AN EMPIRICALLY- DERIVED MODEL FOR THE DELIVERY OF SUBSTANCE MISUSE TREATMENT SERVICES TO HIGH SECURITY PRISONERS

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In the beginning…

- **Prevalence, late 1990s**
  - **70 – 80% of offenders exhibit problematic drug misuse behaviours**
  - **Studies found approx 60 – 70% of prisoners had misused drugs in 12 months prior to imprisonment**
  - **Evidence demonstrated 'links' between drug misuse & crime**
    - **Severity of use = stronger links to crime**

The Needs Analysis

- Sample identified (n=350)
- 85% Response (n=299)
  - Questionnaires – ADS, PRD & DAST
  - Semi Structured Interview
- Over 5 sites 55% of prisoners had moderate to severe problematic drug misuse linked to offending

Literature Review

- Cognitive Behavioural Treatment preferred
- Offender Substance Abuse Pre-release Programme [OSAPP] – Canada
- Programme exchanged & adapted
- The FOCUS Rehabilitation Programme was born…

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- **Two overarching aims:**
  - **Enhance motivation to change**
  - **Skill development – cognitive & behavioural**

- **Theoretical foundations:**
  - **Social Learning Theory (Bandura 1969, 1977)**
  - **Cognitive Developmental Model of Substance Use (Liese & Franz, 1996)**
    - **Development & maintenance of substance use**
  - **Relapse Prevention (Marlatt & Gordon, 1995)**

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- **Risk, Need & Responsivity**
  - **OGRS II (static assessment tool)**
  - **ADS & DAST (severity of use)**
  - **IQ**
  - **Anti-social behaviour (PCL-R)**
  - **Semi-structured interview**
  - **File review**
  - **Medically fit to participate**

✓ **Inclusion criteria**

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- **Psychometric Battery of Tests**
  - 14 in total
  - Pre & Post administration
  - 3, 6 & 12 month follow up
  - In programme measures
- **62 group sessions**
  - 2 hours in duration
- **3 individual support sessions**
  - 2 hours in duration

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- **Support**
  - **Strategically – NOMS / HMPS Drug Strategy**
    - **Clinical Service – Detox / Maintenance Programmes**
    - **Voluntary drug testing**
    - **The CARAT Service**
    - **Complementary interventions**
    - **Supply Reduction initiatives**
  - **Institutionally**
    - **Senior Management Team commitment**
    - **Dedicated facilitator teams**
    - **Multi-disciplinary orientation**
    - **Therapeutic environment provided**

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- **Targets Dynamic Risk Factors**
  - **Motivation to change**
  - **Thinking that supports substance misuse**
  - **Social skills**
  - **Craving management**
  - **Controlling the influence of negative others**
  - **Emotional regulation**
  - **Leisure & lifestyle – Employment Skills**
  - **Relapse prevention – coping confidence**

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- **Preliminary Findings (n=211)**
  - Age – 32.9 years (SD = 6.8 years)
  - Sentence Length – 10.7 years (SD = 4.1 years)
  - 53.6% Life sentences
  - Average number of previous convictions – 18.4
  - Number of previous times in prison – 4.5
  - IQ score – 96 (SD = 11.9)
  - Ethnicity

White	84.0%
Black	9.7
Asian	1.5
Mixed	3.5
Other	1.0

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- **Preliminary Findings**
  - **OGRS Score**
    - Low Risk 7.4%
    - Medium Risk 47.7
    - High Risk 45.0
  - **Index Offence**
    - Murder 28.6%
    - Manslaughter 2.1
    - Attempted Murder 2.6
    - Robbery 23.4
    - Other Violent 7.3
    - Rape 16.1
    - Other Sexual 4.7
    - Drug Related 4.7
    - Other 10.4

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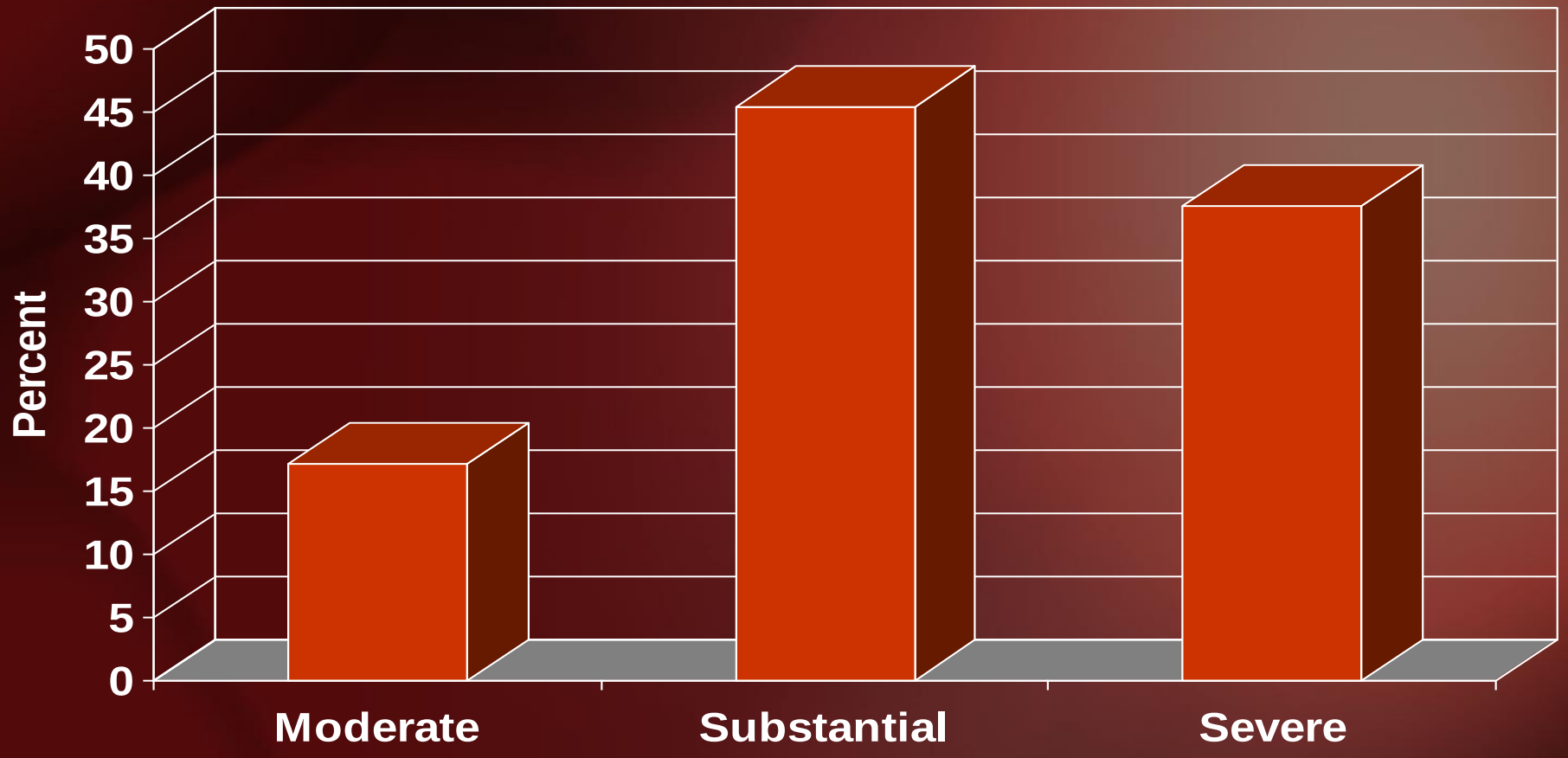
- Drug Severity Level



