PBNI Probation Board for Northern Ireland

Mental Health Problem Solving Courts

"Investing in Treatment to Prevent Re-offending"

Presentation to CEP Workshop
Mental health in prison and probation

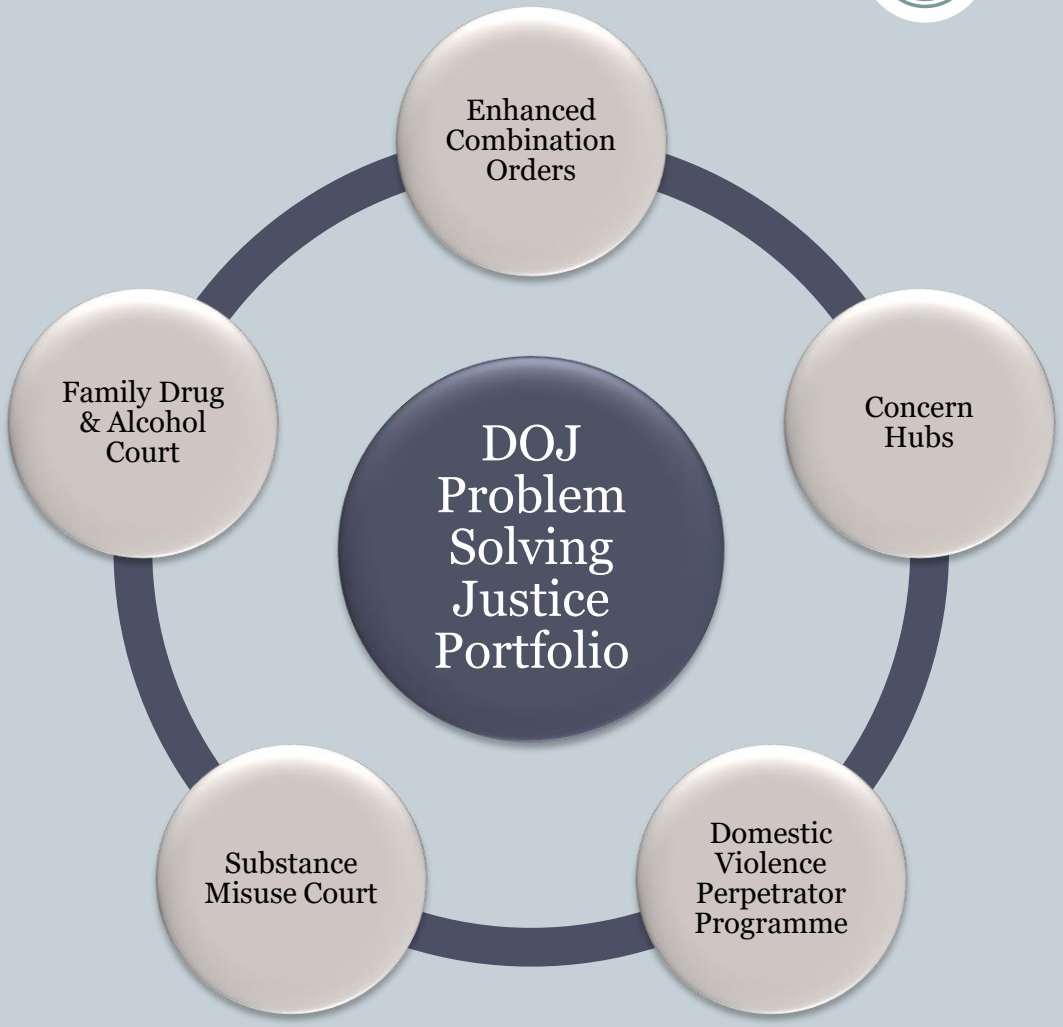
6-7th December 2017

Dr. Geraldine O'Hare
Head of Psychology Services & Interventions

Overview

- Mental Health & the Criminal Justice System
- The problem…Can we problem solve mental health?
- Why invest in treatment?
- How to Mental Health Courts work?
- Are they Effective?
- Benefits for the Criminal Justice System & beyond

