

Prison SMART UK

(Stress Management And Rehabilitation Training)

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Program Overview

Since its inception in 1992, Prison / Breathe SMART (Stress Management And Rehabilitation Training) has developed into a globally recognised program implemented in 60+ countries and has benefited more than 300.000 offenders and staff.

Prison / Breathe SMART is a unique rehabilitation program that effectively transforms the mindsets, attitudes and behavior of offenders, thus aiming to break the cycle of violence in our societies at the root and reducing reoffending. The holistic program offers innovative and effective tools with multiple benefits, including reduced violence and aggression, improved physical and mental health, better relationships, reduced substance abuse, more positive outlook, better coping strategies, and a general improved sense of wellbeing.

Through advanced breathing techniques, physical exercise, knowledge and skills training, offenders become more aware of themselves, are able to let go of negative emotions, accumulated stress and destructive behaviour, and are empowered to take responsibility for their lives. By calming the mind and reducing the impact of stress, also anger, depression, violence, and dysfunctional behaviour are reduced. Offenders become more able and willing to strive for improvement, and become more receptive to other forms of rehabilitation. They are empowered while they are in prison and prepared with some essential life skills for when they are released.

Prison SMART is offered in prisons, Breathe SMART in communities, and a variation of the program is also offered to staff working in prison or probation in order to reduce stress, increase stress resilience, improve skills to deal with challenging situations and improve overall focus, health and job satisfaction.

Participants:

The most positive life changing thing I have ever done in my life in or out of prison

If we continue doing what we learned in this course, I am sure no one from this group will come back to prison

I learned that freedom comes from the inner self, not from being freed from prison

This is the only program in the prison that we cannot manipulate

In my whole prison career I have never done a course twice, but this one I will do again

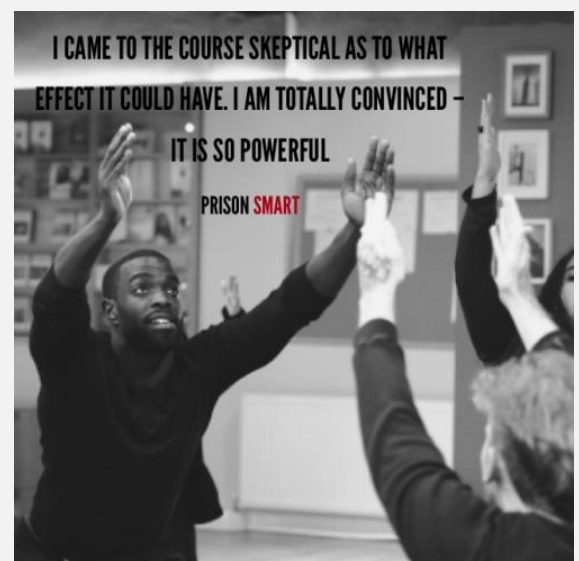
This course should be mandatory for anyone coming into prison

This course does what no other therapy does: it goes directly to the core.

Added value of Prison / Breathe SMART

Specific added value of the program includes:

- Efficiency and deep transformational impact of techniques
- Immediate experience
- Sustainable with follow-up
- Cost-effective
- Widely accessible
- Big groups
- Self-empowering
- Increased receptiveness to other programs





Sustainability through the gate

During the training, participants are instructed in a personal practice of about 30 mins that they can use on a daily basis to gain maximum long term benefits of the training. They can be supported through two-weekly follow-up sessions inside the prison or weekly follow-up sessions in the community, to practice the techniques, reinforce the effects of the training and encourage active ongoing engagement. By combining the instructor led course with the daily personal practice and the follow-up sessions, the benefits are sustainable both while in prison and after they are released back into society.

Through the Breathe SMART program in the community we are able to follow up with offenders on a longer term. Some offenders have even gone on to become Prison/Breathe SMART teachers themselves.

Benefits for Offenders

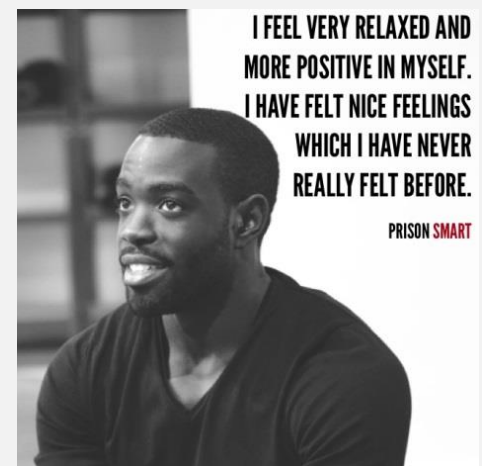
The aim of the Prison SMART course is to make a life-transforming difference to the lives of those in Prisons by:

- Teaching practical skills to reduce stress, handle negative emotions, calm down the mind
- Improving behavior and interpersonal skills as well as teaching skills to handle challenging situations and conflicts
- Fostering a more positive outlook on life and people and translating improved personal well being and empowerment into constructive action for themselves and their surroundings

As a result of the programme, participants begin to reduce and manage stress more effectively in their lives. They sleep better, think more clearly, and begin to take more responsibility for their actions. The result is that offenders are actively willing to improve and are more receptive to rehabilitation. The outcome is that they make better progress with rehabilitation in prison, have a more positive perspective on life, are mentally stronger, function better and are easily re-integrated back into society. This in turn leads to lower rates of re-offending.

Benefits reported by offenders and demonstrated through numerous studies include:

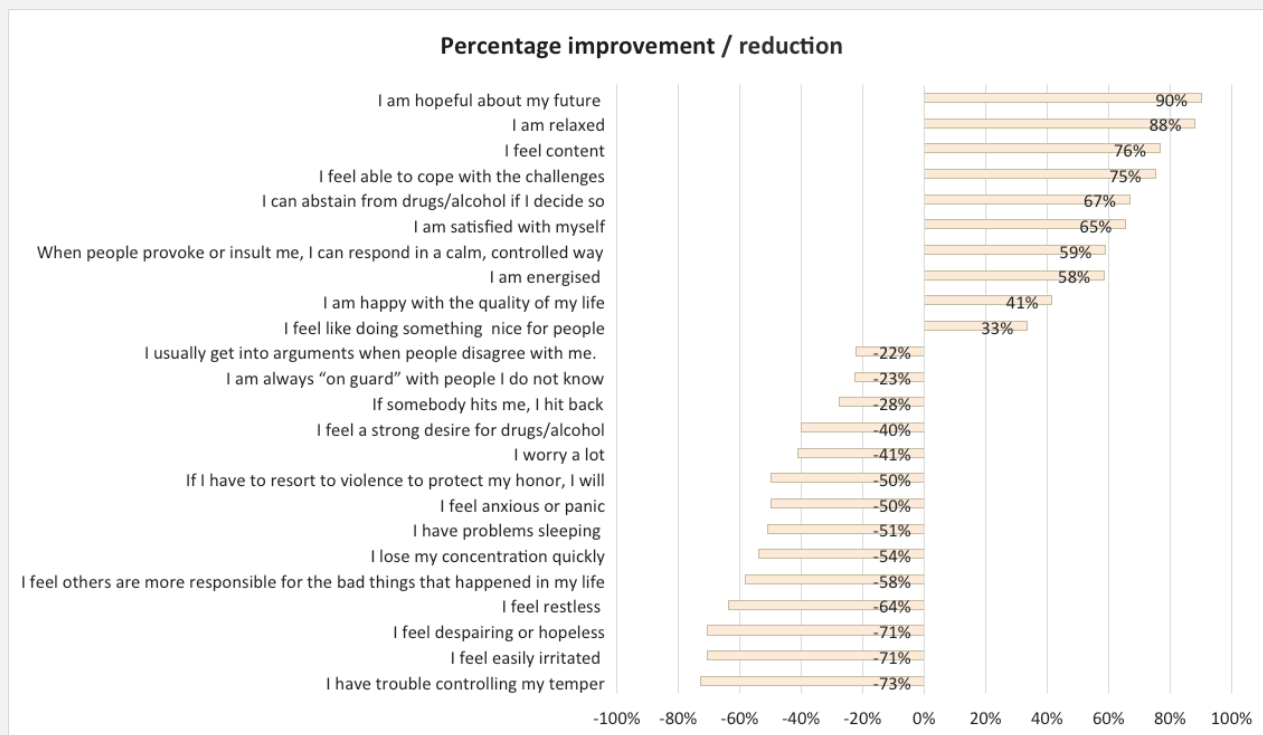
- Improved quality of sleep
- Improved emotional stability
- Reduced anger and aggression
- Reduced depression
- Offenders more able to interact positively with others
- Reduction of re-offending
- Improved physical and mental health
- Reduced substance abuse
- More positive outlook
- Better coping strategies
- A general improved sense of wellbeing