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- Drug of Choice
  - Heroin 17.2%
  - Cocaine 2.9
  - Crack 9.3
  - Amphetamine 1.5
  - Ecstasy 5.9
  - Cannabis 6.4
  - Benzodiazepines 0.5
  - Alcohol 0.5
  - Poly-drug user 52.0
  - Other 3.4

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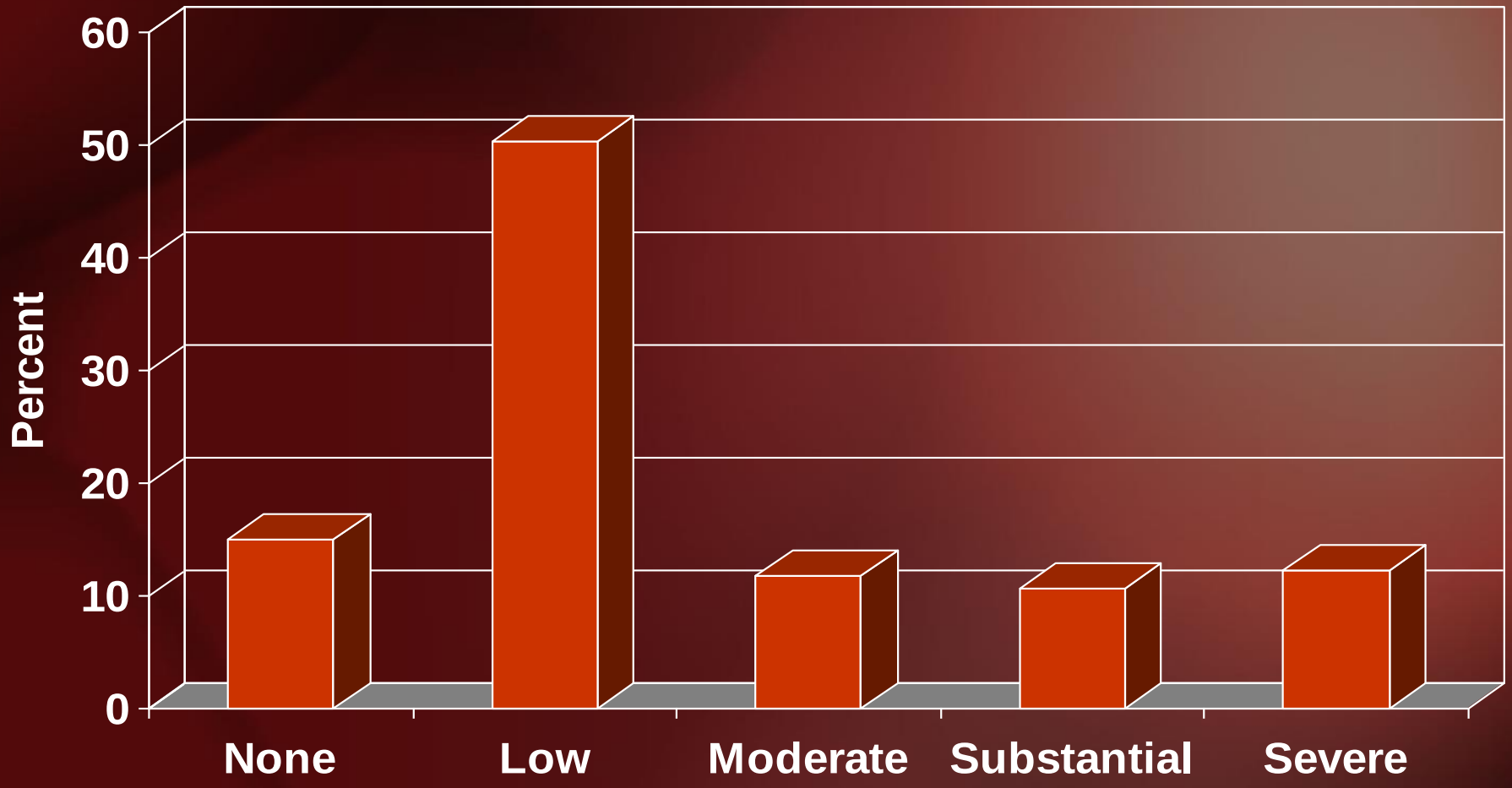
- Alcohol Dependency Scale



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- **Prison Category:**
  - **Cat A = 15.9%**
  - **Cat B = 84.1**

- **Treatment Setting:**
  - **Residential** **36.6%**
  - **Non-Residential** **63.4**

- **Programme Completion Rates**
  - **Moderate Drug Problem** **88.6%**
  - **Substantial Problem** **87.1**
  - **Severe Problem** **80.5**

