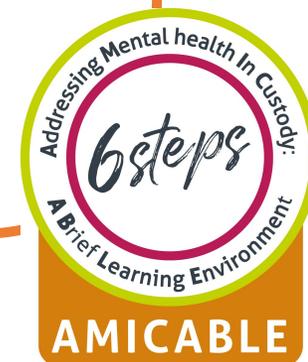
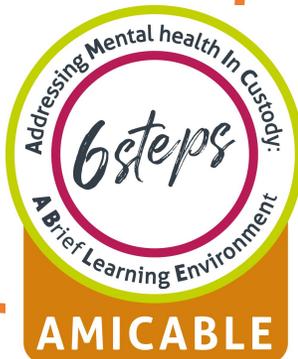


Addressing Mental Health In Custody: A Brief Learning Environment: **AMICABLE**



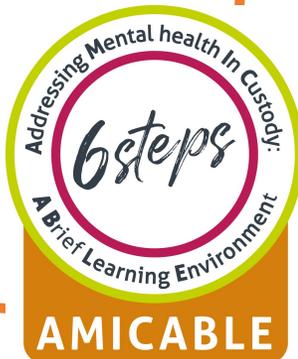
Housekeeping

- Lunch will be served...
- Exit in event of a fire alarm
- Questions and answers, recording
- Tweeting and Photos #amicablelaunch
- Roundtable discussion - meet 1pm in the Foyer



Acknowledgements: the co-applicants

- Professor Amanda Perry – Chief Investigator
- Professor Mitch Waterman – Psychologist
- Dr Laura Sheard – Qualitative methodologist
- Professor Gerry Richardson - Economist
- Dr Nat Wright – Consultant GP
- Ms Caroline Fairhurst - Statistician
- Ms Rachael Boyes – HMPPS national interventions
- Ms Donna Gipson – EP:IC founder
- Ms Jasmine Chhotalal – Lived experience consultant
- Professor Catherine Hewitt- Statistician
- Ms Andrina Dawson – Voluntary Action Leeds
- Professor Richard Grieve – Consultant Statistician
- Mr Tim Colman- National Prison Radio
- Ms Heather Walker- Administrator



Outline for the morning

Dr Sunil Lad - Introductions and the context

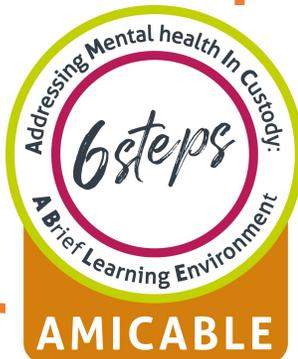
Professor Amanda Perry - What came before AMICABLE
Question and Answers

Professor Mitch Waterman - AMICABLE overview

Ms. Andrina Dawson - Working with people in the community using volunteering

Ms. Paula Harriott and an interview with Eybes - The service user perspective

Mr. Tim Colman - Dissemination strategy; engaging and promoting service users;
Question and Answers

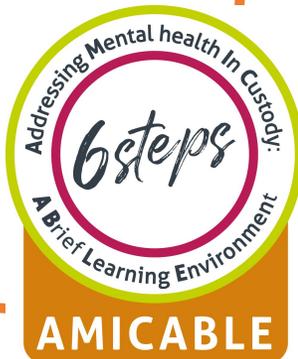


Context for the session

Dr Sunil Lad -

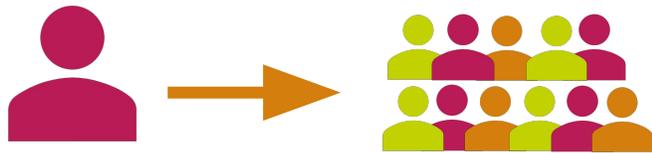
National Clinical Director for Health and Justice, NHS England

- Understanding the functions of self harm
- The challenges of imprisonment
- Opportunities for change



Background

People in prison are more likely to have common mental health problems, use self-harm and experience incidents of violence.



Current treatments for mental health in prison focus on the individual, but recent evidence supports the use of a holistic, prison-based approach.



Incidents of self-harm and violence continue to rise.



Why use problem solving skills?

