

Evaluation of Alcohol Awareness Programme
Part of the Jigsaw Healthy Living Project
run in HM Prison Leeds
Report September 2005

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Malka Denton, Service Development Co-ordinator, Armley Prison Visitors Centre.

¹ CARATS (Counselling, Assessment, Referral, Advice and Throughcare scheme)

Executive Summary

Introduction

This is the report of the evaluation of the Alcohol Awareness Programme (the Programme), run by the Jigsaw Healthy Living Project (the Jigsaw Project) in HMP Leeds². Armley Prison Visitors Centre (APVC) runs the Jigsaw Project, and the manager has overall responsibility for the Alcohol Awareness Programme. This evaluation is a small scale qualitative study, commissioned in May 2005, when the programme was coming up to the end of its second year in operation. The purpose of the evaluation was to:

- Give an external, independent assessment of the impact of the programme on participants' levels of awareness around their alcohol use
- Give an external, independent assessment of the setting up and running of the programme

Context of the Programme

A Prison Service emphasis in recent years on drug abuse and addiction has led to the (unintended) de-prioritisation of alcohol issues in prisons³. In 2004 there was recognition within Leeds Prison that the drug strategy (and associated resources) only encompassed alcohol abuse where offenders are polyusers (i.e. offenders who mix alcohol abuse with use of illicit drugs). In light of this the prison established an Alcohol Focus Group aimed at *'specific consideration of alcohol abuse and reviewing the limited range of facilities and resources available at HMP Leeds to offenders who abuse alcohol'*⁴. The initial priority of the working group has been to map alcohol related services and activity and to identify the key players delivering these⁵.

Background to the Programme

Running since August 2003, the Programme is delivered over 3 days by Carpe Diem Associates Ltd. on behalf of the Jigsaw Project. The Jigsaw Project recruits participants and is responsible for follow-up whilst Carpe Diem delivers and evaluates. 5 Programmes in 2003-2004 and 6 in 2004-2005 resulted in 98 men in total completing the Programme.

² For ease HMP Leeds will be referred to as 'the prison' throughout this report.

³ See HMP Leeds – Alcohol Strategy (2004-2005) (Third Draft) Peter Mate, Head of Resettlement, April 2004.

⁴ As above

⁵ Current alcohol services within the prison include AA (Alcoholics Anonymous) run by the Chaplaincy; some detoxification offered by Healthcare services; support for polyusers by CARATS and a module on alcohol within the new Safer Custody Programme that is offered within the first 4 weeks in prison to inmates at risk from self-harm (see Safer Custody Mission Statement, 2005).

The overall aim is to encourage participants to plan realistically for their release and for their future in relation to alcohol⁶. Objectives are that at the end of the Programme participants will have:

- An increased knowledge-base around alcohol.
- An understanding of the short, medium and long-term effects of alcohol on the body.
- An understanding of the range of personal, social and societal pressures associated with alcohol.
- An insight into their own drinking lifestyle and its effect on their lives, including their relationships and offending patterns.
- Had an opportunity to explore and develop a range of strategies to better manage their alcohol use.

Approach to the Evaluation

A priority was to ensure that all stakeholders were satisfied that the evaluation tools and processes accurately assessed the impact of the Programme's work. To this end, key stakeholders were invited to attend an initial planning meeting and a review meeting to give feedback on evaluation findings. Discussions at these meetings also enabled stakeholders to gain a wider understanding of each others different perspectives, which might assist future programme development. In addition, for the evaluator, the stakeholder meeting initiated agreements about the remit of, and framework for, the evaluation.

Evaluation methods

The evaluation has been based on the following sources of information:

- Desk research (see appendix B for documents consulted)
- Interviews with 13 programme participants:
 - 8 of these had been in prison since completing the programme
 - 3 of these had been released since completing the programme (one of these was interviewed both in prison and when released)
 - 2 had been released and re-imprisoned since completing the Programme.
- Interviews with 6 workers – The APVC Manager, Programme Trainer, the APVC Service Development Co-ordinator, a Resettlement Officer from HMP Leeds, the Drug Strategy Co-ordinator from HMP Leeds and the CARATS Manager.

Conclusions

Whilst this was a small-scale qualitative study, strong themes emerge about the impact of the Programme and the processes used to set it up:

⁶ The Jigsaw Healthy Living Project Alcohol Training Programme 2004 – 2005 Participant Handbook.

Impact of the Programme on Participants

- The Programme is effective in meeting its objectives of improving participants' knowledge-base around alcohol, increasing their insight into their drinking lifestyle and in enabling them to identify strategies for managing their alcohol use.
- The Programme has had a significant impact on participants' self-awareness, enabling them to reflect on their lives, choices made and possibilities for change. This was a new experience for most participants.
- The Programme has impacted on participants' ability to change their lifestyle around alcohol – they were very optimistic but realistic about the challenges they faced. Out of 5 men who had spent time in the community since completing the programme, 2 had made significant changes around their alcohol lifestyle, leading to major improvements in their quality of life, and 2 had reduced their alcohol intake. Feedback from participants included:

It opened up my eyes...I'll die of alcohol if I don't do something.

I learned a lot about myself, my patterns, how I'd got here.

It's totally changed all areas of my life.

Programme delivery

- Programme trainers are highly skilled and effective in creating a safe but challenging atmosphere. The use of external trainers is an important factor in achieving this.
- The commitment of trainers, the Jigsaw Project staff and Resettlement Officer is significant in ensuring that the Programme continues to run within an atmosphere that is not always welcoming. The use of the same Resettlement Officer is significant in overcoming practical challenges.

Referral and throughcare

- There is agreement on the benefits of including participants with a range of lifestyles around alcohol, and that the motivation of the participants themselves should remain the key criterion for referral.
- Participants from minority ethnic backgrounds are under-represented on the Programme.
- Current referral criteria for the Programme are not communicated clearly to referring agencies. However, whilst they are ad-hoc, there is evidence that they are improving. The broadening referral base may necessitate further clarity on selection processes when demand outstrips places.
- Feedback to referring agencies following the Programme is improving, however a lack of alcohol services and limited Jigsaw Project staff resources leads to patchy follow-up for Programme participants.
- Workers from different agencies are committed to understanding each other's different perspectives and to identifying common ground in consolidating alcohol services. This is vital in order to offer effective follow-up and throughcare and build on excellent programme outcomes.

A strategic approach?

- The embedding of the Programme within a strategic approach is restricted by the limited resources available to the prison Alcohol Strategy and Alcohol Focus Group. However, there is potential for more effective co-ordination of the Programme and how it links with other services.
- Care needs to be taken that the Programme does not link itself too closely with outcomes for any specific funding stream at the risk of minimising potential outcomes identified by this evaluation.

