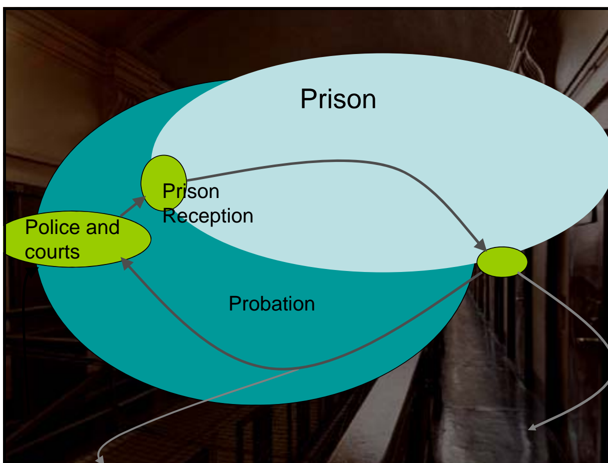
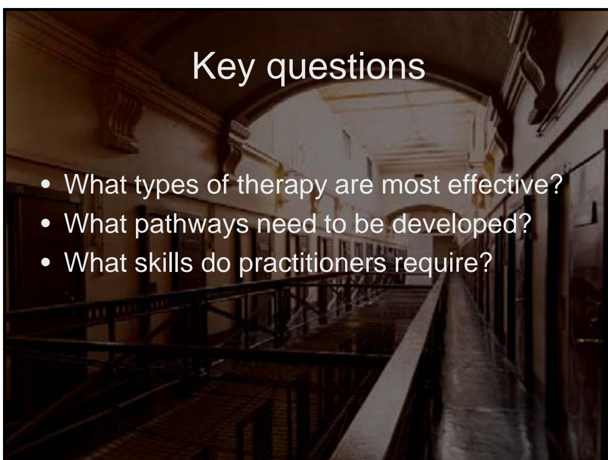
How should we provide talking therapies for offenders?
richard.byng@pms.ac.uk
PENINSULA
MEDICAL SCHOOL
UNIVERSITIES OF EXETER & PLYMOUTH

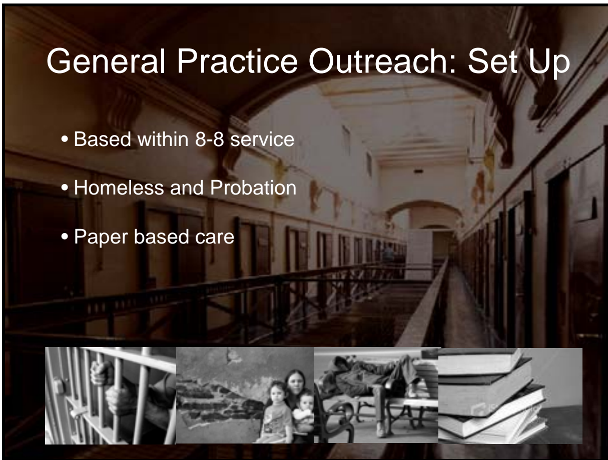

Prison
Prison Reception
Police and courts
Probation


Key questions
• What types of therapy are most effective?
• What pathways need to be developed?
• What skills do practitioners require?

Barriers to talking therapies
Generic factors for socially excluded men:
• Poor help seeking
• Fear of 'mental illness' label
• Co-morbid PD and substance misuse
Specific barriers for people in contact with CJS
• Discontinuities in CJS
• Poorly developed services in prisons
• Lack of evidence base

Key findings from our research:
• Deep distrust of authority including health services
• Drug and Alcohol services are mainstay of care
• Manipulation of CJS/Prison to access care
• Willingness and need to "just talk"

Opportunities
Captive audience!
• Prisons
• Probation
Motivated towards social inclusion:
• Family relationships
• Employment and training
• Housing



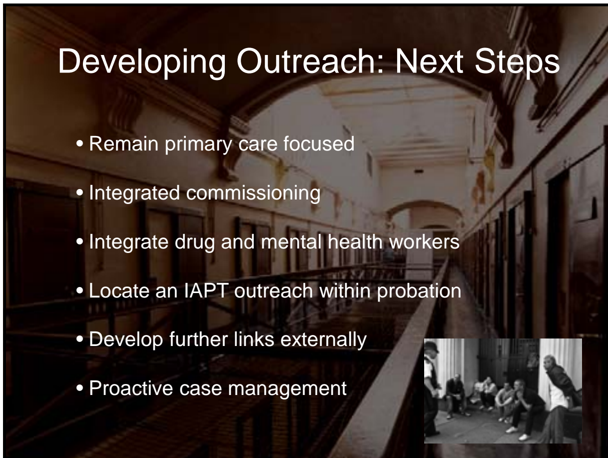
General Practice Outreach in Probation

- Pre-booked by GPs and probation staff
- Rudimentary data sharing – inclusion goals
- Regular corridor discussions
- Electronic records linking all outreach to main general practice
- Ongoing care and referral on to mental health services

GP probation outreach: Initial seven month audit

24 sessions
53 individuals, 85 contacts

3 presented with physical health problems only
30 with depression
22 anxiety
30 personality difficulties
6 PTSD
2 Psychosis
3 other mental health
28 with co-morbid drug and/or alcohol problems


Developing Outreach: Next Steps
• Remain primary care focused
• Integrated commissioning
• Integrate drug and mental health workers
• Locate an IAPT outreach within probation
• Develop further links externally
• Proactive case management

A primary care model for offender mental health
• Registered and non-registered patients
• Social inclusion goals and outcomes drive care
• Multi- disciplinary health team (include IAPT)
• Pathways from substance misuse to IAPT
• IAPT workers who can deal with PD traits
• Information sharing beyond health
• Reduce Stigma:
➢ Not offender exclusive