



Ministry  
of Justice

## **Glossary of Programmes**

### **Domestic Violence Programmes**

#### **Building Better Relationships (BBR)**

A programme for male perpetrators of violence and abuse within (heterosexual) intimate relationships. BBR is run within prison and community delivery sites and aims to increase understanding of motivating factors in domestic violence, reduce individual risk factors linked to violence and develop pro-social relationship skills

#### **Community Domestic Violence Programme (CDVP)**

A community delivered programme aimed at reducing the risk of domestic violence and abusive behaviour towards women in relationships by helping male perpetrators change their attitudes and behaviour and to reduce the risk of all violent and abusive behaviour in the family.

#### **Healthy Relationship Programme (HRP)**

A prison based programme for men who have committed violent behaviour in an intimate relationship. The aim is to end violence and abuse against participants' intimate partners. Participants will learn about their abusive behaviours and be taught alternative skills and behaviours to help them develop healthy, non-abusive relationships. There are two versions of HRP – the moderate intensity programme for men assessed as having a moderate risk/moderate need profile and the high intensity programme designed for high risk/high need offenders.

#### **Integrated Domestic Abuse Programme (IDAP)**

A community based domestic abuse programme designed for men who have committed violent behaviour in an intimate relationship. The aim is to end violence and abuse against participants' intimate partners. Participants will learn about their abusive behaviours and be taught alternative skills and behaviours to help them develop healthy, non-abusive relationships.

## **General Offending Programmes**

### **Cognitive Skills Booster (CSB)**

Designed to reinforce learning from other general offending programmes (ETS, Think First and Reasoning & Rehabilitation) through skills rehearsal and relapse prevention.

### **Democratic Therapeutic Community (DTC)**

Democratic TCs provide a residential, offending behaviour intervention for prisoners who have a range of complex offending behaviour risk areas, including emotional and psychological needs and Personality Disorders. Democratic TCs provide a 24/7 living-learning intervention for offenders whose primary criminogenic risk factors need to be targeted whilst simultaneously addressing psychological and emotional disturbance.

### **Enhanced Thinking Skills (ETS)**

Addresses thinking and behaviour associated with offending through a sequenced series of structured exercises designed to teach inter-personal problem solving skills.

### **Focus on Resettlement (FOR)**

This is a resettlement intervention designed to give a kick-start to the process of change. It is a brief cognitive-motivational programme the primary objective of which is to increase the motivation of prisoners to become committed and active participants in setting their own agenda for change. This programme is designed for those serving sentences under 4 years and is only available in custody.

### **Juvenile Enhanced Thinking Skills (JETS)**

The JETS programme is based on the ETS cognitive skills programme but has been specifically re-developed for use with a juvenile age group (15-18 years). The JETS programme addresses thinking and behaviour associated with offending through a series of structured exercises designed to teach younger offenders interpersonal problem solving skills.

### **Kainos 'Challenge to Change' (Kainos CTC)**

The Kainos Community is a registered charity delivering a full time, twenty four week, therapeutic community based programme targeted at medium to high risk offenders with criminogenic needs that match those targeted by the programme. It uses a hybrid model - combining elements of cognitive behavioural programmes provided in four main intervention modules with learning, and delivered through a therapeutic community approach.

### **Priestley One to One Programme (OTO)**

The One-To-One Programme is a cognitive-motivational programme which focuses on changing behaviour to reduce offending. It provides an opportunity for offenders to develop their cognitive skills on an individual basis where group work may not be appropriate or accessible. The programme aims to develop effective problem solving skills and social skills and increase perspective taking and self management skills. All elements of the programme are tailored to the needs of the individual participant. This programme only runs in the community.

### **The Women's Programme**

This is a cognitive and motivational programme specifically designed for women who have committed acquisitive offences and are at risk of reconviction for non violent crimes. It is suitable for women where there is a demonstrable history of acquisitive offending. The programme looks at the way women understand and deal with problems in their lives, and looks at alternative ways of dealing with them. The programme only runs in the community.

### **Think First (TF)**

Addresses thinking and behaviour associated with offending through a sequenced series of structured exercises designed to teach inter-personal problem solving skills which are then applied to aspects of offences and situations in which they occur.

### **Thinking Skills Programme (TSP)**

A cognitive skills programme which addresses the way offenders think and their behaviour associated with offending. The programme aims to reduce reoffending by engaging and motivating, coaching and responding to individual need and building on

continuity. It supports offenders developing skills in setting goals and making plans to achieve these without offending.

