



WHO HEALTH IN PRISONS PROJECT(WHO HIPP)

BEST PRACTICE AWARDS SCHEME 2009

APPLICATION FORM

Before filling in the form please visit the web site of the Collaborating Centre of the Health in Prisons Project (which is hosted by the University of Central Lancashire) at the following web address, where you will find useful background information on the award: <http://www.uclan.ac.uk/health/schools/sphcs/wcc.php>

When completed please return the form electronically to your WHO Health in Prisons Project National Counterpart for consideration. The decision to forward applications to the International Judging Panel rests with your National Counterpart.

Please indicate the category (you may choose only one) for your application, by typing an **X** in the box against the correct category

Category 1: an example of best practice regarding *health care services provided to prisoners*. This category includes any aspect of the clinical care provided to prisoners by doctors, nurses or other healthcare professionals.

Category 2: an example of best practice regarding any of the following, or a combination of the following: *prevention, health education or health promotion services provided to prisoners*. For example, members of staff (not necessarily medically trained staff) working within the prison might provide the service, or it may involve peer education i.e. using specially trained prisoners.

Category 3: an example of best practice, which demonstrates *effective co-operation between a prison and the outside community, in the area of health improvement*. This category includes any aspect of improving the health and well being of prisoners.

Contact details of the person in the prison managing the application:

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BACKGROUND INFORMATION

Title of your piece of work: NHS Central Lancashire Prison Diary

Name of country: England

Name of prison: Her Majesty's Prison Garth

Brief description of the prison and prisoners (not more than 200 words):

Her Majesty's Prison Garth is a category B training prison with a 98% employment rate. Our prisoners are serving long-term sentences. 53% of the prison population at Her Majesty's Prison Garth are serving sentences of 10 years or more. 45% of the population are mandatory life sentenced prisoners or prisoners serving an Indeterminate Sentence for Public Protection. Our operational capacity is 847 prisoners.

PURPOSE OF THE WORK

1. What is the **aim** or **general objective** of your initiative or piece of work (in just one sentence please)?

The aim of the project was to produce a user-led 12-month health promotion diary for use by prisoners in the Central Lancashire locality in 2009, raising awareness of health problems and conditions that are particularly prevalent in prisons and providing year-long health promotion information and activity.

2. What are the main characteristics of the **target group(s)**?
 - Is it targeted at all prisoners, or a particular group or groups? e.g a particular age group.
 - Are **others being targeted** e.g. such as staff involvement or involvement of families.
 - What is the coverage of the work e.g. how many persons are being reached?

The target group is all prisoners within Her Majesty's Prison Garth, Her Majesty's Prison Wymott and Her Majesty's Prison Preston.

It is hoped that the diary also provides an educational tool for staff to raise their awareness of health promotion to enable them to promote health effectively within their roles.

3 prisons have been reached by this initiative, having received funding for the project from NHS (National Health Service) Central Lancashire. 6000 diaries have been distributed to Central Lancashire prisoners in 2009.

3. Why this initiative is important?
 - What is the health need you are addressing?
 - Has there been any form of needs assessment undertaken?

- Were you drawing upon any evidence or research to inform the piece of work? If yes please briefly refer to it here.

Studies of prevalence of mental disorder in prisons indicate a huge unmet need for prisoners experiencing mild to moderate symptoms of common mental health problems (Department of Health, 2000). Singleton et al (1998) conducted a study of psychiatric morbidity and established a high prevalence of mental health problems with around 70% of sentenced prisoners suffering from two or more neurotic disorders such as anxiety or depression. The study also established that approximately 90% of prisoners have some degree of mental ill health, personality disorder or substance misuse problem (Singleton et al, 1998). This study confirms that the prevalence of mental disorder in prisoners is overwhelmingly greater than in the general population (Singleton et al, 1998). Evidence suggests that the experience of imprisonment exacerbates mental health problems and this may be responsible for the higher prevalence of mental disorder in prisons in comparison with the general community (Nurse et al, 2003; Joint Committee on Human Rights, 2004; World Health Organisation and International Red Cross, 2005).

