

Improving the Societal Reintegration of Offenders



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Foreword

Greetings Fellow Colleagues of Correctional Agencies,

If there is one phrase correctional officers avoid saying when offenders are released, it would have to be “see you again”. As Correctional Agencies, we embrace a similar vision, which is to facilitate reintegration of offenders back to society and prevent re-offending. In this issue, we will read about how fellow APCCA members adopt differentiated strategies to improve the reintegration of offenders.

STRATEGIES TO IMPROVE THE REINTEGRATION OF OFFENDERS

Desistance research shows that to achieve successful reintegration, we should look at ways for desistors to have positive lifestyle changes, a strong sense of purpose, adaptive coping strategies, as well as build up their human, social and community capital. The challenge is to help ex-offenders sustain these positive gains and stay offence-free over a longer duration.

From the various articles written by our APCCA members, it is encouraging to note the various initiatives to support our offenders in reintegration.

Technology can be a key enabler in facilitating the reintegration of offenders. An initiative from Hong Kong Correctional Services Department utilises scenario-based virtual reality as well as smart bikes and video games, to more realistically prepare inmates for stressful scenarios they might face after release or to develop a more pro-social lifestyle.

Family has been shown to be critical in supporting ex-offenders’ rehabilitation and re-integration. The initiatives by Macao’s Correctional Services Bureau focuses on mending the relationship between the offender and their family, by organising family-related activities and collaborating with welfare organisations, to assess and follow up on their needs from within prison to after their release.

Offenders with mental disabilities face significant challenges in reintegration. The Malaysian Prison Department initiated a comprehensive model called SPRR (Screening, Planning, Review & Reintegration) to rehabilitate groups of prisoners with mental problems, which provides therapy programmes which involve art, religion, music, cognitive behaviour, and sports to assist the offenders in adopting positive habits and hobbies after their release.

Preparing an offender for release is crucial to help them overcome the possible challenges in society. Initiatives by the Bureau of Corrections and the Bureau of Jail Management and Penology in Philippines provides offenders a holistic pre-release and reintegration programme which looks at various aspects such as self-development, life skills and employment.

Providing a structured step-down approach has been shown to be effective in preventing re-offending. Community Corrections is the Singapore Prison Service's key initiative in reducing re-offending through differentiated supervision and monitoring, facilitating rehabilitation in a real-life setting and guiding offenders to address their reintegration needs.

I hope APCCA members will enjoy reading these articles and find the sharing inspiring.

KNOWLEDGE SHARING

Over the years, the APCCA newsletter has been one of the various platforms for APCCA members to share knowledge and best practices with one another on various topics such as staff training, rehabilitation programmes and dealing with crises, such as managing COVID-19.

Since April 2022, the revamped APCCA website has been up and running. The revamped website has improved aesthetics and easier navigation. It also includes a survey function which allows APCCA members to gather information on other jurisdictions, and a knowledge sharing portal which allows APCCA members to share relevant correctional research articles and videos. From 2023 onwards, we will be using the Knowledge Sharing portal to share articles from APCCA countries for 1 (out of 2) editions of the APCCA e-newsletter. I would like to express my appreciation to the APCCA Rapporteurs, Neil and Irene Morgan, as well as various APCCA members, who have provided inputs to the revamp of the website.

We hope that APCCA members will continue to benefit from these platforms, and we also welcome suggestions for improvement.

Keep Well and Stay Safe.

SHIE YONG LEE
Commissioner, Singapore Prison Service



Hong Kong Correctional
Services Department



The Application of Modern Technology to Enhance Psychological Well-being of Persons in Custody

The Hong Kong Correctional Services Department (HKCSD) is committed to providing psychological services to Persons In Custody (PICs) to enhance their psychological well-being, improve their behaviours, and facilitate their successful re-integration after their release. Our interventions are evidenced by the Responsivity Principle, which focuses on maximising the PICs' ability to learn from rehabilitative interventions by tailoring to their learning styles, motivations, abilities and strengths (Bonta and Andrews 2007). After reviewing the latest trend of learning styles and behaviours of PICs, Clinical Psychologists of HKCSD incorporated modern technology into psychological services innovatively to enhance its effectiveness of the services. With the application of technology, there was an increase in activity-based and interactive elements integrated into psychological treatment, which strengthens the PICs' motivation to participate and change.

