



## Prison Release Project

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**Presented by:**

Service User Involvement Team

**Date:** 16/05/2019



Our mission is to help people change the direction of their lives, grow as a person and live life to its full potential.

# Snapshot - steps we've taken...

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## Research

- issues affecting people

## Analysis

- 114 people - prison release clinic (Scala House)
- 4 week period - March 2019

## Asked people to share their experiences

- experience (day 1 and 2)
- what did they need?
- did we (CGL) meet their needs?
- what could be done differently?



# Research

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## Short sentences...

- 6 months or less (non-violent crimes)

## Revolving Doors Agency

### 'Short Sighted' campaign

- 'Freedom of Information' legislation
- 3 in 5 report a drug or alcohol problem on arrival at prison
- 1 in 4 are released homeless
- 7 in 10 reoffend within a year of release



# Research

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## Those 'caught up' in the 'revolving door'

- affected by 3 significant issues, simultaneously (60,000)
- offending, substance misuse, homelessness (men)
- women - domestic violence, sex work (to avoid sleeping rough/hostels)



# Research

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## Revolving Door Agency ‘Expert By Experience’

*“I have done 19 short prison sentences in the last 20 years. A lot of the time I didn’t get any interventions [to address] the problems that led me to being in custody – substance misuse, alcohol, drug addiction, homelessness.*

*These are the reasons I was breaking the law - to try and get myself somewhere to live for the night, to fund my addiction and just to survive really.”*



# Analysis - CGL referrals from prison

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## Referrals by gender...



