

# Accredited Programmes and Interventions



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# Introduction

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This brochure summarises all the Accredited Programmes and interventions Kent, Surrey and Sussex Community Rehabilitation Company provide that are available to purchase. For further information, please contact [\*\*ratecardinfo@ksscrc.scc.gsi.gov.uk\*\*](mailto:ratecardinfo@ksscrc.scc.gsi.gov.uk).

This brochure will be available on the KSS CRC website [\*\*ksscrc.co.uk\*\*](http://ksscrc.co.uk). Please ensure you check the website for our most current up to date version.

# Non Statutory Interventions (NSI) Process to Purchase Services

In order to request and purchase a Rate Card service from KSS CRC, the National Probation Service (NPS) must first complete the NSI process on NDelius. This section will describe the step by step process which can be followed for each service outlined in this brochure, with only the information highlighted in **RED** being different depending on the service.

All the services detailed in the brochure must be inputted via the Event List, if you access the NSI screen through the Service user Index rather than the specific Event, the relevant option will not appear.

Please follow the **NSI Process** below:

1. Select **Add NSI**
2. **NSI Provider:** CPA Kent, Surrey and Sussex
3. **Non Statutory Intervention:** Please refer to specific NSI provided on each page of the brochure
4. **Non Statutory Intervention Sub Type:** Please refer to specific NSI provided on each page of the brochure
5. **Dates:** Please add appropriate dates
6. **Your Provider:** e.g. NPS Kent / Sussex / Surrey (as the NPS is creating a NSI and then will transfer to CRC)
7. **Your Team:** Please select as appropriate for your area e.g. NPS Kent
8. **Your Name:** Select your name
9. **Status:** Referred
10. **Status Date & Time:** Please add as appropriate
11. **Notes:** Please add as much relevant detail about the risk profile and support required as necessary
12. **Expected End Date:** Please add as appropriate
13. **Actual End Date:** Please leave blank
14. If purchasing an **MSRP service please upload completed MSRP Rate Card Pro-forma**
15. Click **Save** and complete the following steps to transfer the request

## Transfer Request process

The NSI you have added will appear in the List screen, please follow the instructions below to transfer out the case to the CRC:

- a. Click **Request Transfer** (on the right hand side of the created NSI). You will now be
  - b. presented with a Consolidated Offender Transfer screen.
  - c. **Provider:** CPA KSS CRC
  - d. **Cluster:** Leave unselected
  - e. **LDU:** Leave unselected
  - f. **Team:** e.g. Interventions Management
  - g. **Officer:** Unallocated
- Click **Transfer** and select **External NSI Referral** in the 'reason' box.

# Accredited Programmes

Please refer to Accredited Programmes criteria overview on page 28

## Resolve

NSI Main Category: ES – RAR Programme

NSI Sub Category: Resolve

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This 26 session closed group consists of both group and one-to-one sessions. This structured programme aims to reduce the use of aggression and violence in male service users who are medium to high risk and who have an OGRS of at least 50.

Duration:

22 x two and a half hour group sessions delivered up to three times a week

4 x one hour one-to-one sessions

1 x one hour post programme three-way

Available to male service users

### Targeted outcome/success measure:

- develop awareness of violent/aggressive attitudes and behaviours
- manage and reduce impulsivity
- identify and challenge hostile thinking
- enhance and develop skills to manage emotions
- enhance and develop interpersonal and conflict reduction skills
- develop effective risk management strategies
- increase levels of motivation and engagement to maintain change over time

## Drink Impaired Drivers (DID)

NSI Main Category: ES – RAR Programme

NSI Sub Category: Drink Impaired Drivers

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This 14 session closed group is an interactive structured programme designed to challenge thinking and behaviour around driving and the use of alcohol. It is open to both male and female service users who score <50 on OGRS and have an index offence of drink driving and 1) a history of drink driving offences or 2) have caused injury or accidental damage or 3) have in excess of double the legal blood/alcohol limit.

Duration:

- 1 x one hour pre group one-to-one
- 14 x two hour group sessions delivered up to twice a week
- 1 x one hour post programme three-way

Available to both female and male service users

### Targeted outcome/success measure:

- to teach new skills to avoid drink driving
- understand how alcohol affects the body and driving skills
- plan effectively to avoid drink driving
- look at the effects of behaviour on others
- promote safe driving.

# Accredited Programmes

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

NSI Main Category: ES – RAR Programme

NSI Sub Category: Thinking Skills Programme

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This is a 19 session general offending behaviour programme designed to strengthen and develop thinking skills linked to risk of reoffending. TSP is appropriate for violent, drug related, motoring and other offence types including acquisitive offences but is not a substitute for offence specific interventions, e.g. Drink Impaired Drivers. The programme is delivered in three modules. There is an initial one-to-one session with the facilitator, then each module consisting of five group work sessions, is followed by a further individual session.

