

WEDNESDAY 5TH MARCH 2025



**12TH ANNUAL SOCIAL WORK AND SOCIAL
CARE RESEARCH IN PRACTICE
CONFERENCE**

AN INSIGHT INTO



**THE OCCUPATIONAL THERAPY BASED
PROGRAMME RUNNING IN HMP MAGHABERRY**

**PRESENTED BY
CAT McCLELLAND & SOPHIE RIDDEL**

HEALTHCARE IN PRISON (HiP)

- The South Eastern Health and Social Care Trust is responsible for the delivery of Healthcare across the three prison settings in Northern Ireland:
 - HMP Maghaberry
 - HMP Magilligan
 - Hydebank Wood College
- Healthcare in Prison (HiP) is an Integrated Primary Care service delivered by a highly motivated multidisciplinary team of healthcare professionals who want to make a difference, improve the health outcomes for all people in prison and make Northern Ireland a safer place.
- The team aims to provide opportunities for people to develop a positive attitude towards their health and well-being on an individual basis or through public health initiatives.
- Improved mental health, physical health and substance use needs of people in secure environments has the potential to improve their quality of life while living in custody and have a lasting impact on their health beyond release. This will have a further positive impact on the wider community.

THE VALUE OF OT IN THE PRISON ENVIRONMENT



Consider a persons strengths, interests and aspirations to address difficulties and needs.



Encourage participation in activities that offer opportunities to learn basic skills and to manage emotional responses when feeling challenged.



Provide goal directed interventions aimed at improving performance in daily occupations



Minimise potential risks in the prison environment through the provision of equipment and adaptations/ modifications.



Support individuals in their transition back into the community upon release from custody.

OUR RATIONALE



An Roinn Dlí agus Cirt
Máinnstríe o tha Lao



A significant proportion of prisoners have limited access to rehabilitation services



Although NI has the lowest UK prison population, a comparatively high proportion are short-term prisoners who receive little rehabilitation



Effective and long-term solutions for rehabilitating and resettling short-term prisoners have not yet been implemented



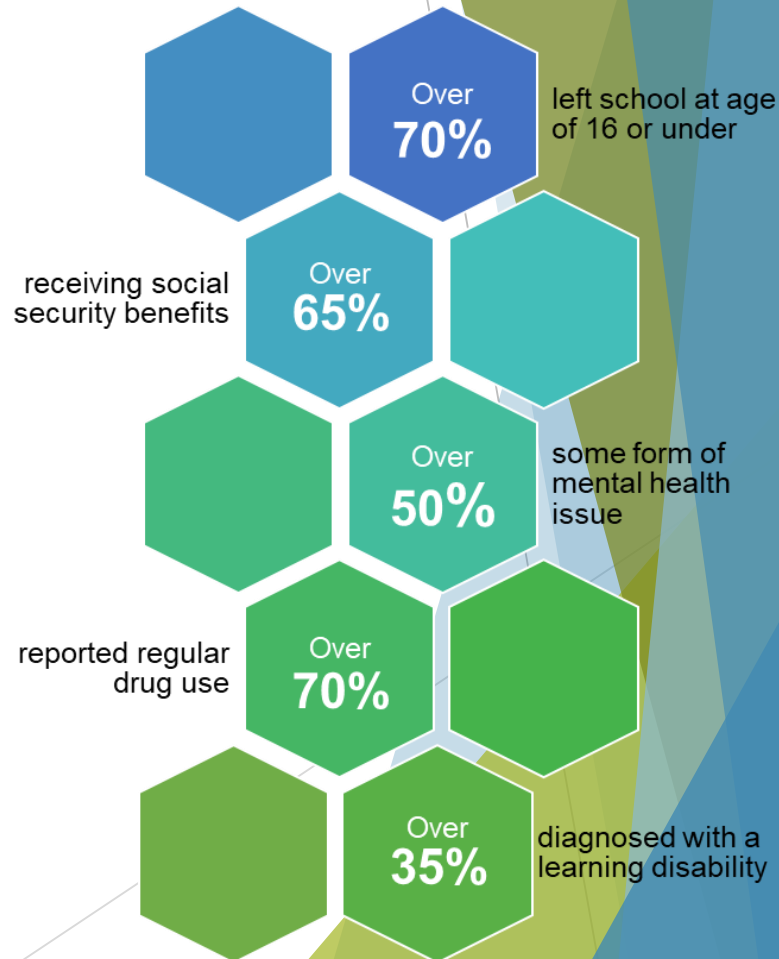
Other jurisdictions have sought to strengthen 'through the gate' and post-custody support



