



# Probation Bench Guide

Information for Magistrates'  
Courts in England and Wales

**Edition One**  
**May 2005**

**NOMS** National Offender  
Management Service

Working together to reduce re-offending

# About this Guide

This guide is designed to give magistrates summary information about the services offered by the National Probation Service (NPS), in relation to the new sentences available under the Criminal Justice Act 2003. It does not, however, cover provision for the under 18s.

**This guide does not purport to be an authoritative guide to the law but represents the views of the National Probation Directorate and NOMS. It does not seek to replace detailed guidance from the SGC and your legal adviser.**

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# Pre-Sentence Report

## Purpose

To provide information to the sentencing court about the offender and the offence committed and to assist the court to decide on a suitable community-based or custodial sentence. A pre-sentence report (PSR) is required in every case unless the court is of the opinion that it is unnecessary.

## Type of Report

### Oral Report

Oral advice can be provided instead of a written PSR where the court requires only a limited amount of information.

### PSR

Under the new sentencing structure two national PSR templates are available:

#### **Fast Delivery PSR:**

- normally to be completed on the same day but may be completed within five days. The NPS will not normally do a full OASys (Offender Assessment System) assessment.
- normally suitable for low seriousness cases and a significant amount of medium seriousness cases, where the court has indicated that it is considering passing a Community Order and requires a PSR
- sometimes suitable for straightforward custodial cases that do not require extensive information and analysis

## **Standard Delivery PSR:**

- for completion after an adjournment and based on a full OASys assessment
- normally suitable for high seriousness cases and some medium seriousness cases, where the court has indicated that it is considering passing a Community Order and requires a PSR
- normally suitable where a custodial sentence is being considered by the court

## **When is a PSR not required?**

The Sentencing Guidelines Council (SGC) makes clear that there will be times when a PSR is unnecessary. This could be considered in low seriousness Community Order cases where the sentencer is minded to impose a single Requirement and where the sentence will not require the involvement of the NPS. A PSR would also be unnecessary in cases where the sentencer is minded to impose a fine only.

## **When ordering a PSR**

Where the court is minded to impose a community sentence it is expected that the court will indicate the seriousness of the offence and the purpose of sentencing that the order is required to fulfil. This enables the report writer to focus the report and the recommendation on the court's view of the case.

# The Community Order and its Requirements

## What is it?

Under the new Act, the different community sentences previously available for adults have been replaced by a single Community Order with a range of 12 possible Requirements. Courts are able to choose different Requirements to make up a bespoke Community Order.

## How does it work?

It applies to offences *committed* on or after 4 April 2005. Offences committed before 4 April will be sentenced under the old legislation. Each order must contain at least one of the 12 Requirements. The order can run for up to three years. There is no minimum duration, but some of the Requirements have a minimum number of hours that must be imposed.

## Deciding on the Requirements

Requirements may be combined subject to:

- their being compatible
- their suitability for the offender
- the offender's religious beliefs or times of work and education not being compromised
- the overall restriction on liberty or punitive content being commensurate with the seriousness of the offending (that is, the seriousness of the current

offence(s) and any recent and relevant previous convictions).

Advice on suitable combinations of Requirements, and the availability of electronic monitoring to secure compliance, will be provided by the NPS. The sentencing proposal will reflect the court's initial indication as to low, medium or high seriousness.

The SGC Guidelines indicate the number and type of Requirements that may be appropriate for different seriousness levels. For low seriousness cases they say that "in most cases only one Requirement will be appropriate and the length may be curtailed if additional Requirements are necessary".

**The following descriptions of the 12 Requirements include suggestions for duration at the different seriousness levels. This is the NPS interpretation of what could be included and is based, where available, on the SGC Guidelines. The descriptions also include suggested main purposes. Courts will of course wish to make their own judgment on a case-by-case basis.**

It is expected that a court will indicate its initial purpose of sentencing from the statutory list below, which the NPS proposal will also reflect.

