

The CARAT Service

The foundations of the prison drug treatment framework are the Counselling, Assessment, Referral, Advice and Throughcare services, known as CARAT services. These meet the non-clinical needs of the great majority of prisoners, providing low threshold, low intensity, and multidisciplinary drug misuse intervention services.

The CARAT service in Norwich started up five years ago with just three members of staff. Now team leader Kelly



Page manages a team of six, two of whom work exclusively with the YOI clients, plus an admin officer. Team members come from diverse backgrounds, providing a range of

complementary skills and experience. The service is contracted from ADAPT. During the last twelve months the team have seen around 900 people. Prisoners are given motivational support to encourage them to look at issues to do with their use of drugs or alcohol. Some will have been steered towards doing this through sentence planning, bringing their attention to the fact that drugs or alcohol could have played a big part in why they are in prison. The CARAT workers can refer clients to other agencies operating within the prison, or services in the community on release.



Kelly Page said: "Around half the prison population is on our caseload. CARAT is recognised as a quality service and all prisoners now have access to a drug project worker. In all cases we complete an assessment to identify the issues clients want to explore and the CARAT worker draws up a care plan, based around how people want to address their drug or alcohol problems.

"Prisoners are offered group work where short courses in substance awareness, relapse prevention and harm reduction can help them to learn some practical skills and our in-house designed Cell Packs cover specific areas relating to drug and alcohol misuse. Prisoners complete these before being seen on a one to one basis."

Resettlement is a big issue and ADAPT are currently funding a resettlement worker who sets up services for clients when they leave prison and helps them with problems like finding accommodation, residential treatment, drug/alcohol agencies.

A recent development is the family liaison work the team does in the Visitor Centre twice a week, when workers are on hand to give advice and information to family members.

The RAPt Service

The Rehabilitation for Addicted Prisoners Trust, or RAPt, is the largest provider of prison based addiction treatment programmes in the UK. RAPt rehabilitation programmes are intense and based on the well known 12 step principles of Alcoholics and Narcotics Anonymous.



This service has been running in Norwich for seven years and was one of the first to be introduced under the current strategy. RAPt has a team of five workers, managed by Valerie Fairhurst; another counsellor is being recruited and will bring the team up to full strength.



Valerie Fairhurst said: "Our success rates are very good, Research carried out by the

Centre of Crime and Justice Studies, Kings College London, indicates a 53% success rate. Alongside prison staff and colleagues in other agencies, we work closely with clients in a closed environment. Treatment is through a mixture of groups, one to one sessions, lectures and written assignments where they address their drug use and criminality.

"Many of our staff have experienced addiction and are in recovery themselves, which gives us a unique perspective. We also train peer supporters, who have been through the programme and have the trusted role of helping newcomers."

A dedicated rehabilitation landing accommodates 32 men, who should have at least six months to serve to be able to complete the programme successfully. They sign a compact agreeing to totally abstain from all use of drugs and alcohol during the programme. Intense urine screening is carried out to ensure compliance, out of the last 1009 samples there have been few positive results.

The programme works through three stages:

Stage 1 – assessment. Lasts around four weeks and prepares clients for the next stage, educational, motivational, introduces the 12 step concept.

Stage 2 – primary treatment. Full time, intensive, 12 week course. Group work and one to one sessions, employs cognitive behavioural treatment processes, helps to set individual goals and develop strategies to prevent relapse. Completion of this stage represents a major achievement.

Stage 3 – aftercare. Clients are offered a range of workshops that give them skills to take back into normal life. They are expected to maintain recovery through abstinence and attending group sessions.

All will be referred back to the CARAT service for ongoing support until release.

DAAT news

News from the Norfolk Drug & Alcohol Action Team

Spring 2004 Issue 4

Criminal Justice Intervention Programme (CJIP) Throughcare and Aftercare

CJIP is part of the Updated Drug Strategy for reducing drug-related crime. It aims to provide a beginning to end support system for dealing with drug-misusing offenders. The programme was rolled out in April 2003 and initially covered 30 high crime Police Basic Command Units (BCUs) across 25 DAATs. Norfolk is not one of these high crime BCUs. This new service is now being extended to all 149 DAATs under the heading 'Throughcare and Aftercare'.