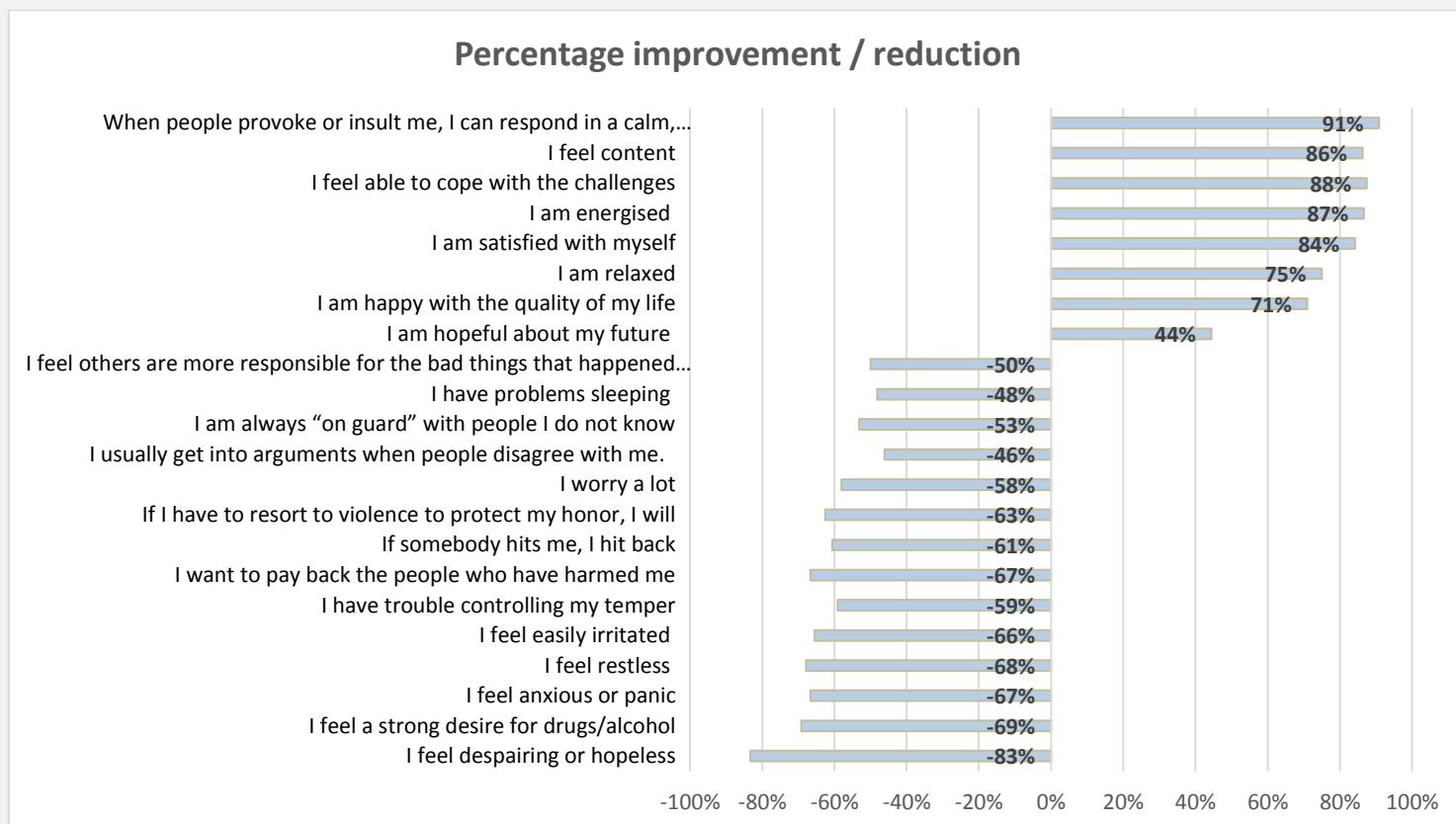


Statistical Evaluation

2013: 6 courses, 66 respondents, HMP Thameside



2014 first half: 5 courses, 57 respondents, HMP Thameside





Participants' feedback

- 100% of participants would recommend this training to others.
 - "Yes, because it works. It is real."
 - "I would recommend this course to everyone and anyone."
 - "Yes, to as many people as possible."
 - "Yes, because it's good. Everyone who undergoes it will learn something."
 - "Yes, as it has a big impact to reduce your anger, depression and stress."
 - "Yes, someone recommended it to me and I would recommend it also."
 - "Yes, because it has helped me in so many ways."
 - "Yes, I already recommended it to my family."
 - "Yes, I got already about 6 people who want to do it."
 - "Yes, for prisoners it would be a new life thing to learn for themselves and others around them."
 - Etc.
- The training is regularly assessed as "the best training on offer in prison", "the only training that really works", "the only training I would do again".
- Participants generally ask for more sessions, follow-up, and express interest to attend future courses in or outside prison.
- Most participants hear about the training from previous participants, who spontaneously and strongly recommend it to others.
- Participants regularly call for the integration of this program in "the whole prison", "all prisons", "for all inmates and staff".

This is the only program in my whole prison career that I am going to repeat

I felt like frustration of all those years has been building up and up, like glass above my head. And now it all shattered, fell down. It is just gone. Amazing...!

This is a very effective tool. It is the future of the prisons!

Reducing Reoffending

While Prison SMART does not yet have hard data to prove its effectiveness in reducing reoffending (due to its own limited research capacity), it has collected significant empirical and proxy evidence of its potential to reduce reoffending:

- The statistical evaluation above shows significant improvements with regard to factors contributing to reoffending (in line with positive criminology, positive psychology, the good lives model and desistance / resilience model – see below).
- There is widespread empirical evidence worldwide of individual offenders who, upon completing Prison / Breathe SMART, have been able to turn their back on their previous life of drugs and crime. Some offenders have developed to become Prison / Breathe SMART trainers themselves.

This will help 100% in preventing reoffending. I am a changed man. I will look at life in a different way from now onwards. This course should be introduced to all young people and by the time they grow up, they will not have the mindset to commit an offence.

If the person takes this course to heart, there is no need or point to reoffend. It is the best course I have done in prison without a doubt. I would say the only course I have completed that really has the power to change. I wish I had not wasted so much time. I wish I was stronger and had not been immersed in self-pity. I have been building up to this for about 10 years. It was the final push I needed and has given me the techniques I need to move forward and conquer, ie achieve all I know I am capable of achieving. This should be endorsed by the Governor and staff of any prison as well as the inmates. The sky is the limit if they all did this course. So rock on!

I am calmer and more in control. This course has had a profound effect on me in that I want to change my offending behavior.



- Between 95-100% of participants in HMP Thameside state that this course will help them to avoid reoffending:
 - “Yes, I believe so, as the more I learn about myself and life, the easier it becomes to control myself and to not react in a negative way.”
 - “100%. I am a changed man. I will look at life in a different way from now onwards. This course should be introduced to all young people and by the time they grow up, they will not have the mindset to commit an offence.”
 - “100%, a life-changer for me for sure. I know if I had done this course before offending I would not have ended up here. I will be using parts of this course for the rest of my life.”
 - “Yes, because our moods, feelings and images of our self make us react negatively.”
 - “Deep down it will make you realise there is more to life than crime and being banged up. Something minute as this course has made a big impact on me.”
 - “Yes, to walk away from my past is not easy, but can be done.”
 - “Yes, because it is a whole new way of life.”
 - “This course will help me to stop reoffending as it allows me to think before I act and where I want to be isn’t back in prison.”
 - “I think this course will be one of the tools I will use in my life to stop the negative things I do.”
 - “Yes, I will think about the consequences and be at a point where I can think clearly.”
 - “Yes, it makes you calm all the time and you believe in yourself more.”
 - “Yes, I learnt to control my emotions and not hit back.”
 - “The course allows me to have the skills to combat my offending.”
 - “It has helped me to put things into perspective and allows for a better thought process.”
 - “Yes, it will help me manage my emotions, reduce stress, prevent me from misusing drugs and committing crime.”
 - “I only offend when I am drunk. I have been thinking during this course about the way I drink and how I want to change it.”
 - “It has helped me to breathe myself into a more calm state of mind and not go to the extreme of premeditated violence / crime.”
 - “Yes, it could. My offences are linked to my stress levels, so anything that can lower them could help.”
 - “Yes, without a doubt.”
 - “Yes, of course. It has given me control.”
 - “Yes, because it has helped me release things I have felt guilty for and it has helped with my anxiety.”
 - “Yes, it is easier now to let things go.”
 - “Yes, it will help with my addictions and keep me focused.”
 - “Yes, because I think it will help me in my drug addiction / recovery battle.”
 - “Yes, this has been a massive piece to the puzzles of my PTSD.”
 - “Yes, it reduces your anger, helps you to be patient. It reduces your wrong activity.”
 - “Yes, I believe so, because it has helped me with coping with situations.”
 - “Yes, it makes you think, relaxes you, makes you understand things better.”
 - “Yes, it helps you think, to take a step back and reflect. It helps not to lose your temper.”
 - Etc.





Theoretical background

Prison SMART offers a positive, strength-based + risk reduction approach and methodology in congruence with the following criminology theories:

Positive Psychology

- Promotion of wellbeing and individual potential rather than focus on psychosocial deficits – equip people with skills to fulfil their needs and realise their interests and live a happy and fulfilled life
- Strength-based

Positive Criminology

- Focus on experiences, effects which are experienced as positive and remove the individual from destructive behavior and crime
- through programs and interventions or based on positive social or personal factors (such as resilience, positive emotions and attitudes, belief, moral, experiences of human goodness,...)
- Argues for introduction of more positive approaches and elements in treatment and programs

Good Lives Model (GLM)

- All people, including perpetrators, naturally look for specific “human goods”
- When these human goods are fulfilled, one experiences a high level of wellbeing
- Criminal behavior originates when individuals lack the internal and external opportunities to realise these human goods in a pro-social way
- In order not to reengage in criminal behavior, individuals need the knowledge, skills and opportunities to realise their human goods and lead a good life.
- Focus on human goods in the treatment of perpetrators provides huge chance of reducing or removing standard dynamical factors. Exclusive focus on the reduction of risk factors does not always develop the primary human goods which are necessary for desistance on the longer term. (Ward, 2007)
- Research studies showing the effectiveness of GLM for rehabilitation of perpetrators:
 - ✓ Focus on “Good Life” reduces anxiety (Ryan & Deci, 2000)
 - ✓ Increasing self-esteem through human good of inner peace correlates with reduction in deviant sexual desires. (Marshall, 1997)

The way we think and feel and how we behave according to our feelings are mostly negative. Not many people know that by controlling our breathing we can control our feelings and therefore control our behaviors.

