



HM Prison &  
Probation Service



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# Transforming Prison Regimes through a Partnership Approach

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# Aim of the Workshop

- What is a prison regime and what was wrong with it
- An overview of Future Regime Design (FRD) within HMPPS
- Principles of OPD within FRD and the development of partnership working between NHS and HMPPS
- The vision and implementation of FRD and the contribution of Occupational Therapy
- Using your knowledge and skills to look at how future regimes can support people with complex needs.





# What is a prison regime?

- Regime is the “purposeful activity” provided for prisoners every day in every prison
- Its everything that a prison is resourced to provide for the people in our care. Its what staff deliver and what prisoners receive.





# What was wrong with regimes?

- Purposeful activity has been the worst performing of the four measures of a healthy prison used by HMIP for 20 years.
- Regimes were inconsistent creating
- Regimes were measured by volume and quantity, not impact and quality
- Activities were deemed “inherently purposeful” for all
- Staff were disengaged.
- Regime has become a process and lost the people it exists to help.





# The Future Regime Design team

## Who are we and what do we do ...

Future Regime Design (FRD): a project to deliver the HMPPS vision of future reformed regimes called Time Well Spent (TWS). TWS was introduced in the Prisons White Paper in December 2021 and FRD is the vehicle by which TDIP will deliver this vision.



The right person will **receive the right regime in the right place at the right time** and **every activity will contribute towards a single set of personal development, progression and wellbeing objectives**; collectively ensuring Time Well Spent in every prison





# Offender Personality Disorder(OPD) principles and links to FRD

- Enabling features of OPD services emphasises the value of daily activity and personal development
- Prison regimes need to incorporate within them all aspects of what constitutes a healthy balanced lifestyle
- OPD leads supported the development of FRD through the introduction of Occupational Therapists to support a clinical perspective





