



PBNI Probation Board
for Northern Ireland

Guide to Group Work Programmes & Individual Interventions

2023

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Programmes Summary

PBNI delivers a range of group work Programmes and individual interventions with the purpose of encouraging and facilitating change in the service users we supervise. The Programmes are designed to address a variety of aspects regarding a service user's attitudes and offending behaviour/s. These factors contribute to recidivism, therefore it is imperative that PBNI work towards addressing these issues with the aim of encouraging desistance, reducing further offending and ultimately building safer communities.

Each PBNI Programme and Intervention has a specific criteria and pathway, both of which are contained in this booklet and should be considered at the point of assessment and referral to programme. There are a number of issues that must be considered prior to recommending and commencing a Programme/Intervention. These include ensuring:

- Service User's suitability
- Service User's motivation
- Programme sequencing & requirement on Order/Licence
- Adequate time on PBNI supervision to facilitate Programme completion

This Guide provides all necessary information regarding all Programmes & Interventions offered by PBNI.

Programmes at a Glance



Sentencing & Additional Requirement wording

The following wording has been agreed with Northern Ireland Courts and Tribunals Service (NICTS) and Northern Ireland Prison Service (NIPS) Licencing Unit and replaces any existing / previous wording.

Generic Additional Requirement wording:

“You must present yourself in accordance with the instructions given by your Probation Officer: to attend PBNI HQ, 80-90 North Street, Belfast, BT1 1LD or another venue specified by your Probation Officer; to actively participate in the PBNI Thinking Skills or Resolve [delete as appropriate] Programme and comply with the instructions given or under the authority of the person in charge.”

Or

“You must present yourself in accordance with the instructions given by your Probation Officer: to attend PBNI Intensive Supervision Unit, Alderwood House, Hydebank Wood, Purdysburn Road, Belfast or another venue specified by your Probation Officer; to actively participate in a programme designed to address domestic abuse and comply with the instructions given or under the authority of the person in charge.”

Or

“You must present yourself in accordance with instructions given by your Probation Officer to attend the Intensive Supervision Unit, Belfast or another venue specified by your Probation Officer, to participate actively in a programme of work identified for you during the supervision period and to comply with the instructions given by or under the authority of the person in charge”.

Information for Pre-Sentence Report Authors

When completing a report for Court or Parole Commissioners Northern Ireland (PCNI), it is essential that the report author clearly states in the conclusion the type of Programme or Intervention they are recommending.

Example of a PSR conclusion:

‘Risk assessments indicate that Mr/Ms X could benefit from completing an offending behaviour programme to address the risk related factors outlined in this report.’

Programme Referral Guidance

There is one PBNI referral form for all Programmes. This form is found on PBNIs Electronic Case Management System (ECMS). The form should be completed accurately and in full. It is imperative that all requested information is provided to allow Programme Managers to manage waiting lists and plan for forthcoming groups. Any forms with missing or incomplete information will be returned for review.

Supervising Probation Officers must complete the referral process for the specific programme the service user needs to complete within 20 working days or sentence / release.

Programme/Intervention Considerations

Pre-Sentence Report (PSR) writers / Case Managers will assess and identify the key risk factors for the Service Users using the PBNI approved Assessment & Case Evaluation tool (ACE) and associated assessment tools.

Suitability criteria for each Programme can be found within this document. However, should there be uncertainty regarding any aspect of suitability, report authors or supervising officers should contact the relevant Programme Manager / Treatment Manager / PBNI Psychology.

Checklist for recommending Groupwork Programmes

- All Programmes require the service user's consent to partake and sign agreement at PSR stage.
- Service Users may be expected to travel outside of their local area to attend the Programme. This needs to be discussed at PSR/Pre-release assessment stage.
- If attendance or participation is problematic a review meeting will be convened to determine if deselection is required.
- It is the supervising Probation Officer / Report Author role to ensure that the service user is adequately prepared to begin and engage in the entirety of the Programme / Intervention. This includes the completion of relevant assessments, responsivity considerations and any pre programme work required.
- The service user's motivation is key to Programme completion and behavioural change. Ensuring the commitment of the service user prior to Programme commencing allows for adequate evaluation and review of such Programmes / Interventions.
- All programmes and interventions include out of session work-service users that must be completed throughout the programme.
- All service users referred for Groupwork must have a sufficient command of the English Language. For service users with no command of English, who require Intervention, referrals can be considered for individual work with an interpreter.

You will need to contact the Programme or Treatment Manager for advice if:

- The Service User has severe mental health difficulties. They can be considered for a Programme if a period of stabilisation is achieved.
- Most Programmes require an IQ of 80 and above for service users to participate. Service users presenting with a suspected lower IQ or severe learning difficulties should be referred to PBNI Psychology Department for further assessment.
- Service users with current unstable or, acute substance misuse or dependency can be considered for a Programme if such issues become stable. Service users must present as stable for a minimum period of 6 weeks prior to Programme start date. If the supervising PO has any queries in relation to suitability to commence a programme, they should liaise with the Programme Treatment Manager.

