



# **Guide to Group Work Programmes & Individual Interventions**

**2021**

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## Programmes Summary

PBNI delivers a range of group work Programmes and individual interventions with the purpose of encouraging and facilitating change in the service users we supervise. The Programmes are designed to address a variety of aspects regarding a service user's attitudes and offending behaviour/s. These factors contribute to recidivism, therefore it is imperative that PBNI work towards addressing these issues with the aim of encouraging desistence, reducing further offending and ultimately building safer communities.

Each PBNI Programme and Intervention has a specific criteria and pathway, both of which are contained in this booklet and should be considered at the point of assessment and referral to programme. There are a number of issues that must be considered prior to recommending and commencing a Programme/Intervention. These include ensuring:

- Service User's suitability
- Service User's motivation
- Programme sequencing & requirement on Order/Licence
- Adequate time on PBNI supervision to facilitate Programme completion

This Guide provides all necessary information regarding all Programmes & Interventions offered by PBNI.

Programmes at a Glance



## Sentencing & Additional Requirement wording

The following wording has been agreed with Northern Ireland Courts and Tribunals Service (NICTS) and Northern Ireland Prison Service (NIPS) Licencing Unit and replaces any existing / previous wording.

### Specific Additional Requirement wording:

*“You must present yourself in accordance with the instructions given by your Probation Officer: to attend PBNI HQ, 80-90 North Street, Belfast, BT1 1LD or another venue specified by your Probation Officer; to actively participate in the PBNI Thinking Skills or Resolve [delete as appropriate] Programme and comply with the instructions given or under the authority of the person in charge.”*

Or

*“You must present yourself in accordance with the instructions given by your Probation Officer: to attend PBNI Intensive Supervision Unit, Alderwood House, Hydebank Wood, Purdysburn Road, Belfast or another venue specified by your Probation Officer; to actively participate in a programme designed to address domestic abuse and comply with the instructions given or under the authority of the person in charge.”*

Or

*“You must present yourself in accordance with the instructions given by your Probation Officer: to attend PBNI Intensive Supervision Unit, Alderwood House, Hydebank Wood, Purdysburn Road, Belfast or another venue specified by your Probation Officer; to actively participate in a programme designed to address sexually abusive behaviour and comply with the instructions given or under the authority of the person in charge.”*

### Information for Pre-Sentence Report Authors

When completing a report for Court or Parole Commissioners Northern Ireland (PCNI), it is essential that the report author clearly states in the conclusion the type of Programme or Intervention they are recommending.

Example of a PSR conclusion:

*‘Risk assessments indicate that Mr/Ms X would benefit from completing the Thinking Skills Programme / Resolve Programme / a programme to address domestic abuse / a programme to address sexually abusive behaviour [delete as appropriate] to address the risk related factors outlined in this report.’*

## **Programme Referral Guidance**

There is one PBNi referral form for all Programmes. This form is found on PBNi's Electronic Case Management System (ECMS). The form should be completed accurately and in full. It is imperative that all requested information is provided to allow Programme Managers manage waiting lists and plan for forthcoming groups. Any forms with missing or incomplete information will be returned for review.

Supervising Probation Officers must complete the referral process for the specific programme the service user needs to complete within 20 working days or sentence / release.

## **Programme/Intervention Considerations**

Pre-Sentence Report (PSR) writers / Case Managers will assess and identify the key risk factors for the Service Users using the PBNI approved Assessment & Case Evaluation tool (ACE) and associated assessment tools.

Suitability criteria for each Programme can be found within this document. However, should there be uncertainty regarding any aspect of suitability, report authors or supervising officers should contact the relevant Programme Manager / Treatment Manager / PBNI Psychology.

### **Checklist for recommending Groupwork Programmes**

- All Programmes require the service user's consent to partake and sign agreement at PSR stage.
- Service Users may be expected to travel outside of their local area to attend the Programme. This needs to be discussed at PSR/Pre-release assessment stage.
- Full attendance and participation at all Programmes is essential. If a service user misses two consecutive sessions, this will automatically trigger consideration for de-selection.
- It is the supervising Probation Officer / Report Author role to ensure that the service user is adequately prepared to begin and engage in the entirety of the Programme / Intervention.
- The service user's motivation is key to Programme completion and behavioural change. Ensuring the commitment of the service user prior to Programme commencing allows for adequate evaluation and review of such Programmes / Interventions.
- All programmes and interventions include a workbook for service users that must be completed throughout the programme.
- All service users referred for Groupwork must have a sufficient command of the English Language. For service users with no command of English, who require Intervention, referrals can be considered for individual work with an interpreter.

### **You will need to contact the Programme or Treatment Manager for advice if:**

- The Service User has severe mental health difficulties. They can be considered for a Programme if a period of stabilisation is achieved.
- All Programmes require an IQ of 80 and above for service users to participate. Service users presenting with a suspected lower IQ or severe learning difficulties should be referred to PBNI Psychology Department for further assessment.
- Service users with current unstable or, acute substance misuse or dependency can be considered for a Programme if such issues become stable. Service users must present as stable for a minimum period of 6 weeks prior to Programme start date. If the supervising PO has any queries in relation to suitability to commence a programme, they should liaise with the Programme Treatment Manager.