## **Sex Offender Treatment Programmes**

### **Core Programme (CP) – custodial settings only**

Core helps offenders develop understanding of how and why they have committed sexual offences. The programme also increases awareness of victim harm. The main focus is to help the offender develop meaningful life goals and practice new thinking and behavioural skills that will lead him away from offending.

### **Extended Programme (EP) – custodial settings only**

Extended is targeted at high and very high risk men who have successfully met the treatment targets of the Core programme. The programme covers 4 areas; recognising and modifying patterns of dysfunctional thinking, emotional regulation, intimacy skills and relapse prevention.

### **Healthy Sexual Functioning (HSF) – custodial settings only**

Aims to promote healthy sexual functioning, mainly in high-risk sexual offenders, who acknowledge current or very recent offence-related sexual interests. Modules include developing a more healthy sexuality, patterns in sexual arousal, behavioural strategies for promoting healthy sexual interest and relapse prevention.

### **Rolling Programme (RP) – custodial settings only**

Rolling provides a less intensive level of treatment with more emphasis on relationships skills and attachment styles deficits. The group rolls continuously with members joining and leaving as it rolls along so members will therefore be at different stages of treatment, depending on when they joined the group.

### **Better Lives Booster/Adapted Better Lives Booster (BLB and ABLB) – custodial settings only**

Designed to boost sexual offenders' learning from other SOTPs and provide additional opportunities to practice personally relevant skills. It can be run in two forms - a low intensity (one session a week) helps to maintain change in long term

prisoners and the high intensity, pre-release programme is particularly focused on preparation for transition into the community. This programme is available for both intellectually disabled and non intellectually disabled sexual offenders as BLB or ABLB.

### **Adapted Sex Offender Treatment Programmes**

A suite of programmes is available for intellectually disabled sexual offenders. That is, men who have a lower IQ and associated adaptive functioning difficulties. This menu of programmes is known collectively as the Adapted SOTPs. These programmes have evolved over the years, shaped by new research findings and clinical experience. We have also developed a number of new approaches to meet the differing risks and needs of this group. As such, during this reporting period a number of different programmes have been referred to. A brief summary of each programme is given below.

- **Adapted Community Sex Offender Treatment Programme (C-ASOTP)**

Adapted Community sex offender programme has similar aims to the Core SOTP, but is adapted for those with intellectual disability. It is designed to increase sexual knowledge, modify offence-justifying thinking, develop ability to recognise feelings in themselves and others, to gain an understanding of victim harm, and develop relapse prevention skills. This programme has now been replaced by Becoming New Me.

- **Becoming New Me (BNM) - custodial or community delivery**

BNM is a treatment approach for medium or higher risk intellectually disabled sexual offenders. It aims to help offenders to understand how and why they committed their offences and targets the areas known to be related to reoffending. It encourages men to work on developing the skills necessary to build an offence free future.

- **New Me Coping (NMC) – custodial or community delivery**

NMC is a less intensive treatment approach for lower risk intellectually disabled sexual offenders. It targets areas considered to be related to further offending.

### **Community Sex Offenders Group Programme (CSOGP) – community only**

Helps offenders develop understanding of how and why they have committed sexual offences. The programme also increases awareness of victim harm. The main focus

is to help the offender develop meaningful life goals and practice new thinking and behavioural skills that will lead him away from offending.

### **The High and Low intensity pilot sex offender treatment programmes**

The High and low Intensity sex offender programmes are new treatment approaches which are being piloted in the community. Both versions of the programme aim to help people develop ways of thinking, as well as skills and behaviour, that reduce sexual reoffending and lead to more fulfilling, offence-free lives. The amount of treatment received is dependant on an individual's level of risk and need (hence the need for both high and low intensity treatment approaches).

### **Internet Sex Offender Treatment Programme (i-SOTP) – community only**

A programme designed to explore and address the thoughts, feelings and beliefs underpinning the group members internet sex offending. Aim is to reduce the risk of further similar offending and, like other sex offender programmes, increases the offenders understanding of the impact of their offending on others, including their victims.

### **Northumbria Sex Offenders Group Programme (NSOGP) – community only**

Helps offenders develop understanding of how and why they have committed sexual offences. The programme also increases awareness of victim harm. The main focus is to help the offender develop meaningful life goals and practice new thinking and behavioural skills that will lead him away from offending.