82%



18%

# Analysis - CGL referrals from prison

## Referrals by medication status...



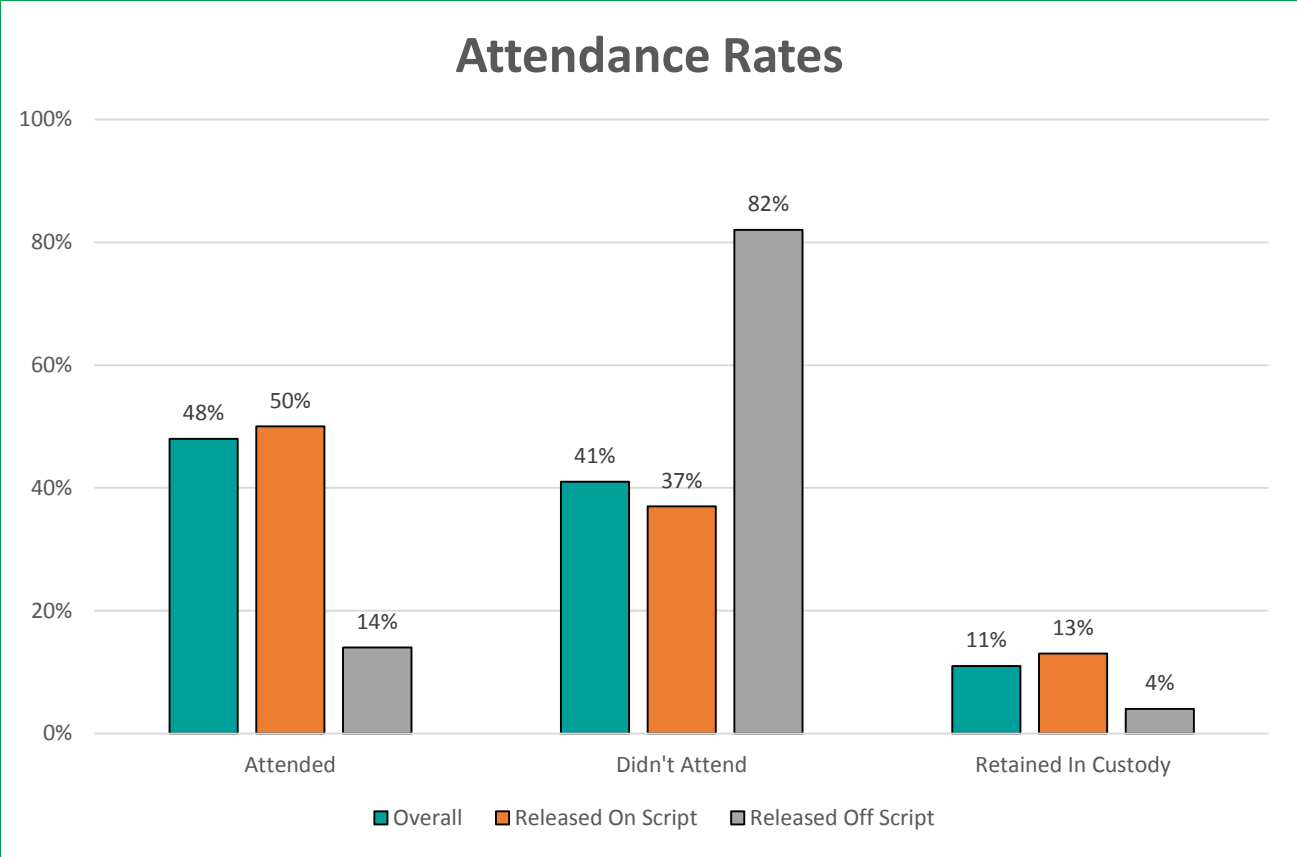
75%