### **Timing**

- It is important to ensure that the 'sequencing' of Intervention is appropriate and timely. This means agreeing a case plan in such a way that addresses the most prevalent issues first.

## The Role of Psychology

There is a dedicated Psychologist for each accredited programme. PBNI's Psychology Department provide clinical oversight for all Programmes and Interventions. It is recognised that, due to the complex needs of some service users, the Accredited Programmes and existing interventions may not always be suitable. Therefore, to ensure that the risk and needs of all service users are adequately considered during their time with PBNI, requests can be made to PBNI's Psychology Department for advice and specialist assessment. This process allows Probations Officers an opportunity to discuss service users with complex needs, identify factors pertinent to risk and subsequently agree the most appropriate way of addressing individualised risk and needs. This process can include:

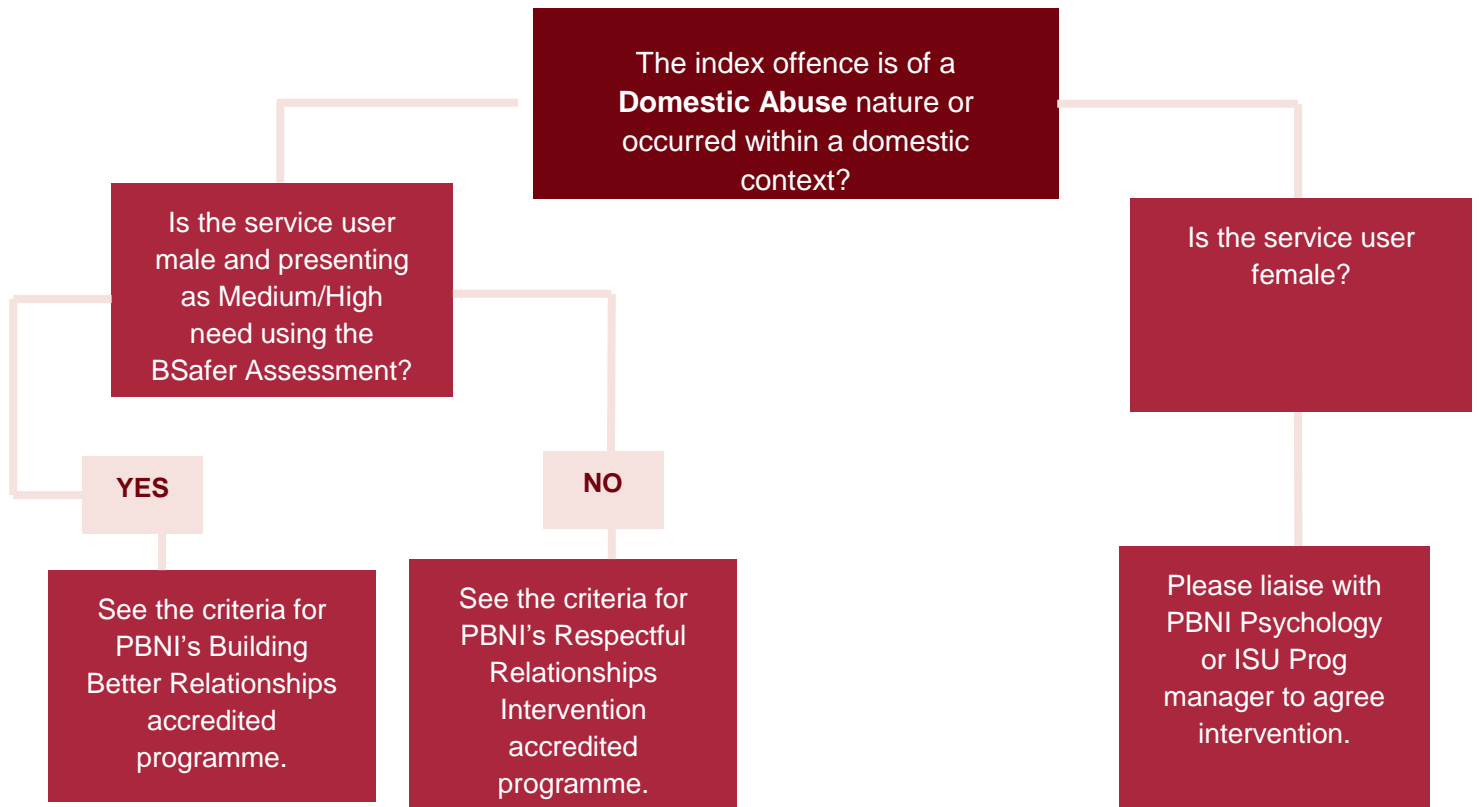
- Formal Psychology Assessment
- IQ screening assessments
- Assessment of Readiness and Motivation
- Assessment of Programme Suitability &/or Engagement
- Development of Bespoke Intervention Packages

Probation Officers should contact their Designated Psychologist to discuss any concerns or questions they may have regarding a service user's treatment plan or programme pathway.

PBNI Psychology department are also involved in the treatment management for accredited programmes.



