




Guide to Interventions

Information for Sentencers





Our purpose is to protect the public by delivering effective offender management and rehabilitation services to those who pose a low or medium risk of harm.

Our vision is to ‘Change lives for the better’ for the people we work with – those who have offended, victims and their families, communities, our partners and our employees. As well as supervising people in custody and the community, we also provide interventions to help them stop offending, settle back into the community and improve their future prospects. We have taken a decision to refer to those we work with as ‘service users’ and you will see that reflected in this guide.

About this guide

This guide contains information on the interventions we offer to the courts.

Programmes and sessions under the Rehabilitation Activity Requirement (RAR) can also be delivered to those subject to Release on Licence.

- **Rehabilitation Activity Requirement (RAR)**

- Non-accredited Group Work Programmes
- Structured Support and Community Integration (accommodation, employment, training and education, finance and debt, mentoring, family & parenting support and women's services)

- **Accredited programmes**

- The Building Better Relationships Programme
- The Thinking Skills Programme

- **Other Requirements**

- Community Payback (unpaid work)

Rehabilitation Activity Requirement (RAR)

The RAR, which was introduced by the Offender Rehabilitation Act 2014, aims to cut reoffending rates by giving individuals more structured support, tailored to their needs. Before sentencing, the National Probation Service will identify to the court the maximum number of activity days required to address the rehabilitation needs of the individual. Once sentenced, a CRC practitioner will carry out a risk and needs assessment with the service user to decide which activities will stop them reoffending in the future.

BeNCH CRC has a menu of activities available to the courts under the RAR which include, for example, courses aimed at changing behaviour, giving one-to-one support, or help with finding accommodation, employment and training.

The following pages cover the RAR activities available, with a guide to the number of days required to complete each one. You can also see where the interventions are available as these differ depending on each of the counties we serve.

360 Motivation Programme

About

This programme focuses on increasing participants' motivation to make positive life changes.

The programme covers:

- recognising, defining and implementing important life changes
- managing ambivalence and procrastination
- making decisions
- goal setting and recognising strengths
- removing barriers to success.

Available:

Across BeNCH.



Anger Management Programme

About

This programme aims to help participants to manage anger in a healthy and non-violent way.

The programme covers:

- cues and triggers
- emotional intelligence
- conflict resolution
- resilience techniques.

Available:

Across BeNCH.



Women's Emotional Wellbeing (WEWSAR) Programme

About

This is a seven week programme focused on working with women to help them to address issues linked to their offending behaviour. The course uses trauma informed awareness and solution focussed cognitive behavioural techniques to encourage and achieve positive change.

The programme covers:

- exploring and addressing issues linked to offending behaviour
- improving effective communication styles
- developing greater consequential thinking
- developing understanding of the physical and emotional responses to stress and anxiety
- identifying positive and negative relationships
- encouraging positive decision making
- identifying issues which impact on physical health and emotional wellbeing
- building confidence and self-esteem.

Available:

Hertfordshire.



Beyond Anger Programme

About

This programme is for women and explains and explores anger and violence in different areas of life. It focuses on participants' strengths and how women can better express their emotions and make positive changes in their lives.

The programme covers:

- understanding anger in women
- understanding gender differences
- identifying the links between trauma and anger
- building skills for managing angry feelings
- understanding anger within the context of their family, culture and community
- resolving conflict.

Available:

Luton.



Freedom Programme

About

This 11 week programme is for women and seeks to develop their awareness of coercive and controlling relationships and domestic abuse. It examines the impact of perpetrators' actions on victims and survivors. The programme aims to help victims make sense of what has happened to them and to develop an awareness of the warning signs and behaviours of an abuser.

The programme is also suitable for female perpetrators of domestic abuse.

The programme covers:

- helping women to understand the beliefs held by abusers
- recognising conditioned beliefs that act as enablers
- demonstrating how children are affected by exposure to domestic abuse
- building self esteem
- recognising the traits of a healthy relationship.

Available:

Bedfordshire, Northamptonshire and Cambridgeshire.



