# Research summary paper

Commissioning voluntary throughcare and mentoring services

December 2023

# Contents

# Key findings

1. How are the current throughcare and mentoring services delivered in Scotland?

   - Throughcare and mentoring support is delivered on either a statutory or a voluntary basis.

   - People who have served a long-term prison sentence (over four years) and those who have been convicted of a sexual offence (and received either a short-term (less than four years) or long-term sentence) are automatically provided with statutory throughcare. This is organised and managed, and often delivered, by justice social work (JSW) in each local authority area. Alternatively, JSW may refer on to another service to provide support, while continuing to oversee and manage the throughcare support.

   - People who have received a short-term sentence can be offered voluntary throughcare and mentoring support while in custody or within 12 months of their release. This voluntary support is delivered by three public social partnerships (PSPs) which receive grant funding from the Scottish Government (SG) for this purpose. Other local areas independently fund other third sector organisations to provide voluntary throughcare. JSW also works with small numbers of people to provide voluntary support: in 2020-21 the number of voluntary throughcare cases was 1,800.[1]

   - Three PSPs are funded by SG to provide throughcare and mentoring services: New Routes, Shine and Moving On. Between them, in 2023–24, they share £3.8m (£3,769,920).[2]

   - This and any future delivery model should be considered within the policy landscape, including the SG Vision for Justice[3] and the National Strategy for Community Justice.[4]

2. Who might access throughcare and mentoring services?

   - The three PSPs support different categories of people:
     - New Routes provides a mentoring service to adult men serving/leaving a short-term prison sentence. New Routes does not work with men on remand or people convicted of a sexual offence.
     - Shine supports adult women on/leaving remand, serving/leaving a short-term prison sentence or serving a community sentence (Community Payback Order (CPO) or Drug Treatment and Testing Order (DTTO)).
     - Moving On Scotland supports young men aged 16 to 21 leaving HMP Polmont and returning to the Highlands or west of Scotland.

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[1] Scottish Government. (2023). Justice social work statistics in Scotland: 2021-22. Source: https://www.gov.scot/publications/justice-social-work-statistics-scotland-2021-22/documents/
[2] Information provided by Scottish Government Community Justice Division. Unpublished. Note: funding across the Scottish Government is decided as part of each year's annual budget.
[3] Scottish Government. (2022). The vision for justice in Scotland. Source: https://www.gov.scot/publications/vision-justice-scotland/pages/1/
[4] Scottish Government. (2022). National strategy for community justice. Source: https://www.gov.scot/publications/national-strategy-community-justice-2/pages/1/

- Demographic analysis shows that the number of people with index sentences of less than four years or spending periods of time on remand, and, therefore, likely to be eligible for voluntary throughcare and mentoring services, has declined from 2009-10 to 2019-20.[5]

- A paper compiled by Scottish Government colleagues analysed data relating to the 'churn'[6] in the Scottish prison population. It finds that just over three-quarters of all arrivals to prison are returns to custody, and around two-thirds of returns to custody occur within one year of the preceding departure from custody.

3. How do people access throughcare and mentoring services?

- Research conducted by Community Justice Scotland (CJS) indicates self-referral, proactive outreach by mentors including by 'email a prisoner', and referral by personal officer are all ways to the New Routes service.[7]

- Evaluation showed that most users were eligible individuals who were approached by New Routes between 2013 and 2019. After 2020, some individuals were also referred by the Scottish Prison Service (SPS) or referred themselves to the programme while serving their sentence.[8]

- Shine has representation within HMP Cornton Vale, HMP Grampian, HMP Greenock and HMP Edinburgh.[9] Women can be signed up to the service 12 weeks prior to release to begin the mentoring relationship. Gate pick-up support is available. Shine also works with, and accepts, referrals as part of the community custody units.[10]

- There is limited information about how people access Moving On Scotland. What there is suggests that it provides for mentors to have a weekly presence within HMYOI Polmont, although based in the community. Staff engage with young people who self-refer while in HMYOI Polmont, and liaise with SPS staff to identify young people. Referrals are also made to the service post-liberation by either JSW or young people directly.[11]

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[5] In 2019-20, 9,072 men, 683 women, 462 young people under 21 and 34 people under 18 had index sentences of less than four years. At the same time, 8,305 men, 802 women, 4,281 young people under 21 and 75 people under 18 were held on remand within the financial year.

[6] This 'churn' refers to people transitioning from prison to the community and back into prison. This information is not currently publicly available but is due to be published by SG in December 2023. Full references will be included here in due course.

[7] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research: report. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[8] Fraser of Allander Institute. (2022). Rehabilitating Scotland: exploring the impact of mentoring-based throughcare. Source: https://www.thewisegroup.co.uk/wp-content/uploads/2022/11/Rehabilitating-Scotland-Exploring-the-impact-of-mentoring-based-throughcare-1.pdf

[9] Shine. (2023). Impact assessment of Shine women's mentoring service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf

[10] Shine. (2022). Annual report 2021/22. Source: https://www.shinementoring.report/

[11] Moving On Scotland. (2023). Information received via email correspondence. Unpublished.

4.  What needs do those who access services experience that the services can/should address?

    - Transitioning from prison into the community is challenging – people may face multiple issues and barriers to successful reintegration. Support must be available for people's basic needs and to enable them to thrive.

    - Support in prison before a person is released is key to supporting reintegration.[12] Research suggests that pre-release planning and 'through-the-gate' support is good practice for successful resettlement as it can remove barriers and issues found in models designed purely in prison or in community settings.[13] Research also suggests that a person requires support for at least six months following release, during which time their needs, although they may change, are most pronounced.[14]

    - Often, the experience of being remanded or having served a short-term sentence is disruptive. It creates barriers for individuals who may be marginalised and find it difficult to reintegrate successfully into their community.[15][16]

    - Needs experienced by someone leaving prison are often inter-related, particularly obtaining suitable accommodation, substance misuse treatment, employment, and support from a social network.[17] Research conducted by the PSPs list the most common needs as mental health, accommodation, finance and employment. Many also require support with substance use, education and training, relationships and physical health.[18,19]

5.  How do services measure need(s) and ensure these needs are addressed/positive outcomes are achieved?

    - As part of the grant arrangements with the SG as funder, each PSP has specific key performance indicators (KPIs) or targets focused on aspects of service delivery such as numbers of individuals engaged with, sustained engagement, engagement in the community and positive destinations.

[12] United Nations Office on Drugs and Crime (UNODC). (2018). Introductory handbook on the prevention of recidivism and the social reintegration of offenders. Source: https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf

[13] Cracknell, M. (2023). Effective practice in resettlement. Source: https://www.justiceinspectorates.gov.uk/hmiprobation/wp-content/uploads/sites/5/2023/01/DESIGNED-Academic-Insights-Cracknell-Jan-23.pdf

[14] Glaser, D. (1969); Rosenfeld, R., Wallman, J. and Fornango, R. (2005). In Durnescu, I. (2019). Pains of reentry revisited. Source: https://www.researchgate.net/publication/331143706_Pains_of_Reentry_Revisited

[15] Scottish Government. (2020). Extended presumption against short sentences: monitoring information July 2019 – December 2019. Source: https://www.gov.scot/publications/extended-presumption-against-short-sentences-monitoring-information-july-2019-december-2019/pages/2/#:~:text=The%20presumption%20against%20short%20sentences%20(%20PASS%20)%20was%20extended%20from%20three,Imprisonment%20(Scotland)%20Order%202019.

[16] Community Justice Scotland. (2019). Sentenced to smart justice: a report on proposed extension of the Presumption Against Short Sentences. Source: https://communityjustice.scot/wp-content/uploads/2019/06/Sentenced-to-Smart-Justice-A-report-on-the-proposed-extension-of-the-Presumption-Against-Short-Sentences-v8.pdf

[17] United Nations Office on Drugs and Crime (UNODC). (2018). Introductory handbook on the prevention of recidivism and the social reintegration of offenders. Source: https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf

[18] Fraser of Allander Institute (2022). Rehabilitating Scotland: exploring the impact of mentoring-based throughcare. Source: https://www.thewisegroup.co.uk/wp-content/uploads/2022/11/Rehabilitating-Scotland-Exploring-the-impact-of-mentoring-based-throughcare-1.pdf

[19] Shine. (2023). Impact assessment of Shine women's mentoring service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf

- New Routes measures both short-term and medium-term outcomes. Short-term outcomes relate to 'internalised changes' in an individual's behaviour, such as a change in their attitude, beliefs and motivations, with the aim of altering the individual's immediate attitude towards criminogenic behaviours. Medium-term outcomes are designed to be worked towards over the longer-term. These tend to be identified early in the assessment process and worked towards for the duration of the programme.[20]

- Shine uses the Outcome Star tool for recording and monitoring people's personal outcomes. The tool comprises 10 domains. The five domains that show most positive improvements for its clients are: managing strong feelings, drugs and alcohol, mental health and wellbeing, a crime-free life, and positive use of time. The five domains that show most declines are: friends and community, mental health and wellbeing, accommodation, living skills and self-care, and relationships and families.[21]

- Moving On Scotland uses the Outcome Star tool to assess a baseline and to evaluate progress made by young people engaging in the service.[22] The tool covers key outcome areas that align to priorities set in the funding terms, including accommodation, mental health and wellbeing, relationships, and drugs and alcohol. The tool is used with young people to co-produce outcomes and action plans based on a 'journey of change' scale.[23]

6. What are the strengths and challenges in current arrangements?

Strengths

- Voluntary throughcare and mentoring support has a positive impact and is a positive experience.

- The relationship with a key worker/mentor is highly valued. Regular face-to-face contact supports a return to community.

- Voluntary throughcare and mentoring services excel at being person-centred, and in offering relationship-based support, mentorship/peer support and housing/homelessness support.

Challenges

- Low awareness of the term 'voluntary throughcare and mentoring support' can create confusion and means that people don't know what services are available or who provides support.[24]

[20] Fraser of Allander Institute. (2022). Rehabilitating Scotland: exploring the impact of mentoring-based throughcare. Source: https://www.thewisegroup.co.uk/wp-content/uploads/2022/11/Rehabilitating-Scotland-Exploring-the-impact-of-mentoring-based-throughcare-1.pdf

[21] Shine. (2022). Annual report 2021–22. Source: https://www.shinementoring.report/

[22] Moving On Scotland. (2023). Information received via email correspondence. Unpublished.

[23] Stage 1-2: stuck; stage 3-4: accepting help, stage 5-6: motivated and taking responsibility, stage 7-8: learning what works, stage 9-10: self-reliant.