## Domestic Abuse Pathway Flowchart



## Building Better Relationships (BBR) Programme

<b>Duration</b>	7 ½ months (24 session's in-group plus 5 individual sessions).
<b>Supervision Length</b>	Minimum 2 year supervision period
<b>Suitability/Risk</b>	Moderate to High
<b>Assessment Tool</b>	BSafer

### **Aim & Requirements of Programme**

BBR is an accredited group work Programme designed to reduce reoffending by adult males convicted of violence against an intimate partner. The Programme has a strong theoretical base, taking into account recent developments in thinking and research in relation to aggression within relationships. This programme **requires** the completion of a signed consent form at PSR stage, completion of a BSafer and a referral to the Partner Support Worker. A Risk Need & Responsivity assessment must be completed within 12 weeks of Order/Licence commencing.

### **Suitability Criteria**

- Men
- 18 and above
- IQ of 80 and above
- Have been violent or abusive in heterosexual relationships
- **Moderate to High** risk using the BSafer assessment tool.
- Are able to discuss at least one act of violence or aggression against an intimate partner.
- Motivated to address offending behaviour.
- Service Users must consent to participate by signing the "Statement of Understanding" which will include the sharing of information with their partner, including any new partner.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

### **Issues to Consider**

#### **BBR is not suitable for:**

- Females
- Cases where violence has only taken place in same-sex relationships
- Those considered Low risk using the BSafer assessment tool.
- Men with unstable mental health difficulties
- Service users who refuse to sign the "Statement of Understanding".

### **Programme Content**

There are 4 modules:

- Foundation – Motivation, Insight & Cultural Messages about domestic abuse
- My Thinking – Biases, Rumination & Attitudes
- My Emotions – Stress, Emotion Management, Hostility & Anger & Jealousy
- My Relationships – Social Skills, Attachment & Relationship Stability

## Respectful Relationship Intervention (RRI)

<b>Duration</b>	3 months
<b>Supervision Length</b>	Minimum 6 months
<b>Suitability/Risk</b>	Low
<b>Assessment Tool</b>	BSafer

### **Aim of Intervention**

The PBNI Respectful Relationships Intervention aims to develop educational awareness about what constitutes healthy, unhealthy and abusive relationships. It includes the personal identification of thoughts, feelings, beliefs and physiology and the impact of abusive behaviour on victims including children.

### **PSW Information**

An integral part of the RRI intervention is the contact between the PSW and current partner. All RRI referrals must be sent to the partner Support Worker 2 weeks prior to the commencement of the Intervention

### **Suitability Criteria**

- Male
- 18 and above
- IQ of 80 and above
- Have been violent or abusive in heterosexual relationships
- Assessed as **low** need using B Safer Assessment tool.
- Motivated to address offending behaviour.
- Service users must consent to participate by signing the “Statement of Understanding” (see PSW below) which will include the sharing of information with their partner, including any new partner.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- Sufficient command of the English language.

