

CEP- conference 2016



Working with young adult offenders

Health promotion for young adult offenders.

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Outline

1. Health-promotion
2. The two core concepts of the theory of Salutogenesis and Sense of coherence
3. Female perspective
4. Presentation of a motivational and health promoting program for women



World Health Organization



Health promotion is the **process** of enabling people to increase control over, and to **improve their health**. It moves beyond a focus on individual behaviour-towards a wide range of social and environmental interventions.

World Health Organization's (WHO) 2005
http://www.who.int/topics/health_promotion/en/

Salutogenesis



Salute—of health, and *genesis*—the origins, or coming into existence (Antonovsky, 1987).

- Basic Assumptions in Salutogenesis:
 - Health as a continuum
 - **Patogeneses** **Salutogeneses**
 - The story of the person rather than the diagnosis
 - Active interaction and adaption to the environment
 - Tension and strain are viewed as potentially health-promoting rather than illness-creating.
 - The way you view the world affects your ability to manage tension and stress.

<http://heapro.oxfordjournals.org/abstract/23/2/190.full> Eriksson & Lindström, Health Promot. Int. (2008) 23 (2): 190-199.

Salutogenesis

Sense of coherence (SOC)

1. Comprehensibility—the cognitive component
2. Manageability—the instrumental or behavioral component; and
3. Meaningfulness—the motivational or emotional component.

A higher SOC: Better options to manage risk situations and to cope successfully with complex stressors

(Antonovsky, 1987)

Salutogenesis


General restiance / coping resources



Health in the river of life

Why make a person swim well?

How to swim better in the river of life?



Previous reserach



- SOC is strongly and negatively associated with emotional distress, anxiety, anger, burnout, demoralisation, hostility, hopelessness, depression, perceived stressors, and post-traumatic stress disorder (e.g. Eriksson, 2014; Eriksson & Lindström, 2006; Højdahl et al., 2015; Langeland, 2014)
- An increase in SOC has been associated with a positive effect among juvenile delinquents (Koposov et al., 2003).
- Relationship between criminal behavior and a low SOC (A higher SOC can allow better functioning overall, and in a family context and in interpersonal family relations (Niewiadomska, 2012).

The traditional focus in correctional programs has been on targeting dynamic risk factors that are connected with crime.



"The existing evidence speaks in favor of Antonovsky's assumption that the Sense of Coherence (SOC) or the ability to identify and use one's health resources' is a key capacity for people's ability to gain health and have a healthy orientation in life"

*http://www.centrearoback.org/assets/PDF/04_activities/cir-GCPB121122-Lindstrom_pub_introsalutogenesis.pdf

Female perspective – background

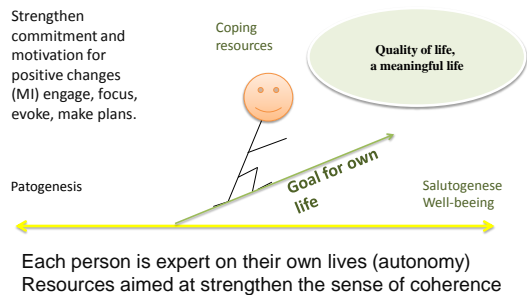
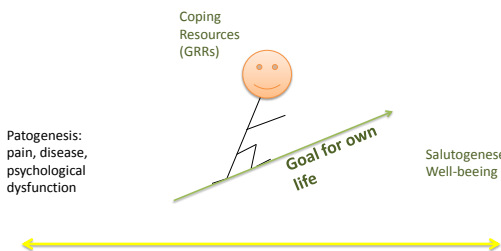


- Involved in dysfunctional and unhealthy sexual relationships
- Violence
- Substance abuse
- Emotional abuse



(Bloom & Covington, 2008; Desrosiers & Senter, 2007, 2008; Friestad, 2014; Højdahl, 2015).

A new model – moving in a health-promoting direction





"VINN" - An accredited motivational program promoting convicted women's sense of coherence and coping

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2013, Vol. 2 no. 3, 177-190



VINN- a motivational program for women

Developed: Correctional Service of Norway

Aims:

- Increase quality of life and sense of coherence
- More active adaptation to the environment
- Give confidence to desist from crime

How?

- Explore internal and external resources.
- Use the **resources** in order to cope in situations where they are at the risk of committing crimes or unwanted behaviour
- Build up more healthy and meaningful ways of living.

Højdahl & Størksen, 2013, Højdahl et al, 2013



The content of the VINN-program

Inclusion*

- Getting to know each other
- **Identity**
- Communication
- **Crime ***
- **Changes and choices**
- Property crime
- Substance abuse
- Love and sexuality
- Children
- **Grief and Loss**
- Anger

- Violence*
- **Boundaries in relationships**
- Network
- **Summing up and Closing***

* *Individual interviews*

4-12 weeks

Each session lasts for 3 hours (including two breaks).