NI Strategic Direction: PFG



OUTCOME 7

We have a safe community where we respect the law, and each other

- **Indicator 1:** Reduce crime and the harm and vulnerability caused by crime (prevalence rate)
- **Indicator 38:** Increase the effectiveness of the criminal justice system
- **Indicator 39:** Reduce re-offending

Problem Solving Justice/Problem Solving Courts

PSJ addresses the root causes of offending

Innovative, creative early interventions

PSC's alternatives to imprisonment

Treats the individual risks & needs

Joins up justice & other key services to achieve the same goal

Why Invest In Treatment?
Benefits Of Problem Solving Courts

Treats the root causes & problems

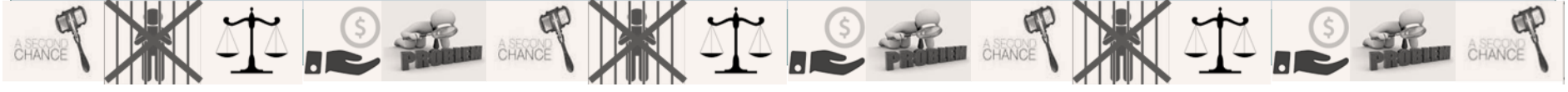
More appropriate options for sentencers

Reduce prison populations

Reduced recidivism

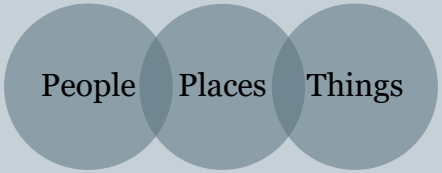
Fewer victims

Cost effective



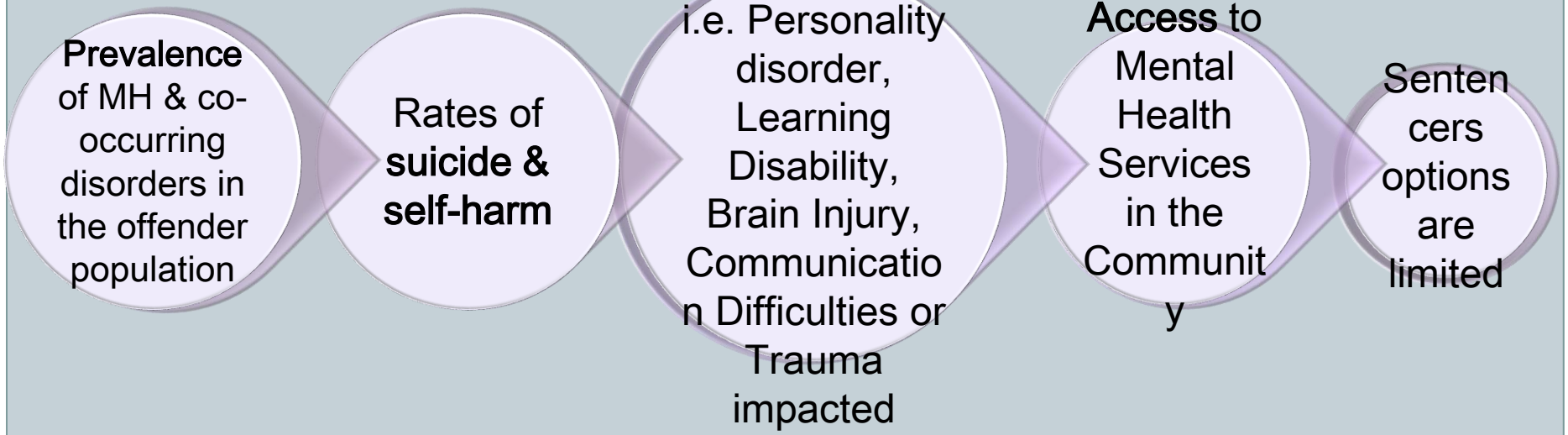
6 Principles of Problem Solving Courts

1. Enhanced Information
2. Community Engagement
3. Collaboration
4. Individualised Justice
5. Accountability
6. Outcomes



These principles look beyond the offence of the courts & seek to address the circumstances that contributed to the offending behaviour

Mental Health & the CJS…The Problem



Criminogenic Risk/Needs & Mental Health

Those with MH problems involved in the CJS have different needs

- More likely to have co-occurring Disorders
- Substance misuse
- Homeless
- Unemployed
- More extensive trauma histories
- Require more extensive range of services

Criminogenic Risk

- Same risk factors for people with/without Mental Health problems
- People with Mental Health problems have more risk factors
- More complex

Why Invest in Mental Health Treatment?

