



## CORRECTIONAL SERVICES ACCREDITATION AND ADVICE PANEL (CSAAP) Currently Accredited Programmes

### ACCREDITED FOR DELIVERY IN THE COMMUNITY

#### **Becoming New Me + (BNM+)**

[Provided by HMPPS Interventions Services](#)

BNM+ is for high or very high-risk adult men who have learning disabilities or learning challenges and have been convicted of a sexual offence. It supports development of skills to strengthen pro-social identity and plan for an offence-free life.

#### **Breaking Free: Health and Justice Package**

[Provided by Breaking Free Online Ltd](#)

This comprises two accredited programmes:

**Breaking Free Online.** An 8-session digital behaviour change programme which addresses the underlying psychological and lifestyle difficulties behind alcohol/drug use and offending behaviour. The programme targets 70 problem substances including illegal substances, New Psychoactive Substances (NPS), and prescribed medications.

**Pillars of Recovery.** A 12-session behaviour change programme that targets the underlying psychological and lifestyle difficulties behind alcohol/drug use and offending behaviour.

#### **Building Better Relationships (BBR)**

[Provided by HMPPS Interventions Services](#)

BBR is for adult men convicted of an Intimate Partner Violence (IPV) offence. BBR is a moderate-intensity cognitive-behavioural programme which recognises that IPV is a complex problem which is likely to have multiple causes. BBR responds to individual needs and provides opportunities to develop skills for managing thoughts, emotions, and behaviours

#### **Building Skills for Recovery (BSR)**

[Provided by HMPPS Interventions Services](#)

BSR) is a psychosocial programme for adult men and women who are dependent on substances or alcohol. The programme aims to reduce offending behaviour and problematic substance misuse with the ultimate goal of recovery.

#### **Drink Impaired Drivers Programme (DIDP)**

[Provided by HMPPS Interventions Services](#)

DIDP is a cognitive-behavioural and educational programme that targets non-dependent drink-drive individuals. DIDP teaches participants about alcohol and supports development of skills to avoid future drink driving situations through:

- greater self-awareness
- self-monitoring of drinking behaviour
- improved planning
- greater understanding of consequence
- decision making

## **Healthy Identity Intervention (HII)**

[Provided by HMPPS Interventions Services](#)

HII is designed for those who have committed extremist offences. It supports desistance and disengagement from extremism. It encourages stronger positive and pro-social aspects of identity. It helps individuals develop resilience and supports them to identify ways of meeting their identity needs. For example, need for belonging, need for recognition, without involvement in extremism.

## **Horizon**

[Provided by HMPPS Interventions Services](#)

Horizon is designed for medium and above risk adult men who have been convicted of a sexual offence. It supports participants to develop optimism, and skills to strengthen their pro-social identity and plan for a life free of offending.

## **iHorizon**

[Provided by HMPPS Interventions Services](#)

iHorizon is a version of Horizon for men whose sexual offending is internet only. Offences involve possessing, downloading, and/or distributing indecent images.

## **Identity Matters (IM)**

[Provided by HMPPS Interventions Services](#)

IM is a one to one programme for adult men whose offending and harmful behaviour is motivated by their identification with a gang. It supports desistance by encouraging participants to develop a stronger individual identity and develop resilience. It identifies ways of meeting their needs without group driven offending.

## **Mentalization-based Treatment (MBT)**

[Provided by HMPPS/NHS Offender Personality Disorder Team](#)

MBT is a psychoeducation programme. It is for people with some traits of Antisocial or Borderline Personality Disorder. It teaches social functioning, and addresses violent and suicidal thoughts, and risky behaviours. There are weekly psychotherapy groups, and monthly one-to-one meetings for a year.

## **New Me Strengths (NMS)**

[Provided by HMPPS Interventions Services](#)

NMS is designed for medium and above risk adult men who have learning disabilities or learning challenges (LDCs) and a conviction(s) for any offence. It supports development of skills to strengthen pro-social identity and plan for an offence-free life.

