

Clear Counselling

Warwickshire CRC

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A need for mental health support

Using Offender Assessment System (OASys) data and thinking about Maslow's hierarchy of needs, probation staff identify the following as problem areas for many of their clients:

- Lifestyle, thinking and behaviour
- Drug and alcohol misuse
- Relationships
- Emotional wellbeing
- Environment
- Attachment issues
- Health
- Domestic violence
- Social Service intervention i.e. children being removed
- Bereavement
- Low self esteem
- Depression
- Anxiety



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Rationale for providing an intervention

Staff believe that:

- Access to a counsellor would help offenders to address the above problem areas
- Counselling would compliment the work already being undertaken by offender managers and substance misuse services - by grounding, supporting and working in a 'joined up' way the overall experience can have wholly positive effect on the client
- Counselling may improve offenders' mental well-being, and may also assist them with being able to reframe issues and find alternative coping strategies to drugs, alcohol or violence
- Providing a counselling service will contribute to reducing re-offending and improving compliance with probation
- Access to face to face counselling can be fundamental to moving forward. Working in a trusting relationship and problem solving alongside 'hearing' a client as a non-authoritative person can be beneficial at whatever stage the service user is at



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The Intervention

- Clear Counselling are funded by the Community Rehabilitation Company (CRC) to provide 1:1 therapy to their low/medium risk clients
- The service can then be purchased by the National Probation Service (NPS), via the CRC contract, where Clear Counselling will also provide 1:1 therapy to medium/high risk offenders



The service:

- Service users are invited to attend an assessment session to meet the counsellor and discuss what they would benefit from working on. This is also an opportunity to begin building the therapeutic relationship
- Is accessed by a simple referral form that is completed by an Offender Manager
- Clear Counselling's main criteria for entry to the service is that individuals are motivated to change
- The initial therapy contract is for six sessions, which can be extended if appropriate
- Is provided on probation premises
- Has an average waiting time of 6 weeks to access at the time of writing
- Is well attended
- Was featured as a model of good practice in a report produced by HM Inspectorate of Probation in September 2017



The aims and potential benefits of attending counselling:

- To promote self awareness
- Learn life skills
- Build a positive relationship with 'another'
- Be able to recognise trigger points
- Build curiosity within self to understand the impact other people can have on mental well-being
- Encouraging clients to recognise when they have taken on feelings from others and incorporated them as their own - exploring how and why this takes place in order to promote self-awareness and consider how to strengthen personal boundaries and own responsibility for what is ours, and what is not
- To have respect for self and not dismiss how they feel

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Evaluation

- To date, the intervention has received positive feedback from service users
- Data are shared with the CRC to show progress made between the first and last sessions on the problem areas identified by the offenders
- Further work may be undertaken in the future to investigate the impact on reducing reoffending and compliance



FOR FURTHER INFORMATION PLEASE CONTACT:

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