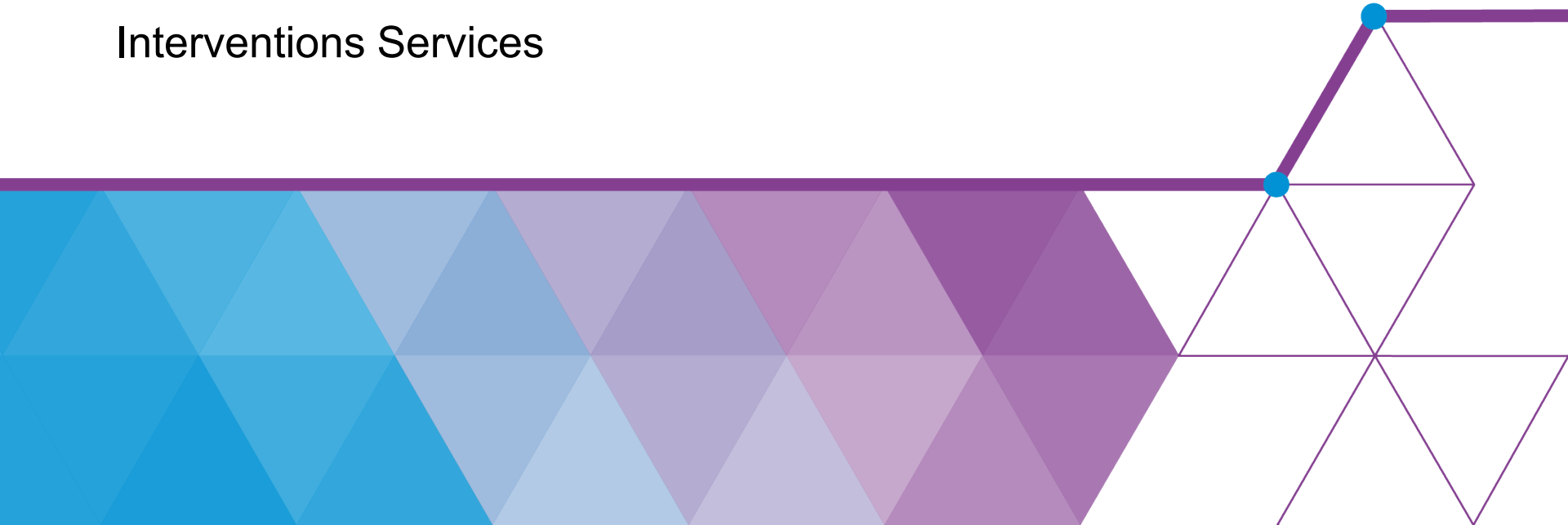




HM Prison &
Probation Service

Interventions Services: Programmes for Men with Learning Disabilities and Challenges

Laura Shepherd – National Specialist Lead
Interventions Services



Programme Timeline

1997

2017

2020

Accreditation

Becoming New Me

Adult Men

Sexual Convictions

New Me Strengths

Becoming New Me+

Living as New Me

Adult Men

Range of Convictions

How we define our target group...