Improved Mental Health & Well Being

Increases Treatment Engagement

Reduces Recidivism during Treatment

Reduces Recidivism after MHC

Improves Connections to Ongoing Treatment

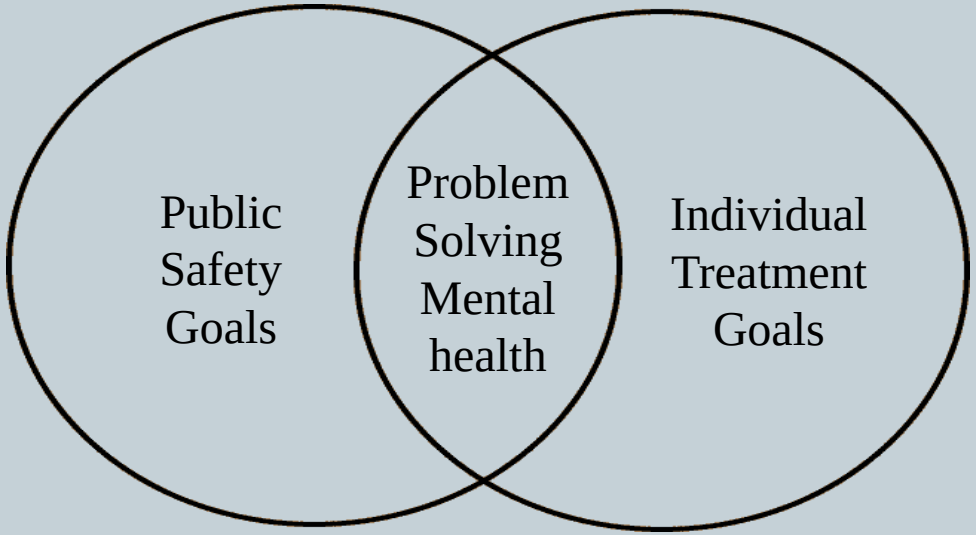
Judicial Supervision & Treatment Outcomes