Further, the prison population reveals strong evidence of health inequalities and social exclusion. Prisoners tend to have poorer physical, mental and social health than the population at large. Their lifestyles are more likely to put them at risk of ill health. Many prisoners have had little or no regular contact with health services before entering prison. The Department of Health Report "Health Promoting Prisons: A Shared Approach" (Department of Health, 2002) informed that 90% of prisoners have a diagnosable mental health problem (including personality disorder), substance misuse problem or both; 24% of prisoners report having injected drugs – and of these 20% are infected with Hepatitis B, and 30% with Hepatitis C; and that more than 80% of prisoners smoke. These statistics indicate a clear need to promote the health of prisoners and provide health education in prison settings. The report stated that promoting the health of prisoners is a core activity for both the Prison Service and the NHS, with prisons presenting a unique opportunity to tackle some serious health issues through health promotion, and health promotion forming a key part of the process of rehabilitation for the Prison Service. A key message of the strategy informed that prisoners should be helped to adopt healthy behaviours that can be taken back into the community upon release, and to help prevent the deterioration of prisoners' health during custody. The report suggested that prisoners need to receive: advice on the prevention of communicable diseases; advice on harm caused by smoking; support to adopt healthy behaviours, e.g. appropriate levels of physical activity and a balanced diet; and access to advice concerning the early detection of cancer. The report further suggested that many need psychological skills training such as cognitive behavioural skills training, activities to improve self-esteem, enhanced thinking skills and anger management. This project meets the requirements of the strategy outlined within the Department of Health report "Health Promoting Prisons: A Shared Approach".

Further, Prison Service Objectives call for prisoners to be held in "a safe, decent and healthy environment", stressing that health promotion is key and helps to meet the aim of providing decency to offenders. This project meets the requirements of the Prison Service Objectives

The NHS Central Lancashire Prison Diary is particularly important as it aims to provide a "Whole Prison Approach" to health promotion involving all wider determinants of health (regime activity, faith, education) and aspects of prison life that contribute towards prisoner health. The diary aims to provide advice on the prevention of communicable diseases, advice on harm caused by smoking, support to adopt healthy behaviours, e.g. appropriate levels of physical activity and a

balanced diet, and access to advice concerning the early detection of cancer. Further, it aims to provide psychological skills training such as cognitive behavioural skills training, activities to improve self-esteem, enhanced thinking skills and anger management. It therefore meets the needs of patients through the promotion of healthy behaviours that can be applied when released into the community; it promotes rehabilitation; it promotes engagement with health services; and it prevents the deterioration of prisoners' health during custody.

The diary aims to promote literacy by encouraging reading. With the Social Exclusion Unit reporting that 80% of prisoners have writing skills at or below the level expected of an 11-year-old child; the equivalent figure for reading is 50% (Social Exclusion Unit, 2002), the diary makes an important contribution to improving prisoners' reading and writing skills.

4. What did you set out to achieve, and how successful were you? Please list your specific objectives in order of importance, and any indicators used to help you measure progress. (NOTE any evaluation should refer back to these objectives and indicators, indicating progress towards meeting them.)

The most important objective that we set out to achieve was to develop a user-led health promotion diary that prisoners could utilise effectively to improve their physical and mental health. Feedback to date has been very complimentary and the prison diary is a highly regarded self-help tool within the three prisons. Service users requested that the diary continues to be developed yearly and so we have continued to develop the diary to produce a 2010 version, utilising the feedback, comments and suggestions that we have received in the form of evaluation forms received from prisoners who received the diary.

A further key objective was to achieve the distribution of 6000 such health promotion diaries during 2009 and this target has also been successfully achieved.

Melanie Jones is currently collating audit data from the 2009 diary from Her Majesty's Prison Garth, Her Majesty's Prison Preston and Her Majesty's Prison Wymott. The diary includes a pull-out evaluation form at the back of the diary that requests feedback about the diary. The evaluation collates qualitative feedback concerning what the readers found to be most helpful and what areas they thought could be improved.

WHO WAS INVOLVED / WHAT WAS THE TIME FRAME?