Recommendations

Disseminating good practice

- Use case studies to inform agencies within the prison about the impact of the Programme.
- Share examples of good practice that have emerged about Programme delivery.
- Build on positive inter-agency links to identify key individuals and systems within the prison that will be effective in publicising the Programme.

Programme delivery

- Continue to use independent trainers
- Carry out evaluation of long-term impact on participants.
- Identify core outcomes of the Programme and identify appropriate funding streams

Referral and throughcare

- Clarify referral criteria and inform agencies of the reasons for these. Use case studies to highlight the particular benefits to participants to assist workers in identifying appropriate participants.
- Identify prisoners who are currently under-represented as participants, particularly those from minority ethnic groups, and develop ways to increase access for these groups⁷.
- Use the expertise within the HMP Leeds Alcohol Focus Group to map possible routes for referral and follow-up. Agree a practical, effective system and produce a clear flowchart of the system with defined worker responsibilities. Circulate the flowchart to key agencies.

A strategic approach

- Identify ways of using the Alcohol Focus Group to share information about the need for the Programme.
- Use the Alcohol Focus Group to monitor and review referral and follow-up systems.

⁷ It is acknowledged that the Jigsaw Project is about to pilot a programme specifically for Muslims, however it remains a priority to increase access to current generalist provision for participants from a range of ethnic groups, including Muslims.

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2. Context of the Programme

A Prison Service emphasis in recent years on drug abuse and addiction has led to the (unintended) de-prioritisation of alcohol issues in prisons⁸. In 2004 there was recognition within the prison that the drug strategy (and associated resources) only encompassed alcohol abuse where offenders are polyusers (i.e. offenders who mix alcohol abuse with use of illicit drugs). In light of this the prison established an Alcohol Focus Group in 2004 aimed at *'specific consideration of alcohol abuse and reviewing the limited range of facilities and resources available at HMP Leeds to offenders who abuse alcohol'*⁹. The initial priority of the working group has been to map alcohol related services and activity and to identify the key players delivering these¹⁰.

3. Background to the Programme

Running since August 2003, the Programme is delivered over 3 days by Carpe Diem Associates Ltd. on behalf of the Jigsaw Project. The Jigsaw Project recruits participants and is responsible for follow-up whilst Carpe Diem delivers and evaluates. The APVC Service Development Co-ordinator is in attendance on programmes as a link with families, and has also co-trained on one programme. 5 Programmes in 2003-2004 and 6 in 2004-2005 resulted in 98 men in total completing the Programme.

⁸ See HMP Leeds – Alcohol Strategy (2004-2005) (Third Draft) Peter Mate, Head of Resettlement, April 2004.

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¹⁰ Current alcohol services within the prison include AA (Alcoholics Anonymous) run by the Chaplaincy; some detoxification offered by Healthcare services; treatment for polyusers by CARATS and a module on alcohol within the new Safer Custody Programme that is offered within the first 4 weeks in prison to inmates at risk from self-harm (see Safer Custody Mission Statement, 2005).

The overall aim is to encourage participants to plan realistically for their release and for their future in relation to alcohol¹¹. Objectives are that at the end of the programme participants will have:

- An increased knowledge-base around alcohol.
- An understanding of the short, medium and long-term effects of alcohol on the body.
- An understanding of the range of personal, social and societal pressures associated with alcohol.
- An insight into their own drinking lifestyle and its effect on their lives, including their relationships and offending patterns.
- Had an opportunity to explore and develop a range of strategies to better manage their alcohol use.

The programme adopts a harm reduction approach and encourages participants to engage with their own issues on both cognitive and affective levels. It also takes an approach that supports resettlement planning processes. Action plans are completed on day 3, and the Jigsaw Project then makes referrals and feeds information back into the prison sentence planning system¹².

4 Evaluation process

4.1 Approach to the evaluation

Central to the process of the evaluator is working in a transparent manner that respects the range of voices within the evaluation process. In practice, this means actively involving stakeholders in each stage of the evaluation in order to build shared ownership of its process and outcomes. A priority was to ensure that all stakeholders were satisfied that the evaluation tools and processes accurately assessed the impact of the Programme's work. To this end, key stakeholders were invited to attend an initial planning meeting and a review meeting to give feedback on evaluation findings. Discussions at these meetings also enabled stakeholders to gain a wider understanding of each others different perspectives, which might assist in future programme development. In addition, for the evaluator, the stakeholder meeting initiated some agreements about the remit of, and framework for, the evaluation.

4.2 Planning the evaluation

4.2.1 Agreeing evaluation objectives

A planning meeting between the evaluator and the APVC Manager agreed the scope of the evaluation and timetable for delivery. The stakeholder planning meeting was then convened in order to agree objectives of the evaluation,

¹¹ The Jigsaw Healthy Living Project Alcohol Training Programme 2004 – 2005 Participant Handbook.

¹² The Jigsaw Healthy Living Project: Alcohol Awareness Training Programme – Proposal for funding 2005 – 2006.

how information would be gained and from whom. The meeting was attended by the APVC Manager, Programme Trainer, the APVC Service Development Co-ordinator, a Resettlement Officer from HMP Leeds and the Drug Strategy Co-ordinator from HMP Leeds. The evaluator facilitated a discussion about the aims and objectives of the evaluation, leading to an agreement that it would address the following key questions:

- How are participants gaining access to the Programme?
- What are the criteria for participants accessing the Programme?
- What are the referral pathways onto the Programme and for follow-up?
- What is the impact on men's awareness after a period of reflection?
- What are the effects of increased awareness on participants' insight into their alcohol lifestyle (both physical and psychological)?
- How has the programme raised awareness about developing and maintaining support networks?
- To what extent are participants' putting their action plans into practice?
- How does the programme link in with existing services at a strategic and practical level?
- Is the Jigsaw Project the most appropriate organisation to be running the Programme?

4.2.2 Agreeing Sources of Information

It was agreed at the stakeholder planning meeting that Programme participants – both those within the prison and those who had been released - would be interviewed. Men within the prison could provide information on the running of the Programme and its immediate impact, whereas those who had been released could provide information on longer-term impact. The aim was to interview 8 men within the prison and 5 men who had been released. In practice there was not such a neat division since two men who were interviewed had been released and returned to prison since completing the Programme.

Workers were identified who were involved in planning / delivering the programme or who had a role in co-ordinating alcohol services. Six key workers were selected for interview.