Reduces Self Harm in Custody

Reduces No. of Assaults in Custody

Increase Staff Attendance & Well-Being

Public Safety



Some Statistics…

MH Mental Health

HP Feelings of Hopelessness

SH Self-harm

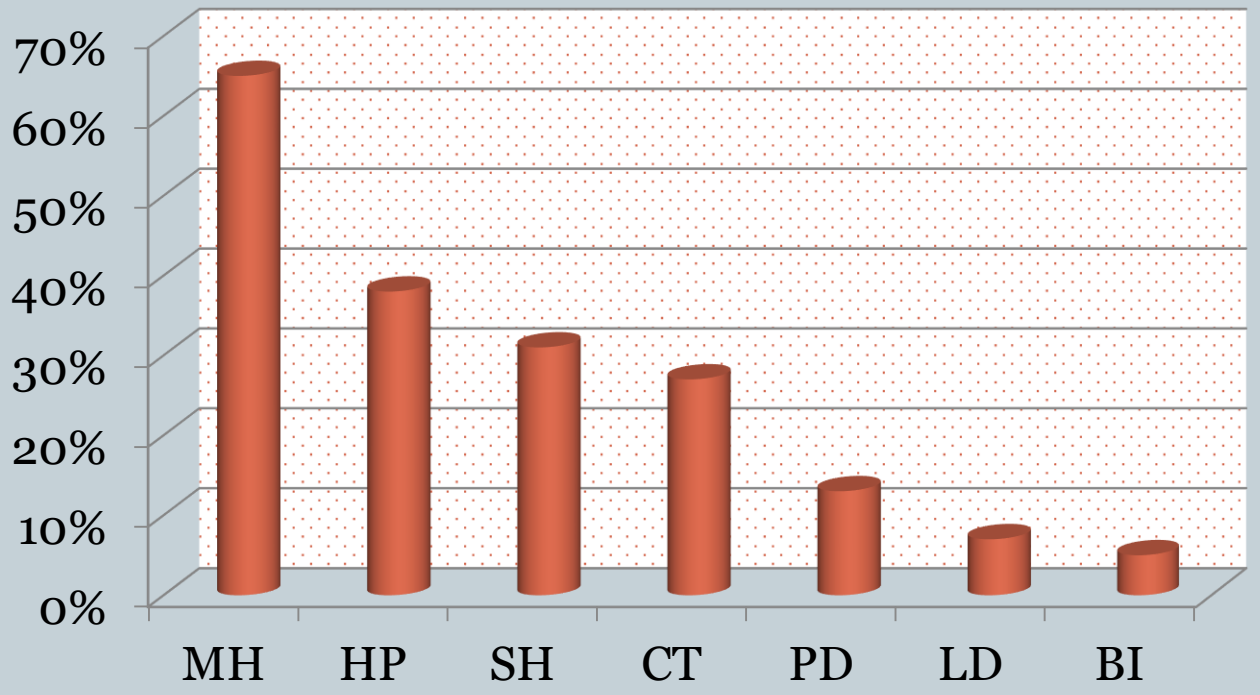
CT Childhood Trauma

PD Personality Disorder

LD Learning Disability

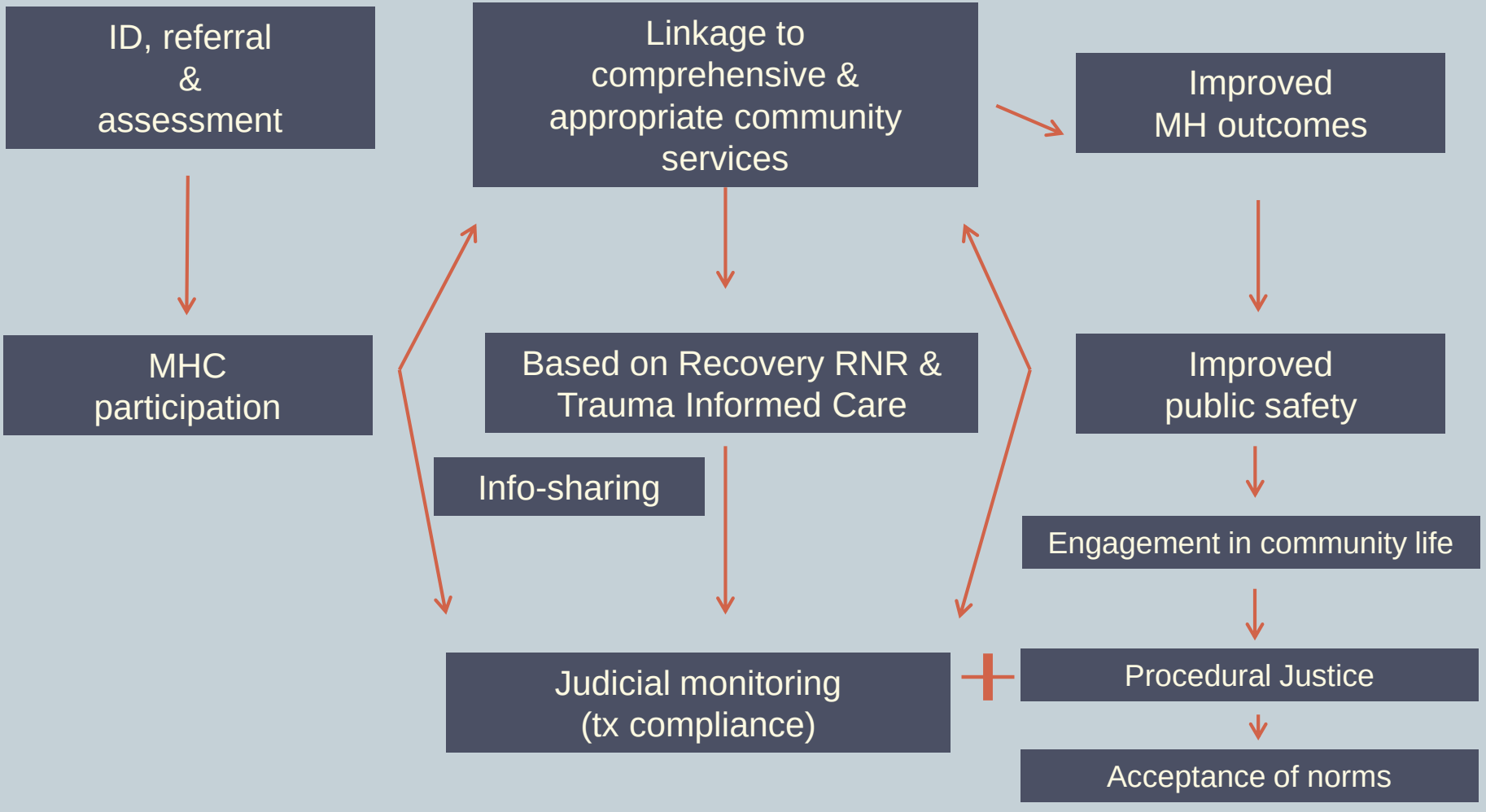
BI Brain Injury

Psychology Statistics from 1st October 2016 to 30th September 2017



Strategic Reports & Mental Health in the CJS

How do Mental Health Courts Work?



How do Mental Health Courts Work?

Medication
Integrated co-occurring disorder treatment
Trauma Interventions
Cognitive Behavioural Therapies
Supported Employment
Housing
Case Supervision & Management

Procedural Justice & Mental Health Courts: Effectiveness

MHC's & perceived PJ vs. Traditional Courts

- Washington DC Mental Health Court Diversion Programme
- MHC group & comparison group
- Both received same case management

MHC Participants

- Fewer arrests
- Fewer re-arrests
- Compliant with medication
- Engagement in treatment

Even short-term judicial interaction had significant impact on behaviour & public safely (Hiday, Wales & Ray, 2013

Relationship between MHC Judge & Participant