[24] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

- Service provision and availability are inconsistent across the prison estate.[25]

- Disengagement can be a challenge and timing of the offer of support is crucial to aid engagement.[26]

- For people on remand, not knowing court/release dates means that forward planning is difficult.[27]

- The lack of support available for men on remand is inequitable and a missed opportunity to engage, support and prepare people for release.[28]

- Services delivering voluntary throughcare and mentoring support face challenges in funding/resources, housing/homelessness issues and co-ordination/communication between organisations.[29]

- Mentors suggest that the insecurity of year-on-year funding undermines staff retention and, therefore, their service's stability. More support for staff wellbeing, given the complex and emotive work they are involved in, and the need for professional development are also concerns.[30]

7. What are the opportunities for improvement? What can be recommended to ensure that future arrangements are effective (service design, service delivery and the landscape in which throughcare sits) in meeting people's needs and achieving positive outcomes?

- Changing the funding model could reduce dependency on short-term funding, improve staff retention and continuity of support for people leaving prison, and allow services to respond to changing needs.[31][32]

- Ensuring a trusting relationship with a consistent single point-of-contact mentor would allow the person leaving prison to navigate difficult processes and circumstances.[33][34][35]

[25] Ibid.
[26] Ibid.
[27] Ibid.
[28] IRISS. (2022). Workshop report: the future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[29] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary Throughcare and Mentoring Support Research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[30] Ibid.
[31] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[32] Community Justice Scotland. (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.
[33] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[34] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[35] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research: interviews with families. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Throughcare-and-Mentoring-Research-Families-research-Final.pdf

- Engaging with people three months prior to release and continuing that support throughout the transition into the community, in a 'through-the-gate' model, with no fixed cut-off point might be optimum for achieving successful outcomes.[36]

- Designing person-centred services that address specific needs that an individual faces, and considering a range of interconnected factors, could improve reintegration.[37]

- Involving people in setting plans for their future, and ensuring these plans are tailored to their interests, can lead to an increased sense of hope and excitement about the future. This could increase the likelihood of engaging with the service and contributing to positive outcomes.[38]

- Equal access to services should be considered, particularly to ensure that men on remand are eligible for support.[39]

- An equalities assessment should recognise the unique resourcing and service delivery challenges for rural and very remote areas.[40]

- Building awareness and improving clear communication should include consistent messaging in prisons about what services are available and continued positive outreach from services to improve engagement.[41]

- Language and terminology used to define and describe throughcare and mentoring services should be clear and consistent.[42]

- Ensuring that service delivery partners provide consistent, detailed information and data on the delivery of services will allow scrutiny and accountability checks.[43]

[36] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[37] Community Justice Scotland. (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

[38] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[39] Ibid.

[40] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

[41] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[42] Community Justice Scotland. (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

[43] Ibid.

# Methodology

Various pieces of research to support and underpin this commissioning project were planned. This has resulted in a suite of documents that examine the delivery of voluntary throughcare and mentoring services from the perspectives of people receiving support, service providers and stakeholders, within the context of the wider political and theoretical landscape in Scotland. Analytical focus on demographic profiles of people who access voluntary throughcare and mentoring services also supports this. This paper is a synthesis of the key findings of these various documents. Each of the research activities used a different methodology. These are described in Appendix 1.

# Introduction

Community Justice Scotland (CJS) is tasked with commissioning voluntary throughcare and mentoring services for short-term prisoners funded directly by the Scottish Government (SG), as currently provided by three third sector public social partnerships (PSPs).

Work to understand and measure service provision, the needs of people accessing services, and the strategic context of existing and future services, is crucial to provide the foundation on which the planning and delivery of future throughcare and mentoring services can be built. Simply, CJS must ensure that the services that are delivered are designed to meet outcomes and to address people's needs. To do this, a robust evidence base has been established.

Research and analysis will aid preparation and understanding for CJS, the SG Community Justice Division and stakeholders. It illustrates need across relevant cohorts of people, identifies and analyses gaps, and makes evidence-based recommendations for service design and delivery.

A suite of research and analysis has been developed by CJS to provide this evidence base. This includes a literature review, lived/ing experience interviews and focus groups, a professional stakeholder survey, process mapping, service mapping, demographic analysis, and strategic context analysis and horizon scanning. The findings of these research activities are summarised in this paper, organised under key research questions.

# Research findings

## 1. How are the current throughcare and mentoring services delivered in Scotland?

Key points
- People who have served a long-term prison sentence (over four years) and those who have been convicted of a sexual offence (and received either a short-term (less than four years) or long-term sentence) are automatically provided with statutory throughcare. This is organised and managed, and often delivered, by justice social work (JSW) in each local authority area. Alternatively, JSW may refer on to another service to provide support, while continuing to oversee and manage the throughcare support.
- People who have received a short-term sentence can be offered voluntary throughcare and mentoring support while in custody or within 12 months of their release. This voluntary support is delivered by three PSPs which receive grant funding from the SG for this purpose. Other local areas independently fund other third sector organisations to provide voluntary throughcare. JSW also works with small numbers of people to provide voluntary support: in 2020-21 the number of voluntary throughcare cases was 1,800.[44]
- Three PSPs are funded by SG to provide throughcare and mentoring services: New Routes, Shine and Moving On. Between them, in 2023-24, they share £3.8m (£3,769,920).[45]
- This, and any future, delivery model should be considered within the policy landscape, including the SG Vision for Justice[46] and the National Strategy for Community Justice.[47]

Definition

Roundtable workshops facilitated by Iriss provided a working definition for voluntary throughcare:

*'Throughcare is the support people receive in prison, and once they leave, to help them resettle into the community. This support varies depending on individual needs. It can include finding a home, providing opportunities for work and improved health and wellbeing or mentoring. Throughcare helps individuals develop confidence and social ties, so they can build better lives for themselves, their family and their community.'*

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[44] Scottish Government. (2023). Justice social work statistics in Scotland: 2021-22. Source: https://www.gov.scot/publications/justice-social-work-statistics-scotland-2021-22/documents/

[45] Information provided by Scottish Government Community Justice Division. Unpublished. Note: funding across the Scottish Government is decided as part of each year's annual budget.

[46] Scottish Government (2022). The vision for justice in Scotland. Source: https://www.gov.scot/publications/vision-justice-scotland/pages/1/

[47] Scottish Government (2022). National strategy for community justice. Source: https://www.gov.scot/publications/vision-justice-scotland/pages/1/

Participants in the roundtable workshops noted that this definition is an improvement on previous ones but should be reviewed by people accessing throughcare for their feedback.[48]

Current delivery model

Throughcare and mentoring support is delivered on either a statutory or a voluntary basis. People who have received a long-term prison sentence (over four years) and those who have been convicted of a sexual offence (and received either a short-term (less than four years) sentence or a long-term sentence) are automatically provided with statutory throughcare. This is organised and managed by, and often provided by, JSW in each local authority area. JSW may also refer on to another service to provide support, while continuing to oversee and manage the throughcare support. Individuals who have received a short-term sentence can be offered voluntary throughcare and mentoring support while in custody or within 12 months of their release. This voluntary support is delivered by three PSPs which receive grant funding from the SG for this purpose. JSW also works with small numbers of individuals to provide voluntary support. In 2021-22, the number of voluntary throughcare cases was 1,800, which is the second lowest in ten years. This was 27% higher than in 2020-21, which was the lowest at 1,400.[49]

Three PSPs are funded by SG to provide throughcare and mentoring services: New Routes, Shine and Moving On. Between them, in 2023-24, they share £3.8m (£3,769,920) funding, split as follows:[50]
- Shine, £1,459,620, supports adult women on/leaving remand, serving/leaving a short-term prison sentence or serving a community sentence (Community Payback Order (CPO) or Drug Treatment and Testing Order (DTTO)).
- Moving On Scotland, £510,000, supports young men aged 16 to 21 leaving HMP Polmont and returning to the Highlands or west of Scotland.
- New Routes, £1,800,300, provides a mentoring service to adult men serving/leaving a short-term prison sentence.

There is flexibility built into the funding arrangement to allow the third sector providers some agency in how, when and for how long to engage with an individual.

The original SG programme, in 2012, aimed to drive preventative spending in several areas. One of these was reoffending, for which the Reducing Reoffending Change Fund (RRCF)[51] was set up. Six PSPs were funded to deliver mentoring schemes to reduce the risk of reoffending and to support reintegration by providing one-to-one support through evidence-based mentoring schemes. Conclusions from this highlighted the effectiveness of the mentoring approach and the suggestion that a combination of this, along with wider support, would have a positive impact on reoffending overall.

[48] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[49] Scottish Government. (2023). Justice social work statistics in Scotland: 2021-22. Source: https://www.gov.scot/publications/justice-social-work-statistics-scotland-2021-22/documents/
[50] Information provided by Scottish Government Community Justice Division. Unpublished. Note: funding across the Scottish Government is decided as part of each year's annual budget.
[51] Scottish Government (2016). Evaluation of the Reducing Reoffending Change Fund: research findings. Source: https://www.gov.scot/publications/evaluation-reducing-reoffending-change-fund-research-findings/#:~:text=The%20independent%20evaluation%20of%20the%20Reducing%20Reoffending%20Change,the%20continuation%20and%20expansion%20of%20mentoring%20services.%20

Positive results were seen in the effective implementation of the PSPs themselves. The PSP model had highlighted the value of collaboration and inclusive ways of working, and had been useful for piloting new approaches to partnership working, improving relationships, promoting collaboration between sectors, and redeveloping services to reflect the needs of users. The varying degree of engagement by third sector partners was noted as one way in which the implementation of the PSP model was less effective. There was little evidence of the model 'breaking down silos', with services continuing to work independently, and achieving the desired 'stage three' of service design commissioning, with services continuing to be procured as before.[52]

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Information on each of the three PSPs is in the following sections.

New Routes is run in partnership with The Wise Group (lead partner), Sacro, Apex Scotland, Scottish Association for Mental Health, Families Outside and SPS. The PSP is staffed with around 80 employees, including mentors. Over half of the mentors have lived experience of the justice system.

New Routes aims 'to provide mentoring services to male offenders, with the aim of reducing their reoffending'. The mentoring service is provided in two parts. The first part supports motivation and change in attitudes and behaviours. Individuals are supported to identify their needs and to create a personal release plan. The second part addresses the barriers the individual seeks to overcome to reintegrate into the community. Services are tailored to individual needs and can include, for example, helping an individual to secure accommodation, enrol with a GP, gain employment, set up bank accounts and access addiction services.

Shine is delivered by eight partners: Sacro (lead partner), Apex Scotland, The Wise Group, Access to Industry, Barnardo's, Circle, Turning Point Scotland and Venture Trust.[53] The PSP is staffed by 26.1 full-time equivalent (FTE) mentors.