  - *Overall Completion Rate =* *84.9%*

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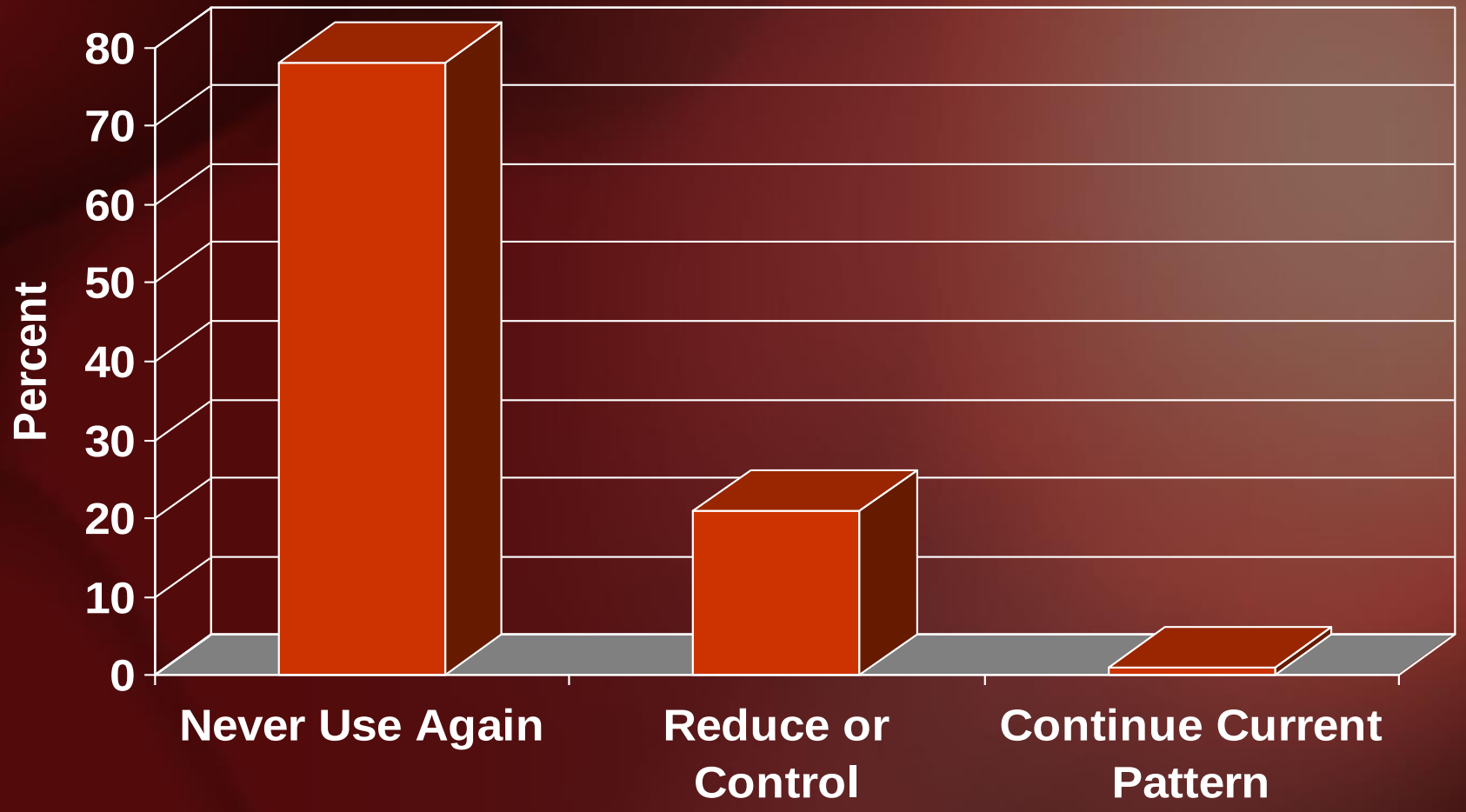
- **Goals of Treatment**



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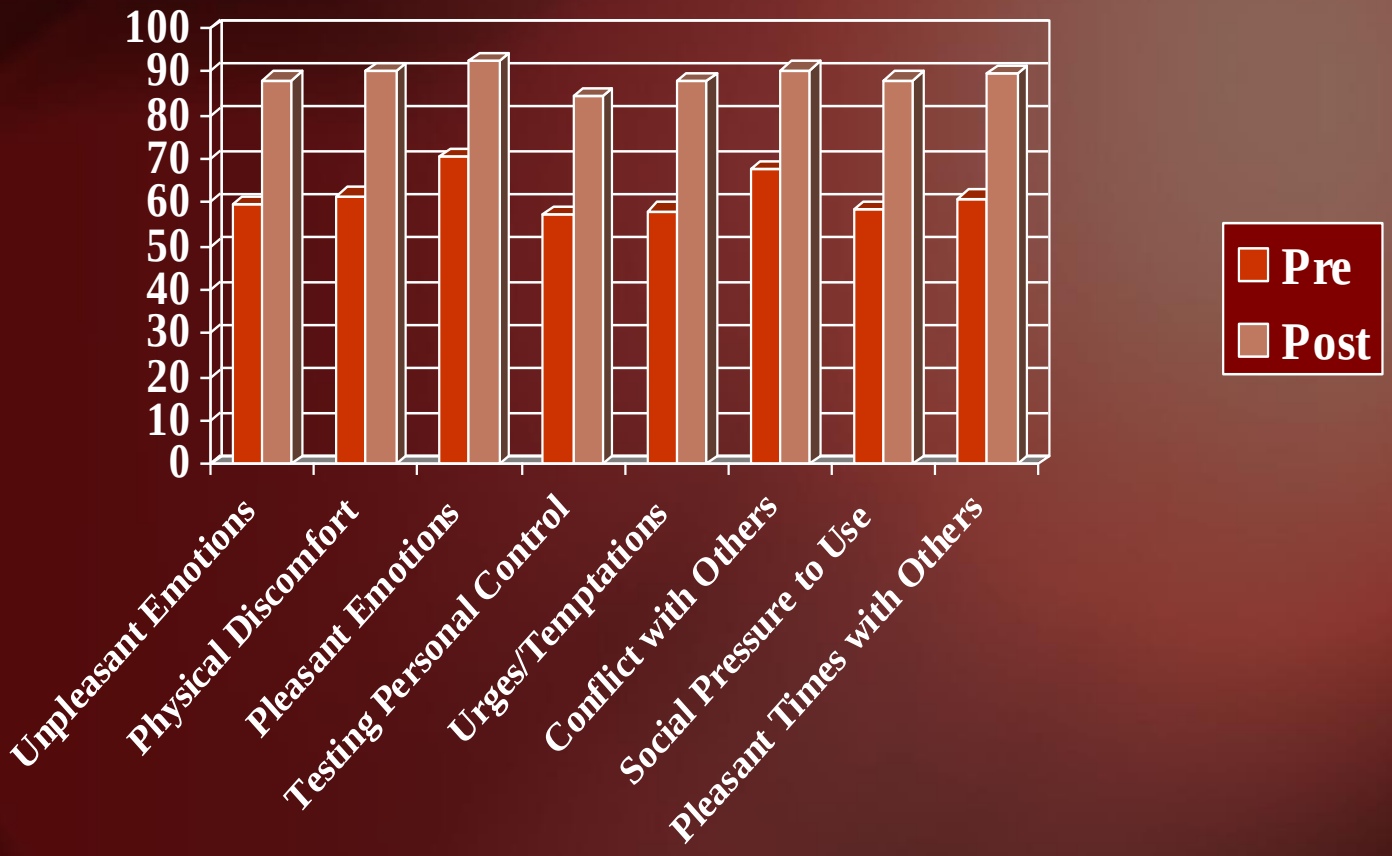
- **Drug Taking Confidence Scale – Drugs (*p<.001)***