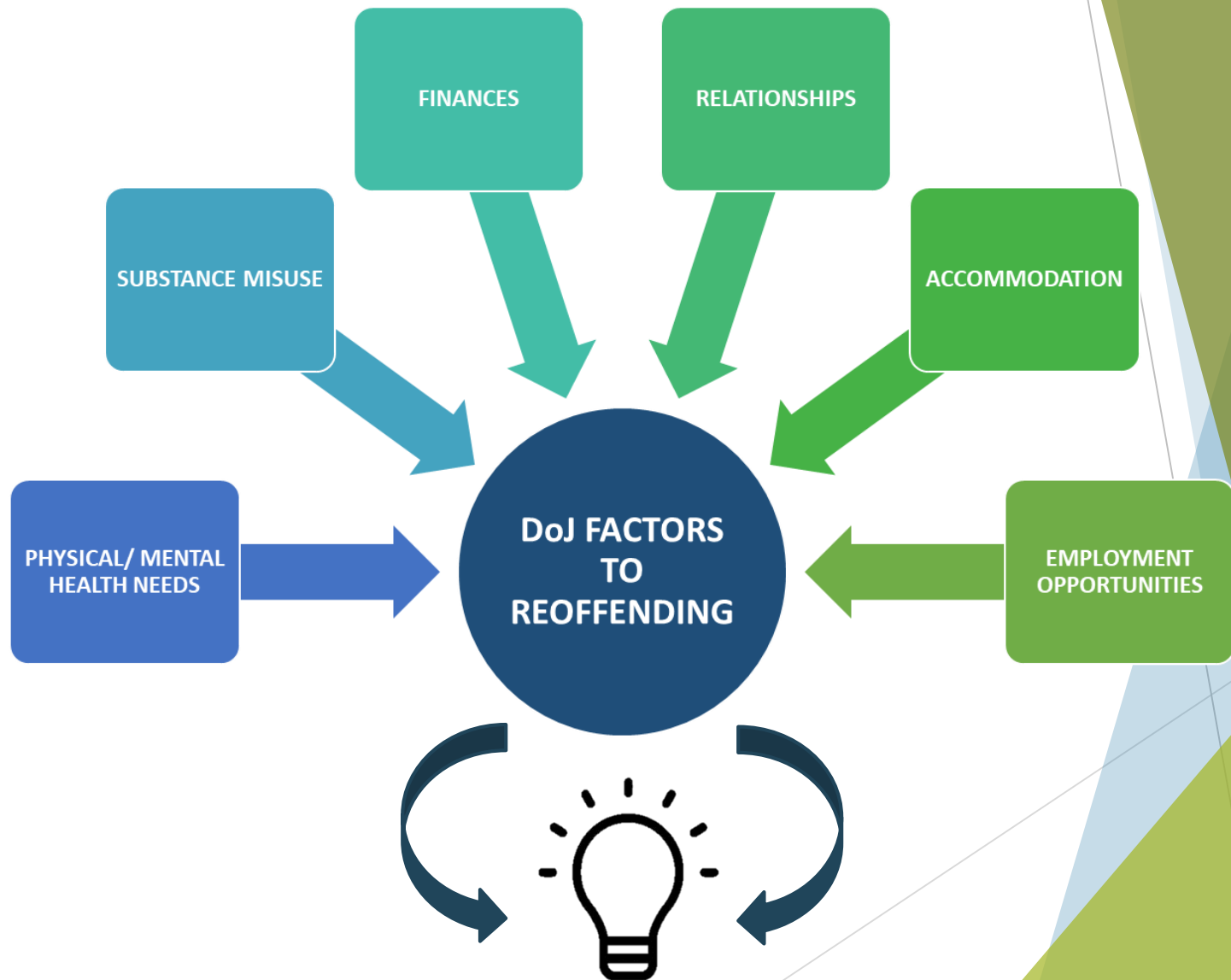
Reducing Adult Reoffending in Northern Ireland

Report by the Comptroller and Auditor General

Published
13 June 2023



OUR RATIONALE



OT4ME

THE TRANSITION MISSION



WHAT IS OCCUPATIONAL THERAPY?

OT focuses on helping people do all the things that they want and need to do in their daily lives.

