



Trauma-Informed Homes:
***Balancing Care and Control in the
Journey from Custody to Community***

3 December 2025

An ally for change

Supporting justice and social care agencies to support sustained positive change



Trauma-informed homes and outreach

Safe, nurturing empowering homes to address a range of needs, vulnerabilities and risks.



Behaviour change practice

Interventions to target the psychological and social factors contributing to harmful behaviour.



Training and research

Training and research to advance practice and knowledge in justice and social care.

CEP member organisation since 2018, winner of CEP public protection award for Eden House in 2022.

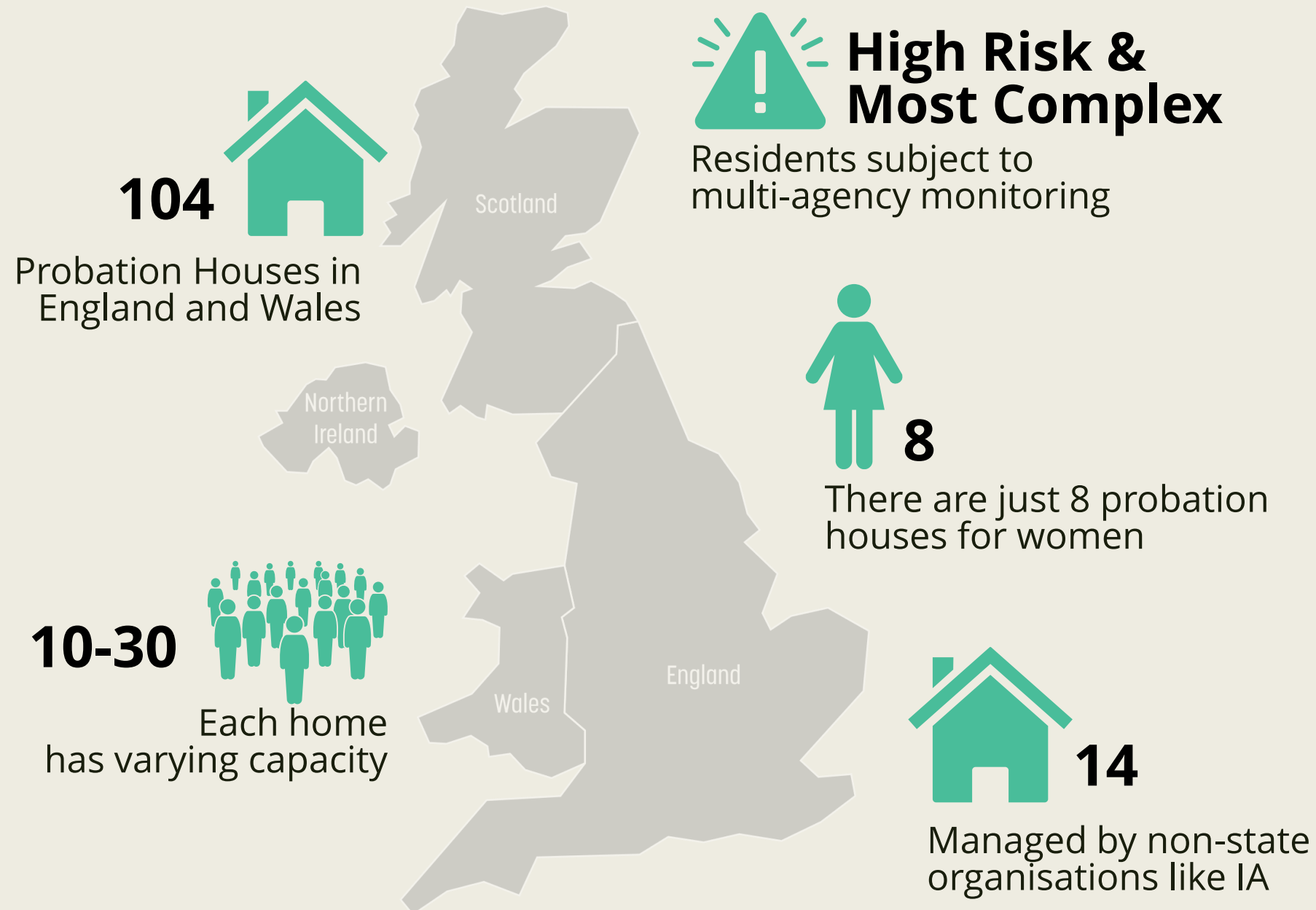




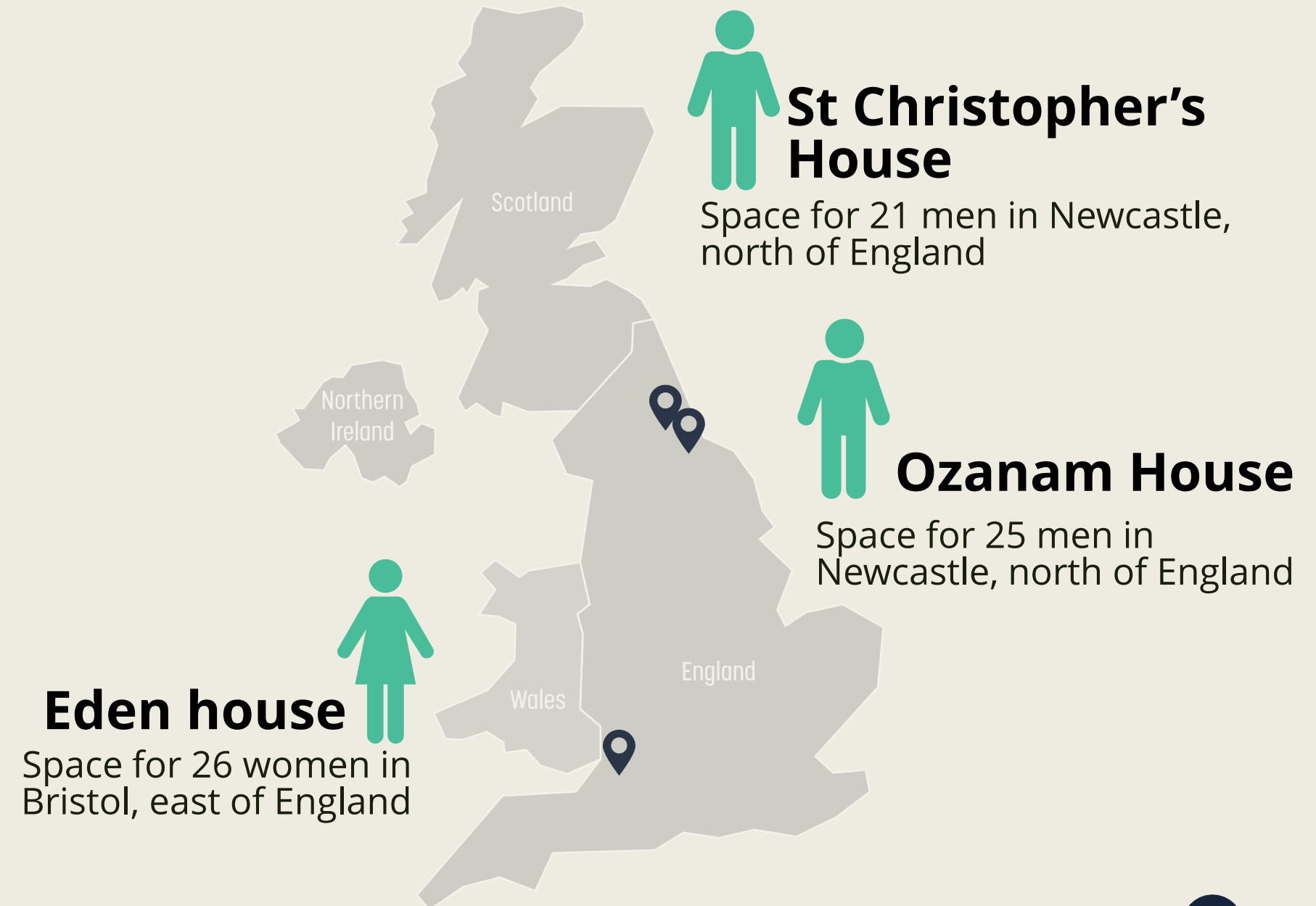
The response – probation houses

A place to manage risk and create space for rehabilitation

Nationally



Our role



How probation houses work

Referrals from the National Probation Service (prisons and community)



Manage risk

- Key work sessions
- Curfews
- Sign-in requirements
- Exclusion zones
- Drug-testing



Create space for rehabilitation

- Keywork sessions
- Community support
- Pro-social activities
- Enabling Environments
- Recovery Sessions
- Move-on Support

Preparing people for return to community

Probation houses offer space for people being released temporarily from custody to adjust to life in the community. In 2024, our homes in Newcastle looked after 40 men on this basis. This prepares people – perhaps who are serving a long sentence – for life after custody.