Learning Disability

Significant impairment of intellectual functioning
IQ <70

Learning Challenges

IQ 70 – 80

Age of onset before adulthood

Significant impairment of social/adaptive functioning

Assessment

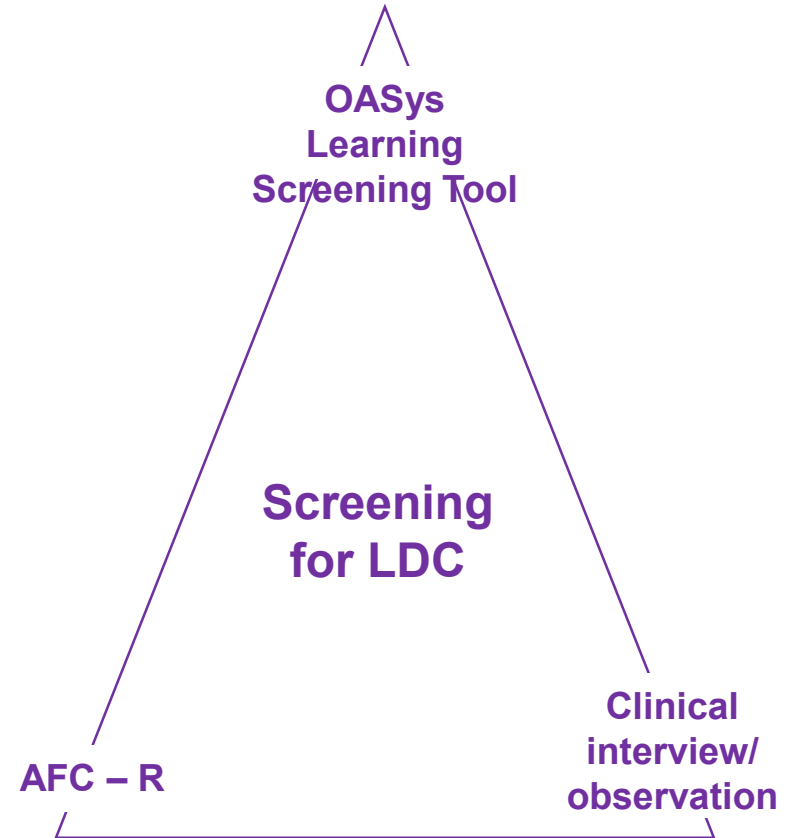
OASys Learning Screen

- Validated on a sample of 2,232 men convicted for sexual offences
- Comprises 7 OASys items which have predictive accuracy for LDC. Scores range from 0 – 11.
- When tested against WAIS data AUC = 0.83
- Score 3+ = more likely to fall in <80 IQ group
- Score 5+ = more likely to fall in the <70 IQ group