'Throughcare' is about arrangements for managing the continuity of care provided to a drug misuser from the point of arrest, appearance in court through to sentence and beyond. 'Aftercare' is the package of support that needs to be in place after a drug misuser reaches the end of a prison-based treatment programme, completes a community sentence or leaves treatment planned/unplanned. In addition to drug treatment, this will involve support with housing, finance, family issues, learning new skills and employment.

It will be a Tier 2 service, driven by the criminal justice agenda, to reduce drug-related (acquisitive) crime. The method to achieve this is to co-ordinate the activity of existing Tier 2 criminal justice drug and alcohol services (for example, Arrest Referral, CARAT, DTTOs) into one system and to intervene at all points of the Criminal Justice system to proactively encourage

or persuade offending drug users to move into treatment or other support services. Although there are no 'trigger offences', the service is targeted at the most vulnerable offenders who persistently commit drug-related crimes.

Following the receipt of pump-priming money to help put structures in place for rolling out the service in April 2004, Norfolk DAAT set up a CJIP Steering Group with representatives from the Police, Probation, Prison Service, Health and Housing, chaired by Xany Oliver, DAAT Strategy Manager. The members of the group have been engaged in designing a specification for the new service which has 'must-do' deliverables including a single point of contact for referrals, the appointment of a CJIP Coordinator, a telephone helpline, and prescriptive guidance on the role and skill levels required by CJIP workers.

The funding allocation for Norfolk DAAT allows for the CJIP team to include a Coordinator and six key workers. The Steering Group has agreed, with approval from GO-East, that the Norfolk Service will be introduced incrementally, going live in Quarter Three of 2004 concentrating initially on those who are leaving custodial institutions following a period on remand and/or who received a sentence of less than a year; and those who have a sentence longer than a year and are released on license with probation supervision.

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Update

Xany Oliver, Strategy Manager



Welcome to the fourth edition of the DAAT newsletter, in which we focus on the substance misuse services which are available to people coming through the criminal justice system.

The long awaited alcohol strategy has arrived. Through a cross government approach it aims to reduce the incidence of harm to health and social harm to families, reduce crime and anti-social behaviour and reduce the loss of productivity in the workplace. Due to lack of space in this issue we will be giving a broader overview in the Summer edition of DAAT news. You can find the strategy document in full at www.strategy.gov.uk/files/pdf/al04SU.pdf

The DAAT team welcomes Daniel Harry. Daniel is taking up the Crime Reduction Partnership /DAAT Liaison post from 1st June. We were sorry to lose Lynda Johnson, our PA, after two and a half years with the team. Elaine Horn, Lynda's successor, started working with us on 26th April. Our website is now live and we welcome your comments and ideas for future coverage - especially from people who use the services we fund and their carers.



• DAAT Website: www.nordat.org.uk •

Drug Treatment and Testing Orders (DTTOs)

DTTOs are Orders of the Court targeted on drug dependant adults involved in high volume crime to obtain money to buy drugs. These demanding sentences draw on the expertise of the Courts, Norfolk Probation Area, health and drug agencies.

Operating across three sites in Norwich, Kings Lynn and Yarmouth, multi agency teams deliver compulsory urine testing, regular reviews with the courts, a comprehensive programme of treatment related interventions and community re-integration opportunities. Working with some of the most prolific and chaotic substance misusers, the treatment is for several hours per day, up to five times a week, with the participants expected to make steady progress towards being drug free.

Stuart Macdonald, Assistant Chief Officer (Norfolk Probation Area) leads on the development of Drug Treatment and Testing Orders in Norfolk; he said: "Recent Home Office research has shown that offenders who complete DTTOs are far less likely to re-offend. The Norfolk DAAT commissions the treatment service and Norfolk Probation Area delivers the client supervision and case management."

As the lead agency across the county, Norfolk Probation Area has provided the service with a dedicated team of Probation Officers and Probation Service Officers led by Clive Attfield, Senior Probation Officer.

In Norwich the probation team works alongside nursing staff from the Bure Centre and in King's Lynn with staff from the West Norfolk PCT whilst in Great Yarmouth the treatment is delivered through staff from NORCAS.

Stuart concludes: "It is the multi-agency approach in Norfolk that is proving so effective in delivering a unique treatment and addressing such a complex problem".



Arrest Referral (CATCH)

The Matthew Project has recently been awarded a further three-year contract to deliver the scheme's "Enhanced Arrest Referral Scheme" for Norfolk. A team of criminal justice workers assess and engage detainees with drug and alcohol problems within Police custody suites and courts across the county.



