



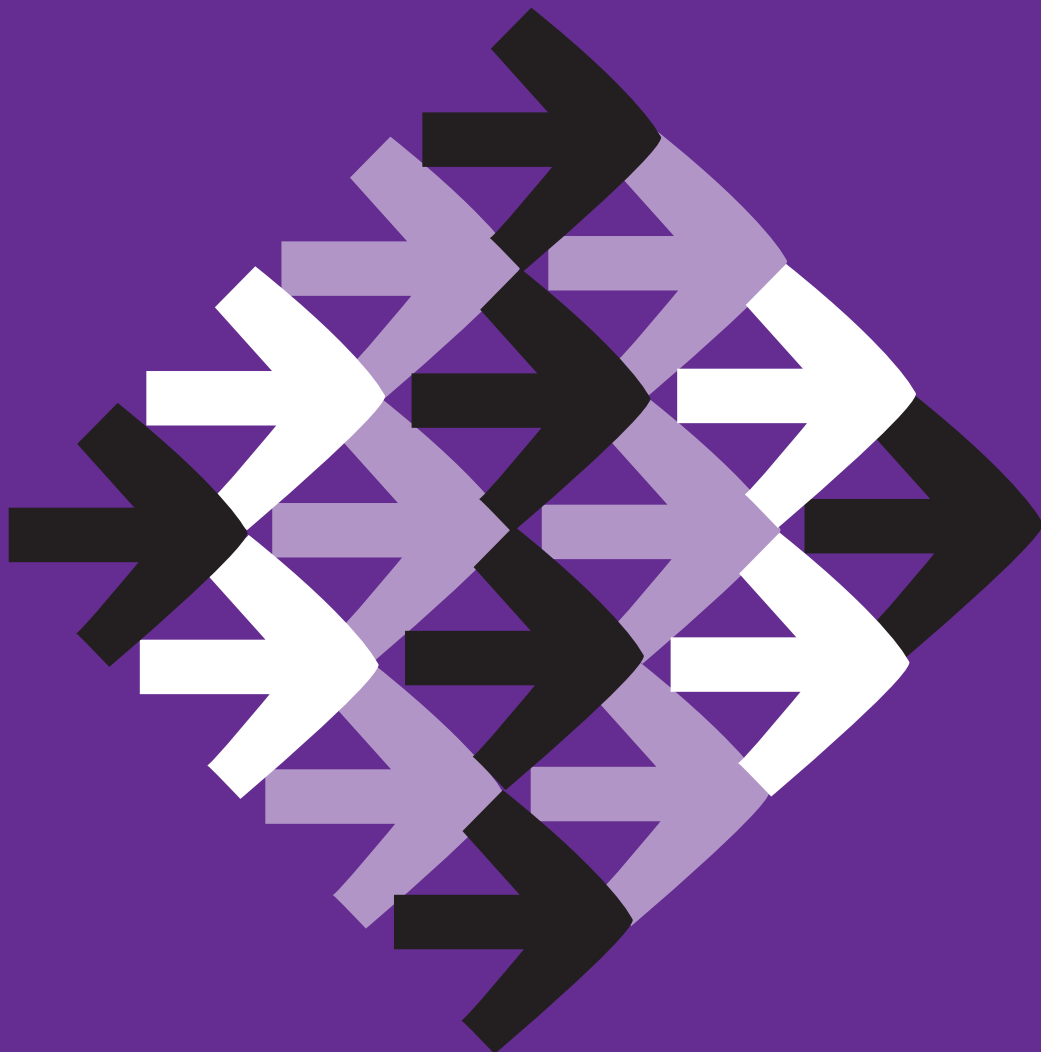
reducing  
reoffending  
partnership

Staffordshire &  
West Midlands  
Community Rehabilitation Company

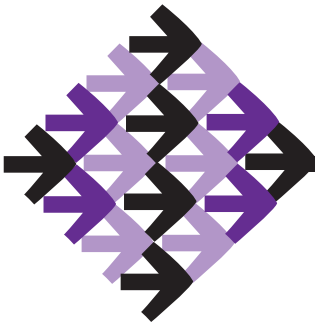


# Interventions Service Guide

for non-accredited programmes



version 1



## What is the Rehabilitation Activity Requirement (RAR)?



Section 15 of the Offender Rehabilitation Act created the RAR, which replaces the Supervision and Specified Activity Requirements for offences committed on or after 1st February 2015. SWM CRC have been delivering interventions which can be delivered as part of the RAR from this date.



## Other Requirements

All other Requirements within Community Orders and Suspended Sentence Orders remain available and are unaffected by the RAR. Accredited Programmes should normally be made as a standalone requirement. Consideration can be given to delivery as part of the RAR if the individual is assessed as eligible, suitable and has enough activity days to complete the programme.