- Brief intervention
- Prevention of an incidence
- Delivered by anyone
- Empowerment
- Making better choices

Open access Original research

BMJ Open Problem-solving training: assessing the feasibility and acceptability of delivering and evaluating a problem-solving training model for front-line prison staff and prisoners who self-harm

Amanda Perry ¹, Mitchell Glenn Waterman,² Allan House ³, Alexandra Wright-Hughes,⁴ Joanne Greenhalgh,⁵ Amanda Farrin,⁴ Gerry Richardson,⁶ Ann Kathryn Hopton,¹ Nat Wright⁷

Perry et al. *Health and Justice* (2019) 7:14
<https://doi.org/10.1186/s40352-019-0094-9>

Health and Justice

RESEARCH ARTICLE Open Access

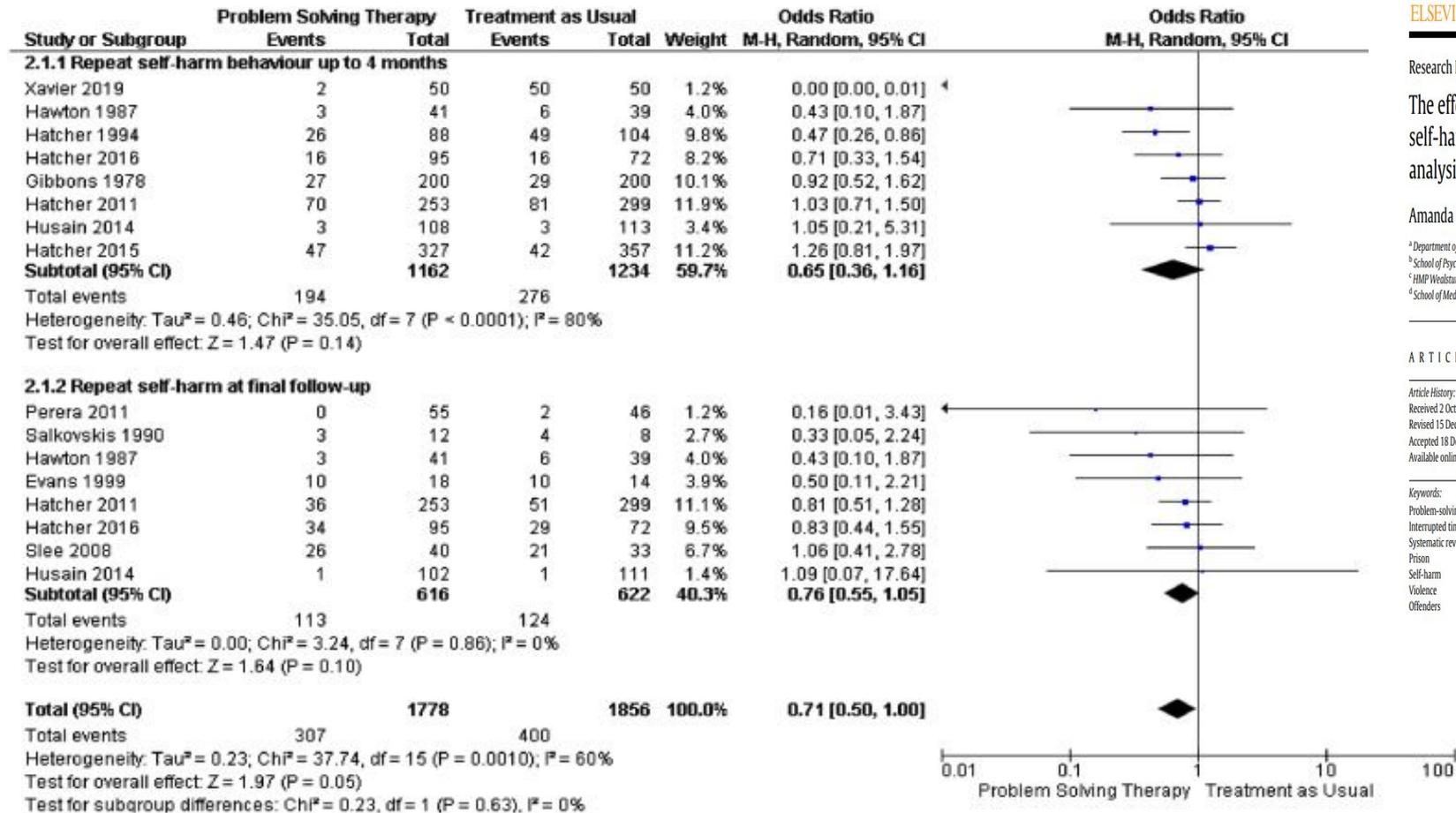
Implementation of a problem-solving training initiative to reduce self-harm in prisons: a qualitative perspective of prison staff, field researchers and prisoners at risk of self-harm



Amanda E. Perry^{1*}, Mitch G. Waterman², Allan O. House³ and Joanne Greenhalgh⁴



What is the research evidence..