USE OF VIRTUAL REALITY TECHNOLOGY IN PSYCHOLOGICAL INTERVENTIONS

Over the past decade, the mental healthcare sector has seen several notable developments in psychological assessment and treatment due to the advancements in Virtual Reality (VR) technology. The use of VR in offender rehabilitation gained popularity in recent years. VR has been applied in assessing and treating psychological problems commonly seen among offenders, such as those with deviant sexual interest, conduct disorder, attention-deficit hyperactivity disorder, etc.

VR has several unique advantages that brings extraordinary potential to psychological interventions. Most importantly, it has an immersive and interactive computer-generated environment where users can practice skills or be exposed to different stimulus in a realistic yet safe environment. Additionally, VR can simulate situations which can be difficult or costly to experience in real life. VR also allows the delivery of a stimuli in a standardised manner, which ensures the treatment's consistency and quality. The gaming element of VR may also enhance PICs' motivation for treatment as well.



Use of VR in a group treatment

Clinical Psychologists of HKCSD conceived the idea of developing the first scenario-based VR system for psychological assessment and treatment in 2017. The system was used to assess and train participants' skills – through role play – in anger management and handling high-risk situations which may lead to re-offending. This scenario-based VR aims to prepare PICs for community re-integration by exposing them to high-risk VR scenarios without risking others.

In February 2021, the improved version of “Customisable VR Psychological Assessment and Treatment Tool” was developed. This new VR system allows Clinical Psychologists to flexibly design the scenarios by altering the environment, characters, verbal contents, and more. This is adjusted according to the local culture, which widens its applicability to address different clinical issues, such as communication with family, conflict resolution, etc.



Virtual characters in the prevention of re-offending training



Virtual characters in the anger management training

DIGITALISED PSYCHOLOGICAL PROGRAMME: PSYBER SPACE

Psyber Space is a digitalised psychological programme developed for adult PICs to access a wide range of information on psychological health using handheld tablets. As the name suggests, participants are encouraged to explore and enrich the vast space of their inner psychological world. In an era where e-learning on tablets are commonplace, Psyber Space feature a series of therapeutic modules on various psychological topics designed by clinical psychologists according to the needs of PICs, such as coping with their emotions. In addition to interactive games which require participants to apply the skills they learnt into real-life scenarios, Psyber Space also offers extensive psychological resources that support conventional psychotherapy, such as audio tracks for relaxation and mindfulness training.

For continued learning in psychotherapy, Clinical Psychologists provide guidance to the participants using materials available in Psyber Space. The use of tablets enables the utilisation of interactive elements and multi-media resources, which reflects the digitised mode of learning, thereby further enhancing the effectiveness of treatment. In addition, Psyber Space enables Clinical Psychologists to collect and manage clinical data in an accurate and efficient manner. Traditional paper-and-pencil psychological methods and questionnaires are converted into electronic forms which allow participants to fill out with ease. The data can then be retrieved and managed conveniently without the tedious process of data entry.



Psyber Space, digitalised psychological programme for PICs

As motivation is a key factor in any kind of psychological interventions, Psyber Space consists of a leisure section which offers incentives to PICs, such as music and games, so as to acknowledge their efforts and progress in maintaining their motivation for treatment. In addition, Psyber Space features an achievement page, where Clinical Psychologists give personalised recognition to PICs according to their treatment progress and positive changes observed.

Psyber Space leverages on the electronic system that enables modification of the existing contents and development of new contents. Therefore, continued development of the programme would not hinder new and emerging needs of the participants. Since the official launch of Psyber Space in December 2021, we received several positive feedback from the participants. They found that Psyber Space is an interesting platform to gain psycho-educational knowledge as compared to the traditional paper-and-pencil format. They also appreciated the flexibility of practising behavioural exercises via Psyber Space according to their own needs and pace. The self-enrichment e-books in the incentive zone were popular among participants, which may become a catalyst for the development of a positive lifestyle.