Both GLM and Prison SMART focus on primary human aspirations of perpetrators + empowering them with skills to realise this good lives plan, believing that also perpetrators possess expertise and talents to contribute to society.

GLM human goods present in the Prison SMART program include: health, knowledge, inner peace, connection, spirituality, happiness, ability in work and activity, creativity,... In addition, Prison SMART also strengthens the internal conditions to realise human goods, such as skills, values and attitudes.

Resilience / Desistance Model

Resilience refers to successfully enabling wellbeing under stress. It is a multidimensional concept consisting of several factors which are a central focus of the Prison SMART program:

- Individual Factors: assertiveness, ability to solve problems, ability to live with uncertainty, self-awareness, a positive outlook, empathy for others, having goals and aspirations, ability to maintain a balance between independence and dependence on others, appropriate use of or abstinence from substances like alcohol and drugs, a sense of humour, a sense of duty (to others or self, depending on the culture)
- Relationships Factors: appropriate emotional expression, social competence, the presence of a positive mentor and role models, meaningful relationships with others at school, home, and perceived social support, peer group acceptance
- Cultural Factors: tolerance for different ideologies and beliefs, self-betterment, having a life philosophy, cultural and/or spiritual identification



Research

Benefits are validated by feedback from inmates, feedback from prison staff and from a number of studies, which have been carried out. The following are measurable benefits which have been demonstrated by these studies: *(for references see www.prisonsmart.eu)*

Reduced Anger and Violence

Measurable and sustained reductions in violence, anger, and rebelliousness. A 2005 study of 604 prisoners in the Taipei Tu-Chen Detention Centre, Taiwan found that 86% of prisoners improved in terms of anger.

Less aggression towards prison staff - 60% of the prisoners report that they are less prone to act aggressively towards staff, attributing this change to the Program.

Less fights, incidents and disciplinary actions – improvements of 21-38% were reported by a study at Los Angeles County Lancaster Probation Camp in 2001 in a study by Verna Suarez, MFT President of the LA Association of School Psychologists.



Measurable and Sustained Reduction in Drug Use

In a 2005 study the course techniques were shown to reduce tobacco use in 21% of individuals at six months of practice. Significant reductions in depression and anxiety were noted amongst 60 hospitalised alcohol dependant patients. This finding has strong implications for the treatment of alcohol dependence, especially in dual diagnosed patients.

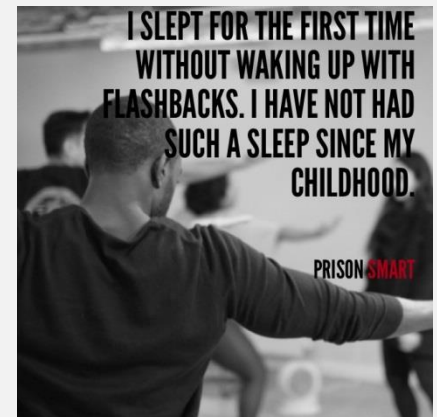
Reduced Levels of Stress

The breathing technique has been demonstrated to reduce the level of Cortisol, the “stress” hormone.

Anti-stress programmes conducted with Slovenian Police demonstrated it was practical in reducing stress.

In 2003, a stress management programme carried out for Police Officers in Washington DC, revealed it had significantly beneficial effects on depression and anxiety and was a valuable tool for addressing such stress related problems (including stress related illness and stress leave time).

The breathing techniques relieved the psychological distress and PTSD of survivors of the Tsunami and the effects were maintained at 24 weeks follow up sessions.



Improved Quality of Life

Better sleeping - 80% of prisoners reported a full night's sleep as a result of the Program.

Significant improvement in mean \pm SD score in Global Assessment of Functioning, anxiety, depressed mood, positive well being, general health, and total positive general well being were confirmed in a randomized controlled study with 230 male prisoners with non psychotic psychiatric disorders.

Measurable results show course participants feel better about themselves. Our courses have been demonstrated to help people with mental health and drug problems which can affect up to 75% of prisoners.



Reduced Depression, Suicide and Self-Harm

These techniques have been shown to have a success rate of 68-73% in treating clinical depression, regardless of severity. Substantial relief was experienced in three weeks and by one month, patients were considered to be in remission. At three months, the patients remained asymptomatic and stable.

There is an increased risk of self-harm within prisons. In a testimony from a Kosovo prison, it was said that as a result of the Prison SMART course, self-harm and suicides had fallen from around 300 incidents in 2004, to only 22 in 2006.



The Prison SMART Training Format

Trained instructors deliver the Prison SMART training in 16-18 hours organized in 2-3 hour sessions spread over 7-8 consecutive days. The Prison SMART training produces results from the very first session. For the full benefit of the training, participants are expected to commit to attend all sessions. The training is given in group, with no maximum number of participants. All attendees who successfully complete the course can be presented with a certificate.

Training for staff

The effective contribution of Prison SMART to a more humane detention climate depends on the participation of the greatest possible number of people who are directly or indirectly involved in the prison system. More specifically, the training of both personnel and detainees can create a strong synergetic effect.

Prison staff are expected to work professionally, with a sense of responsibility and reliability and with a decent and humane attitude. Stressful working conditions, however, can undermine such well functioning. In extreme cases, they can also lead to a higher degree of absence among personnel, a factor that increases the pressure on the personnel that remains active. The effect of stress in our personal lives and in our work place is often underestimated.

Apart from “the natural stress level” which is characteristic of prisons, the common situation of overpopulation in many prisons leads to extra stress and tension, both for overburdened prison staff and the prisoners themselves.

Therefore, we offer tailored trainings on Stress Management and Excellence for prison staff in order to decrease the negative consequences of overpopulation, overburdening and understaffing of prison staff by teaching practical techniques and knowledge in order to:

- function effectively in stressful circumstances
- experience more job satisfaction
- improve physical well-being (such as better sleep, less fear, less depression, better immunity, normalised blood pressure) and decrease absence rates
- obtain more energy and focus

Benefits for the Prison Climate

When both prisoners and staff undergo the training, the overall prison climate will become more safe, efficient and humane for both prisoners and personnel. A positive detention climate can develop characterized by

- decreased aggression and violence
- less tensions and conflicts
- better mutual understanding among prisoners
- better and more respectful relations between prisoners and prison staff

Offenders become easier to manage and cooperate more with prison staff and peers. Offenders are also more receptive to and participate more in other rehabilitation programs.