Research Paper

The effect of a peer-led problem-support mentor intervention on self-harm and violence in prison: An interrupted time series analysis using routinely collected prison data

Amanda E. Perry^{a,*}, Mitch G. Waterman^b, Veronica Dale^c, Keeley Moore^c, Allan House^d

^a Department of Health Sciences, University of York, York YO10 5DD, UK

^b School of Psychology, University of Leeds, Leeds LS2 9JT, UK

^c HMP Weaston, Thorpe Arch, Wetherby LS237AZ, UK

^d School of Medicine, University of Leeds, Leeds LS2 9JT, UK

ARTICLE INFO

Article History:

Received 2 October 2020

Revised 15 December 2020

Accepted 18 December 2020

Available online 15 January 2021

Keywords:

Problem-solving therapy

Interrupted time series

Systematic review

Prison

Self-harm

Violence

Offenders

ABSTRACT

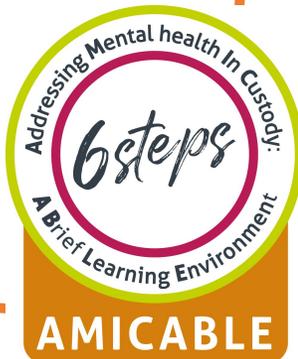
Background: Levels of mental disorder, self-harm and violent behaviour are higher in prisons than in the community. The purpose of this study was to determine whether a brief peer-led problem-support mentor intervention could reduce the incidence of self-harm and violence in an English prison.

Methods: An existing intervention was adapted using a theory of change model and eligible prisoners were trained to become problem-support mentors. Delivery of the intervention took two forms: (i) promotion of the intervention to fellow prisoners offering support and raising awareness of the intervention but not delivering the skills and (ii) delivery of the problem-solving therapy skills to selected individual prisoners. Training and intervention adherence was measured using mentor log books. We used an Interrupted Time Series (ITS) design utilizing prison data over a 31 month period. Three ITS models and sensitivity analyses were used to address the impact across the whole prison and in the two groups by intervention delivery. Outcomes included self-harm and violent behaviour. Routine data were collected at monthly intervals 16 months pre-, 10 months during and six months post-intervention. Qualitative data measured the acceptability, feasibility, impact and sustainability of the intervention. A matched case-control study followed people after release to assess the feasibility of formal evaluation of the impact on re-offending up to 16 months.

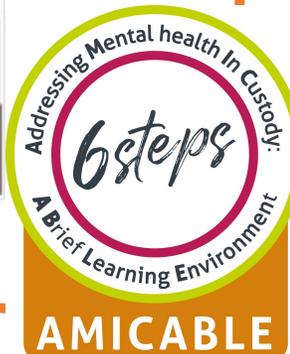
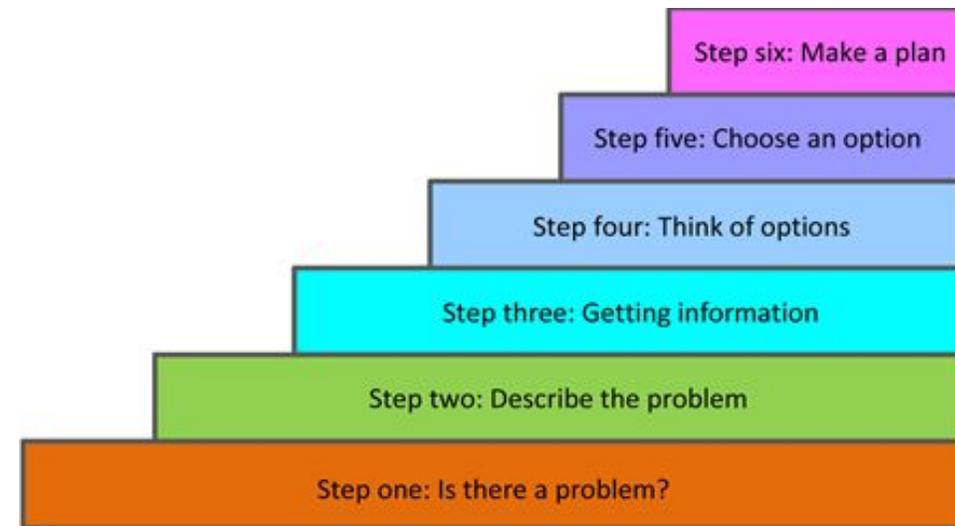


Where did we begin our journey ?....

