

Building Skills for Recovery

What is Building Skills for Recovery?

(Building Skills for Recovery is replacing the Offender Substance Abuse Programme (OSAP)).

Building Skills for Recovery (or BSR for short) is a groupwork programme for men and women whose substance abuse (drugs and / or alcohol) increases the chance of them committing new offences.

BSR is based on research into what works in reducing substance abuse and re-offending.

Everyone on BSR builds up a Personal Recovery Toolkit aimed at reducing their substance abuse and chances of re-offending. It also aims to help improve their ability to manage their health, their social skills and their skills for employment.

Programme structure

BSR has a minimum of 19 sessions, 16 in the group and 3 with an individual tutor.

The programme can be delivered in up to 4 sessions per week, but local arrangements will vary. Days and times when it is available will also vary.

What happens if I miss a session?

You have to be at every session. If you miss one, you will need to do a catch-up session before you can carry on with the group. If you miss two sessions without good reason you will be in breach of your Order and you will have to go back to court.

How will I know if I am making progress?

We will report back regularly to your Probation Officer who will discuss your progress with you.

We will ask you a set of questions at the start and end of the programme. This will show what skills you are good at and what skills you could work on more.

Who do you share information with?

Our staff keep information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your Probation Officer for details.

Do you record sessions?

We record all programme sessions. We watch the recordings to check how programme facilitators have delivered the programme. Probation Officers may use the recordings, for example if someone's behaviour in the group leads to enforcement action.

Diversity

The Probation Service is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues, please discuss this as soon as possible with your Probation Officer.

Remember...

We must take you back to court if you fail to attend two group sessions or other probation appointments without good reason.

If you would like this information in a different format or language, please contact:

0121 634 1356