Suitability is determined by an assessment of 'risk, needs and responsivity'. Risk is determined by an OGRS score of 25-90, with scores of over 75 requiring additional interventions to support the service user. Needs are determined by the total OASys score across relevant sections.

Duration:

- 1 x post group three-way
- 15 x two and a half hour group sessions delivered up to four times a week
- 4 x one hour one-to-one sessions

Available to both female and male service users.

### **Targeted outcome/success measure:**

The development and strengthening of effective thinking skills to address the risk of offending.

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

NSI Main Category: ES – RAR Programme

NSI Sub Category: Building Better Relationships

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This 30 session closed group consists of group sessions, one-to-one sessions and pre/post psychometric tests. It is a structured programme aimed at male perpetrators of domestic abuse who are medium to high risk of harm.

DURATION:

- 1 x post group three-way
- 24 x two and a half hour group sessions delivered up to twice a week
- 6 x one hour one-to-one sessions

Available to male service users

### **Targeted outcome/success measure:**

The development of an understanding of self and the damaging behaviours in relationships. The development of skills to improve relationships and an understanding of personal responsibility to overcome relationship difficulties.

# Resettlement services

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## **Employment Retention And Brokerage**

NSI Main Category: ES - Other KSS

NSI Sub Category: Resettlement Services - Employment Retention and Brokerage

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An individualised session on how to source appropriate employment options relative to offending history to cover:

- managing expectations (including access to mainstream provision)
- disclosure training
- support in and links with employment opportunities.

Volunteer mentor support will be available to continue the brokerage work and in-work support.

### **Targeted outcome/success measure:**

Service user is able to identify when and how to disclose effectively, increasing employability and a reduction in reoffending.

## **Accommodation**

NSI Main Category: ES - Other KSS

NSI Sub Category: Resettlement Services - Accommodation

---

Working with service users to address and support them to find accommodation upon release.

Duration:

Up to four hours face-to-face time delivered as and when required

Available to both female and male service users

### **Targeted outcome/success measure:**

Increase in stable, settled accommodation.

## **Finance, Benefit And Debt**

NSI Main Category: ES - Other KSS

NSI Sub Category: Resettlement Services - Finance, Benefit and Debt

---

Working with service users to support them with practical ways to address money management upon release

Duration:

Up to two hours face-to-face time delivered as and when required

Available to both female and male service users

### **Targeted outcome/success measure:**

Improved management of finances and reduction in debt.

# Resettlement Services

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## **Specialist Services for those that have previously been Sex Workers**

NSI Main Category: ES - Other KSS

NSI Sub Category: Resettlement Services - Specialist Services for those that have previously been Sex Workers

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A bespoke, signposting and support service according to individual service user's needs. This could include safety planning and advocacy as well as the co-ordination of referral to specialist services.

Duration:

Up to two hours face-to-face time delivered as and when required

Available to both female and male service users

### **Targeted outcome/success measure:**

Service user feels supported and develops appropriate skills to avoid reoffending.

## **Specialist Services For those that have previously been Victims of Domestic Violence**

NSI Main Category: ES - Other KSS

NSI Sub Category: Resettlement Services - Specialist Services for those that have previously been victims of Domestic Violence

---

A bespoke, signposting and support service according to individual service user's needs. This could include safety planning and advocacy as well as the co-ordination of referral to specialist services.

Duration:

Up to two hours face-to-face time delivered as and when required

Available to both female and male service users

### **Targeted outcome/success measure:**

Service user feels supported and develops appropriate skills to avoid reoffending.



# Elective Services

## Accommodation

### **Delivery of Home Modules from MSRP**

NSI Main Category: ES - Accommodation KSS

NSI Sub Category: MSRP Home Module

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This programme will be built from sessions selected from a menu of 61 sessions across 17 modules, it uses motivational interviewing techniques to work with the service user to secure permanent suitable settled accommodation. It signposts service users into existing provision and facilitates introductions to specialist housing services.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Home sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

### **Targeted outcome/success measure:**

Increase in stable settled accommodation.

## Employment / Training / Education

### **Delivery of Future Modules from MSRP**

NSI Main Category: ES - E/T/E KSS

NSI Sub Category: MSRP Future Module

---

This programme will be built from sessions selected from a menu of 91 sessions across 20 modules, and is aimed at increasing the employability of service users.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Future sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

### **Targeted outcome/success measure:**

Increased employability, reduction in reoffending.

# Elective Services

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## **Preparation for Work**

NSI Main Category: ES - E/T/E KSS

NSI Sub Category: Preparation for Work

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Increasing motivation to seek employment and training opportunities including advice on disclosure, interview practice, job searches and signposting with a view to improving employability.