As an independent organisation, we have professional autonomy to structure our teams according to need – e.g., appointing a full-time drug support worker .

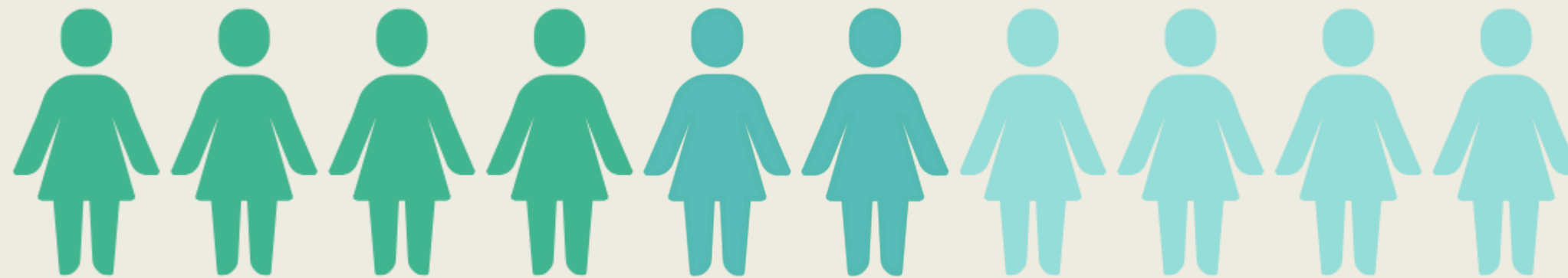


What next for our residents?

Move on: 42%

Recall: 20%

Other arrangements: 38%



Move on: 43%

Recall: 34%

Other arrangements: 23%



Outcomes change hugely, dependent on the resident cohort.

Moving Forward Homes Pilot

Leaving a supervised and supported home and finding somewhere permanent to stay in a huge stressor for residents.

That's why in Newcastle we've developed a new pilot which offers a home and tapered support for up to two years after leaving the probation house.



Practice Insight – breaking a pattern

About

- A male with long-term alcohol-related and violent offending rooted in childhood trauma.
- Multiple stays in probation houses following convictions for manslaughter, harassment and assault.
- Alcohol misuse and unhealthy relationships consistently linked to offending.

Rehabilitation and reintegration

- Earlier stays had been disrupted by continued drinking and breaches, leading to recall.
- This time focussed on monitoring behaviour and more intense rehabilitative support to address alcohol use.
- Latest stay strengthened by an abstinence tag, tighter conditions and consistent keyworker.

Outcome

- Maintained sobriety and developed other protective factors (engaging with literacy and mental health services).
- Moved on successfully to the Moving Forward Homes pilot to benefit from continued structured support.



Practice Insight – establishing a new home

About

- Older woman convicted of murder, spent 16 years in prison and had never lived independently.
- Relationship history included domestic abuse linked with alcohol.
- Key worker engaged pre-arrival via video link to build rapport, assess health and mobility needs and understand family estrangement.

Rehabilitation and reintegration

- Alcohol use, risk to future partners, emotional distress and suicide ideation.
- Individual 1-2-1 sessions in a confidential environment due to hearing loss, regular probation officer contact, bi-weekly professionals' meetings and 11-months of multi-agency oversight.
- Joint planning by key worker and probation included transport support, medical escort assistance, curfew (1900-0600), daily sign-ins and multiple rehabilitative sessions per week

Outcome

- Engaged well with tailored support and rehabilitative to support reintegration.
- After 12 months, successfully moved into independent housing and is re-settled in the community.



Over to you – an example scenario

Yasmin had a traumatic childhood. She was the victim of sexual abuse by her father from the age of 7. Her parents misused substances, and she started using drugs from the age of 11. She has been diagnosed with Emotional Unstable Personality Disorder and has a long history of violent offences linked to drug use.

Yasmin is being released from prison after serving 9 months for a domestic assault against her partner. Information from the prison shows that she had 3 sanctions in prison for violence towards other prisoners.

She is being released on licence to a probation house with some additional conditions:

- *to engage with drug and alcohol services.*
- *curfew 8pm to 6am*
- *drug testing*

Yasmin does not want to come to the probation house and wants to return to a friend's address. This is not permitted.



Panel discussion and colleague questions



Summary

- Probation houses taper the adjustment from a highly controlled environment in prison to open society.
- They manage risk and create opportunity for rehabilitation and reintegration.
- Success can be incremental rather than dramatic.
- The model supports public confidence while giving our residents space to make some tough changes on return from prison.



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