



Asian and Pacific Conference  
of Correctional Administrators

ISSUE 50 | JAN 2022



# Differentiated Interventions in *Corrections*

# CONTENTS

---

4

**Trauma Informed Approach for Federally Sentenced Women Offenders in Canada**

Correctional Service of Canada, Canada

7

**Practising Mindfulness in Drug Addiction Treatment Centres**

Hong Kong Correctional Services Department, Hong Kong (China)

13

**Support Services for Inmates with Drug Abuse Problems**

Correctional Services Bureau, Macao (China)

16

**From Within to Beyond: Delivering Structured Interventions for Drug Offenders**

Malaysian Prison Department, Malaysia

20

**Changing Hearts, Minds and Souls: Reforming Women Offenders with Holistic Activities**

Correctional Institution for Women Bureau of Corrections, Philippines

23

**Kanlungan Sa Piitan: Haven Behind Bars**

Bureau of Jail Management and Penology, Philippines

24

**Enhanced Drug Rehabilitation Regime: A Differentiated Approach Towards Rehabilitation**

Singapore Prison Service, Singapore

# Greetings

## Fellow Colleagues of Correctional Agencies,

There is no one-size-fits-all formula in the rehabilitation journey of various offender groups. To deliver effective interventions, targeted interventions are essential to address the different needs of the diverse offender populations and ultimately, reduce re-offending. In this issue, we will read about the differentiated strategies and initiatives that APCCA members have adopted in their work in transforming offenders to law-abiding and productive citizens.

### Differentiated Interventions for Women Offenders and Drug Abusers

In the rehabilitation of women offenders, the Bureau of Corrections in Philippines reforms lives through a holistic slate of programmes, ranging from religious practice, vocational, sports and recreation to many more. The Correctional Service of Canada recognises barriers faced by women offenders, and adopts a trauma informed approach to shape their correctional planning.

Recognising the important role of pro-social support networks, drug counselling programmes in the Bureau of Jail Management and Penology, Philippines, address the psycho-educational needs of residents and their families concerning drug abuse. Likewise, on top of individual therapy, the Malaysian Prison Department developed a peer support framework to inculcate positive behaviours among offenders, like self-efficacy and good communication skills. The Enhanced Drug Rehabilitation Regime in the Singapore Prison Service also provides enhanced community-based support for drug abusers.

In Macao's Correctional Services Bureau, drug abusers receive diverse learning opportunities and support schemes to encourage them in their recovery journey. The Hong Kong Correctional Services Department adopts mindfulness in their psychological treatment to give drug abusers a greater sense of awareness and acceptance of their relapse triggers.

### APCCA Newsletters Over the Years

This issue also marks the 50th edition of the APCCA newsletter. Let us take a trip down memory lane and look at some of the earliest issues of the newsletter and its transformation over the years.



May 1999 Issue



Dec 2009 Issue:  
Healthcare in Prisons

The initial APCCA newsletters in the late 1990s and early 2000s served as summary reports of the previous annual conference, provided information on key developments among APCCA members, and reminded members about the next annual conference. Over the years, the newsletter developed into a platform that focused on knowledge-sharing among members. APCCA members generously contributed their knowledge and experiences around topics such as healthcare in prisons, rehabilitation programmes for juveniles and staff training.

We hope that members will continue to share best practices and benefit from the newsletter. The revamped APCCA website, which will be officially launched in March, will also serve as another knowledge sharing platform, and we hope that members will actively share their research articles and initiatives online. I welcome suggestions for improvements and look forward to your continued support in future editions of the APCCA newsletter and the revamped APCCA website.

Keep Well and Stay Safe.

**SHIE Yong Lee**  
Commissioner,  
Singapore  
Prison Service





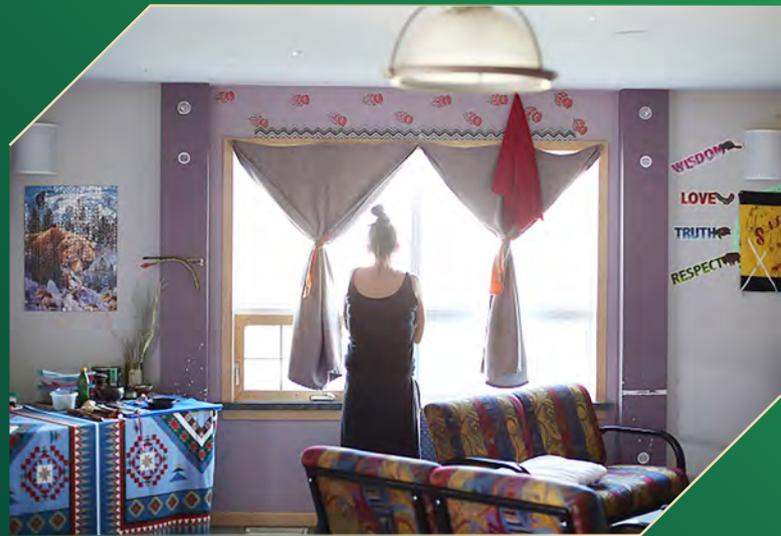
# Trauma Informed Approach for Federally Sentenced Women Offenders in Canada

**Kristan Brodoway**

Special Advisor Women Offender Sector, Correctional Service of Canada

*The approach to women's corrections in Canada remains founded in the overarching principles of Creating Choices: The Report on the Task Force on Federally Sentenced Women (1990), commissioned by the Correctional Service of Canada (CSC). The incorporation of various research studies and a Trauma Informed Approach further instills a gender-informed strategy to all interventions and security operations.*

A Trauma Informed Approach acknowledges a link between an individual's use of violence and their social experiences and exposure to violence. The approach further recognises how the social context, including psychological distress and gender inequalities, commonly contribute to criminal pathways for women offenders. Many federally sentenced women are among those in our society who have most suffered from sexism and racism. Women offenders typically are poorly educated, unemployed, and have survived physical and/or sexual abuse.



*The common area of living for women offenders.*

Correctional Planning in CSC takes into consideration that most women offenders have experienced complex trauma at some point in their lives. For many, prior to the commencement of recommended programming, emotional regulation is a first step in achieving the necessary cognitive awareness to address the reasons for committing crime. Symptomatic behaviour in response to trauma can include self-injury. Identifying how each woman recovers differently from abuse and violence is the driver to a responsive trauma aware approach and the development of coping skills. This approach acknowledges how support, motivation, and encouragement will assist women offenders to resolve their own risks through targeted strategies.