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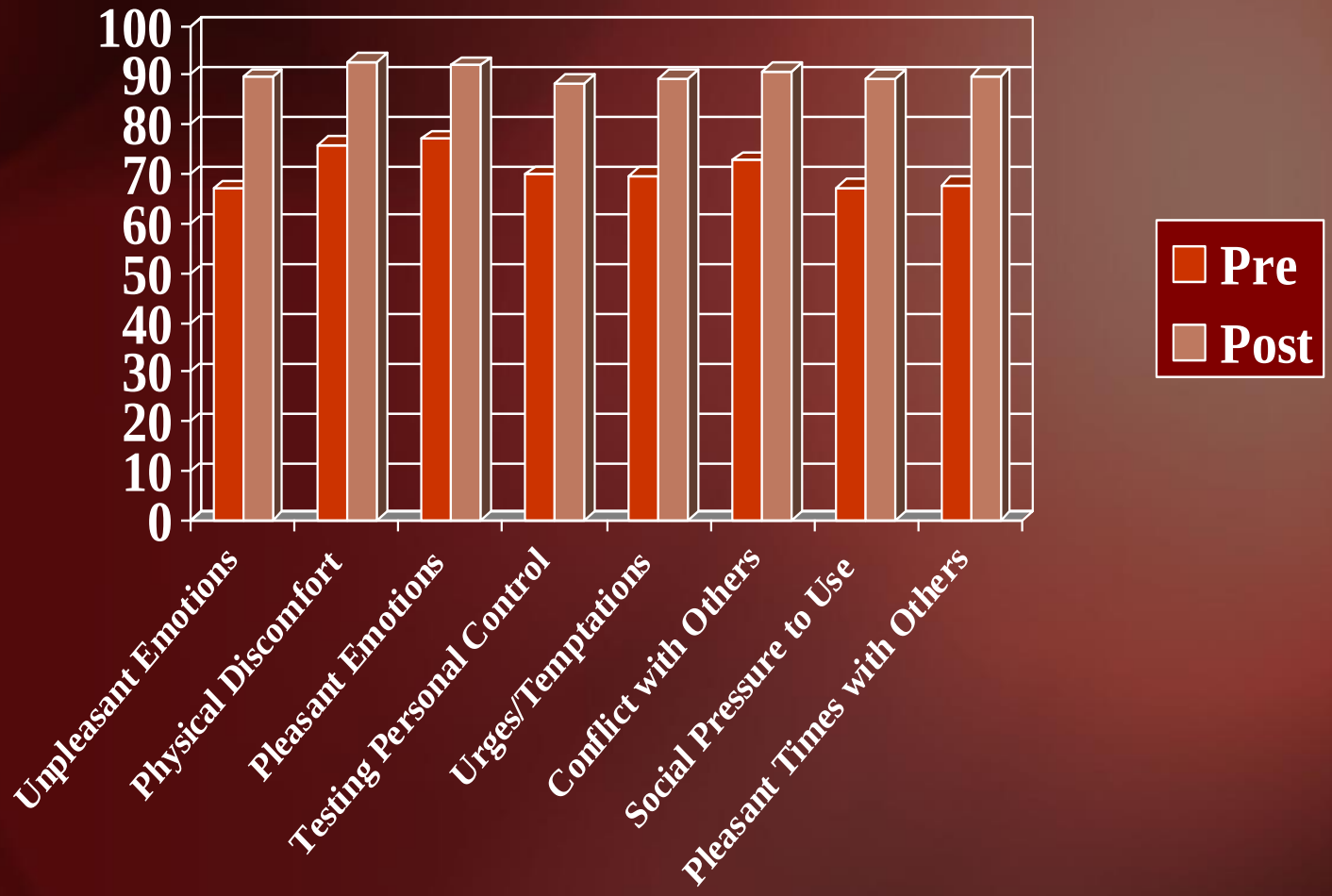
- **Drug Taking Confidence Scale – Alcohol (*p<.001*)**