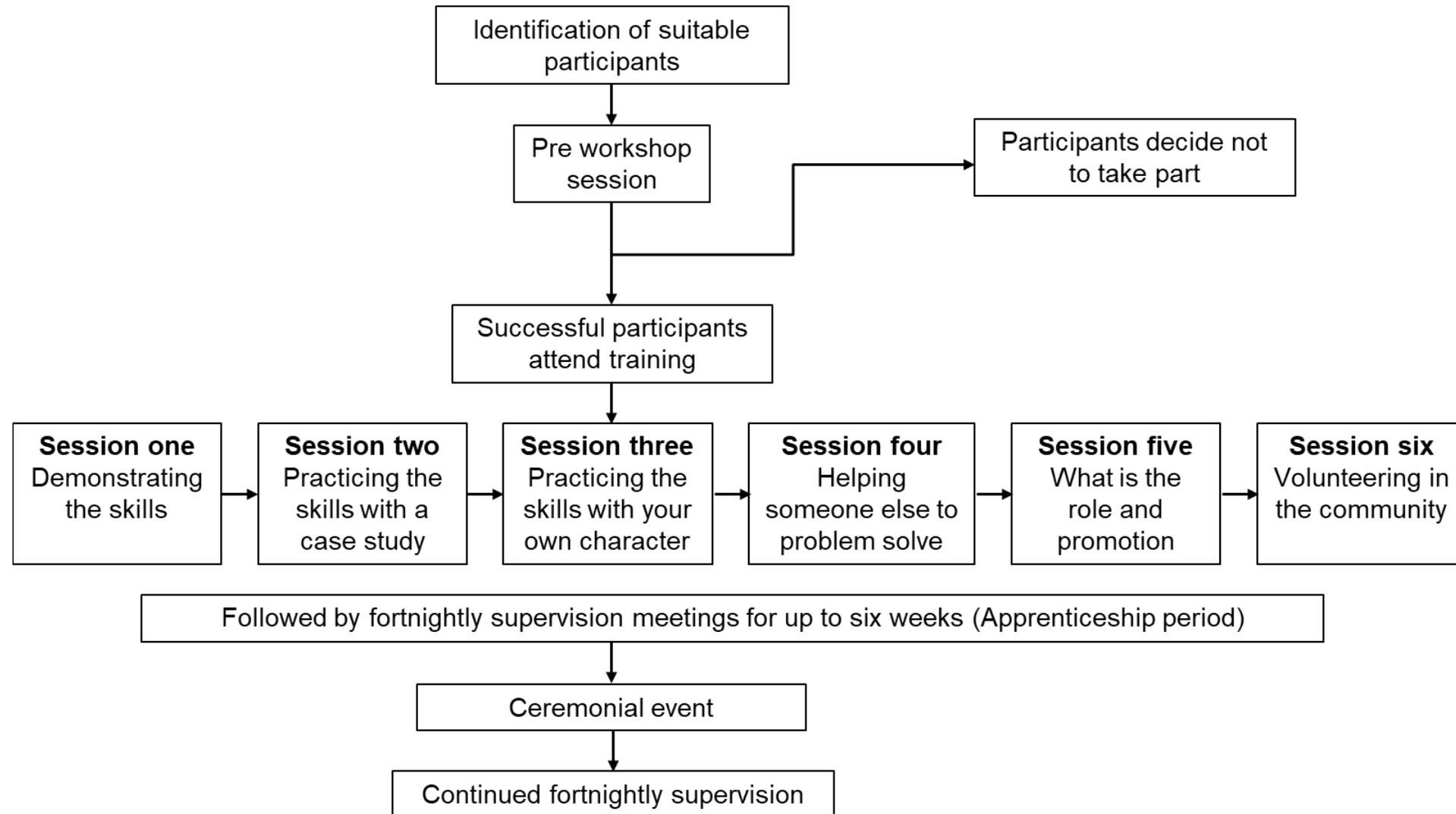
- Training staff in four prison sites
- Findings led to a peer-led scheme in one male and then one female prison
- Co-production of materials
- International collaboration with Poland



