

RISE Reform Prison Initiative Evaluation by Justice Studio

Summary of Highlights

Conclusion

The fledgling results on the outcomes from the programmes that were run, including Right Track, TIGER and READY, show that even with very small numbers of prisoners, and despite the day to day impediments of courses being cancelled and prisoners being moved, they were able to increase prisoners' outcomes in terms of resilience, risk-taking behaviour, willingness to offend, and self-esteem, self-awareness, and communication. If these positive impacts could be seen for the small number of participants who were able to attend the courses, we can only imagine what positive improvements could have been achieved had the programme been implemented fully.

Social Impact

In the data that is available based on pre- and post programme participation questionnaires with beneficiaries, some positive trends are observable. If these observable positive trends can be replicated in a scenario where a statistically significant number of prisoners complete RISE's programmes successfully, there are implications for broader social impact including some potential savings and possible demand reduction arising out of RISE's programming. Examples in such hypothetical scenarios could include reduced demand on NHS services among those who complete TIGER, and a modest reduction in the likelihood of propensity of offending among statistically significant numbers of participants who complete the Right Track programme.

Outcomes from Interventions

Right Track

Analysis of outcome data shows that the Right Track course had positive influence on prisoners' **self-esteem, self-control and ability to form positive relationships**. For those who attended Right Track, there were also clear improvements in participants' **resilience**, as well as a decrease in **risk-taking** behaviour. As one prisoner said: "I used to be a risk taker but not anymore. I've done the courses and learnt about myself."

Of those who had undertaken the programme and felt better, two directly linked their feeling better to having undertaken the programme. For example, one prisoner said, "I feel sometimes worse being in prison, but doing Right Track I use the skills I learnt to manage things. It's like a big ladder where you go in life."

- The Right Track course had a positive influence on prisoners' **self-esteem** in terms of feeling they can achieve things, being proud of what they achieve and treating others around them with respect.
- The Right Track course had a positive influence on prisoners' **self-control** in terms of managing and controlling their emotions, increasing their ability to stay aware of their surroundings, to be present in the moment, to understand the consequences of their actions and to think before they acted.
- The Right Track course had a positive influence on prisoners' **relationships** in terms of getting prisoners to make friendships, more beneficial relationships, and increasing their ability to trust. It also appears to have assisted with increasing participant's resistance to peer pressure.
- The Right Track course has had a clear impact in terms of improvements in participants' **resilience**. The course equipped them with immediate and longer term coping skills, increased prisoners' feelings of control over their lives and perseverance, as well as their ability to seek help when they needed it.
- The Right Track course appeared to have had a clear impact on improving **risk-taking** behaviour among participants. The course prevented participants from self-harming, and reduced purposely harmful and risky behaviour among prisoners. It also appears to have helped reduce participants' likelihood of drinking alcohol and taking drugs, as well as decreasing prisoners' willingness to offend.

TIGER

Analysis of outcome data shows that the TIGER course had a clear impact in terms of improvements in participants' **resilience**. Their **risk-taking** behaviour appears to decrease, as does their **willingness to offend**. TIGER has some effect on improving **empathy** among participants and on outcomes related to **overcoming trauma**.

- The TIGER course had a clear impact in terms of improvements in participants' **resilience**. The course equipped them with immediate and long-term coping skills, increased prisoners' feelings of control over their lives and perseverance, as well as getting prisoners to seek help when they needed it.
- TIGER has had some effect on improving **empathy** among participants. The course helped participants to feel included, improved prisoners' attitude to other people and their ability to get on with others.
- The TIGER course appears to have had a clear impact on improving **risk-taking** behaviour among participants. The course prevents participants from self-

harming, and reduces purposely harmful and risky behaviour among prisoners. It also appears to help reduce participants' likelihood of drinking alcohol and taking drugs.

- The TIGER course appears to have decreased prisoners' **willingness to offend** and increased a sense of community in them.
- The TIGER programme has had some impact on outcomes related to **overcoming trauma**. For example, it was successful in improving participants' control over their thoughts, and improving their sense of presence. It was also successful in improving prisoners' sense of peace and contentment.

READY

Analysis of outcome data shows that the READY programme had a clear positive influence on prisoners' **self-esteem** and **communication**. The programme also improved their **self-awareness**. READY appears to have decreased prisoner **willingness to offend**.

- READY has had a clear positive influence on prisoners' **self-esteem**, including in terms of their self-belief, feeling they can achieve things, being proud of what they achieve and treating others around them with respect.
- READY appears to have improved participants' **outlook**. The course has improved the attitude that prisoners approach their day with, as well as their confidence and stature. It also appears to have helped prisoners to feel happier, more optimistic and more motivated.
- READY courses appeared to decrease prisoners' **willingness to offend** and increase a sense of community. The programme also appears to have been successful in improving prisoners' outlook on crime as a bad thing.
- READY improved the participants' **self-awareness**. For example, it appears to have been successful in improving the participants' ability to handle and change their emotions, as well as their willingness to try. READY also improved the participants self-reflection and overall happiness.
- READY clearly improved participants' **communication** skills. For example, it assisted participants to improve their self-expression, their ability to listen, and their confidence in talking to other people. It also improved their trust in sharing their feelings with others.