THE OT TEAM

CAT
SOPHIE
ROSS

MAIN FOCUSES

1. INTRODUCTION/CHALLENGES TO FACE
2. LEARNING FROM LIVED EXPERIENCE
3. ADDING MEANING TO LIFE AFTER PRISON
4. ACCESSING SERVICES
5. MONEY MANAGEMENT
6. RESETTLEMENT (ACCOMMODATION/ EMPLOYMENT)

WHO IS THIS PROGRAMME FOR?

PATIENT CENTRED – This programme aims to consider you as a whole, unique human being - not as a problem or diagnosis.

IT'S ABOUT YOU! – Your concerns, values, priorities, strengths and limitations will be respected throughout your participation in the programme.

OUR AIM

- Focusing on the key factors which impact on reoffending, OT4ME provides individuals in prison with the opportunity to develop their knowledge, skills, confidence and ability to independently care for themselves upon their return to the community.
- The group offers the opportunity for patients to access services relating to resettlement. OT4ME aids individuals living in prison with a wider understanding of their strengths, limitations and needs when preparing for release. OT4ME gives them an opportunity to develop new interests, roles and responsibilities.
- The programme aims to provide individuals with an opportunity to engage in a safe and structured group environment where they will be supported to develop new skills, build confidence and socially integrate with staff and peers.
- The programme aims to empower participants with the confidence and information required to look after themselves and gain greater control of their own health and wellbeing upon release into the community.
- We aim to encourage the development of healthy behaviours and management strategies that will help prevent ill-health and reoffending in the long term.

OUR METHODOLOGY

WEEK 1

•AN INTRODUCTION TO THE PROGRAMME

- Challenges you may face upon release
- What help you may need before leaving prison
- Case Study

WEEK 2

• LEARNING FROM LIVED EXPERIENCE

- First-hand accounts from Ask Him Mentors about their experiences in transitioning from prison to the community.
- Providing hope to develop the skills to succeed in the community

WEEK 3

•ADDING MEANING TO LIFE AFTER PRISON

- Promoting structure/routine upon your return to the community.
- Assisting you in identifying new interests & provide you with resources to assist you in developing your routine.



Over the past 3 years, we have strived to develop and implement a 6 week programme that meets the needs of individuals preparing for release.

WEEK 4

•ACCESSING SERVICES

- Exploring barriers to accessing services.
- Providing info on relevant services in your local area.
- Photographic ID & means of transport.

WEEK 5

• MONEY MANAGEMENT

- Budgeting, saving and planning for the future.
- Debt and how you can access relevant services for this.
- Benefits you are entitled to and how to receive these.

WEEK 6

• RESETTLEMENT

- Exploring different types of accommodation.
- Putting you in contact with Housing Rights and other services.
- Exploring employment opportunities with community organisations.

OUR METHODOLOGY



BENEFITS OF BUDGETING

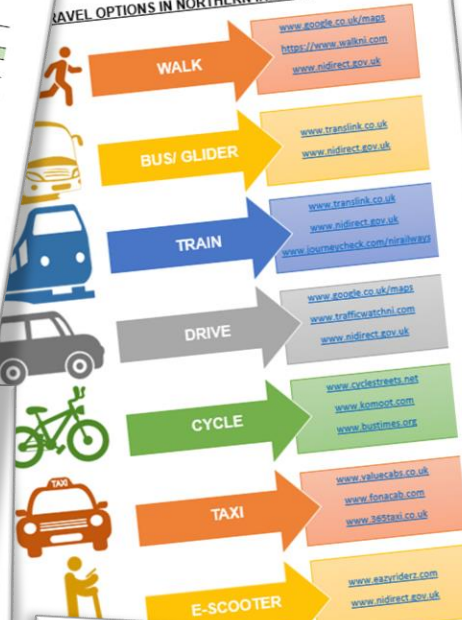


PRIORITISING PAYMENTS

CATEGORY/ACTIVITY	PRIORITY	ESTIMATED COST (£)
HOUSEHOLD:	LOW, MEDIUM, HIGH	
RENT		
ELECTRIC/GAS		
TV LICENCE		
PHONE BILL		
BROADBAND		
HOME INSURANCE		
REPAIRS		
FOOD/ CLOTHING:		
MEAT		
BREAD		
FRUIT/VEG		
TOILETRIES		
CLEANING PRODUCTS		
CLOTHES/SHOES		
TAKEAWAY		
TRAVEL:		
BUS/ TRAIN FARE		
TAXI		
CAR INSURANCE		
PETROL/DIESEL		
PERSONAL CARE:		
HAIR		
DENTIST		
OPTICIAN		
BEAUTY TREATMENTS		
OTHER:		
CIGARETTES		
ALCOHOL		
LOAN REPAYMENT		
BIRTHDAY/CHRISTMAS		
SOCIALISING		