By reducing stress, focusing on personal empowerment and making offenders feel better about themselves, offenders become more receptive to other rehabilitation activities. Where offenders are taking other rehabilitation courses, Prison SMART gives them additional self-empowerment and motivation to pursue these.

At a time when prison budgets are under pressure, Prison SMART is an effective and low cost alternative at only a fraction of the cost of other behavioral or cognitive therapies.

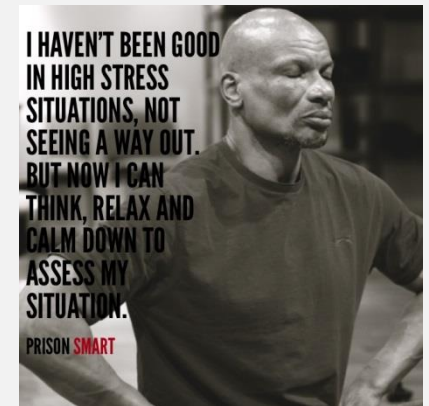
By improving genuine rehabilitation, our courses will help to meet targets for reducing re-conviction rates.



Prison SMART: a world renowned program

Since it was introduced 20 years ago, Prison SMART courses have been taken by around 300,000 offenders – and Prison staff – in more than 60 countries worldwide, including:

- Europe – around 20,000 participants across 22 countries, including in 60 prisons in Poland, all prisons of Lithuania
- USA – 10,000 participants at over 30 correction institutions since 1992
- Africa - South Africa , Kenya and Tanzania.
- India – 200,000 prisoners taught in over 100 prisons.
- Argentina - 5,000 prisoners taught every year.
- Mexico - contracted to teach 8,000 prisoners.



During January 2007, the BBC Foreign Correspondent Humphrey Hawksley visited Kosovo and interviewed the Director of prisons, staff and former prisoners about the Prison SMART courses given in Kosovo prisons. These interviews were shown on BBC TV in February 2007 entitled “New Hope for Kosovo Survivors”.

See: http://news.bbc.co.uk/player/nol/newsid_6370000/newsid_6372700/6372781.stm?bw=nb&mp=rm

The Director of Prisons stated that the Prison SMART courses had led directly to a huge reduction in prisoners inflicting self-harm and suicides, from around 300 incidents in 2004, to only 22 in 2006.

Prison SMART in the UK

In the UK, Prison SMART has run successfully in Highdown prison 2004-2013 and occasionally in few other prisons.

- High Down Prison, Surrey. Over 9 years a total of around 850 offenders benefited from the more than 50 courses we delivered. The courses at Highdown were always oversubscribed, as they were known throughout the prison and the different prison departments referred their clients to the course. For every 20 places, there were at least 100 applicants.
- Guernsey - around 40 offenders trained between 2004 and 2006
- HMP Lindholme Doncaster
- HMP Doncaster - around 70 offenders trained between 2003 and 2005

Before the course I was very upset with myself, decisions I've made in the past, was quite easy to push my buttons. This course helped me to release a lot of pain I had locked up inside and showed me how to love myself and be happy with who I am. If everything happens for a reason, this course was the reason I came to jail I would recommend it to anyone, it helped me to forgive myself and others. Every body should give it a try I hope it helps others the same way it helped me". - Offender from Highdown Prison May 2010.

Prison SMART in HMP Thameside

Following up on the successful pilot project in 2013, HMP Thameside management procured 7 Prison SMART trainings for 2014 and 10 Prison SMART trainings for 2015 with a maximum number of 25 participants each. The trainings were organized by the Safer Custody Department and funded by PIAC. The results of the trainings were extremely positive, as reflected in the feedback and statistics below.



On an organizational level, an intense learning process has taken place with regard to the effective organization of the trainings in the prison environment: While the benefits of Prison SMART for the prisoners are beyond doubt, the effectiveness of the program can be improved by increasing the support and active involvement of prison staff with the program. Therefore, in 2015, we will aim to increase the understanding of the prison staff about Prison SMART, increase the cooperation among different stakeholders within the prison to make maximum use of Prison SMART, and give prison staff a chance to experience the program for themselves.



Breathe SMART in Hackney

Breathe SMART is committed to contributing to a violence-free, stress-free society, impacting the lives of socially vulnerable groups and individuals, those who are tired of repeating the same patterns and are motivated to change.

The Breathe SMART program and network lays the foundation for genuine rehabilitation and reintegration into society, providing a basis for self management, increased self confidence, strengthened human values, reduced dependence on addictive substances, an increased ability to resolve conflicts and increased accountability for one's own actions.

Reported increases in depression, anxiety, unwanted pregnancy, alcoholism, drug abuse, crime, homelessness, unemployment, self-harm and PTSD within the London population called for the very necessary launch of Breathe SMART- Inspiring people to create meaningful change in their lives, bringing hope into the hearts of those who need it most.

- Currently Breathe SMART runs every 6 weeks in Hackney, which has a reputation of being one of the most crime ridden boroughs in London.
- In September 2014, we were finalists for a UNESCO and Goi Peace Foundation Peace Prize for projects impacting communities around the world
- We have currently secured £2k funding from Hackney council to sponsor 10 ex offenders to come through the Breathe SMART program
- We have now outgrown our follow-up venue and are looking for larger venues still accessible to our Breathe SMART community.
- In April 2014, Breathe SMART also launched in Colindale which has a well documented history of social problems including gang related activities, particularly amongst the youth.

The International Association for Human Values

Prison SMART in the UK is provided by the International Association for Human Values (IAHV), an international humanitarian and educational non-governmental organization (NGO) that works in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.

IAHV operates in over 50 countries Worldwide. Its mission is to build a more just, peaceful and prosperous world by fostering universal human values in both individuals and society on a global scale. To this end, IAHV provides and supports a variety of programs that offer effective solutions for major societal challenges, including personal development, prisoners rehabilitation, holistic education, holistic health, organic farming, ethics in business, transparent governance, leadership training and others. In the USA, IAHV has been awarded the "Best in America" certification seal of excellence by the Independent Charities of America.