- The punishment of offenders
- The reduction of crime (including its reduction by deterrence)
- The reform and rehabilitation of offenders
- The protection of the public
- The making of reparation by offenders to persons affected by their offence

### **Breach of a Community Order**

Following a breach of a Community Order the court must either:

- amend the order to make it more onerous, for example by adding a Requirement or by extending the duration of an existing Requirement (but not beyond the limits that apply to that Requirement nor beyond the three-year limit of a Community Order);
- revoke the order and re-sentence the offender as if he had just been convicted;
- if the original offence was not punishable with imprisonment but the offender has wilfully and persistently failed to comply with the order, revoke the order and sentence the offender to a custodial sentence of up to 51 weeks.

Where the order was made by the Crown Court (and that court directed that failures to comply should be dealt with by the Magistrates' Court) the Magistrates' Court dealing with the breach may instead remand the offender in custody or release

him on bail to appear before the Crown Court.

The court cannot:

- take no action
- issue a warning
- impose a fine

and allow the order to continue unamended.

# Unpaid Work

## Main purposes

Punishment + reparation + rehabilitation

## What is it?

It replaces Community Punishment. The number of hours must be specified between 40 and 300 and should normally be completed within 12 months.

## Usefully supported by:

An Activity Requirement may be appropriate, where a significant amount of skills learning is necessary. The NPS may recommend that the hours of unpaid work ordered should be reduced according to the likely amount of work to be undertaken within the Activity Requirement. This will depend on the seriousness of the offence.

## Further information required?

The court must be satisfied that the offender is suitable to perform work.

## Seriousness levels

Low — 40 to 80 hours

Medium — 80 to 150 hours

High — 150 to 300 hours

# Activity

## Main purpose

Rehabilitation + reparation

## What is it?

A package of possibly wide-ranging activities, from day centre attendance to education and basic skills assessment and training, to reparation to victims or persons affected by the offending.

## Usefully supported by:

A Supervision Requirement may be appropriate to provide additional support. An Unpaid Work Requirement may also be recommended for medium or high seriousness cases where additional punishment is considered appropriate.

## Further information required?

The court must be satisfied that compliance is feasible. An Activity Requirement cannot be made without the consent of any person whose co-operation is necessary for compliance. The consent of the offender is not necessary.

## Seriousness levels

Medium — 20 to 30 days

High — up to the maximum 60 days

# Programme

## Main purpose

Rehabilitation

## What is it?

A groupwork or individual programme accredited by the Correctional Services Accreditation Panel and designed to address attitudes and behaviour that contribute to offending. Programmes fall into five categories:

- General offending
- Violence
- Sex offending
- Substance misuse
- Domestic violence

*See section 4 for details of programmes available in your area.*

## Usefully supported by:

A Supervision Requirement will usually be appropriate to provide additional support.

## Further information required?

The court cannot include a programme in an order unless the NPS has recommended it as suitable for the offender and available. The specific programme should be named at the point of sentence.

## Seriousness levels

Medium — High

# Prohibited Activity

## Main purposes

Punishment + protection

## What is it?

The offender must refrain from participating in activities on a particular day or days or during a period of up to three years.

Examples include prohibition from: entering any licensed premises; attending any football match; communicating with any minor without the approval of the responsible officer.

## Usefully supported by:

A Supervision Requirement may be appropriate to support and reinforce desired changes in behaviour.

## Further information required?

The court must consult the NPS before including such a Requirement in an order.

## Seriousness levels

Low — Medium — High (up to three years)

# Curfew

## Main purpose

Punishment + protection

## What is it?

The offender must remain at a specified place for certain periods (between two and 12 hours in any one day) and limited to up to six months of the order being made. The curfew can be at different places and/or different periods on different days. The court must impose electronic monitoring unless it is not available, the necessary consent has not been given, or the court considers it inappropriate.

## Usefully supported by:

A Supervision Requirement may be appropriate at a high level of seriousness to support desired changes in behaviour. May also be used alongside an Unpaid Work Requirement.