25%

# Analysis - CGL referrals from prison

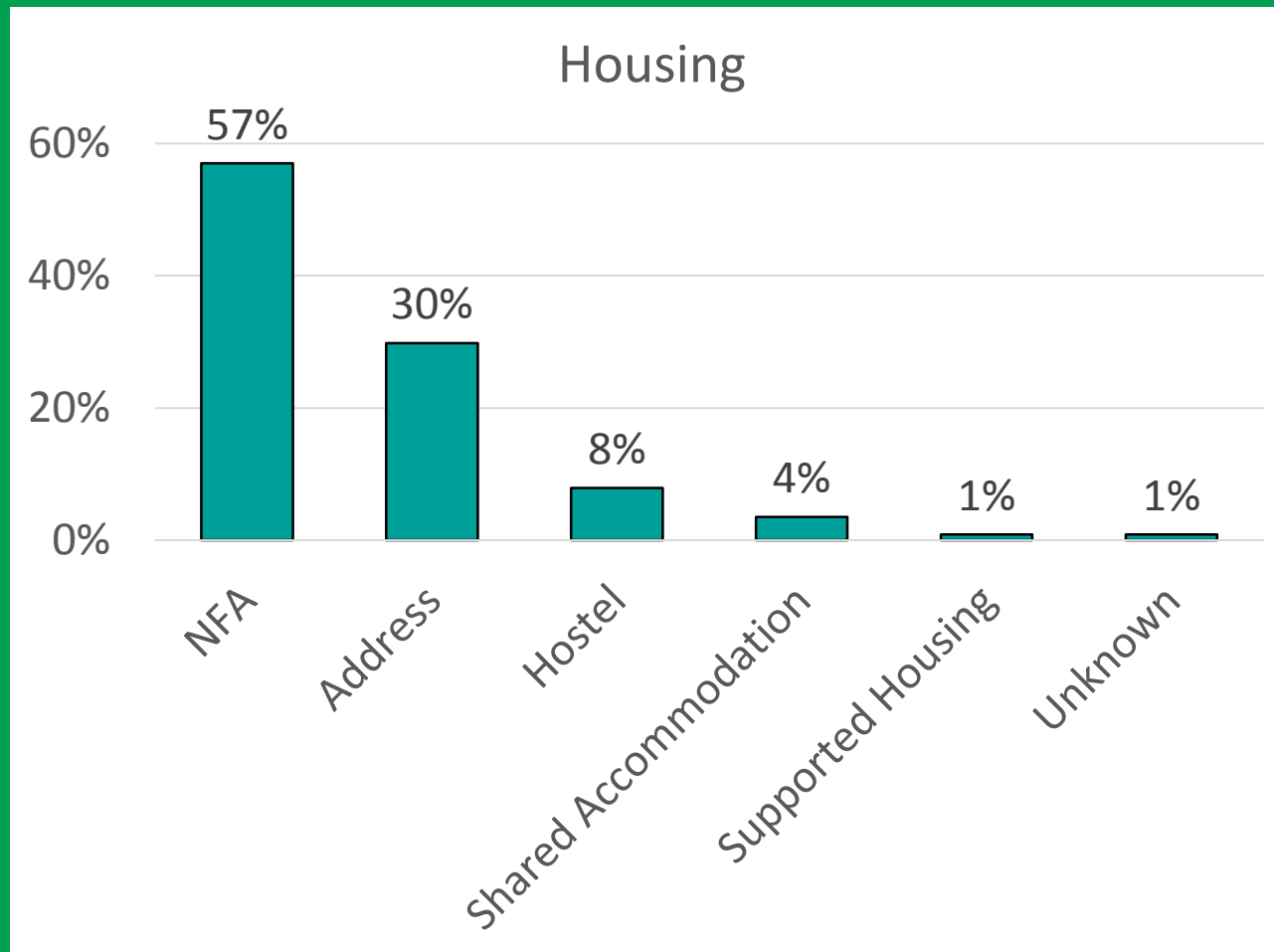
## Initial appointment attendance rates (overall)...





