

Prevention of alcohol problems in prison system – in the context of COVID

prof. Krzysztof A. Wojcieszek

SWWS

EPTA conference 2021

Alcohol as an important risk factor for crime

- **Over 50% of the perpetrators of "violent" crimes (assaults, fights, homicides) were visibly influenced by ethanol at the time of the crime (victims' testimony).**
- **Common scenario: Right after leaving prison, they consume heavily, lose control, and commit another crime. Alcohol problems cause a frequent breakdown of positive rehabilitation scenarios.**

„Prison as a big hospital”???

Even about 70% of inmates may have various alcohol problems, not necessary in the form of full addiction.



- **No less than 25 % of inmates is addicted!**

„Alcohol problems in the criminal justice system: an opportunity for intervention”

- **ABSTRACT:** Alcohol and crime, especially violent crime, are linked. Many prisoners are incarcerated because of alcohol related crime. Alcohol is not permitted in prisons except for a very few exceptions, and illicit use of alcohol in prison is not a major problem. Imprisonment does, however, give an opportunity to tackle alcohol problems in prisoners, with the potential for positive effects on their families and friends and a reduction in the risk of re-offending, the costs to society and health inequalities.
- **Lesley Graham, Tessa Parkes, Andrew McAuley**
- **and Lawrence Doi**
- WHO, 2012, ISBN 978 92 890 0290 5

Sources

- Graham K., Livingstone M., The Relationship between Alcohol and Violence – Population, Contextual and Individual Research Approache, *Drug and Alcohol Review*, v. 30 (5), s. 453-457, 2011
- Lesley Graham, Tessa Parkes, Andrew McAuley and Lawrence Doi (2012). Alcohol problems in the criminal justice system: an opportunity for intervention. Copenhagen, WHO Regional Office for Europe, 2012 (<http://www.euro.who.int/en/what-we-publish/abstracts/alcohol-problems-in-the-criminal-justice-system-an-opportunity-for-intervention>, accessed 3 December 2013)
- Graham L. Alcohol and prison; https://www.euro.who.int/__data/assets/pdf_file/0003/249204/Prisons-and-Health,-15-Alcohol-and-prisons.pdf

Are we really taking this opportunity to intervene in prison about alcohol problems?

- In Poland:
- Therapy in prisons – possible
- AA movement group in prison – possible (about 10% of all group active in Poland)
- Individual interventions (3 sessions) – possible – about 8000 per year
- **So what we need more?**