### **Issues to Consider**

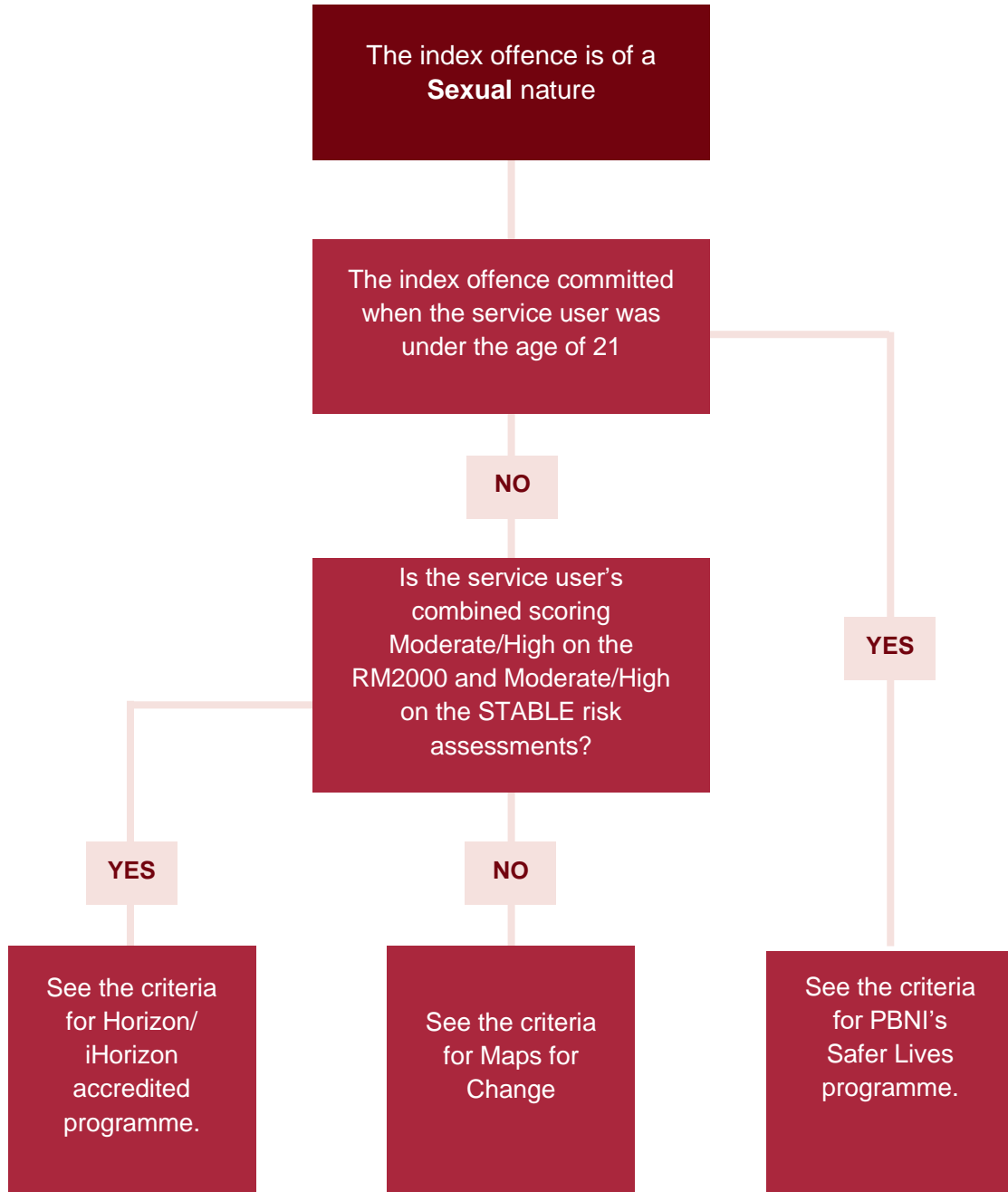
#### **RRI is not suitable for:**

- Females
- Men with serious mental health problems
- Those considered Moderate to High risk using the BSafer assessment tool.
- Service users who refuse to sign the “Statement of Understanding”.
- Those who commit a further domestic abuse offence during PBNI supervision.

### **Programme Content**

- 10 core individual sessions for all Service Users
- 2 core additional sessions for all Service Users who are/will be parents
- 1 optional social media session

**Sexual Offending**



## Horizon

<b>Duration</b>	8 ½ months (31 sessions in-group plus 3 individual sessions).
<b>Supervision Length</b>	Minimum 2 year supervision period
<b>Suitability/Risk</b>	Moderate to High
<b>Assessment Tool</b>	Combined score on RM2000 and STABLE

### **Aim of Programme**

Horizon is a Programme designed and accredited by HMPPS, which provides an evidence-informed response to men in prison or on community sentences who have been convicted of a sexual offence. It aims to equip service users' with skills to build constructive lives that will not involve further offending.

### **Suitability Criteria**

- Males
- 18 and above
- IQ of 80 and above
- A combined score of **Moderate** or **High** using the RM2000 and STABLE risk assessments.
- Those whose primary clinical need is to address sexual offending and must have committed a sexual offence/s or an offence/s with a sexual motivation against adults or children.
- Motivated to address offending behaviour or problem areas within their lives.
- Service users who maintain innocence can participate in Horizon.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

### **Issues to Consider**

#### **Horizon is not suitable for:**

- Females
- Service users with serious mental health problems
- Those considered low risk, using the RM2000 and STABLE risk assessments, unless subject to Clinical Override by the Treatment Manager.

### **Programme Content**

- 31 group sessions
- 3 individual sessions

Horizon is built upon a bio-psycho-social model of change. In this model, recognition is given to biological causes of offending, particularly the impact of brain trauma and childhood adversity, of psychological factors, particularly sexual interests, problem solving and self-regulation, and of social factors, in terms of the impact of other people in the development of vulnerabilities to offend, and in promoting desistance.

## iHorizon

<b>Duration</b>	7 months (26 sessions in-group plus 3 individual sessions).
<b>Supervision Length</b>	Minimum 2 year supervision period
<b>Suitability/Risk</b>	Moderate to High
<b>Assessment Tool</b>	RM2000

### Aim of Programme

iHorizon seeks to address the needs and deficits to target those areas identified as established risk factors and incorporate a bio/psycho/social model of change and is grounded in the Risk Need Responsivity, Good Lives Model and Desistance Theories. iHorizon addresses Internet only offending. This refers solely to; possessing, downloading and/or distributing indecent images of children.

### Suitability Criteria

- Males
- 18 and above
- IQ of 80 and above
- A score of **Moderate** or **High** using the RM2000.
- Those whose primary clinical need is to address internet related sexual offending and have committed an internet offence/s, of a sexual nature. This is restricted to those who possess, download or distribute indecent images of children but where there is no direct or indirect contact with a victim
- Motivated to address offending behaviour or address problems in their lives.
- Service users who maintain innocence can participate in iHorizon.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

### Issues to Consider

#### **iHorizon is not suitable for:**

- Females
- Service users with serious mental health problems
- Those considered low risk, using the RM2000 unless subject to Clinical Override by the Treatment Manager.

## Safer Lives

<b>Duration</b>	Minimum of 3 months (Bespoke sessions).
<b>Supervision Length</b>	Minimum 2 year supervision period
<b>Suitability/Risk</b>	Moderate to High
<b>Assessment Tool</b>	AIM3
<b>Age</b>	21 years of age or under at the time of the index offence

### **Aim of Programme**

The Safer Lives approach has been developed to provide a structured, clinically approved process for PBNI staff to undertake assessment and interventions for service users who have been convicted of a sexual offence when aged 21 or under. The approach directs a comprehensive, holistic assessment and individualised intervention plan is developed that addresses the deficits which led to their sexual offending.

