

Phoenix Futures

Prison Treatment programmes

Karen Biggs
Chief Executive, Phoenix Futures

**Every person who is dependent on drugs and alcohol has the potential to rebuild their life.
This is our vision**

- Political and Strategic context in England
- Overview of some of our programmes.
- Outcomes

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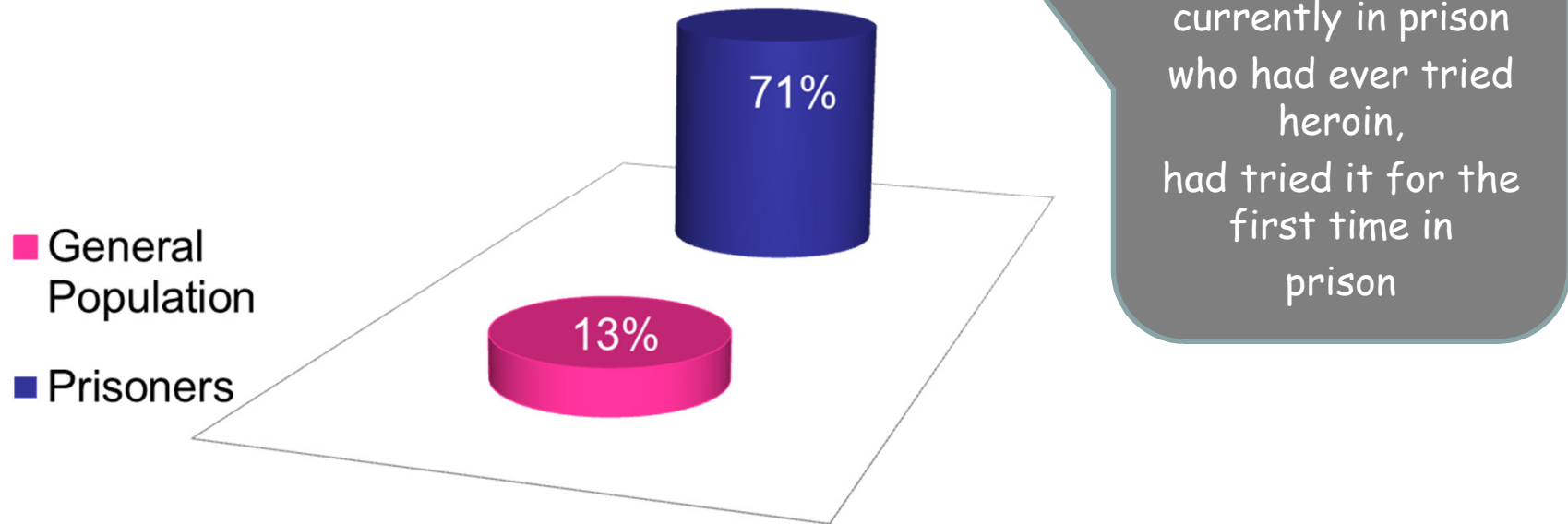
Coalition Government 2010 – Drug Strategy

- Localism - meeting the needs of local areas, less central bureaucracy
- Recovery - moving people through treatment to achieve abstinence

- For Prison treatment services that means
 - Funding for prison programmes held by Department of Health and not Ministry of Justice
 - Focus on recovery and rehabilitation – moving people off methadone
 - Providing continuity of provision through the prison gate
 - Loosening of audit and central control of interventions