Duration/frequency:

Six sessions, two hours per session

Delivery model (group/individual)

Delivered in groups

### **Targeted outcome/success measure:**

Increased employability, reduction in reoffending.

## **CSCS Card Training**

NSI Main Category: ES – E/T/E KSS

NSI Sub Category: CSCS Card Training

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CSCS and Employer engagement will provide service users with the opportunity to undertake their Health & Safety Awareness in a Construction Environment qualification, undertake supported revision for their CSCS test and be provided with a revision book to take home. Following on from completion of the test service users will then have the opportunity to meet with an employer who will give them an overview of the construction industry and the types of roles and career progression available. This will also include mock and real life interviews.

Registration with the British Safety Council (and course booking) takes place 11 days prior to attendance on the course to guarantee learners are able to undertake the industry recognised exam qualification for Health & Safety in a construction environment within the required timeframe. Should the NPS Offender Manager cancel this referral for any reason post registration a £100 charge will apply to cover registration costs incurred.

Duration:

Two Full day sessions

Delivery model (group/individual)

Delivered in groups

### **Targeted outcome/success measure:**

Increased employability in the Construction sector, reduction in reoffending

# Elective Services

## Job Club

NSI Main Category : ES –E/T/E KSS

NSI Sub Category : Job Club

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The job club provides a helpful opportunity for service users to increase 'job – readiness' and identify and apply for suitable roles. The intervention will run for 10 sessions and will be delivered in a group environment. Along with delivery staff, actual employers will be invited to attend the sessions in order to discuss specific opportunities and requirements that potential employees may need to fulfil in order to access those opportunities. Staff will provide supervised e-access to job sites as appropriate and a space for CV writing, disclosure advice, interview preparation and skills for work such as communication, personal hygiene, time-keeping and relationship management

Duration:  
10 Sessions

Delivery model (group/individual)  
Delivered in groups

### Targeted outcome/success measure:

Increased employability / reduction in reoffending

## Finance, Benefit and Debt

### Delivery of Money Modules from MSRP

NSI Main Category: ES - Finance/Benefit/Debt KSS

NSI Sub Category: MSRP Money Modules

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This programme will be built from sessions selected from a menu of 64 sessions across 12 modules, and uses both practical and motivational steps to manage money better. It includes debt reduction, better budgeting and consequential planning around money issues. It is a programme of change delivered at a pace and scale that the service user feels comfortable with, drawing in specialised support (e.g. legal advice on debt management plans, debt consolidation, etc.)

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Money sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

### Targeted outcome/success measure:

Reduction in debt, improved management of finances through self-report and independent verification e.g. production of utility bill.

# Elective Services

## Drugs and Alcohol

### **Changing Drugs and Alcohol Use (CADU) RAR**

NSI Main Category: ES - Drugs/Alcohol KSS

NSI Sub Category: Changing Drugs and Alcohol Use ( CADU)

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Structured, creative, cognitive behavioural therapy group aimed at positively supporting service users to address their substance misuse problems.

Duration/frequency:

12 sessions

Delivery model (group/individual)

Delivered in groups

#### **Targeted outcome/success measure:**

Reduction/abstinence in drug or alcohol misuse, reduction in reoffending.

### **Delivery of Habit Modules from MSRP**

NSI Main Category: ES - Drugs/Alcohol KSS

NSI Sub Category: MSRP Habit Modules

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This programme will be built from sessions selected from a menu of 48 sessions across 11 modules, and is aimed at supporting those with substance misuse issues. It is not a replacement or substitute for alcohol or drug abuse programmes but can be used in conjunction with them. It addresses some basic factors around addiction and seeks to build self-reliance and inner strength for those battling with addiction problems.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Habit sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

#### **Targeted outcome/success measure:**

Improved self-reported and/or verified sobriety/abstinence tests

Reductions in severity and frequency of reoffending working towards desistance.

# Elective Services

## **Brief Extended Alcohol Intervention (BEAI)**

NSI Main Category : ES – Drugs / Alcohol KSS

NSI Sub Category : Brief Extended Alcohol Intervention

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The BEAI has been developed to provide a responsive and flexible approach to address hazardous and harmful drinking. It can be used as a sequenced intervention prior to a service user's commencement on a domestic abuse intervention. Using established cognitive behavioural tools, service users will engage in 6 one-to-one sessions with a suitable trained officer who will support them to recognise their own drinking behaviour, the triggers and consequences of that behaviour including intimate partner abuse. Screening for this intervention is undertaken through the use of the SADQ questionnaire.