PICs showed interest in the interactive Psyber Space

INTRODUCTION OF SMART BIKES AND VIDEO GAMES INTO TREATMENT PROGRAMME

Sports activities have been incorporated into the treatment programme of LIFE GYM-Positive Living Centre for Men, a psychological treatment unit in Stanley Prison that aims to help male PICs establish a prosocial lifestyle and prevent re-offending. Clinical Psychologists work alongside with sports coaches from a non-profit-making organisation to run the weekly sports programme for LIFE GYM participants, which enhances participants' motivation to undergo treatment, particularly for those who find sports activities appealing.

Sports equipment, including smart bikes, were introduced to incentivise participants' interest. When connected to virtual cycling applications, the smart bikes enable participants to "virtually" ride on simulated tracks outside prison – an experience that the participants found engaging. By cultivating their interest in sports, the participants learnt to develop a more prosocial lifestyle and replace bad habits with exercise.



Cyber cycling



Training PICs' interpersonal skills through playing educational electronic game

Concurrently, LIFE GYM incorporated educational video games and other genre of games into the treatment regime. Apart from serving as a treatment incentive, the games offered participants opportunities in experiential learning. Participants were provided with in-session skills coaching as well as post-activity debriefings. During the debriefing, the techniques involved in gameplay (e.g., problem-solving skills, social skills, etc.) would be taught, and the participants would share related topics as how these techniques have helped them in gameplay, and discuss how they can apply them in daily life. Through these activities, LIFE GYM participants often manage to progress from an impulsive and self-interest gaming approach to a more systematic and collaborative team approach. They also learnt to approach game tasks with flexible strategies and cope with frustration which arises from the games. We believe that continuous participation in such forms of experiential learning will facilitate PICs' internalisation and generalisation of skills.

MOVING FORWARD

With technology being the key driver in modern society, HKCSD has embraced technology in the development of psychological services for PICs. VR and digitalised technologies, cyber cycling, and electronic games were incorporated into psychological assessment and treatment programmes for PICs to enhance the effectiveness of the programmes in recent years. The positive responses to these programmes which catered to their learning enhances our faith and perseverance. While technology cannot replace human interaction in psychotherapy, it serves as a good means to facilitate learning and psychological changes of PICs.

Moving forward, HKCSD will continue to broaden the application of new technologies in the rehabilitation of PICs – not only in psychological treatment, but also in education and vocational training. We will further study the application of new technologies to help ex-offenders build a positive lifestyle for their successful reintegration into society.

Social Welfare Bureau,
Macao (China)



澳門特別行政區政府
社會工作局
GOVERNO DA RAEM
INSTITUTO DE ACÇÃO SOCIAL

Family Beyond the Wall

The Department of Social Reintegration (DSR) works under the administration of the Social Welfare Bureau. It is responsible for non-custodial measures and aftercare needs for offenders. We believe that if the inmates are equipped with the necessary skills before they are released, it would reduce their chances of re-offending. Many offenders in the parole period have difficulties mending the relationships and re-connecting with their families. Kinship is an important factor in supporting the inmate's reintegration.

Due to the importance of family intervention, we launched a family-based project in 2019 called the "Family Beyond the Wall", which aims to provide family support while the inmates are serving their sentences in prison. The main stakeholders are the Correctional Services Bureau and a non-government organization, Young Men's Christian Association (YMCA), whose main focus is providing family support for inmates. By integrating correctional programmes and rehabilitation efforts, inmates receive correctional programmes in prison while working on their relationships with their families before they are released. This allows families to maintain and mend kinship as part of the inmates' pre-release programme.

COLLABORATION WITH YMCA

Our role in collaboration with YMCA is to provide financial support and supervision. An intervention which the YMCA provides is a front-line service to the families. When the inmates are registered for this project, their information would be referred by the Correctional Services Bureau to YMCA for further action. A social worker from the YMCA will subsequently contact the family to gather the risks and needs of the family so as to provide personal care and recommend the required interventions.

Other services includes academic support for the children and employment support for the spouse. When necessary, the social worker will accompany the family to apply for related social services. If the family does not have immediate needs, the social worker would remain in contact with the family and conduct regular check-ins. YMCA launched various activities for the families to upgrade their knowledge in different areas, such as parenting. YMCA organises several activities during the holidays to further provide support and foster care amongst the families. In addition, it aims to establish a support group within different families.