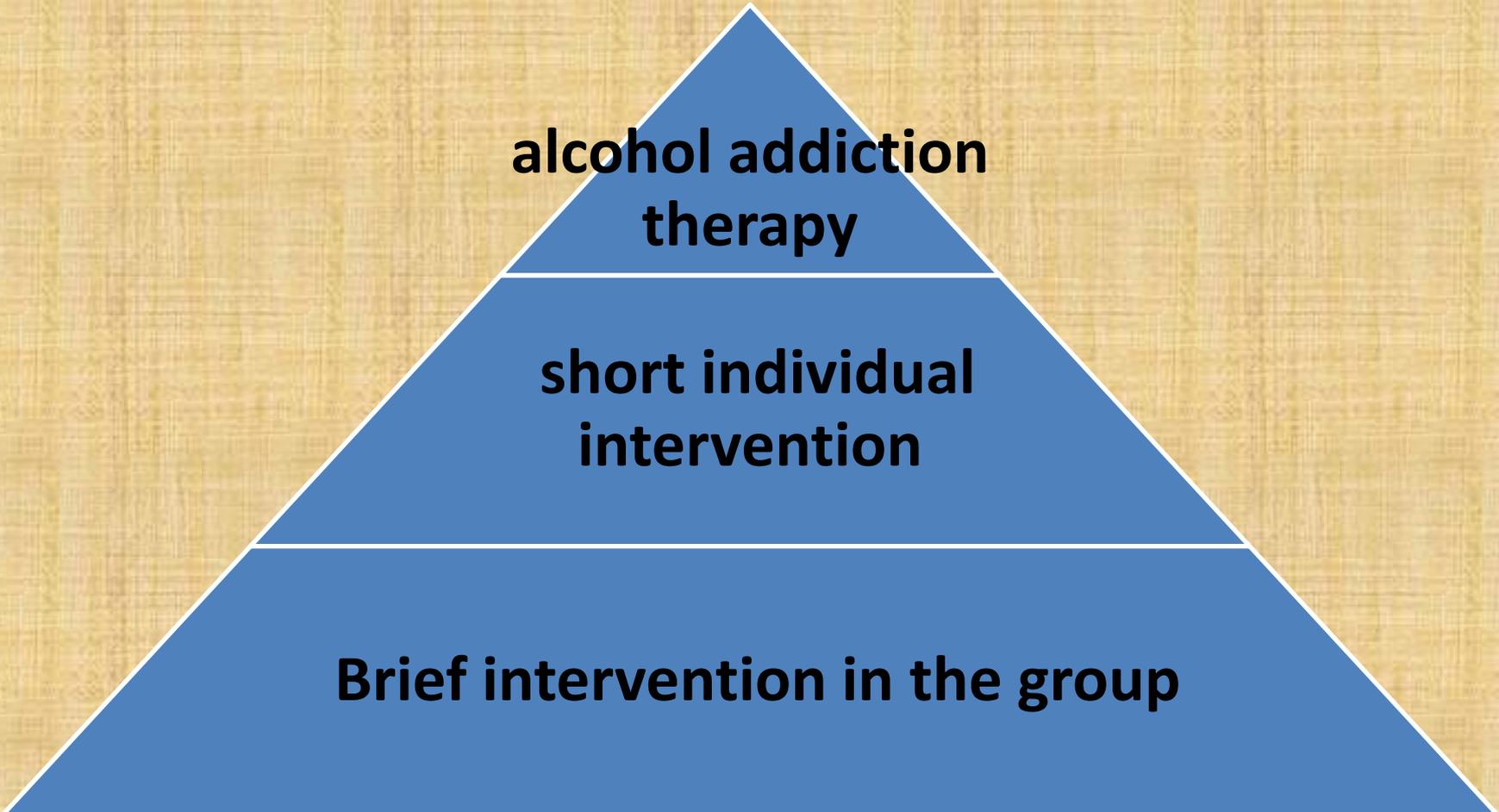
About positive cases

- Wojcieszek K., (2018) Gdy kara więzienia staje się szansą rozwoju, *Przegląd Więziennictwa Polskiego*, 2018, nr 100, s. 59-79,
- Anonim, Przebudzenie za murami, „*Świat Problemów*” 2008, nr 4 (183), s. 18.

New requirements for the competence...

- Breska R. (2018). Nowe wymagania dotyczące kompetencji pedagoga resocjalizacyjnego w zakresie pracy psychokorekcyjnej z osobami uzależnionymi s. 23-25 . *Colloquium edukacja – polityka – historia. Kwartalnik 4/2018. s. 21-35.,*
- ***New requirements for the competence of a rehabilitation pedagogue in the field of psycho-correctional work with addicts***