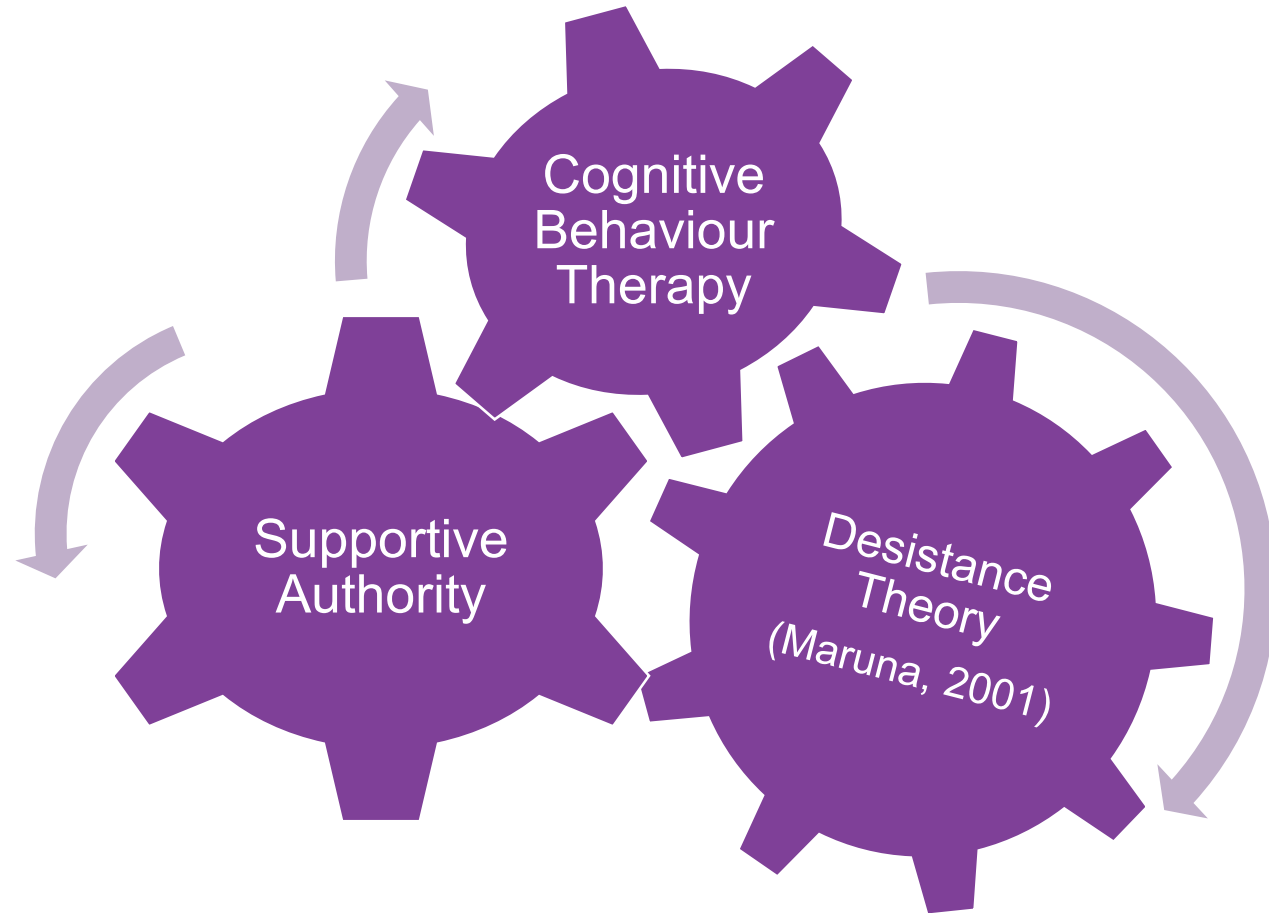
AFC – R

- Observational tool based on 46 items
- Good content and concurrent validity (Smith, 2014)
- Validated on people with sexual