Duration:  
6 Sessions

Delivery model (group/individual)  
Individual

### **Targeted outcome/success measure:**

Reduction / abstinence in drug or alcohol misuse, reduction in reoffending

## Mental Health

### **Delivery of Health Modules from MSRP**

NSI Main Category: ES - Mental Health KSS

NSI Sub Category: MSRP Health Module

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This programme will be built from sessions selected from a menu of 48 sessions across 14 modules, and is aimed at improving both mental and physical health with sessions tailored according to the needs of the service user. They range from weight management and healthier diets to managing stress and accessing specialised help for psychiatric conditions.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Health sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

### **Targeted outcome/success measure:**

Increased mental health stability evidenced through variety of means including fewer hospital admissions, less incidences of self-harm, increased coping skills and fewer crises.

# Elective Services

## Physical Health

### **Delivery of Health Modules from MSRP**

NSI Main Category: ES - Physical Health KSS

NSI Sub Category: MSRP Health Module

---

This programme will be built from sessions selected from a menu of 48 sessions across 14 modules, and is aimed at improving both mental and physical health with sessions tailored according to the needs of the service user. They range from weight management and healthier diets to managing stress and accessing specialised help for psychiatric conditions.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Health sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

### **Targeted outcome/success measure:**

Increased reports of fewer health problems, and independent verification e.g. smoking cessation, weight loss, etc.

## Support for Women

### **Women's Group**

NSI Main Category: ES - Women Specific Interventions KSS

NSI Sub Category: Women's Group

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A six week future focussed programme for female service users which focuses on building strengths, goal setting, improving self-esteem, increasing self-efficacy and encouraging positive sustainable change. It uses honorary group members with a range of scenarios to explore thinking, behaviour and attitudes which provides a safe space for the women to share their views and experiences. The programme is planned to be delivered in female only spaces, co-located with partner agencies able to provide additional support services wherever possible, to foster a future focussed approach which recognises the diversity needs of the female cohort and the complex background contributing to offending behaviour. It is suitable for females subject to both community penalties, on Licence and as a part of a bail support package to reduce remand into custody where appropriate. It is designed to be delivered to eight to twelve low to medium risk female service users. It is also suitable for more chaotic challenging female service users, although likely more appropriately delivered within a smaller group.

Duration/frequency:

Six sessions

Delivery model (group/individual)

Delivered in groups

# Elective Services

## **Targeted outcome/success measure:**

To address the pathways known to lead women into offending, increase self-confidence and reduction in reoffending.

## **Women's Wrap Around Support**

NSI Main Category: ES - Women Specific Interventions KSS

NSI Sub Category: Women's Wrap Around Support

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The allocation of an Engagement Support Worker (ESO) to provide wrap-around support to increase women's self-esteem, enhance engagement particularly for women who historically have not accessed services, support women to identify additional needs and access wider in-house or mainstream services.

Bespoke one-to-one sessions and support are delivered to women experiencing domestic abuse, involved in sex work, or taking substances. A ESO will attend case conferences and advocate as required for women during child protection processes. They will support women to set-up legal advice appointments where appropriate.

Women receive help to register and attend appointments including with a GP and Dentist.

Duration/frequency:

Six months. Additional blocks can be purchased for the same woman.

Delivery model (group/individual)

Delivered mainly one-to-one with some group work

## **Targeted outcome/success measure:**

- Improved children's, families and relationships outcomes
- Improved emotional and psychological well-being
- Positive outcomes with women who have been abused, raped, experienced domestic violence or who are involved with sex work
- Improved access or engagement with health and support services.

# Elective Services

## Restorative Justice

### **Restorative Justice Conferencing**

NSI Main Category: ES - Restorative Justice KSS

NSI Sub Category: Restorative Justice Conferencing

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One conference and all work preparing for and assessing for conference.

Duration/frequency:

One conference and all work preparing for and assessing for conference.

Delivery model (group/individual)

Two facilitators, one victim + support, one service user + support

#### **Targeted outcome/success measure:**

Improved understanding of impact of offending on victim, reduction in reoffending.

### **Individual Tailored Restorative Justice in the Community**

NSI Main Category: ES - Restorative Justice KSS

NSI Sub Category: Individual Tailored Restorative Justice in the Community

---

To provide tailored bespoke RJ interventions, the facilitation of non face-to-face communication.

Duration/frequency:

Dependent on case, one hourly session minimum charge with reduced hourly rate chargeable for additional hours or part hours thereafter.

Delivery model (group/individual)

Designed to be flexible and be delivered one-to-one in the community

#### **Targeted outcome/success measure:**

Improved understanding of impact of offending on victim, reduction in reoffending.

### **Restorative Justice Individual Tailored Service in Custody**

NSI Main Category: ES - Restorative Justice

NSI Sub Category: Individual Tailored Restorative Justice in Custody

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To provide tailored bespoke RJ interventions, the facilitation of non face-to-face communication.

Duration/frequency:

Dependent on case, one hourly session minimum charge with reduced hourly rate chargeable for additional hours or part hours thereafter.

Delivery model (group/individual)

Designed to be flexible and be delivered one-to-one in custody.