## Further information required?

The court must obtain and consider information about the place of curfew, including information about the attitude of persons likely to be affected by the enforced presence of the offender.

## Seriousness levels

Low — a few weeks

Medium — two to three months

High — four to six months

# Exclusion

## Main purposes

Punishment + protection

## What is it?

The offender may not enter a specified place or places for a period of up to two years. The exclusion can be limited to particular periods specified and at different places for different periods or days. The court must impose electronic monitoring unless it is not available, the necessary consent for the monitoring has not been given, or the court considers it inappropriate.

## Usefully supported by:

A Supervision Requirement may be appropriate to support and reinforce desired changes in behaviour.

## Further information required?

Please check with the NPS whether this Requirement and electronic monitoring are available in your area.

## Seriousness levels

Low — a few months

Medium — about six months

High — about 12 months

# Residence

## Main purposes

Rehabilitation + protection

## What is it?

The offender must reside at the place specified, either an approved hostel or private address.

## Usefully supported by:

A Supervision Requirement will usually be appropriate to provide additional support and contact after moving to next-stage accommodation. Residence at an approved hostel automatically includes a supervised curfew.

## Further information required?

Residence in a hostel or institution must be proposed by the NPS. The court must consider the home surroundings of the offender.

## Seriousness levels

Medium — High (up to 36 months)

# Mental Health Treatment

## Main purpose

Rehabilitation

## What is it?

The offender is required to undergo treatment by or under the direction of a medical practitioner and/or chartered psychologist with a view to the improvement of the offender's mental condition.

## Usefully supported by:

A Supervision Requirement may be appropriate to provide additional support, except where treatment is residential.

## Further information required?

The court must be satisfied that:

- on the evidence of a registered medical practitioner, the mental condition of the offender is such as requires and may be susceptible to treatment, but does not warrant the making of a Hospital or Guardianship Order
- the offender is willing to comply
- treatment can be arranged

## Seriousness levels

Medium — High (six to 36 months)

# Drug Rehabilitation

## Main purpose

Rehabilitation

## What is it?

A Requirement of at least six months to have treatment to reduce or eliminate dependency on or propensity to misuse drugs, and to be regularly tested for drug use. Progress reviews by the court at intervals of not less than one month are optional for Requirements of up to 12 months and are mandatory over 12 months.

## Usefully supported by:

A Supervision Requirement will usually be appropriate to provide additional support except in low seriousness cases. A substance misuse programme may also be undertaken through a separate Programme Requirement.

## Further information required?

Cannot be imposed unless the NPS has recommended it as suitable for the offender and the offender is willing to comply. The court must also be satisfied that:

- the offender is dependent on, or has a propensity to misuse drugs, and this requires and is susceptible to treatment
- treatment can be arranged

## Seriousness levels

Low — six months

Medium — six to 12 months

High — 12 to 36 months

# Alcohol Treatment

## Main purpose

Rehabilitation

## What is it?

A Requirement of at least six months during which the offender is required to attend treatment (residential or non-residential) with a view to reducing or eliminating dependency on alcohol. A qualified or experienced person to deliver treatment must be specified.

## Usefully supported by:

A Supervision Requirement will usually be appropriate to provide additional support, except in low seriousness cases when orders with a single Requirement are more appropriate. If necessary the use of a substance misuse programme or the Drink Impaired Drivers Programme may be undertaken through a separate Programme Requirement.

## Further information required?

The court must be satisfied that:

- the offender is dependent on alcohol, and requires and may be susceptible to treatment
- the offender is willing to comply
- treatment can be arranged

## Seriousness levels

Low — six months

Medium — six to 12 months

High — 12 to 36 months

# Supervision

## Main purpose

Rehabilitation

## What is it?

Requires the offender to attend regular appointments with the responsible officer or another person determined by the officer to promote rehabilitation. During the period of supervision, the NPS will undertake work with the offender to change attitudes and behaviour, for example:

- Monitor and review patterns of behaviour
- Increase motivation
- Provide practical support to increase compliance with other Requirements
- Support and reinforce learning
- Deliver pre and post work for accredited programmes

## Usefully supported by:

A Programme Requirement and any of the three Treatment Requirements may be appropriate where supervision can provide initial motivational work and support. In many cases it may be used appropriately to support an Activity Requirement.