### **Thames Valley Sex Offenders Group Programme (TVSOGP) – community only**

Helps offenders develop understanding of how and why they have committed sexual offences. The programme also increases awareness of victim harm. The main focus is to help the offender develop meaningful life goals and practice new thinking and behavioural skills that will lead him away from offending.

## **Substance Misuse Programmes**

### **Prisons Addressing Substance Related Offending (P-ASRO)**

A cognitive behavioural therapy intervention designed to assist prisoners to address illicit drug use and related offending, learn and enhance skills and thinking patterns required to reduce or stop drug misuse and offending.

### **P-ASRO for Women**

A cognitive behavioural drug treatment programme developed for delivery to women aged 18 or over who are assessed as being dependent on one or more illicit substances who are at risk of re-offending and whose substance use increases the likelihood of any type of crime. Participants must have at least four months left to serve.

### **Short Duration Programme (SDP)**

A cognitive behavioural drug treatment programme with a focus on Harm Minimisation designed to boost drug treatment provision for prisoners in custody for a short period - 6 months left to serve or on remand.

### **Building Skills for Recovery (BSR)**

A group based psychosocial programme which aims to reduce offending behaviour and problematic substance misuse with an eventual goal of recovery. This is achieved through the exploration of previous and current substance use and the acquisition of a skill set to prevent future relapse into former patterns and behaviours – in essence the formulation of a person centred 'Recovery toolkit'.

### **FOCUS**

A high intensity cognitive behavioural therapy programme designed to assist prisoners to address factors relating to substance (drug and alcohol) misuse that links to their offending behaviour. It is targeted at male offenders serving longer sentences with a moderate to high risk of reoffending and who experience intermediate to severe substance use problems.

### **Rapt 12 Step Rehabilitation of Addicted Prisoners Trust**

A 12-Step programme, based upon a residential programme developed from the Minnesota Model, combined with elements from therapeutic communities, group therapy and cognitive strategies of behaviour modification. A medium to high intensity programme aimed at prisoners with severe and entrenched drug and offending behaviour. The 12-Step philosophy is abstinence. Believing that addiction is irreversible, the aim is to manage rather than cure the problem; the route to recovery is abstinence from all mood-altering substances.

### **The Bridge (RAPt)**

This is a shorter version of the RAPt programme which is particularly suitable for people on shorter sentences, or on remand, so they can continue their treatment in another setting.

### **The Prisons Partnership 12 Step**

This is a high dose, tailored twelve step programme which targets medium to high risk drug dependent offenders for whom there appears to be a link between their offending and problematic drug use. The programme is based on the Minnesota Model assuming addiction can be arrested but not cured with the philosophy that a combination of spirituality and pragmatism along with peer support are the primary means for achieving sustained sobriety. Abstinence from all mood-altering substances, not just the individual's substance of choice, is the overall aim of the programme.

### **Prisons Partnership Therapeutic Community Programme (PPTCP)**

This is a hierarchical TC which has a model of change designed and developed with the aim of reducing drug dependence and re-offending in those male offenders who have been identified as medium to high-risk offenders with high levels of drug dependence. The TC is the most intense form of drug treatment. It is a twenty-four hour, seven day a week, total immersion into treatment that lasts a minimum of 10 and a maximum of 12 months. Using a social learning theory model and a cognitive behavioural approach, the TC encourages residents to learn and develop skills and values necessary to live drug and crime free lifestyles. There are various components to a hierarchical therapeutic community that makes it unique to other forms of drug treatment or offender rehabilitation programmes. It is the combination of these components that forms the whole treatment process and when utilised together, will assist in ensuring the process of recovery.

### **RAPt 12 Step Alcohol Dependency Treatment Programme**

This is a three phase programme designed to be run over the course of six weeks. The programme is aimed at male offenders with a medium to high risk of re-offending, a history of alcohol dependence and alcohol dependence as a significant factor for re-offending. The programme was developed by RAPt.

### **The Alcohol Related Violence Programme (ARV)**

This is a medium intensity cognitive behavioural programme which aims to reduce re-offending for male offenders with alcohol related crimes of violence and who are hazardous drinkers. The target group is male offenders aged 18-30.

### **Addressing Substance Related Offending (ASRO)**

Targeted at harmful or dependent drug users or drinkers who have a medium to high risk of re-offending or for whom the misuse of drugs or alcohol has been assessed as a significant factor in their offending behaviour. The programme aims to teach offenders the skills required to reduce or stop their substance misuse.