# Elective Services

## **Targeted outcome/success measure:**

Improved understanding of impact of offending on victim, reduction in reoffending.

## Senior Attendance Centres

### **Senior Attendance Centre**

NSI Main Category: ES - Attendance Centre KSS

NSI Sub Category: Senior Attendance Centre

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A stand-alone punishment intervention for people aged 18 to 24 who have committed an offence of low seriousness. In KSS CRC this will be supplemented with relevant MSRP modules.

Duration/frequency:

As determined by the courts up to 36 hours

Delivery model (group/individual)

Group delivery

## **Targeted outcome/success measure:**

Target output is restriction on liberty with the success measure being the number of orders successfully completed.

## Children/Families

### **Delivery Of Support Modules from MSRP**

NSI Main Category: ES - Children / Families KSS

NSI Sub Category: MSRP Support Modules

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This programme will be built from sessions selected from a menu of 79 sessions across 17 modules, and is aimed at those needing to reconnect or improve connections with families and significant others. It has a number of modules designed to be delivered in custody and addresses the responsibilities family members owe to each other.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Support sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

## **Targeted outcome/success measure:**

Improved relationships, stronger ties to family and significant others.

# Elective Services

## Outlook (Thinking and Attitudes)

### **Delivery Of Outlook Modules from MSRP**

NSI Main Category: ES - Attitudes, Thinking and Behaviour KSS

NSI Sub Category: MSRP Outlook Module

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This programme will be built from sessions selected from a menu of 38 sessions across nine modules, and is aimed at addressing the attitudes, thinking and behaviour of service users. It is suitable across a very wide range of service user types and reflects a central tenet of MSRP, stressing the “My Problem, My Solution” approach. Modules and sessions can be easily tailored to fit the needs and circumstances of service users and is a useful method by which engagement with provision can be increased.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of Outlook sessions.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

### **Targeted Outcome/Success Measure:**

Reduced reoffending in both severity and frequency. Greater understanding and acceptance of social norms and rules as measured through attitudinal scales and repeated assessments.

### **Positive Futures (PF) RAR**

NSI Main Category: ES - RAR Programme KSS

NSI Sub Category: Positive Futures

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Focuses on cycle of change, motivation and goal setting, problem solving, victim work, emotional awareness, handling difficult situations, substance misuse and lifestyle choices.

Duration/frequency:

Eight sessions, two hours per session

Delivery model (group/individual)

Group delivery

### **Targeted outcome/success measure:**

Ability to make better life style choices and reduce reoffending.

# Elective Services

## **Anger Management (RAR)**

NSI Main Category: ES - RAR Programme KSS

NSI Sub Category: Anger Management

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Aims to understand anger and its causes, develop skills and strategies for managing anger and end the use of aggression.

Duration/frequency:

10 sessions, 2 x one hour sessions , 8 x two hour group sessions

Delivery model (group/individual)

Group delivery

### **Targeted outcome/success measure:**

Reduce incidents of aggression and reduction in reoffending.

## **Domestic Abuse Programme**

NSI Main Category: ES - Domestic Violence KSS

NSI Sub Category: Group Programme

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Targeted at those service users whose risk of domestic abuse falls below the threshold of BBR but who have an active and current risk of harm to a known or former partner.

Duration/frequency:

12 group work sessions, two hours per session

Delivery model (group/individual)

Group delivery

### **Targeted outcome/success measure:**

Reduce incidents of domestic violence, increase quality in relationships and reduce reoffending and risk of harm.

## **Gypsy / Traveller Domestic Abuse Programme**

NSI Main Category: ES - Domestic Violence KSS

NSI Sub Category: Gypsy / Traveller Domestic Abuse Programme

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Specialist group work intervention approved by the Friends and Family of Travellers (FFT), recognising the benefits of working with the cultural beliefs of the group in order to most effectively reduce risk.

Duration/frequency:

Six sessions, 90 minutes per session

Delivery model (group/individual)

Group delivery

# Elective Services

## **Targeted outcome/success measure:**

Reduce incidents of domestic violence, increase quality in relationships and reduce reoffending and risk of harm.

## **Domestic Abuse One-to-One Programme**

NSI Main Category: ES - Domestic Violence KSS

NSI Sub Category: One-to-One Programme

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For service users who meet the criteria for BBR but due to specific needs or circumstances cannot undertake the work in a group.

Duration/frequency:

Up to 12 session dependant on need, 90 minutes per session.

Delivery model (group/individual)

One-to-one

## **Targeted outcome/success measure:**

Reduce incidents of domestic violence, increase quality in relationships and reduce reoffending and risk of harm.

## **Victim Awareness (RAR)**

NSI Main Category: ES - RAR Programme KSS

NSI Sub Category: Victim Awareness

---

Highly visual group based intervention aimed to increase victim empathy and reflect on the impact of their offending behaviour.