### **Suitability Criteria**

- Male and Female
- Offence committed when aged 21 or under & IQ of 80 and above
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

### **Issues to Consider**

#### **Safer Lives is not suitable for:**

- Service users with serious mental health problems
- Service users who commit a further sexual offence during PBNI supervision and are over the age of 21.
- The service user must be committed to the demands of the agreed work.
- Service Users who maintain innocence can participate in Safer Lives.

### **Programme Content**

The content of the programme is individualised to ensure the service user's specific risk and needs are adequately considered and addressed following assessment with Aim 3 or other relevant assessment tool.

## Maps for Change

<b>Duration</b>	Tailored sessions (Bespoke)
<b>Supervision Length</b>	To be determined at PSR stage
<b>Suitability/Risk</b>	Low
<b>Assessment Tool</b>	Combined score on RM2000 and STABLE

### **Aim of the Programme**

Maps for Change (M4C) is a toolkit of exercises which practitioners can use to structure their supervision with adult men who have committed a sexual offence and are assessed as low risk of reconviction. The term 'Maps' was used to signify a journey, in this case towards positive change, with the exercises being symbolised as 'signposts' which assist the individual in reaching their objective, i.e. by building skills, knowledge and awareness.

### **Suitability Criteria**

- Males
- 18 and above
- A combined score of **Low** using the RM2000 and STABLE risk assessments.
- Motivated to address offending behaviour.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the intervention.
- Sufficient command of the English language.

### **Issues to Consider**

- Those who commit a further sexual offence during PBNi supervision would need to be reassessed using appropriate assessment tools.
- Service users who maintain innocence can participate in Maps for Change.

### **Programme Content**

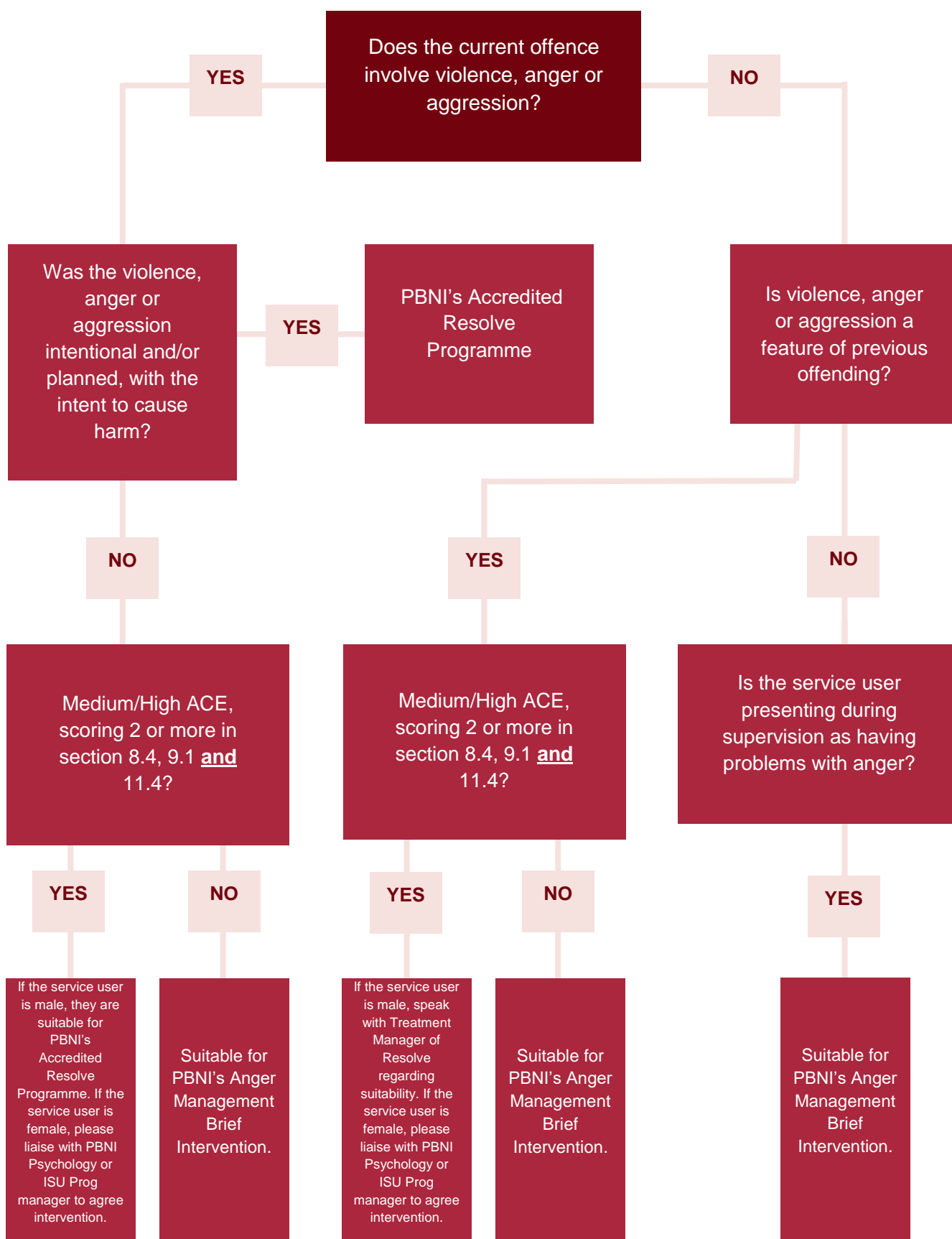
There are five maps, each being linked to protective factors namely:

- Social influences
- Commitment to desist
- Intimate relationships
- Employment or positive routine'–
- Social investment - 'Giving Something Back'

Maps for Change is a Toolkit that contains a range of exercises that are specific to particular needs. They should be chosen to target identified treatment needs from the STABLE assessment. The Maps for Change Intervention is delivered in a 1-2-1 format. The contents are summarised giving a visual overview of the exercises and presents the work as a journey towards change.



## Anger & Violence



## Resolve

<b>Duration</b>	8 months (22 sessions in-group plus 4 individual sessions).
<b>Supervision Length</b>	Minimum 2 year supervision period
<b>Suitability/Risk</b>	Medium/High ACE, scoring 2 or more in section 8.4 (Reasoning / Thinking), 9.1 (aggression/ temper) <b>and</b> 11.4 (Anti-social and/or pro-criminal attitudes).
<b>Assessment Tool</b>	ACE

### **Aim of Programme**

Resolve is a cognitive-behavioural intervention that aims to reduce the use of aggression and violence in medium to high-risk adult males. The overarching aim of Resolve is to reduce the likelihood and seriousness of violent behaviours by helping service users to explore and understand their cognitive processes when using violence and develop skills to manage such problems.

### **Suitability criteria**

- Males aged 18 and above
- **Medium / High** ACE and scoring 2 or more in section 8.4, 9.1 **and** 11.4.
- Service users, who deny their current offence can participate in Resolve, however must have a history of either un-convicted or convicted violence.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- Motivated to address offending behaviour.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

### **Issues to Consider**

#### **Resolve is not suitable for:**

- Females
- Service users who use violence only when under the influence of alcohol
- Service users convicted solely of domestic abuse offence/s
- Service users with serious mental health problems

### **Programme Content**

The Resolve programme consists of 6 modules which address the following:

- Understanding my violence/aggression
- Thinking and Identity
- Emotions and Conflict Management
- Lifestyle
- Relapse Intervention
- Review

### Anger Management Intervention

<b>Duration</b>	3 months (8 individual session with optional additional resources).
<b>Supervision Length</b>	Minimum 1 year supervision period
<b>Suitability/Risk</b>	Low ACE and scoring 2 or less in section 9.1 of the ACE.
<b>Assessment Tool</b>	ACE

#### **Aim of Intervention**

This intervention aims to increase the service users understanding of their own thoughts feelings and behaviours specifically linked to anger. It aims to encourage the service user to identify their triggers and develop skills to manage this in a more pro social manner.

#### **Suitability criteria**

- Males and Females, 18 and above
- **Low** ACE and scoring 2 or less in section 9.1 of the ACE.
- Those whose offending is considered reactive in nature.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the intervention.
- Sufficient command of the English language.

#### **Issue to Consider**

##### **Anger Management is not suitable for:**

- Those whose offending is considered planned / revengeful or considered in nature.
- Service users who are scoring medium on the ACE but may be more suitable for Anger Management should be reviewed with the Resolve Treatment Manager for further guidance.
- Service users who are convicted of Domestic Abuse offences.

#### **Programme Content**

The Anger Management Intervention is based on the Cognitive Behavioural Therapy Approach. It consists of 5 modules;

- Understanding Thoughts
- Feelings and Behaviours
- Understanding Your Anger
- Managing Your Anger
- Bringing It all Together

Additional resources for each module can be found at the back of the intervention manual. Such additional exercises are more user friendly in nature and can be used with individuals

who have an IQ of 80 or below. Furthermore, an additional resource can be availed of which is specifically related to alcohol misuse and anger.

### Thinking Skills Programme (TSP)

<b>Duration</b>	6 months (15 in-group sessions and 5 individual sessions).
<b>Supervision Length</b>	Minimum 2 year supervision period
<b>Suitability/Risk</b>	Assessed as medium/high ACE with a total score of 8 or more from the following domains: 8.3 (Interpersonal Skills), 8.4 (Reasoning & Thinking), 10.1 (Lifestyle), 11.2 (Disregard harm to victims), 11.3 (Disregard effects of offending on people close to them), 11.4 (Pro-criminal Attitudes).
<b>Assessment Tool</b>	ACE

#### **Aim of Programme**

Thinking Skills is based on a cognitive behavioural therapy approach and is a group-work programme designed to encourage service users to manage their thinking around offending behaviour and to manage their risk factors in a more pro social manner.