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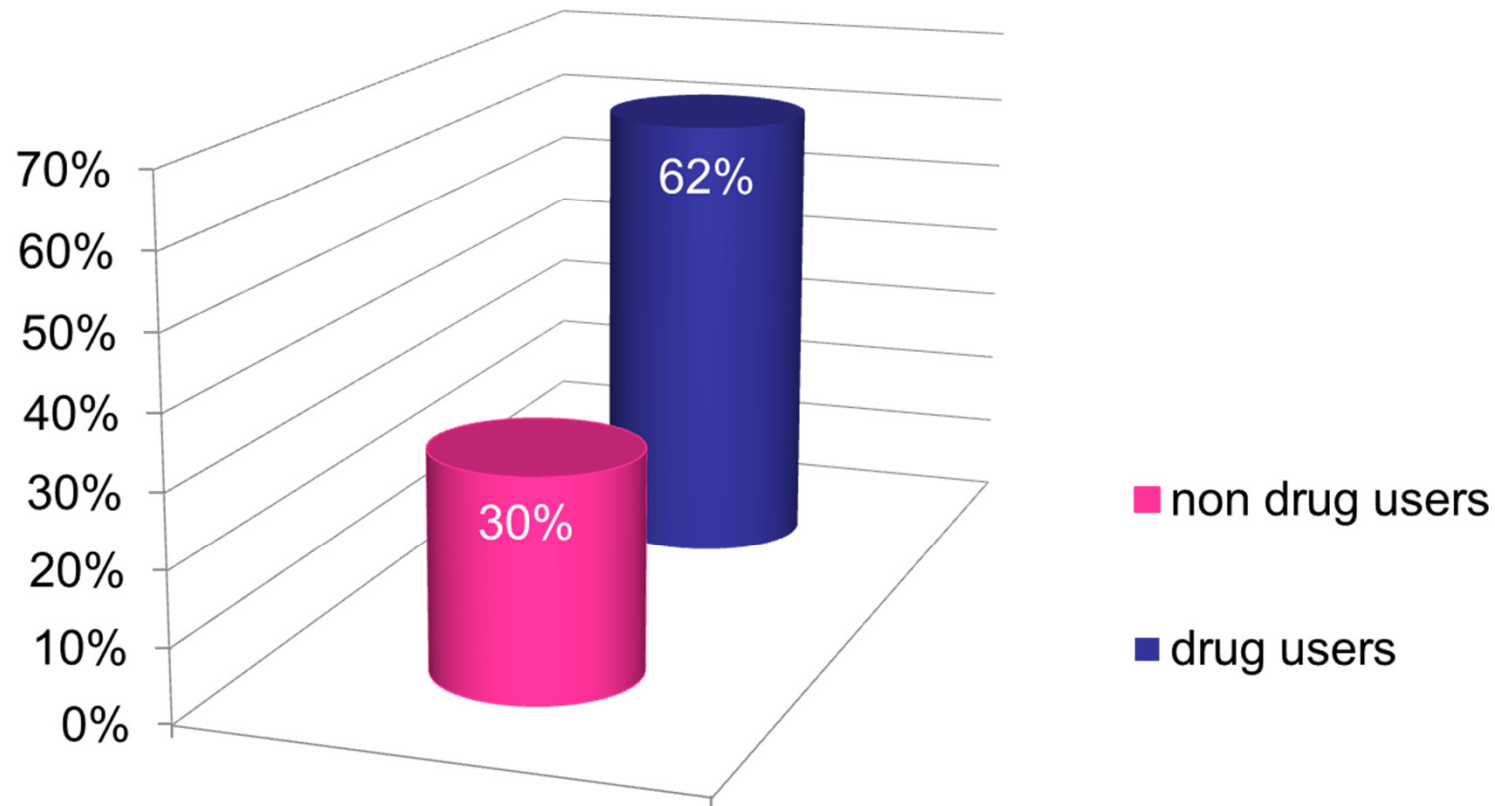
Percentage of prisoners who use drugs compared to the UK population



Green Paper Evidence Report - Breaking the Cycle: Effective Punishment, Rehabilitation and Sentencing of Offenders

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Reconviction rate within 12 months of release



- **Green Paper Evidence Report - Breaking the Cycle: Effective Punishment, Rehabilitation and Sentencing of Offenders**

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Clinical Interventions

Prescribing, methadone and buprenorphine, 50% are detoxed and 50% are maintained on prescription

Non Clinical Carats/ IDTS

Referral and assessment service. People are assessed and either receive short CBT intervention or are referred to an accredited programme

Accredited Drug Treatment Programmes

Short Programmes: Cognitive Behaviour programmes lasting 4–5 weeks.