In the UK, the International Association of Human Values (IAHV) is a registered charity (Number 1103261). Over the last 3 years, IAHV UK has invested over £65,000 per annum on projects which have empowered people in deprived and socially disadvantaged communities across the world. Within the UK, it has been running programs for prisoners, refugees, people suffering from anxiety and depression, and the broader population. Further information about IAHV UK, including Annual Reports, can be found at www.iahv.org.uk

For more information on Prison SMART, see also www.prisonsmart.eu

For more information on Breathe SMART, see www.breathesmart.co.uk



Appendix A: Breathe SMART statistics 2014 (8 month pilot)

63% ↑ hopefulness for the future
75% ↑ ability to cope with challenges
65% ↑ ability to respond in a calm, controlled way when provoked or insulted.
79% ↑ feeling relaxed
63% ↑ feeling energised
68% ↑ self-satisfaction
51% ↓ anxiety
71% ↓ feelings of despair or hopelessness
69% ↑ abstinence from drugs and alcohol



Appendix B: Testimonies from HMP Thameside participants 2014-2015

"I thought it was fantastic, something that should be available to everyone in the prison. Good tools to get inner peace and calm, clarity, positivity and focus. I think it would be great for you to come much more regular and spend time with more prisoners."

"I thought the course was a real eye-opener, a life-changing experience to stay positive and clear headed. I felt my body go through a natural detox, my mind became clearer and less stressed, and my soul regenerated."

"I found the course excellent, relaxing, it made me feel content, calm. I got more of an understanding of people and situations. I felt so much energy and got rid of any tensions I had. This course helps you be calm in volatile, challenging situations. This course is by far the best in prison. It makes me feel alive, really happy within myself, makes you feel so relaxed, enabled me to value things more."

"The best thing I have ever done. Absolutely amazing! Thank you for giving me the opportunity to be a part of this amazing experience. I already feel like a changed person and would recommend this to everyone."

"It is excellent. I want and need more. The course does what it says. I feel empowered to deal better with stress and depression and with daily life in prison. I came to the course skeptical as to what effect it could have. I am totally converted – it is SO powerful. It has definitely improved my life – hopefully dramatically. Thank you ☺ The course is excellent and should be a permanent and more frequent, if not constant, fixture. Everyone should do it! "

"The best course I have done in or out of jail. It has lifted my depression and I am sleeping better, much more focused. It would be good for staff and young offenders to have a mandatory one day session."

"This course is the best thing I have done in jail and helps me control my aggression and manage my anger. The practices and techniques help me control my aggression and lower my stress levels and make my mind and body more healthy."

"I enjoyed the course very much as it allowed me to enhance my thinking and take more control over my life. It got life changing skills and a way to channel my energy. I would like to thank Katrien and Nicolai for sharing your gifts with me and I hope to use them again in the future."

"This course is incredibly excellent and great in order to make you calm down in all aspects of life, and to control your anger, depression and stress. Thank you for giving me the opportunity to attend this course."

"Excellent course. Glad I've done it. I got the method and skills to help me obtain inner peace and extinguish the demons within me."



"The course helps with my concentration and relaxation. It allows me to think clearly and helps me understand and control my emotions. After each session it helps me to release stress and tension which may build up during one day. Breathing exercises help a lot when I go back to my cell. I think the course should run more often. It would help lots of people."

"I got a complete change of behaviors from this course. It was very good. I loved it. The teachers were very good, nice people. And if we take this serious we will not go out and commit crimes."

"I thought this course was so powerful. I got a lot of my self control back, I sleep again, control my anger, can relax. I loved the course."

"I liked it very much. It is needed a lot more in all prisons. I got peace and tranquility. This course should automatically be a part of induction or mandatory for all young / violent offenders."

"It was a mind blowing experience. I learned to use strategies to avoid stress and depression. The sessions were very good and especially the class teachers were very encouraging ☺ "

"I really enjoyed the 7 days course and have seen lots of changes. I learned breathing techniques, stretching and got more confidence. I would come back to do this course again. I really enjoyed the course so so much. Whether I reoffend is up to me. I wouldn't want to reoffend so therefore I will stay positive and focus much more on my goals in life and on bringing up my daughter as I have that responsibility. Thank you so much for taking me on this course. Thank you both!"

"It was very powerful and I learnt techniques I could use daily to help me with stress etc. I also understood myself better. "

"I found the course very interesting and after the first day I found myself wanting more. What I got from the course is self control and a calmness that I haven't had in years. I thank you both for giving me this chance to do something so powerful. I have enjoyed this course. Thanks."

"It was amazing for me, because I removed the stress from my mind and body. I feel more OK! Thanks for accepting me on this course! Before I started the course I felt pins and needles in my head. I think because of stress. Now I am happy after 7 sessions of Prison SMART course I don't feel it anymore! I am happy! Thanks for it!"

"I liked the course very much, so much that I will continue doing the exercises. I learnt how to control my emotions by my breathing and I am able to distress myself. I think we need follow up sessions. If you ever need mentors, I would love to be one. Thank you for the techniques that can help change my life."

"Am so happy. Liked the course very well. I learnt to relax. Give myself time. Breathing. Learnt to cope with my stress. Negative tensions turn into positive. It helps my stress and anger. It stops my blood level rising. I calm down. Get time to think positive."

"It's very useful and I learnt a lot how to control my emotions, how to relax myself, loving myself, being positive. Thank you for the opportunity"

"I liked the course a lot. Maybe I want to do it outside when I am released. I feel very relaxed and more positive in myself. I have felt nice feelings which I have never really felt before."

"The course was excellent. I feel more peace, calm, more flexible within myself. The course was fulfilling, enjoyable. It helped me to think, be calm, be humble, and value my life so much better. I am very glad I chose this course."



"It was enlightening. I got better understanding of myself. The energy in the body is amazing. This course is excellent. Recommend it to every one."

"I really liked learning new ways of relaxing, breathing techniques and feeling more relaxed each day. I got peace of mind and confidence for the future, knowing I have techniques to help me relax. It is a very good course and I hope there is a follow up session to take part in. Thank you."

"I learned to use the breathe to centralize my moods, to relax, and to think more positively. Would very much like to do it again."

"I really enjoyed the course and can truly see how it could help in many areas of my life."

"I got a sense of peace and also my injuries of the nerves in my back and legs seem to be getting better."

"This has helped me a lot. I will never commit crime again."

"I learnt the technique to calm the storm in my mind."

"I feel more comfortable in myself and have reduced stress, anxiety and anger levels. I have learnt to be more self-controlled and self-sufficient."