A new proposal



**alcohol addiction
therapy**

**short individual
intervention**

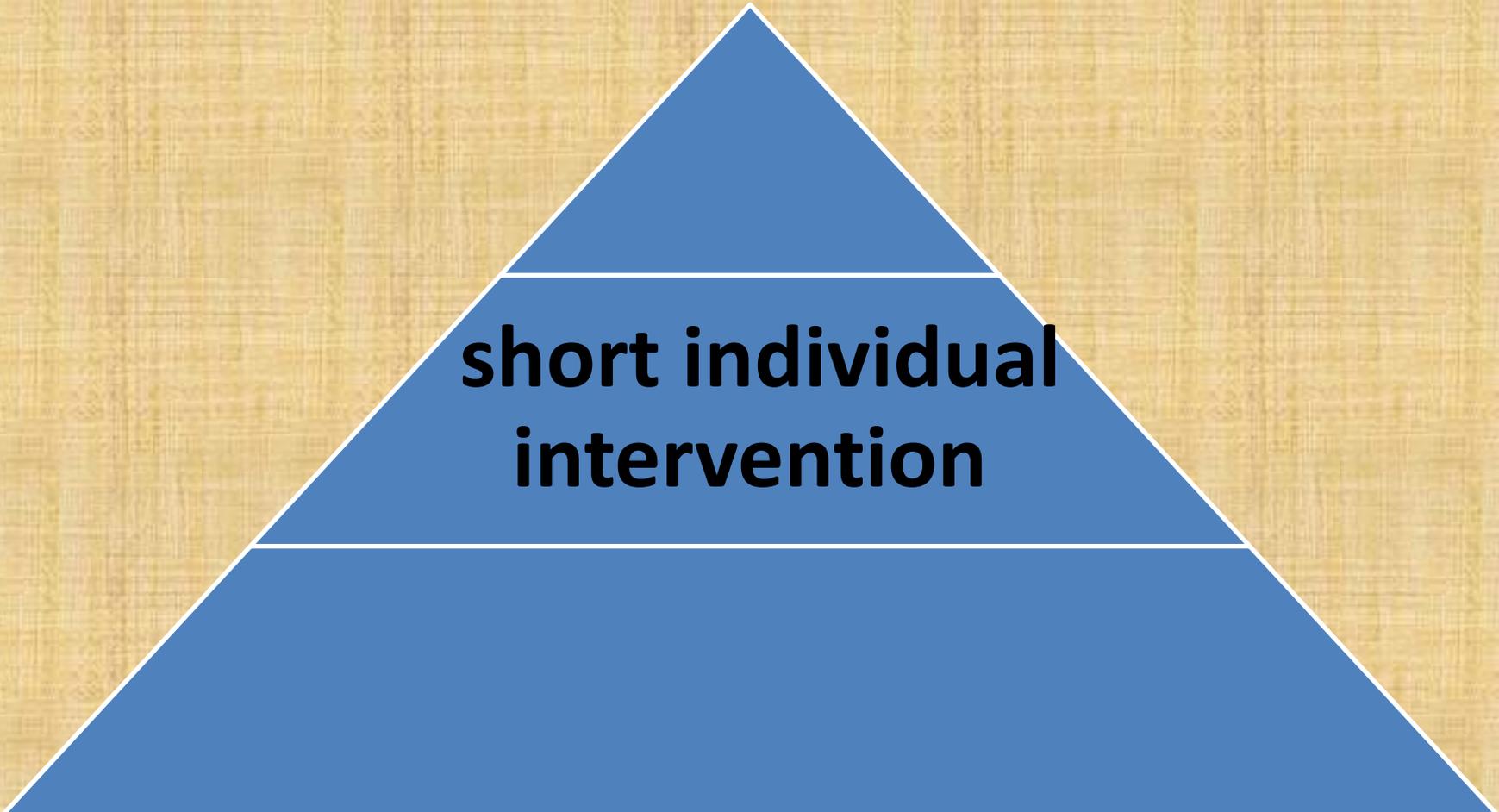
Brief intervention in the group

A new proposal



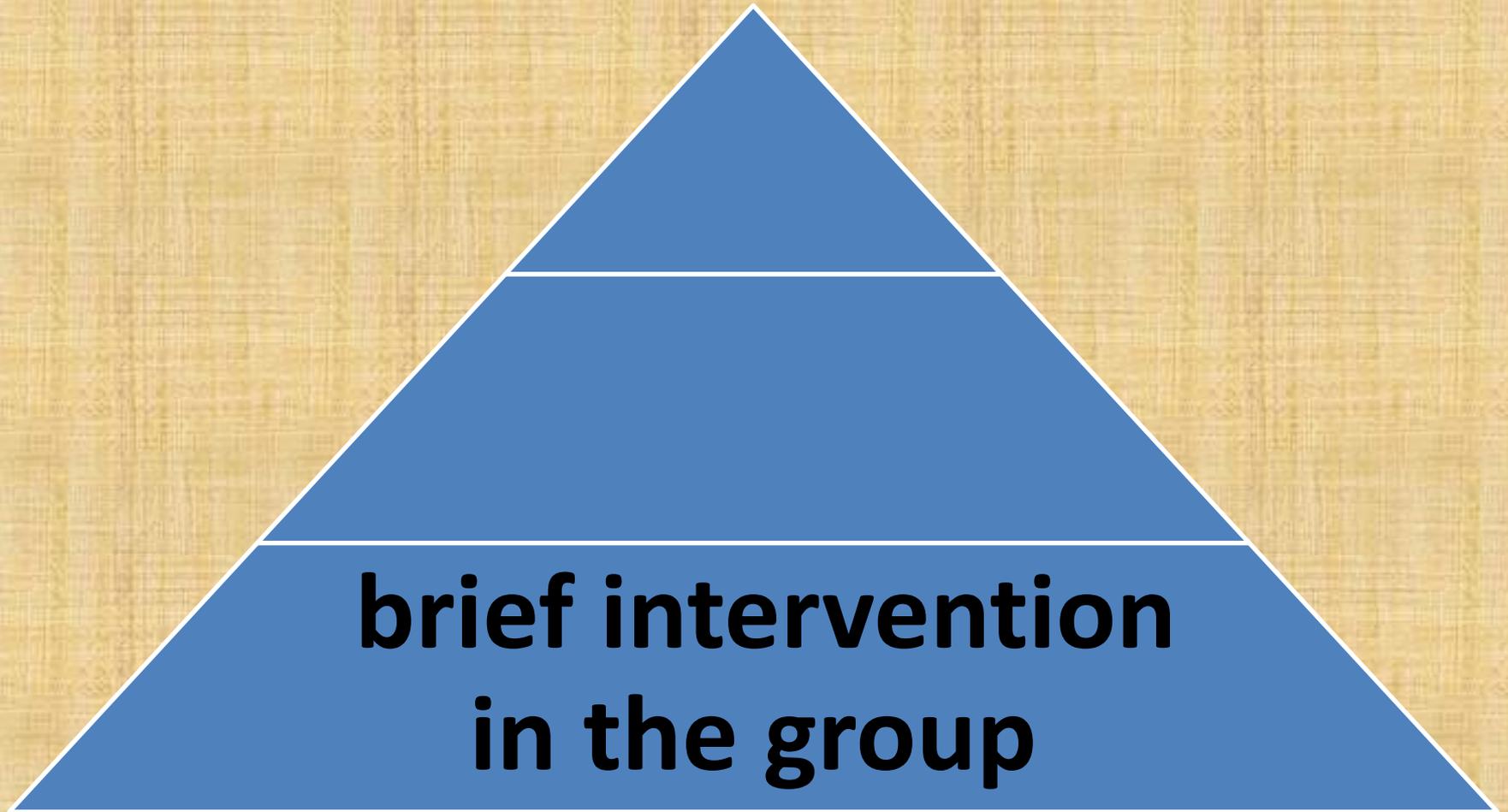
**alcohol addiction
therapy**

A new proposal



**short individual
intervention**

***„Bridging the gap”* – prevention on
universal level**



Short preventive intervention **in the**
group as a technology for
preventing crimes
caused by alcohol abuse.

...

„Correction for inmates” scenario.

- One of the technologies used in the Polish army, police **and now in prison service** is intensive and specific education in the form based on **motivational dialogue**, but implemented **in larger groups**, not individually (the "Correction" prevention program).

Smart structure of „*Correction*”

- This interaction has a **specific structure** to overcome the various defense mechanisms of the participants. It is a **well-developed „technology”** that has been used for some time (since 1998 in the army) by the relevant departments of uniformed services.

Why it is „technology“? Semi – automatic structure of the program

- Semi – automatic, very simple and intuitive.
- 9 main questions, one test (AUDIT).
- Process of creation of the **OWN PREVENTIVE COMMUNICATES** by participants as the effect of the work.

Main parts of scenario

- I – basic information on alcohol in the form of quiz;
- II – „brain storm” about benefits and losses connected with alcohol drinking;
- crucial 3 questions;
- Test AUDIT for the group!
- Test BAC „on the last occasion” in the group !
- Rules of sobriety – individual development program.

An example of dialogue... CRUCIAL QUESTIONS

- *We have the list of good and evil made by using alcohol... What is stronger? Benefits or losses?*
- *OK., losses. Fine. But tell me who of you are alcohol abstinent?*
- *So little? You are heroic drinkers? No? So what to think?*
- *OK. It depends on the way of drinking – more or less responsible?*

...

- *OK. Perhaps you are right, but what it is „responsible drinking“? We have simple way to answer it for you – simple test known as AUDIT. It show us if YOUR style is responsible, OK.?*
- ...
- *We can see that not everybody use „responsible drinking“. Some of participants not, so we need the description of responsible drinking rules...*

The result of step 2

- „Brain storm” about benefits and losses effects of alcohol drinking – propositions of participants.