4.2.3 Identifying and accessing participants

The process of interviewing men within the prison went smoothly, largely due to practical assistance from the Jigsaw Project in enabling access to the prison and briefing participants as agreed. The Jigsaw Project identified men in prison who had completed the Programme and since numbers were low they were able to give each of them a flyer produced by the evaluator (see appendix A) and request interviews. The process was also aided by undertaking most interviews on a bank holiday, a relatively quiet time within the prison. Eleven men were interviewed in prison, two of whom had been released and imprisoned again since completing, and another man who was released after interview was interviewed again in the community.

It had been anticipated that accessing men who had been released would present challenges, particularly within the limited time available. In practice, two main methods were used to trace men; gaining forwarding addresses from prison staff and identifying probation officers who were supervising previous participants. The Jigsaw Project wrote to men for whom addresses were available and included an evaluation flyer (an amended version of that in appendix A, appropriate to men who had been released). The Jigsaw Project also contacted probation officers of previous participants to request that they ask clients to participate. The evaluator followed up to arrange interviews. There was some delay in gaining addresses from prison staff, and delays because of the Jigsaw Project staff cover and generally due to the time-consuming nature of the task. However, the process was successful in securing interviews with three men after release (one of whom had also been interviewed when in prison). An interview was conducted with a fourth man (whose probation officer had told the Jigsaw Project that he had completed the programme); but at interview it transpired that he had not been a participant on this Programme.

4.2.4 Evaluation methods

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5. Findings

The findings are presented below in two main sections – those from Programme participants (5.1) and from workers (5.2).

5.1 Feedback from participants

5.1.1 Getting on to the programme

The men interviewed had found out about the programme in a range of ways:

How participants first found out about the programme	Number of Participants
Visitors Centre staff	3
Probation Service	3
Saw publicity flyer / notice	2
Sentence Planning Board	2
Prison chaplaincy	1
Through another inmate	1
Don't remember	1
	13

Whilst about half of the participants had found out about the programme within a few months of being imprisoned, there was a wide variation with several men doing so after more than a year. Several participants, who had drink-related offences appeared to have found out about the Programme after being in prison for longer than 6 months.

Approximately half of participants attended the Programme within 6 months of their expected release.

Everyone started within a few weeks of finding out about the Programme with 5 having filled in an application and most having spoken to someone from the Visitors Centre before starting. Most men described being given information about the Programme including the Programme handbook, before starting however this varied among participants.

5.1.2 Background information about participants

Which participants were interviewed?

The age, ethnic origin and ability / disability of participants who were interviewed is summarised below:

Monitoring of participants			
Age range	Number of Participants	Ethnic origin	Number of Participants
20 – 29	4	British Asian	1
30 – 39	5	White British	11
40 – 49	3	White American	1
50 – 59	1		
	13		13

1 participant described himself as disabled.

The monitoring data kept by the Jigsaw Project of programme participants stated that of the 58 men who completed in 2004-2005, 54 were White British, 1 was White Irish, 1 was White American, 1 was Pakistani and 1 was mixed race (White/Asian). It appears that men from minority ethnic backgrounds are under-represented on the Programme.

When had participants attended the programme?

The 3-day Programme has been delivered 11 times up to the end of year 2 (March 2005). The participants interviewed were drawn from 6 different Programmes over the 2 years, with most having completed it within the past 12 months.

5.1.3 Why did men do the Programme?

Five participants identified that their primary reason for doing the Programme was because they felt that it was a requirement or because they believed that it would help with their chances of an early release.

It was something to do and I thought that it would show Probation that I was making an effort.

It would help me to get out of here.

Even though these participants were more sceptical than others about the Programme, it was noticeable that they were still hopeful that they could gain things, for example:

I did think I might learn something, I wasn't sure what, and I did.

Others said they hoped that the Programme would help them to control their drinking and thus reduce the adverse effects it was having on their health, on their relationships with family and friends and the way it contributed to their offending behaviour:

I needed something – I was worried that if I carried on as I was going that I'd do something worse.

I wanted to change my life – I'd already lost my baby because of drink and I knew I had to do something.

I wanted to find out why I drank like I did.

5.1.4 Experiences in prison

The aim of this study was to evaluate the effectiveness of the Alcohol Awareness Programme, however several participants described severe difficulties that they had faced in prison because of their drinking lifestyle:

It was very hard in the beginning – I was climbing the walls.

It was terrible, the craving. It's like an asylum in here and I didn't get my medication. I'm just trying to survive and am now on anti-depressants.

The first 6 months were hell. I was in hospital at first; I was on a hell of a lot of Librium and vitamins. I found it very hard.

It's more that my mind is dependent not my body. I struggled.

Other participants had not struggled in the same way. It appeared that men who had a lifestyle of 'binge-drinking' rather than daily heavy drinking coped better:

I didn't drink all the time, but then sometimes I would really hammer it. So I don't think that it bothered me that much in here (prison).

5.1.5 Experiences of the programme

What did participants think about the programme?

The feedback from participants about their experiences on the programme was uniformly positive, even from participants who identified that their key reason for attending was improving their chances of getting out of prison. Key themes were the relaxed atmosphere, the approach of the trainers, the feeling of 'all being in the same boat', the feeling of being able 'to open up', being 'made to think', having the opportunity to reflect without being 'told what to do' and everyone being treated respectfully.

It was a perfect Programme.

I haven't thought like that for years.

I hadn't expected anything really, but it made you get involved. It was personal, the stories, everything. It kind of drew you in.

Participants were asked to 'score' the quality of the programme, using the same scale as that used in the end-of-programme evaluations:

Rating 1 bad, 2 not good, 3 good, 4 brilliant	Number of Participants
1	0
2	0
3	5
3.5	1
4	7
	13

What did participants think about the way the Programme was delivered?

Participants were glowing in their feedback about the trainers. Key themes included being treated as individuals and being supported, enabled and challenged to reflect:

They made everyone comfortable very quickly and made you want to get involved, not just listen.

They were superb. One person didn't write and they would help him.

They were hands on – they'd come round and give you time 1:1.

They didn't try to stop you drinking. They gave you information and then it was over to you.

5.1.6 What did men learn from the Programme?

Learning about alcohol

All participants described a range of benefits from attending the programme. Many participants spoke in detail about how it had made them realise the extent of their drinking, its physical effects and wider effects on their life:

I realised that at the rate I was drinking I was constantly drunk, even though I didn't feel it.

You had to write your thoughts down and it made me dig in to myself. Suddenly things hit me and I got a real shock.

It opened up my eyes as to how much I drink and the effect on my body – I'll die of alcohol if I don't do something.

I realised the effect on my family and friends – if I carry on I'll end up a lonely old man.

I don't like the person I am when I'm drunk.

I knew it was bad for the kids when I was arguing, but I didn't realise how wide a circle of people were affected.