*A playpark at CSC.*

### **Programmes for Women Offenders**

The Women Offender Correctional Programming, aimed at addressing risk to public safety, is distinct in its identification of the importance of relationship as central to women's development. Therefore, treatment effectiveness is considered enhanced when it promotes the formation of healthy and pro-social connections with others. The Mother-Child Program, unique to federally sentenced women offenders, exemplifies the value in supporting the bond between mother and child. Ensuring a safe environment to foster family reunification continues for women offenders under community supervision.

For Indigenous women offenders, a Trauma Informed Approach integrates social experiences with a cultural pathway to healing. Understanding how the residential school experiences and colonisation impact women offenders assists with the development of their social histories and reintegration plans. Healing through Elder services and cultural interventions is part of a holistic strategy to address inter-generational trauma. A unique stream of correctional programming for Indigenous women offenders targets these specific issues.

A Trauma Informed Approach is also evident in the security operations applicable to women offenders. The Correctional Service of Canada aligns with the Bangkok Rules, through the establishment of policy measures that ensure the dignity, respect, and human rights of women offenders. Searching procedures are conducted in a gender and trauma responsive manner, with an emphasis on conducting searches in a discrete and humane method while also exercising an awareness to the impact it may have on the woman offender. To this end, policy requires a strip search, whether routine or non-routine; be conducted in a private area; out of sight of others; by a staff member of the same sex; and in the presence of a witness. This witness must also be the same sex as the individual being searched. For women offenders this search is conducted in two steps, allowing a visual inspection of the upper torso of her body to be completed and re-clothed, prior to the search of the lower torso.

### **A Women Centred Approach to Staff Training**

The Trauma Informed Approach, inherent in the women offender correctional model, is further reinforced through the requirement for all staff to complete Women Centred Training. Women Centred Training imparts a stronger understanding of women's issues; enhances gender responsive interventions; and underscores a 'women centred approach' through empathy, empowerment, validation, and respect. Staff gain an awareness of the ways in which women live in the community; the way they experience and express emotions, as well as the differences in income levels, needs, and roles within family. It recognises the rate of victimisation of women compared to men, the impact of past trauma, and society's expectations for women. The training includes preparation for working with women offenders with life and long-term sentences, as well as those with special needs, such as older offenders, pregnant women, and mothers, including those participating in the Mother-Child programme.

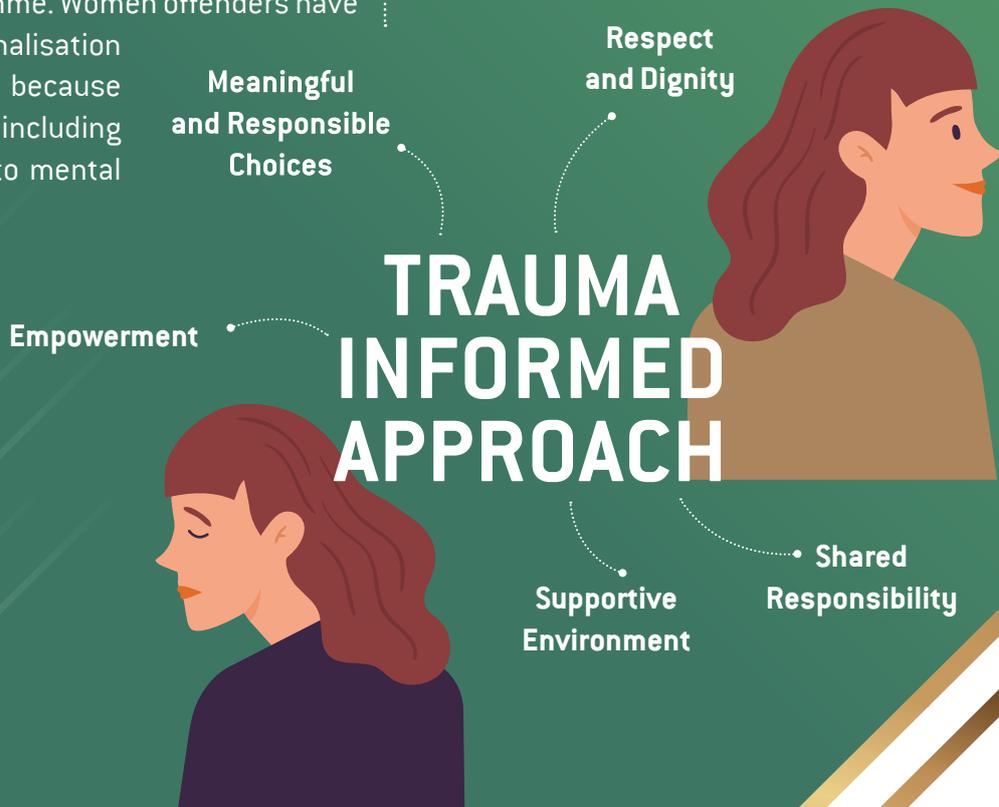


Women offenders undergoing programmes.

Women offenders have often faced marginalisation and discrimination because of vulnerabilities, including the barriers related to mental health issues. The training recognises there is a connection between a woman offender’s involvement in the criminal justice system and the inequities, hardships and suffering experienced by women in our society. The training includes preparation for working with women offenders with life and long-term sentences, as well as those with special needs, such as older offenders, pregnant women, and mothers, including those participating in the Mother-Child Programme. Women offenders have often faced marginalisation and discrimination because of vulnerabilities, including the barriers related to mental

health issues. The training recognises there is a connection between a woman offender’s involvement in the criminal justice system and the inequities, hardships and suffering experienced by women in our society.