Roughly half a year before the inmate is released from prison, family counselling service would be initiated to prepare the meeting between the inmate and his/her family. After the inmate reintegrates into the community, the social worker will follow up on the family's situation and assist the family to resolve any difficulties they may face in the process. When the inmate is successfully reintegrated into the community, these social services will then be directed to another family.

Parent-child Planting Activity



Parent-child Cooking Competition





Parents who participated in a sex education lecture



Family members are making a birthday card for inmates

BENEFITS OF PROJECT

Since 2021, DSR has received 123 families who registered for this project. The main needs of the families were financial assistance, followed by legal advice, and emotional support. Many families mentioned that joining this project increased their understanding of the social services and mended the bond with their children.

In 2021, DSR extended this service to the Greater Bay Area. This allows family support to be provided to Macau SAR residents serving imprisonment sentences in Hong Kong SAR and Guangdong Province. This ensures that the inmates are well equipped to be reintegrated back into Macau SAR after their release.

LEARNING POINTS

Throughout these three years, we realised the importance of this project and how it can assist families to solve their difficulties in preparing inmates for reintegration. Learning from this experience, it will help us to implement improved operational methods to address the needs of the inmates and their families. We will continue to review and improve this project with our stakeholders to build a harmonious community.



Improving the Societal Reintegration for Offenders Requiring Support in Mental Health

We do not neglect inmates who have mental health issues as we recognise that they would eventually be released and require support in reintegration. The process of supporting prisoners with mental health issues are complex with several considerations as compared to the general population of prisoners. Malaysian Prison Department developed a comprehensive model called SPRR (Screening, Planning, Review & Reintegration) to handle groups of prisoners with mental problems. The implementation of this model emphasises the appropriate skills to enable them, such as managing emotions through therapy, treatment, and continued supervision from Medical Officers and Psychological Officers. The details of the framework are as mentioned.

SCREENING

This screening process is the first step in the implementation of this model. Each of the prisoners will undergo a mental health screening process with questionnaires provided along with several other psychological tests such as “Know Yourself Know Others (KYKO)” and consideration to their past health history. The purpose of this screening is to determine the category based on the risks and needs of the prisoner. The two categories are namely, “Extreme” and “Non-Extreme”. In the Extreme category, the inmates have a variety of issues in their mental health and history which may put them at risk of suicide. Inmates belonging to this category would not be suitable to be incarcerated in prison as it may not have adequate facilities and expertise. For Non-Extreme, it includes those who have mental issues such as anxiety, and moderate depression but not at risk of suicide. Prisoners with mental problems classified in this group will undergo intervention programmes and routine treatments to support them to prepare them for the reintegration programmes into society.

PLANNING

The next phase would be Planning for the inmates under the Non-Extreme category.



Art Therapy uses artistic methods to treat psychological disorders and enhance mental health. It also refers to a technique that believes that creative expression can foster healing and mental well-being. The goal of art therapy is to utilise the creative process to help people in self-exploration and, in doing so, find new ways to gain personal insight and develop new coping skills.

Spiritual Therapy/Religious Therapy refers to a physical approach provided for prisoners with mental health problems. The implementation of this religious therapy would be according to the religion practised by a prisoner. This religious approach is emotionally and mentally beneficial in terms of managing their negative inclinations towards a positive direction.



Cognitive Behavior Therapy (CBT) is a psycho-social intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders. CBT focuses on challenging and changing cognitive distortions such as thoughts, beliefs, and attitudes.



Musical Therapy is the clinical expression and evidence-based use of music interventions address individualised issues. Music therapy interventions can address a variety of healthcare issues including managing stress, expressing feelings, and enhancing communication.



Skills and Environmental Therapy refers to the basic therapeutic-based skills provided for prisoners who are categorised as mentally ill. This initiative leverages on the natural environment and greenery has great benefits in changing aggressive tendencies and behaviours as well as relieving the stress faced by prisoners in the category of having mental health problems.