I've wasted thousands of pounds.

I learned the good things that I was missing – my family, friends, kids – and the effects on them. Being a Muslim you shouldn't drink, so it was also bringing shame on my family.

Several participants described that they were 'binge' drinkers and weren't 'as bad' as other men on the programme, however it appeared that they benefited from seeing where they thought they might be heading:

It was useful to see how people can lose everything. That isn't me yet but it could be.

Learning about myself

The extent to which participants talked about the Programme's impact on their self-awareness, triggered by self-reflection, was striking. It appeared that few participants had experienced previous opportunities in which they were enabled to reflect on their lives, patterns of behaviour and choices made:

It was the first time I'd talked. It was my private and confidential things. It was hurtful but I had to talk to gain. I felt better and realise I need to be more honest.

I thought I was the only one, but the discussions made me realise that other people were the same.

It made me look back and remember how I used to be. It straightened it out. I looked back in an objective way at how I was and realised I could be different. I could make different choices.

Many men spoke specifically about realising what triggered them to drink and the purpose it served in their lives. Many also spoke of the excuses that they had long made about their drinking and how the Programme represented a 'wake-up call' to take responsibility:

I learned a lot about myself, my patterns, how I'd got to here.

I wanted to find out whose fault it was that I drank like I did. I found out it was my fault.

I learned how to control my drinking.

Looking ahead

It appeared that the Programme had offered men an opportunity to take stock of their lives, not just in terms of their lifestyle around alcohol. A common theme was a realisation that change was possible:

I realised I can be different.

I saw that the future isn't impossible with some help.

5.1.7 How did men rate their ability to change their lifestyle around alcohol?

It was evident that the programme had been successful in raising the awareness of participants in a range of ways, and many men in prison demonstrated that they had given the Programme significant thought since completing it. For example, several men spoke about reading the information that they had been given, going over the work-book that they had completed and reading other materials. However, a key question is the extent to which it

enables them to change their lifestyle around alcohol¹³. Participants were asked to rate their ability to change, using the same scale (below) as that used in the post Programme evaluation – the table below demonstrates that most men felt positive about their ability:

Rating 1 bad, 2 not good, 3 good, 4 brilliant	Number of Participants
1	
2	2
2.5	1
3	9
4	
Other – had already decided to change lifestyle	1

Whilst the overwhelming majority of men were positive about their ability to change, there appeared to be an air of reality to this optimism. Of the 13 men who were interviewed, 8 had not been released since completing the programme – there was not a significant difference in the rating between men who had or had not been released. The two men who thought their ability to change was ‘not good’ were both interviewed in prison, but one had been released and re-imprisoned since the Programme. Feedback from men about their hopes of change are summarised below separately for those who had remained in prison and those who had spent time in the community.

Participants who had remained in prison since completing the programme

Whilst most men who had remained in prison expressed optimism about their chances of changing their lifestyle, they appeared aware of the reality that they would only really find out on release.

I’m positive, but I won’t really know until I get out of here and try.

I think that I’ve got a good chance, but I’m a bit frightened about it to be honest.

When men were asked about how they were using what they learned and aimed to put it into practice on release, they described a range of methods – these included staying busy, spending time with families, concentrating on religion, drinking less or only at certain times or in certain situations, reading programme materials and trying to focus on what they had learned:

¹³ A collation of 28 post-programme evaluation forms demonstrates that whilst 8 men stated that their ability to change was brilliant or good prior to the course; all 28 men did so after completion. (Alcohol Training Programme Comprehensive Course Evaluation, undated, Carpe Diem Associates Limited).

I have written a notice that is on my wall that I read every day I – it says 'SSDD' meaning same shit different day, which reminds me that that's what I was doing. I'm not doing it again.

I'm going to speak to the Imam and get support.

I'm going to count my units and stop drinking in the house.

I'm going to focus on good things and not dwell on the bad.

I'm going to make out a chart for each week of how much I drink.

Participants who had been released

5 men had spent some time in the community since completing the programme - 2 of these were back in prison when interviewed. 4 out of these 5 men identified ways in which the programme had helped them to change their lifestyle on release and two of these appeared to have made significant changes.

One man, who had been out of prison for 18 months, described how he had succeeded in changing his life:

I can't believe myself how I've changed – it's amazing what you can do once someone gives you a path. The programme taught me that I didn't have to be dependent on alcohol, and that whilst I used it to forget my problems, it was not a solution. It had ruined me and now I'm an ex-con.

My stepmother didn't talk to me before and my ex-wife wouldn't let me see the kids, but now I have them all back. I was at rock bottom in prison and doing the course gave me a kick up the backside. I also did the Enhanced Thinking Course and the two together really worked for me. I learned about the cycle of change and I use my thinking skills to deal with things. Also I now know that there are other things, so I keep busy and occupy my mind. At first I walked a lot or did decorating, anything to keep busy.

I didn't think I could talk – now I talk to anyone and I got that from the alcohol course. I did keep the course work and I'd pick it up and look at it. It's totally changed all areas of my life – I feel healthier, I have a better outlook, if I get a bill I can pay it, people want my company. My probation officer is absolutely over the moon and my GP is good and says I can go and talk anytime. Everything is looking rosy.

The second man, who had been out of prison for 9 weeks, had been interviewed previously by the evaluator just before his release. When interviewed in prison, he had described how the course had opened his eyes to the affect his drinking had on his children, and his action plan focused on not arguing in front of them. He described that he had succeeded in this since getting out and that 'a very big part of this is controlling drinking'. He

described the difference that the Programme had had on his life as ‘absolutely massive’:

In the past 6 years, I've never been out of jail this long. I set myself goals on the course and now I'm not drinking like I did I can see myself staying out. I never said that I'd stop drinking, but if I go out at the week-end I just drink a little bit. It's not even a bit of what it was.

The kids have made a difference – they now have expectations of me and they wait up for me. I can't spend all the money else we won't be able to go out. We go out and have fun. I always wanted a proper family life but my drinking got in the way. But now it's good, it's really good. My mother comes for a cup of tea every day and she's proud to death.

This participant described support he got from a substance mis-use service and explained the importance of having someone to talk to ‘who understands’. He explained that he knew what he was capable of and had to take care not to ‘slip back’.

The other 2 participants described less ‘dramatic’ changes: One participant, who had been out of prison for 1 month, described how he was fine after completing the course in prison, but struggled on release. However, he explained that he had been prescribed Librium by his GP and was managing to only drink at week-ends. He described practical efforts that he was taking (learned on the programme) to look after himself, which involved eating more and drinking lower-strength alcohol. He described the course as ‘ace’ and whilst hopeful that he would continue to control his drinking, he was aware that it was early days. The second participant explained that even though he was back in prison several months after release, the programme had made him stop and think and that he wasn’t ‘as stupid’ about alcohol. He said that he was more careful about what he drank and stopped drinking at a point that meant he could ‘get home safely’.

