

ACHIEVING BETTER OUTCOMES FOR WOMEN OFFENDERS

Deliver in a safe, decent environment

Self Management

Use structured programmes that teach self-control skills to build control over impulses and destructive emotions like anger.

Mental health

Enable access to mental health treatment (especially for anxiety and depression, personality disorder, post - traumatic stress disorder, and trauma).

Substance misuse

Stabilise, reduce dependence and build skills for managing without substance use in the future - in particular class A drug use, binge and chronic drinking.

Being in control of daily life and having goals

Teach and encourage goal setting to help women develop a sense of control. Empower them to be responsible for their own decisions, and reinforce efforts to achieve their goals.

Resettle and build social capital

Help women believe they belong and fit in to mainstream society. Help them find somewhere safe to live, to learn how to manage their money, access education and to improve employability.

Pro-social identity

Encourage women to view themselves as non-offenders, in particular, to help and be positive towards others. This will encourage a different view of themselves and what they have to offer.

Improve family contact

Give women regular access to family members, especially their children, who can help them to build crime free lives. This will help them build healthy, supportive, family relationships.