The problem-solving model

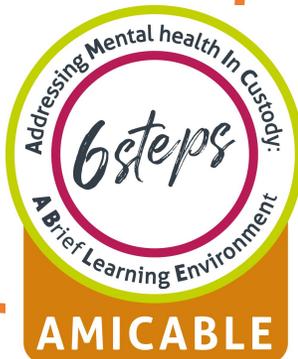


What does the training look like?



Study Ethos

- Use of routinely collected data
- Designing research to include different study designs
- Promoting sustainability
- Working in partnership and collaboration



Which prisons are involved?

Intervention Prison Sites (4)

One male category C prison

One male category A prison

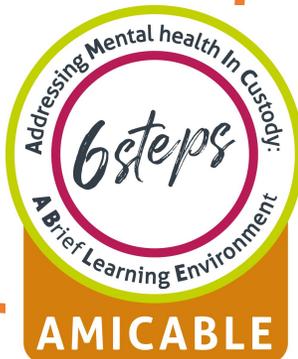
Two female closed prisons

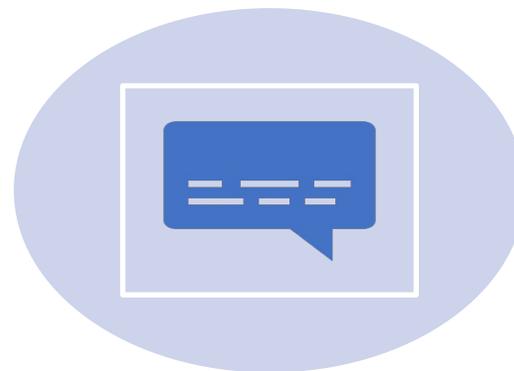
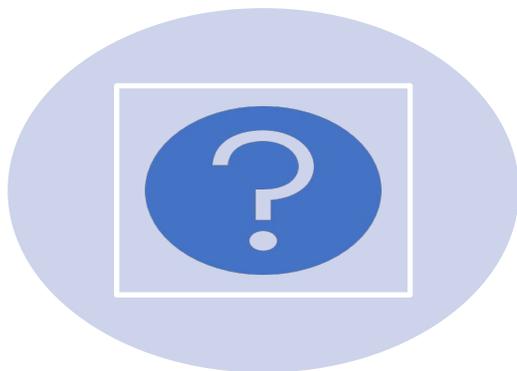
Control Prison Sites (18)

x7 matched to male category C prison

x7 matched to category A prison

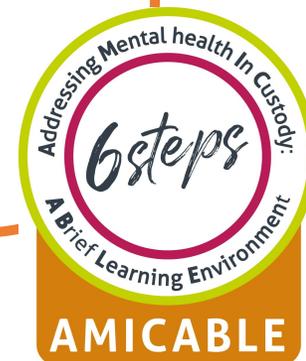
x4 matched to females prison





A PAUSE FOR QUESTIONS...

#amicablelaunch



Work Package 1 – consultation

Consult with prison staff and prisoners to review existing mentor provision in each intervention site



Consult with up to 10 staff members per site



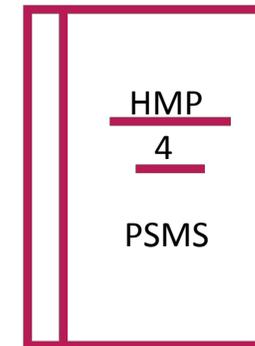
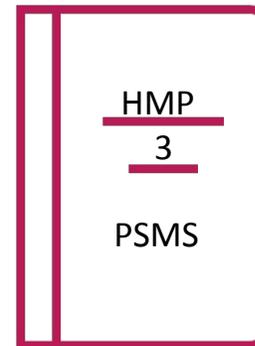
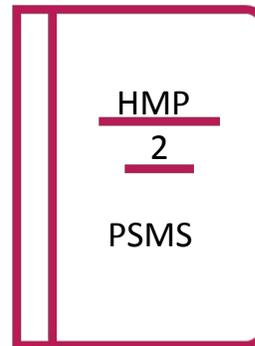
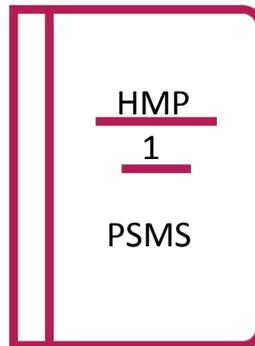
Run 2 workshops with 10-15 prisoners per site