Shine is a national mentoring service for women in the justice system and supports women serving a custodial sentence, on remand, or those subject to a CPO or DTTO through one-to-one relationships with a mentor.[54]

Moving On Scotland supports young men offenders aged 16 to 21, leaving HMP Polmont. It started as a partnership between Action for Children and Barnardo's but is now solely operated by Action for Children. It provides specialised support for younger men leaving prison in the west of Scotland and the Highlands. It is staffed by seven FTE mentors.

Moving On Scotland offers a transitional support service for young men offenders leaving custody and returning to their communities to:
- increase their engagement with voluntary throughcare support upon their liberation

[52] Mazzei, M., Calo, F., Roy M. and Teasdale, T. (2018). Report to date of PSP model in Scotland. Source: https://www.gov.scot/binaries/content/documents/govscot/publications/research-and-analysis/2018/05/report-date-strategic-public-social-partnership-psp-model-scotland/documents/00534954-pdf/00534954-pdf/govscot%3Adocument/00534954.pdf
[53] Shine. (2022). Annual report 2021–22. Source: https://www.shinementoring.report/
[54] Shine. (2023). Impact assessment of Shine women's mentoring service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf

- address the criminogenic factors underpinning their offending behaviour
- identify and remove barriers that prevent them from becoming fully reintegrated into their communities
- develop learning and achieve accredited workplace qualifications
- secure sustainable employment in their chosen sector

Policy context

The 'Vision for Justice' sets out the policy ambition of the SG to shift the balance from custody to community, using custody only as a last resort where there is a risk of serious harm to the public. The ambition is for people to be *'supported in rehabilitation by the most effective means, primarily remaining in our communities with support and opportunities for fair work, employment and housing'*.[55]

The commitment to rehabilitation and to reducing the high use of imprisonment was reaffirmed in April 2023 by the Cabinet Secretary for Justice and Home Affairs, Angela Constance. This included a particular focus on *'reducing the proportion of the prison population, especially women, on remand from the post-COVID high'* by 2026.[56]

These commitments are reflected in the National Strategy for Community Justice[57] and the Community Justice Performance Framework, which sets out the outcomes to be achieved under the National Strategy for Community Justice.[58]

Of relevance to commissioned voluntary sector throughcare services are national strategy aim 2: *'Ensure that robust and high-quality community interventions and public protection arrangements are consistently available across Scotland'* and aim 3: *'Ensure that services are accessible and available to address the needs of individuals accused or convicted of an offence'.*

Priority action 10: *'Enhance community integration and support by increasing and promoting greater use of voluntary throughcare and third sector services'* is of special importance for consideration of throughcare services. It states:

'Partners should work together to ensure that effective throughcare support services are in place and consistently offered, working in co-ordination with the activities of the SPS, justice social work and other public services supporting individuals and meeting the specific needs of different groups of individuals interacting with the justice system. This will involve robust co-ordination and planning processes being in place across justice, public and third sector services, to plan those activities in co-operation with individuals. There is also a need to ensure that public services are aware of the particular needs and challenges faced by individuals in the justice system, and for them to pro-actively engage with that population at the earliest stage, to ensure their needs are supported.'

[55] Scottish Government. (2022). The vision for justice in Scotland. Source: https://www.gov.scot/publications/vision-justice-scotland/pages/1/
[56] Scottish Government. (2023). Equality, opportunity, community: new leadership – a fresh start. Source: https://www.gov.scot/publications/equality-opportunity-community-new-leadership-fresh-start/pages/6/
[57] Scottish Government. (2022). National strategy for community justice. Source: https://www.gov.scot/publications/national-strategy-community-justice-2/pages/1/
[58] Scottish Government. (2023). Community justice performance framework. Source: https://www.gov.scot/publications/community-justice-performance-framework/pages/1/

Trauma-informed justice services are also a policy ambition for the SG. A key aim of the Vision for Justice is: 'we have effective, modern person-centred and trauma-informed approaches to justice in which everyone can have trust, including as victims, those accused of crimes and as individuals in civil disputes'.[59] In order to achieve this, the justice system will need to ensure that 'everyone is supported to recover from the harm and trauma and possible re-traumatisation they have experienced'.

Other relevant policy areas include:
- youth justice: while outside the scope of commissioning throughcare services, the SG's Vision for Youth Justice and Action Plan set out policy relating to children and young people in conflict with the law[60]
- drug and alcohol policy: following the conclusion of the Drugs Death Task Force, the SG has reiterated its commitment to a national drugs mission to reduce harm and death from drugs. The 'Rights, Respect and Recovery' drug and alcohol strategy[61] and the Medication Assisted Treatment (MAT) standards are also of relevance to throughcare services[62]
- violence against women and girls: the Equally Safe strategy, jointly agreed by the SG and COSLA, sets out national policy for eradicating violence against women and girls[63]

The policy and strategic landscape mean that any voluntary sector throughcare services should aim to:

- support rehabilitation
- contribute towards reducing the use of imprisonment by reducing reoffending
- increase the number of people accessing voluntary throughcare support on release from prison
- support a reduction in the use of remand and contribute to an increase in the use of supervised bail services, where possible
- take special consideration of the needs of female prisoners, particularly those on remand
- support and enhance social networks and family ties
- support improved health outcomes by improving access to, and continuity of, health and social care following release from a prison sentence
- support improved employability outcomes and access to fair work for those leaving prison
- support improved housing outcomes by ensuring more people have access to suitable accommodation following release from a prison sentence
- be trauma-informed, both in terms of how the service itself is delivered and how it can support the people using it to address any previous trauma they have experienced

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[59] Scottish Government. (2022). The vision for justice in Scotland. Source: https://www.gov.scot/publications/vision-justice-scotland/pages/1/

[60] Scottish Government. (2021). Justice for children and young people – a rights-respecting approach: vision and priorities. Source: https://www.gov.scot/publications/rights-respecting-approach-justice-children-young-people-scotlands-vision-priorities/pages/2/

[61] Scottish Government. (2018). Rights, respect and recovery: alcohol and drug treatment strategy. Source: https://www.gov.scot/publications/rights-respect-recovery/

[62] Scottish Government. (2021). Medication Assisted Treatment (MAT) standards: access, choice, support. Source: https://www.gov.scot/publications/medication-assisted-treatment-mat-standards-scotland-access-choice-support/

[63] Scottish Government. (2018). Equally Safe: Scotland's strategy to eradicate violence against women. Source: https://www.gov.scot/publications/equally-safe-scotlands-strategy-prevent-eradicate-violence-against-women-girls/

## 2. Who might access current throughcare and mentoring services?

Key points

The three PSPs support different categories of people:

- New Routes provides a mentoring service to adult men serving/leaving a short-term prison sentence. New Routes does not work with men on remand or people convicted of a sexual offence.
- Shine supports adult women on/leaving remand, serving/leaving a short-term prison sentence or serving a community sentence (CPO or DTTO).
- Moving On Scotland supports young men aged 16 to 21 leaving HMP Polmont and returning to the Highlands or west of Scotland.
- Demographic analysis shows that the number of people with index sentences of less than four years or spending periods of time on remand, and therefore likely to be eligible for voluntary throughcare and mentoring services, has declined between 2009-10 and 2019-20.[64]
- A paper compiled by SG colleagues analysed data relating to the 'churn'[65] in the Scottish prison population. It finds that just over three-quarters of all arrivals to prison are returns to custody, and around two-thirds of returns to custody occur within one year of the preceding departure from custody.

Current PSPs

The three PSPs support different categories of people:

New Routes[66] works with adult men (over 18). Prior to 2019 the service worked with 18 to 25-year-olds only, but in 2021 those aged 26 and over accounted for 85% of participants.

New Routes works with men serving/leaving a short-term prison sentence. New Routes does not work with men on remand or those convicted of a sexual offence, and takes referrals while individuals are in custody only, not after liberation.

In 2021, New Routes reported 1,543 'journeys' with 1,501 individuals participating.

Shine[67] supports adult women on remand, serving/leaving a short-term prison sentence or serving a community sentence (CPO or DTTO).

In 2022-23, Shine received 484 referrals of which 126 were community referrals and 61% of prison referrals were to support women on remand.[68] Data are not publicly available on age breakdown.

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[64] In 2019-20, 9,072 men, 683 women, 462 young people under 21 and 34 young people under 18 had index sentences of less than four years. At the same time, 8,305 men, 802 women, 4,281 young people under 21 and 75 young people under 18 were held on remand within the financial year.

[65] This 'churn' refers to people transitioning from prison to the community and back into prison. This information is not currently publicly available but is due to be published by SG in December 2023. Full references will be included here in due course.

[66] Fraser of Allander Institute. (2022). Rehabilitating Scotland: exploring the impact of mentoring-based throughcare. Source: https://www.thewisegroup.co.uk/wp-content/uploads/2022/11/Rehabilitating-Scotland-Exploring-the-impact-of-mentoring-based-throughcare-1.pdf

[67] Shine. (2023). Criteria. Source: https://www.shinementoring.org/referrals/criteria

[68] Shine. (2023). Impact assessment of Shine women's mentoring service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf

Moving On Scotland works with young men under 18, and 18 to 21-year-olds in HMYOI Polmont returning to local authority areas in the west of Scotland and the Highlands. In 2021-22 it worked with 119 young people. There is no age breakdown in the available data.

Only women and young people[69] who are on remand, or who have recently been released from remand, are offered voluntary throughcare support through the PSPs. Adult men who are on remand, or who have recently been released from remand, are not eligible for this. People leaving remand can request support from JSW on release. This was seen by participants in the Iriss roundtable workshops as a missed opportunity to engage, support and prepare people for liberation.

Roundtable workshops facilitated by Iriss highlighted main reasons and discussion points relating to why people might decline the offer of support:
- lack of formal data on who does or doesn't take up support, and why. This makes it difficult to understand barriers to uptake of support
- support offered may not feel relevant to an individual's life
- people move across local authority areas throughout their time in the justice system; access to support needs to be equitable across the prison estate to limit the risk of people falling through a support gap
- certain equalities characteristics or circumstances, including neurodiversity, gender identity, learning disabilities and literacy levels, should be considered to ensure that engagement is equal for all individuals

Participants in the roundtable workshops also suggested that there is a mixed perception of the role of social work in throughcare, with some people having negative associations with social work that might be a barrier to the uptake of throughcare provided by JSW.

Data profile

The demographic profile compiled by CJS provides data from 2009-10 to 2019-20 (the last full year of data available prior to the Covid-19 pandemic and its subsequent impact on data). The data illustrate the number of people with index sentences of less than four years or who are spending periods of time on remand and, therefore, likely to be eligible for voluntary throughcare and mentoring services.

*Index sentences*

Data show a downward trend in the number of men and women with index sentences of less than four years. In 2019-20, 9,072 men, 683 women, 462 young people under 21 and 34 young people under 18 had index sentences of less than four years.