Duration/frequency:

Six sessions, two hours per session

Delivery model (group/individual)

Group delivery

## **Targeted outcome/success measure:**

Improved understanding of impact of offending on victim, reduction in reoffending.

## **Compulsive And Obsessive Behaviour Programme**

NSI Main Category: ES – Attitudes, Thinking and Behaviour KSS

NSI Sub Category: Compulsive and Obsessive Behaviour Programme

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A 10 session, responsive one-to-one intervention for those demonstrating obsessional and compulsive behaviour that create problems for individuals or the public. The intervention uses Dialectical Behavioural Therapy as its model and will be delivered by suitably trained staff under the clinical supervision of a psychologist. The goal is to help the service

# Elective Services

users to acknowledge, accept and recognise the difficult emotions that trigger harmful behaviour, in turn helping the service user to manage those emotions and behaviour.

Upon completion of the initial 10 sessions, if further support is required an additional 10 sessions may be purchased, by creating a new NSI as above.

Duration:  
10 Sessions

Delivery model (group/individual)  
Individual

**Targeted outcome/success measure:**

Management and reduction of compulsive behaviour

**Intervention For Immature Males**

NSI Main Category: ES – Attitudes, Thinking and Behaviour KSS

NSI Sub Category: Intervention for Immature Males

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This six session, one-to-one intervention aims to work with males on a range of issues that impact on both their thinking and behaviour, including offending behaviour. The method encourages in-depth self-reflection to understand core beliefs and self-image in order to understand the impact on thinking and behaviour whilst looking at pro-social alternatives and the development of self-esteem. Specific topics covered include; role-models, associates, relationships, sex and mental health. This intervention is suitable for all male service users. It focuses on being male and masculinity, this means that it is not directed at any particular offence. For offences linked to intimate partner abuse, we recommend the use of Building Better Relationships or the domestic abuse one-to-one (non-accredited) programme.

Duration:  
Six Sessions

Delivery model (group/individual)  
Individual

**Targeted outcome/success measure:**

Increase in pro-social behaviour / attitudes. Reduction in reoffending

# Elective Services

## **Verge of Recall Intervention**

NSI Main Category: ES Attitudes, Thinking and Behaviour KSS

NSI Sub Category: Verge of Recall Intervention

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The Verge of Recall intervention will be delivered responsively to individual need. Taking place over a two week period, the intervention aims to support the service user to attend and engage meaningfully with his or her offender manager. Sessions will be semi-structured and delivered on a one-to-one basis. The volume of sessions will be dependent upon need. During the period of the intervention, service users may be engaged in a variety of ways including home visits, telephone calls and face to face meetings in either CRC or NPS offices. Service users will be asked to explore barriers (internal and external) to attendance and engagement and the consequences of failing to report and engage as directed.

Duration:

Intensive two week programme

Delivery model (group/individual)

Individual

### **Targeted outcome/success measure:**

Recall of service user averted

## Mentoring

### **Mentor Support**

NSI Main Category : ES - Other KSS

NSI Sub Categories: Mentoring - 6 Month Support / Mentoring - 12 Month Support/  
Mentoring - 18 Month Support

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Mentors work with the individual's Probation Supervisor/our Resettlement Team to develop and deliver a personalised action plan that will include practical support in areas that will improve the individual's compliance and engagement with their order/licence requirements.

The individual's plan is likely to involve working alongside councils, community service providers, health professionals, housing and benefits departments, Integrated Offender Management teams, drug and alcohol service providers, and our accredited programmes team, amongst others. The development of these relationships is crucial if the service user is to receive the support they need.

Mentors will:

- give advice and guidance
- brokerage mainstream support services (such as housing, employment and benefits services)
- help the individual access specialist interventions to overcome personal barriers and to encourage positive progression

# Elective Services

- provide targeted support and information
- help individuals to develop their literacy and numeracy skills.

Duration/frequency:

Six month, 12 month and 18 month blocks.

Delivery model (group/individual)

One-to-one and telephone support.

Mentors will start working with a service user in prison at the pre-release planning stage and will continue their support through the gate and into the community.

## **Targeted outcome/success measure:**

- Development of strategies and goals to minimise or eliminate offending behaviour
- Increased levels of motivation and compliance with licence conditions/requirements
- Practical support to access services that help reduce the individual's risk of reoffending (e.g. housing, benefits and employment help).

# Through the Gate

## **Mandatory Through the Gate Services**

NSI Main Category: ES - Other KSS

NSI Sub Category: Mandatory Through the Gate Services

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KSS CRC will be responsible for delivering the four mandatory services: accommodation advice; employment retention and brokerage; financial advice and signposting for victims of domestic abuse and sex workers.