Choices Programme

About

An 11 week programme developed specifically to meet the needs of women who have offended. 'Choices' focuses on building social and human capital and provides an opportunity for participants to develop self awareness and discover methods for making positive choices in the future.

The programme covers:

- setting life goals
- values and beliefs
- trust and anger
- feelings and dealing with stress
- building self-esteem
- friendships, healthy relationships and love
- behaviours, choices and the future.

Available:

Luton.



15
Days

Beyond Trauma Programme (Onyx)

About

Structured sessions where women who have experienced domestic abuse or other trauma can explore and make sense of their experiences and increase control over their lives.

The programme covers:

- understanding the dynamics of violence, abuse and trauma
- understanding the impact of trauma
- learning how to live with, and heal from, trauma.

Available:

Luton.



15
Days

Safer Relationships

About

This programme is designed for men to develop skills to better manage conflict in their intimate relationships. Participants will not have necessarily been violent in their relationships but their relationship issues may be contributing to their offending behaviour.

Men whose index offence is related to domestic abuse or who exhibit any pattern of abusive behaviour should be considered for the Building Better Relationships programme before being considered for the Safer Relationships programme.

The programme covers:

- taking responsibility for conflict
- recognising negative or potentially abusive behaviours in relationships
- identifying the impact of their behaviour on their relationships, themselves and the wider family
- improving communication and personal emotional control in relationships.

Available:

Across BeNCH.



Family Man Programme

About

This programme is aimed at supporting fathers to develop child-centred parenting skills.

The programme covers:

- patience in parenting
- the impact of conflict between parents on children
- the developmental stages of children
- learning to give praise
- positively managing difficult parenting situations
- making good parenting decisions.

Available:

Across BeNCH.



Grey Man Programme

About

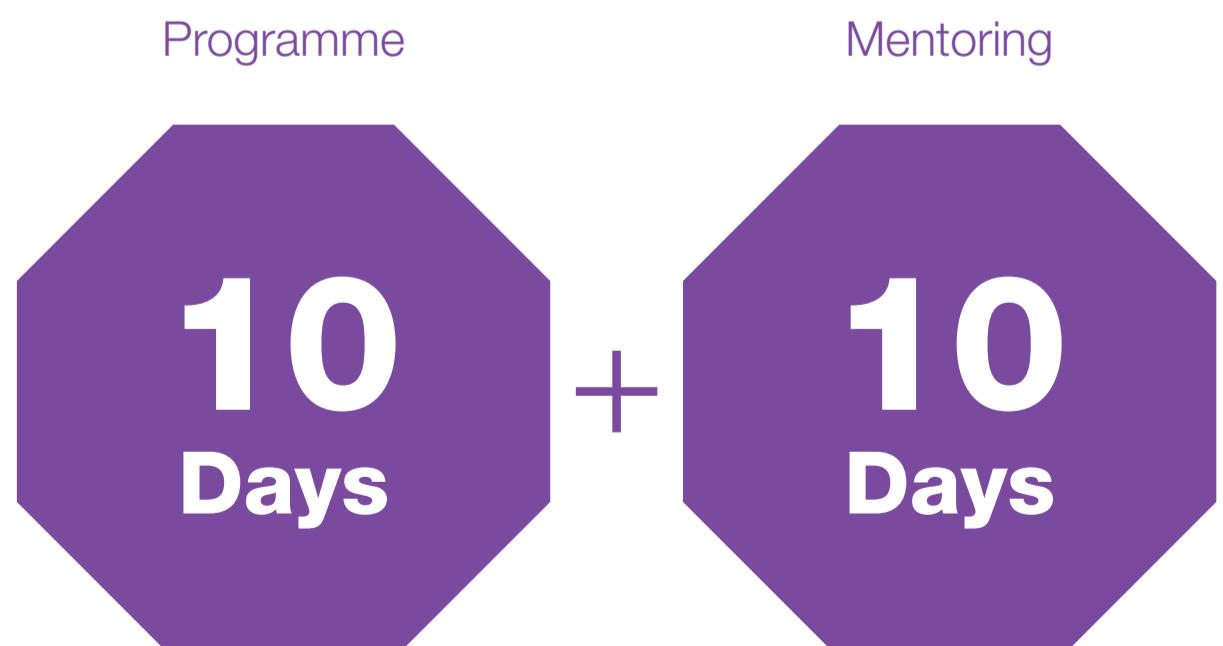
This programme is delivered by veterans for veterans. It aims to reinforce self-management skills acquired during Forces basic training and refresh everyday skills required to transition successfully from an Armed Forces to a civilian lifestyle.

