

Resetle : A joint Criminal Justice/ Health partnership approach to high risk offenders with Personality Disorders

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Aims of the workshop

- To outline the UK National Offender Personality Disorder strategy:
The wider context and guiding principles
- To describe the Resettle Project:
Lessons learnt 6 years on.

Personality Disorder in the CJS

- High costs of unmet need and unaddressed risks
- High levels of complex need and co-morbidity eg
 - substance misuse
 - learning disability
 - mood disorders eg depression / anxiety
 - socio economic disadvantage

What is Personality Disorder?

The three P's

Persistent

- longstanding
- relatively stable over time (from mid adolescence onwards)

Pervasive

- across different contexts (eg relationships, emotional responses, employment etc)

Problematic

- deviating markedly from social norms
- causing distress to self and / or others

Prevalence of Personality Disorders

Estimates vary but around:

- 1 to 10% of the general population
- 25% of whom have multiple mental health issues
- 50% – 70% of male prison population
- 30% of female prison population

NB: many of whom will never have had any mental health assessment in prison.

PD: The Wider Context

National Drivers:

- Joint commissioning – NHS and NOMS
- Offender PD Strategy
- De emphasis on individualised, medical models

Criminal Justice:

- Breaking the cycle
- Transforming rehabilitation
- MAPPA
- Prison overcrowding

Mental Health:

- PD: No longer a diagnosis of exclusion (2003)
- NICE Guidance
- Increased optimism
- New Horizons
- No Health without Mental Health

The Offender PD Strategy (2012)

- Improved risk assessment, planning and case management **in the community**;
- Workforce development: equipping staff with the **right skills and attitudes** to work with this group of high risk offenders;
- Planning and delivery is based on a **whole systems pathway** approach;
- Treatment and management is **psychologically informed**
- The **experiences and perceptions of offenders** is central.

Resettle:

- Jointly commissioned / funded / delivered
- Probation Referrals
- All subject to Multi Agency Public Protection Arrangements
- On conditional release from prison
- Link between PD and risk

The Resettle approach: some key elements

- Prison In-Reach
- Collaboration with Approved Premises
- Integrated service model; (including out of hours support)
- Joint multidisciplinary team based decisions
- Offender management and Police roles integrated into the team
- Highly responsive risk management plans
- Ongoing contact post recall and work to secure re-release

Added value of a joint approach

- Biopsychosocial formulations
- Individualised targeted interventions
- Wellbeing and risk issues seen as interrelated
- Relationship based approach
- Importance of staff support and supervision

Some feedback

- ‘Just be there for me when I am struggling’
- ‘It can feel embarrassing to ask for help - need others to tell you it’s OK’
- ‘Have support but be treated like an adult...I am 47 years old but never lived independently’
- ‘Need to adjust to life...basics...get things sorted’
- ‘Being alone scares the living daylights out of me, especially after prison’

Some lessons learned

- Consent and high level commitment is possible
- Progress takes time and patience
- Importance of valuing and respectful relationships
- Impact of promoting hope and encouraging self determination
- Significance of social reintegration
- Importance of staff support and supervision to understand emotional reactions to clients



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