12 Step Programmes: 12 – 15 week intervention for higher dependency

TC programmes: 12 + months structured TC intervention

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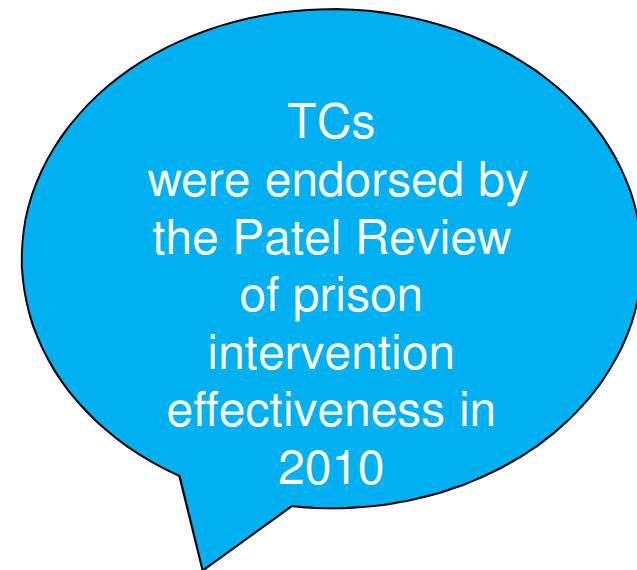
Phoenix Prison Programmes in England

Phoenix Prison Services	Delivered in
Carats Referral and assessment service.	24 prisons
Short Programmes: Cognitive Behaviour programmes lasting 4–5 weeks. P-ASRO, SDP	5 prisons
12 Step Programme (STAR) Steps to recovery	1 prison
TC programmes: 12 + months structured TC	4 prisons

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Phoenix Prison TCs

- Delivered prison TCs in England for 15 years
- Prison based Therapeutic Communities follow the same structure as a Phoenix Futures residential rehabilitation service.
- Prisoners live separately from the rest of the prison population and receive the same type of treatment, including one to one counselling, group work and peer support, as is available in Phoenix Futures residential rehabs.



The Prison TC programme

The programme includes:

- ✓ Structured group work, Unstructured or peer group work
- ✓ Jobs – each member of the TC is given daily jobs and tasks for which they have responsibility
- ✓ Gym – every resident is allowed gym time
- ✓ Community activities including pool, quizzes and bingo
- ✓ Structured days – each day follows a timetable which must be adhered to
- ✓ Morning meeting – every day starts with a morning meeting for announcements and information to be communicated

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Eligibility for the TC

- Prisoners can apply to enter a prison based Therapeutic Community through their CARAT worker.
- Criteria for entrance to a TC include:
 - ✓ Must be a category B or under prisoner
 - ✓ Must have 12 months or more left to serve
 - ✓ Must be drug or alcohol dependent
 - ✓ Must not be on opiate based or psychotropic medication
 - ✓ Must not currently be on a live Self Harm report

- **Drug Recovery Wings**

- ✓ Pilot from 2010 to address the addiction issues of short term prisoners who previously had been excluded from intensive rehab programmes in prison.

- ✓ Phoenix TC in HMP Holme House supports the drug free wing
 - ✓ Looks like the TC,
 - ✓ Peers from the TC act as recovery champions on the wing
 - ✓ Staff and Peers from the TC have trained staff on the wing

- **Alcohol Intervention Service (AIS)**
 - ✓ this is a flexible and cost effective service run specifically for people in custody who have experienced alcohol-related problems.
 - ✓ This service has been developed and designed by Phoenix Futures to address the gap in alcohol treatment provision for offenders.
 - ✓ CBT programme based on P-ASRO.
 - ✓ Pilot is running for 1 year in