Given the primacy of the Creating Choices principles that guide the Women Offender Sector and the management of all women offenders in federal custody and supervision, a Trauma Informed Approach both originates from and encompasses the following principles:





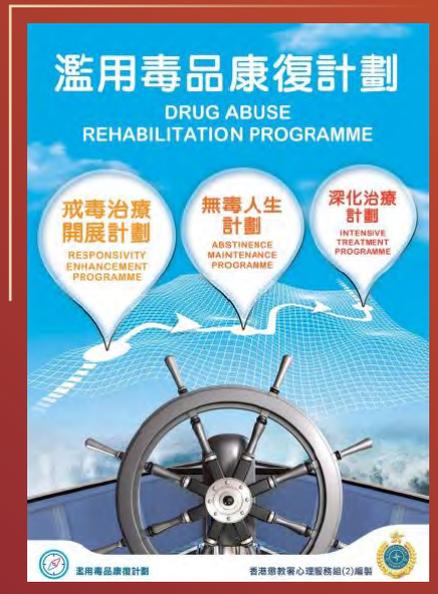
# Practising Mindfulness in Drug Addiction Treatment Centres

Hong Kong Correctional Services Department, Hong Kong (China)

The Hong Kong Correctional Services Department (HKCSD) established one of the first mindfulness treatment units for incarcerated drug addicts in Asia, which allows addicts to gain greater sense of awareness and acceptance of their relapse triggers through the incorporation of mindfulness practice into drug abuse psychological treatment.

## Drug Abuse Rehabilitation Programme (DARP)

Over the past ten years, the HKCSD has launched a specialised psychological treatment programme named “Drug Abuse Rehabilitation Programme (DARP)” at our Drug Addiction Treatment Centres (DATCs) to help incarcerated drug addicts stay away from drug abuse and reoffending after release. DARP is a systematic and evidence-based cognitive-behavioral programme tailor-made to match the risk / needs profile of the Person In Custody (PIC). The DARP aims to enhance PICs’ understanding about drug addiction problems and prepare them for a pro-social and drug-free life and it consists of three sub-programmes:



DARP was tailored made for PICs in the Drug Addiction Treatment Centre.

### ▶ Responsivity Enhancement Programme (REP)

Aims to raise PIC’s treatment responsivity, which embraces motivation to change, confidence and perceived usefulness of the treatment.

### ▶ Abstinence Maintenance Programme (AMP)

Aims to improve PIC’s self-efficacy when posed with problems of drug use and to reduce risk of relapse.

### ▶ Intensive Treatment Programme (ITP)

Facilitates both cognitive and behavioral changes in PICs, which are crucial to maintaining drug abstinence.

Same as other psychological treatment programmes in HKCSD, participation in DARP is voluntary based on the PIC’s informed choice.

## What is Mindfulness?

Mindfulness has been operationalised as “deliberate, non-judgmental awareness of the present moment” (Kabat-Zinn, 2003).

### New Initiative of Bringing Mindfulness into Drug Abuse Psychological Treatment

Mindfulness-based interventions have been employed in treatment for drug addicts with promising outcomes in the West (Bowen et al., 2014; Brewer et al., 2009; Li et al., 2017;). Bowen and colleagues (2009) found adults with substance use disorders who took Mindfulness-Based Relapse Prevention (MBRP) reported significant decrease in cravings, reduction in drug use, an increase in acceptance and awareness at post-treatment compared to the community treatment as usual. Similarly, Witkiewitz & Bowen (2010) demonstrated that mindful meditation was associated with lower risk for substance use and relapse.

Mindfulness training has also been extended to offender populations in correctional settings, showing additive benefits to the traditional cognitive-behavioral therapy; and research suggests its effectiveness in enhancing psychological well-being, reducing substance use, and decreasing recidivism among offenders (Himmelstein, 2010). Courses on Mindfulness – Based Stress Reduction (MBSR) were offered in drug units in 6 prisons in the United States, and improvements were found in important areas including hostility, self-esteem, and mood disturbance, and improvements for women was greater than those for men (Samuelson, Carmody, Kabat-Zinn, Bratt, 2016). Consistently, women substance-involved criminal offenders after receiving MBRP reported significantly fewer drug use days and fewer legal and medical problems compared to other relapse prevention programmes (Witkiewitz et al., 2014).

### Mindfulness Corner for Female Incarcerated Drug Abusers

Drawing upon the encouraging empirical research findings and evidence-based practices from overseas, the first mindfulness treatment unit “Mindfulness Corner” (嘗靜閣) commenced operation in 2017 at Nei Kwu Correctional Institution (NKCI) of the HKCSD which is a DATC that houses female drug abusers. Despite its status as a minority group that constitutes less than 10% of all incarcerated drug addicts in Hong Kong, adult female drug addicts were given an opportunity to widen their treatment options in their attempts to enhance self-control and maintain psychological distance from cravings and negative emotions, given their particular difficulties in emotional regulation.



*PICs practise mindful breathing at the “Mindfulness Corner”.*

On top of HKCSD’s DARP, evidence-based mindfulness elements, such as mindful breathing, body scan, and mindful stretching based on MBSR were incorporated as a part of drug abuse treatment programme and frequently practiced in the Mindfulness Corner.

### Local Post-Treatment Evaluation Study



Participants found satisfaction with the mindfulness training as it brought them calmness.



An increase in participants' confidence in resisting urges towards drug use.



A decrease in the participants' self-reported emotional reactivity.



Participants reported that mindfulness was a useful strategy to regulate their difficult emotions.

### Mindfulness Place for Male Incarcerated Drug Abusers

Based on the success of the pioneer project in the Mindfulness Corner which is well received by female PICs and greatly supported by concerned stakeholders, the HKCSD decided to establish a parallel treatment unit, the Mindfulness Place (嘗靜坊), in Hei Ling Treatment Centre in 2020, so as to extend mindfulness training to adult male drug addicts.

Comprising of 70-80% of all incarcerated drug addicts in Hong Kong, PICs in Hei Ling Treatment Centre constituted an important group of clientele who is characterised with extended drug-abusing and offending history. Many of them have attempted to stay away from drugs and desist from offending but have failed and repeatedly relapsed to drug use and got re-convicted. Their repeated offending can be explained by elevation in their impulsiveness or compromised psychological regulation ability, which would have got more severe with the increase in their time of contact with drugs until they have got trapped in a vicious cycle of persistent drug use and offending that they cannot exit.

It is hoped that apart from learning cognitive-behavioral strategies including attitudes and problem-solving in traditional intervention, adult male drug addicts can be guided to develop greater awareness and acceptance of their internal relapse triggers like negative emotions, as well as cravings through practicing mindfulness, and can become more resourceful psychologically to make wiser and less hasty decisions in life that can be more commensurate with their hope to pursue abstinence and desistance. In their longstanding battle against own proneness to relapse, motivated male drug addicts can receive coaching at the Mindfulness Place to develop habitual mindfulness practice that can hopefully be carried over to their post-release life.