5. Please describe:
- Those involved in delivery of the initiative? Give names, job titles and the employer of key people involved.
 - Any prisoner involvement in the planning or delivery of the work.
 - The time frame: When did the work commence? What did you do and when? Is there a finish date known yet?

Melanie Jones, Primary Care Mental Health Co-ordinator - Prisons, NHS Central Lancashire, based at Her Majesty's Prison Garth, led the initiative and provided guidance and support to ten prisoners from Her Majesty's Prison Garth who developed much of the content of the diary.

The initiative was led with ten prisoners taking a lead on the development of the diary. Further, an art and literature competition was held at Her Majesty's Prison Garth and prisoners from across the prison submitted their own work for consideration for three monetary prizes. Some submissions were then utilised within the diary, providing a wide range of literature such as poetry, jokes, short stories as well as artwork that had been produced by prisoners within Her Majesty's Prison Garth. The diary team of ten prisoners were also then involved in distributing the diaries throughout Her Majesty's Prison Garth. Melanie Jones led the distribution of diaries at Her Majesty's Prison Preston and Her Majesty's Prison Wymott.

The work to design and develop the diary commenced in March 2008 and completed in December 2008. The diary was sent to Her Majesty's Prison Wymott printshop in December 2008 where it was printed and bound by prisoners working within the printshop, before being distributed to 6000 in the three prisons throughout 2009.

EVALUATION

6. Was there an evaluation? If yes please detail findings (not more than 300 words).

You may want to consider:

- Formative or **process evaluation**, concerning the quality and acceptability of your **programme's implementation** with the target group.
- Summative evaluation: what were the **outcomes and impacts** in relation to your Specific Objectives and indicators as listed above.

Process Evaluation: Melanie Jones is currently collating audit data from the 2009 diary from Her Majesty's Prison Garth, Her Majesty's Prison Preston and Her Majesty's Prison Wymott. The diary includes a pull-out evaluation form at the back of the diary that requests feedback regarding the quality of the diary. The evaluation collates qualitative feedback concerning what the readers found to be most helpful and what areas they thought could be improved. This feedback has been utilised to help re-develop the diary to produce a version for 2010.

Summative Evaluation: The most important objective was to develop a user-led health promotion diary that prisoners could utilise to effectively to improve their physical and mental health, and feedback from prisoners indicates that the diary is a highly valued self-help tool. The diary has won the 1st place award recently in the NHS Central Lancashire Innovation Awards 2009.

A further key objective was to achieve the distribution of 6000 such health promotion diaries during 2009, and this target has also been successfully achieved.

ABSTRACT

7. Now tell us in your own words about your piece of work or initiative and why it is important (not more than 500 words):

Studies of prevalence of mental disorder in prisons indicate a huge unmet need for prisoners experiencing mental health problems (Department of Health, 2000). The Department of Health Report "Health Promoting Prisons: A Shared Approach"

(Department of Health, 2002) informed that 90% of prisoners have a diagnosable mental health problem (including personality disorder), substance misuse problem or both; 24% of prisoners report having injected drugs – and of these 20% are infected with Hepatitis B, and 30% with Hepatitis C; and that more than 80% of prisoners smoke. These statistics indicate a clear need to promote the health of prisoners and provide health education in prison settings. The report further indicated that prisons present a unique opportunity to tackle some serious health issues through health promotion. A key message of the strategy informed that prisoners should be helped to adopt healthy behaviours that can be taken back into the community upon release, and to help prevent the deterioration of prisoners' health during custody.