REVIEWING

In the Reviewing process, the prisoners involved in the implementation of these frameworks would be monitored by the Medical Officer on duty. Their current developments need to be evaluated from time to time to assess their readiness to be supported in reintegration programmes in the community.

In conclusion, these are the three ways in Reintegration to help people with mental health problems. The priority would be to have continued mental health care in the community in collaboration with NGOs, hospitals, and the community to ensure that prisoners with mental health problems are given attention and treatment when released.

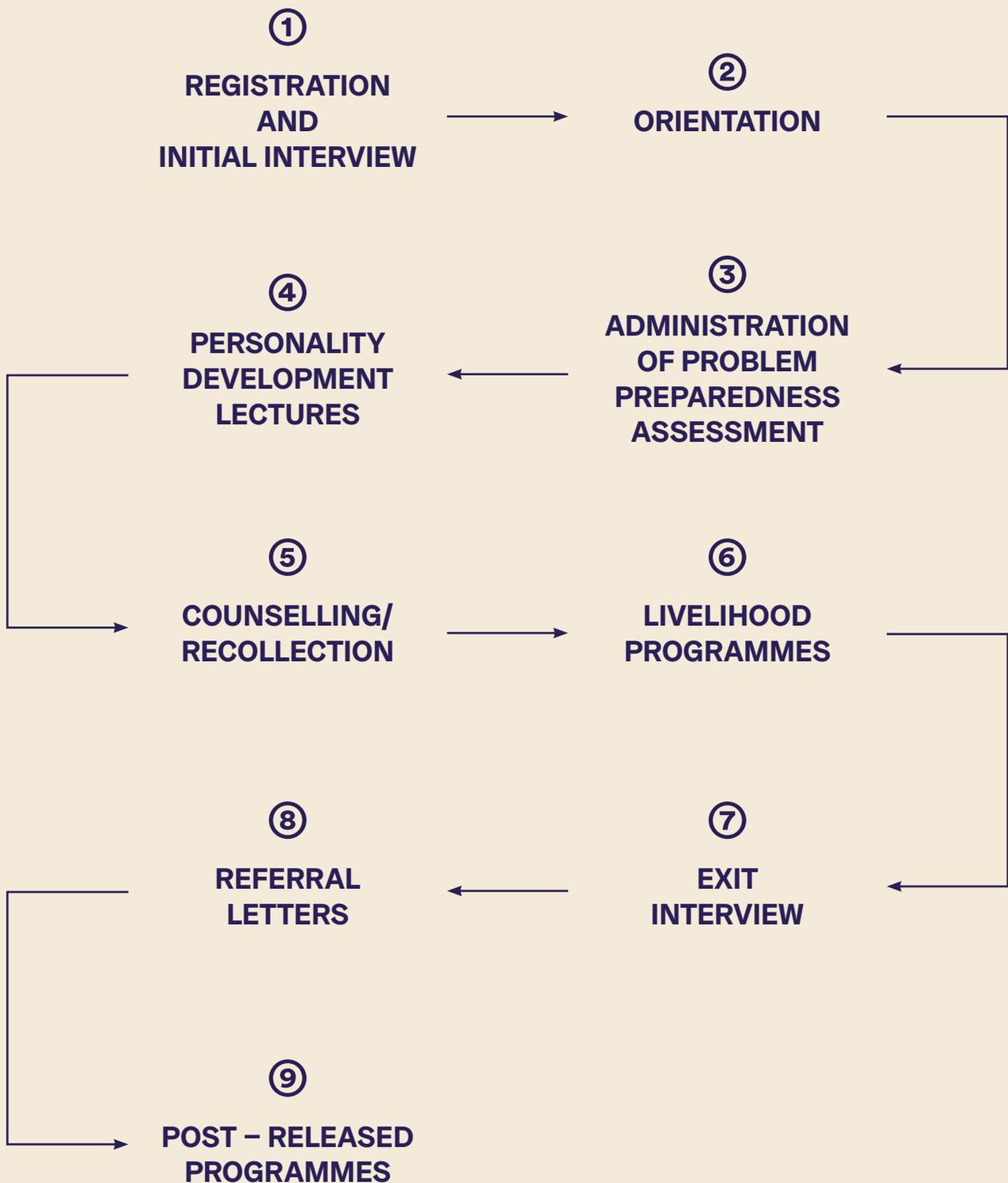


Initiatives and Programmes to Improve Societal Reintegration of Offenders in Philippines