They carry out assessments, brief interventions, harm minimisation, make referrals to treatment agencies and help clients to get into treatment and get support from other social care agencies.

The service is independent from the police and criminal justice system and whilst the scheme is offered to all detainees, it is a positive strategy to help Norfolk Constabulary deal with people who are arrested for substance related offences. The overall aim of Arrest Referral Schemes is the reduction in the level of offending of drug and/or alcohol users. It is achieved through appropriate treatment for substance misuse as well as addressing the broader and complex needs of the specific client group.

Over the last year workers have developed a more assertive role with people who need help including escorting them to appointments. There is excellent partnership working with Norfolk Constabulary and positive and developing partnership arrangements with other treatment providers. As part of the new contract, the "enhanced" element of the work will be further developed through level 3 assessments, care plans and case management. This will necessitate a close working relationship with treatment providers to ensure an effective and efficient service to clients and to work within the "Models of Care" framework.

The Enhanced Arrest Referral Scheme will also play an important and integral role within the Criminal Justice Intervention Programme (CJIP) which is being introduced in Norfolk with an emphasis on throughcare and aftercare.

Andrew Barwick, Team Manager said: "The Matthew Project is a member of the National Arrest Referral Forum. Last year we assessed over 600 people who had been arrested in Norfolk and referred over 70% of them for help. The team performs well when measured against schemes in similar areas. By helping people get into treatment we are also working to reduce crime."

Training News...Training News...Training News...Training News

Diversity Training - Norfolk DAAT are running a four-day Diversity training course, spread through April, May and June. The training is aimed at key staff from frontline provider agencies, service and HR managers and is designed to promote a greater understanding of diversity issues and specifically, the effective operation of drug and alcohol services in different cultural contexts.

Substance Misuse Foundation Course - Norfolk DAAT and the UEA school of Nursing and Midwifery are launching the Substance Misuse Foundation course, this month. This course is now fully booked but the DAAT will be running another and would advise people to contact Mike Hutchinson at the DAAT for further information. Telephone 01603 3677562 or email: michael.hutchinson.dat@norfolk.gov.uk.

Drug and Alcohol Services at Norwich Prison and Youth Offenders Institute (YOI)



HMP Norwich opened in 1887 and has capacity for 772 sentenced and remand prisoners and is a category B local alongside C training prison. It is split between young offenders and the Healthcare Centre on one, smaller site, with remand/convicted, vulnerable prisoners and resettlement on the main site. The Prison Service Drug Strategy was introduced in 1998 and was updated in December 2002. It is part of the Government's National Drug Strategy and is focused on intervention and detoxification and rehabilitation, which play a key role in the wider resettlement agenda and reduction of re-offending.

Malcolm Leader is a principal officer and the Drugs Strategy Manager at Norwich Prison. He said: "For lots of offenders who take drugs, prison can be a turning point in their addiction. They realise they can become clean and take the opportunity during their sentence to make contact with the variety of help on offer from agencies working within the prison."

The Drug and Alcohol Detoxification Nursing Service



Gary Millhouse and his colleague Amber Brady are the specialist drug and alcohol detoxification nurses. They work closely with prison staff and the **RAPt** and **CARAT** teams to provide clients with a seamless service.

What they do:

- **Treatment** assisting with detoxification from opiates/opioids, benzodiazepines and alcohol
- **Abstinence** treatment for opiates and alcohol
- **Support** throughout the detoxification process
- **Referral** for throughcare by referring prisoners on to community drug teams and similar agencies throughout the country.

Gary and Amber are employed by the Drug Strategy Team at the prison and work with adult and youth offenders. Both are qualified nurses who have received additional specialist training for their role. They see prisoners at reception but prisoners can be referred by staff or can request help themselves. They are always seeking ways to improve the service and invite clients to contribute helpful suggestions.

Gary says: "We see a lot of people returning here, but every time they go through the detox process there is an increased likelihood of them staying off for good. Current policy is to bring prison detoxification service on a par with treatment available in the community. Once protocols are agreed, we expect to be able to expand our prescriptions to include methadone, which hasn't previously been available." The service aims to provide treatment that is on a par with services prisoners would find in the community and receives supervision from the local NHS Community Drugs Team and follows the same guidelines and protocols that are used by community drug and alcohol workers."