### **Offender Substance Abuse Programme (OSAP)**

Targeted at harmful or dependent drug users or drinkers who have a medium to high risk of re-offending or for whom the misuse of drugs or alcohol has been assessed as a significant factor in their offending behaviour. The programme aims to teach offenders the skills required to reduce or stop their substance misuse.

### **The Lower Intensity Alcohol Programme (LIAP)**

Provides motivation for behaviour change through alcohol misuse awareness to assist relapse prevention. Primarily aimed at those whose alcohol misuse and offending needs are not sufficient to lead to a referral to BSR.

### **Drink Impaired Drivers (DID)**

DID challenges attitudes and behaviour, aiming to reduce drink driving. Through self monitoring of an offender's drinking it aims to increase the knowledge of alcohol and its effects; promote safer driving and create a change in behaviour and attitude towards alcohol use and driving. It also aims to raise awareness and the effects on victims, victims families and the offender themselves.

### **Control of Violence for Angry Impulsive Drinkers (COVAID)**

COVAID is a cognitive-behavioural treatment programme aimed at drinkers who are aggressive or violent when intoxicated. It is relevant for people who have repeatedly become aggressive or violent after drinking, including both those with and without criminal convictions. COVAID is designed primarily for young men who are binge drinkers, rather than those who are alcohol dependent and who get into trouble on

social drinking occasions. The main treatment target is to reduce **violence** and COVAID addresses this through tackling the mediators of anger, impulsivity and drinking.

## **Violence Programmes**

### **Aggression Replacement Training (ART)**

A groupwork programme for people convicted of violent offences or who have problems controlling their temper. It challenges offenders to accept responsibility for their behaviour; the aims are to reduce the incidence of assault, public order offences and criminal damage, increase public protection and challenge offenders to accept responsibility for their crime and its consequences.

### **Controlling Anger and Learning to Manage it (CALM)**

An emotional management programme designed for those whose offending behaviour is precipitated by intense emotions. The goals are to assist offenders understand the factors that trigger their anger and aggression and learn skills to manage their emotions.

### **Choices, Actions, Relationships and Emotions (CARE)**

CARE is a two year intervention designed specifically for the needs of women who have histories of violence as well as complex presentations. It is acknowledged that for this group of women, engaging in and benefiting from treatment may be very difficult. CARE is trauma informed and accommodates a range of issues, which are likely to impact on participants' ability to engage, learn and generalise skills. These include issues related to mental health and personality disorder, substance misuse, self-harm and suicide. Through individual work, group sessions and mentoring/advocacy support, CARE aims to build on strengths as well as addressing problems and provides participants with the opportunity to identify and work towards a new, successful and pro-social life.

### **Chromis**

This is a complex and intensive programme that aims to reduce violence in high risk offenders whose level or combination of psychopathic traits disrupts their ability to accept treatment and change. Chromis has been specifically designed to meet the

needs of highly psychopathic individuals and provides participants with the skills to reduce and manage their risk.

### **Cognitive Self Change Programme (CSCP)**

A high intensity cognitive behavioural programme for high risk, repetitively violent, adult male offenders. CSCP was one of the first accredited programmes to integrate prison programming with community delivery. The first five blocks of the programme are delivered in the prison setting and Block 6 is delivered in the community by the offender's Offender Manager. The offender's ability to practise skills from Blocks 1 - 4 are assessed during Block 5 within the prison setting, a process which is continued into Block 6 in the community. During Block 6, the offender is able to apply his learning into current real-life situations and purposefully review his living Relapse Prevention plan to ensure it is fully 'fit for purpose.' During 2011, CSCP has been replaced by the Self Change Programme.

### **RESOLVE**

A moderate intensity cognitive-behavioural intervention that aims to reduce violence in medium risk adult male offenders. The programme targets offenders' patterns of anti-social thinking and beliefs that support violence. The programme includes group and individual sessions and is suitable for offenders with a history of reactive or instrumental violence.

### **Self Change Programme (SCP)**

A high intensity cognitive behavioural accredited intervention that aims to reduce violence in high risk adult male offenders. Building on the successes of its predecessor, CSCP, the SCP uses contemporary methods, taking account of recent developments in violence research and an improved focus on protective factors and desistance variables. The SCP targets a broad range and complexity of motivations for violence, which includes violent fantasy, substance misuse, weapon - related behaviour and criminal peers, including gangs. Embedded within the remit of the National Offender Management Model, the programme integrates with the participant's sentence plan to provide continuity and help maintain progress. The final SCP Consolidation Phase is delivered by the participant's Offender Manager in the community.