Phoenix Futures Footprint Survey

- 32% of our service users have been in care, compared to 23% of the general prison population and 1% of the UK population
- Around half of our service users had committed over 20 crimes to support their drug habit
- Half had been arrested over 20 times before, Half had been in prison 5 times or more
- A third of our clients had not had any drug and alcohol treatment before

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Outcomes **TC Completion Rates**

	2008-09	2009-10	2010-11
Prison TCs	50%	60%	62%
Adult TCs in the community	34%	37%	41%

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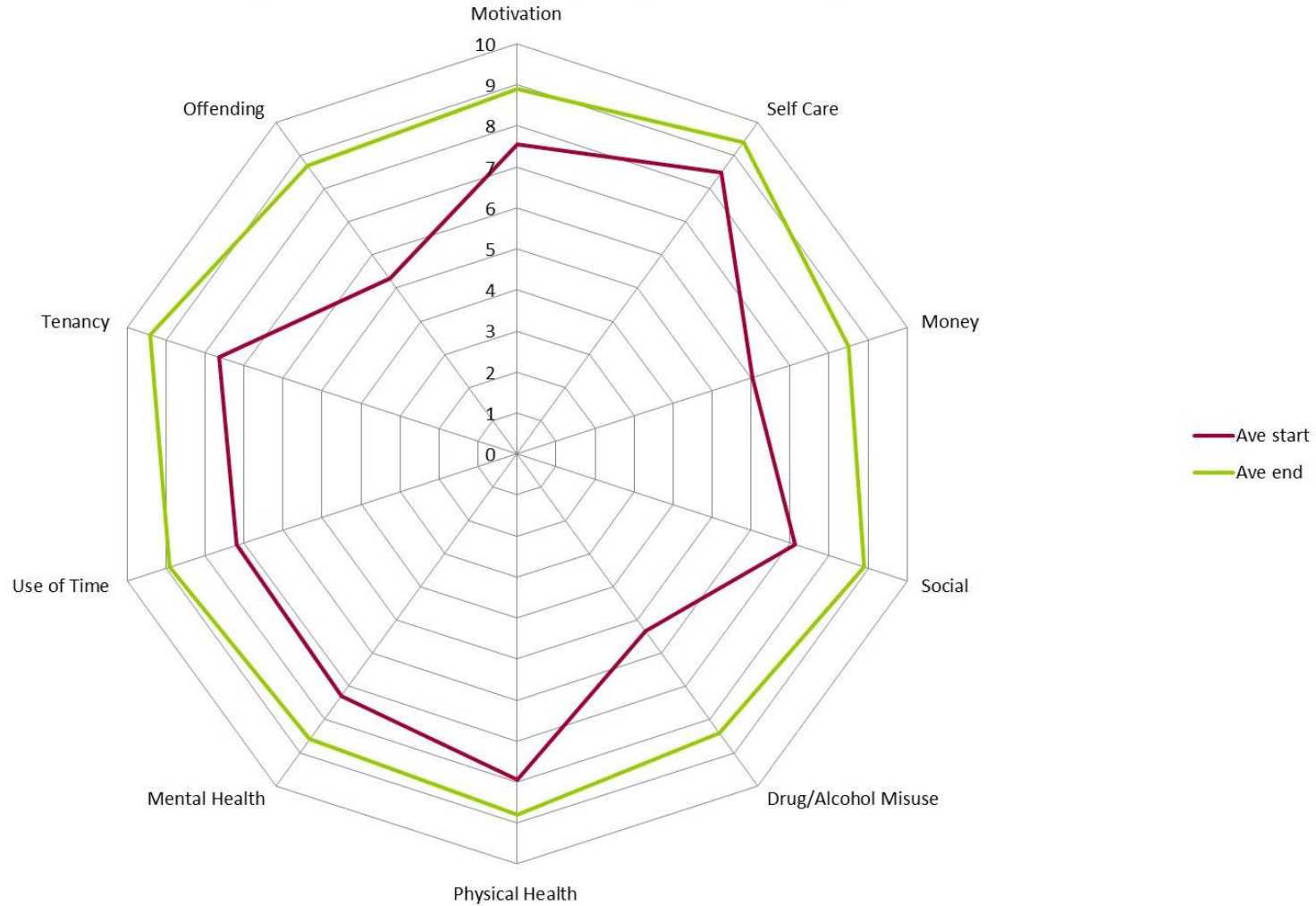
Impact of our Short Programmes