The programme covers:

- emotional management
- obtaining employment
- finding and managing accommodation
- mentoring sessions to maintain motivation and reinforce positive change.

Available:

Across BeNCH.



Victim Awareness Programme

About

This programme encourages participants to take responsibility for their action and consider the impact of their behaviour on both direct and indirect victims.

The programme covers:

- perspective taking
- citizenship
- emotional intelligence
- impact of offending on others.

Available:

Across BeNCH.



Maintaining Family Ties (MFT)

About

This programme can be delivered in both the community and custody and is designed to explore and exploit the benefits of healthy family relationships.

The programme covers:

- the impact of offending behaviour on significant / intimate relationships
- establishing or sustaining important relationships
- identifying the qualities of a healthy relationships
- identifying how to make changes to behaviour impacting negatively on relationships

Available:

Across BeNCH.



Reach for the Stars (Attendance Centre)

About

This is a 36 hour programme for 18-24 year olds that motivates, inspires, challenges and engages participants to make positive changes in their lives. The programme combines cognitive behavioural approaches with British Military coaching techniques, delivered by Armed Forces veterans.

The programme covers:

- challenging negative behaviours and beliefs
- building confidence and self-esteem
- overcoming barriers to achieving goals
- developing life skills including leadership, co-operation, communication, problem solving, negotiation and team work
- exploring physical fitness and healthy living.

Available:

Bedfordshire.

RAR

Senior Attendance
Centre Requirement

12
Days

36
Hours

RAR: Structured Support and Community Integration

The number of days allocated to the following structured support and community integration activities under a RAR will vary according to the individual. These services are available to service users across BeNCH.

Accommodation Advocacy and Support

About

We provide housing advice and support services through our operational delivery partners, St Giles Trust, St Mungo's Broadway and NACRO. Our aim is to ensure that service users have safe and stable accommodation as a foundation to prevent them from further offending.

The service covers:

- searching and applying for social housing
- applying for housing related benefits
- managing rent and mortgage arrears
- dealing with landlord or tenancy issues
- developing awareness of housing rights and responsibilities
- accessing legal advice
- accessing support with home start up including furniture and other essentials
- developing independent living skills.

Available:

Across BeNCH.



Employment, Training and Education

About

We provide tailored support to help service users to find and prepare for work or access training or education opportunities.

The service covers:

- searching and applying for jobs
- CV writing and support with completing forms
- interview preparation and practice
- identifying education, training and skills development opportunities
- assisting with applying for funding to develop skills
- supporting the disclosure of previous offending
- developing confidence and motivation.

Available:

Across BeNCH.



Finance and Debt

About

We provide a personal financial need assessment to determine a bespoke plan of support aimed at improving financial stability. This service is provided via our operational delivery partners, St Giles Trust, St Mungo's Broadway and Nacro.

The service covers:

- budgeting, money management and saving
- identifying and accessing benefits
- arranging payment plans to reduce debt
- opening and using a bank account.

Available:

Across BeNCH.



Mentoring

About

This involves matching a service user with a mentor, in some instances an ex-offender, who will provide support, advice and guidance as required. Support is provided on a one-to-one basis and will be designed according to the identified needs of the service user. The service is provided primarily by our delivery partners St Giles Trust and SOVA.

The service covers:

- regular contact with a trained mentor who will provide advice, emotional support and general encouragement to avoid further offending
- helping with practical tasks such as filling in forms or preparing for interviews
- life skills development including timekeeping, money management, healthy living, cooking, cleaning, home maintenance etc.
- supporting the development of a positive social network including identifying and joining local clubs or activities and taking up new hobbies.
- building confidence and self-esteem.