## **Living as New Me (LNM)**

[Provided by HMPPS Interventions Services](#)

LNM is an accredited skills maintenance (booster) programme for those individuals who have already completed NMS or BNM+ and may require further additional support.

## **Resolve**

[Provided by HMPPS Interventions Services](#)

Resolve is designed for adult men with a medium to high risk of reoffending with convictions for violent offences. Resolve aims to support participants with histories of violence to reduce the use of aggression and/or violence by developing insight in to behaviours and skills to support achieving pro-social goals.

## **Thinking Skills Programme (TSP)**

[Provided by HMPPS Interventions Services](#)

TSP is designed for adult men and women with a medium/high risk of reoffending. TSP supports participants to develop thinking (cognitive) skills to manage risk factors, develop protective factors, and achieve pro-social goals.

## ACCREDITED FOR CUSTODY

### **Alcohol Dependence Treatment Programme (ADTP)**

[Provided by The Forward Trust](#)

ADTP is a 6-week programme for men with a medium-high risk of reoffending, who are dependent on alcohol. Participants stop drinking and do Steps 1-3 of the Twelve Steps of Alcoholics Anonymous (AA). They can access group therapy, peer support, AA meetings, and individual support.

### **Becoming New Me + (BNM+)**

[Provided by HMPPS Interventions Services](#)

BNM+ is for high or very high-risk adult men who have learning disabilities or challenges and have been convicted of a sexual, Intimate Partner Violence (IPV) or general violent offence. It supports participants to develop optimism and skills to strengthen their pro-social identity and plan for an offence-free life.

### **Breaking Free: Health and Justice Package (Custody)**

[Provided by Breaking Free Online Ltd](#)

This comprises two accredited programmes:

**Breaking Free Online:** an 8-session digital behaviour change programme which addresses the underlying psychological and lifestyle difficulties behind alcohol/drug use and offending behaviour. The programme targets 70 problem substances including illegal substances, New Psychoactive Substances (NPS), and prescribed medications of abuse; and

**Pillars of Recovery:** a 12-session behaviour change programme that targets the underlying psychological and lifestyle difficulties behind alcohol/drug use and offending behaviour.

### **Building Better Relationships (BBR)**

[Provided by HMPPS Interventions Services](#)

BBR is for adult men convicted of an Intimate Partner Violence (IPV) offence. BBR is a moderate-intensity cognitive-behavioural programme which recognises that IPV is a complex problem which is likely to have multiple causes. BBR responds to individual needs and provides opportunities to develop skills for managing thoughts, emotions, and behaviours.

### **Building Skills for Recovery (BSR)**

[Provided by HMPPS Interventions Services](#)

Building Skills for Recovery (BSR) is a psychosocial programme for adult men and women who are dependent on substances or alcohol. The programme aims to reduce offending behaviour and problematic substance misuse with the ultimate goal of recovery.

### **Challenge to Change (C2C)**

[Provided by Kainos Community](#)

A six-month offending behaviour programme for men in prison. Participants live on a dedicated unit within a prison. Through cognitive behavioural therapy they learn to challenge and change their thinking, attitudes and behaviour. Participants become active members of the community, agreeing rules, meeting together, and providing peer support. Peer mentors play an important part.

### **Choices, Actions, Relationships, Emotions (CARE)**

[Provided by HMPPS Interventions Services](#)

CARE is for women who are medium and above risk, and have a history of violence and complex needs. CARE aims to assist women with understanding and therefore learn how to manage the risk they pose to themselves and others, and to live a more satisfying and pro-social life.

## **Control of Violence for Angry Impulsive Drinkers – Group Secure (COVAID-GS)**

[Provided by Delight Services](#)

A cognitive-behavioural programme for men in secure settings who are violent under the influence of alcohol. Consisting of ten group sessions with supplementary individual support sessions, it encourages individuals to understand their behaviour and practise skills for change so that risk of violence is reduced.