Timing

- It is important to ensure that the 'sequencing' of Intervention is appropriate and timely. This means agreeing a case plan in such a way that addresses the most prevalent issues first.

The Role of Psychology

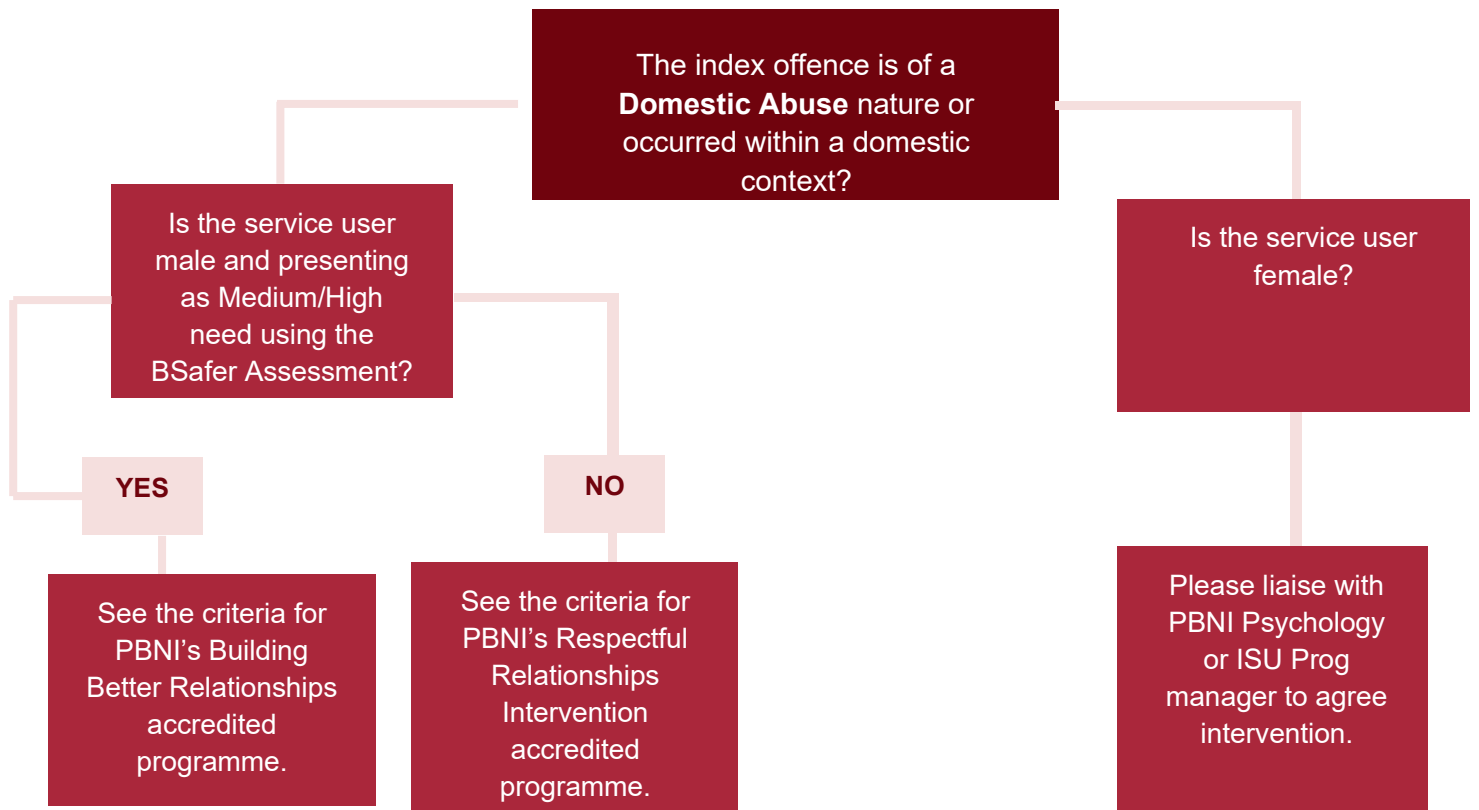
PBNI's Psychology Department provide clinical oversight for all Programmes and Interventions. It is recognised that, due to the complex needs of some service users, the Accredited Programmes and existing interventions may not always be suitable. Therefore, to ensure that the risk and needs of all service users are adequately considered during their time with PBNI, requests can be made to PBNI's Psychology Department for advice and specialist assessment. This process allows Probations Officers an opportunity to discuss service users with complex needs, identify factors pertinent to risk and subsequently agree the most appropriate way of addressing individualised risk and needs. This process can include:

- Formal Psychology Assessment
- IQ screening assessments
- Assessment of Responsivity, Readiness and Motivation and Motivation
- Development of Bespoke Intervention Packages

Probation Officers should contact their Designated Psychologist to discuss any concerns or questions they may have regarding a service user's treatment plan or programme pathway.

PBNI Psychology department are also involved in the treatment management for accredited programmes.