The participant who did not feel that the programme had improved his ability to change his behaviour suggested that this was largely about him simply getting distracted. He said that he had ‘been ok’ for a few weeks but then had slipped back into old patterns with friends. He also mentioned that his probation officer knew little about alcohol and had only suggested AA (Alcoholics Anonymous) for support. He commented that he had completed the programme a long time before release and maybe ‘a refresher would be good’.

5.1.8 Follow-up to the Programme

There was a wide range of views amongst participants about follow-up offered once they had completed the Programme. Several men said that they had not been offered any follow-up; others said that they had been told about other courses within the prison but were unsure whether these were running; one man had been referred to the Visitors Centre for counselling, several men said that they had been given pamphlets about organisations and two men

said that they would be able to contact the Visitors Centre on release for support.

Several mentioned that they knew about AA (Alcoholic Anonymous) but that the premise of stopping drinking completely was not realistic for them.

All participants are given a report about their participation on the Programme. Whilst several men stated that this might aid their chances of gaining parole, most men were unsure whether their report had been useful and some could not recall receiving it. (Six men who had recently completed the course had not yet received their reports, hence had little comment).

5.1.9 How to improve the programme

Participants were encouraged to identify anything about the programme that had not been useful to them and to suggest one thing that would improve it. Whilst men did talk about elements that they found particularly challenging e.g. telling their personal stories about alcohol and being challenged to confront reality, most men stated that they would not make any changes. Given that men in prison do not have a wide range of opportunities, it might be thought that any activity was likely to be well received. However, whilst participants agreed there was little else to do, several commented that the programme was on a different level to other prison courses and did far more than 'filling time'.

Changes that were suggested included focused on improving referral, extending the length of the programme and improving follow-up:

Finding out about it shouldn't be left to chance – maybe put a note in the letter that we get every week.

Maybe do it over 5 days as you could see that some people didn't take it all in. It's a lot to take in as it's only by day two that people are beginning to get stuck in.

Be good to have a follow-up session after you leave prison.

Be good to have more information about organisations that can help when you leave. My probation Officer is good, but she isn't clued up on alcohol and only mentions AA.

Be good to have done it closer to release date so it would have been fresh in my mind.

5.1.10 Who should run the Programme?

The majority of participants stated that it was preferable to have an independent organisation, like the Jigsaw Project, running the Programme rather than staff linked to the prison service:

I think it's better being independent. The prison service is more about rules and regulations than talking to you. Prison staff look at you all the same, like you're all in the same category when you've been in a few times. It's better to start from scratch.

If it's a screw, it's us and them. They'd try to force it down your throats.

It's good if Jigsaw does it 'cause then you find out about the other programmes and support that's on offer.

However several participants stressed that the priority was individuals' attitudes and referred to the prison Resettlement Officer who collects men for the Programme and contributes to the session:

He was a good bloke. He didn't put himself above you and he knew what he was talking about.

5.2 Feedback from workers

5.2.1 The context within which the programme is delivered

A striking feature of all interviews with workers was the extent to which people appeared to be squeezing in work related to alcohol as it was not a core part of their work. However, there appeared to be a high level of commitment to try to increase the effectiveness of alcohol services generally, and the Programme in particular.

5.2.1.1 Priority given to alcohol services

All workers identified that that an emphasis on responding to illicit drug use (referred to in section 2) had resulted in few resources directed towards addressing needs of prisoners with problems related to alcohol.

'There's a hell of a lot of goodwill. It's nobody's fault – we're all doing it as a bolt on'.

HMP Leeds Drug Strategy Co-ordinator

Several workers stated that whilst the prison Alcohol Strategy and Alcohol Focus Group (see section 2) were raising the profile of alcohol services, and to some extent mapping those available, that they were severely limited in their effectiveness by lack of resources.

5.2.1.2 Delivering services within the prison environment

Workers described a range of ways in which delivery of the Programme was shaped by the prison environment. Challenges included practical ones linked to operating within a secure environment and also those related to the approaches of workers from different agencies. These were reflected during the process of interviewing men in prison for this evaluation. Whilst many prison officers were extremely helpful at enabling the interviews to take place,

there were also examples where officers insinuated that the evaluation work (and that of the Visitors Centre) had little value. There appeared to be a 'grace and favour' approach where Visitors Centre staff could not rely on gaining co-operation but were dependent on the good-will of individual officers. In the same way that workers who were interviewed stated that alcohol related work was not really within their remit, it appeared that some prison officers felt that enabling the Programme to happen was also not really part of their role. This combined with the understandable constraints of operating within a prison to offer particular challenges:

One course had to be cancelled because there was no-one to collect the men.
APVC Service Development Co-ordinator

I use my first name in the group and I know a lot of officers don't like it. It is better than it used to be but some officers still think the job is just about locking up people. It makes a difference if I can build a relationship with the men on the course. If I'm professional then I don't see a problem.
Re-settlement Officer

The logistics of getting everyone there is horrendous as often there seems to be someone from every wing. But I just come back early from lunch and get it done.
Re-settlement Officer

Looking at prevention and awareness is a real culture shift in the prison. It's seen as a welcome added extra, but getting it accepted as something as important as treatment can be difficult.
APVC Manager

5.2.2 Who is the Programme for?

The Programme trainer described that current criteria for the Programme were that participants:

- Are mentally robust.
- Want to do the programme.
- Have been sentenced and are within 6 months of release (although, there is now flexibility to accept men with longer than 6 months to serve)
- Are not on 'A' wing (for vulnerable prisoners).

Questions were raised about the clarity of referral criteria for the Programme and whether it would be more beneficial for men to be assessed and then directed to more targeted programmes based on their needs. There were mixed views about this amongst participants and workers, although the vast majority believed that an awareness programme of this type was more effective with a wide mix of participants:

It works really well. It's very powerful to learn from your peers – the young ones look at the older ones and think 'Oh no!'. They see where they may be heading.

APVC Service Development Co-ordinator

Everyone needs harm minimisation in a mixed group. It's about good management of the group.

CARATS Manager

It's important not to know anything about participants. In prison, everything else involves categorising and your file going before you. I don't want to know. I want to work respectfully with whatever they give to us.

Trainer

If waiting lists increase, it might be useful to have some sort of assessment to get men to identify their needs – to demonstrate motivation and ensure that you aren't getting men who just want to get out of their cell for 3 days.