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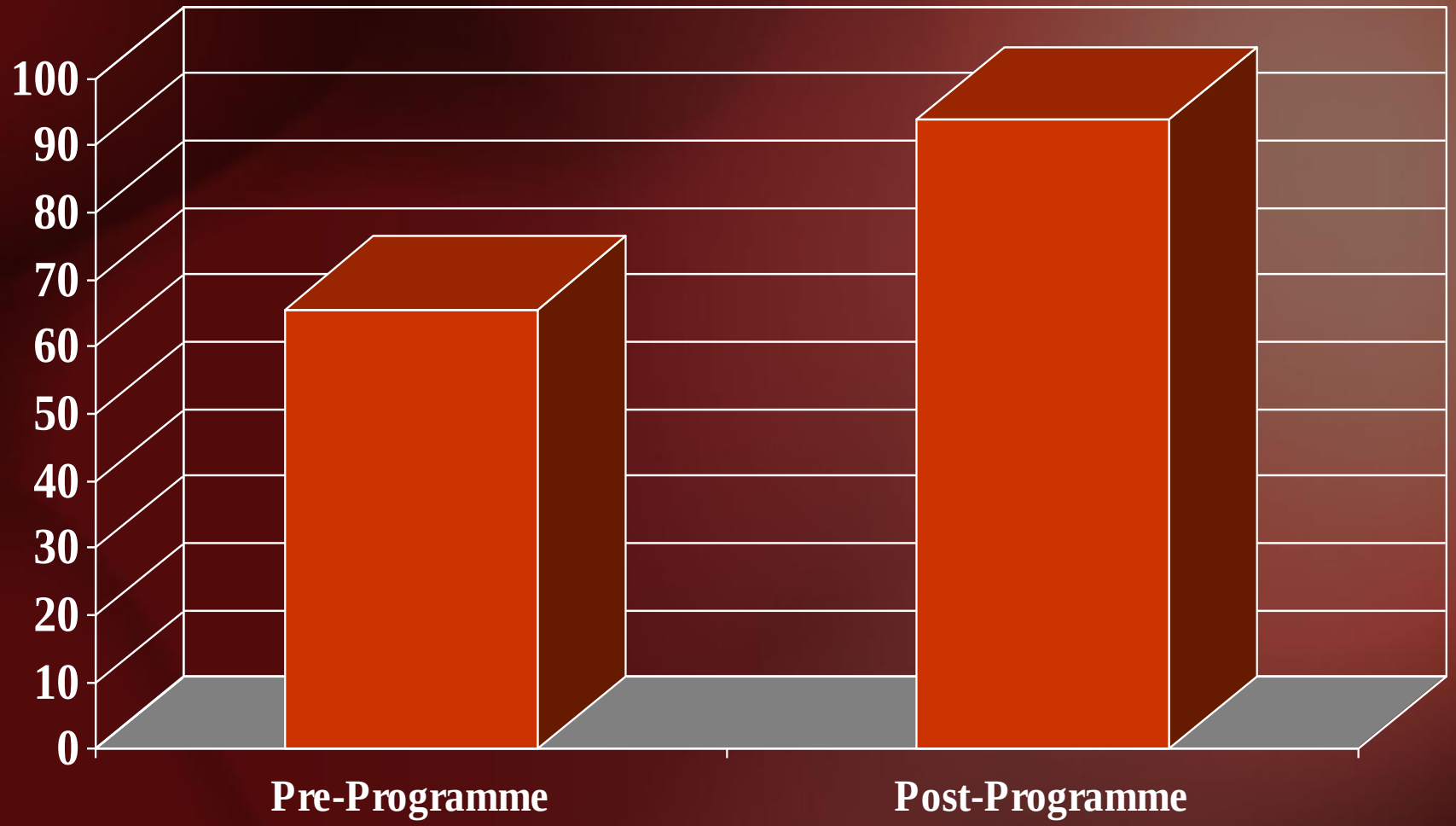
- **Drug Avoidance Self-Efficacy Scale (*p<.001*)**



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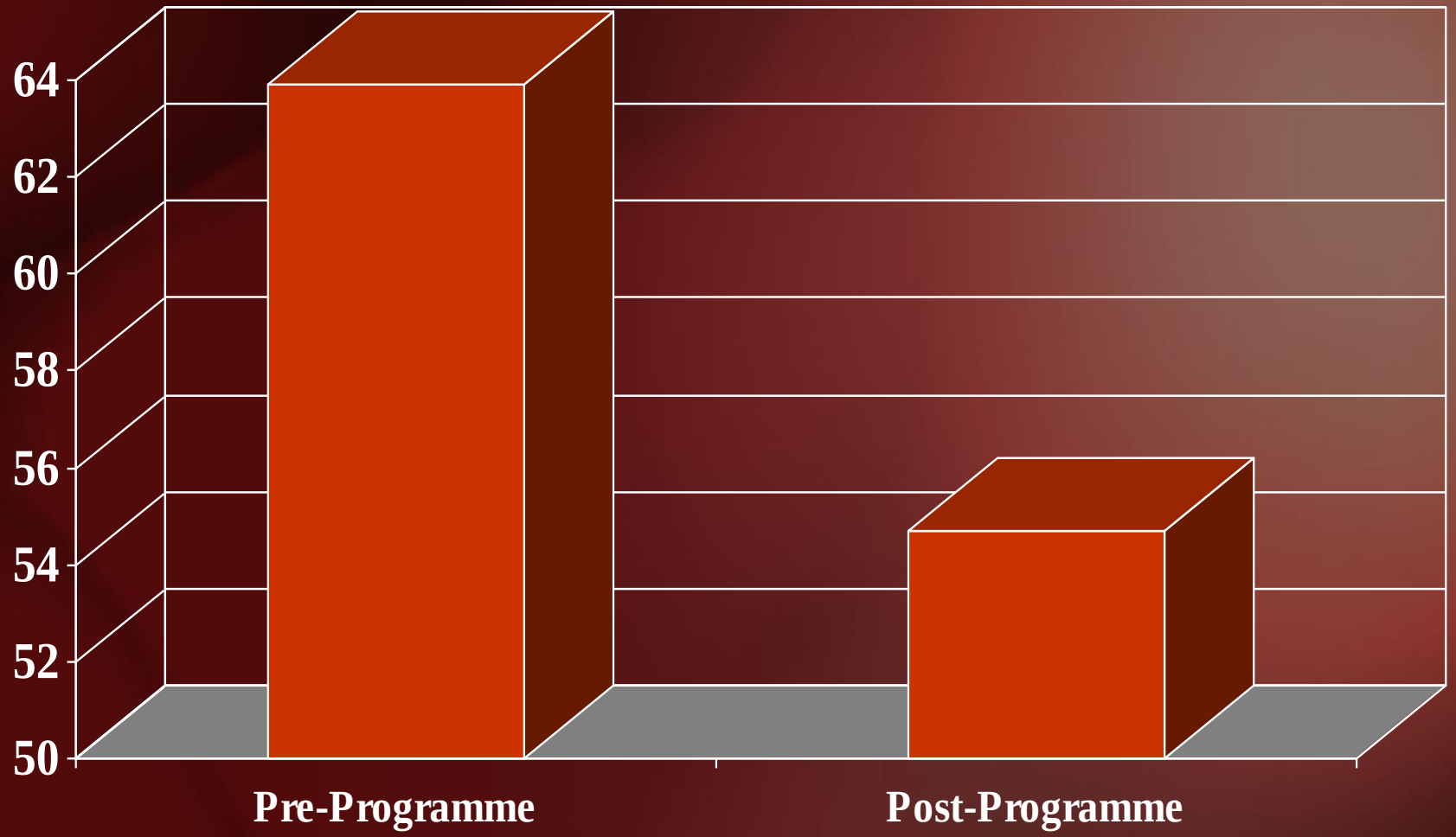
- **Coping Behaviours Inventory (*P<.001*)**