TRAVEL OPTIONS IN NORTHERN IRELAND



COMMUNITY RESPONSIBILITIES

	WEEKLY	MONTHLY/YEARLY
E MORNING	COMPLETING THE FOOD SHOP/ PLANNING MEALS	PAYING BILLS (gas, electric, broadband, phone, loans, debts, rent, etc.)
ED AND	CONTACT WITH MY COMMUNITY MENTAL HEALTH TEAM/ PROBATION	RECEIVING/ COLLECTING BENEFITS
ATION	COLLECTING MEDICATION FROM PHARMACY	CONTACT WITH MY COMMUNITY MENTAL HEALTH TEAM
AND TO DIET	ATTENDING CLUBS/ DAY CENTRES	ATTENDING APPOINTMENTS
LEAN	DOING THE LAUNDRY	CLOTHES SHOPPING
THE	CHANGING MY BEDDING	HOUSEHOLD SHOPPING
	RECEIVING/ COLLECTING BENEFITS	TAKING/ RECEIVING PRESCRIBED MEDICATION (injections, depot etc.)
	CHECKING UP ON MY FINANCES	ATTENDING EVENTS (birthdays, Christmas, etc.)
	PUTTING BINS OUT FOR COLLECTION	INSURANCE RENEWAL
	EXERCISING	MOT FOR CAR
	SOCIAL ACTIVITIES WITH FRIENDS/ FAMILY	GARDENING
	ATTENDING CHURCH	ATTENDING THE DENTIST

SESSION 1: CASE STUDY



MULTI-AGENCY APPROACH



Society of St Vincent de Paul





NORTHERN IRELAND
PRISON SERVICE




MEASUREMENT OF IMPROVEMENT


- Pre/Post Confidence Scales relating to community living skills and views of release.
- Participant Questionnaire completed after each session to identify how beneficial/relevant the topics covered were and how we can improve the sessions.


PARTICIPANT QUESTIONNAIRE 


How confident are you with regards to controlling your life in general?



How confident are you about having your say with those involved in your care?
(e.g. with your mental health or addiction teams, probation or family)



How hopeful do you feel about your future at this time?


How confident are you in your ability to achieve the things that are important to you?



How confident are you in your sense of belonging/ being part of a group or community?



How confident are you in asking for help when you need it?



How confident are you about planning and structuring day to day life upon your release?



How confident are you in dealing with day to day responsibilities and tasks beyond the gate?
(e.g. managing your own medication, finances and home life)



How confident are you with planning a journey and using public transport?



How confident are you in finding local support networks or services independently?



How confident are you in using different or new technology?
(e.g. smartphones or self-service checkouts)



How confident are you in managing your own money?
(e.g. paying bills in full and on time, prioritising essential purchases)



How confident are you in understanding what benefits you are entitled to and how you can apply for this?



How confident are you in accessing or applying for the right accommodation for your needs?



PARTICIPANT EVALUATION 

How did you enjoy today's session?


Did you connect with others during the session?


Did you meet new people during the session?


Has the session raised awareness of your own needs or others around you?


Did the session give you a better understanding of transitioning into the community might look like?


Did you learn anything new today?
Comments:

Is there anything you would like to say about today's session or how it made you feel?
Comments:

MEASUREMENT OF IMPROVEMENT

- The Model of Human Occupation Screening Tool (MOHOST)
- MOHOST helped us to tailor interventions to meet patients' needs, clarifying areas which required most focus.
- It is clear and well structured , making it easy to refer to.
- MOHOST is holistic - not specific to mental or physical health which can give a great detailed in-depth overall of a person and their function given the complex needs of our client group.
- This measurement tool provided an easy-to-use standardised outcome measure.

