



Rehabilitation of offenders with cognitive impairment in Estonia

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General statistics

	Tallinn prison	Viru prison	Tartu prison	Police dep. chambers	Total
Inmates	503	782	869	6	2160
Under arrest	246	76	76	183	581
Prisoners total	749	858	945	189	2741
including:					
underage	4	17	0		21
women	121	11	10		142
lifelong prisoners	0	19	22		41
prisoners in open prison	92	45	36		173
On probation	2285	1084	1066		4435
Staff	581,8	466,5	422,3		1470,6
Psychiatrist	2 (2)	2 (1)	2,5 (1,2)		
Mental health nurse	0	1	1		
Clinical psychologist	0	2 (1)	1		
Psychologist	9	7	8		

Prisoners with psychiatric disorders

- Very little research in Estonia
- Estimate: 50-65% of prison population
- In young offenders unit over **90% of prisoners** are diagnosed with a mental or behavioural disorder

Psychiatric visits in Tartu Prison, 2016

About 900 prisoners in total (some have more than one diagnosis)

- **16 Organic mental disorders**
- **397 Substance use disorders**
- 19 Schizophrenia, schizotypal and delusional disorders
- 68 Mood disorders
- 215 Neurotic, stress-related disorders
- 78 Personality disorders
- **65 Mild mental retardation**
- **16 Hyperkinetic disorders**

Prisoners with cognitive impairment (CI)

- Behavioral problems and impulsiveness
- Bullying and abuse by other prisoners
- Most difficult: F70.1 Mild mental retardation with significant impairment of behaviour
 - Conflicts with other prisoners and staff
 - Solitary confinement
 - Self-injury

Prisoners with CI: problems (cont.)

- Need for special attention from the whole staff
- Staff lacks knowledge on mental and behavioural disorders
- Addressing recidivism risk factors is complicated
- Estonian prison system still tends to emphasize security rather than rehabilitation

Prisoners with CI: Addressing the problem

- Raising awareness among prison staff
- Re-evaluating curriculum in the Estonian Academy of Security Sciences
- Probation services sending offenders to local mental health centres
- Increasing number and competence of mental health staff in prisons

Prisoners with CI: Rehabilitation

- Medical treatment (AD, antipsychotics)
 - Basic education for students with special needs in Tartu Prison
 - Individual psychotherapy and psychological counselling
 - Individual and group sessions
 - Improving social skills
 - Vocational activities
 - Special needs sports group
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Prisoners with CI: Rehabilitation (cont.)

In the near future:

- Greenhouses for prisoners with CI for vocational purposes
- A special rehabilitation program for prisoners with cognitive deficits

Developing a new rehabilitation program

- Can be conducted in groups as well as individually
- Can be applied as a whole or partially as needed
- Tailored for offenders with mental retardation

Developing a new rehabilitation program (cont.)

- Emphasis on social skills training
 - Communication, conversation, personal space
 - Dealing with social pressure and self-assertion
 - Problem solving
 - Dealing with emotions
 - Anger, offence, sadness, fear
 - Self-control mechanisms and techniques
 - Empathy and helping others
 - Sexual education
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Young offenders unit in Viru Prison

Rehabilitation team assigned to each youth

- Evaluation and intervention
- Team members:
 - Psychiatrist
 - Mental health nurse
 - Psychologist
 - MDFT therapist
 - Social worker
 - Probation officer
 - Social pedagogue
 - Correctional officer
 - Others as needed

Young offenders unit in Viru Prison (cont.)

- School (mandatory for under 18yo)
- Individual counselling
- MDFT (Multidimensional Family Therapy)
- Music and dog therapy
- Rehabilitation programs (some tailored for youths – EQUIP)
- Motivation program (ex. treats, TV, home visits)
- Recreational activities (ex. art, running club, yoga)
- Work options

Discussion

- Is imprisonment purposeful for offenders with cognitive impairment (mental retardation, hyperkinetic disorders, etc.)?
 - What would be the best alternatives?
- What kind of rehabilitation activities should correctional systems provide for offenders with CI?
 - In prisons and also on probation.



THANK YOU!

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