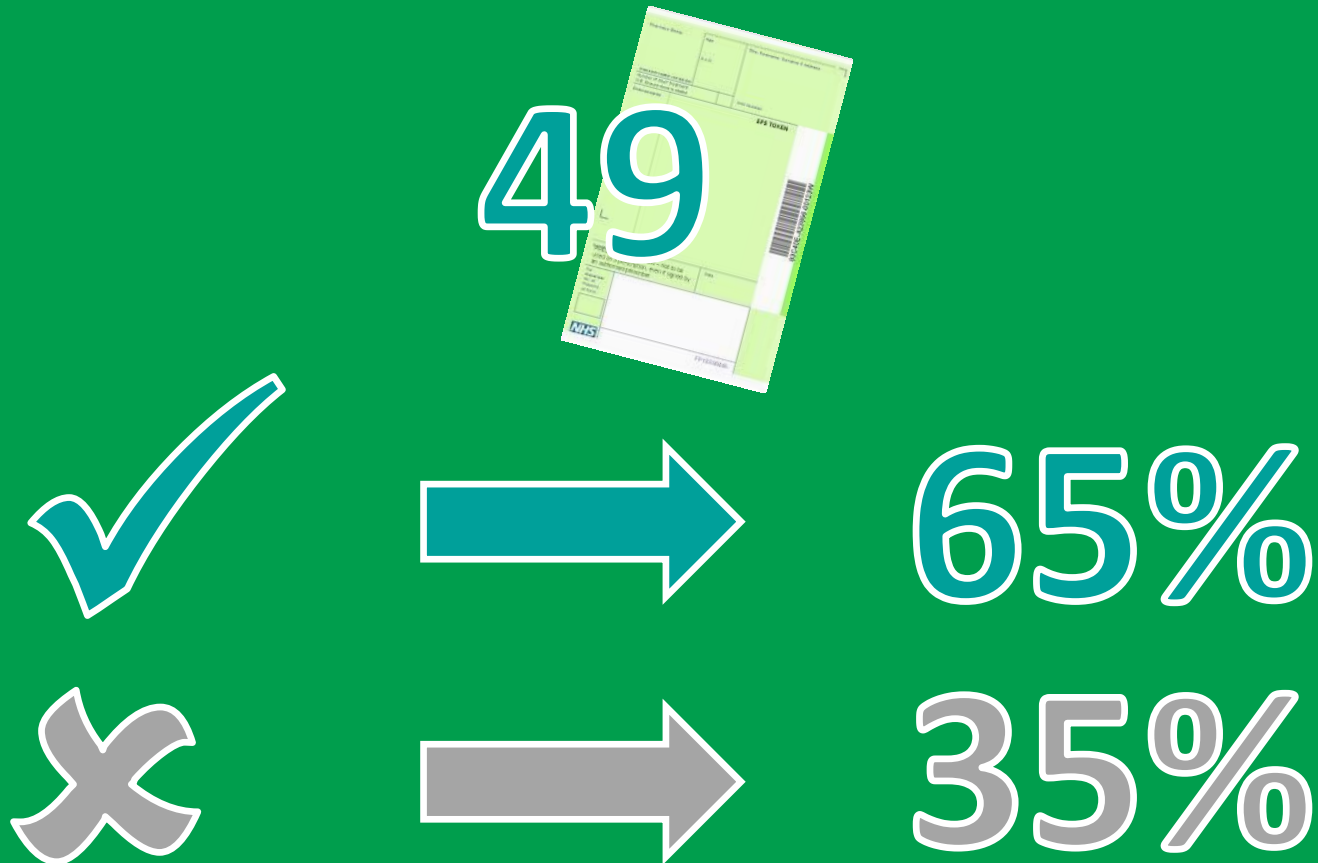
# Analysis - CGL referrals from prison

## Referrals by housing status...



# Analysis - CGL referrals from prison

Of the 114 people who were booked into our prison release clinics in the month of March...



# Analysis - CGL referrals from prison

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Optimal dosing...

Buprenorphine  
12 - 16mg

Methadone  
>60mg



66%



34%

# Analysis - CGL referrals from prison

Return to prison rates...after 4-8 weeks...



# Analysis - CGL referrals from prison

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Address status of those returning to prison...



78%



12%

# Lived experiences - our approach

Questionnaire...two parts...

Wider picture

On the day

Age	.....	Gender (circle)	Male	Female	I live in Birmingham (circle)	Yes	No			
When were you released from prison?	.....	What type of sentence did you serve? (circle)	Short	Medium						
What is your housing situation? (circle)	Homeless	Hos	Shared Housing	Supported I	How would you rate the support you received from our service today?	Excellent	Good	Okay	Not Good	Poor
What do need support with now you are out of prison? (circle)	Housing	Mental	Benefits	Emplo	Please explain why you gave this answer	..... ..... .....				
Which of the above is the issue you feel is the most important you get support with and why?	..... ..... .....				Have you got any other appointments with other services today? (circle)	Yes	No	If yes, please list which services your appointments are with	1 ..... 2 ..... 3 .....	
					When CGL are supporting people who are released from prison, they can support them better by...	..... .....				

# Lived experiences - emerging themes...

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## Scala House...

- flexibility - appreciated
- waiting times - mixed feedback
- treatment needs - mixed feedback
- overwhelming - amount of people



Bournville

Newtown

East

North

# Lived experiences - emerging themes...

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## Additional commitments...

- Probation - convenient location
- Housing - NFA
- Benefits - Job Centre





## Lived experiences - emerging themes...

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### Housing...

↑ 2/3 - housing need

NFA      Unsuitable

*“it takes one bad egg to disrupt a whole house”*

*“I’m getting stung by a weekly service charge that’s making it hard for me to get by”*

*“I want to work but I can’t”*

# Lived experiences - emerging themes...

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## Benefits...

- **New claims - 6 plus weeks**
- **Emergency payments - repaid quickly**
- **Universal credit**
  - went in on ESA, out to UC claims
  - technology



# Lived experiences - emerging themes...

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## Mental Health...