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# The Partnership

Future Regime Design Team and Occupational Therapy Consultation

- Literature review
- Development of model and formulating the “vision” for FRD

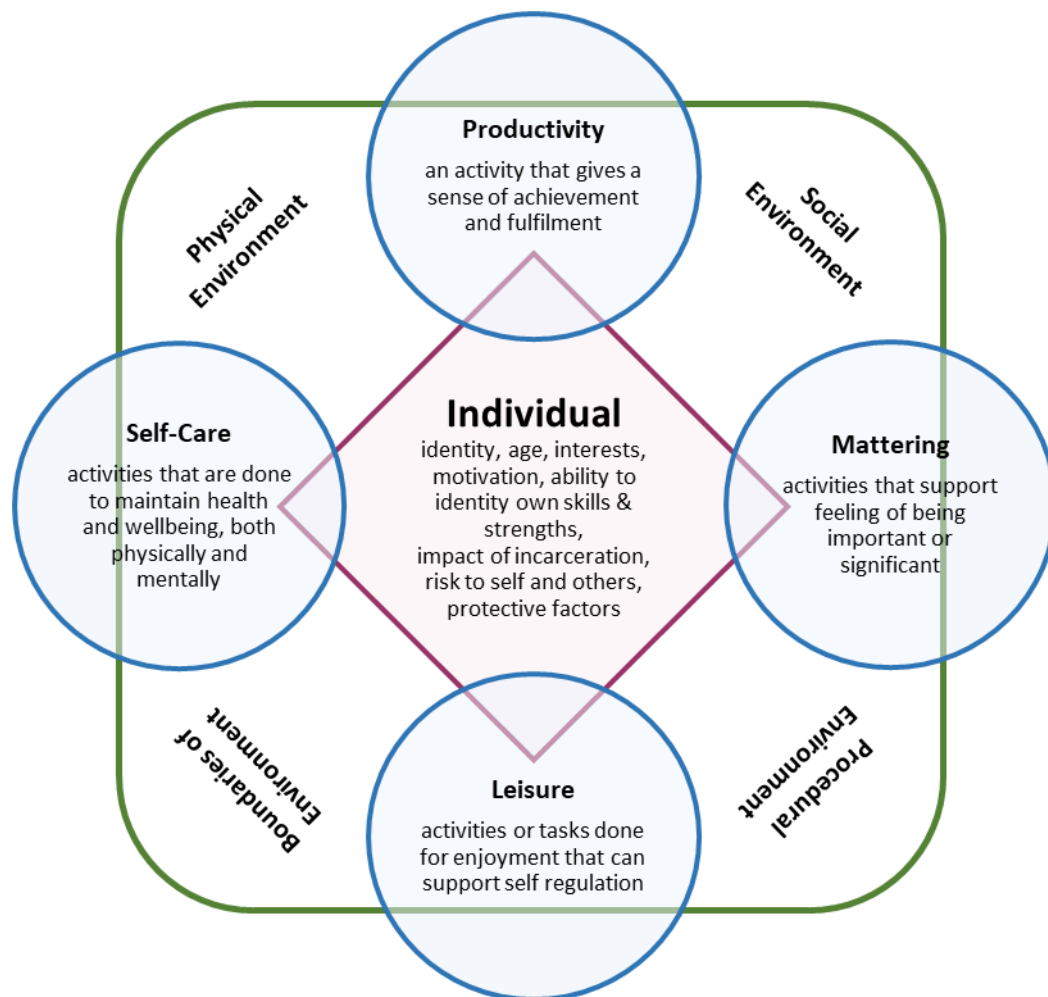




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# The Vision

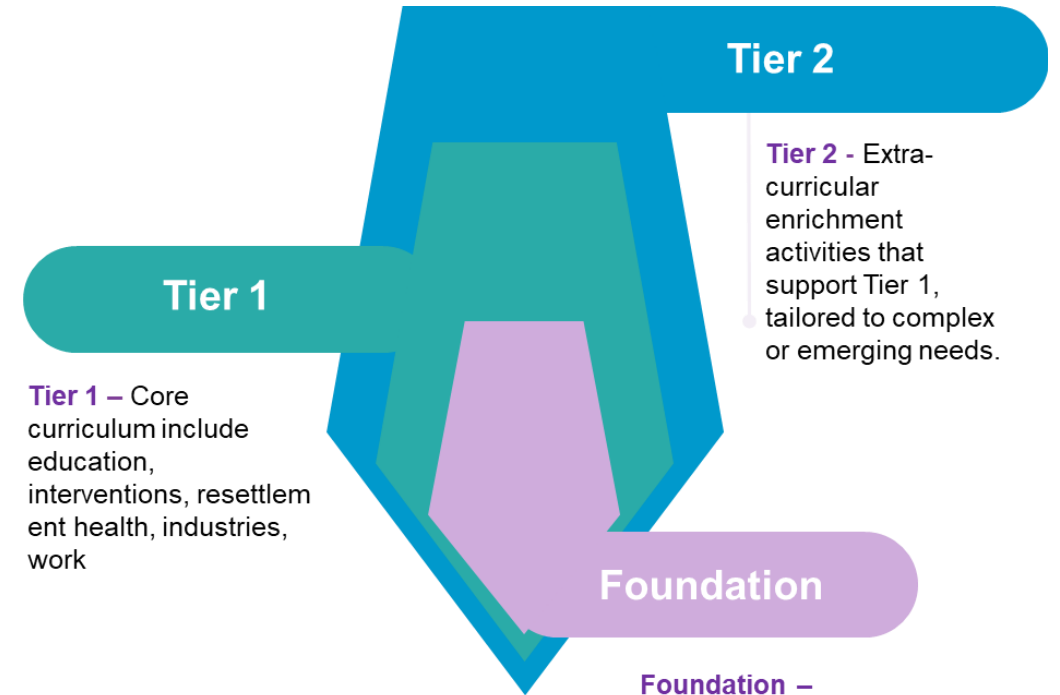
## Model of Wellbeing in Health and Justice

Copyright © (2022) Stickney, J. and Holmes, E.  
*Model of Wellbeing  
In Health and Justice  
Future Regime Design (HMPPS)*



# Where we have got to

- Developing a National Prison Regime
- Developing a tool to understand the skills and strengths (as well as needs and risks) of each person in prison (TiME)
- Developing a tiered regime to support all people in prison being able to engage in structure and routine depending on skills, strengths and needs



# Developing Regimes for people with complex needs

## Case Study Discussion

Spend 5 minutes discussing with those around you ideas on developing a regime for Kyle

Feedback



# Case Study - Kyle

Kyle is a 35 year old man, with a history of childhood of abuse and neglect. He started using substances aged 12, addicted to heroin aged 16. Kyle first came into custody aged 17 and from then received several short sentence. He is currently serving a 12 year sentence, he has been released twice on parole, both times recalled within two months.

## **Difficulties in regime engagement: Kyle -**

- Does not feel stabilised on methadone script and wants Subutex as he was on this in the community and it worked for him
- Does not feel his mental health is supported and does not feel listened to
- Has difficulties in engaging productively in work due to mental health and isolates in his cell
- Feels invisible, unconnected to anyone in prison or in the community
- Feels hopeless, believing the only solution is to stay inside until the end of his sentence to be released off licence

**How do we create a regime that works for Kyle?**





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So....lets talk...  
any questions or comments  
please get in touch

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