#### **Suitability Criteria**

This Programme targets a wide range of offending behaviours and is open to:

- Both male and female
- 18 and above
- IQ of 80 or above
- Assessed as medium/high ACE with a total score of 8 or more from the following domains: 8.3 (Interpersonal Skills), 8.4 (Reasoning & Thinking), 10.1 (Lifestyle), 11.2 (Disregard harm to victims), 11.3 (Disregard effects of offending on people close to them), 11.4 (Pro-criminal Attitudes). Motivated to address offending behaviour.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

#### **Issues to Consider**

**Thinking Skills is not suitable for:**

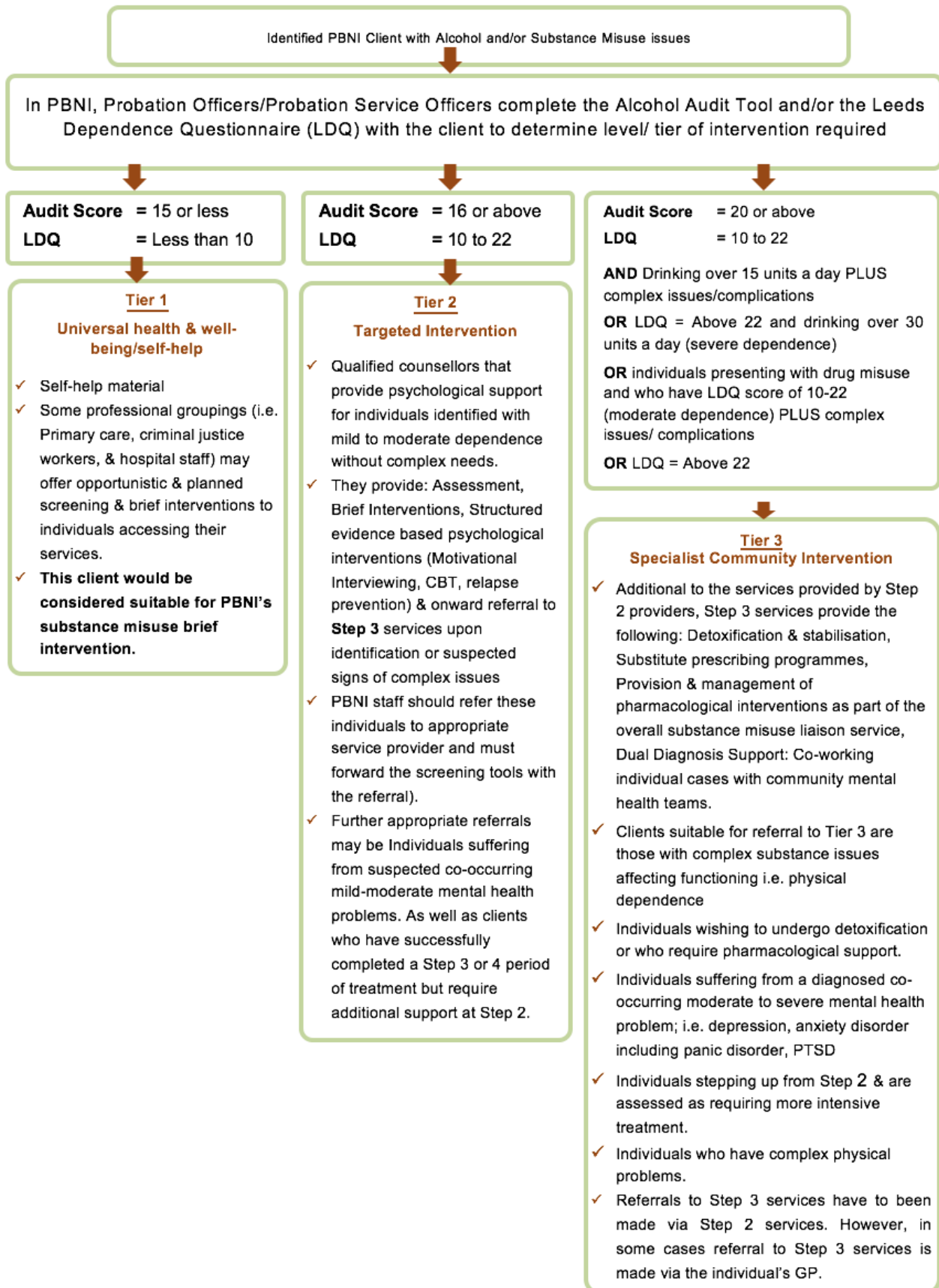
- Service users not maintaining a stable lifestyle within the community
- Service users not willing to engage in a meaningful way

#### **Programme Content**

Specifically, this programme encourages the service user to stop and think, develop emotional awareness, develop problem-solving skills, encourage the development of positive relationships, the ability to take perspective, goal setting and seeing the whole picture.