On average, between 2009-10 and 2019-20, for people with an index sentence of less than four years:
- 8,970 men were released each year, around 747 per month. Most departures are from index sentences of 0-12 months, in particular 3-12 months.
- 761 women were released each year, around 63 per month. Most departures are from index sentences of 0-6 months.

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[69] Only young people leaving HMYOI Polmont and returning to the west of Scotland and the Highlands.

- 98 young people under 18 were released each year, around eight per month. In recent years, these numbers are much lower.
- 810 young people under 21 were released each year, around 67 per month. In recent years, these numbers are much lower.

*Remand*

Data show a downward trend in the number of women, men and young women on remand. In 2019-20, 8,305 men, 802 women, 4,281 young people under 21 and 75 people under 18 were held on remand within the financial year.

On average, there are 7,520 departures from remand (not including transitions) each year, around 623 per month. Releases are consistently more common during the early period of remand (two to seven days, <=two weeks, three weeks, four weeks, five weeks). The number of people released from remand periods of 71 to 140 days and >140 days are also consistently higher than shorter periods.

Using data from 2016-17 to 2019-20, on average:
- 5,454 men were released from remand each year, around 454 per month.
- 826 women were released from remand each year, around 68 per month.
- 927 people under 21 were released from remand each year, around 77 per month.
- 141 people under 18 were released from remand each year, around 12 per month.

*Home Detention Curfew*

Numbers of people being released from Home Detention Curfew (HDC) declined starkly between 2016 and 2020.[70] In the most recent year of data, 2020, 243 men, 28 women and 10 young people (aged 18 to 21) were released from HDC.

Findings from a paper compiled by SG colleagues analysed data relating to the 'churn'[71] in the Scottish prison population include:[72][73]

- Just over three-quarters of all arrivals to prison are returns to custody. This finding is consistent across each of the years analysed.

- Around two-thirds of returns to custody in each year occurred within one year of the preceding departure from custody (68% in 2015-16, 66% in 2018-19 and 63% in 2021-22).

- The pattern of return to custody varies for young people. Young people are more and increasingly likely to be arriving to custody for the first time over the period analysed.

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[70] The Management of Offenders (Scotland) Act 2019 included new provisions for the management of people subject to Home Detention Curfew (HDC), including the introduction of new powers of recall from HDC for the Scottish Prison Service and clarification of the law on HDC and temporary release. Data in this paper should be considered with this policy change in mind.
[71] This 'churn' refers to people transitioning from prison to the community and back into prison.
[72] Analysis uses data from the CellWise longitudinal dataset. This is the dataset on which the Scottish prison population official statistics are based. Three years of data were selected (2015-16, 2018-19, 2021-22) to explore differences between pre- and post-pandemic. Arrivals within each selected year were examined to establish which were returns to custody. Characteristics of returning prisoners were explored (gender, age, time to return, legal status and index sentence length).
[73] This information is not currently publicly available but is due to be published by SG in December 2023. Full references will be included here in due course.

Across the period analysed the proportion of returns within one year is stable between 87% and 89%.

- There is a broadly equal split in returns to custody between those who departed previously as a remand or sentenced prisoner. In each year analysed, just over 50% of returns to custody within one year are attributable to those with a preceding liberation type associated with remand.

- A large majority of returns to custody within one year of release following sentenced served were associated with an index sentence of less than or equal to one year (82% in 2015-16, 79% in 2018-29 and 70% in 2021-22).

## 3. How do people access throughcare and mentoring services?

Key points
- Research conducted by CJS indicates self-referral, proactive outreach by mentors including by 'email a prisoner', and referral by personal officer are all ways into the New Routes service.[74]
- Evaluation showed that most users were eligible individuals who were approached by New Routes between 2013 and 2019. After 2020, some individuals were also referred by SPS or referred themselves to the programme while serving their sentence.[75]
- Shine has representation within HMP Cornton Vale, HMP Grampian, HMP Greenock and HMP Edinburgh.[76] Women can be signed up to the service 12 weeks prior to release to begin the mentoring relationship. Gate pick-up support is available. Shine also works with and accepts referrals as part of the community custody units.[77]
- There is limited information about how people access Moving On Scotland. Information provided by Moving On Scotland indicates that mentors have a weekly presence within HMYOI Polmont, although based in the community. Staff engage with young people who self-refer while in HMYOI Polmont and liaise with SPS staff to identify young people. Referrals are also made to the service post-liberation by either JSW or young people directly.[78]

Research conducted by CJS[79] indicates self-referral, proactive outreach by mentors including by 'email a prisoner', and referral by personal officer are all ways into the New Routes service.

Evaluation showed that most users for the earlier cohort were eligible individuals who were approached by New Routes between 2013 and 2019. While this was still the case

[74] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[75] Fraser of Allander Institute. (2022). Rehabilitating Scotland: Exploring the impact of mentoring-based throughcare. Source: https://www.thewisegroup.co.uk/wp-content/uploads/2022/11/Rehabilitating-Scotland-Exploring-the-impact-of-mentoring-based-throughcare-1.pdf
[76] Shine. (2023). Impact assessment of Shine women's mentoring service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf
[77] Shine. (2022). Annual report 2021/22. Source: https://www.shinementoring.report/
[78] Moving On Scotland. (2023). Information received via email correspondence. Unpublished.
[79] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

after 2020, some individuals were also referred by SPS or referred themselves to the programme while serving their sentence. The average individual was serving a 13-month sentence while enrolled on the programme.[80]

The New Routes programme board papers from December 2021 indicate that there are nine mentors based across 12 prison establishments.[81]

Shine has direct representation within the following prison establishments: Cornton Vale, Grampian, Greenock and Edinburgh.[82] Women can be signed up to the service 12 weeks prior to release to begin the mentoring relationship. Gate pick-up support is available. Shine also works with and accepts referrals as part of the community custody units.[83]

There is limited information about how people access Moving On Scotland. Information provided by Moving On Scotland indicates that mentors have a weekly presence within HMYOI Polmont, although based in the community. Staff engage with young people who self-refer while in HMYOI Polmont and liaise with SPS staff to identify young people. Referrals are also made to the service post-liberation by either JSW or young people directly. Like the other PSPs, engagement begins towards the end of a short-term sentence. However, Moving on Scotland also supports young people on remand and more recently widened access to young people undertaking CPOs. This was in recognition of the declining numbers of young people being issued with short-term custodial sentences.[84]

4. What needs do those who access services experience that the services can/should address?

Key points
- Transitioning from prison into the community is challenging – people may face multiple issues and barriers to successful reintegration. Support must be available for people's basic needs and to enable them to thrive.
- Support in prison before a person is released is key to supporting reintegration.[85] Research suggests that pre-release planning and 'through-the-gate' support is good practice for successful resettlement as it can remove barriers and issues found in models designed purely in prison or in community settings.[86] Research also suggests that a person requires support for at least six months following release, during which time their needs, although they may change, are most pronounced.[87]

[80] Fraser of Allander Institute. (2022). Rehabilitating Scotland: exploring the impact of mentoring-based throughcare. Source: https://www.thewisegroup.co.uk/wp-content/uploads/2022/11/Rehabilitating-Scotland-Exploring-the-impact-of-mentoring-based-throughcare-1.pdf
[81] New Routes. Performance report. December 2021. Unpublished.
[82] Ibid.
[83] Shine. (2022). Annual report 2021–22. Source: https://www.shinementoring.report/
[84] Moving On Scotland (2023). Information received via email correspondence. Unpublished.
[85] United Nations Office on Drugs and Crime (UNODC). (2018). Introductory handbook on the prevention of recidivism and the social reintegration of offenders. Source: https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf
[86] Cracknell, M. (2023). Effective practice in resettlement. Source: https://www.justiceinspectorates.gov.uk/hmiprobation/wp-content/uploads/sites/5/2023/01/DESIGNED-Academic-Insights-Cracknell-Jan-23.pdf
[87] Glaser, D. (1969); Rosenfeld, R., Wallman, J. and Fornango, R. (2005). In Durnescu, I. (2019). Pains of reentry revisited. Source: https://www.researchgate.net/publication/331143706_Pains_of_Reentry_Revisited

- Often, the experience of being remanded or having served a short-term sentence is disruptive and creates barriers for individuals who may be marginalised and find it difficult to reintegrate successfully.[88][89]
- Needs experienced by someone leaving prison are often inter-related, particularly obtaining suitable accommodation, substance misuse treatment, employment, and support from a social network.[90] Research conducted by PSPs list the most common needs as mental health, accommodation, finance and employment. Many people also require support with substance use, education and training, relationships and physical health.[91][92]

Overview of needs

People transitioning from prison into the community may face multiple issues and barriers to successful reintegration. Support must be available for people's basic needs and to enable them to thrive. People with previous experience of custody report the experience of being released with no support as extremely challenging and isolating.[93]

Themes have emerged from research about the needs commonly experienced by people leaving a short-term prison sentence or a period of remand. These include support needed with access to education, training and employment; help to find suitable accommodation; support for physical and mental health, including addictions; financial support including applications for benefits and access to a bank account; and social support and with relationships.[94][95][96] There is also a need for gender-specific services within voluntary throughcare and mentoring, with trans and non-binary people requiring tailored support.[97]

Often, the experience of being remanded or having served a short-term sentence is disruptive and creates barriers for individuals who might be marginalised and find it

[88] Scottish Government. (2020). Extended presumption against short sentences: monitoring information July 2019 to December 2019. Source: https://www.gov.scot/publications/extended-presumption-against-short-sentences-monitoring-information-july-2019-december-2019/pages/2/#:~:text=The%20presumption%20against%20short%20sentences%20(%20PASS%20)%20was%20extended%20from%20three,Imprisonment%20(Scotland)%20Order%202019

[89] Community Justice Scotland. (2019). Sentenced to smart justice: a report on proposed extension of the Presumption Against Short Sentences. Source: https://communityjustice.scot/wp-content/uploads/2019/06/Sentenced-to-Smart-Justice-A-report-on-the-proposed-extension-of-the-Presumption-Against-Short-Sentences-v8.pdf

[90] United Nations Office on Drugs and Crime (UNODC). (2018). Introductory handbook on the prevention of recidivism and the social reintegration of offenders. Source: https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf

[91] Fraser of Allander Institute. (2022). Rehabilitating Scotland: exploring the impact of mentoring-based throughcare. Source: https://strathprints.strath.ac.uk/83555/1/FAI_2022_Rehabilitating_Scotland_Exploring_the_Impact.pdf

[92] Shine. (2023). Impact assessment of Shine women's mentoring service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf

[93] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[94] Ibid.