Present at 3 Senior Management Team (SMT) meetings per site

Work Package 1 – outcome of consultation

Produce four bespoke toolkits for implementation
in our four intervention prison sites



Work Package 2 – implementation

Implement the Problem Support Mentor Scheme in intervention prison sites



Identify, screen and recruit Problem Support Mentors



Train mentors in each prison site



Conduct fortnightly supervisions to support mentors

Mentors pass on their skills to peers



Work Package 2 – process evaluation

Conduct a longitudinal qualitative process evaluation to understand impact, engagement, implementation, adaptation and sustainability in the long-term



Surveys (3 time points) measuring health & wellbeing, quality of life, risk of harm to self, prison climate & NHS resource use



Longitudinal interviews with mentors, peers and prison staff



Observations



Work Package 3 – impact of the scheme

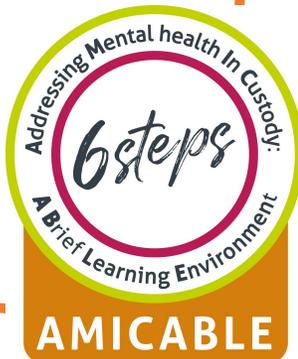
Conduct an interrupted time series evaluation on self-harm and violence and a cross-sectional survey of mental health and quality of life



Changes in incidents of self-harm and violence



Changes in mental health, quality of life, and NHS resource use



Work Package 4 – cost-effectiveness

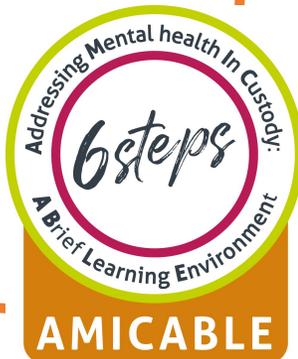
Investigate cost of delivery and whether the PSMS is cost-effective using a cost-consequence and cost effectiveness evaluation



Explore how much the scheme is likely to cost to deliver



Explore the cost-effectiveness of the PSMS using survey data



Work Package 5 – matched cohort study

Conduct a matched cohort study to assess impact on return to prison following release



Mentors & peers due for release matched to ‘control’ prisoners, based on factors such as age and length of sentence



Explore and compare rates of return to prison for both groups

Work Package 5 – linking in the community

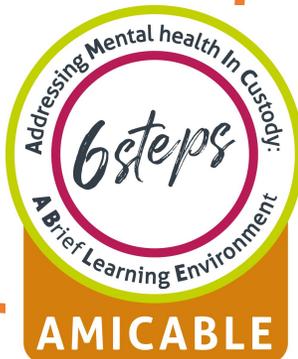
Offer Problem Support Mentor's volunteering places in the community and interview them on release



Conduct telephone interviews with around 25 released mentors and 25 released peers



Volunteer opportunity for released mentors & 3-month follow-up



Work Package 5 – volunteering in the community

Evaluate whether the PSMS makes a difference to people following release using a ‘through the gate’ volunteering opportunity



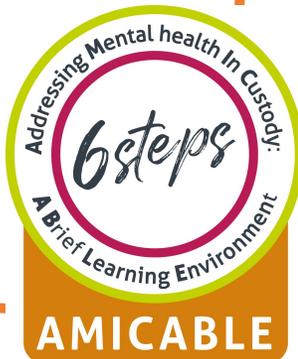
Mentors due for release will be offered volunteering opportunity in the community



Volunteers will be supported by Giving Time



3-month follow up period (to support & collect data)



Introducing Giving Time

- Voluntary Action Leeds - VCSE Infrastructure
- Giving Time established in 2014
- Services include:
 - Supporting people to find volunteering roles
 - Supporting organisations to shape inclusive practice

The positive benefits to volunteering

- New connections and friendships
- Learning new skills and experience
- Purpose and fulfilment
- Community
- Career prospects
- Empathy and compassion