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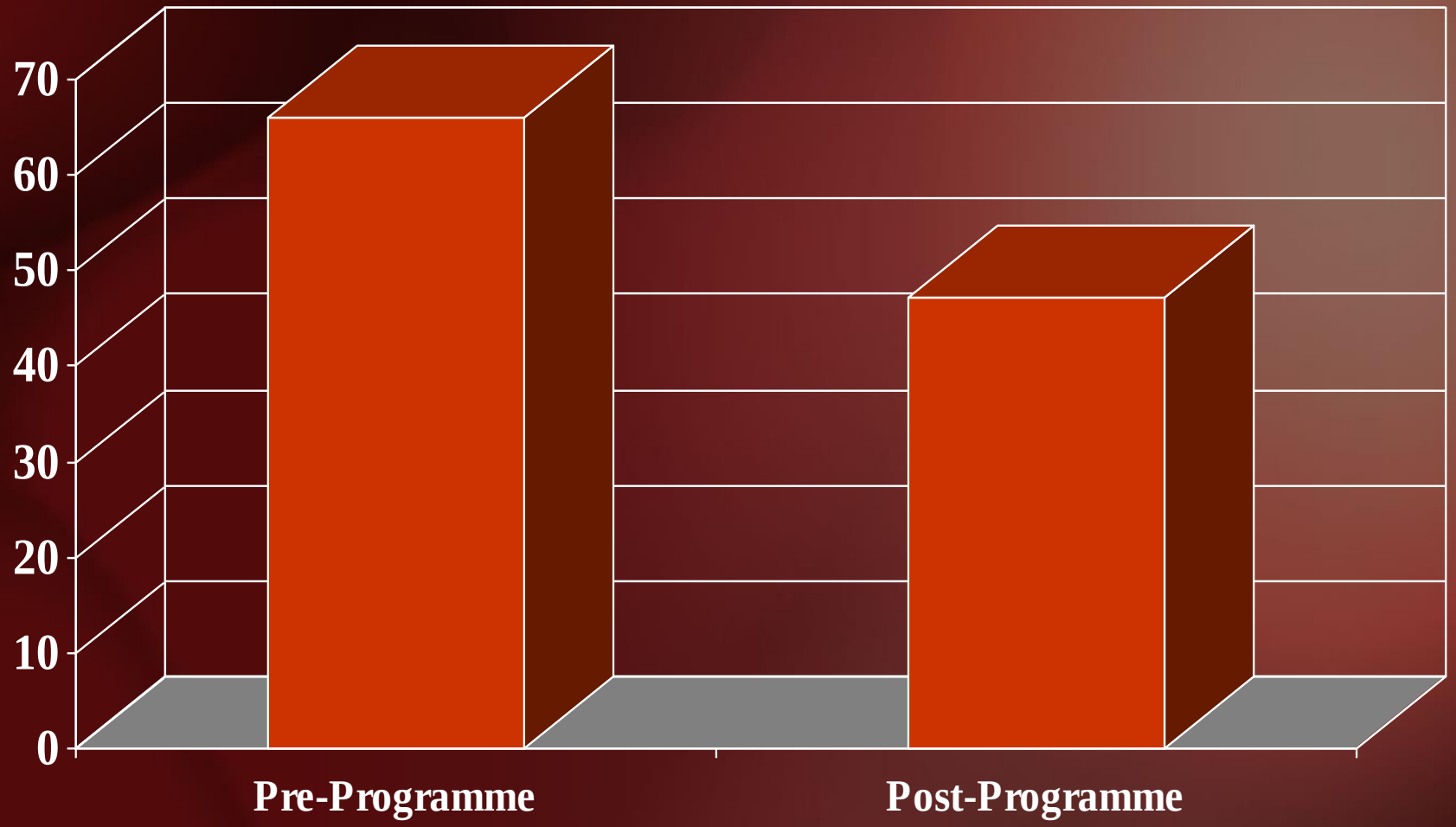
- **Craving Belief Questionnaire (*p<.001*)**



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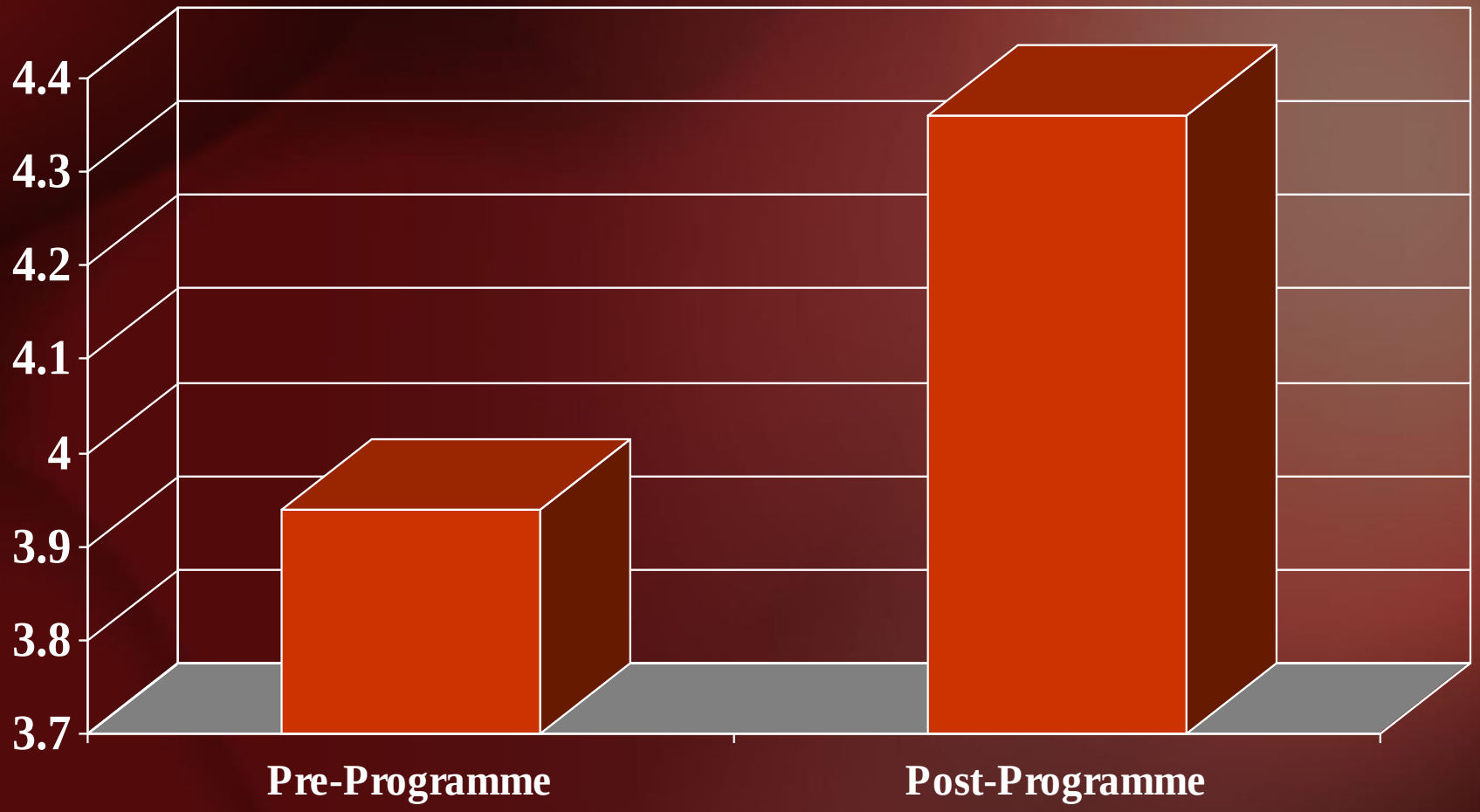
- **Communicating about Substance Abuse Questionnaire (*p<.001*)**