In fact, Mindfulness Place is more than a physical venue training and practicing mindfulness. It also provides a unique platform where fosters a "mindfulness community" full of other PICs who are willing to learn and go on a journey of finding a deeper level of "inner peace", being more present in the moment and remaining abstinent from drug use.



*Through practising mindfulness, PICs can develop greater awareness and acceptance of their internal experiences.*

### Innovative Strategies

Drug treatment is a difficult work. The scope and diversity of drug abuse issues within our correctional system are magnified by the fact that PICs in the DATCs tended to reflect a higher concentration of persons with chronic drug abuse history coupled with low level of education, greater comorbidity of psychological and family problems, recurrent failure experiences, complicated criminality issues, poor treatment readiness, and low self-confidence etc., which make them most vulnerable to risk of relapse and reoffending.

Taking into consideration of the characteristics and their special treatment needs, new strategies are employed in order to get most hard-to-engage group into treatment at Mindfulness Place and Mindfulness Corner:

## 1. Designing a Therapeutic Environment



A "Check-in Wall" was installed at the "Mindfulness Place" to guide PICs through the practice of mindfulness.

In order to create more comfortable atmosphere conducive to therapeutic experience, both Mindfulness Place and Mindfulness Corner were designed as a welcoming, cosy, warm, and safe environment by using adjustable lighting, soothing colors and nature components to create a sense of comfort, calmness and peace. To support PICs practicing mindfulness, both treatment centres are also well-equipped with tools such as meditation zafus, meditation chairs, singing bowls, meditation bells, and yoga mats. In addition, a "Check-in Wall" (好心牆) as visual cues and therapeutic reminders has been set up at Mindfulness Place to enhance treatment effect through cultivating attitudes favorable to mindfulness and better preparing the participants to enter the actual practice that requires active attempts to redirect their attention from external to internal cues.

## 2. Nurturing a Mindfulness Community

When the PICs start their journey of mindfulness practice, it can be easy to get lost and discouraged at times, but with mutual support within the mindfulness community at the Mindfulness Place, it becomes possible to keep a steady and regular mindfulness practice ritual going. All participants at Mindfulness Place are arranged to reside in the same dormitory and share common residential resources and duties. They are guided by correctional staff to maintain collective well-being and provide mutual support to each other in their pursuit of positivity, mindfulness practice and a healthy lifestyle in a long run.

Moreover, Mindfulness Promotion Campaigns have been launched in a regular basis to help inmates in cultivating mindfulness and its attitudes in daily lives. In addition to promotional talks on various themes around mindfulness, clinical psychologists have been collaborating with frontline correctional staff in bringing mindfulness into institutional activities, i.e. "Mindful Tour", "Mid-Autumn X Mindfulness Soup Dumplings" and "Mindful Coffee @ Healing Café" in the Mindfulness Corner in NKCI.



PICs are encouraged to integrate mindfulness in their daily lives through institutional activities, such as "Mid-Autumn X Mindfulness Soup Dumplings".



PICs practise mindful coffee drinking at the "Healing Café" in NKCI.

### 3. Producing Mindfulness Journal and Mindfulness Cards



Cards and journals were designed to facilitate the practice of mindfulness by PICs.

To facilitate PICs to practice mindfulness, the departmental clinical psychologists developed the first set of Chinese Mindfulness Cards and the Chinese Mindfulness Journal, which are gender-free treatment materials tailor-made for the local culture in the correctional context to facilitate the easy application and practice of a mindfulness lifestyle beyond the therapeutic room. The use of drawings and writings encourages PICs to freely record their thoughts and feelings regarding daily mindfulness practices, which can further enhance their self-understanding.

### 4. Fostering a Mindfulness Culture with the Use of Mindful Snacking Concept

The concept of “Mindful Snacking” was adapted and extended beyond the original idea of taking snack or eating in a mindful way to a broader concept of mindful living throughout the day and taking every moment as an opportunity for practicing mindfulness, including in routine activities like teeth brushing, drinking, walking etc. The word “SNACKING” is used to represent “Stop, Notice, Acceptance, Curiosity, Kindness, Interconnectedness, Non-judging, and Gratitude” for participants to grasp major constructs in mindfulness more easily.



The concept of “Mindful Snacking” enables PICs to grasp major constructs in mindfulness easily.

### 5. Creating Multi-sensory Games and Activities

To further meet the needs of those with troubles in responsiveness, such as low treatment readiness, short attention span and low cognitive competences due to chronic drug use, a variety of fun group activities and games involving shifting attention across sensory modalities, including visual, auditory, olfactory, tactile and taste stimuli, are integrated into the training to sustain their motivation to continue with their practice.

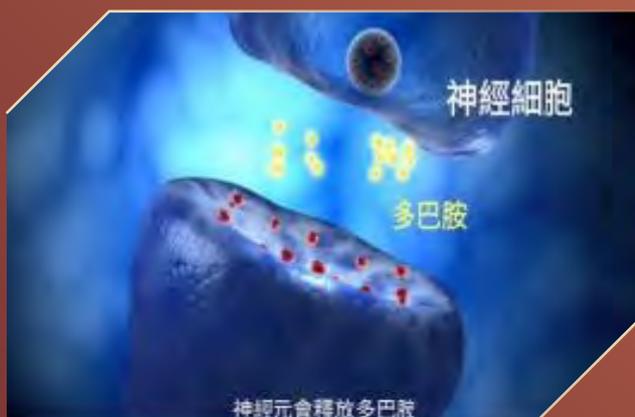
Multisensory games and activities were integrated into the programme to sustain PIC's motivation to practise mindfulness.



## 6. Introducing Mindful Yoga

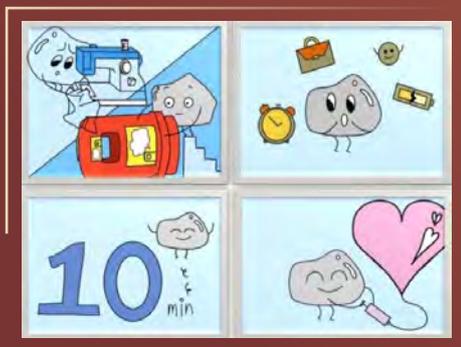
Apart from the mindful exercises grounded in the MBSR, mindful yoga is being introduced to participants as an option of dynamic mindfulness training, while many male participants may feel too impatient to start with static mindfulness exercises given their impulsive neuro-psychological make-up and behavioral history.

