

## Short Rehabilitation Programme for Women – Information for Corrections staff

<b>What is the Short Rehabilitation Programme for Women?</b>	<p>The Short Rehabilitation Programme for Women (SRP-W) is designed to help offenders examine the causes of their offending and develop specific skills to prevent them re-offending. The programme is based on Western therapies and is designed to be responsive to Māori women.</p> <p>Participants identify patterns in their thinking, emotions, and behaviours that lead them to offend. They develop their own personalised programme plan that identifies risk factors linked to their offending.</p> <p>The SRP-W can be provided in both prisons and the community.</p>
<b>Who is eligible?</b>	<p>The programme is aimed at women who are at risk of re-offending.</p>
<b>How long does it take?</b>	<p>The SRP-W is delivered over 18 sessions by programme facilitators to groups of up to three participants. Sessions are intensive and usually run for 2.5 hours three or four days a week.</p>
<b>What does the SRP-W address?</b>	<p>The SRP-W assists offenders to develop coping skills so they can manage high-risk situations and impulsivity. Components woven throughout the programme address:</p> <ul style="list-style-type: none"><li>• violence propensity</li><li>• antisocial attitudes</li><li>• thinking and feelings</li><li>• criminal associates</li><li>• poor self control and impulsivity</li><li>• self-management and problem-solving skills</li><li>• substance abuse problems as they relate to the offence process</li><li>• relationship difficulties.</li></ul>
<b>How do I refer someone to a SRP-W?</b>	<p><b><i>In the community</i></b></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><b><i>In prison</i></b></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>
<b>For more information</b>	<p>An information sheet titled <i>Short Rehabilitation Programme for Women – helping you create a positive future</i> is available to give to participants.</p> <p>More information about the SRP-W can be found in the service description under the Standards &amp; Policies tab on Cornet. 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?

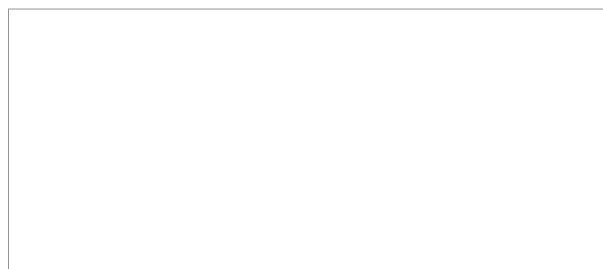
Offenders can be referred to rehabilitation programmes if they:

- 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.