Domestic Abuse Pathway Flowchart



Building Better Relationships (BBR) Programme

Duration	7 ½ months (24 session's in-group plus 5 individual sessions).
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	Moderate to High - Currently only high risk are being prioritised
Assessment Tool	BSafer

Aim & Requirements of Programme

BBR is an accredited group work Programme designed to reduce reoffending by adult males convicted of violence against a female intimate partner. The Programme has a strong theoretical base, taking into account recent developments in thinking and research in relation to aggression within relationships. This programme **requires** the completion of a signed consent form at PSR stage, completion of a BSafer and a referral to the Partner Support Worker. A Risk Need & Responsivity assessment must be completed within 12 weeks of Order/Licence commencing. This is completed by the Supervising Probation Officer.

Suitability Criteria

- Men.
- 18 and above.
- IPV related offence, this can be index or historical.
- Men whose index offence is not IPV related can also be referred to BBR if they are also assessed as being High Risk on the B-Safer and they meet all other risk and need criteria.
- Relationship problems.
- Social skills deficits.
- Attitudes that support relationship violence.
- Stereotyped gender roles and inequality beliefs.
- Hostile masculinity.
- Aggression and anger.
- Emotional mismanagement/self-regulation.
- Jealousy.
- Coercive control.
- Obsessive and controlling behaviour towards a current or former partner in context of an intimate relationship.
- Separation/threat of separation.
- Alcohol and drug misuse.
- Offences which arise out of intimate partner conflict against a non-partner, for example an assault against a former partner's new boyfriend which arises out of sexual jealousy, can be considered suitable for BBR.
- Individuals should be sufficiently literate (able to read and understand simple sentences), or reasonable adjustments should be made to support the individual through the programme.
- BBR aims to be responsive and there are no specific cut off points for excluding individuals based on intelligence or personality disorder.
- Men who deny their current offence can participate in BBR if they have a history of un-convicted or convicted IPV, which is functionally similar to their index offence, which they are willing to acknowledge and work on.
- Individuals who are transgender (including those who wish to permanently transition to an acquired gender, those who are intersex and those who identify as non-binary, gender fluid and/or

transvestite) are eligible to participate in BBR if they have offended within a heterosexual relationship and identified as male when the offence was committed. (Programme staff should note that transgender service users must be supported to express their gender identity when attending the programme. This means that, they must be supported if they wish to express a female or neutral gender identity when attending the group. The pre-group sessions can be used to explore how their needs could be supported. For example, programme facilitators may ask the service users how they can be supported if questions relating to their gender identity are raised by the group. Programme staff are encouraged to familiarise themselves with relevant policy instructions/guidance on transgender service users).

Issues to Consider

BBR is not suitable for:

- Females
- Cases where violence has only taken place in same-sex relationships
- Those considered Low risk using the BSAfer assessment tool.
- Men with unstable mental health difficulties
- Service users who refuse to sign the “Statement of Understanding”.

Programme Content

There are 4 modules:

- Foundation – Motivation, Insight & Cultural Messages about domestic abuse
- My Thinking – Biases, Rumination & Attitudes
- My Emotions – Stress, Emotion Management, Hostility & Anger & Jealously
- My Relationships – Social Skills, Attachment & Relationship Stability

Respectful Relationship Intervention (RRI)

Duration	3 months
Supervision Length	Minimum 6 months
Suitability/Risk	Low
Assessment Tool	BSafer

Aim of Intervention

The PBNI Respectful Relationships Intervention aims to develop educational awareness about what constitutes healthy, unhealthy and abusive relationships. It includes the personal identification of thoughts, feelings, beliefs and physiology and the impact of abusive behaviour on victims including children.

PSW Information

An integral part of the RRI intervention is the contact between the PSW and current partner. All RRI referrals must be sent to the partner Support Worker 2 weeks prior to the commencement of the Intervention

Suitability Criteria

- Male
- 18 and above
- IQ of 80 and above
- Have been violent or abusive in heterosexual relationships
- Assessed as **low** need using B Safer Assessment tool.
- Motivated to address offending behaviour.
- Service users must consent to participate by signing the “Statement of Understanding” (see PSW below) which will include the sharing of information with their partner, including any new partner.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- Sufficient command of the English language.

