and staff in the Sexual Behaviour Unit, Department of Forensic Psychiatry, St Nicholas Hospital, Newcastle	Offenders assessed as high risk/high deviancy will attend the Core Group (144 hours minimum) followed by Relapse Prevention (36 hours) giving a total programme length of 180 hours. Low risk/low deviance offenders will normally complete individual preparation work followed by the Relapse Prevention Programme.	Accredited for use in the community in 2001. Revised elapse prevention component accredited for 2 years in 2006.

<p>Prison Service Sex Offender Treatment Programme</p>	<p>This consists of 5 separate programmes which offenders are allocated to dependent on risk/treatment need. All the programmes aim to reduce offending by adult sex offenders</p> <p>Core addresses a range of offending behaviour. It challenges thinking patterns used by offenders to excuse and justify their behaviour and teaches new attitudes and behaviours related to positive offence-free living.</p> <p>Adapted is the equivalent of the core programme but is for lower functioning offenders.</p> <p>Extended is for high risk/high need sex offenders who have already successfully completed the core programme.</p> <p>Rolling is for low risk sexual offenders and covers similar areas to the core programme.</p> <p>Better lives booster is for those who have successfully completed the core/extended programmes. There are high and low intensity versions.</p> <p>The programme was developed by the prison service. The adapted programme was developed in collaboration with the Janet Shaw Clinic.</p>	<p>86 sessions</p> <p>85 sessions</p> <p>70 sessions</p> <p>Variable (45-60)</p> <p>32 sessions (core)</p> <p>38 sessions (adapted)</p>	<p>Accredited for use in custody.</p> <p>Adapted 1998</p> <p>Core (revised) in 2000</p> <p>Rolling in 2001</p> <p>Extended (revised) in 2002</p> <p>Better Lives booster In 2004</p>
<p>Healthy Sexual Functioning Programme</p>	<p>This programme is designed to help those who have trouble with sexual fantasies. It helps offenders think about what makes for a healthy intimate and sexual relationship and teaches techniques to change and control fantasies. The programme was developed by the prison service.</p>	<p>12-20 sessions lasting between 1 and 1 ½ hours</p>	<p>Accredited for use in custody in 2004</p>

<p>Internet Sexual Offending Treatment Programme</p>	<p>This programme is for low, medium high risk and low deviance offenders. It is designed for those offenders convicted of internet offences. It is a cognitive behavioural treatment programme and aims to reduce the risk of future internet sexual offending and risk of progression to contact sexual offending. The programme was developed by the National Probation Directorate.</p>	<p>6 modules</p> <p>Group: 70 hours – 35 two hour sessions</p> <p>One to one 30-45 hours (20 to 30 ninety minute sessions). Varies according to individual need.</p>	<p>Accredited for use in the community in 2006</p> <p>Provisionally accredited for use in custody in 2007.</p>
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