Duration/frequency:

Up to 10 hours face-to-face time delivered as and when required

Delivery model (group/individual)

One-to-one

## **Targeted outcome/success measure:**

On release:

- increase in suitable accommodation obtained for release
- increased employability or an appointment with Employment Advocacy.

Post release:

- benefits in place, budget plan set up
- improved compliance with release licence and post sentence supervision
- reduction in reoffending.

# Elective Services

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## **Women's Resettlement Programme at East Sutton Park Prison**

NSI Main Category: ES - Women Specific Interventions KSS

NSI Sub Categories: Women's Resettlement Programme

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It has been identified that women have different pathways into offending and require a different approach to support desistance. Sessions include problem solving, increasing self esteem and well being, creative sessions, relationships and signposting amongst others.

Duration/frequency:

13 sessions, two hours per session

Delivery model (group/individual)

Group delivery

### **Targeted outcome/success measure:**

To address the pathways known to lead women into offending, increase self-confidence and reduction in reoffending.



# Elective Services

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## **Delivery of Modules from MSRP**

NSI Main Category: ES - Accommodation KSS

NSI Sub Category: Additional MSRP Modules

NSI Main Category: ES - E/T/E KSS

NSI Sub Category: Additional MSRP Modules

NSI Main Category: ES - Finance / Benefit / Debt KSS

NSI Sub Category: Additional MSRP Modules

NSI Main Category: ES - Drugs / Alcohol KSS

NSI Sub Category: Additional MSRP Modules

NSI Main Category: ES - Mental Health KSS

NSI Sub Category: Additional MSRP Modules

NSI Main Category: ES - Physical Health KSS

NSI Sub Category: Additional MSRP Modules

NSI Main Categories: ES - Children / Families KSS

NSI Sub Categories: Additional MSRP Modules

NSI Main Category: ES - Attitudes, Thinking and Behaviour KSS

NSI Sub Category: Additional MSRP Modules

Optional additional services available around the delivery of MSRP modules for Health, Money, Support, Home, Future, Outlook and Habit.

For more details on each area of the MSRP see relevant section above.

Duration/frequency:

Dependent upon service user need, a maximum of three modules up to 18 sessions. Each session is approximately 20 minutes long.

Delivery model (group/individual)

MSRP is designed to be flexible and can be delivered in groups, one-to-one in custody or community and by supply chain partners.

[Click here](#) to see the MSRP Toolkit Sessions Index for details of all MSRP modules.

KSS CRC will require a completed MSRP Rate Card Pro-forma selecting required MSRP sessions before accepting an NSI transfer.

### **Targeted outcome/success measure:**

Reduced reoffending both in severity and frequency. Greater understanding and acceptance of social norms and rules as measured through attitudinal scales and repeated assessments.

## Bespoke Services

NSI Main Category: ES - Other KSS

NSI Sub Category: Case Management Support

NSI Main Category: ES - Drugs / Alcohol KSS

NSI Sub Category: Supporting Alcohol Treatment Requirement

NSI Main Category: ES - Drugs / Alcohol KSS

NSI Sub Category: Supporting Drug Rehabilitation Requirement

The deliverable of these bespoke services will be agreed between the customer and KSS CRC, tailoring them to the needs and outcomes the customer wants for their service user. For example, if the customer, in addition to delivering an Accredited Programme or Elective Service, wants their service user to receive additional support or additional services (such as specialist counselling, specific support to be able to complete an elective service, etc), the CRC will secure the agreed service through our supply chain.

Duration/frequency:

The duration of the service will be negotiated with customer.

Delivery model (group/individual)

This will be flexible to meet the customer's requirements but given this is a bespoke service this will usually be one-to-one.

**Targeted outcome/success measure:**

Reduced reoffending/delivering the customer's bespoke need.

# MSRP Routeways

A description of each routeway is provided below:



Outlook is designed to help service users understand and create choices, drive consequential thinking and personal responsibility, build confidence and assist change.



Home is concerned with having settled permanent accommodation and focuses on those things that help people become part of the community. It covers practical issues, such as how to set up payment schemes for utilities, as well as securing a tenancy and the different types of tenancies available.



Money focuses on the issues of finance, benefit and debt. Modules are designed to help service users manage their money better. Sessions include managing debt, sourcing help and taking control.



Addiction is covered by experts outside the KSS CRC; however we believe the thinking associated with substance misuse needs rehabilitation support. Habit covers the nature of addiction, how it links to low self-esteem and introduces steps to regain control.



Future is about the steps needed to locate and secure work, how this is linked to training and education and how the service user can take action themselves to improve their employment chances.



Support encourages the service user to think about their responsibilities and what their actions have meant for their families and loved-ones. It encourages them to maintain contact with families when in prison and looks at ways in which they can maintain their relationships.



Health modules demonstrate ways in which health care can be accessed. It looks at ways to stay healthy, the importance of diet and weight management as well as sexual health issues.