## 7. Using Modern Technology “MindTools”



A series of three “MindTools” clips were produced on neurobiology of drug addiction to introduce brain anatomy and reward pathway; to present the mechanism of illicit drugs; and to show how drug addiction affects the reward system and the brain.

“Little Pebble” was created to promote mindfulness for PICs at DATC.



The Psychological Service also developed another new initiative named “MindTools” (懲心導航) in early 2021 for PICs with special treatment needs including those drug abusers in DATCs. This is a purposefully created programme with the use of tablets containing a battery of tailor-made visual and audio intervention clips, including animation for local correctional culture with aims to complement, enrich and extend current mainstream treatment programmes with the use of digital technology under professional guidance.

A wide range of intervention themes from mindfulness, neurobiology of drug abuse, drug abuse misconceptions, understanding and coping with cravings to family communication, and problem-solving were produced to suit individual inmate’s needs. To reach the potential clients, a series of motivational videos was produced by the Psychological Service with a lively and well-received animated character, namely the “Little Pebble”, to provide all PICs of the DATCs with a chance to understand and try out mindfulness.

### Way Forward

The Hong Kong Correctional Services is proactively enhancing its rehabilitation efforts and treatment for incarcerated drug addicts. On top of a cognitive-behavioral based psychological intervention programme that has been implemented in drug addiction treatment centres for over 10 years, two mindfulness treatment units, namely the Mindfulness Corner and Mindfulness Place, were created in 2017 and 2020 respectively.

Evidence-informed elements of mindfulness were also incorporated into traditional psychological intervention programmes. Innovative strategies had been implemented to meet special treatment needs and learning styles of these target population. Coupled with further efforts in promoting community support, continuing care and drug addicts’ motivation to stay abstinent after release, it is hoped that more incarcerated drug addicts can have an increased chance of success in reintegration through continual practice of mindfulness that has been experienced in the drug addiction treatment centres as a promising option to promote overall emotional health and improvement in self-regulation.



# Support Services for Inmates with Drug Abuse Problems

Correctional Services Bureau, Macao (China)



The Rehabilitation Unit holds different activities to enhance inmates' knowledge on prevention of drug abuse.

*The Correctional Services Bureau in Macao is committed to assist inmates in their rehabilitation and social reintegration. Besides providing diverse learning opportunities, the Bureau also spares no effort in providing care and support for inmates who are facing drug problems.*

## **About the Rehabilitation Unit**

In 1997, the Coloane Prison of the Correctional Services Bureau established a "Rehabilitation Unit" for inmates with drug abuse history. Since then, the Unit has been organising an array of activities, classes, talks, counselling sessions and applying various modes of treatment. These treatment programmes are all aimed at correcting inmates' distorted perception of drugs, enriching their knowledge on prevention of

drug abuse and relapse, as well as strengthening their confidence in resisting the temptations of drugs and their ties with the community. In recent years, the services of the Rehabilitation Unit have also expanded to inmates without drug history, helping non-drug-abusing inmates establish healthy lifestyles with talks on health and hygiene.

## **Methadone Treatment Scheme**

In addition to drug abuse prevention education programs, a "Methadone Treatment Scheme" has also been implemented since November 2009 in order to ensure provision of optimised drug treatment and rehabilitation services. The objective of the scheme is to offer continued drug treatment services in prison to local inmates who have been receiving the Methadone maintenance treatment prior to imprisonment. Foreign inmates who have been receiving Methadone treatment prior to incarceration may also continue with the treatment in prison with the approval from court.

### Activities under the Pandemic

The Bureau used to invite non-governmental organisations (NGOs) to collaborate on activities that aimed at promoting the substance abuse prevention messages among inmates. However, owing to the impact of the pandemic, the Bureau,

adhering to the Macao Special Administrative Region Government's policy to "normalise pandemic prevention practices, maintain social distance and avoid crowd gatherings", has adjusted the ways of organising such activities, some of which are introduced as follows:

### "Shiny and Me" TV Education Activity

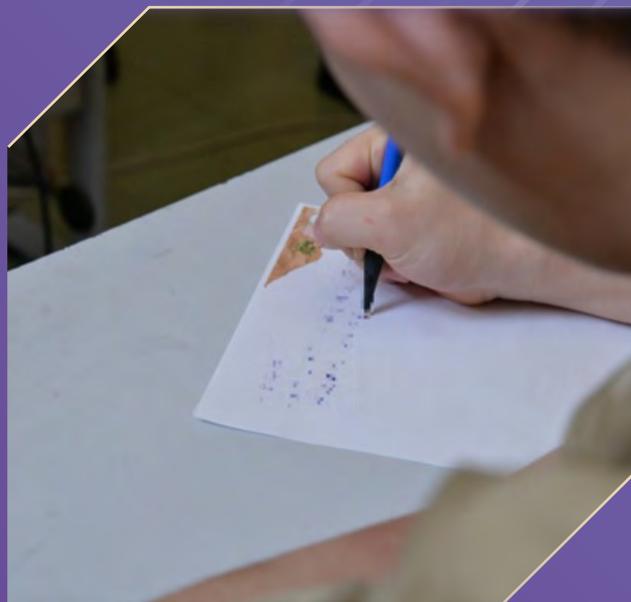


The Bureau first launched the "Shiny and Me" TV education activity in 2020 with an aim to promote drug prevention information among the entire prison population, further their understanding about the hazards of drugs and thereby achieve the effect of prevention of and combat against drug-related crimes.

The mode of the activity used to be as follows: local NGOs were invited to prison premises where they shared healthy lifestyle tips to inmates via video materials and interactive discussion, educating them on the prevention of drug addiction. However, as visits of NGOs to the prison were suspended during this pandemic as a way to avoid crowd gatherings and maintain the safety of the prison premises and inmates, the Bureau changed the original mode of the activity to only broadcasting videos that conveyed relevant preventive education information to the inmates. Some of the inmates having participated in the activity expressed personal thoughts for illicit drugs' harms and conducted self-reflection through writing.