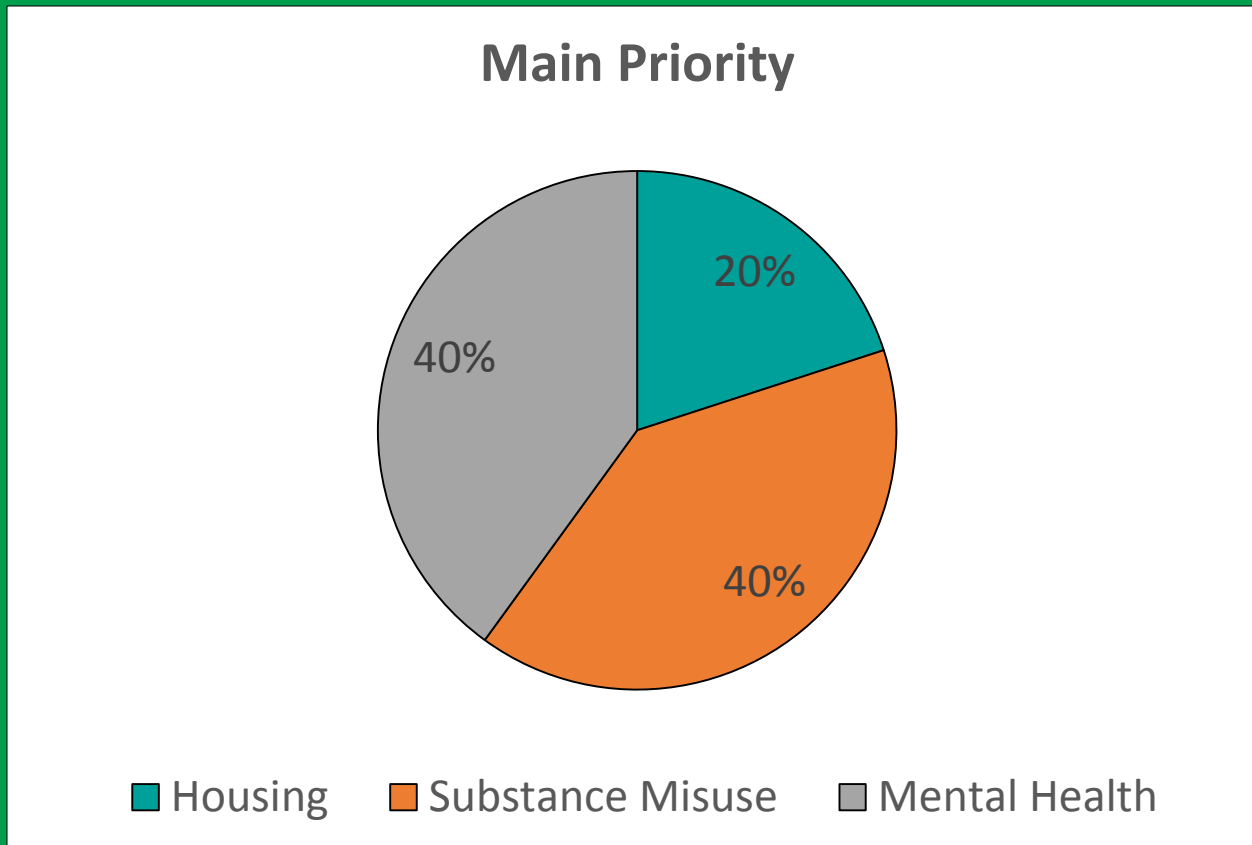
↑ 2/3 - mental health

- hard to get support
- GP - not taken seriously
- GP - referral (no evidence)
- when you're abstinent, we'll look at your mental health

# Lived experiences - emerging themes...

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## Most important outstanding need...



# Recommendations...

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## Prisons...

- **quality of referrals (minimal information)**
- **is a CGL referral really wanted/needed? If yes, what type of support is need? Self referral option?**
- **medication charts - sent routinely on the morning of release/court**
- **final dose - day of release**
- **maps - key appointments**
- **better communication - CGL/prison when people are retained in custody**
- **NFA - what area of Birmingham are they likely to reside in?**
- **mental health screening - GAD7, PHQ-9**



# Recommendations...

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## CGL...

- increased choice treatment options...
- central point of contact - prisons
- GP summaries - less pressure (Probation?)
- new venues - clear directions/maps
- Espranor - better information including the reasons why
- prison in-reach - (video link)
- mutual aid information



# Recommendations...

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## Probation

- housing - better notice
- maps - key appointments
- family - change in approach
- person centred focus - goals



## Overarching Recommendations...

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mental health

staggered housing

appointments

~~Fridays~~ benefits