# Accredited Programme Criteria

Accredited Programmes	Eligibility Criteria	Exclusions
<p><b>Building Better Relationships (BBR)</b></p>	<ul style="list-style-type: none"> <li>• Index offence is Intimate Partner Violence (IPV), related as indicated by OASYS item 2:3d</li> <li>• Assessed as 'Moderate' or above using the Spousal Assault Assessment tool (SARA)</li> <li>• Accepts responsibility for at least one violent act against a partner</li> <li>• If index offence is not IPV related, can still be referred <b>if</b> there is evidence of at least one episode of non-convicted IPV (e.g., affirmative response to OASys q 6:7) <b>and</b> they acknowledge that they have behaved violently or aggressively towards a partner/ex partner in the 24 months preceding the date of sentence for the index offence. Men who fall into this category must only be referred to BBR if they are also assessed as "<b>High</b>" using SARA.</li> </ul>	<ul style="list-style-type: none"> <li>• Where the man speaks no or poor English</li> <li>• If they refuse to undertake treatment</li> <li>• If they have unstabilised mental illness</li> <li>• Females</li> <li>• If they present with unstabilised current acute substance abuse</li> <li>• Refusal to sign "<b>Statement of Understanding for the Release of Information</b>" or who refuse to commit to the "<b>Conditions of Success</b>".</li> </ul>
<p><b>Drink Impaired Drivers (DIDs)</b></p>	<ul style="list-style-type: none"> <li>• OGRS less than 50 <b>and</b></li> <li>• A history of drink driving offences <b>OR</b></li> <li>• A mitigating factor such as causing injury or accidental damage <b>OR</b></li> <li>• Having a very high alcohol/ blood reading (in excess of double the legal limit).</li> <li>• Failing to provide a specimen</li> </ul>	<ul style="list-style-type: none"> <li>• Presence of serious mental ill health</li> <li>• Learning difficulties or very low IQ</li> <li>• Chaotic lifestyle or problem drinkers (i.e AUDIT score exceeding 20)</li> <li>• Offenders with <b>&gt;four</b> previous convictions</li> </ul>

Accredited Programmes	Eligibility Criteria	Exclusions
<p><b>Resolve</b></p>	<ul style="list-style-type: none"> <li>• Violent index offence or previous violent offence (convicted or non-convicted in previous two years). [“actual attempted, or threatened harm to a person or persons]</li> <li>• Identified medium risk of reoffending and violence (participants should be identified as at least medium risk of reoffending by an <b>OVP 27</b>.</li> <li>• In the case of <b>Robbery</b>, it needs to be established if the motivation was purely as a result of substance misuse, and if the person has no other violent offences on their record it is unlikely Resolve would be appropriate.</li> <li>• <b>Sexual violence</b> should be referred to an accredited sex offender treatment programme. There is an option for them to be referred to RESOLVE on completion of that work, but only if there is clear evidence that they will benefit from the additional intervention.</li> <li>• Violence perpetrated against an intimate other (i.e. <b>spousal abuse</b>) is considered first for an accredited domestic violence programme. (BBR)</li> </ul>	<ul style="list-style-type: none"> <li>• Speaks no or poor English</li> <li>• Refuse to undertake treatment (but RESOLVE does not exclude deniers who are willing to undertake treatment)</li> <li>• Unstabilised mental illness</li> <li>• Shift patterns</li> </ul> <p>If an offender's violence occurs only when they are under the influence of alcohol, then OM/ Treatment Team should consider an alternative intervention such as BSR.</p> <p>Other offenders who do not meet the risk level but who have aggression and violence in their history can be requested for a clinical override by sending the treatment manager the <b>Suitability Assessment Checklist</b>.</p>

Accredited Programmes	Eligibility Criteria	Exclusions
<b>Thinking Skills Programme (TSP)</b>	<ul style="list-style-type: none"> <li>• OGRS score of 25-90 (optimum range is OGRS score of 50-75, above 75 and other interventions will be required to support the service users needs e.g. accommodation, health, substance use)</li> <li>• A need for TSP is determined by the OASys score:               <ul style="list-style-type: none"> <li>(a) Total score is seven or more</li> <li>(b) Total score is five or more</li> <li><b>AND</b> 11.6 scores two</li> <li>(c) Total score is five or more</li> <li><b>AND</b> 11.7 scores two</li> </ul> </li> </ul> <p>TSP is appropriate for violent, drug related, motoring and other offence types <u>including</u> <u>acquisitive</u> offences, but should <b>not</b> be seen as a substitute for offence specific interventions, e.g.: Domestic Abuse, Sex Offender Programmes or Building Skills in Recovery.</p>	<ul style="list-style-type: none"> <li>• OGRS below 25 or above 90</li> </ul>



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