## “Letters with Love” Correspondence Support Scheme

To provide support to inmates with drug abuse history during the pandemic, the “Letters with Love” correspondence support scheme, jointly organised with some local NGOs, was rolled out. The purpose of the scheme was to help local inmates with drug abuse experience who were soon to be released be referred to the NGOs based on their personal wishes. Under this support scheme, relapse prevention information was communicated to participating inmates through letters, educating them on the harms of drugs, enhancing their resistance to the temptations of drugs, reducing the chance of their reoffending and helping them establish tight social bonds and support network prior to their release.



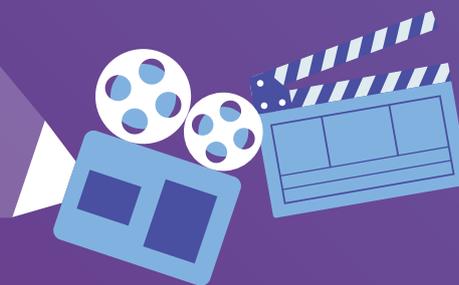
An inmate writes to the NGO



Poster of the micro-film made by a local NGO

## The Micro-Film “Who Am I”

A micro-film titled “Who Am I”, centering on drug abuse prevention and made by a local NGO, was broadcasted to inmates in the prison from August to September 2021, raising inmates’ awareness about drug abuse prevention issues and useful social resources.



Facing the challenges to the mode of its services under the pandemic, the Correctional Services Bureau will continue to leverage the power of the community to assist inmates with drug abuse problems in their rehabilitation.



# *From Within to Beyond:* Delivering Structured Interventions for Drug Offenders

Malaysian Prison Department, Malaysia

*The Malaysian Prison Department has various programmes for drug offenders from within prison walls to beyond, with the aim that inmates who undergo these programmes can fully recover and do not subsequently return to drug addiction.*

## **Integrated Human Development Programme**

The Integrated Human Development Programme started in 2003 and had been enhanced over the years. This structured programme is intended for all offenders in Malaysian Prisons but is separated by specific modules according to offender categories, including drug use offenders. The objectives of the programme are to inculcate a good attitude, various skills, and knowledge for the offenders during their incarceration period. With this programme, the Malaysian Prisons Department aims to achieve the intended output of rehabilitation.

The programme, which consists of 4 phases, are simplified as follows:



## Drug Rehabilitation Programmes in Malaysian Prisons Department

To rehabilitate the drug offenders so that they would not return to drug addiction, Malaysian Prison Department has provided the following programs:



Individual  
Therapy



Group  
Therapy



Distribution  
of Methadone

### 1. Individual Therapy: HUNT Modules



As a leading rehabilitation institution in this country, the Prison Department of Malaysia is responsible for implementing drug treatment for drug offenders. Through this programme, they undergo their sentences through the Human Development Programme by applying for a series of psycho-education modules called HUNT, which stands for 'Help Yourself, No Suffer and No Tears'. These modules were introduced to the Prison Department in year 2017 and were developed by the prison officers with qualified Substance Abuse Psychology Counselling Masters' Degrees. The modules consist of 17 chapters, focusing on the early recovery rehabilitation for drug use offenders.

For instance, one of the modules, titled Integrated in *Human Development Programme Phase 1*, evaluates the readiness to change and severity



Offenders undergoing HUNT Programme.

of addiction among the offenders using the prescribed instrument namely DAST-20 and URICA [Malaysian Prison Department, 2017]. The Phase 1 module also touched on the following items:



The rehabilitation process then will be followed by 2nd phase that is psycho-social based – Therapeutic Community.



## 2. Group Therapy: Therapeutic Community Programmes

This programme is based on peer group supports and uses a residential family-oriented framework, in which offenders are put together in their family – other offenders who having the same interest – to undergo the drug rehabilitation process (Prison, 2014). The objectives of this framework are as follows:



## 3. Methadone Maintenance Therapy



This is the one and only pharmacological treatment that has been implemented for drug use offenders in Malaysian Prisons. This programme started in 2009 in which synthetic drugs called methadone were used to replace opioids to reduce drug dependency. This programme is purposely focused on the reduction of harm caused by the offender who has stopped using drugs but is physically and psychologically dependent on the substance, especially

opioids. Since the programme was monitored by the Ministry of Health, the rate of effectiveness of the programme throughout Malaysia rest with them. However, the therapy was very effective for the offenders in Malaysian Prisons (Prison, 2014).



### Continuing Rehabilitation Outside Prison Walls

Apart from programmes implemented inside the prison perimeters, there are several methods used by Malaysian Prisons to enhance the rehabilitation process of the offender that is outside the prison walls, called the reintegration process. This process is the next stage of the rehabilitation process that has been mentioned earlier. The existing rehabilitation programmes and plans of actions in overcoming relapse are as follow:

### Existing Initiatives

- Parole Release
- Release on License (PBSL)
- Corporate Smart Internship (CSI)

### Proposed Initiatives

- Continuous Guidance After Release
- Establish Non-Governmental Organisations (NGO) under Prison Department
- Increase the number of Halfway Houses

## Did You Know?

The rate of recidivism among the illicit drug use offenders in Malaysian Prison Department who have undergone the reintegration process is below 1%.



Licensed release

The main objective of drug treatment of the Prison Department is to rehabilitate and to treat as well as to prevent relapse among drug offenders. Prisoners are the products of the prison and the nation who are willing to change their negative behaviour towards becoming an excellent individual. Prison authorities have played their part well in overcoming such issues and will keep going until it keeps the Malaysian nation in good condition.

*Jabatan Penjara Malaysia. (2010). Sinar Keinsafan / Ray of Repentance. Kuala Lumpur: Percetakan Nasional Malaysia Berhad. Jabatan Penjara, M. (2017).*

*Modul Pemulihan Dadah (Drug rehabilitation Modul) HUNT. Selangor: Jabatan Penjara Malaysia*



# Changing Hearts, Minds and Souls: Reforming Women Offenders with Holistic Activities

Correctional Institution for Women  
Bureau of Corrections, Philippines

*The Correctional Institution for Women run by the Bureau of Corrections reform lives of women offenders through a holistic slate of initiatives, such as organised religious communities, education and vocational training, sports and recreation, as well as behavioral modification programmes.*

The Correctional Institution for Women is a prison and penal farm run by the Bureau of Corrections that houses women who have been sentenced to more than three years of imprisonment by the court. The Bureau of Corrections offers reformation programs to women offenders to prepare them to become productive and law-abiding citizens upon their release or reintegration back to the free society.