## Further information required?

No specific information is required.

## Seriousness levels

Low — up to 12 months

Medium — 12 to 18 months

High — 12 to 36 months

# Attendance Centre

## Main purpose

Punishment

## What is it?

The offender must attend an attendance centre for 12 to 36 hours, with a maximum of three hours per attendance and one attendance per day. Available for 18-24 year olds only.

## Usefully supported by:

This will be recommended as a stand-alone punishment for low seriousness offences.

## Further information required?

The court must be satisfied a centre is available and accessible to the offender.

## Seriousness levels

Low — 12 to 36 hours

# **Custodial Sentences of under 12 months**

At the time of publication Custody Plus was not due to be introduced until Autumn 2006. Until then, the existing arrangement of automatic release at the halfway point with no licence period will continue to apply.

## **Suspended Sentence Order (“Custody Minus”)**

### **What is it?**

A sentence of less than 12 months’ custody suspended for between six months and two years. During the period of suspension the court sets community Requirements from the same 12 options available for the Community Order.

The SGC Guideline says: “Because of the very clear deterrent threat involved in a suspended sentence, Requirements imposed as part of that sentence should generally be less onerous than those imposed as part of a community sentence. A court wishing to impose onerous or intensive Requirements on an offender should reconsider its decision to suspend sentence and consider whether a community sentence might be more appropriate.”

### **How does it work?**

A breach would result in a return to court for all or part of the original custodial

sentence to be imposed or, in some cases, the Suspended Sentence Order to be continued but the Requirements made more onerous.

The Sentencing Guidelines Council states that “the presumption is that the suspended prison sentence will be activated (either with its original custodial term or a lesser term) unless the court takes the view that this would, in all circumstances, be unjust. In reaching that decision, the court may take into account both the extent to which the offender has complied with the Requirements and the facts of (any) new offence.”

## **Intermittent Custody**

**Please check with the NPS whether this is available in your part of the country.**

### **What is it?**

A sentence of up to 12 months’ custody in which the offender serves the sentence intermittently, either at weekends or on weekdays. Between periods of custody the offender will be on licence and subject to NPS supervision. During the licence period the court may also impose additional conditions. The licence conditions that can be imposed by the court under Intermittent Custody are:

- Unpaid Work
- Activity
- Programme

- Prohibited Activity
- Curfew
- Exclusion
- Supervision
- Attendance Centre where the offender is aged under 25

In addition, all licences will include “standard conditions” insofar as they are compatible with other licence conditions. For example, standard conditions may include a requirement that the offender be of good behaviour and to live where reasonably approved by his supervising officer. The licence period will ordinarily continue after the custodial period.

Aims include allowing the following to continue:

- employment or education
- primary care responsibilities
- particular family or community contacts

Many offenders are suitable for Intermittent Custody. However, it is not suitable for those who would present a serious risk of harm if they were to come into the community immediately. The offender must consent and be recommended as suitable by the NPS.

### **How does it work?**

Weekend Intermittent Custody runs from Friday evening to Sunday evening and counts as three custodial days. Weekday Intermittent Custody runs from midday on

Monday to 2.00pm on Thursday, or at similar times from Tuesday to Friday, and counts as four custodial days.

For offences committed before 4 April 2005, offenders serve the total number of custodial days less any time held on remand. For offences committed on or after 4 April 2005 it will be for the court to decide if time on remand should count towards the custodial days imposed. In all cases the custodial days must be completed within the terms of the sentence i.e. the licence period. For example, it will not be possible to impose 45 custodial days to be served at weekends with an overall sentence of 14 weeks because it will take 15 weekends to complete the custodial part of the sentence.