[95] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research: interviews with families. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Throughcare-and-Mentoring-Research-Families-research-Final.pdf

[96] Scottish Government. (2022). Prison population: substance use and wider support needs. Source: https://www.gov.scot/publications/understanding-substance-use-wider-support-needs-scotlands-prison-population/pages/2/#:~:text=People%20who%20live%20in%20prison,known%20to%20be%20closely%20associated

[97] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

difficult to reintegrate successfully into their community. People on remand have similar needs to those serving short-term sentences and so require similar supports.[98]

Papers produced by New Routes and Shine list common needs identified by most participants in their programmes. These reflect those identified above and resonate with other national and international research, suggesting that these needs are the most important to resolve.[99][100] New Routes and Shine identified the most common needs for people engaging in their services as finance, accommodation and mental health.[101][102] New Routes also identified employment as an important need to address in initial engagements.[103] There is limited information about Moving On Scotland. While there is information relating to domains measured, for example accommodation, employment and substance misuse, frequently seen needs are not reported.[104]

Timeline of need

Support in prison before a person is released is key to supporting reintegration.[105] Research suggests that pre-release planning and 'through-the-gate' support is good practice for successful resettlement as it can remove barriers and issues found in models designed purely in prison or in community settings.[106] Research also suggests that a person requires support for at least six months following release, during which time their needs, although they may change, are most pronounced.[107]

Support at the start of and during a sentence can be key; support with accommodation, finances, bills and health when someone enters prison can prevent issues arising later.[108] Further, continuity of support previously received in the community, such as mental health or substance misuse support, throughout and following the prison sentence is important for wellbeing.

Support provided in the initial days after release is vital to ensure positive long-term outcomes and to reduce the likelihood of a person returning to prison.[109] Support with basic needs can provide stability, confidence and 'headspace' to focus on other tasks. People struggle to focus on wider needs if basic needs like travel, accommodation, finances and food are not addressed. Further, prescriptions need to be organised immediately after release either by the prison or at a pharmacy near to an individual's

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[98] Ibid.

[99] Scottish Government. (2022). Prison population: substance use and wider support needs. Source: https://www.gov.scot/publications/understanding-substance-use-wider-support-needs-scotlands-prison-population/pages/2/#:~:text=People%20who%20live%20in%20prison,known%20to%20be%20closely%20associated

[100] Reid Howie Associates. (2017). Evaluation of the SPS throughcare support service. Source: https://www.sps.gov.uk/Corporate/Publications/Publication-5246.aspx

[101] The Wise Group (2022). New Routes annual report 2021/22. Unpublished.

[102] Shine. (2023). Impact assessment of Shine women's mentoring service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf

[103] The Wise Group. (2022). New Routes annual report 2021/22. Unpublished.

[104] Data sourced from performance report submitted to SG as part of grant conditions December 2021. Unpublished.

[105] United Nations Office on Drugs and Crime (UNODC) (2018). Introductory handbook on the prevention of recidivism and the social reintegration of offenders. Source: https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf

[106] Ibid.

[107] Glaser, D. (1969); Rosenfeld, R., Wallman, J. and Fornango, R. (2005). In Durnescu, I. (2019). Pains of reentry revisited. Source: https://www.researchgate.net/publication/331143706_Pains_of_Reentry_Revisited

[108] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[109] Ibid.

accommodation.[110] People also report that a sense of structure and routine established through meetings, appointments and so on, provide security and stability post-release.[111]

Categories of need

Needs experienced by someone leaving prison are often inter-related, particularly obtaining suitable accommodation, substance misuse treatment, employment, and support from a social network.[112] Common needs are: .

*Financial:* rapid and unplanned release from custody, often experienced by those who have been remanded or who have served a short-term sentence, often means less opportunity for planned support in securing benefits, accommodation, networks and treatment. Support to apply for benefits is required prior to release from custody.[113]

*Employment:* aside from generating income, employment benefits the individual by providing structure, routine and social contact.[114] People with convictions are more likely to have to rely on temporary, informal or insecure employment.[115]

*Education and training:* research suggests that people in prison have limited access to digital technology and are unable to acquire and maintain skills that are essential for successful reintegration.[116]

*Accommodation:* research shows a link between homelessness and reoffending, particularly within one year of release from custody,[117] and between inadequate accommodation and resumption of drug use for those who had served a short-term sentence.[118] Many people lose accommodation or a tenancy when entering prison and/or are uncertain where they will reside on release.[119] Research also suggests that a lack of housing is an 'easy way' of connecting with former antisocial acquaintances, drugs and crime.[120].

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[110] Ibid.
[111] Ibid.
[112] United Nations Office on Drugs and Crime (UNODC). (2018). Introductory handbook on the prevention of recidivism and the social reintegration of offenders. Source: https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf
[113] Scottish Government. (2022). Prison population: substance use and wider support needs. Source: https://www.gov.scot/publications/understanding-substance-use-wider-support-needs-scotlands-prison-population/
[114] United Nations Office on Drugs and Crime (UNODC). (2018). Introductory handbook on the prevention of recidivism and the social reintegration of offenders. Source: https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf
[115] Weaver, B. and Jardine, C. (2022). Citizenship on probation: understanding the labour market exclusion of criminalised people in Scotland. Source: https://journals.sagepub.com/doi/pdf/10.1177/02645505221105400
[116] Rubio Arnal, A. (2019). Improving post-prison re/integration in Scotland through collaboration. Source: https://howardleague.org/wp-content/uploads/2019/04/ECAN-bulletin-Spring-2019-1.pdf#page=44
[117] Bozkina, M. and Hardwick, N. (2021). Preventing homelessness amongst former prisoners in England and Wales. Source: https://lhf.org.uk/wp-content/uploads/2021/08/preventing-homelessness-amongst-former-prisoners-in-england-and-wales-final.pdf
[118] Scottish Government. (2015). What works to reduce reoffending. Source: https://www.gov.scot/publications/works-reduce-reoffending-summary-evidence/pages/3/#:~:text=Scottish%20and%20English%20data%20suggest,released%20from%20short%20custodial%20sentences
[119] Scottish Prison Service. (2019). 17th prisoner survey. Source: http://www.sps.gov.uk/Corporate/Publications/Publication-7196.aspx
[120] Larsen, B.K., Hean, S. and Ødegård, A. (2019). A conceptual model on reintegration after prison in Norway. Source: https://www.emerald.com/insight/content/doi/10.1108/IJPH-06-2018-0032/full/html?skipTracking=true

*Individual and social needs:* women are particularly burdened by labels and stigma arising from time spent in prison, which can affect reintegration.[121] They are particularly vulnerable at the point of release, requiring 'through-the-gate' support.[122] Research in England suggests that male black and minority ethnic prisoners report poorer experiences in areas related to the rehabilitative culture of prison.[123] People who experience prison at a young age are often affected throughout their lives by accumulated disadvantages.[124]

*Substance use:* CJS research found that more than half of participants stated that drug use was a contributing factor in their offending to some extent.[125] Addressing substance misuse issues within prison is particularly difficult for those on remand, who often are not in prison for long enough to access support services but are particularly vulnerable on release.[126]

*Physical and mental health:* the prison population is at greater risk of poorer mental health than the general population. People who have a history of imprisonment have higher rates of chronic physical conditions and negative health behaviours.[127]

*Social support:* research suggests the importance of strong relationships for increased desistance, lower drug and alcohol use, and increased likelihood of finding employment post-release.[128] Having positive familial relationships prior to entering prison may also increase likelihood of desistance on release.[129] Being a mother increases the likelihood of desistance for women.[130]

## 5. How do services measure need(s) and ensure these needs are addressed/positive outcomes are achieved?

Key points
- As part of the grant arrangements with SG as funder, each PSP has specific KPIs or targets focused on aspects of service delivery such as numbers of individuals engaged with, sustained engagement, engagement in the community and positive destinations.
- New Routes measures both short-term and medium-term outcomes. Short-term outcomes relate to 'internalised changes' in an individual's behaviour, such as a change in

[121] Heimer, K. and DeCoster, S. (1999). The gendering of violent delinquency. *Criminology*, 37(2), 277–318.
[122] Scottish Government. (2012). Commission on women offenders. Source: https://webarchive.nrscotland.gov.uk/3000/https:/www.gov.scot/Resource/0039/00391828.pdf
[123] HM Inspectorate of Prisons. (2020). Minority ethnic prisoners' experiences of rehabilitation and release planning: a thematic review by HM Inspectorate of Prisons. Source: https://www.justiceinspectorates.gov.uk/hmiprisons/wp-content/uploads/sites/4/2020/10/Minority-ethnic-prisoners-and-rehabilitation-2020-web.pdf
[124] Leverentz, A. (2011). In Gideon, L. and Sung, H. (2011). Rethinking corrections: rehabilitation, re-entry and rehabilitation. Sage Publications.
[125] Community Justice Scotland. (2019). Sentenced to smart justice: a report on proposed extension of the Presumption Against Short Sentences. Source: https://communityjustice.scot/wp-content/uploads/2019/06/Sentenced-to-Smart-Justice-A-report-on-the-proposed-extension-of-the-Presumption-Against-Short-Sentences-v8.pdf
[126] Scottish Government. (2022). Prison population: substance use and wider support needs. Source: https://www.gov.scot/publications/understanding-substance-use-wider-support-needs-scotlands-prison-population/
[127] Semenza, D.C. and Link, N.W. (2019). How does re-entry get under the skin? Cumulative reintegration barriers and health in a sample of recently reincarcerated men. Source: https://www.sciencedirect.com/science/article/abs/pii/S0277953619306136
[128] Visher, C., Knight, C., Chalfin, A. and Roman, J. (2009). The Impact of marital and relationship status on social outcomes for returning prisoners. Source: https://www.urban.org/research/publication/impact-marital-and-relationship-status-social-outcomes-returning-prisoners
[129] La Vigne, N.G. and Mamalian, C. (2004). Prisoner reentry in Georgia. The Urban Institute.
[130] La Vigne, N.G., Lloyd, T. and Debus-Sherrill, S. (2009). One year out: tracking the experiences of male prisoners returning to Houston. Source: https://www.urban.org/research/publication/one-year-out-tracking-experiences-male-prisoners-returning-houston-texas

their attitude, beliefs and motivations, with the aim of altering the individual's immediate attitude towards criminogenic behaviours. Medium-term outcomes are designed to be worked towards over the longer-term and tend to be identified early in the assessment process and worked towards for the duration of the programme.[131]

- Shine uses the Outcome Star tool for recording and monitoring people's personal outcomes. The tool comprises 10 domains. The five domains that show most positive improvements for its clients are: managing strong feelings, drugs and alcohol, mental health and wellbeing, a crime-free life, and positive use of time. The five domains that show most declines are: friends and community, mental health and wellbeing, accommodation, living skills and self-care, and relationships and families.[132]
- Moving On Scotland uses the Outcome Star tool to assess a baseline and to evaluate progress made by young people engaging in the service.[133] The tool covers key outcome areas that align to priorities set in the funding terms, including accommodation, mental health and wellbeing, relationships, and drugs and alcohol. The tool is used with young people to co-produce outcomes and action plans based on a 'journey of change' scale.[134]

The following information provides outcome measurements for each PSP.