- Benefits

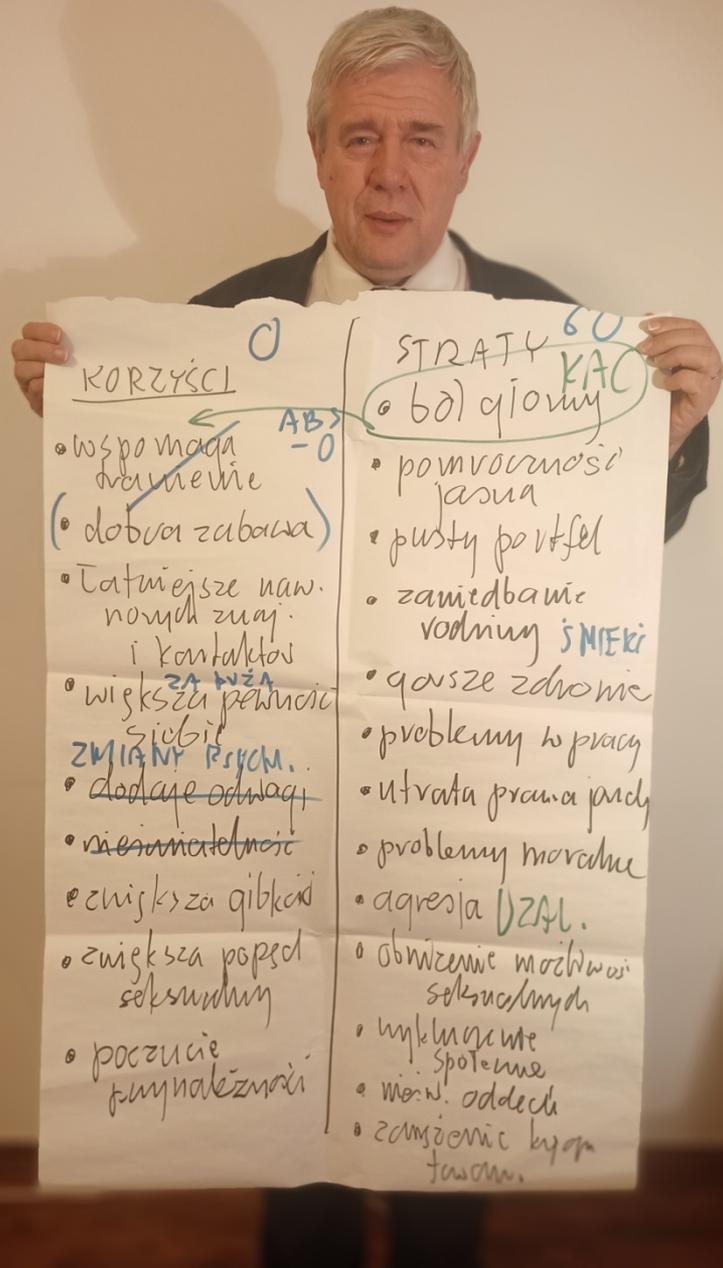
-

-

- losses

-

-



KORZYSCI

- wspomaganie trenowanie
- (dobry zabawa)
- Tatuiersze naw. normalny zuzij. i kontaktow
- wigsza pewnosc siebie
- ZMIANY Ryzyk.
- ~~dobry odwagi~~
- niecierpliwosc
- zwiększa gibkosc
- zwiększa popęd seksualny
- poczucie bytności

STRATY

- ból głowy
- pomnożenie jasna
- pusty portfel
- zaniedbanie wodnym śmieci
- gorsze zdrowie
- problemy w pracy
- utrata prawa jazdy
- problemy moralne
- agresja UZAL.
- obniżenie możliwości seksualnych
- wpływanie społeczne
- miej. oddech
- zmniejszenie bytności

KORZYŚCI

- STAN EUFORII (?)
- ODPREŻENIE / RELAKS
- LEPSZE SAMOPOCUCIE (?)
- REDUKCJA STRESU (GAD)
- ŁATWIEJSZE NAVIĄZYWANIE KONTAKTÓW
- LEPSZE TRAWIENIE (AFROD)
- "DLA ZDROWIA" !!!
- SZYBSZE ZASYPANIE ?
- "DOBRY" SMAK
- POPRAWIA KRĄŻENIE KRWI
- ZŁOŻONA
- ROZLUŻNIA MIĘŚNIE
- INTEGRUJE BIAŁO
- DODAJE ODWAŻY
- POROZUMIENIA FANTAZJE

POPRAWIA
SMAK
POTRAW

STRATY

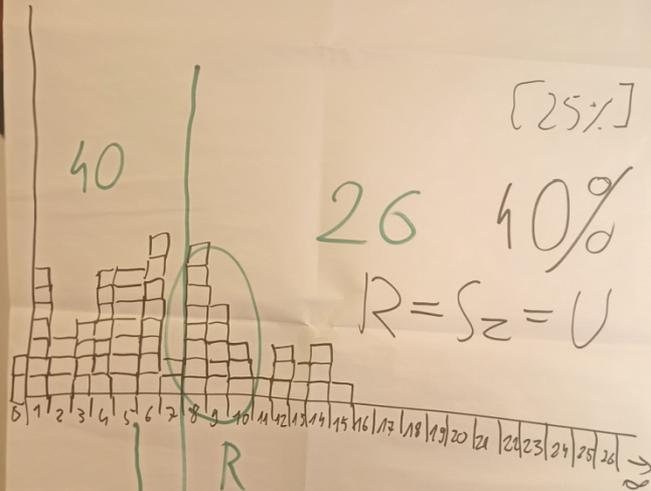
- FINANSOWE / UTRATA \$
- UTRATA ZDROWIA !!!
- UZALEŻNIENIE V
- UTRATA PRACY (!)
- II - PRAWO JAZDY
- PROBLEMY RODZINNE
- DEPRESJA
- PROBLEM Z PRAWEM §
- KAC → (KORZYŚCI)
- POGORZENIE RELACJI INTERP.
- OSŁABIENE KONCENTRACJI
- UTRATA AUTORYTEM
- Leczenie - CHOROBY FIZYCZNE
- FAS
- \$MIERĆ
- DŁUGI
- OBNIŻENIE LIBIDO
- ROZWÓD
- BEZDOMNY
- SAMOBICIDA