At Magistrates' Courts, for any one offence the minimum overall sentence is 14 weeks and the maximum is 26 weeks. Within the overall sentence the minimum custodial element is 14 days and the maximum 45 days.

*The following section contains details of the programmes available in your Probation Area.*

*This guide will be updated regularly to reflect changes in practice and in the services offered to the courts. We would value your feedback. Please email any comments to:*

*ProbationBenchGuide@homeoffice.gsi.gov.uk*

# Enhanced Thinking Skills

## Programme aims:

- To change offenders' thinking and behaviour, to reduce the likelihood of re-offending

## Who is suitable?

Offenders, both men and women, who:

- pose a medium to high risk of re-offending
- have poor problem-solving skills
- do not think through the consequences of their actions
- are assessed as suitable in a PSR

## Who is not suitable?

- People whose offending is not linked to poor cognitive skills
- Offenders with serious mental health problems
- Offenders who cannot learn in a group setting
- Current sex offenders
- Domestic violence offenders who have not completed a domestic violence programme

## **The programme involves:**

- 20 sessions lasting between two and two-and-a-half hours
- A sequenced series of structured exercises designed to teach interpersonal problem-solving skills

# Think First

## Programme aims:

- To teach problem-solving skills and apply these skills to offending behaviour, in order to help offenders stop offending

## Who is suitable?

Offenders, both men and women, who:

- pose a medium to high risk of re-offending
- are impulsive and/or rigid thinkers
- do not think through the consequences of their actions
- fail to consider the effects of their behaviour on victims or others
- are assessed as suitable in a PSR

## Who is not suitable?

- People whose offending is not linked to poor cognitive skills
- Offenders with serious mental health problems
- Offenders who cannot learn in a group setting
- Current sex offenders
- Domestic violence offenders

## **The programme involves:**

- Four pre-programme sessions, both one-to-one and in a group
- 22 group sessions of between two and two-and-a-half hours. These focus on skills to change behaviour such as problem-solving, anti-social attitudes, tackling pressures to offend, victim awareness, moral reasoning, self-management and social interaction. These are then applied to aspects of offending and situations in which they occur.
- Seven post-programme sessions on an individual basis

# One to One

## Programme aims:

- To enable offenders to develop a range of problem-solving skills in order to change behaviour and the underpinning thought, values and attitudes related to offending

## Who is suitable?

Offenders who:

- pose a medium to medium high risk of re-offending
- have poor problem-solving skills
- are impulsive and/or rigid thinkers
- do not think through the consequences of their actions
- have personal circumstances or long and/or difficult journey times which would make attendance at a group programme difficult
- have a complex pattern of personal problems and characteristics which would make it difficult for them to learn in a group setting
- are assessed as suitable in a PSR

## **Who is not suitable?**

- Offenders with serious mental health problems
- Offenders who would not meet the learning outcomes because of severe drug dependency
- Offenders with learning difficulties where this inhibits understanding of the materials. This does not necessarily include those with literacy difficulties.

## **The programme involves:**

- One pre-programme motivational session
- 21 one-to-one programme sessions of between one and one-and-a-half hours. These focus on skills to change behaviour such as problem solving, anti-social attitudes, tackling pressures to offend, victim awareness, moral reasoning and self-awareness.

# Women's Acquisitive Crime Programme

## Programme aims:

- To help women to change their behaviour, to reduce the risk of re-offending

## Who is suitable?

Women offenders:

- who have a current conviction of an acquisitive nature or
- where there is a pattern of previous offending motivated by financial gain or
- the current offence has an underlying motivation of an acquisitive nature
- who have poor problem-solving skills
- who do not think through the consequences of their actions
- who are assessed as suitable for the programme in a PSR

## Who is not suitable?

- Women whose offending is not linked to poor cognitive skills
- Women with serious mental health problems
- Women who cannot learn in a group setting

## **The programme involves:**

- 31 sessions of two hours each. Additional work will be needed for the high risk women or those with greater need. The programme is based on motivational interviewing techniques with an emphasis on emotional management and building healthy relationships.