New Routes has a target to engage 1,140 new service users each year. The partnership has four KPIs:[135]

KPI 1: individuals (who are not engaged with another service) engaging with the mentoring service in prison: 95%.
Evidence: 1,148 in 2021-22.[136]

KPI 2: individuals sustaining engagement with the mentoring service post-release from prison: 70%.
Evidence: attendance at agreed post-release appointment with mentor and personal plan updated (gate liberation appointments are excluded), 58% in 2021-22.[137]

KPI 3: individuals engaging with mentoring service in the community and engaging with other services to meet needs: 80%, 97% in 2021-22.[138]
Evidence: specialist provision or other signposted referral, individual attends agreed appointments to progress identified need(s).

KPI 4: individuals engaging with mentoring and other services to address identified need(s) have increased capacity and improved circumstances: 70%.
Evidence: individual remains engaged with the service and has made acceptable progress to address one or more of their identified needs, 49% in 2021-22.[139]

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[131] Fraser of Allander Institute. (2022). Rehabilitating Scotland: exploring the impact of mentoring-based throughcare. Source: https://www.thewisegroup.co.uk/wp-content/uploads/2022/11/Rehabilitating-Scotland-Exploring-the-impact-of-mentoring-based-throughcare-1.pdf
[132] Shine. (2022). Annual report 2021−22. Source: https://www.shinementoring.report/
[133] Moving On Scotland (2023). Information received via email correspondence. Unpublished.
[134] Stage 1-2: stuck; stage 3-4: accepting help, stage 5-6: motivated and taking responsibility, stage 7-8: learning what works, stage 9-10: self-reliant.
[135] Grant funding letters 2022−23. Unpublished.
[136] The Wise Group. (2022). New Routes annual report 2021−22. Unpublished.
[137] Ibid.
[138] Ibid.
[139] Ibid.

Through this blend of pre- and post-liberation support, 10.5% of mentees return to prison within the first year.

Shine has a target to engage 720 new users each year.[140] It has the following KPIs.

- At least 60% of women who engage with the service in prison will continue to engage following their release. In 2021-22, this was 95%.
- At least 60% of women who engage with the service will achieve improved motivation to change behaviour. In 2021-22, this was 65%.
- At least 60% of women who engage with the service in the community will achieve an agreed level of contact with other services and agencies. In 2021-22, this was 63.9%.
- At least 60% of women who engage with the service in the community will progress to a planned exit from the service. In 2021-22, this was 70%.

Shine uses the Outcome Star tool for recording and monitoring people's personal outcomes. The tool comprises 10 domains. The five domains that show most positive improvements for its clients are: managing strong feelings, drugs and alcohol, mental health and wellbeing, a crime-free life, and positive use of time. The five domains that show most declines are: friends and community, mental health and wellbeing, accommodation, living skills and self-care, and relationships and families.[141]

Moving On Scotland has a target to engage 90 new users each year.[142] The following targets were also included in the PSP project proposal.

- 90% of individuals to continue engagement after release from prison. This was 97% from 1 April to 30 September 2021.
- 75% of individuals to not return to custody. This was 84% from 1 April to 30 September 2021.
- 65% of individuals to achieve their target 'positive destination'. This was 36% from 1 April to 30 September 2021.

Moving On Scotland uses the Outcome Star tool to assess a baseline and to evaluate progress made by young people engaging in the service.[143] The tool covers key outcome areas that align to priorities set in the funding terms, including accommodation, mental health and wellbeing, relationships, and drugs and alcohol. The tool is used with young people to co-produce outcomes and action plans based on a 'journey of change' scale.[144]

6. What are the strengths and challenges in current arrangements?

Key points
Strengths:
- Voluntary throughcare and mentoring support has a positive impact and is a positive experience.

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[140] Shine. (2023). Impact assessment of Shine Women's Mentoring Service. Source: https://www.shinementoring.org/sites/default/files//resource/SHINE%20REPORT_FINAL%20%28WEB%20ONLY%29%20May23.pdf

[141] Shine. (2022). Annual report 2021–22. Source: https://www.shinementoring.report/

[142] Data sourced from performance report submitted to the Scottish Government as part of grant conditions December 2021. Unpublished.

[143] Moving On Scotland. (2023). Information received via email correspondence, unpublished.

[144] Stage 1-2: stuck; stage 3-4: accepting help, stage 5-6: motivated and taking responsibility, stage 7-8: learning what works, stage 9-10: self-reliant.

- The relationship with a key worker/mentor is highly valued. Regular face-to-face contact supports a return to community.
- Voluntary throughcare and mentoring services excel at being person-centred, and at providing relationship-based support, mentorship/peer support and housing/homelessness support.

Challenges:
- Low awareness of the term 'voluntary throughcare and mentoring support' creates confusion and means that people don't know what services are available or who provides support.[145]
- Service provision and availability are inconsistent across the prison estate.[146]
- Disengagement can be a challenge and timing of the offer of support is crucial to aid engagement.[147]
- For people on remand, not knowing court/release dates means that forward planning is difficult.[148]
- The lack of support available for men on remand is inequitable and a missed opportunity to engage, support and prepare people for release.[149]
- Services delivering voluntary throughcare and mentoring support face challenges in funding/resources, housing/homelessness issues and co-ordination/communication between organisations.[150]
- Mentors suggest that the insecurity of year-on-year funding undermines staff retention and, therefore, their service's stability. More support for staff wellbeing, given the complex and emotive work they are involved in, and professional development are needed.[151]

Strengths

Most people in custody accept support when it is offered, with voluntary throughcare and mentoring support having a positive impact on those who receive it and being a positive experience.[152]

Shine reports that the mentoring approach is responsive to individual needs, a realistic response to the challenging and changing circumstances facing women in the justice system. This often involves addressing initial safety, security and basic daily living needs before any longer-term planning and goal setting.[153]

[145] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[146] Ibid.
[147] Ibid.
[148] Ibid.
[149] IRISS. (2022). Workshop report: the future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[150] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[151] Ibid.
[152] Ibid.
[153] Ibid.

Relationships with a key worker/mentor are highly valued and support is most helpful when tailored to individual needs.[154][155] Regular face-to-face contact offered to those who access voluntary throughcare and mentoring services is helpful for settling into a routine after release.[156]

When asked about what voluntary throughcare and mentoring services excel at, people listed: being person-centred, relationship-based support, mentorship/peer support and housing/homelessness support.[157]

Challenges

There is low awareness of the term 'voluntary throughcare and mentoring support' for people in prison. The range of terms used to describe support creates confusion about what voluntary throughcare is.[158] Similarly, there is limited knowledge of what voluntary throughcare and mentoring support is available, including who provides support. The main source of information about this is other prisoners, followed by posters and the organisations making direct contact.[159] People who have been in custody before tend to be more aware of support available, or have support in place from previous sentences, and are more comfortable approaching prison officers to ask about support. People with no previous experience of being in custody have less awareness of support available and may be more reluctant to ask prison officers about support on offer.[160]

The lack of awareness can affect uptake of support services.[161] This is also the case for families of people in prison, most of whom report not realising that voluntary throughcare and mentoring support exists.[162]

Co-operation between prison establishments, throughcare services, specialist services and other essential services is challenging and varies. This can lead to inconsistency in service provision. The availability of services is also inconsistent.[163]

The voluntary nature of support means that there is risk of disengagement. The timing of support is crucial to aid engagement. For people on remand, support is sometimes offered too late.[164]

[154] Ibid.
[155] IRISS. (2022). Workshop report: the future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[156] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[157] Ibid.
[158] Ibid.
[159] Ibid.
[160] Ibid.
[161] Ibid.
[162] Ibid.
[163] Ibid.
[164] Ibid.

For people on remand, not knowing court/release dates means that forward planning is difficult. Being unaware of dates can also limit the opportunity to build trust with a key worker.[165]

Men on remand, a category of prisoner not eligible for voluntary throughcare and mentoring support, report being 'in limbo' with increasing support needs as lengths of remand periods increase.[166] This is a missed opportunity to engage, support and prepare people for release. Further, remand is a point at which support workers might lose contact with people, making engagement with services more difficult.[167]

A survey with stakeholders reports that the main challenges faced by services delivering voluntary throughcare and mentoring support are: funding/resources, housing/homelessness issues and co-ordination/communication between organisations.[168] It also found that geographical regional variation is a common issue within the delivery of voluntary throughcare and mentoring services. Rural and island locations are more poorly served than urban areas; large geographical areas serviced by low numbers of workers is problematic; and proximity issues for some people who don't live near to the prison they were in affects access to services.[169]

Working arrangements and the level of support for mentors is a challenge, with mentors suggesting that the insecurity of year-on-year funding undermines staff retention and, therefore, the service's stability. More support for staff wellbeing, given the complex and emotive work they are involved in, and the need for professional development were also raised.[170]

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7.    What are the opportunities for improvement? What can be recommended to ensure that future services are effective (service design, service delivery and the landscape in which throughcare sits) in meeting people's needs and achieving positive outcomes?

</div>

Key points
There are several areas in which improvements can be made to ensure that future arrangements are effective.
- Changing the funding model could reduce dependency on short-term funding, improve staff retention and continuity of support for people leaving prison, and allow services to respond to changing needs.[171][172]

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[165] Ibid.
[166] Ibid.
[167] IRISS. (2022). Workshop report: the future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[168] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[169] Ibid.
[170] Ibid.
[171] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[172] Community Justice Scotland (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

- Ensuring a trusting relationship with a consistent single point-of-contact mentor would allow the person leaving prison to navigate difficult processes and circumstances.[173][174][175]
- Engaging with people three months prior to release and continuing that support throughout the transition into the community, in a 'through-the-gate' model, with no fixed cut-off point might be optimum for achieving successful outcomes.[176]
- Designing person-centred services that address specific needs that an individual faces, and considering a range of interconnected factors, could improve reintegration.[177]
- Involving people in setting plans for their future, and ensuring these plans are tailored to their interests, can lead to an increased sense of hope and excitement about the future. This could increase the likelihood of engaging with the service and contribute to positive outcomes.[178]
- Equal access to services should be considered, particularly to ensure that men on remand are eligible to access support.[179]
- An islands impact assessment should recognise the unique resourcing and service delivery challenges for rural and very remote areas.[180]
- Building awareness and improving clear communication should include consistent messaging in prisons about what services are available. There should be continuing positive outreach from services to improve engagement.[181]
- Language and terminology used to define and describe throughcare and mentoring services should be clear and consistent.[182]
- Ensuring that service delivery partners provide detailed information and data on the delivery of services will allow scrutiny and accountability checks.[183]

Funding model

Changing the commissioning model for voluntary throughcare and mentoring could reduce the dependency on short-term funding and remove competition among services for

[173] IRISS (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

[174] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[175] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research: interviews with families. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Throughcare-and-Mentoring-Research-Families-research-Final.pdf

[176] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[177] Community Justice Scotland. (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

[178] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[179] Ibid.