- ALICJA
- AGRESJA
- UTRATA DZIECI
- MOCNE SPRAWIANIE

The result of step 3

- Simple data presentation of score in AUDIT (anonymous, for the group only).
- It is different way of using AUDIT test – not individual, but as a sum of individual score.

$n=66$

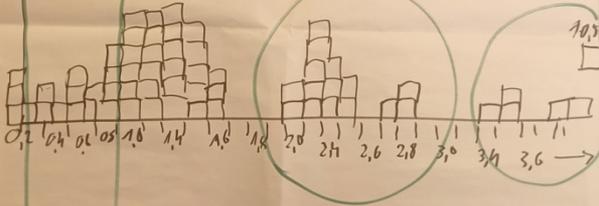




R
26

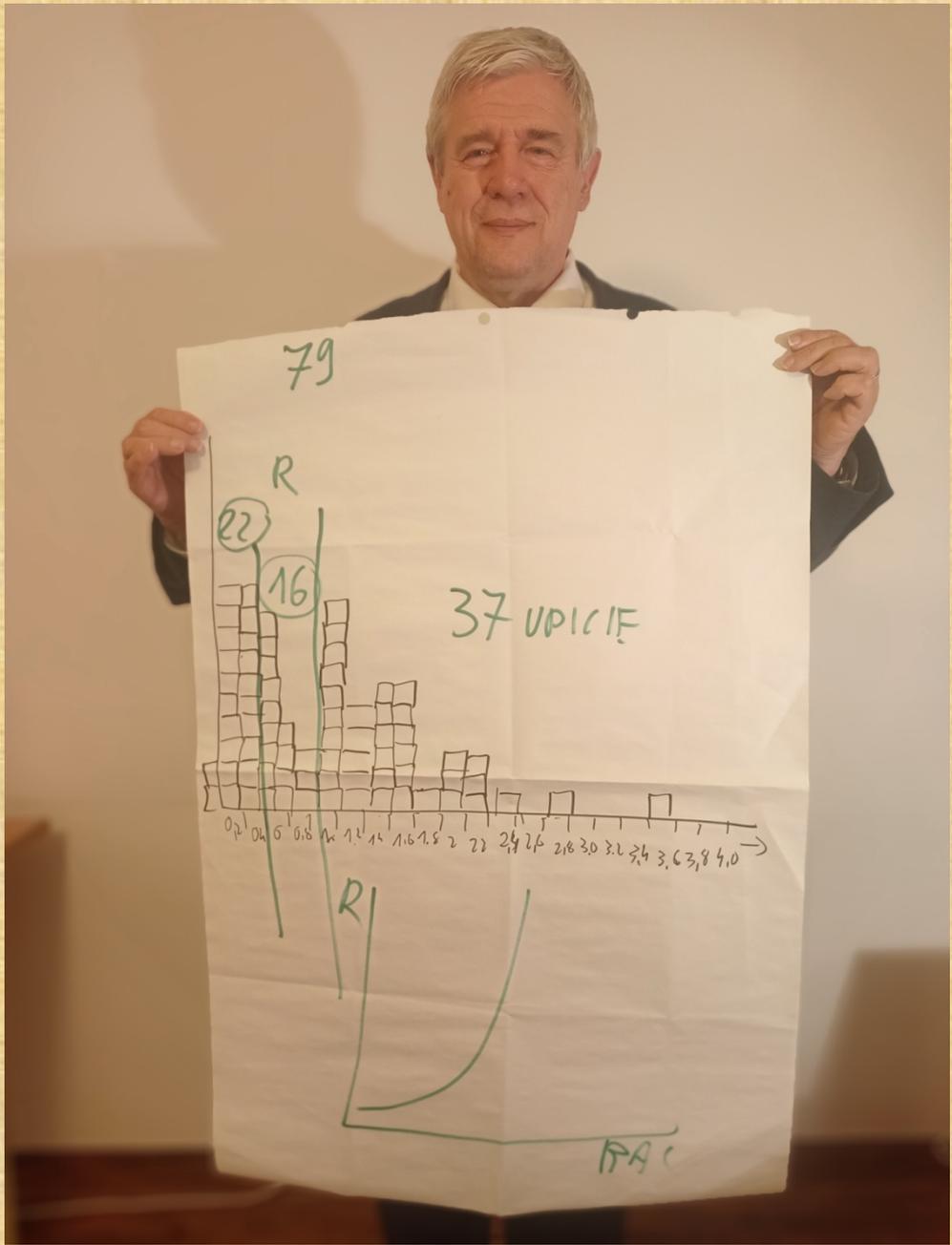
SZ
15

?



The result of step 4

- Results of BAC in the last occasion of drinking.



How big are the group?

- For the common work with author as the leader – about 80 persons at the same time.
- For the „fresh” trainers – about 10 – 15.