"I think the course was really good. I got relaxation, learnt how to cope with certain situations. I feel like a weight has been lifted of my shoulders since completing the course. Thank you for this opportunity to do this course."

"I really enjoyed it. I learnt how to relax, how to accept people and take responsibility for my actions and a lot of good breathing techniques. This is a really good course."

"A treasure."

"I enjoy this course. I find benefit of relaxation, happiness and learn breathing. It is calming, I am happy, refreshes my mind and body, even helps my digestion and also sleep. Helps my nerves. My body is relaxed, rid of tension. Thank you to everyone for this course."

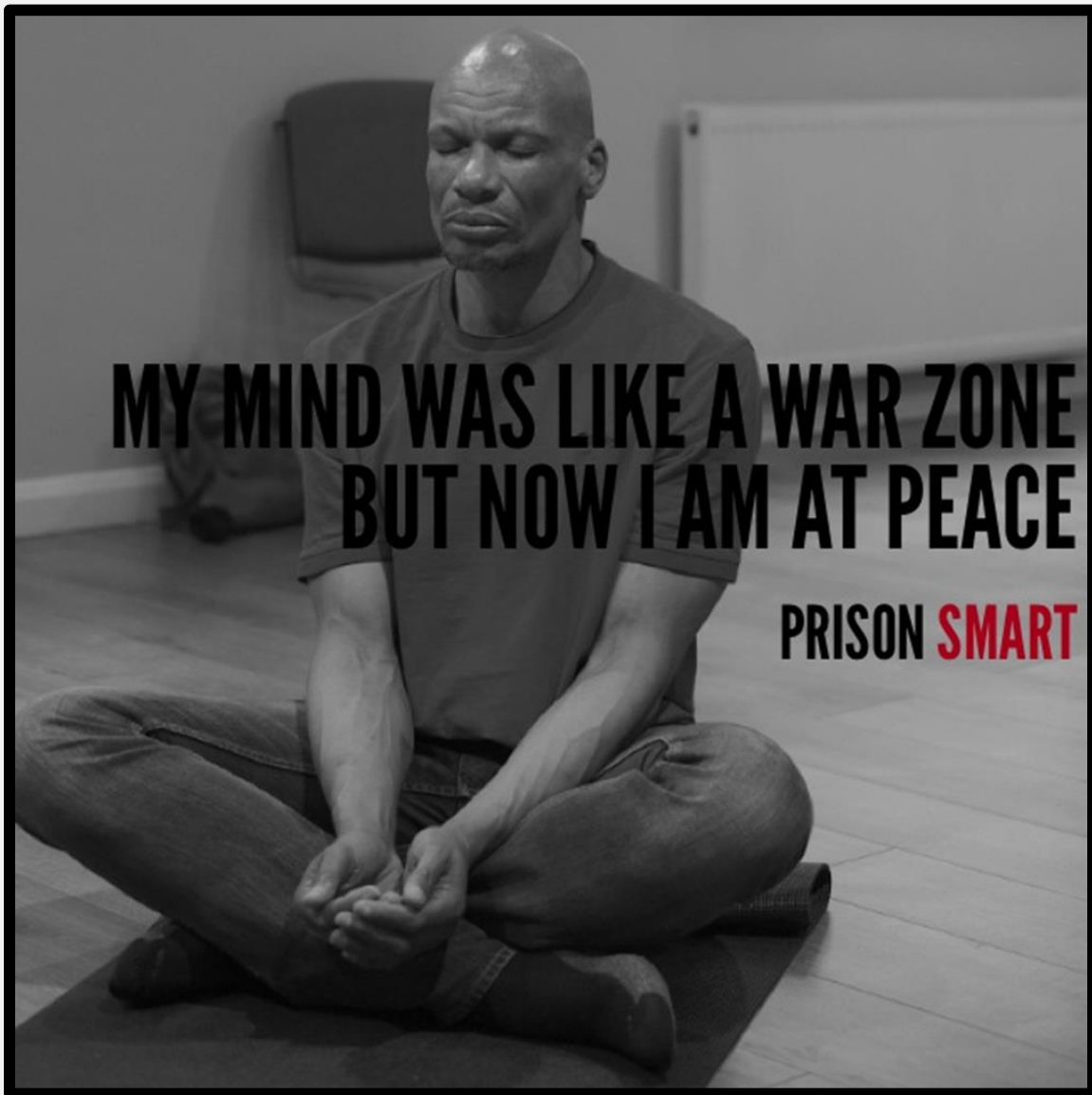
"I liked the course very much. I feel I should not put so much pressure on myself. I got focus, a sense of ability, and hope. It reduces stress and helps to sleep."

"It was a good course. I liked it. I learned how to get stress, frustration, depression and drug dependency out my system."

"It was brilliant. The stretches were great. The course isn't long enough though."

"The SMART course is a very very good course to do if you want a healthy body and mind. I get patience, different ways to deal with different people at different times. Thank you very much."

"I learned how to live life stress and anger free."



Appendix C: Testimonies from HMP Thameside staff 2014

- ✓ "This course has given me a wealth of knowledge to understand people and different types of behaviors which can affect you positively or negatively. The knowledge and supportive understanding about life that I have gained from this training is invaluable. It would be greatly beneficial to all staff members, including management, to participate. The course can change you as a person. It allows you to have a different outlook on life. The way you see, feel, breathe and relate to others can be dramatically changed in a positive way. In the long-term it will help reduce offending behavior and substance misuse."
- ✓ "I was quite skeptical. But I do feel a shift, a sense of calm. It feels like the only thing I've ever done that has managed to just STOP me from thinking. Usually my mind goes 100mph all the time. I think this course has allowed me to start to develop the skills to be in the present. This makes dealing with the stress of the job a lot easier, helps you to compartmentalize that stress and not take it home with you. It also helps you to actually actively listen to your clients and focus better when in the office."
- ✓ "I believe that this course would genuinely be brilliant to use across the justice system."



Appendix D: Recommendation letters

Bringing service to life



Serco Home Affairs
HMP Thameside
Griffin Manor Way
Thamesmead
London
SE28 0FJ
www.serco.com

To whom it may concern:

I've been impressed with the Prison SMART programme which was delivered at HMP Thameside in 2013 as a pilot project of the International Association for Human Values in partnership with Turning Point, to the extent that we have secured the programme for the prison for 2014 and have allocated the funding to achieve this.