Issues to Consider

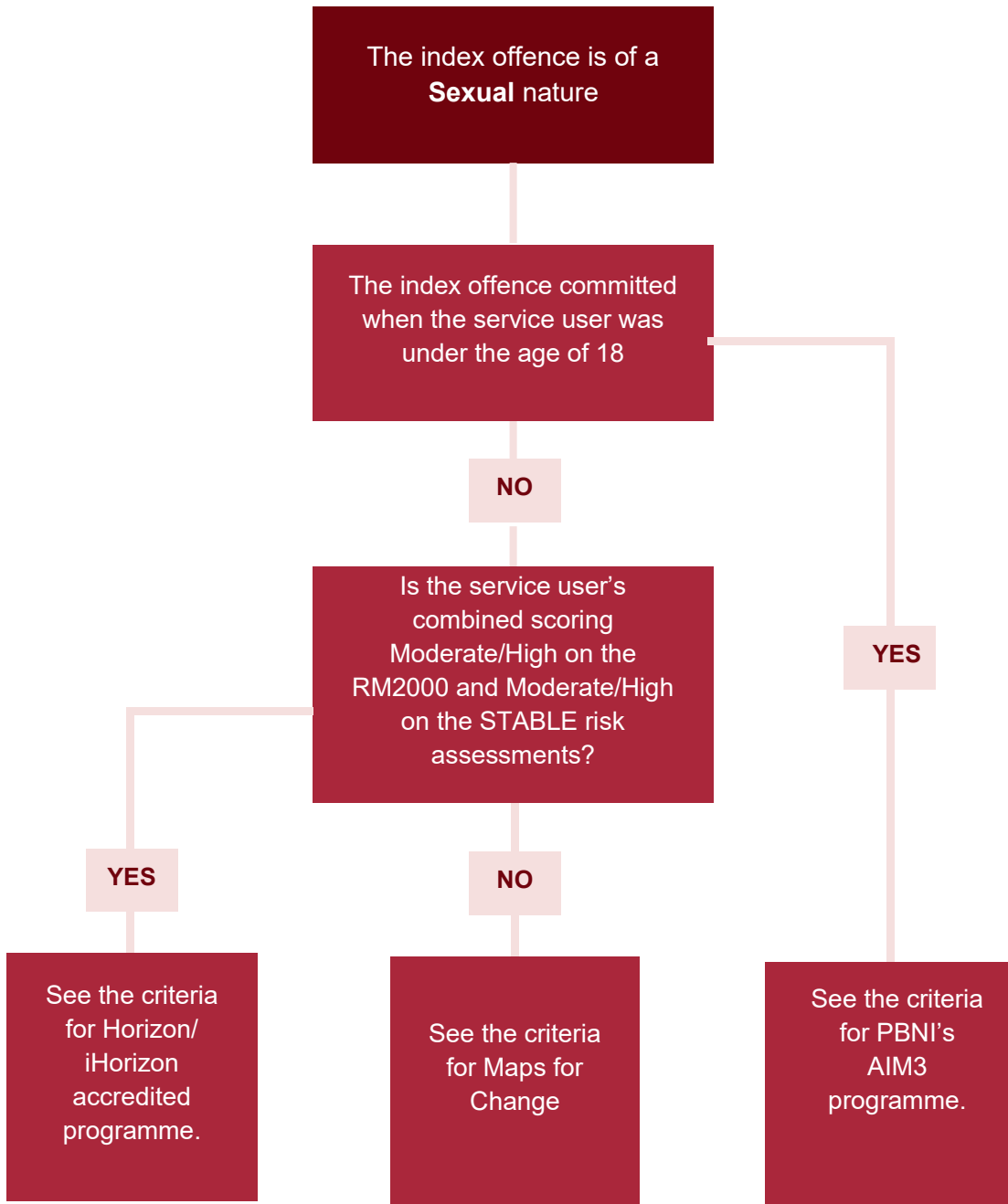
RRI is not suitable for:

- Females
- Men with serious mental health problems
- Those considered Moderate to High risk using the BSafer assessment tool.
- Service users who refuse to sign the “Statement of Understanding”.
- Those who commit a further domestic abuse offence during PBNI supervision.

Programme Content

- 10 core individual sessions for all Service Users
- 2 core additional sessions for all Service Users who are/will be parents
- 1 optional social media session

Sexual Offending



Horizon

Duration	8 ½ months (31 sessions in-group plus 3 individual sessions).
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	Moderate to High - Currently only high risk are being prioritised
Assessment Tool	Combined score on RM2000 and STABLE

Aim of Programme

Horizon is a Programme designed and accredited by HMPPS, which provides an evidence-informed response to men in prison or on community sentences who have been convicted of a sexual offence. It aims to equip service users' with skills to build constructive lives that will not involve further offending.

Suitability Criteria

- Males
- 18 and above
- IQ of 80 and above
- A combined score of **Moderate** or **High** using the RM2000 and STABLE risk assessments.
- Those whose primary clinical need is to address sexual offending and must have committed a sexual offence/s or an offence/s with a sexual motivation against adults or children.
- Motivated to address offending behaviour or problem areas within their lives.
- Service users who maintain innocence can participate in Horizon.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

Issues to Consider

Horizon is not suitable for:

- Females
- Service users with serious mental health problems
- Those considered low risk, using the RM2000 and STABLE risk assessments, unless subject to Clinical Override by the Treatment Manager.

Programme Content

- 31 group sessions
- 3 individual sessions

Horizon is built upon a bio-psycho-social model of change. In this model, recognition is given to biological causes of offending, particularly the impact of brain trauma and childhood adversity, of psychological factors, particularly sexual interests, problem solving and self-regulation, and of social factors, in terms of the impact of other people in the development of vulnerabilities to offend, and in promoting desistance.

iHorizon

Duration	7 months (26 sessions in-group plus 3 individual sessions).
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	Moderate to High - Currently only high risk are being prioritised
Assessment Tool	RM2000

Aim of Programme

iHorizon seeks to address the needs and deficits to target those areas identified as established risk factors and incorporate a bio-psycho-social model of change and is grounded in the Risk Need Responsivity, Good Lives Model and Desistance Theories. iHorizon addresses Internet only offending. This refers solely to; possessing, downloading and/or distributing indecent images of children.