## What interventions will be available?

This Service Guide provides an outline of the new interventions that are available as part of the RAR from 1st May 2015. **These interventions are also available to service users as part of licence conditions, post-sentence supervision and pre ORA sentences with Supervision or Specified Activity Requirements.**



## Interventions

Phase 2 of the RAR development will see the roll out of these four new interventions from 1st May 2015. Phase 3 of the RAR will see development of other interventions later in 2015.

The interventions included in this Service Guide are:

- Foundations of Rehabilitation
- Engagement Toolkit
- Skills for Employment
- Substance Misuse Brief Intervention



## Other

Should you assess the need for an Accredited Programme and one has not been imposed, please see the Accredited Programmes guide or contact your local programmes unit for details of the number of activity days required per programme.

This is only a guide, please use professional judgement for individual needs.

Further guidance on sequencing will be available in due course.



# Foundations of Rehabilitation

## Programme Aim:

Foundations of Rehabilitation is a modular programme that utilises a strengths-based approach to target desistance through citizenship. The programme includes structured sessions based around four areas: Agency, Community, Reintegration and Restoration. The core aims of the programme are:

- Desistance from crime (Initiating and sustaining)
- Active Citizenship (Vocation, rights and responsibilities, sense of agency, enhanced social contribution and pro-social behaviour)
- Wellbeing (Physical, psychological and social - framed within the 5 Ways to Wellbeing)

## → Who is it suitable for?

Foundations of Rehabilitation looks to address general offending behaviours and is suitable for all service users, based on individual need. It can be delivered in three levels of intensity across all modules.

## → Who is it not suitable for?

This programme is intended to be delivered in groups or small 'pods'. However, for service users who are unsuitable for groupwork it is possible to deliver it one-to-one.

## → The Programme Involves...

At the heart of Foundations of Rehabilitation lies a three-stage intensive group and one-to-one learning programme. Groups are delivered as workshops, focussing on a range of topics designed to develop personal, social and community capital and support the desistance process. Drawing on an emerging desistance evidence base, Foundations of Rehabilitation highlights the importance of stable social support networks.

**Connect** - This is the first stage of the programme with a primary focus on engagement, supporting/building motivation, safety and understanding the nature of the individual's journey of desistance.

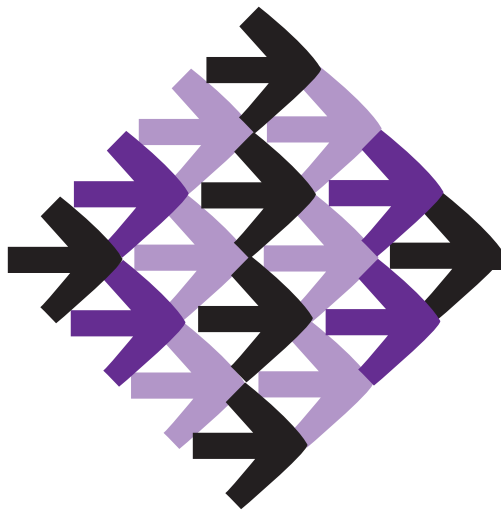
**Grow** - This stage draws upon the modern CBT approaches (including Acceptance and Commitment Therapy and Dialectical Behaviour Therapy – ideal for those with personality disorder) and continues to focus on motivation and vision whilst increasing resilience and self-management skills.

**Thrive** - Is designed to fully prepare service users for re-entry or reintegration and to equip them with the skills to sustain their journey of desistance. Service users become equipped to view the world from a different perspective, with compassion, empathy and a purpose.

## → Initial Referral Process:

This programme is intended to be delivered by Case Managers supported by Accredited Programmes tutors, within local delivery teams.

Guideline Days Range	Low (0 - 49 OGRs)	Medium (50 - 74 OGRs)	High (75+ OGRs)
Foundations of Rehabilitation	6	12	24



## Programme Aim:

The aim of the Engagement Toolkit is to identify and break down barriers to engagement both at the start and during a service users journey with the SWM CRC. It will improve communication and help develop a meaningful relationship between the service user and the Case Manager.



## Who is it suitable for?

The Engagement Toolkit is designed to be used with ALL service users on a one to one basis and can be adapted for any special needs. It is intended that its use will be threefold – 1. At the start of an Order/Licence (and potentially prior to release), 2. When it is felt that someone's compliance is deteriorating and 3. In order to re-engage someone after they have breached.



## The Programme Involves...

The Engagement Toolkit phase one involves looking at the expectations of both the service user and the Case Manager, preferred learning styles and building confidence in the service user of what to do when barriers to compliance arise. This offer will be built on for phase 2.