# Aggression Replacement Training (ART)

## Programme aims:

- To reduce aggressive behaviour through teaching social skills, anger management techniques and improved moral reasoning

## Who is suitable?

Offenders, both men and women, who:

- pose a medium to high risk of re-offending
- have a conviction for assault, a public order offence or criminal damage
- have a current aggressive offence and an established pattern of violent or aggressive behaviour
- are assessed as suitable for the programme in a PSR

## Who is not suitable?

- Current sex offenders
- Domestic violence offenders
- Offenders who commit other forms of instrumental violence such as robbery or making threats to kill
- Offenders with learning difficulties
- People with mental health problems or suffering severe alcohol or drug abuse

## **The programme involves:**

- Five structured individual sessions on risk assessment and group preparation
- 18 groupwork sessions. These focus on reducing violent behaviour through teaching social skills, anger management techniques and improved moral reasoning
- Five post-programme individual, structured evaluation and relapse prevention sessions

# Controlling Anger and Learning to Manage it (CALM)

## Programme aims:

- To reduce aggressive and offending behaviour related to poor emotional management through teaching social skills, emotional management and cognitive techniques

## Who is suitable?

Male offenders who:

- pose a medium to high risk of re-offending
- have been convicted of any offence in which anger or other uncontrolled emotion has played a significant part, or have a history of violent, aggressive or emotionally uncontrolled behaviour
- have problems of emotional management especially anger management
- have been assessed as suitable in a PSR

## **Who is not suitable?**

- Offenders with serious mental health problems
- Offenders who cannot learn in a group setting
- Current sex offenders
- Domestic violence offenders
- Offenders who commit other forms of instrumental violence such as robbery or making threats to kill

## **The programme involves:**

- 24 groupwork sessions of between two and two-and-a-half hours. Offenders learn to control their emotional arousal, they learn skills to resolve conflict, and learn how to deal with relapse.

# **Community – Sex Offender Group Programme (C-SOGP)**

## **Programme aims:**

- To reduce offending by adult male sex offenders

## **Who is suitable?**

- Adult males within the normal IQ range who commit any type of sexual offence
- Offenders who are assessed as suitable in a PSR

## **Who is not suitable?**

- Female sexual offenders
- Sex offenders with an IQ of less than 80
- Men with severe drug/alcohol misuse behaviour
- Men with current mental health problems
- Men assessed as psychopathic

## **The programme involves:**

- 50-hour induction module. Low risk/low deviancy men then go directly to a 50-hour Relapse Prevention Programme.
- High risk/high deviancy men undertake the full 250-hour programme consisting of six modules. Men can join at the beginning of any module.
- Men who have successfully completed a Prison sex offender treatment

programme can go directly to the  
Relapse Prevention Programme

# Thames Valley – Sex Offender Groupwork Programme (TV-SOGP)

## Programme aims:

- To reduce the risk of future sexual offending by adult male sex offenders

## Who is suitable?

Male sex offenders who:

- are convicted of any sexual offence or sexually-motivated offence, including non-contact sexual offences
- are aged 21 or over
- are within the normal IQ range
- are assessed as suitable for the programme in a PSR

## Who is not suitable?

- Female sexual offenders
- Sex offenders with an IQ of less than 80
- Men with severe drug/alcohol misuse behaviour
- Men with current mental health problems
- Men assessed as psychopathic
- Men in total denial of their sexual offending

## **The programme involves:**

- Assessment by psychometric measures for deviancy and to determine which blocks of the programme need to be undertaken
- Structured pre-groupwork to build on an offender's motivation to follow the programme