Suitability Criteria

- Males
- 18 and above
- IQ of 80 and above
- A score of **Moderate** or **High** using the RM2000.
- Those whose primary clinical need is to address internet related sexual offending and have committed an internet offence/s, of a sexual nature. This is restricted to those who possess, download or distribute indecent images of children but where there is no direct or indirect contact with a victim
- Motivated to address offending behaviour or address problems in their lives.
- Service users who maintain innocence can participate in iHorizon.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

Issues to Consider

iHorizon is not suitable for:

- Females
- Service users with serious mental health problems
- Those considered low risk, using the RM2000 unless subject to Clinical Override by the Treatment Manager.

AIM3 assessment and intervention

Duration	Will be determined by the intervention needs identified
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	Interventions carried out if there are areas of concern identified
Assessment Tool	AIM3
Age	Must have committed the offence under 18 year of age and not continued to sexually offend over the age of 18

Aim of Programme

The AIM 3 model has been developed to provide a structured, clinically approved process for PBNi staff to undertake assessment and interventions for service users who have been convicted of a sexual offence committed whilst under 18 years of age and who have not continued to sexually offend over the age of 18. The approach directs a comprehensive, holistic assessment and individualised intervention plan is developed that addresses the deficits which led to their sexual offending.

Suitability Criteria

- Male and Female
- Offence committed whilst under 18 years of age and has not continued to sexually offend over the age of 18 years of age
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Service users who maintain innocence can participate in AIM 3.

Issues to Consider

AIM 3 is not suitable for:

- Service users with serious mental health problems
- Service users who continue to commit sexual offences when over 18 years of age

Programme Content

The content of the programme is individualised to ensure the service user's specific risk and needs are adequately considered and addressed following assessment with Aim 3 or other relevant assessment tool.

Maps for Change

Duration	Tailored sessions (Bespoke)
Supervision Length	To be determined at PSR stage
Suitability/Risk	Low
Assessment Tool	Combined score on RM2000 and STABLE

Aim of the Programme

Maps for Change (M4C) is a toolkit of exercises which practitioners can use to structure their supervision with adult men who have committed a sexual offence and are assessed as low risk of reconviction. The term 'Maps' was used to signify a journey, in this case towards positive change, with the exercises being symbolised as 'signposts' which assist the individual in reaching their objective, i.e. by building skills, knowledge and awareness. Contains HMPPS information licensed under the Open Government Licence v3.0

Suitability Criteria

- Males
- 18 and above
- A combined score of **Low** using the RM2000 and STABLE risk assessments.
- Motivated to address offending behaviour.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the intervention.
- Sufficient command of the English language.

Issues to Consider

- Those who commit a further sexual offence during PBNI supervision would need to be reassessed using appropriate assessment tools.
- Service users who maintain innocence can participate in Maps for Change.