"The judge-participant relationship relies on catching participants in **success** and not failure…The judge walks alongside the participant, reflecting back…even small successes so that the participant can gain the **confidence** to make a commitment to *treatment & to change*."

(Traver & Rhoades, 2013)

What Are The Benefits of these Problem Solving Courts?

Higher rates of MHC completion

Reduced over-arrests, incarceration & warrants (Redlich & Han, 2013)

Therapeutic Alliance: Engagement with treatment

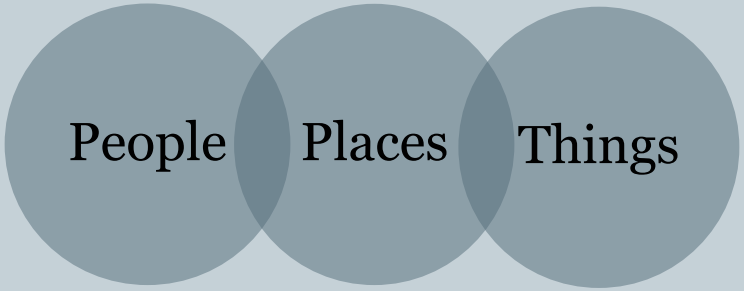
Focus on MH Court and treatment adherence

Promotes a recovery model

Recovery Model to MH & MH Courts

- Recovery: **A process of change** which individuals improve their health & well being, live a self-directed life & strive to become a valued citizen in society

- Dimensions: Health, Hope, Purpose, Community



- Principles
  - Hope
  - Person-driven
  - Many pathways
  - Supported by peers
  - Supported through relationships, addressing trauma
  - Involves individual, family & community strengths & responsibility

Are Problem Solving Courts Effective At…

1. **Reducing** recidivism during treatment?	**YES** ☑
2. **Reducing** recidivism after treatment?	**YES** ☑
3. **Reducing** time in prison?	**YES** ☑
4. **Improving** connections to treatment?	**YES** ☑
5. **Save Money?**	**YES** ☑

Hope…

Hope for the **individual**

Hope for **community & victims**

Hope for the **family**

Hope for the **Criminal Justice System**

Thank You