Desistance Theory and Volunteering

- Person Centred and Asset based
- Positive and supportive relationships

Stages:

- Primary Desistance
- Secondary Desistance
- Tertiary Desistance

Desistance Theory and Volunteering

- Factors that support desistance:
 - Ties to family and community
 - Fulfilling employment
 - Feeling valued by others
 - Feelings of hope and self efficacy
 - Sense of meaning and purpose

Strategies to support engagement

- Attrition rates and monitoring
- Relationships prior to release
- Volunteering training
- Integration with research team
- Broker prior to release
- Utilise problem solving techniques
- Create equity
- Ongoing contact and support

Success Story



Involving the voice of the experts

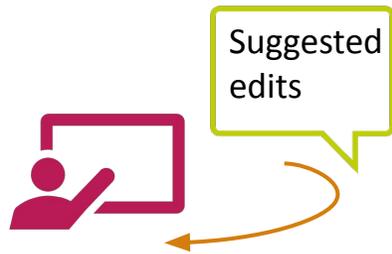


Lived Experience Co-applicant

Lived Experience PPIE Group

Project Steering Committee

Mentor broadcasting



Hearing the voice of those released

Interview released mentors and peers to collect data on the impact of the intervention upon release



Interview up to 25 mentors and 25 peers following their release from prison



How have they used their problem-solving skills in the community?

An interview with Eybes....

Appropriateness of our materials

Context of the prison environment

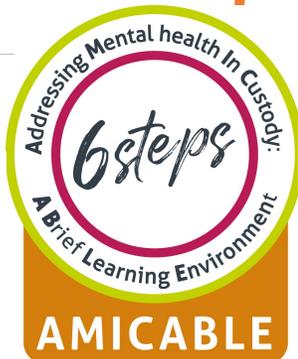
Inclusivity

Representation of the diverse population

National Prison Radio



Prison
Radio
Association





National reach....

National Prison Radio broadcasts into 110 prisons in England and Wales, 24/7, to an audience of 75,000 prisoners.

MEASURE OF SUCCESS	2022/23
Percentage reach amongst addressable audience.	84%
Percentage of addressable audience reporting that they listen to NPR every day.	59%
Average number of listening hours per week per listener.	9
Percentage of listeners who say they trust what they hear on National Prison Radio.	91%
Number of items of correspondence received by NPR from prisoners.	42,700

National Prison Radio in the words of its listeners

“Every single day you have continued to help save my life. Thank you for taking care of me NPR.”

National Prison Radio listener, HMP Durham

“I would like to thank you for helping me by sending me books and playing great music to listen to. I’m so proud of myself for giving myself some goals. I told my family I’ve started reading books, and they just laughed and said, ‘wow, really!? I’ve never known you to read!’.”

National Prison Radio listener, HMP Risley

“Thank you to the whole team – you’ve been great to work with. I learned so much working with NPR and it really built my confidence. Keep up the good work.”

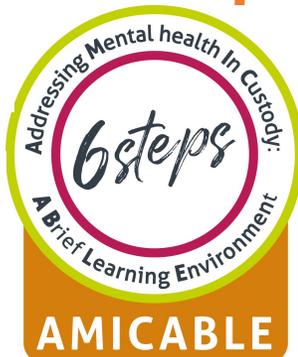
National Prison Radio presenter, HMP New Hall

“Dear NPR, I would like to show my gratitude for your service and thank each and every person involved with NPR. Listening gives me hope for the future. It’s my first time in prison, and I’ve been diagnosed with cancer, so my journey has been tough in custody. After each chemotherapy treatment in hospital I look forward to coming back and tuning into NPR. Thank you.”

National Prison Radio listener, HMP Pentonville

 @PrisonRadioUK  prisonradioassociation.org/donate

Prison
Radio
Association 



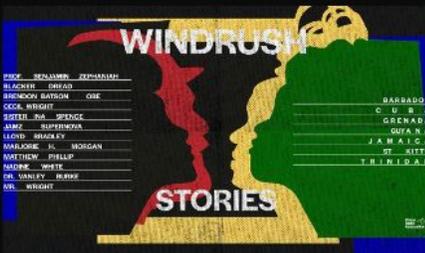
24 Hours of NPR...