[180] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

[181] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[182] Community Justice Scotland. (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

[183] Ibid.

funding streams and client base.[184] Changes in the funding model could improve staff retention and continuity of support for individuals leaving prison. Increased contract times for commissioned services could be offered to allow time for practical needs.[185] This is supported by the academic literature, which suggests that the funding model should be considered, including how funding is allocated and whether there should be flexibility to allow services to respond to changing needs.[186]

Relationships

The development of a close one-to-one relationship between a mentee and mentor is an important factor in the transition from prison to the community.[187] Families and other support networks play a positive role in successful reintegration by providing support on release and encouraging attendance at meetings and appointments.[188]

The throughcare service should ensure that a named person, or team of people, should begin to build a relationship with the person leaving prison as early as possible to build trust and knowledge of support needs.[189] There should be a focus on the individual and the relationship should be judgement-free.[190] Holistic support in which a consistent mentor provides support for all needs (or assists with other services beyond voluntary throughcare and mentoring) could significantly reduce the likelihood of the person returning to prison.[191] Similarly, a single point of support means that a person leaving prison can avoid having to navigate a complex set of systems and processes, and would improve support for an individual's needs.[192]

Further suggestions to improve the development of positive relationships that support reintegration include peer mentoring and support within prison and creating 'hub' community spaces for those leaving prison to meet with family and peers on a regular basis.[193]

[184] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

[185] Ibid.

[186] Community Justice Scotland. (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

[187] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[188] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research: interviews with families. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Throughcare-and-Mentoring-Research-Families-research-Final.pdf

[189] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

[190] Scottish Government. (2016). Evaluation of the reducing reoffending change fund: research findings. Source: https://www.gov.scot/publications/evaluation-reducing-reoffending-change-fund-research-findings/#:~:text=The%20independent%20evaluation%20of%20the%20Reducing%20Reoffending%20Change,the%20continuation%20and%20expansion%20of%20mentoring%20services.%20

[191] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[192] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research: interviews with families. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Throughcare-and-Mentoring-Research-Families-research-Final.pdf

[193] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

To support families, a comprehensive information booklet explaining visit processes and support services available to the person in prison is suggested. There should be automatic referrals for support (for the family). The family should be able to make referrals on behalf of someone in prison. There should be a dedicated point of contact in prison for families to get information and to raise concerns.[194]

Timeline of support

The minimum period of engagement for people accessing voluntary throughcare and mentoring services should be six months. Many people would benefit from longer. Indeed, supporting people for longer periods and with no fixed cut-off point might be beneficial.[195]

A 'through-the-gate' model, in which support is initiated in prison and continues into the community, provides people with support while in prison and throughout their transition period.[196] Support that begins three months prior to release and has no limitations on when it can start or how long it can last is optimum for voluntary throughcare and mentoring.[197]

Person-centred services

Person-centred services put the individual using a service at the centre.[198] They are not as developed within justice as they are in health and social care, and there is limited evidence of their effectiveness. There is, therefore, a need to consider the definition of person-centred support to ensure that it is meaningful and practical for justice users. Person-centred justice is likely to become more meaningful when we commit to measuring it. This measurement should focus on improving rather than proving person-centred outcomes.[199]

Comprehensive, personalised support can transform outcomes. This support should include: uniform and clear communication of what's being offered including direct outreach in prisons; a personalised and adaptable approach; key workers who understand needs and requirements; a support plan for post-release; ensuring that all basic needs are met in initial days after release; and encouraging participation in volunteering, education and/or work to build confidence, independence and routine.[200]

Person-centred services should address the specific needs that individuals might face. They should consider support for a range of interconnected factors, including legal, practical and psychological barriers to successful reintegration. Any new service design should consider how best to identify and prioritise an individual's needs, including how and when these

[194] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research: interviews with families. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Throughcare-and-Mentoring-Research-Families-research-Final.pdf
[195] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[196] Ibid.
[197] Ibid.
[198] Armstrong, S. McCulloch, T., Weaver, B. and Reed, D. (2020). Measuring justice: defining concepts, developing practice. Source: https://discovery.dundee.ac.uk/ws/portalfiles/portal/70198869/Measuring_Justice_Defining_Concepts_Developing_Practice_Report_2020_1.pdf
[199] Ibid.
[200] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

needs are identified while the individual is in prison, and how support can be continued into the community.[201]

Co-ordination

When people are involved in setting plans, and these plans are tailored to their interests, there can be an increased sense of hope and excitement about the future.[202] While throughcare services often must be reactive and address issues as they appear, support services working more closely with prisons and other services, at the pre-release planning stage and upon release, to ensure all support is in place, would make reintegration smoother. Including family members in plans for resettling is a way to increase the likelihood of the person engaging with those plans, contributing to successful outcomes.[203]

To work effectively with support services, and to encourage uptake of services, SPS staff should be equipped with the skills, knowledge and capacity to promote voluntary throughcare services to individuals and to understand the variety of support that organisations can offer.[204]

There is a need for better alignment and co-ordination between throughcare commissioned services and universal services, such as housing and healthcare. Universal services should recognise the timescale challenges and changes to circumstances of people in, or leaving, the justice system.[205]

Equal access to services

The gap in services available for men on remand is a priority need. Any new service model should consider who is eligible for support, including the legal status (sentenced, remand) of men, women and young people.[206]

Rural and remote services

Any new service design should consider the delivery of services in rural and remote areas, with future planning incorporating an equalities assessment and recognising the unique resourcing challenges for rural and very remote areas.[207] Any new service model should also be flexible to ensure equity of outcomes for people no matter where they live. The model should also consider that expectations of services differ in rural locations. It should factor in the challenges for support and safeguarding in small, tight-knit communities.[208]

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[201] Community Justice Scotland (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

[202] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[203] Ibid.

[204] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

[205] Ibid.

[206] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[207] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf

[208] Ibid.

Communication

While there is considerable support, there is a lack of awareness about what is available. Communication might be improved by clarity about who provides support in a local area. This would enable clear and cohesive support for people, focus on how services complement each other, and show the alignment of throughcare commissioned services and universal services.[209]

Building awareness and improving communication should include consistent messaging in prisons about what services are available and continued positive outreach from services to improve engagement.[210]

Language and terminology

Any new service design should consider the language and terminology used in throughcare (reintegration, resettlement, rehabilitation) and ensure clarity and consistency in definition and use.[211]

Service design

Any new service design should be based on the theory underpinning successful reintegration. It should consider using strengths-based approach(es) and restorative practices to increase the likelihood of successful reintegration for people leaving prison.[212]

Any new service design should ensure that partners provide detailed information and data on the delivery of services to allow scrutiny and accountability checks.[213]

[209] Ibid.

[210] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf

[211] Community Justice Scotland (2023). Literature review: commissioning of voluntary throughcare and mentoring services. Unpublished.

[212] Ibid.

[213] Ibid.

# Conclusions

Voluntary throughcare and mentoring organisations provide a valuable service to people in prison and who are reintegrating to the community. Across the research, it is clear that people leaving a short-term prison sentence or a period of remand may experience multiple issues and barriers to successful reintegration. These individuals require support for their needs, beginning when they are in prison and continuing throughout the transition period. This support should address a range of interconnected factors, including accommodation, finance, health and mental health, and employment.

Any new arrangements should consider who is eligible for voluntary throughcare support, including the legal status (sentenced, remand) of men, women and young people. Any new arrangements should also consider the number of people eligible, and the possible demand for services, including people being released from a short-term prison sentence and people leaving a period of remand. It is these people who are, or could be, considered eligible for support from voluntary throughcare and mentoring services.

There are challenges with the current arrangements, such as eligibility criteria and the funding model. These should be addressed in any new model and service design to ensure that services meet the needs of individuals and ensure better outcomes for people leaving a short-term prison sentence or period of remand.

Any new service arrangements should ensure effective monitoring and reporting to ensure efficacy and to identify opportunities for improvement. The model should focus on the individual, with continuation of person-centred services and care that prioritise support for needs and, ultimately, for reintegration.

# Appendix 1: Methodology

Each of the various research activities undertaken as a part of this project used a different methodology. These are described below.

Primary research

*Roundtable events*

Facilitated by Iriss, five half-day, Scotland-wide, roundtable workshops were run in August and September 2022 with the aim of bringing together those with an interest in developing the best possible throughcare support. These events provided a platform for key stakeholders and those who operate within the voluntary throughcare remit to provide their legitimate views, opinions, suggestions and statements, based on their individual experiences. 98 people from across statutory and third sector stakeholder organisations participated in the workshops. A workshop report published by CJS summarises the discussions. Key themes included in the report are those that arose during the roundtable events only, separate from other themes that might be present in the wider throughcare remit.

*Commissioned research completed by Progressive*

To inform the strategic needs and strengths assessment (SNSA) activities of the commissioning project, CJS planned to conduct research into the reintegration needs and experiences of individuals who are serving or have previously served short-term prison sentences or who have been on remand. Progressive was commissioned to research the current throughcare services and gaps in services, and to develop recommendations for improvements to service design and delivery. The research report published by CJS outlines the findings.

*Prison and community in-depth interviews*

Progressive conducted research with individuals serving short-term prison sentences, those on remand, and those receiving throughcare support in the community. 28 in-depth interviews with individuals on remand and serving short-term prison sentences were conducted in-person or via video call in November and December 2022. 12 in-depth interviews with individuals in the community receiving voluntary throughcare and mentoring support were conducted via video call in January 2023.

*Professional stakeholder survey*

Progressive conducted an online survey with professional stakeholders to establish the current services offered, delivery of services and suggested improvements. The survey was distributed to contacts in PSPs, third sector organisations and other stakeholders that engage with people who are serving a short-term prison sentence, on remand or reintegrating into the community. 205 surveys were completed in November and December 2022.

*Family in-depth interviews*

Progressive conducted research with people supporting a family member or partner in prison (serving a short-term sentence or on remand) or who had recently been released from prison (after serving a short-term sentence or being on remand). In-depth interviews were completed with six participants either one-to-one or in pairs. Participants were recruited by two organisations offering support to families of individuals in prison: Families Outside and Circle. As the sample was small, the views expressed can't be generalised beyond the sample interviewed.

Literature review

A research framework was designed that allowed for systematic search for relevant journal papers to inform this literature review. This included identification of specific topics within relevant chapters, and a breakdown of associated key words/terms to be searched. A spreadsheet was used to track search results and articles.