APVC Manager

One participant did identify that the Programme was aimed more towards 'alcoholics' rather than binge drinkers and felt that it would have been more useful had there been more targeting. However several other participants gave specific examples that demonstrated the benefits for them of a mixed group. There was general agreement that men should not be selected based on their particular use of alcohol – the issue seemed more about gaining clarity on what the criteria were, why they had been selected and publicising this¹⁴.

It's about being clear what the criteria are and how people refer.

HMP Leeds Drug Strategy Co-ordinator

It is significant that the last 2 programmes have been slightly over-subscribed and selection had been managed by prioritising men who had an earlier release date. It was stated that places would then be offered on a 'first-come' basis. Should demand begin to outstrip places then it becomes vital to have transparent criteria.

5.2.3 Referral processes

The Jigsaw Project is responsible for recruiting men onto the programme and workers acknowledged that there was room for improvement in current systems. When the Programme first started, applications came through the Chaplaincy, however gradually other workers and inmates had been informed and referrals now came from a wide range of sources (as evidenced by the range of access routes identified by men interviewed, see 5.1.1). Whilst agencies have been informed through the prison newsletter and efforts had

¹⁴ It was noticeable that referral criteria were rarely mentioned in the documents consulted for this evaluation.

been made to inform workers in different agencies, the Jigsaw Project staff described problems in identifying who the key workers were.

Access to information can be really poor, between agencies and amongst staff on the landings. The prison staff often don't know who's providing what either.

APVC Manager

Workers described a range of different ways in which men found out about the Programme, including:

- Through the Sentence Planning process conducted within the first few weeks an inmate is in prison (this does not include those who are on remand).
- Through the induction process (this does not include inmates who have been transferred from other prisons).
- Through the Chaplain, who goes to prison wings on the first night that a new inmate arrives.
- A flyer circulated to men by the Safer Custody team.
- Through the CARATS team who assess all inmates to identify needs of illicit drug users (or poly users).
- Through direct contact with the Jigsaw Project staff in the prison.
- Word-of-mouth from other participants.

Referrals from these agencies were passed to the Jigsaw Project verbally, by phone, on application forms and by letter. Workers from the Jigsaw Project acknowledged that this process was 'ad-hoc'. Shortly before a Programme was due to start, the Jigsaw Project contacts agencies, including CARATS, the Safer Custody Team, Probation Officers and the Chaplaincy to gather names of potential participants. However, there was a lack of clarity about the systems used by agencies to identify participants, for potential participants to find out about the Programme and for potential participants to be connected with the Jigsaw Project:

I don't think there's a proper referral – people ring up Jigsaw.

APVC Service Development Co-ordinator

At sentence-planning, you ask about alcohol use and if there's a problem I'd put it on the computer record that he should do the Programme. I don't know what happens to the record.

Re-settlement Officer

Anecdotally, I've heard that the programme is very beneficial. I'd just improve the referral systems and throughcare.

HMP Leeds Drug Strategy Co-ordinator

Once the Jigsaw Project has enough potential participants, their workers go into the prison, locate men, tell them about the programme and explain that it is personally challenging. If men are interested in attending, they are given

information, including dates, and asked to try to ensure that other visits / courses do not clash with them.

Whilst this process appears fairly straightforward it was clear that gathering referrals, identifying if men are still in the prison, locating them and then physically finding them in the prison is extremely time consuming in practice.

There is agreement that the referral process could be improved, both in terms of increased access for inmates and improved efficiency, but it is clear that the Programme is making progress in broadening the base of its referrers.

5.2.4 Delivery of the Programme

Feedback from workers who had direct experience of the content and delivery of the Programme was very positive. Workers who did not have direct experience had also received positive feedback about it.

Feedback about the Programme

The similarity between workers' descriptions of the Programme delivery and impact were strikingly similar to feedback from participants. The trainer expressed confidence, commitment and interest in working with participants and in assisting them to reflect on their lifestyle (not only linked to alcohol or offending) and to focus on causes not effects. She described the importance of giving '*positive feedback, positive feedback, positive feedback*' but also of the critical point when men begin to be challenged.

Other workers summed up their views of the Programme:

It's brilliant because the course takes them on a journey and they don't even realise that they're on it. The men go from where they are now, they look back to how they got here and they look forward. It's like joining up the dots and seeing what can be different about their future.

APVC Service Development Co-ordinator

It has a massive impact on their awareness – on how they see themselves and how they fit into the world. I don't know about changing lifestyles.

APVC Service Development Co-ordinator

It's very focused. The last group was totally and utterly thinking all the time.

Re-settlement Officer

The only area in which some workers felt that there might be scope for improvement was relating to the complexity of language sometimes used in the workbook and in sessions.

Feedback about Trainers

The commitment of the Trainer, APVC Service Development Co-ordinator and Re-settlement Officer (who contributes to sessions) and their belief in the Programme shone through. They gave a wealth of positive feedback about their colleagues' individual contributions. This included:

She's (the trainer's) herself, genuine and open. She's exactly the same with the men as she is with me. It's unbelievable what she picks up on in the group – the dynamics, the body language, the whole thing. And she's great at challenging – she does it with a massive amount of knowledge and understanding.

Re-settlement Officer

She's (the trainer's) good at getting them to be honest with themselves.

Re-settlement Officer

He's (the Re-settlement Officer's) open, respectful, street-wise, empathetic and quite robust as he's having to deal with heavy declarations.

Trainer

It's really noticeable if a different Officer is there

APVC Service Development Co-ordinator

She's (the APVC Service Development Co-ordinator) brilliant with the men.

Trainer

5.2.5 Follow-up to the Programme

Following completion of the Programme, the Trainer provides participants with a report describing how each has engaged, what further action might be required and if there is a need for further support. Participants give consent prior to the Programme for their report to go into their prison file.

There was agreement that follow-up with referring agencies and for participants was patchy. It is clear that follow-up with agencies, like the referral process, has been ad-hoc however there were indications that this was improving.

We now get a list of who's been accepted onto the programme and copies of reports for those whom we have referred. We need this information for throughcare. It's OK now except for the timescale – it can take a while.

CARATS Manager

Enabling participants to access follow-up services was problematic due to an absence of alcohol services to refer on to (both within the prison and outside) and the limited resources of the Jigsaw Project to follow-through comprehensively:

If alcohol is the primary substance, we're not supposed to be involved. If it's a secondary problem we'll assess but then you hit problems with referring on after release.

CARATS Manager

Follow-up doesn't work brilliantly. Referrals are always done e.g. to the counsellor and any liaison with families, but it's very hard to find time to get

into the prison to do follow-up. People coming in on visits are a priority and that work has to be covered.