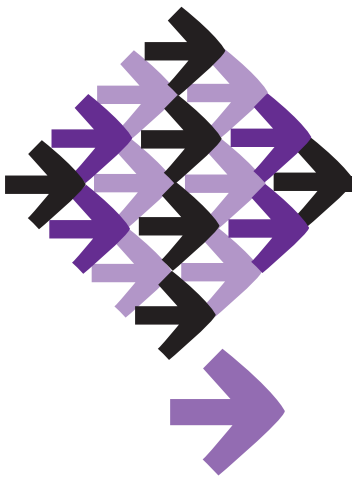
## Initial Referral Process:

Not applicable. Will be delivered one to one by Case Managers with their own service users.



## Other Information...

The material introduced on 1st May 2015 will be the first phase of the offer. This will continue to be built upon until a complete package is achieved.



# Skills for Employment

## Programme Aim:

Skills for Employment has been designed to move service users towards the labour market and into Education, Training or Employment. This intervention consists of a mixture of group work and 1-1 work on employability skills which will equip the service user with the tools and skills they need to move away from offending and into sustainable employment.

## Who is it suitable for?

Skills for Employment is suitable for any service user that has been assessed as being available for work (including but not limited to: non benefit claimants, JSA claimants, and work related ESA claimants) and with a low, medium or high risk of reoffending score on OASys.

## Who is it not suitable for?

Those furthest away from mainstream services or a service user who is already accessing significant ETE support outside of the CRC.

## The Programme Involves...

A targeted employability programme with three levels of delivery: Level 1 – Changing Behaviours, Level 2 – Tools for Employment, Level 3 – Applying for Work. Key modules include: changing attitudes, recognising your strengths, positive disclosure, job search and interview skills.

ETE advisors will look to address the core components with the service user first before suggesting next steps. If further support is required the ETE advisor will liaise with Case Manager to discuss additional support.

## Skills for Employment Plus:

Skills for Employment Plus has been designed for service users that have a wider ETE need. This intervention could consist of activities such as: functional skills, vocational training, opportunities for voluntary work or work experience. Please speak with your ETE PSO for further guidance.

## Initial Referral Process:

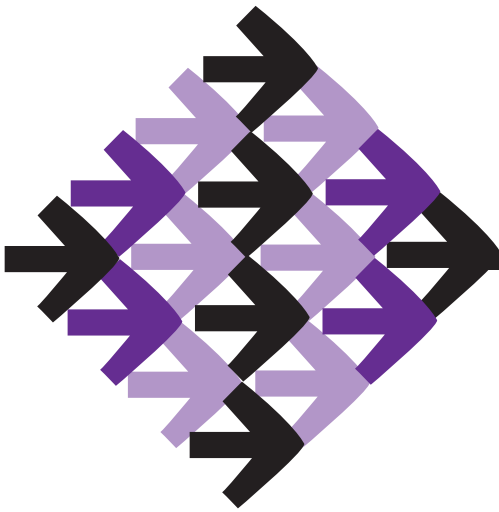
This programme will be delivered by the ETE team. The case manager completes a referral form, and sends it to the local SPOC who contacts the service user to book the first session.

## Other Information:

Further guidance on sequencing will be available in due course.

Guideline Days Range	Low (0 - 49 OGRs)	Medium (50 - 74 OGRs)	High (75+ OGRs)
Skills for Employment	5	10	15

# Substance Misuse Structured Intervention



## Programme Aim:

The programme is a nine session brief intervention programme for low level alcohol, cocaine, cannabis and novel psychoactive substances (legal highs). It is an educational programme to raise awareness of the four substances and associated harms, how to affect positive change and implementing those changes. It aims to give individuals practical skills to address substance misuse independently.



## Who is it suitable for?

For those offending as a result of their substance misuse, specifically novel psychoactive substances, cannabis, cocaine and alcohol. With Alcohol having an audit score of 8-19 and where all drugs are assessed as having a negative impact on life, whether social, financial, psychological, physical and legal. Motivated and willing to engage.



## Who is it not suitable for?

Those who are suitable for an Alcohol Treatment Requirement (ATR) / Drug Rehabilitation Requirement (DRR).

Those whose alcohol, cannabis, cocaine and novel psychoactive substances has become problematic and is impacting negatively on social, financial, psychological, physical or legal aspects of their life.



## The Programme Involves...

**Education and awareness:** Specific awareness of cannabis, cocaine, novel psychoactive substances and alcohol, their affects on physical health, risks, impact on self and community and the implications, utilising peer support.

**Change:** Cycle of change, building self esteem, assertiveness skills, and goal setting, motivation to change.

**Future:** Support networks, longer term goals, triggers and cravings and how to overcome these.