Through the research framework, several evidence gaps were found that have not been fully addressed within the discussion. Should this research be expanded upon in future, the following should be considered:

- Theories of restorative resettlement activities suggest that the positive treatment of people while in prison will encourage them to engage further in the process of reintegration itself on and after release, but evidence for this is lacking. Further research should look at the treatment of individuals, and the delivery of activities and education and so on in prison, and how this might prepare individuals for a positive life on and after release.

- While theories of reintegration are put forward, there is little discussion of motivation to change and longer-term reintegration. This should be explored and developed in further research.

- Although desistance is discussed, there is little discussion of theories and explanations of recidivism, unless these are directly relevant within other sections. This should be explored further should the research be expanded.

- When considering individual needs, there is little discussion within this paper of the experience of minority ethnic prisoners in Scotland. Further research should consider the specific barriers or issues that might be faced by minority ethnic prisoners being released from remand or a short-term sentence.

- There has been little discussion in this paper of the experience of transgender or non-binary people. Further research should consider the specific barriers or issues that might be faced by transgender/non-binary prisoners being released from remand or a short-term sentence.

- There is a lack of data and information relating to ethnicity in Scottish prisons, including data on uptake of throughcare services by ethnic identity. Similarly, there is a lack of information about age and the impact of short-term prison sentences and periods of remand, or about deaths soon after release from prison. Further research should consider these data gaps.

- There is a lack of public information about the current PSP delivery of voluntary throughcare and mentoring, including service model information and service delivery

data. This has made it difficult to examine the current PSP model, and to determine strengths, challenges and improvement opportunities.

- Similarly, there is a lack of public information about the impact of and outcomes resulting from current PSP service delivery. This has made it difficult to examine the current PSP model, and to determine strengths, challenges and improvement opportunities.

- This research has not extensively considered international service delivery models and programmes. Should the research be expanded, a broader examination of international work would allow the consideration of advantages and disadvantages of different models.

Demographic analysis

Demographic analysis is based on SG data. These data have been collated from open-source websites and directly from SG and SPS colleagues as a result of data requests. Data are presented in graphical and tabular formats as appropriate within the demographic analysis paper.

Data for the period of the Covid-19 pandemic onwards, 2020-21 to the present, are not included in the paper. This is due to the impact of the justice system response to the pandemic on statistics and reporting, as stated in full by the SG:

*'The impact of justice system responses to public health measures in 2020-21 included: a decreased volume of custody cases reported to the Crown Office and Procurator Fiscal Service, and an increased volume of undertakings reports; a reduced likelihood of an accused being remanded; a reduced volume of concluded cases in courts, with subsequent reduction in custodial sentences issued and growth in the trial backlog; and an agreement in the initial stages of the pandemic response to early release of eligible short-term sentenced prisoners. Combined, these changes across the justice system impacted both the in-flows to custody and the out-flows from custody throughout 2020-21. While there was no further early release of prisoners, the changes observed in the first pandemic year continued across 2021-22. The impacts of the changes occurring in response to the pandemic have not yet been fully isolated in the data held by the Scottish Government. However, it is reasonable to conclude that the changes described above have resulted in the lower prison populations reported in 2020-21 and 2021-22. This should not be interpreted as indicative of longer-term prison population trends.'*[214]

There are several policy considerations that should be borne in mind when reading and interpreting the demographic data in this document. The most relevant policy consideration is the statutory presumption against short-term sentences (PASS). The Criminal Justice and Licensing (Scotland) Act 2010 requires that the court must not give an individual a custodial sentence of three months or less unless it considers that no other sentence is appropriate. PASS was extended in 2019 from three months or less to 12 months or less by the Presumption Against Short Periods of Imprisonment (Scotland) Order 2019.[215]

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[214] Scottish Government. (2022). Scottish prison population statistics 2021-22, pp. 13–14. Source: https://www.gov.scot/publications/scottish-prison-population-statistics-2021-22/documents/
[215] Scottish Government. (2021). Monitoring data on Presumption Against Short Sentences. Source: https://www.gov.scot/news/monitoring-data-on-presumption-against-short-sentences/

Policy considerations

The Management of Offenders (Scotland) Act 2019 included provisions for the management of people subject to HDC, including the introduction of powers of recall from HDC for the SPS and clarification of the law on HDC and temporary release.[216] Data in this paper should be considered with this policy change in mind.

Demographic analysis has been limited to data that are publicly available or bespoke data that have been made available by SG or SPS.

Data are available about releases from a short-term sentence by local authority area but have not been included here due to possible discrepancies within the data.

Data relating to the 'churn' of individuals between community and prison have been made available but are not included within this paper. These supplementary data are due to be published in December 2023.[217]

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[216] Scottish Government. (2019). Management of Offenders Act. Source: https://www.gov.scot/news/management-of-offenders-act/
[217] This information is not currently publicly available but is due to be published by SG in December 2023. Full references will be included here in due course.

# Appendix 2: Additional findings

During our research, we found other information that didn't directly answer our initial research questions but was still considered important and of interest. This information is summarised below.

Core values and outcomes

Participants in the roundtable workshops facilitated by Iriss were asked to name core values, attributes and purpose underpinning voluntary throughcare. Responses suggested that staff commitment to supporting people is key, as well as compassion, dignity, hope, inclusivity, partnership and transparency.[218] Core outcomes for throughcare were identified as: supporting people to feel connected and to have a sense of belonging in their community; building stability; improving resilience, coping skills and hope for the future; and reducing reoffending through employment by offering routes to sustainable employment or opportunities. Personal outcomes make the difference and listening to people is critical in identifying individualised support needs.

These participants suggested the importance of relationships and trust, and that throughcare support should start early to improve likelihood of success.[219] A named person, or team of people, should develop a relationship with the individual as early as possible to build trust and knowledge of support needs.

Progressive found that families and other support networks play a positive role in successful reintegration by providing support on release and encouraging attendance at meetings and appointments.[220]

Language and terminology

Future arrangements should consider the language and terminology used around throughcare and ensure clarity and consistency in use and definition.

Reintegration is used to describe the processes involved in transitioning from prison.[221] In order to reduce the likelihood of reoffending, a person who is released from prison needs the necessary support to overcome barriers and issues and to reintegrate successfully.

Resettlement, or how the practical problems that individuals face on release from prison are addressed, includes considering factors such as employment and accommodation. Key principles of resettlement relate to the practitioner relationship with the individual and the need for the practitioner to care about, and be committed to, individual; for the

[218] IRISS. (2022). The future of voluntary throughcare and mentoring: conversations from roundtable engagement workshops. Source: https://communityjustice.scot/wp-content/uploads/2022/12/The-future-of-voluntary-throughcare_roundtable-workshops-reportv1.pdf
[219] Ibid.
[220] Community Justice Scotland and Progressive Partnerships Ltd. (2023). Voluntary throughcare and mentoring support research. Source: https://communityjustice.scot/wp-content/uploads/2023/05/Commissioning-Voluntary-Throughcare-and-Mentoring-Primary-research-findings-Full-final-Apr-2023.pdf
[221] McIvor, G., Graham, H. and McNeill, F. (2018). Prisoner resettlement in Scotland. In Pruin, I., Dünkel, F. and Storgaard, A. (Eds.). Prisoner resettlement in Europe. Routledge.

practitioner to be able to access a wide network of community resources; and, if applicable, to balance the management and monitoring components of their role with support for resettlement.[222]

Desistance, the long-term abstinence from criminal behaviour, requires personal change for individuals, including maturing, gaining control of life chances, obtaining skills and employment, and understanding their criminality.[223] Social resources and networks, including family, friends and work colleagues, are suggested as key to desistance.[224] Desistance can be influenced by factors such as forming a family, moving away from peer groups involved in criminality, and having stable employment.[225]

Strengths-based approach

A strengths-based approach to reintegration, in which a person has a sense of earning a place in society, may increase the likelihood of positive reintegration.[226] Restorative practices[227] and a sense of community and re-socialisation may also increase this.[228]

Models of reintegration

Models of reintegration offer alternative explanations for offending behaviour and methods of support for desistance. One conceptual model of reintegration suggests, ultimately, that reoffending relates to those with poor life situations and desistance relates to those with positive life situations.[229]

A risk-needs-responsivity model sets out principles for successful rehabilitation reintegration, including involvement of social relationships, intervention duration and frequency, psychosocial needs, continuity and communication.[230] As an alternative to this, the Good Lives Model uses a strengths-based and restorative model of rehabilitation that reduces criminogenic needs by encouraging personal fulfilment.[231]

[222] Cracknell, M. (2023). Effective practice in resettlement. Source: https://www.justiceinspectorates.gov.uk/hmiprobation/wp-content/uploads/sites/5/2023/01/DESIGNED-Academic-Insights-Cracknell-Jan-23.pdf

[223] Kirkwood, S. and McNeill, F. (2015). Integration and reintegration: comparing pathways to citizenship through asylum and criminal justice. Source: https://www.pure.ed.ac.uk/ws/portalfiles/portal/18549324/Integration_and_reintegration.pdf

[224] Ibid.

[225] Laub, J.H. and Sampson, R.J. (2003). In Weaver, B. (2019). Understanding desistance: a critical review of theories of desistance. Source: https://strathprints.strath.ac.uk/66399/1/Weaver_PCL2018_Understanding_desistance_a_critical_review_of_theories_of_desistance.pdf

[226] The Inside Out Trust

[227] Restorative justice provides an opportunity for a person who has harmed to recognise the impact of their behaviour and to make amends, and for the victim to achieve closure. The SG defines restorative justice as 'a process of independent, facilitated contact, which supports constructive dialogue between a victim and a person who has harmed (whether this be an adult, a child, a young person or a representative of a corporate or other body) arising from an offence or alleged offence'. Further information on restorative justice and restorative practices is at: https://www.gov.scot/publications/guidance-delivery-restorative-justice-scotland/pages/2/

[228] Dandurand, Y. (2016). Alternative approaches to preventing recidivism: restorative justice and the social reintegration of offenders. Source: http://www.antoniocasella.eu/restorative/Dandurand_2016.pdf

[229] Larsen, B. K., Hean, S. and Ødegård, A. (2019). A conceptual model on reintegration after prison in Norway. Source: https://www.emerald.com/insight/content/doi/10.1108/IJPH-06-2018-0032/full/html?skipTracking=true

[230] Jeglic, E. l., Maile, C. and Calkins-Mercado, C. (2011). In Gideon, L. and Sung, H. (2011). Rethinking corrections: rehabilitation, re-entry and rehabilitation: Sage Publications.

[231] Andrews, D., Bonta, J and Wormith, J. (2011). The risk-need-responsivity (RNR) model: does adding the Good Lives Model contribute to effective crime prevention? Source: https://journals.sagepub.com/doi/abs/10.1177/0093854811406356?journalCode=cjbb