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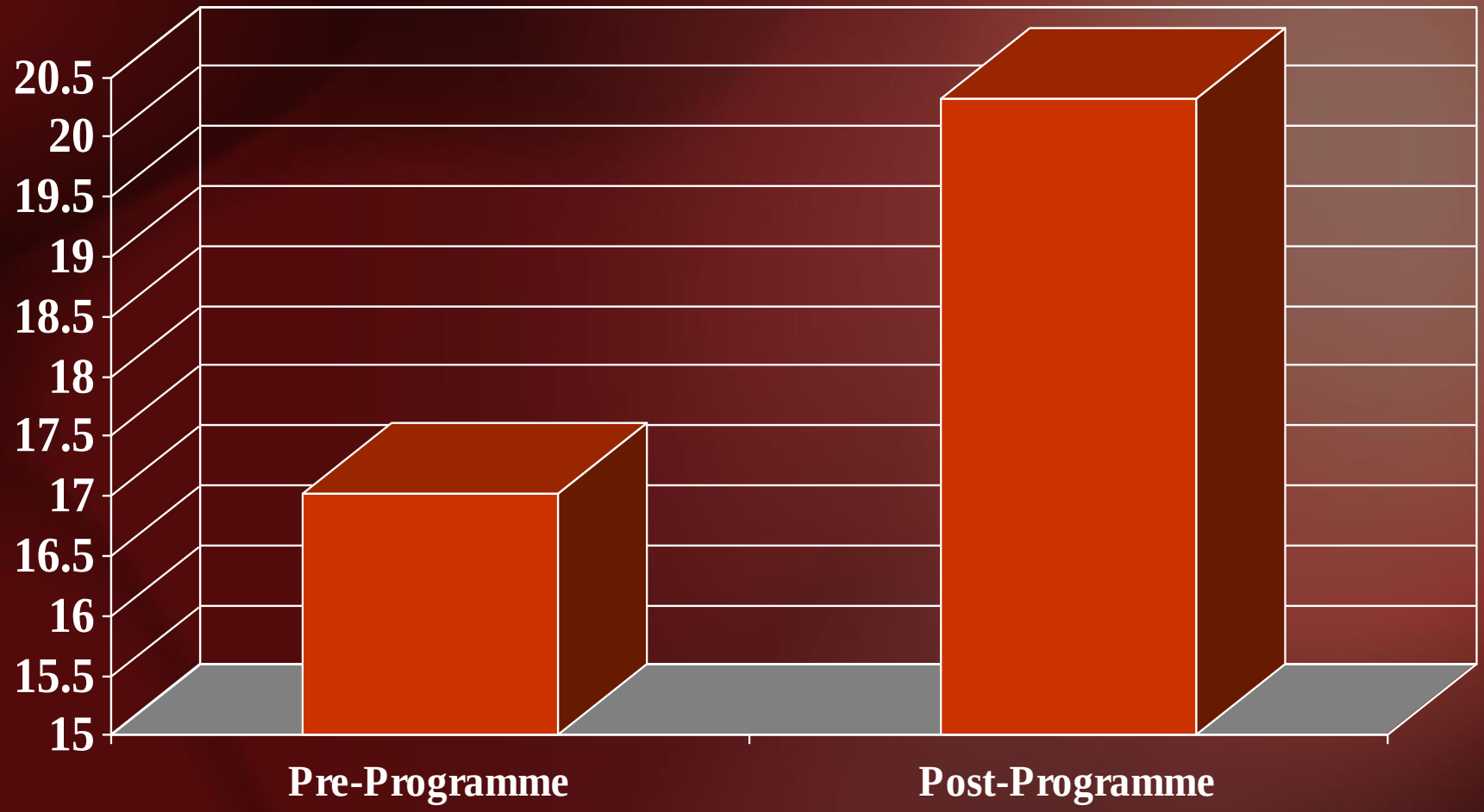
- **Relapse Prevention Interview (*p<.001*)**