offences and violent offences at HMP Whatton

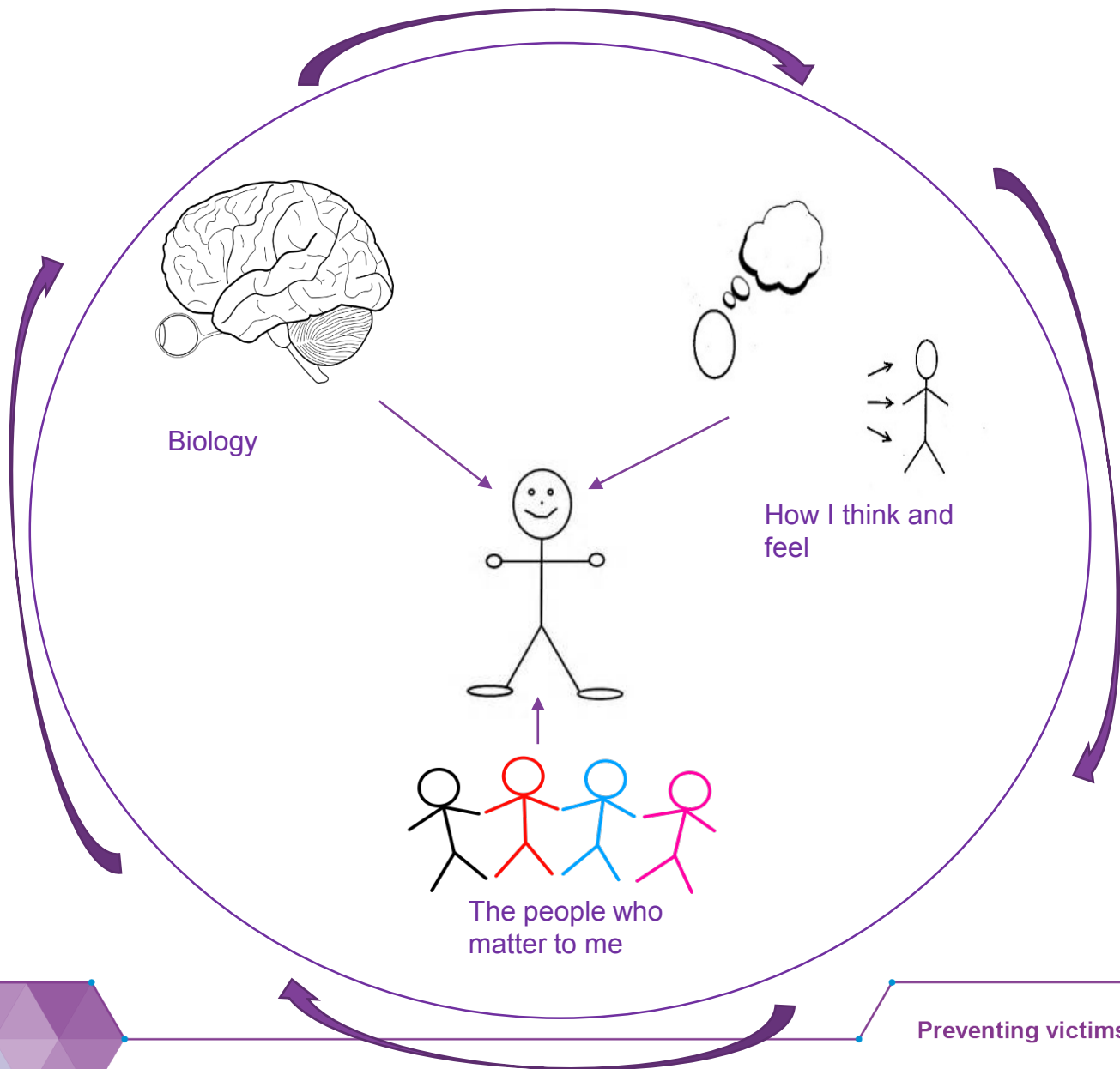
Neither tool has been validated on women, community or 18 – 21 year old participant samples