## **Control of Violence for Angry Impulsive Drinkers – Group Secure Women (COVAID-GSW)**

[Provided by Delight Services](#)

A cognitive-behavioural programme for women in secure settings who are violent under the influence of alcohol. This programme has been developed with and for women in prison.

## **Democratic Therapeutic Community Model (DTC)**

[Provided by HMPPS/NHS Offender Personality Disorder Team](#)

DTCs are part of the Offender Personality Disorder Pathway. They are for people with complex psychological and emotional needs, likely to meet the criteria for a diagnosis of 'personality disorder'. They provide a 24/7 therapeutic environment. Most DTC residents have committed violent offences, some of which may be sexually motivated.

## **Therapeutic Communities Plus (TC+)**

[Provided by HMPPS/NHS Offender Personality Disorder Team](#)

TC+ is part of the Offender Personality Disorder Pathway. These communities are for people who are eligible for but unable to participate in, mainstream DTC due to mild to moderate learning disability. TC+ services provide group and creative psychotherapies in a 24/7 living-learning environment. Most TC+ residents have committed violent offences, some of which may be sexually motivated.

## **Healthy Identity Intervention (HII)**

[Provided by HMPPS Interventions Services](#)

HII is designed for those who have committed extremist offences. It supports desistance and disengagement from extremism. It encourages stronger positive and pro-social aspects of identity. It helps individuals develop resilience and supports them to identify ways of meeting their identity needs. For example, need for belonging, need for recognition, without involvement in extremism.

## **Healthy Sex Programme (HSP)**

[Provided by HMPPS Interventions Services](#)

HSP is designed for adult men who have a conviction of a sexual offence or an offence with a sexual element. Regardless of level of risk of sexual reoffending, HPS is designed to respond to the needs of individuals with learning disabilities and challenges and is delivered one to one.

## **Horizon**

[Provided by HMPPS Interventions Services](#)

Horizon is designed for medium and above risk adult men who have been convicted of a sexual offence. It supports development of skills to strengthen pro-social identity and plan for an offence-free life.

## **Identity Matters (IM)**

[Provided by HMPPS Interventions Services](#)

IM is a one to one programme for **adult** men whose offending and harmful behaviour is motivated by their identification with a gang. It supports desistance by encouraging participants to develop a stronger individual identity and develop resilience. It identifies ways of meeting their needs without group driven offending.

## **Kaizen**

[Provided by HMPPS Interventions Services](#)

The version of Kaizen accredited for custody is for high or very high risk adult men who have been convicted of a sexual, Intimate Partner Violence (IPV) or general violent offence. It supports participants develop the optimism, and skills to strengthen their pro-social identity and plan for a life free of offending.

## **Living as New Me**

[Provided by HMPPS Interventions Services](#)

LNM is an accredited skills maintenance (booster) programme for those individuals who have already completed NMS or BNM+ and may require further additional support.

## **New Me Strengths**

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NMS is designed for medium and above risk adult men who have learning disabilities or learning challenges (LDCs) and a conviction(s) for any offence. It supports participants to develop optimism, and skills to strengthen their pro-social identity and plan for a life free of offending.

## **Resolve**

[Provided by HMPPS Interventions Services](#)

Resolve is designed for adult men with a medium to high risk of reoffending with convictions for violent offences. Resolve aims to support participants with histories of violence to reduce the use of aggression and/or violence by developing insight in to behaviours and skills to support achieving pro-social goals.

## **The Bridge Programme**

[Provided by The Forward Trust](#)

The Bridge is a 6-week programme for men with a medium to high risk of reoffending and a history of substance dependence. Participants give up drugs and do Steps 1-3 of the Twelve Steps of Narcotics Anonymous (NA). They can access group therapy, peer support, AA and NA meetings, and individual support.

## **Thinking Skills Programme (TSP)**

[Provided by HMPPS Interventions Services](#)

TSP is designed for adult men and women with a medium/high risk of reoffending. TSP supports participants to develop thinking (cognitive) skills to manage risk factors, develop protective factors, and achieve pro-social goals.