

Experiences of Intervention for People Serving Short Prison Sentences

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Acknowledgement of Country

I acknowledge the Traditional Custodians of the various lands on which we work and the Aboriginal and Torres Strait Islander people joining us today.

I pay my respects to Elders past, present and emerging, and recognise the diversity of Aboriginal peoples and their ongoing cultures and connections to these lands and waters.

Background

CSNSW's Short Sentence Intensive Program (SSIP)



- For people serving less than 5 months in prison
- Behaviour change programs
- Reintegration services
- Seven sites across NSW

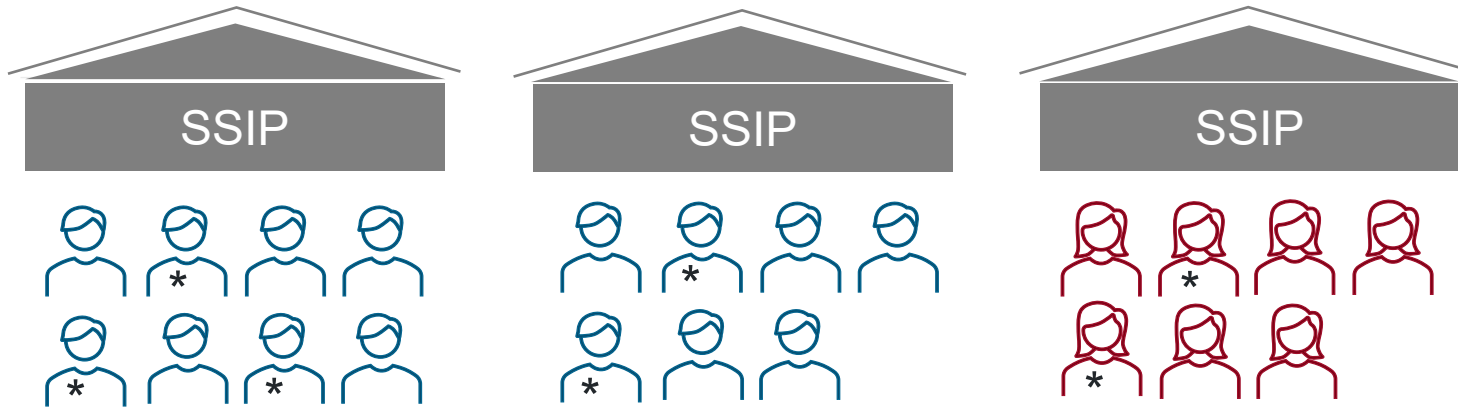
Aims

- I. Explore individuals' experiences of the **Short Sentence Intensive Program**
- II. Understand needs and experiences among the **short sentence cohort**



- For people serving less than 5 months in prison
- Behaviour change programs
- Reintegration services
- Seven sites across NSW

Methods



- Semi-structured interviews
- Reflexive thematic analysis

22 study participants

7 female

7 Aboriginal *

5 completed the SSIP

9 completing

1 waiting to commence

3 did not complete

4 refused the SSIP

...what's been your experience of the SSIP?

...what works well or not?

...what's helpful/unhelpful for
staying out of prison?

A close-up photograph of a chain-link fence, showing the interlocking diamond-shaped links. The fence is slightly out of focus, with a blurred green background.

Findings

Theme 1

Saliency Matters

- Content resonates personally
- Delivery matches individual's learning style

This is probably more offence - specific to each person ... which I can kind of remember more of.

Participant 'Mick'

Theme 2

Those Who Want Change See Opportunity

- Mindset dictates what 'works'
- Distance from family counter -productive
- Insufficient time to complete intervention frustrating

Doing something you're not used to ... it's not gonna be comfortable ... and you gotta be hungry for it.

Participant 'Brodie'

Theme 3

Rome Wasn't Built in a Day

- Change takes time
- Continuity of care important

Someone said, am I coming in
here every winter?
Is this a winter thing?

Participant 'Alice'

Theme 3

Rome Wasn't Built in a Day

- Change takes time
- Continuity of care important
- Support gives hope

If you got that bit of hope and a bit of confidence comes, you'll work it out ... little bit by little bit.

Participant 'Felix'

Theme 4

Little Did We Know

- Information provision lacking
- Reluctance and mistrust

They just said it's a short intense program, but what's it for? What's it consist of?

Participant 'Ian'

Theme 4

Little Did We Know

- Information provision lacking
- Reluctance and mistrust
- Disempowerment

I'm just lucky I've been here before ... this time I wanted to make it count.

Participant 'Nina'

Theme 5

Work With Us Not Against Us

- Person-centredness helps
- Intervention eligibility concerns
- Having someone who cares

It wasn't about punishing me, it was about trying to help me get to where I was going.

Participant 'Dean'

A photograph of a white door slightly ajar, set in a grey wall. Bright light streams through the opening, creating a strong glow and casting a reflection on the dark floor.

Implications for intervention and beyond

- Each activity in the SSIP has value
- Initiatives for the short sentence cohort give hope
- Universal principles of intervention apply

A photograph of a white door slightly ajar, set in a grey wall. The door is open to the right, revealing a bright white light source behind it. The floor is dark and reflective, showing a clear reflection of the door and the light. The overall scene is minimalist and symbolic of an opportunity or a path forward.

Implications for intervention and beyond

- Challenges inherent
 - Logistics
 - Triaging
 - Prioritisation

A photograph of a white door slightly ajar, set in a minimalist room with a grey wall and floor. The door is open to the right, revealing a bright white light source behind it, which casts a soft glow on the floor.

Implications for intervention and beyond

- Improvement needed
towards a *rehabilitative* experience of intervention

Questions

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