## Substance Misuse

# Tiered Intervention for Addiction Services



## **PBNI Substance Misuse Brief Information**

<b>Duration</b>	Minimum of 3 months (10-12 sessions if completed in its entirety).
<b>Supervision Length</b>	Minimum 1 year supervision period
<b>Suitability/Risk</b>	Low, Medium or High Risk.
<b>Assessment Tool</b>	Alcohol Audit tool and/ or the Leeds Dependence Questionnaire, Tiered Intervention Flowchart

### **Aims of Intervention**

The PBNI Substance Misuse Brief Intervention aims to explore the individual's motivation to change their alcohol &/or substance misuse and whilst increasing insight into their barriers to change. Furthermore, this intervention aims to help the individual identify the effects of their alcohol/substance misuse; help develop a better understanding of the function of their alcohol/substance misuse and connections with offending behaviour. It aims to increase the individual's understanding of the short and long term physical and mental health effects of using alcohol/substances, to help the individual identify and manage their own triggers for alcohol/substance use and to help the service user to develop steps to move forward.

### **Suitability Criteria**

- Males and Females
- 18 and above
- Service users who have presenting issues relating to episodes of inappropriate use of alcohol/substances, which could escalate or lead to heightened risk management issues.
- Service users score in the 11-15 range of the AUDIT care pathways scoring.
- The Substance Misuse Brief Intervention is a low intensity intervention, it can be utilised as an interim measure and motivational aid in preparation for the appropriate service involvement required.

### **Programme Content**

The Substance Misuse Brief Intervention has been designed with the incorporation of the trans-theoretical model of change (Prochaska, Orcress, & Diclemente, 1994). Facilitators should use professional judgement to determine suitable modules & exercises, which fit the individual's motivational level & readiness to change. As such, not every module/exercise within the brief intervention must be completed with the individual.

Modules Include:

- Motivation and Getting Ready for Change
- The Ripple Effect of Alcohol & Substances
- Thoughts, Feelings & Substance Misuse
- The Bigger Picture
- Your Future Self

## **PBNI Victim Awareness Intervention Toolkit**

<b>Duration</b>	2 months (5 sessions)
<b>Supervision Length</b>	Minimum 6 month supervision period
<b>Suitability/Risk</b>	Low, Medium and High Risk
<b>Requirements</b>	Consideration must be given to commencing the intervention within 12 weeks of order / licence start date

### **Aims of Intervention**

The aim of this intervention is to assist the service user in considering their behaviour at the time of the offence and to explore how the crime they have committed may have affected others. It aims to encourage the service user to take responsibility for any harm, which they may have caused; to be given the opportunity to share a 'reflective letter' with the Victim Information Unit and to demonstrate positive change in their life.

### **Suitability Criteria**

- Males and Females
- 18 and above

### **Issues to Consider**

- If this intervention is deemed inappropriate due to exceptional circumstances, any deviance from standards should be approved by an Area Manager/Interventions Manager.

### **Programme Content**

The Victim Awareness Toolkit is an intervention, which is designed to develop the service user's awareness of the impact their offending behaviour on themselves and others. Service users are encouraged to reflect on the actions leading up to the offence they committed and complete a reflective letter to the victim, or someone who was impacted by their offence. Practitioners are encouraged to seek consent to share such letters with the PBNI Victims Information Scheme for the purpose of potential restorative opportunity.

### **PBNI's Accepting Differences Brief Intervention**

<b>Duration</b>	4 months (14 sessions)
<b>Supervision Length</b>	Minimum 1 year supervision period
<b>Suitability/Risk</b>	A score of 2 or more in the 9.6 Discriminatory Attitudes element of the ACE
<b>Assessment Tool</b>	ACE Assessment Tool

#### **Aim of Intervention**

This brief intervention aims to identify and address 'hate' motivations for crime i.e. where victims of crimes are targeted due to their disability, gender-identity, race, religion/belief, or sexual orientation. The Service User may or may not recognise the role that their thinking has had on their offences: this intervention aims to help them identify how these thoughts contribute to behaviour, which can be harmful for themselves, their social circle, their victims and the wider community.

#### **Suitability criteria**

- Males and Females
- 18 and above
- It can be used with individuals who have been convicted of a hate crime or whose offences are suspected to have been motivated or aggravated by prejudiced thinking.
- A score of 2 or more in the 9.6 Discriminatory Attitudes element of the ACE
- Established pattern in previous offending related to hate crime

#### **Additional Support**

Currently, NIACRO are funded to provide additional support to the Accepting Differences Intervention. This is referred to as The Get Real Project that is a restorative intervention, offered to service users convicted of offence/s motivated by hate and prejudice. Part of the service provided by NIACRO includes an 8-week group work programme for those at risk of perpetuating hate crimes. Service users attend this on a voluntary basis and consent must be obtained before commencing the project. For further information, please refer to the Intranet or NIACRO.



### **Additional Brief Interventions**

It is important to note that The Resolve, Horizon/iHorizon, Thinking Skills and Building Better Relationships (BBR) Programmes cannot be delivered as a Brief Intervention on a one to one basis.

Therefore, in order to address the commonly identified needs of service users, PBNI's Psychology and Programmes department have developed a range of brief interventions, which can be availed of during the supervision period. Such interventions aim to develop the service users understanding of their offending behaviour and develop skills, which will help them to engage in the community in a more prosocial manner.

These interventions include the following:

- Coping Skills Brief Intervention
- Goal Setting Brief Intervention
- Problem Solving Brief Intervention

#### **Suitability Criteria**

- Clearly identified need pertinent to risk.
- The individual is ready, willing and able to undertake the planned intervention.