Drugs	Ave start	Ave end	Ave progress
Motivation	7.54	8.90	15%
Self Care	8.48	9.40	10%
Money	6.03	8.50	29%
Social	7.14	8.90	20%
Drug/Alcohol Misuse	5.34	8.40	36%
Physical Health	7.94	8.80	10%
Mental Health	7.29	8.60	15%
Use of Time	7.18	8.90	19%
Tenancy	7.63	9.40	19%
Offending	5.28	8.70	39%

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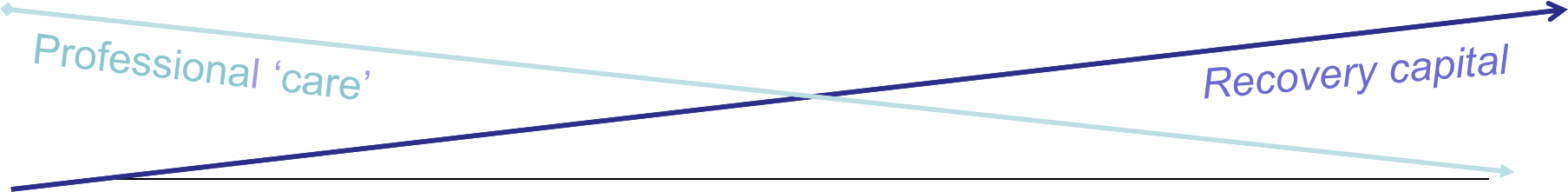
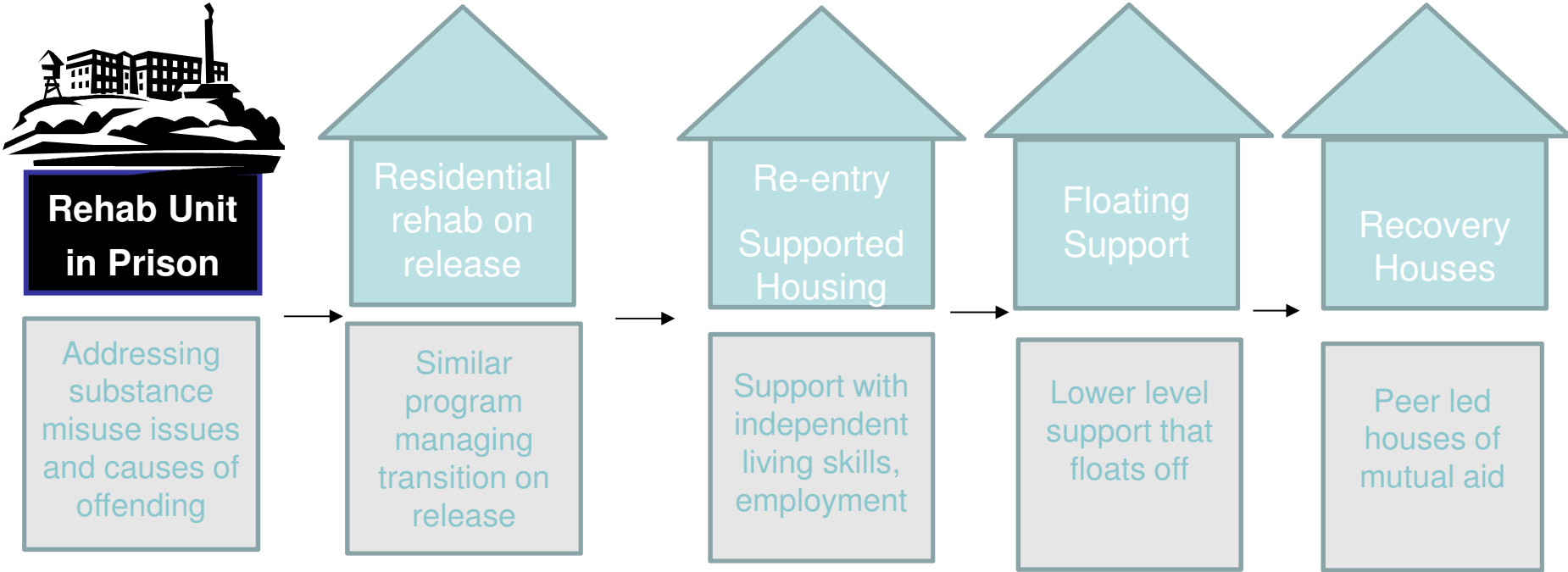
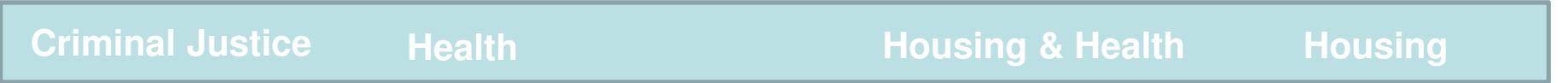
Outcome Star for non TC Phoenix prison interventions