NPR News

[Collection](#)



Windrush Stories

[Collection](#)



Rock Show

[Collection](#)



NPR Request Show

[Collection](#)



Porridge

[Collection](#)



Freeflow

[Collection](#)



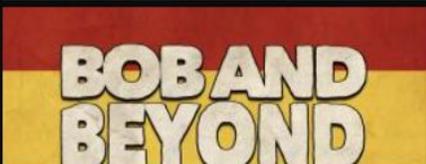
Decibel

[Collection](#)



NPR Talk

[Collection](#)



LIFE AFTER PRISON

Life After Prison: The podcast channel for you if you've been to prison or know someone who has.

Featuring two amazing new podcasts:

Getting Out:
Essential advice and support for when you get out.

The Sit Down:
Inspiring stories to help you survive the justice system.

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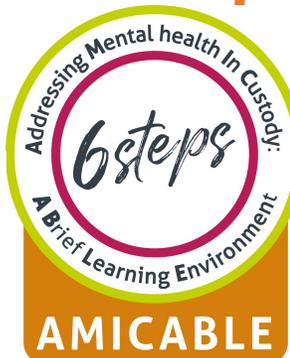
The Sit Down:
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Prison Radio Association 



Dissemination activities through Prison Radio Association

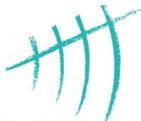


Prison-based broadcast delivered by professional producers to launch the PSMS



National Prison Radio content focussing on the full range of participants: mentors, peers and staff

Podcasts with people released from prison

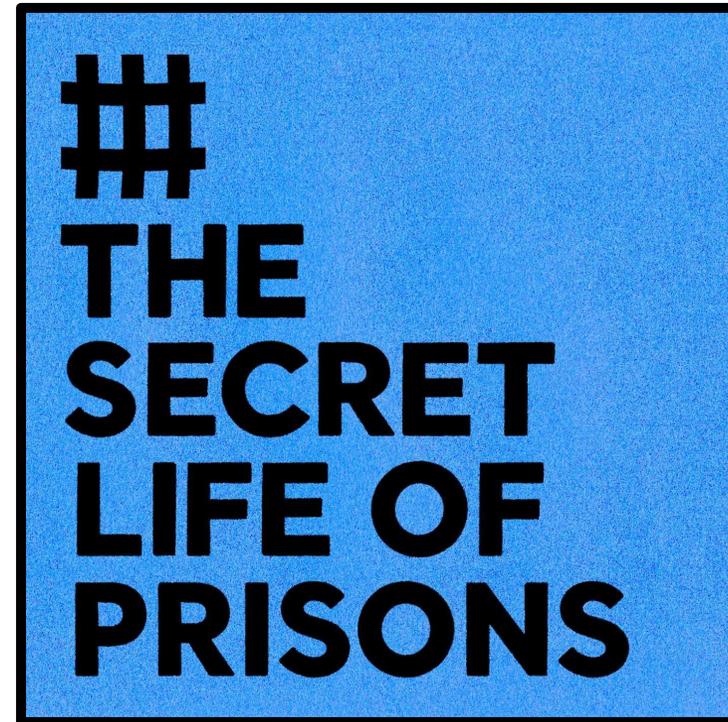
Prison Radio Association 



Dissemination

Podcast Content

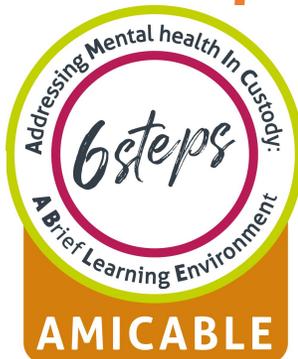
Takeover Programming

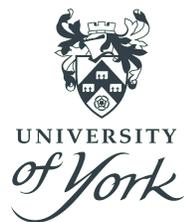


National Prison Radio

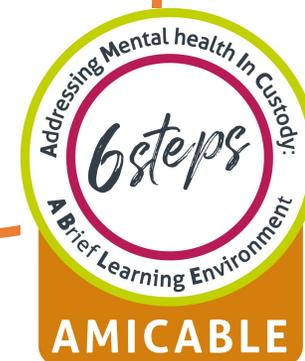


Prison
Radio
Association





This study is funded by the National Institute for Health and Care Research (NIHR) Programme Grants for Applied Research (Grant Reference Number NIHR203681). The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care





Any questions?
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