- It is much more, than number of individual interventions in polish prisons!
- Time? 3-4 h. One sesion (but possible continuation).

Implementation of the „technology” to prison system – steps.

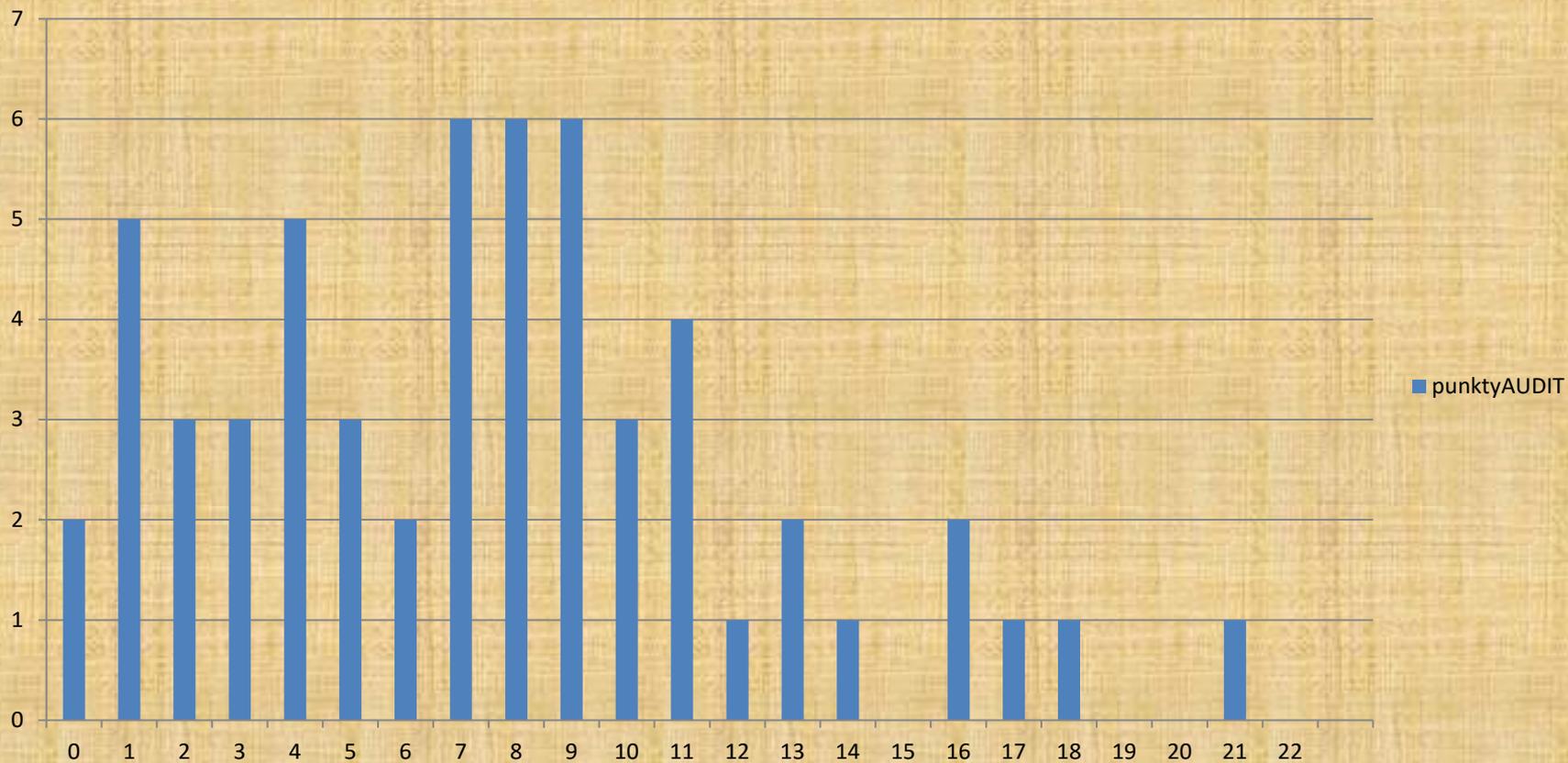
- Step 1: work with the prison staff.
- Step 2: preparing simple materials (scenario, sources, video).
- Step 3: preparing official course by SWWS in the form of e - learning. Recruitment process.
- Step 4: students works with the scenario with the group of inmates and describe it.
- Step 5: after sending and acceptation they have the official certificate. Can work with other groups in prison (inmates and staff).