What informs our delivery of the programme?



What theoretical framework underpins our programmes?



What programmes do we offer?

New Me Strengths

- Medium to High risk
- Moderate need
- 32/34 Sessions

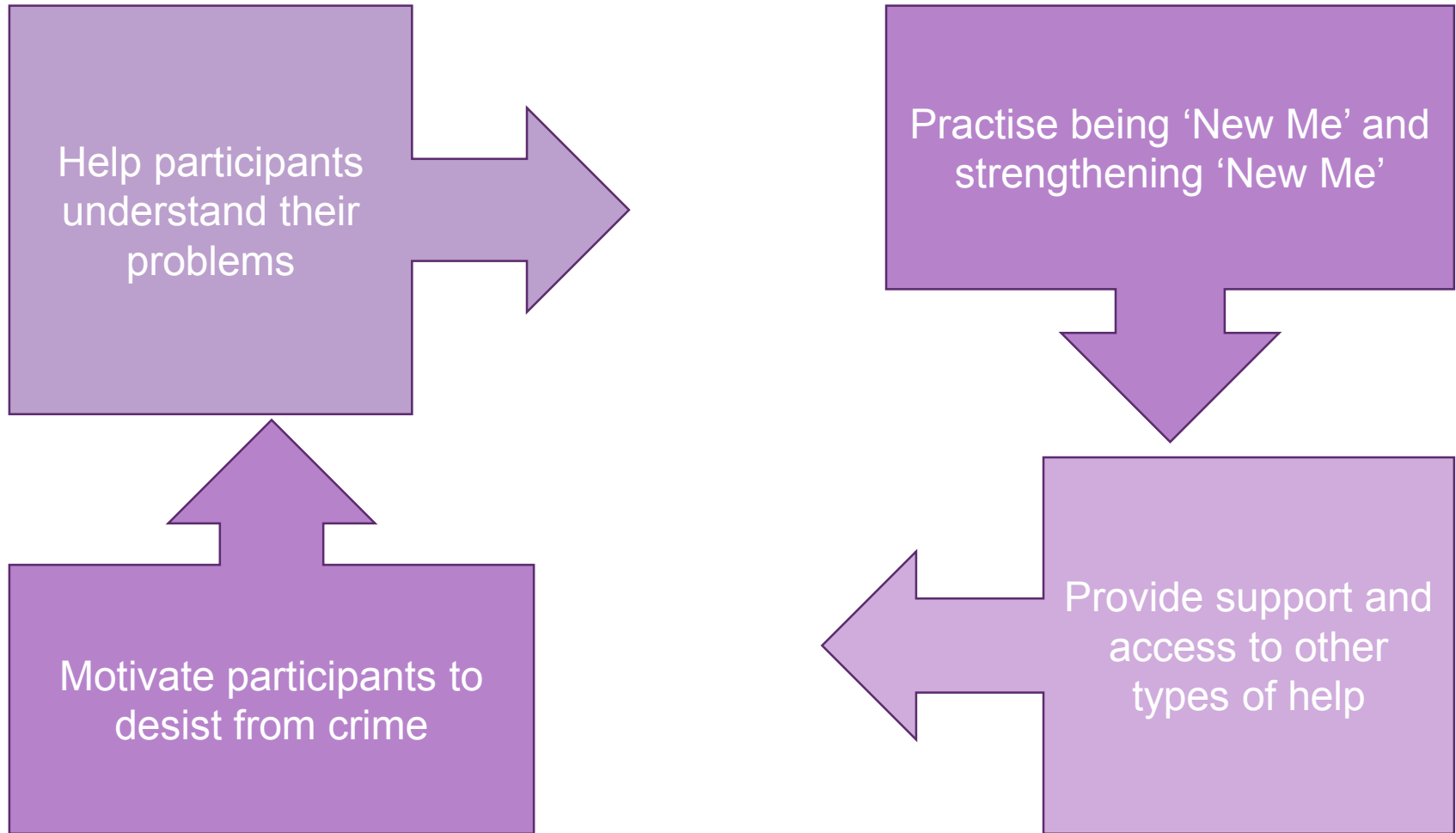
Becoming New Me

- High to Very High risk
- High need
- 92 sessions

Living as New Me

- For graduate of NMS and BNM+
- Any level of risk and need
- Minimum 5 sessions

What our programmes aim to do...