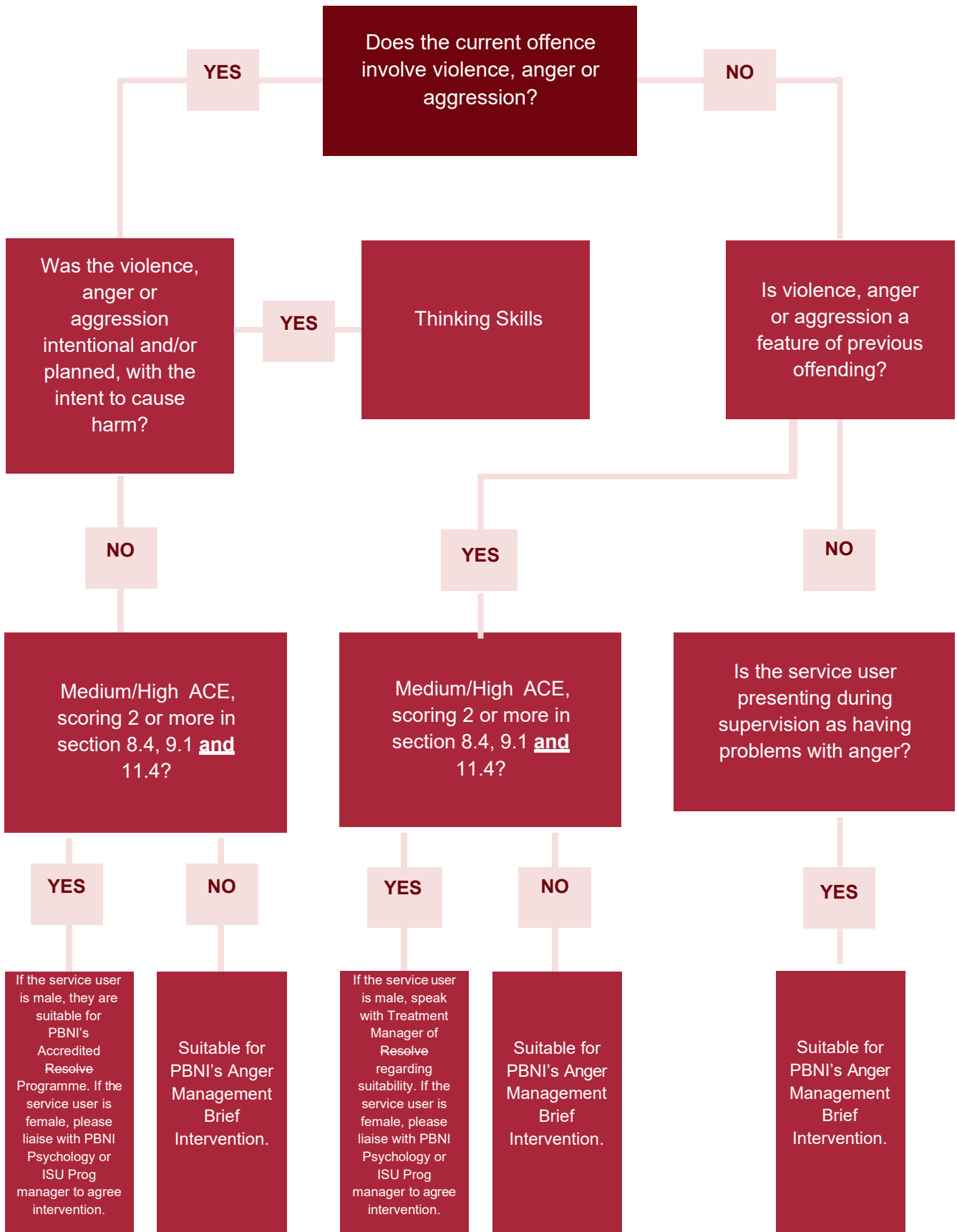
Programme Content

There are five maps, each being linked to protective factors namely:

- Social influences
- Commitment to desist
- Intimate relationships
- Employment or positive routine'–
- Social investment – 'Giving Something Back'

Maps for Change is a Toolkit that contains a range of exercises that are specific to particular needs. They should be chosen to target identified treatment needs from the STABLE assessment. The Maps for Change Intervention is delivered in a 1-2-1 format **by the Supervising Probation Officer**. The contents are summarised giving a visual overview of the exercises and presents the work as a journey towards change.

Anger & Violenc



Anger Management Intervention

Duration	3 months (8 individual session with optional additional resources).
Supervision Length	Minimum 1 year supervision period
Suitability/Risk	Low ACE and scoring 2 or less in section 9.1 of the ACE.
Assessment Tool	ACE

Aim of Intervention

This intervention aims to increase the service users understanding of their own thoughts feelings and behaviours specifically linked to anger. It aims to encourage the service user to identify their triggers and develop skills to manage this in a more pro social manner.

Suitability criteria

- Males and Females, 18 and above
- **Low** ACE and scoring 2 or less in section 9.1 of the ACE.
- Those whose offending is considered reactive in nature.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the intervention.
- Sufficient command of the English language.

Issue to Consider

Anger Management is not suitable for:

- Those whose offending is considered planned / revengeful or considered in nature.
- Service users who are scoring medium on the ACE but may be more suitable for Anger Management should be reviewed with the Thinking Skills Treatment Manager for further guidance.
- Service users who are convicted of Domestic Abuse offences.

Programme Content

The Anger Management Intervention is based on the Cognitive Behavioural Therapy Approach. It consists of 5 modules;

- Understanding Thoughts
- Feelings and Behaviours
- Understanding Your Anger
- Managing Your Anger
- Bringing It all Together

Additional resources for each module can be found at the back of the intervention manual. Such additional exercises are more user friendly in nature and can be used with individuals who have an IQ of 80 or below. Furthermore, an additional resource can be availed of which is specifically related to alcohol misuse and anger.

Thinking Skills Programme (TSP)

Duration	6 months (15 in-group sessions and 5 individual sessions).
Supervision Length	Minimum 2 year supervision period
Suitability/Risk	Assessed as medium/high ACE with a total score of 8 or more from the following domains: 8.3 (Interpersonal Skills), 8.4 (Reasoning & Thinking), 10.1 (Lifestyle), 11.2 (Disregard harm to victims), 11.3 (Disregard effects of offending on people close to them), 11.4 (Pro-criminal Attitudes).
Assessment Tool	ACE

Aim of Programme

Thinking Skills is based on a cognitive behavioural therapy approach and is a group-work programme designed to encourage service users to manage their thinking around offending behaviour and to manage their risk factors in a more pro social manner.