I've observed the programme in operation, listened to the participants at first hand about their experiences, spoken to staff and trainers, and concluded this is a programme which is well designed to meet with our needs at Thameside. It is a holistic programme that goes beyond traditional cognitive interventions and brings about profound personal transformation in the participants' mind sets, attitudes, wellbeing, behaviour and outlook.

In particular, myself and my senior management colleagues can see that the Prison SMART programme could benefit Thameside in several ways:

- * Reducing Reoffending
- * Reducing Violence (negative behaviour, assaults, fights and bullying)
- * Safer Custody (managing self-harm)
- * Contributing to managing poor mental health
- * It has potential to contribute to HR (Training & occupational health) strategies for Thameside staff

The statistics resulting from the 6 month pilot project only confirm the significant potential of Prison SMART to contribute to effective rehabilitation. The programme has generated great enthusiasm among the prisoners who have shared their experiences with others which ensured that we would fund continued delivery throughout 2014.

I am very happy to support the Prison SMART programme and if you are interested in knowing more about the experience at Thameside please feel free to contact me using the email address below.

Regards,

Mick Teesdale
Assistant Director Reducing Reoffending
HMP Thameside
michael.teesdale@serco.com



Brighton, 16 Feb 2014

To whom it may concern: Recommendation for Prison SMART

I have been working with the Prison SMART/Breathe SMART team for the past 18 months as a Criminal Justice Adviser helping to open the gates of prisons and the doors of Probation offices to this excellent intervention within the UK. There is significant evidence of the value and effectiveness of these Breathing Programmes contained within the Prison SMART website and results of this intervention across the world are impressive.

I have 25 years of experience of working within Prisons and Probation and as Head of Reducing re-offending in Lewes Prison and for prisons across the South East of England I have seen many initiatives to reducing re-offending and to rehabilitate individuals back into society. The Breathe SMART/Prison SMART approach is unique in that it bypasses the traditional approach of talking therapies and connects individuals with their ability to take control of their bodies, their breath and their lives. It promotes self efficacy in keeping with desistance theories and there are numerous accounts from individuals and case studies which bear tribute to the life changing results of this approach. It is particularly powerful with drug users post detox or in maintenance to sustain abstinence. I remain astounded by the profound and positive feedback from participants during and after the course. Improved sleep patterns, elevated mood, changes in thought patterns and increase in positive thinking; health benefits; reduction in anger and violence, smoking cessation and enhancement of general well being. It fits well within the Good Lives Model approach tackling re-offending and re-integration.

The challenge is maintaining the practice and the progress and so the follow up sessions are vital to embed the practice and encourage individuals to incorporate this into their daily routines. The follow up sessions in the community fit neatly with 'through-the-gate' approaches post release and offer continuity and consistency for prisoners released on license or probationers within the community.

The approach is cost effective compared to Accredited Programmes and the course duration is shorter (although maintaining the practice crucial). It can be usefully used to increase motivation prior to other forms of interventions. Over time prisoners or probationers who demonstrate a commitment to the practice could be trained to deliver the programme to their peers (as they are in other parts of the world) which makes the programme sustainable, offers potential employment and purpose and enhances the attraction of the programme to those seeking to change their lives.

I strongly recommend this programme as an inspirational, innovative and tested approach to reducing re-offending and enhancing the quality of the lives of those involved with the Criminal Justice System.

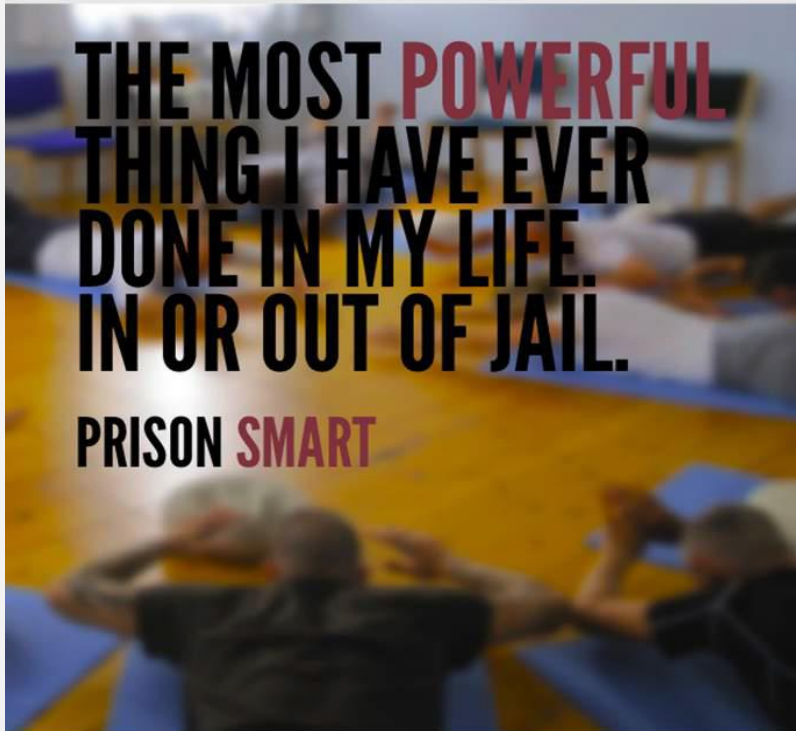
Ruth Fretwell
Independent Criminal Justice Consultant



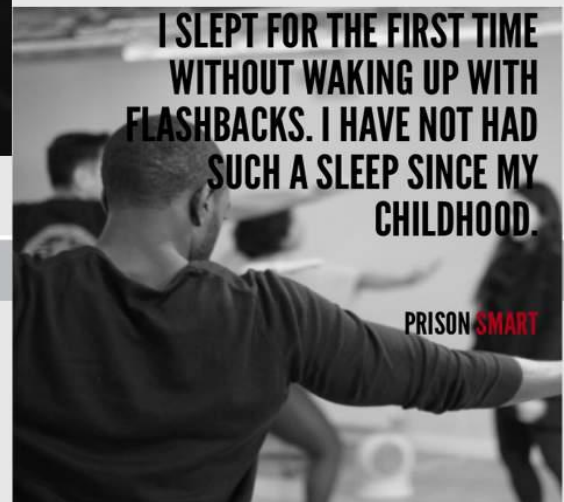
International Association For Human Values
REGISTERED UK CHARITY 1103261

Prison SMART

Stress Management and Rehabilitation Training



Prison SMART UK



International Association
for Human Values

International Association For Human Values
REGISTERED UK CHARITY 1103261

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