

Short Motivational Programme – Information for Corrections staff

What is the Short Motivational Programme?	<p>The Short Motivational Programme (SMP) is a motivational, one-on-one programme. It is designed to enhance offenders' motivation to understand their offending and assist them to learn how to make positive changes in their attitudes and behaviour.</p> <p>The SMP may be delivered in prisons or in the community.</p>
Who is eligible?	<p>The programme is aimed at male and female offenders who are not motivated to address their rehabilitation needs.</p>
How long does it take?	<p>The SMP is delivered over five sessions by a programme facilitator or psychologist to individual participants. Sessions are intensive for one hour, one day a week for five weeks.</p>
What does the SMP address?	<p>SMP assists offenders' motivation to address their rehabilitation needs by working through a structured programme.</p> <p>Session 1 – Rehabilitation needs identification – to understand their offending behaviour.</p> <p>Session 2 – Assessment session – identifies problems and draws an offence chain.</p> <p>Session 3 – Compares costs and benefits of offending behaviour – to raise motivation to change.</p> <p>Session 4 – Looks at how to deal with barriers to positive change.</p> <p>Session 5 – Assesses motivation and, if satisfactory, creates a Change Plan.</p>
How do I refer someone to the SMP?	<p><i>In the community</i></p> <p>If an offender is eligible for the programme, the probation officer waitlists the offender in IOMS and forwards the completed referral form to the programme liaison manager (PLM) for CPPS Head Office approval. Once approved, the probation officer places the offender on the tentative list for the programme in IOMS</p> <p><i>In prisons</i></p> <p>If a prisoner is sentence planned for the programme and is eligible, the prison scheduler places the prisoner on the waitlist for the programme in IOMS.</p>
For more information	<p>An information sheet titled <i>Short Motivational Programme – helping you create a positive future</i> is available to give to participants.</p> <p>More information about the SMP can be found in the service description under the Standards & Policies tab on Corrnnet. You can also contact your local programme facilitator for more information.</p>

Rehabilitation Programmes

What are rehabilitation programmes?

Rehabilitation programmes are available for offenders serving sentences either in the community or in prison.

Trained programme facilitators work with groups of offenders to deliver intensive, culturally-appropriate programmes that encourage offenders to take responsibility for their offending and take positive steps towards creating a crime-free future.

The programme facilitators work with psychologists, probation officers, prison staff and the NZ Parole Board.

What works?

Research shows rehabilitation programmes work best when they target offenders with high quality, behaviour-based therapy programmes. Offenders are referred to programmes based on three principles of criminal conduct – risk, need and responsivity.

We know that treatment works most effectively:

- when it matches the risk of the offender. High risk offenders need more intense and longer rehabilitation (risk)
- when it's targeted at the rehabilitative needs of the person, ie the needs related to his or her offending (need)
- when the person is sufficiently motivated to change, and the content and delivery of the treatment is tailored to his or her learning style (responsivity).

Who is eligible?

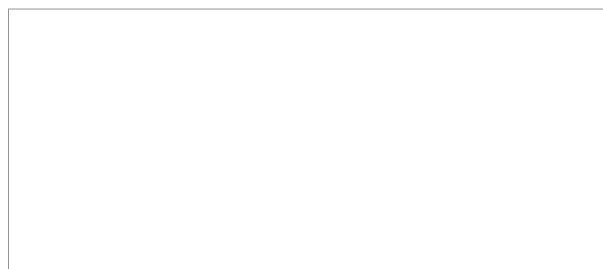
Offenders can be referred to rehabilitation programmes if they:

- have no unmanaged addiction or psychiatric disorder
- have no language or literacy problems that prevent group learning
- have sufficient motivation to attend
- agree in writing to comply with programme requirements
- are not a risk to, or at risk from, others in the group

There are different eligibility criteria for each programme – see contact details below or check out the Service Description on Cornet.

For more information

Contact your local programme facilitator:



or use the Organisational Chart (under the National Phone Directory) in Cornet to find Community Probation & Psychological Services staff in your area.