Suitability Criteria

This Programme targets a wide range of offending behaviours and is open to:

- Both male and female
- 18 and above
- IQ of 80 or above
- Assessed as medium/high ACE with a total score of 8 or more from the following domains: 8.3 (Interpersonal Skills), 8.4 (Reasoning & Thinking), 10.1 (Lifestyle), 11.2 (Disregard harm to victims), 11.3 (Disregard effects of offending on people close to them), 11.4 (Pro-criminal Attitudes). Motivated to address offending behaviour.
- Service users must present within supervision as stable (i.e. Mental Health and/or Alcohol and Substance Misuse) for a period of 6 weeks prior to Programme start date.
- The service user must consent to participate in the programme.
- Sufficient command of the English language.

Issues to Consider

Thinking Skills is not suitable for:

- Service users not maintaining a stable lifestyle within the community
- Service users not willing to engage in a meaningful way

Programme Content

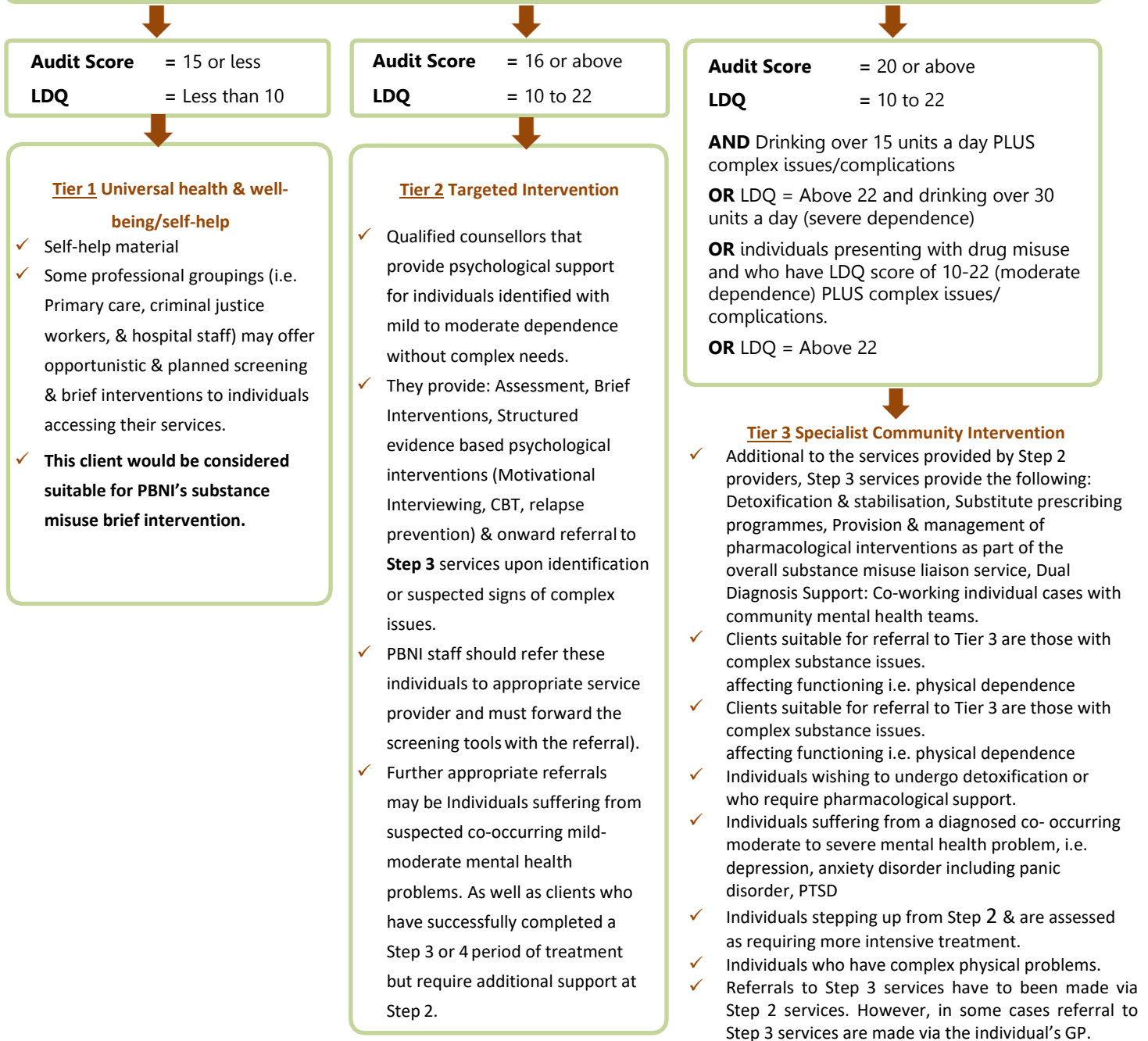
Specifically, this programme encourages the service user to stop and think, develop emotional awareness, develop problem-solving skills, encourage the development of positive relationships, the ability to take perspective, goal setting and seeing the whole picture.

Substance Misuse

Tiered Intervention for Addiction Services

Identified PBNI Client with Alcohol and/or Substance Misuse issues

In PBNI, Probation Officers/Probation Service Officers complete the Alcohol Audit Tool and/or the Leeds Dependence Questionnaire (LDQ) with the client to determine level/ tier of intervention required.