### **Moral and Spiritual Programmes**

Religions in incarceration assist Persons Deprived of Liberty (PDL) with both their inner dealings and the external benefits by providing a sense of normalcy in a confined environment.



*The Muslim Community celebrates the Festival of the Sacrifice in the Correctional Institution for Women.*

### **Education and Training Programme**

The focus of education in detention is to provide offenders with the skills they need to reach their full potential, find work, and contribute to the society. It is one of the cornerstones of successful rehabilitation. During an offender's term, education helps to create social relationships and increase their well-being.



*Alternative Learning System Learners at the Correctional Institution for Women attend the virtual graduation and moving up ceremony for Batch 2019-2020 on July 23, 2021 after receiving a perfect score on their portfolio examination.*

### Vocational and Training (VocTech) School

Despite the challenges they may face, particularly as PDL, they are encouraged to continue pursuing and completing their education in order to make their lives relevant and meaningful while serving their sentences. Vocational training programmes strive to equip offenders with the skills they need to find work and earn a living. According to several studies, PDLs who receive vocational training are more likely to find work and stay out of prison.



Active PDL students from various courses continue to perform and display what they had acquired during their studies at the VocTech School.



PDL's morning routine at the Therapeutic Community Centre includes Zumba dancing

### Behavior Modification Programme

To achieve its purpose of delivering quality drug treatment and rehabilitation services, drug offenders are housed in a separate community for six months before being assigned to their permanent dorm placements. PDL with drug-related concerns remain in the Therapeutic Community (TC) Centre, where they can participate in art classes, static classes, recreation, and have their social and medical needs met.



One of TC's endeavors to help PDL express themselves in a communicative, intellectual, and aesthetic way is art therapy. Artistic activities benefit offenders as they improve their awareness, interpersonal communication, and develop a good self-esteem.

### Work and Livelihood Programme

The Bureau of Corrections has a range of labor programmes for PDL, ranging from agriculture to industry. The goal of the work and livelihood programmes is to keep offenders occupied, provide them with money for personal costs and their families, and assist them in learning skills that will enable them to become productive citizens once they are released and reintegrated back into society.



CO1 Maricel Berongoy assists the PDL improve their livelihood skills, provide services, and better their moral life, all of which can be accomplished through learning.

### Sports and Recreation Programme

Sports can be a powerful tool to engage and motivate those facing life's difficult circumstances. It gives social networks and exposure to positive role models and serves as an alternate source of risk-taking and self-fulfillment. Sports ventures in correctional facilities have proven to be beneficial.



Not only do these sports activities help PDL boost their sense of individual wellness and health, they also provide a way for them to meet people they might not otherwise meet daily.



PDL celebrating Independence Day in the Correctional Institution for Women.



Correctional Institution for Women choir continues to rehearse for Sunday masses and other significant events.



Mask-making and poster-making were some of the PDL's activities during the COVID-19 quarantine period.



# Kanlungan Sa Piitan: Haven Behind Bars

Bureau of Jail Management and Penology, Philippines

*An intervention of the Bureau of Jail Management and Penology (BJMP) for drug offenders under its custody, Kanlungan Sa Piitan introduces reformatory drug rehabilitation programmes for PDLs with drug abuse concerns.*

Inspired and guided by the standards set by The Nelson Mandela Rules, international as well as national human rights laws, the BJMP pursues its administration and safekeeping of persons deprived of liberty in the tenets of restorative justice.

That is why for every sector of PDL in our facilities, there are clearly defined interventions directed to meet their special needs.

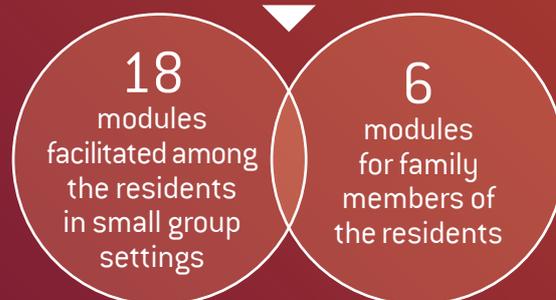
In the case of drug offenders, the BJMP, in collaboration with the Dangerous Drugs Board, launched “**Kanlungan sa Piitan**,” a jail-based/facility-based reformatory drug rehabilitation program that will be established in the three major islands of the country: Luzon, Visayas, and Mindanao.

Part of this program is the construction of rehabilitation facilities in the three islands, where PDL who have drug abuse concerns will be held. In March 2021, the very first rehabilitation facility was completed. It is situated in Malaybalay City Jail, in the province of Bukidnon, island of Mindanao. The whole facility can accommodate 60 PDL. The second rehabilitation facility is now under construction in the province of Cebu, island of Visayas. Two facilities are being established in the island of Luzon.

In these centres, drug offenders under the custody of the BJMP shall be housed and will undergo

another program called, “**Katatagan, Kalusugan at Damayan sa Komunidad** [Resilience, Health and Care in the Community],” (**KKDK**) this time, focusing on their personal transformation. The KKDK is a drug counseling program developed by the Psychological Association of the Philippines intended for people with drug abuse problem.

## KKDK: 24 modules



Specifically tailored to address the psycho-educational needs of residents and their families concerning drug abuse. KKDK counselling are also provided to the residents during the last stages of treatment in preparation for the residents' discharge.



Facilitators are specially trained for the job and are officially certified.



Each module runs for a maximum duration of 2 hours at 2 modules per week.



# Enhanced Drug Rehabilitation Regime: A Differentiated Approach Towards Rehabilitation

Singapore Prison Service, Singapore

*Singapore's approach towards drugs is underpinned by the firm belief that every person in Singapore has the right to live in a safe environment free from drug abuse. Singapore remains tough on drugs due to the immense harm that drugs cause to drug abusers, their families and society at large.*



Singapore's efforts include educating the public on the harms of drugs and strengthening their resilience to stay away from drugs, tough laws and rigorous enforcement against illicit drug activities to prevent the proliferation of drugs. In the rehabilitation and supporter-integration of drug offenders, Singapore adopts evidence-informed practices and equips them with the skills and knowledge to overcome their addiction and lead meaningful drug- and crime-free lives.