START

F	Facilitates occupation participation
A	Allows occupation participation
I	Inhibits occupation participation
R	Restricts occupation participation

MIDDLE

Motivation for Occupation				Pattern of Occupation				Communication & Interaction Skills				Process Skills				Motor skills				Environment			
Appraisal of Ability	Expectation of Success	Interest	Choices	Routine	Adaptability	Roles	Responsibility	Non-verbal Skills	Conversation	Vocal Expression	Relationships	Knowledge	Timing	Organisation	Problem-solving	Posture & Mobility	Co-ordination	Strength & Effort	Energy	Physical Space	Physical Resources	Social Groups	Occupational Demands
F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R	F A I R

END

[illegible]

Multiple Summaries
Model of Human Occupation Screening Tool (MOHOST) (UK English)

Client: _____

Date of birth: ____/____/____

ID: _____

Assessor: _____

Designation: _____

Signature: _____

ANALYSIS OF STRENGTHS & LIMITATIONS

Date of Assessment: ____/____/____ **Environment:** _____

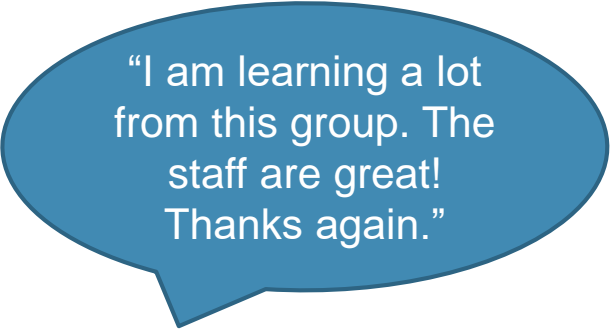
KEY FINDINGS

- The Multiple Summaries Model of Human Occupation Screening Tool allowed us to highlight goal
- We were able to clearly evidence improved functional skills achieved by those who participated in the programme and this was fed back to them at the end of the 6 weeks.
- Through working with a wide range of organisations, we were able to signpost patients to relevant resources within the community, enabling them to source support, education, positive relationships and employment opportunities.
- So far, those who have since been released from custody after completing the programme have not yet returned to custody and we have been updated on their continued progress within the community.

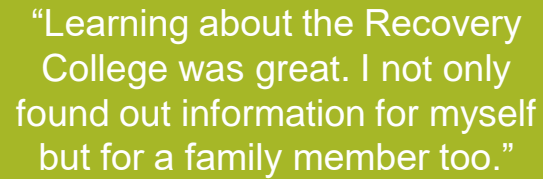
KEY FINDINGS



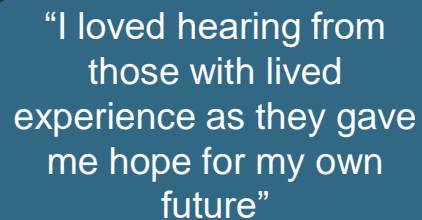
- Since starting this programme and through working closely with NIPS, PBNI, Healthcare in Prison and beyond, we have become aware of so many meaningful resources and organisations that are available to the prison population during pre-release testing and in the community.
- With each new group of participants, we are able to include additional resources that could positively impact on the resettlement experience.
- We have presented our programme and subsequent findings to both SEHSCT and NI Prison Service and have had positive feedback and encouragement to further develop and expand our work.
- Other meaningful feedback has reached the wider prison population and peers of those who participated have expressed a keen interest in signing up to the programme.



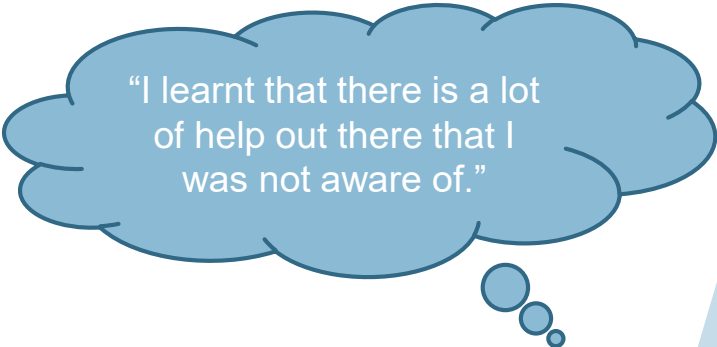
"I am learning a lot from this group. The staff are great! Thanks again."




"Learning about the Recovery College was great. I not only found out information for myself but for a family member too."



"I loved hearing from those with lived experience as they gave me hope for my own future"



"I learnt that there is a lot of help out there that I was not aware of."



"Another excellent session. It was great to hear an overview of addictions support."