An example – work with n=58 group (n= 250, 4 groups).

- Middle level of prison staff, high experienced
- 28 % women
- 72 % men
- **Under 8 points – 50,00%**
- **Between 8 -9 points – 20,68 %**
- **Above 10 points – 29,32 %**

Results of AUDIT test.

punktyAUDIT



Despite the fact of high AUDIT score results

- Very high acceptation of the „Correction” workshop: **general satisfaction** in 1(minimum)-6 (maximum) „school scale”:
- Mean= 5,59, stand.dev. = 0,53

score	n	%	Cum %
4	1	1,72	1,72
5	22	37,93	37,93
6	35	60,34	60,34

Evaluation of the workshop(1-6)

	mean	Stand.dev.	% 5+ 6
understand ing	5,53	0,60	94,86 %
satisfaction	5,52	0,63	93,1 %
usefulness in private life	5,52	0,60	94,83 %
usefulness in the job	5,41	0,73	89,66 %

...

	mean	Stand.dev.	% 5+ 6
new knowledge	5,29	0,75	86,21 %
feeling of usefulness	5,00	0,96	72,42 %
motivation for the change of habits	4,57	0,5	62,06 %

...

- Percentage of some remarks in open question about the change:
- **54,39 %** told about their feelings and emotions toward the eventual change of habits in alcohol drinking

Value for personal development

- **Value of the workshop for personal development in 1-6 scale:**
- **Mean = 5,02, standard deviation = 0,9**
- **75,86 % with score „5” and „6”
- maximum**

Recomendations for prison staff and prisoners

	YES	NO
Recomendation for other prison staff members	94,86 %	5,17 %
Recomendation for prisoners	91,38 %	8,62 %
Possibility of realisation in prison	87,93 %	12,07 %

Conclusions

- „Corrections” program is highly acceptable among prison staff despite the fact that it is a kind of the INTERVENTION.
- After using it for prison staff it can be also used as the instrument of prevention for prisoners too.
- Simple form allows for widely use (massive), very economic (large groups).

The e-learning course of the program

- The SWWS prepared a remote course for a short alcohol intervention workshop in a group – „Correction for inmates”.
- The first ediction: 25 students (in covid time).
- Asynchronic, time 2 months.
- Result? 23 good descriptions of their work.

Demonstration of materials from e-learning platform course

- On-line form...

It is the first group...

- It is the first group of staff prepared for using the scenario in prison.
- Value? Possibility of working with more people, perhaps with ALL inmates... 😊

Is this necessary ?

- **An environmental diagnostic survey showed that this action is expected and needed. There is a chance to "patch the gap" in the system by introducing extensive work in alcohol prevention. (data presentation on last EPTA meeting 2021)**

What else, if any? Guide - book.

- Yes, now we prepared (5 authors – K. Wojcieszek, M. Wach, A. Nowogrodzka, E. Krokosz, K. Iwanicka) the monograph – a kind of guide book for the methods:
- „ Profilaktyka problemów alkoholowych w systemie więziennictwa”. (*„Prevention of alcohol problems in the prison system”*)
- It is present now! Fresh!

What is on e- learning platform?

- Presentation of materials on e- learning platform:
- Video x 5 (most important elements of the program)
- Video from the real workshop by author of the scenario
- Text about AUDIT
- Scenario
- Other sources in polish and english

Presentation of the proposal

- [presentation of real e- learning platform]
- [presentation of some descriptions of work by students]

Future?

- Developing the materials
- Second class of the course.
- As we have technology of working” we now want to have the „technology of **implementation**”.
- Scientific study of the proces (monitoring, evaluation).
- Working also with staff...(?)
- Preparing the proposal in english (?)
- International course of the method in Kalisz?

Thank you very much!

- krzysztof.wojcieszek@swws.edu.pl