Average outcomes in drugs programmes-English Prisons



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Funding Sources



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- Blocks to offenders finding suitable accommodation post release
 - Offending history
 - Drug free environment
 - Funding for 'another' programme

- ✓ Began a pilot ***pathway*** for clients moving from prison TC to our non Prison TC

- Prison TC refers to community TC
- Phoenix staff , prison staff and CARATs Team work together to identify suitability
- High tariff offenders are prioritised
- Fast track candidates move through the programme but can do it more quickly depending on their
- Given a status in the community that reflects their successful completion of the prison programme
- Recognition that they are there to work on right living in the non prison environment

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Fast Track outcomes.

- Very small cohort of 5 to date over the last 2 years
- 100% successful completion of the programme and re-entry and remain drug free
- Through the pilot we have made improvements based on the feedback from the service users.
 - i.e pick up from the gate and escort to supermarket to get toiletries etc before they come to the community

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James

- Father alcoholic, 3 siblings use drugs
- Physical abuse as a child from father, spent 7 years in the care system
- Prison from the age of 16, at 19 sentenced to 12 years for homicide
- Used drugs from early age, started with solvents at the age of 9 but introduced to Heroin at the age of 21 in prison
- James came onto the Prison TC in 2007 at the age of 32, he had been using heroin and methadone for 11 years.

- James did well in the TC but on release couldn't find any supported accommodation
- His CARAT worker convinced him and Phoenix that a short period in the TC on release would be a good thing
- Came to the TC in 2009
- He was able to address issues he hadn't in the prison TC
“he was ‘sharing’ and ‘crying’ and ‘hugging’ he laughed about it – but said he was enjoying the experience”
- He moved on to re entry phase quickly

Establishing a life, becoming a role model

- James applied to university but they wouldn't accept him because of his criminal history
- He progressed through re-entry and supported housing and did volunteer work in the prison, telling people on the TC about his experience in recovery
- He has become a role model to many, one person on the prison TC who heard his story became the next fast track candidate
- James now works for us at the Wirral TC

“Life certainly does have its challenges, but I firmly believe all that I learned whilst in treatment has helped me in dealing with them. I now use my own experiences to help and enable others to change and rebuild their lives without drugs, alcohol and the despair of addiction.” – James, Night Worker Wirral TC

“Even though he had learned a great deal from Garth – having continued his treatment at the Wirral has given him the start in life that so many ex-prisoners do not get the opportunity to get” Prison worker HMP Garth