## **Evidence-informed Rehabilitation and Aftercare**

The Singapore Prison Service (SPS) runs the Drug Rehabilitation Centres in Singapore, and our drug intervention programmes have been developed based on evidence-informed practices in corrections literature such as the Risk-Need-Responsivity model, the Good Lives Model and Desistance Theory.

Effective rehabilitation cannot rely on a one-size-fits-all approach. Therefore, SPS adopts a differentiated approach that considers factors such as level of needs, age, and gender. Drug abusers' risks of reoffending are also assessed to match them to the most appropriate interventions.

## **Enhanced Drug Rehabilitation Regime**

Over the years, SPS has adopted progressive changes to our drug rehabilitation approach to address evolving drug trends.

As drug abuse shifted away from opiates, we adapted our rehabilitation programmes and extended them to abusers of commonly abused drugs in Singapore, including synthetic drugs. In 2014, the Enhanced Drug Rehabilitation Regime (EDRR) was developed to provide more calibrated interventions and enhanced community-based support for drug abusers.

The EDRR adopts a differentiated yet holistic approach to meet the needs of different groups of drug abusers and includes Psychology-based Correctional Programmes (PCPs), family programmes, employability skills training, and other programmes including religious programmes. Towards the tail-end of their rehabilitation, drug abusers are placed on community-based programmes (CBP) to support their reintegration to society.

## Psychology-Based Correctional Programmes (PCPs)

PCPs help drug abusers re-examine their lives and goals and allow them to learn new skills and attitudes in abstaining from drugs. These interventions provide structured learning and application of pro-social skills to aid abusers in developing a reintegration plan that addresses their unique life situation, challenges, and goals. Based on evidence-informed cognitive behavioural approaches, drug abusers are provided with PCPs that address their risk of drug relapse by targeting their attitudes and beliefs towards drug abuse. The programmes aim to equip them with practical skills to prevent relapse and live a drug-free lifestyle.



SPS's Correctional Rehabilitation Specialist conducting an individual interview as part of PCP. PCPs are delivered in both individual and group sessions.



Family programmes continue to be conducted virtually during the pandemic.

## Family Programmes

Singapore recognises that good family support is essential to the drug abuser's rehabilitation journey. Hence, drug abusers are provided with family-centric psychoeducation programmes that seek to increase their knowledge, skills, and confidence in maintaining ties and rebuilding stronger relationships with their loved ones. Through these programmes, abusers learn to increase their awareness of their responsibilities towards their families and take meaningful action to work on their family issues.

## Employability Skills Training

In partnership with Yellow Ribbon Singapore (YRSG<sup>1</sup>), drug abusers undergo nationally accredited skills training that is aligned to the skills frameworks for the Singapore workforce. This alignment allows drug abusers to upskill as they scale their respective career ladders and assures employers that they are as adequately prepared as any other job seeker.



Drug abusers attending an upskilling course in the Drug Rehabilitation Centre as part of their pre-release programme.

## Other Programmes

Other rehabilitation programmes offered include religious programmes, as well as motivational talks. By participating in religious programmes, abusers are involved in a positive network they can depend on upon their release. Inspirational and motivational talks where former abusers share their life experiences and reintegration journeys, help to motivate and inspire change. These programmes are important as they strengthen the motivation of drug abusers to make meaningful changes to their attitudes and perspectives to get out of drug addiction.

## Community-Based Programmes (CBP)



Drug abusers continue to receive support during Community Based Programmes (CBP).

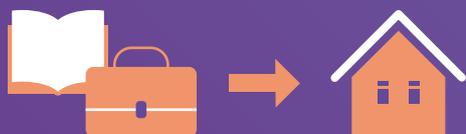
Drug abusers will serve part of their rehabilitation in the community under CBP, as part of a step-down approach in facilitating their reintegration journey. Drug abusers on CBP are provided with case management support, where case managers or reintegration officers would continue to support abusers in addressing their reintegration needs.

<sup>1</sup> Formerly known as the Singapore Corporation of Rehabilitative Enterprises (SCORE), [YRSG](#) is a statutory board which galvanises society to uplift ex-offenders through skills and career development and co-create opportunities for their successful reintegration.

Depending on their suitability and progress in rehabilitation, abusers can be emplaced on the following CBP schemes:

### Residential scheme

Abusers are required to work or study in the day and will return to their place of residence in the evening. They are required to observe strict curfew hours and wear an electronic monitoring device throughout, among other conditions.



### Day-release scheme



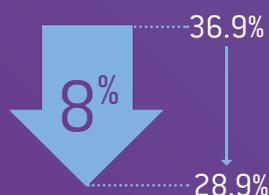
Abusers proceed for work or studies in the day and return to an approved Community Supervision Centre in the evening.

### Halfway House scheme



Abusers undergo structured rehabilitation while residing in a halfway house.

Based on an evaluation study that was undertaken and concluded in 2020, the findings indicated:



A reduction of 8 percentage points from 36.9% to 28.9% in the overall two-year recidivism rates<sup>2</sup> of EDRR participants in comparison to the pre-EDRR group.



EDRR participants also showed a statistically significant decrease in substance abuse attitude scores over time between pre- and post- intervention, when compared with the pre-EDRR participants.



Qualitative accounts from EDRR participants indicated that structured in-care programmes and processes, as well as step-down community arrangements facilitated by staff, encouraged engagement in prosocial activities and learning.

Generally, the evaluation findings indicate that the combination of targeted in-care rehabilitation efforts and the scaffolding of community reintegration is effective in supporting the rehabilitation and reintegration of drug abusers. Singapore will continue to monitor and evaluate the efficacy of the EDRR in rehabilitating drug abusers, through tracking of the recidivism rate among drug abusers.

<sup>2</sup> Recidivism rate is defined as the percentage of local offenders under the custody of the Singapore Prison Service, who were subsequently detained or sentenced to imprisonment or day reporting order within two years of release into the community.



NEWSLETTER | JAN 2022 | ISSUE 50  
PUBLISHED BY SINGAPORE PRISON SERVICE

---



**SINGAPORE  
PRISON SERVICE**

 SPS Official Website

 Singapore Prison Service

 @SingaporePrison Service

© Copyright 2022. All rights reserved. No part of this publication may be reproduced in any form or by any means without the express written consent of the copyright holder and publisher.