## **The four programme blocks are:**

- Foundation – requires full-time attendance for two consecutive weeks
- Victim empathy – requires twice-weekly attendance for four weeks
- Life skills – requires twice-weekly attendance for 10 weeks
- Relapse prevention – requires weekly attendance for 24 weeks
- High risk/high deviancy men complete the whole programme. Low risk/low deviancy men can miss out the Life Skills block.
- Men who have completed a Prison sex offender treatment programme can go directly to the Relapse Prevention Programme

# **Northumbria – Sex Offender Group Programme (N-SOGP)**

## **Programme aims:**

- To reduce sex offending by adult male sex offenders

## **Who is suitable?**

Male sex offenders who:

- are within the normal IQ range
- commit any type of sexual offence
- are assessed as suitable in a PSR

## **Who is not suitable?**

- Female sexual offenders
- Sex offenders with an IQ of less than 80
- Men with severe drug/alcohol misuse behaviour
- Men with current mental health problems
- Men assessed as psychopathic
- Men in total denial of their sexual offending

## **The programme involves:**

- 160 hours of attendance consisting of sessions run for one or two days per week
- The core programme consists of four modules. Men can attend at the beginning of any module.

- High risk/high deviancy men will attend the core group followed by Relapse Prevention (36 hours)
- Low risk/low deviancy men will normally complete individual preparation work followed by the Relapse Prevention Programme
- Offenders released from prison will follow similar routes according to their assessment of risk and deviancy

# Drink Impaired Drivers (DIDs)

## Programme aims:

- To reduce the risk of future drink-related driving offences

## Who is suitable?

Offenders, both men and women who:

- have up to four previous convictions for excess alcohol
- are aged 17 and over
- have been assessed as suitable for the programme in a PSR

## Who is not suitable?

- First-time offenders, unless there are aggravated circumstances
- Those with five or more previous convictions for excess alcohol
- Heavy drinkers unless sequenced with alcohol treatment
- Problem drinkers until they are stabilised

## **The programme involves:**

- Four individual structured sessions on risk assessment and group preparation
- 14 weekly groupwork sessions of two-and-a-half hours focused on structured learning to develop pro-social skills, effective decision making and detailed knowledge about the effects of drinking and driving
- Six post-programme individual, structured evaluation and relapse prevention sessions

# Addressing Substance Related Offending (ASRO)

## Programme aims:

- To teach offenders the skills required to reduce or stop substance misuse

## Who is suitable?

Offenders:

- who pose a medium to high risk of re-offending
- whose offending is related to at least one of the following:
  - substance specific offences (e.g. possession of a Class A drug)
  - use of drugs or alcohol as a disinhibitor
  - offences committed as a result of addiction or perceived addiction to alcohol or drugs
- who are sufficiently stable and motivated to change
- who are assessed as suitable in a PSR

## Who is not suitable?

Offenders:

- with serious mental health problems
- who cannot learn in a group setting
- who might be at risk if disclosing offences of a sensitive nature

## **The programme involves:**

- Three optional pre-programme sessions
- 20 sessions of two-and-a-half hours generally delivered twice a week

# Offender Substance Abuse Programme (OSAP)

## Programme aims:

- To raise awareness of the link between drug and/or alcohol misuse and offending
- To provide offenders with the skills to enable them to reduce or stop substance misuse, thus reducing offending

## Who is suitable?

### Offenders:

- who have been assessed as medium to high risk of re-offending
- whose offending is linked to at least one of the following:
  - substance specific offences (e.g. possession of a Class A drug)
  - use of drugs or alcohol as a disinhibitor
  - offences committed as a result of addiction or perceived addiction to alcohol or drugs
- who are sufficiently stable and motivated to change
- who are assessed as suitable in a PSR

## **Who is not suitable?**

- Offenders with serious mental health problems
- Offenders who cannot learn in a group setting

## **The programme involves:**

- Three pre-programme sessions
- 26 groupwork sessions with a modular structure delivered up to four times a week
- At least four post-programme maintenance sessions with a case manager

# Personal Reduction in Substance Misuse (PRISM)

## Programme aims:

- To enable offenders, in a one-to-one situation, to acquire the skills to reduce or stop substance misuse, thus reducing offending