APVC Service Development Co-ordinator

5.2.6 A strategic approach?

There was agreement of the benefits of a more co-ordinated approach particularly in relation to programme referral and follow-up processes, and there is improvement in this area. However, the lack of resources of HMP Leeds Alcohol Strategy limits the extent to which the programme can be part of a strategic approach. However, there is scope for the Alcohol Focus group to facilitate the agreement of practical systems to aid co-ordination¹⁵. Most workers also identified the value of the Focus group in raising awareness about the need for services addressing alcohol issues, which would include the Alcohol Awareness Programme.

We want to highlight the problem with alcohol and that there's a gap.

CARATS Manager

6. Conclusions

Whilst this was a small-scale qualitative study, strong themes emerge about the impact of the Programme and the processes used to set it up:

Impact of the Programme on Participants

- The Programme is effective in achieving its objectives of:
 - Increasing participants' knowledge-base around alcohol.
 - Developing participants' understanding of the effects of alcohol on the body.
 - Increasing participants' insight into their drinking lifestyle and its effect on their lives, including their relationships and offending patterns.
 - Offering participants an opportunity to explore and develop a range of strategies to better manage their alcohol use
- A strong theme to participants' feedback was the Programme's impact on their self-awareness, enabling them to reflect on their lives, choices made and possibilities for change.
- Participants demonstrated that the programme had directly contributed to their ability to change their lifestyle around alcohol. Out of 5 men who had spent time in the community since completing the programme, 2 had made significant changes around their alcohol lifestyle, leading to major improvements in their quality of life, and 2 had reduced their alcohol intake.

¹⁵ There is also a need to clarify the roles of Carpe Diem and the Jigsaw Project at the Focus group.

Programme delivery

- Participants' were uniformly positive about their experiences on the Programme and particularly about the respectful and challenging environment created by trainers.
- There is a high level of skill and commitment of Programme trainers and the Jigsaw Project staff. This is significant in ensuring that the sessions continue to run within an atmosphere which is not always welcoming.
- The use of external trainers is an important factor in engaging men in the Programme and the use of the same prison Resettlement Officer is significant in overcoming practical challenges within the prison. The combined effect of these and the positive inter-agency relationships formed is key to the smooth running of the Programme.

Referral and throughcare

- There is agreement on the benefits of including participants with a range of lifestyles around alcohol, and that the motivation of the participants themselves should remain the key criterion for referral.
- Participants from minority ethnic backgrounds are under-represented on the Programme.
- Current referral criteria for the Programme are not communicated clearly to referring agencies. However, whilst they are ad-hoc, there is evidence that they are improving. The broadening referral base may necessitate further clarity on selection processes when demand outstrips places.
- Feedback to referring agencies following the Programme is improving; however a lack of alcohol services and limited Jigsaw Project staff resources leads to patchy follow-up for Programme participants.
- Workers from different agencies are committed to understanding each other's different perspectives and to identify common ground in consolidating alcohol services. This is vital in order to offer effective follow-up and throughcare and build on excellent programme outcomes.

A strategic approach?

- The embedding of the Programme within a strategic approach is restricted by the limited resources available to the prison Alcohol Strategy and Alcohol Focus Group. However, there is potential for more effective co-ordination of the Programme and how it links with other services
- Care needs to be taken that the Programme does not link itself too closely with outcomes for any specific funding stream at the risk of minimising potential outcomes identified by this evaluation.

7. Recommendations

Disseminating good practice

- Use case studies to inform agencies within the prison about the impact of the Programme.
- Share examples of good practice that have emerged about Programme delivery.
- Build on positive inter-agency links to identify key individuals and systems within the prison that will be effective in publicising the Programme.

Programme delivery

- Continue to use independent trainers.
- Carry out evaluation of long-term impact on participants.
- Identify core outcomes of the Programme and identify appropriate funding streams. Include costs of administering the Programme, including recruitment, follow-up and inter-agency reviews, in funding bids.

Referral and throughcare

- Clarify referral criteria and inform agencies of the reasons for these. Use case studies to highlight the particular benefits to participants to assist workers in identifying appropriate participants.
- Identify prisoners who are currently under-represented as participants, particularly those from minority ethnic groups, and develop ways to increase access for these groups¹⁶.
- Use the expertise within the HMP Leeds Alcohol Focus Group to map possible routes for referral and follow-up. Agree a practical, effective system and produce a clear flowchart of the system with defined worker responsibilities. Circulate the flowchart to key agencies.

A strategic approach

- Identify ways of using the Alcohol Focus Group to share information about the need for the Programme.
- Record and monitor referrals and follow-up support. Use the Alcohol Focus Group to review the effectiveness of referral and follow-up systems.

¹⁶ It is acknowledged that the Jigsaw Project is about to pilot a programme specifically for Muslims, however it remains a priority to increase access to current generalist provision for participants from a range of ethnic groups, including Muslims.

Appendix A: Evaluation Flyer

Alcohol Awareness Programme

Run by Jigsaw Healthy Living Project
in Armley Prison

What did you think of it?

The Jigsaw Healthy Living Project is keen to find out the views of men who have attended the Alcohol Awareness Programme and they have asked me, an independent researcher, to do this.

I would like to find out....

- What do you think about the way the programme is set up and run?
- Did you get things out of the programme, and if so, what?
- How could the programme be improved?

How you can get involved...

I will be talking to men in the prison on Monday 30th May 2005 and Friday 3rd June 2005 and am keen to get a wide range of views.

Interviews will last about half an hour and will be confidential (the only exceptions are information that breaches prison security or that indicates someone may be harmed).

I will also be talking to men who have left prison and staff involved in setting up and running the programme. The results will be summarised into a final report that the Jigsaw project will use in planning future Programmes.