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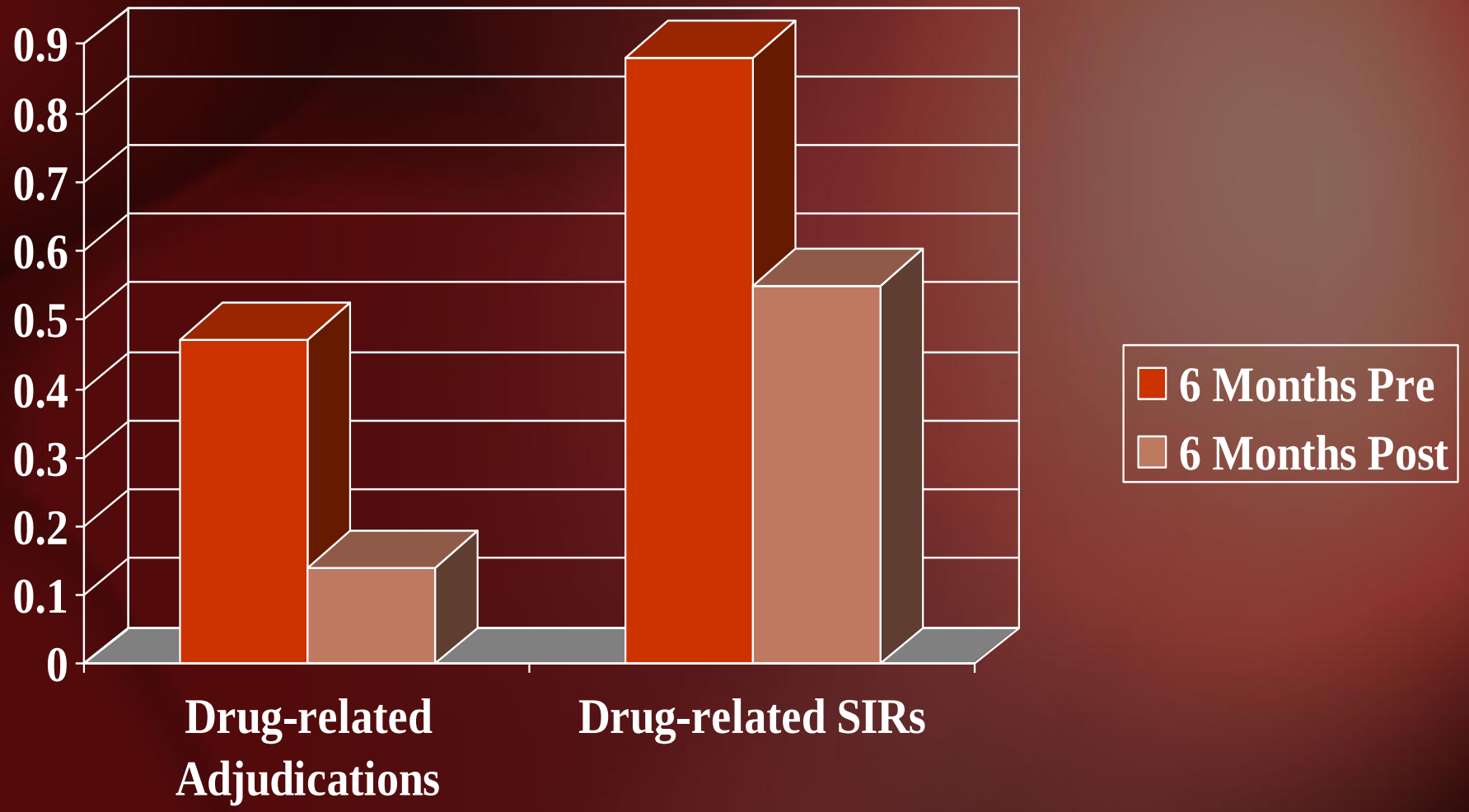
- **Prison Based Behavioural Measures**



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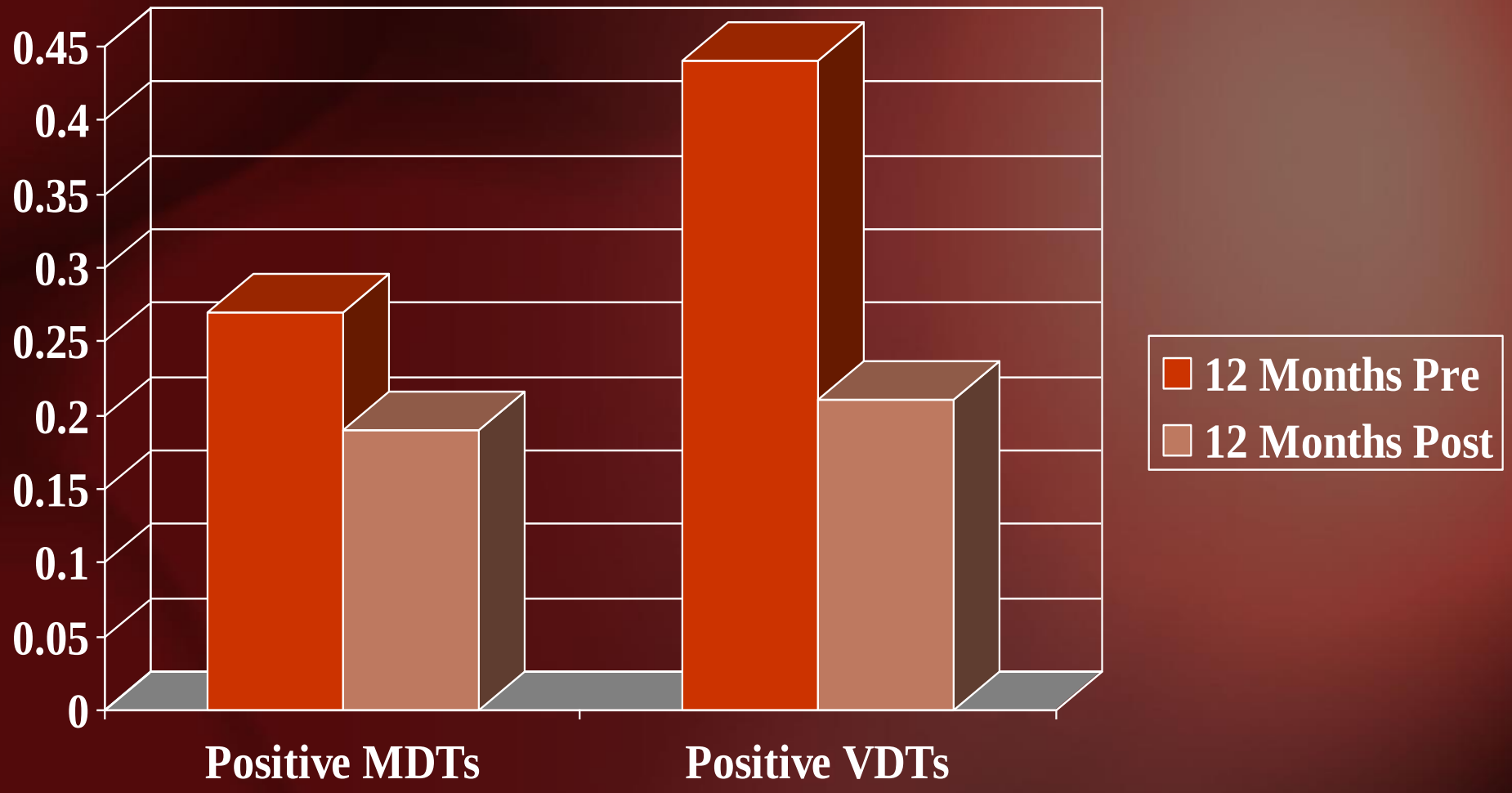
- **MDT & VDT rates**



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- **For further information**
  - **Presentation & Leaflet**

- **Email:**

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Reducing Risk & Promoting a Positive Future

Directorate of High Security

H M Prison Service

Thank you for listening