The Success Wheel

Grievance

thinking/hostility

Antisocial Peers

Emotional identification

with children

Lack of intimacy with
adults/Instability

Jealousy

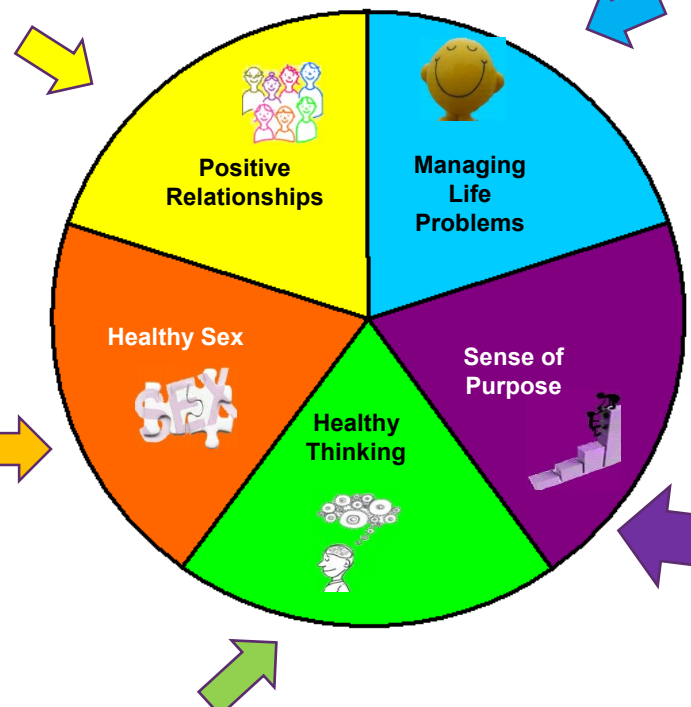
Offence related
sexual interests

Sexual
preoccupation

Attitudes that support IPV

Attitudes that support violent

Attitudes that support sexual
offending



Positive
Relationships

Managing
Life
Problems

Sense of
Purpose

Healthy
Thinking

Healthy Sex

Problem
solving/coping
difficulties

Lifestyle impulsivity

Substance abuse

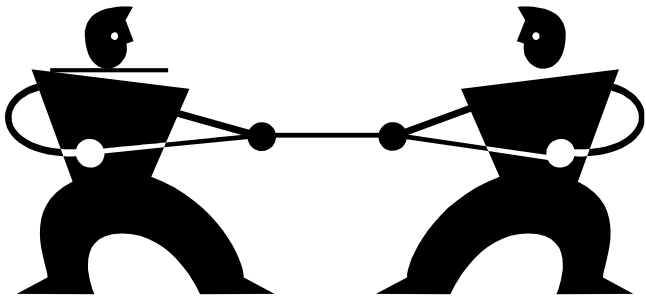
Emotional
management problems

Motivated towards desistance
(New Me identity)

Engaged in employment or
constructive activity

Citizenship (forming
constructive professional and
personal relationships, valuing
rules and wanting to be part of a
responsible member of
community/family).

Shared concepts in each programme.



Old Me Vs New Me

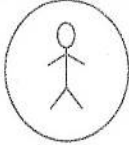

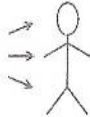


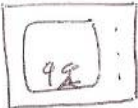
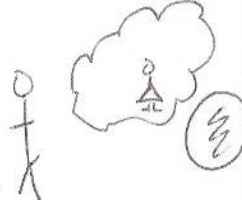




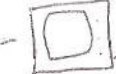

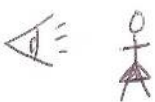
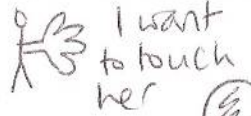








Great 8 Tactics

Life Maps

Shared concepts continued...

Learning Log - Example

					
Day	What's going on ?	Thoughts	Feelings	What did I do?	OK/ not OK? Next time??
Sat	 watching kids on TV	 she's fit.		 went to my room and masturbated	 <u>Next time</u> - New me tactics, their shoes  better life 😊 -   play playstik
Mon day	 Teacher looks sexy	 I want to touch her  Go on brush against her she won't mind get her alone	 $\frac{10}{10}$	 sorry excuse me!	 <u>Next time</u> - stop and think  she won't like that she is a nice person I respect her I will get in trouble  long time

How we personalise the programmes

I-packs

Introduce and explore the topic:

- New me thinking
- New me problem solving
- New me relationships
- New me feelings

Personal Relevance:

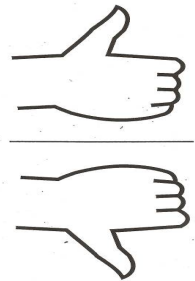
All review life map to establish patterns

I -Packs and New me skill practise:

Exercises and new me skills practise

How we deliver the programmes.

- Repetition
- Slow delivery pace
- Symbols and pictures
- Brain breaks
- In-Action techniques
- Visual, Auditory and Kinaesthetic



Ok / Not ok?

*Tell me and I'll forget.
Show me, and I may remember.
Involve me
and I'll understand.*

What happens after the programme?

- Finalise the My Journey Record
- Programme Review Meeting

• The impact a programme has, is influenced and supported through what happens post programme.

• A programme is a stepping stone in the process of change.

New Me MOT

There is growing evidence that supervision that employs 'change skills' can deliver a positive impact on re-offending rates

(Bonta et al, 2011,2012, 2013; Drake, 2011; Robinson et al, 2012; Shapland et al 2012).

New Me MOT is designed to:

- 1. Maximise opportunity to turn programme gains into real and sustained change

AND;

- 2. Support the delivery of the key responsibilities of the OM.

The benefits of using the New Me MOT Toolkit



Evaluating what we do

Process Evaluation

Analytical Services within
the Ministry of Justice

Implementation Review

Validating the LDC Screening Tools

Programme Needs Assessment
(BNM+)

Thematic Report – Site Visits

Qualitative Research – Participant
and Treatment Manager
experiences

Thank you

Any questions about the programmes please contact:

NMS:

Interventions_ModerateIntensityClinicalSupport@noms.gsi.gov.uk

BNM+, LNM, New Me MOT:

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Any questions?