Your help would be very much appreciated

Yvonne Prendergast
red Training and Consultancy
Tel: 07939 828487
Email:



Appendix B: Documents consulted

Training programme details / evaluation / reports

- ALCOHOL EDUCATION PROGRAMME for offenders in HMP Leeds, Programme Detail (Carpe Diem 14/02/03)
- Armley Alcohol Training Housekeeping
- HMP Armley: Alcohol Training Outline Programme (Carpe Diem updated 26/04/04)
- Example of past Programme report (from Programme 1: April/May 2004)
- Example of HMP Armley: Alcohol Training Programme 2004 Programme Evaluation (B.D. 26.3.04)
- HMP Leeds Alcohol Awareness Training Programme (B.D. January 2005)
- HMP Leeds Jigsaw Healthy Living Project- Alcohol Awareness Training Programme, Short Project Report, April 2004 (B.D. Carpe Diem)
- Alcohol Training Programme (Date) Comprehensive Programme Evaluation (for Programmes 1-3) Carpe Diem

Funding bids

- The Jigsaw Healthy Living Project: Alcohol Awareness Training Programme – Proposal for funding 2005-6 (S.G. 18/03/05)
- Request for Leeds HAZ funds (S.G. 11/11/03)

HMP Armley Alcohol strategy/approach

- HMP Leeds – Alcohol Strategy (2004-2005) (Third Draft)
- Drug Strategy Alcohol Focus Group, Terms of Reference
- Alcohol Focus Group Meeting minutes, 19/01/05
- Alcohol Awareness and Control among Muslim Offenders (Mohammed Razaq)

Other Interventions

- Safer Custody Detoxification, Treatment and Therapeutic Programme The 4-week Programme & Project Definition Report (Roger A Hart, Safer Custody Unit, 02/04/05)
- Exercise & Drug Addiction Detoxification (PEO Simon Oddie, Detox Gymnasium HMP Leeds 26/06/04)
- Effective Regime Interventions, HM Prison service, Order Number 4350 (23/12/02)

Appendix C: Interview guide for Programme Participants

Introduction:

- *Thank you for agreeing to take part*
- *Introduce myself as independent researcher*
- *Explain that the interview will take about half an hour.*
- *Explain that Jigsaw want to find out what men who have attended the programme think about it, in order to help plan future programmes.*
- *Explain that all the questions will be about the Alcohol Awareness Programme*
- *Mention that I will take notes throughout the interview.*
- *Explain that the information given will be summarised in a report that Jigsaw will use to plan future Programmes. Responses will be recorded in such a way that they will not be linked back to the interviewee. It will therefore not be possible for individuals to be identified in the report. The interviewee's confidentiality will be respected but if anyone mentions anything linked to someone being harmed or prison security being breached, I would have to pass it on to staff. Give copy of flyer.*
- *Explain that they should not feel that they have to answer all the questions and if there is anything that they do not want to talk about they should ask me to move on. Explain that person can finish interview at any time.*
- *Explain that if there is anything that I haven't asked about the Alcohol Awareness Programme there will be an opportunity at the end to make general comments.*

Questions:

Getting on to the programme

- How did you first find out about the Alcohol Awareness Programme?
- What was the process like between you first finding out about the programme and actually starting it? *Prompt re. assessment / information / preparation/ note date attended programme / note whether been outside prison*
- What's your view about how this process was handled? *Prompt re. what could improve this*
- Why did you decide to do the programme? *Prompt re. alcohol lifestyle / particular effects & feelings whilst in prison/ expectations*
- What was your main hope in doing the programme?

Experiences of the programme

- Describe your experience of doing the Alcohol Awareness Programme?
- What do you think of the way the trainers work with programme participants? *Prompt re. knowledge, skills, approach*

- How would you rate the quality of the programme on a scale of 1 to 4 with 1 being bad and 4 being brilliant?
Brilliant /4 good /3 not good/2 bad/1
- What did you learn on the programme? *Prompt re. knowledge of alcohol, effects on body, insight into own drinking lifestyle, self-knowledge, effects on relationships, strategies for managing alcohol use*
- How have you used what you learned? *Address each learning point above*
- How far have you been able to put your action plan into practice? Why is this?
- Has doing the programme affected your ability to change your lifestyle around alcohol or in any other ways?
If yes, please explain more. If no, why do you think this is? If relevant explore difference between inside and outside prison.
- How do you rate your ability to change your lifestyle around alcohol after you are released on a scale of 1 to 4 with 1 being bad and 4 being brilliant?
brilliant /4 good /3 not good/2 bad/1
- What was the best thing for you about doing the programme?
- What did not work well for you on the programme?

After the programme:

- Have you used your report from the programme? *If yes, how? Did it make a difference?*
- Since finishing the programme, have you had any support or used other services around your use of alcohol or any other issues? *Prompt on what these are / how referred?*
- What difference would it make if the programme was not run by Jigsaw, but was run by staff within the prison?
- Thinking about the whole process of getting onto the programme, completing it and afterwards - If you could change one thing about the programme, what would it be?
- Do have any other comments about the Alcohol Awareness Programme?

Thank you

Appendix D: Themes to cover in interviews with workers

Getting on to the programme

- How do potential participants find out about the programme? *Prompt re. publicity (to men & workers); Jigsaw, CARAT, Safer Custody, Prison Officers, Probation, Sentence planning, Chaplaincy, AA, monitoring of this*
- What is the process between a potential participant finding out about the programme and actually starting it? *Prompt re. assessment / information / preparation / inter-agency working*
- How does the programme link with other services? *Prompt re. treatment / Programmes / counselling*
- How does the programme link at a strategic level *prompt Alcohol strategy, Alcohol focus group*
- What system(s) is there for 'tracking' men's interest / assessment /acceptance / referring on?
- What works well about this process? Not so well?
- What are key challenges for you in making sure this process as effective as possible?
- How could this process be improved? What are barriers to this happening?

The programme itself

- What are your views of the Alcohol Awareness Programme? *Prompt re. need, delivery, liaison, effectiveness*
- From what sources of information have you formed these views?
- What do you think are positive aspects of the programme?
- What do you think are less positive aspects of the programme?
- What barriers are there that limit what participants' gain from the programme? *Prompt perception of programme, access to it, content*
- How could the programme be improved? What are barriers to this happening? How could these be overcome?
- What are key challenges for you in making sure this process as effective as possible?
- How is the effectiveness of the programme measured? How does this feed in to improving practice?

- What follow-up / feed-back is there about individual participants to referring agencies?
- How is feedback on effectiveness reported to stakeholders prompt *Jigsaw, funders, CARAT, Safer Custody, Prison Officers, Probation, Sentence planning, Alcohol strategy, Alcohol focus group*

After the programme:

- What follow-up support or any other services are offered to participants around their use of alcohol or any other issues? *Prompt on what these are / how referred?*
- What systems are there for recording and monitoring this follow-up?
- How does this follow-up link with other services? *Prompt re. treatment / Programmes / counselling, Alcohol strategy, Alcohol focus group. Operationally & strategically.*
- How are reports from the programme used? *Any examples of a report making a difference?*
- How could the 'follow-up' process be improved? What are barriers to this happening?
- What are key challenges for you in making sure this process as effective as possible?
- How can these challenges be addressed?
- What difference would it make if the programme was not run by Jigsaw, but was run by staff within the prison? *Prompt/ re pros / cons of Jigsaw delivery.*
- Thinking about the whole process of participants getting onto the programme, completing it and afterwards - If you could change one thing about the programme, what would it be?
- Do have any other comments about the Alcohol Awareness Programme?

Thank you