## Who is suitable?

Offenders:

- who have a medium to high risk of re-offending
- whose offending is related to substance misuse
- who are sufficiently stable and motivated
- who would not benefit from, or who are not suitable for, a groupwork setting
- who have personal circumstances and/or needs that are better met by an individual programme
- who are assessed as suitable in a PSR

## Who is not suitable?

- Offenders with serious mental health problems
- Offenders who cannot learn in a group setting

## **The programme involves:**

- A pre-programme motivational interview
- 20 sessions between 45 and 120 minutes. Recommended frequency is:
  - twice weekly for sessions one to four
  - weekly for sessions five to 12
  - twice weekly or weekly for sessions 13 to 20

# Community Domestic Violence Programme

The programme includes work with known victims and inter-agency risk management.

## Programme aims:

- To reduce the risk of violent crime and abusive behaviour towards women in relationships by helping perpetrators change their attitudes and behaviour
- To reduce the risk of all violent and abusive behaviour in the family
- To increase the offender's ability to respond non-abusively, to change abusive beliefs and empathise with victim(s)
- To give offenders a greater sense of personal responsibility for their violence
- To help offenders accept that they exercise choice in the way they behave
- To increase the offender's ability to identify high-risk situations and to manage effectively these in the future

## Who is suitable?

Male offenders who:

- are heterosexual
- have been assessed as a medium to high risk for relationship violence as indicated by severity and/or pattern of abuse using the Spousal Abuse Risk Assessment (SARA)

- have committed at least one act of violence against an intimate partner
- have basic literacy, language competency and comprehension skills
- are willing to sign a consent form which will include the sharing of relevant information with the offender's spouse/partner
- are assessed as suitable in a PSR

### **Who is not suitable?**

- Female offenders
- Offenders in same sex relationships
- Offenders with severe mental health issues
- Offenders who are judged unable to meet the learning outcomes because of, for example, severe drug dependency

### **The programme involves:**

- Contact with the victim or current partner by a women's safety worker
- Risk management through continual assessment and information sharing with other agencies including the police
- Groupwork sessions and at least nine individual sessions with the offender:
  - Three individual pre-programme sessions to enhance motivation
  - 26 groupwork sessions of two hours. This is sequential and is usually delivered twice a week but can be delivered up to three times per week.
  - At least four relapse prevention sessions

# Integrated Domestic Abuse Programme (IDAP)

The programme includes work with known victims and inter-agency risk management.

## Programme aims:

- To reduce the risk of violent crime and abusive behaviour towards women in relationships by helping perpetrators change their attitudes and behaviour
- To reduce the risk of all violent and abusive behaviour in the family
- To increase the offender's ability to respond non-abusively, to change abusive beliefs and empathise with victim(s)
- To give offenders a greater sense of personal responsibility for their violence
- To help offenders accept that they exercise choice in the way they behave
- To increase the offender's ability to identify high-risk situations and to manage effectively these in the future

## Who is suitable?

Male offenders who:

- are heterosexual
- have been assessed as a medium to high risk for relationship violence as indicated by severity and/or pattern of abuse using the Spousal Abuse Risk Assessment (SARA)

- have committed at least one act of violence against an intimate partner
- have basic literacy, language competency and comprehension skills
- are willing to sign a consent form which will include the sharing of relevant information with the offender's spouse/partner
- are assessed as suitable in a PSR

### **Who is not suitable?**

- Female offenders
- Offenders in same sex relationships
- Offenders with serious mental health problems
- Offenders who are judged unable to meet the learning outcomes because of, for example, severe drug dependency

### **The programme involves:**

- Contact with the victim or current partner by a women's safety worker
- Risk management through continual assessment and information sharing with other agencies including the police
- Group work and individual sessions with the offender
  - Four individual pre-programme sessions
  - A rolling programme of 27 two-hour groupwork sessions and six individual sessions
  - At least four relapse prevention sessions with the case manager