In order to act upon this recommendation, Melanie Jones, Primary Care Mental Health Co-ordinator (Prisons) for NHS Central Lancashire, identified a potential avenue of health promotion in the development of a 12-month health promotion diary. The diary would have the specific aim of raising awareness of health problems that are particularly prevalent in prisons. Melanie recruited a team of 10 prisoners to work within the Healthcare Department at Her Majesty's Prison Garth with the intention of producing a user-led 12-month health promotion diary for use in 2009 that would be distributed to all prisoners in Her Majesty's Prison Garth, Her Majesty's Prison Preston and Her Majesty's Prison Wymott. The diary contains articles examining the impact of problems and illnesses such as hepatitis, anger, illicit drug use, alcohol consumption, caffeine intake, and common mental health problems, and helpfully provides many coping strategies and techniques to promote good health and wellbeing and reduce ill-health. The diary also contains articles to help people who may be coming to prison for the first time, along with promotional advertisements from many prison-related organisations. Further, the diary contains mental activities and in-cell exercise workouts that aim to promote mental and physical activity, factors that have been proven to reduce the severity and prevalence of mental health problems that can intensify and result in acts of suicide and self-harm. An art and literature competition was held at Her Majesty's Prison Garth to collate original prisoner artwork and literature for inclusion within the diary, with 6 prize monies being awarded to successful entrants. The diary promotes self-recovery and helps to reduce prisoner reliance upon other medical services.

The initiative meets the needs of patients through the promotion of healthy behaviours that can be applied when released into the community, promoting rehabilitation and engagement with health services and preventing the deterioration of prisoners' health during custody, effectively applying the key recommendations of the Department of Health report "Health Promoting Prisons: A Shared Approach" (Department of Health, 2002).

The initiative also meets Prison Service Objectives that call for prisoners to be held in "a safe, decent and healthy environment", stressing that health promotion is key. Further, the objectives assert that health promotion initiatives should meet the aim of providing decency to offenders, and the initiative indeed provides decency for offenders.

The diary further aims to promote literacy by encouraging reading. With the Social Exclusion Unit reporting that 80% of prisoners have writing skills at or below the level expected of an 11-year-old child; the equivalent figure for reading is 50% (Social Exclusion Unit, 2002), the diary makes an important contribution to improving prisoners' reading and writing skills.

LEARNING POINTS

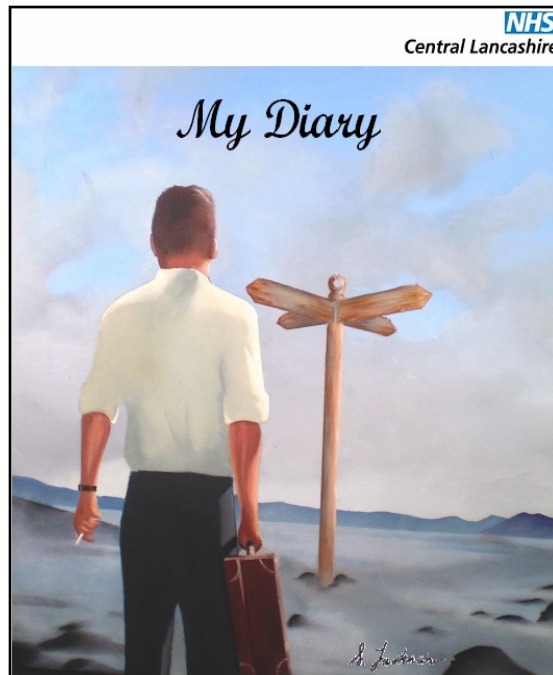
8. Finally, what are the most important specific learning points from your piece of work that you would like to share with others working with prisoners? (not more than 500 words)

I think the most important specific learning point from this piece of work informs that prisoners can be involved in purposeful work that can have a wider impact upon the health of other prisoners. Prisoners do not always have to be employed within generic roles within a prison regime. Those people working with prisoners have the opportunity to develop more engaging and purposeful project work with prisoners that will develop their new skills such as holistic health promotion. The prisoners involved in this project all later became health trainers within Her Majesty's Prison Garth, demonstrating that small projects can lead prisoners onto other work that can have further positive effect on their lives and the lives of those around them. This piece of work shows that the promotion of healthy behaviours can be applied during imprisonment that can prevent health deterioration during custody and that can hopefully be applied by prisoners when released into the community, promoting rehabilitation and engagement with health services.

Note: please attach supporting photographs electronically to this application if you wish. They may be used in any subsequent publication of the awards.

Thank you for filling in the application. Please send it electronically to your WHO Health in Prisons Project National Counterpart for consideration. The decision to forward applications to the International Judging Panel rests with your National Counterpart. Good luck!

NHS Central Lancashire Health Promotion Diary



(See also separate document Sample Prison Diary Pages)