Højdahl & Størksen, 2011, 2013

Højdahl et al., 2013

http://www.krim.no/Vinn_201011.no.html



"A bridge to change": Experiences of participation in "VINN"—a motivational program for convicted women. A qualitative study

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The participants' perceptions could be grouped into the following clusters: Confidence and trust, deeper understanding, change and future hopes.

The participants



*"The group-leaders were wonderful, being **there for us**, as a fellow human being. They elicited our feelings of confidence, trust, openness and love. We felt safe and confident. They read our body language so clearly, they were fantastic, absolutely wonderful. They are outstanding."*

"It has been wonderful to be part of the program and to observe the personal development and progress of the others. We all provided some pieces in a puzzle that we discovered in the course"

Højdahl et al, 2014

<http://euro-vista.org/tag/torunn-hojdahl/>



Artikel 3



Emotional distress and sense of coherence in women completing a motivational program in five countries. A prospective study

Torunn Højdahl, Jeanette H. Magnus, Ibrahimu Mdala, Roger Hagen and Eva Langeland

<http://www.emeraldinsight.com/doi/full/10.1108/IJPH-10-2014-0032>

2015, Vol. 11 Issue 3 pp. 169 – 182

Significant improvements in emotional distress and SOC

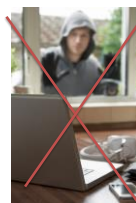
	Total	Russia	Norway	Estonia	Danmark	Sweden
HADS*						
T1**	15.20	15.42	16.03	15.43	15.99	13.62
T2***	13.57	11.38	12.15	10.47	11.38	10.86
HADS						
Emotional distress	-3.80	-3.84	-4.38	-5.00	-4.63	-2.61
	(-4.61, -2.97)	(-5.52, -2.16)	(-6.09, -2.67)	(-8.96, -1.04)	(-6.91, -2.36)	(-3.85, -1.38)
-3.80	< 0.01	< 0.01	< 0.01	< 0.02	< 0.01	< 0.01
T1**						
T2***	52.40	53.10	48.66	52.02	53.80	54.09
	54.24	53.39	51.56	53.77	55.99	56.33
SOC						
Sense of coherence	1.84,	0.39	2.65	1.49	1.52	2.52
	(0.72, 2.92)	(-1.78, 2.55)	(0.66, 4.65)	(-2.98, 5.96)	(-1.76, 4.80)	(0.42, 4.42)
+ 1.84	< 0.01	< 0.72	< 0.01	< 0.50	< 0.35	< 0.02

* HADS = The Hospital Anxiety and Depression Scale/ Global emotional distress

** T1 = Before the program

*** T2 = After the program

**** SOC = The sense of coherence (SOC-13) scale/ The Life Orientation Questionnaire

<http://www.emoradinsight.com/stu/doi/10.1108/OJPP-10-2014-0024>


different, superior, method, adaptation, solve, process, paradigm, improvement, scientific, leap, change, strategy, future, approach, innovation, superior, method, adaptation, solve, process, paradigm, improvement, scientific, Best Practice, innovation, outperform, distinct

A salutogenic approach for young adult offenders?

The ability to utilize resources (GRRs)

- **Cognitive- and emotional resources:** self-identity, wisdom, knowledge and intelligence
- **Valuative resources** - coping strategies that are characterized by flexibility, foresight and rationality, including action and effective management of emotions.
- **Interpersonal and relational resources** - a person with deep, immediate and close bounds to others may resolve tension more easily than those who have non-social bounds. The availability of social support is a central coping resource.
- **Material resources** - safe accommodation, healthy economy, food and income.
- **Physical:** appearance, fitness and body image.
- **Macro / cultural:** Belonging to a culture or community

(Antonovsky, 1987)

KEY: Building Trust



Salutogenesis in interplay with Motivational interviewing and a social cognitive approach

How can we build a relationship based on trust?
What will be a positive change in your life?

What is a meaningful life for you?

Which resources are available to you - and in your surroundings?

Which goals would you put yourself?

How can you go ahead and plan changes?

How- what- which

Give affirmations, listen closely and reflect positive statements and changetalk.

Suggestions

- Creating a culture of salutogenic approaches in the CJS - for young adult offenders.
- Introducing values that support future hopes and strategies to maintain change.
- Staff members should be trained in salutogenesis and in minimizing potential triggers of trauma reactions or escalating situations.
- Implementing health promoting interventions and for the young adult offenders -accompanied by evaluations, research and – when relevant – comparison groups.



Thank you!

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