PBNI Substance Misuse Brief Information

Duration	Minimum of 3 months (10-12 sessions if completed in its entirety).
Supervision Length	Minimum 1 year supervision period
Suitability/Risk	Low, Medium or High Risk.
Assessment Tool	Alcohol Audit tool and/ or the Leeds Dependence Questionnaire, Tiered Intervention Flowchart

Aims of Intervention

The PBNI Substance Misuse Brief Intervention aims to explore the individual's motivation to change their alcohol &/or substance misuse and whilst increasing insight into their barriers to change. Furthermore, this intervention aims to help the individual identify the effects of their alcohol/substance misuse; help develop a better understanding of the function of their alcohol/substance misuse and connections with offending behaviour. It aims to increase the individual's understanding of the short and long term physical and mental health effects of using alcohol/substances, to help the individual identify and manage their own triggers for alcohol/substance use and to help the service user to develop steps to move forward.

Suitability Criteria

- Males and Females
- 18 and above
- Service users who have presenting issues relating to episodes of inappropriate use of alcohol/substances, which could escalate or lead to heightened risk management issues.
- Service users score in the 11-15 range of the AUDIT care pathways scoring.
- The Substance Misuse Brief Intervention is a low intensity intervention, it can be utilised as an interim measure and motivational aid in preparation for the appropriate service involvement required.

Programme Content

The Substance Misuse Brief Intervention has been designed with the incorporation of the trans-theoretical model of change (Prochaska, O'Connell, & Diclemente, 1994). Facilitators should use professional judgement to determine suitable modules & exercises, which fit the individual's motivational level & readiness to change. As such, not every module/exercise within the brief intervention must be completed with the individual.

Modules Include:

- Motivation and Getting Ready for Change
- The Ripple Effect of Alcohol & Substances
- Thoughts, Feelings & Substance Misuse
- The Bigger Picture
- Your Future Self

PBNI Victim Awareness Intervention Toolkit

Duration	2 months (5 sessions)
Supervision Length	Minimum 6 month supervision period
Suitability/Risk	Low, Medium and High Risk
Requirements	Consideration must be given to commencing the intervention within 12 weeks of order / licence start date

Aims of Intervention

The aim of this intervention is to assist the service user in considering their behaviour at the time of the offence and to explore how the crime they have committed may have affected others. It aims to encourage the service user to take responsibility for any harm, which they may have caused; to be given the opportunity to share a 'reflective letter' with the Victim Information Unit and to demonstrate positive change in their life.

Suitability Criteria

- Males and Females
- 18 and above

Issues to Consider

- If this intervention is deemed inappropriate due to exceptional circumstances, any deviance from standards should be approved by an Area Manager/Interventions Manager. Consultation with PBNI Psychology may assist with such decisions.

Programme Content

The Victim Awareness Toolkit is an intervention, which is designed to develop the service user's awareness of the impact their offending behaviour on themselves and others. Service users are encouraged to reflect on the actions leading up to the offence they committed and complete a reflective letter to the victim, or someone who was impacted by their offence. Practitioners are encouraged to seek consent to share such letters with the PBNI Victims Information Scheme for the purpose of potential restorative opportunity.

PBNI's Accepting Differences Brief Intervention

Duration	4 months (14 sessions)
Supervision Length	Minimum 1 year supervision period
Suitability/Risk	A score of 2 or more in the 9.6 Discriminatory Attitudes element of the ACE
Assessment Tool	ACE Assessment Tool

Aim of Intervention

This brief intervention aims to identify and address 'hate' motivations for crime i.e. where victims of crimes are targeted due to their disability, gender-identity, race, religion/belief, or sexual orientation. The Service User may or may not recognise the role that their thinking has had on their offences: this intervention aims to help them identify how these thoughts contribute to behaviour, which can be harmful for themselves, their social circle, their victims and the wider community.

Suitability criteria

- Males and Females
- 18 and above
- It can be used with individuals who have been convicted of a hate crime or whose offences are suspected to have been motivated or aggravated by prejudiced thinking.
- A score of 2 or more in the 9.6 Discriminatory Attitudes element of the ACE
- Established pattern in previous offending related to hate crime

Additional Brief Interventions

It is important to note that The Horizon/iHorizon, Thinking Skills and Building Better Relationships (BBR) Programmes cannot be delivered as a Brief Intervention on a one to one basis.

Therefore, in order to address the commonly identified needs of service users, PBNi's Psychology and Programmes department have developed a range of brief interventions, which can be availed of during the supervision period. Such interventions aim to develop the service users understanding of their offending behaviour and develop skills, which will help them to engage in the community in a more prosocial manner.

These interventions include the following:

- Coping Skills Brief Intervention
- Goal Setting Brief Intervention
- Problem Solving Brief Intervention

Suitability Criteria

- Clearly identified need pertinent to risk.
- The individual is ready, willing and able to undertake the planned intervention.