Available:

Across BeNCH.



Family and Parenting Support

About

This service provides a range of support for service users and their families. Having a strong family network can help to reduce reoffending while safeguarding and improving the future life chances of children in the family setting. Support is focused on helping service users to develop better parenting skills and techniques to resolve conflict in their relationships. We provide this service through our operational delivery partner Ormiston Families.

The service covers:

- building positive relationships with immediate and extended family
- learning child-centred parenting skills
- resolving family conflict through mediation and coaching
- exploring feelings and experiences through one-to-one and group discussions
- accessing specialist relationship support and counselling
- working with Children's Services to manage risk and maintain family relationships.

Available:

Across BeNCH.



Services for Women

About

These services focus on supporting women to make positive life changes, including the prevention of further offending. Services are provided by our operational delivery partners, Stepping Stones, Bedford Women's Resource Centre, Cambridgeshire Women's Resource Centre and C2C. Each of these provides a range of non-accredited group work (as detailed in the Non-Accredited Group Work pages of this guide) but also provide other one-to-one services.

The service covers:

- providing a female-only environment for service users to report to with crèche facilities
- assisting with money management and debt problems
- coaching in areas such as parenting and anger management
- signposting to specialist services for substance misuse, sexual exploitation, domestic abuse, anxiety and depression etc.
- assisting with accessing job or skills development opportunities
- supporting personal development such as problem solving, confidence building and motivation
- emotional support and dealing with trauma.

Available:

Across BeNCH.



The Building Better Relationships Programme

About

Building Better Relationships is an Accredited Programme for men who have been violent towards their intimate partner.

As well as working with the perpetrator, the victim and current partner (where the current partner is different from the victim) will be offered support throughout the lifetime of the Community Order by a specially trained Partner Link Worker. The Partner Link Worker works solely with the victim or person at risk to better understand domestically abusive behaviours and develop strategies for staying safe.

The programme includes 30 sessions delivered by specially trained programme facilitators.

The course aims to help participants:

- get a better understanding of why they use violent and aggressive behaviour in their relationships
- understand and challenge attitudes and beliefs supportive of abusive behaviour
- develop systems to desist from using abusive behaviours in future.

Available:

Across BeNCH.

Delivery Requirements:

24 month Community Order with

- Accredited Programme Requirement
- 10 days Rehabilitation Activity Requirement (plus additional days for any other intervention or support activity identified)
- Consent, at Court, of the participant to attend the programme and provide contact details of the victim and any new intimate partner.

The Thinking Skills Programme

About

Thinking Skills is an Accredited Programme which has been designed to help participants understand and manage their behaviour to reduce the risk of them reoffending in future. The programme is suitable for addressing general offending behaviour and can also be adapted to address violent behaviour (non domestic).

There are 19 group sessions, delivered by specially trained facilitators. In addition there are a number of one-to-one sessions aimed at developing motivation and reviewing individual progress.

The course aims to help participants:

- understand the link between thoughts, feelings and offending behaviour
- see things from somebody else's point of view
- identify negative influences and ways to develop more positive relationships
- better recognise the consequences of the decisions they make
- develop plans and goals to be achieved after the Programme has finished.

Available:

Across BeNCH.

Delivery Requirements:

12 month Community Order with

- Accredited Programme Requirement
- 10 days Rehabilitation Activity Requirement (plus additional days for any other intervention or support activity identified).

Community Payback (unpaid work)

About

Community Payback (CP) not only serves to punish but can also bring benefits to the local community. A CP requirement can range from 40 to 300 hours depending on the crime committed and should be completed within 12 months. Unpaid work projects include environment work, graffiti removal, renovating community buildings, improving communal areas and cleaning children's areas.

Community Payback aims to:

- give participants the opportunity to 'pay back' their communities for the crimes they have committed
- give service users a routine as well as the opportunity to learn new skills
- boost participants' self esteem by working as part of a team and seeing their work valued by the community
- change behaviour so service users don't reoffend in the future
- improve local spaces and buildings at no cost to the public.

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