Pursuant to Section 5 of Republic Act 10575, otherwise known as, “The Bureau of Corrections Act of 2013” and its Implementing Rules and Regulations and Sections 29 and 36, Chapter 6, Book IV of Executive Order 292, otherwise known as the “Administrative Code of 1987”, and Section 2 of the DER Manual, the Directorate for External Relations (DER) shall be responsible for pre-release and post-release programmes of Person Deprived of Liberty (PDL) due for release. The DER shall also classify PDL according to skills acquired for referral and endorsement to appropriate companies or corporations participating in the BuCor On-The-Job Training Programmes for newly reformed PDL. The DER shall also evaluate, classify, and apply necessary programmes to PDL for readiness to join the mainstream society upon release.

The DER is also tasked to establish linkages with government organization (GOs), non-government organization (NGOs) and other stakeholders to assist the (PDL) in their successful reintegration by providing employment and livelihood assistance. Moreover, it shall also monitor the status or progress of released PDL in the community within three (3) months after released.

In order to accomplish its mandate, the DER shall have the powers and functions of formulating, planning, coordinating and monitoring policies, plans, programmes and projects in the field of pre-release and post release of PDL. The External Affairs Section (EAS) area is tasked to ensure the successful reintegration programme for the soon to be released PDL. There are two phases of their reintegration; the pre and post programmes. The following are the pre-release reintegration programmes.





REGISTRATION AND INITIAL INTERVIEW

Upon receiving the list of soon to be released PDL from Inmates Documents and Processing Division (IDPD), the EAS Programme officer conducts registration and an initial interview where personal information, plans after release, health status of clients are queried. This is conducted through one-on-one interviews.



ORIENTATION

This is given to pre-release PDL to inform them of the processes they need to undergo. During the orientation, the programme officer discusses the importance and objectives of the programme.



ADMINISTRATION OF PROBLEM PREPAREDNESS ASSESSMENT

A readiness assessment conducted by Psychometrician using a standard tool to determine the PDL's level of readiness to reintegrate in the mainstream society.



PERSONALITY DEVELOPMENT LECTURES

It involves 5 series of lectures, workshops and seminars, focused on the following: (1) Developing Oneself; (2) Anger Management; (3) Stress Management; (4) Understanding Depression and (5) Conflict and Frustration. Activities are given to the client after each activity along with feedback. The feedback is about the effectiveness of the lecture.



COUNSELLING/RECOLLECTION

This activity shall be led by the priest, imam, pastors, ministers or any religious leader that is capable with the assistance of the programme officer. This activity may last for three to four hours depending on the length of the activity. This will ensure psychological preparedness and positive response and participation of PDL in the reintegration programmes.



LIVELIHOOD PROGRAMMES

This includes short courses that aim to develop the skills and capability of soon to be released PDL. This will be beneficial for them to find employment to support himself and his family once released. Some of the programmes provided are; 1) Dishwashing Liquid Making and Fabric Conditioner Making, 2) Rug making, 3) Barbering, and Others



EXIT INTERVIEW

This interview shall be conducted by the time the soon to be released PDL is finished with all the programmes, or in some other case the soon to be released PDL mode of release is instant like acquittal. This aim to gather data about programmes they have undergone during their confinement, their realisation/ learning and more so with the information on where the PDL resides upon released.



REFERRAL LETTERS

This is a letter addressed to the barangay, local government, public or private agencies requesting for any job/ employment opportunities to the soon to be released PDL upon reintegration to the mainstream society, or requesting for any assistance medical or livelihood that is applicable or suitable to the soon to be released PDL.



POST-RELEASED PROGRAMMES

This programme is implemented within three months upon release. It aims to follow-up on the status, his relationship both his immediate family and his community where he is currently residing. It also aims to follow-up on the employment or assistance the client received. This is implemented through personal visitation or phone consultation especially to those who stay in remote areas.

The DER encountered different challenges, but these challenges should not be an obstacle that prevents the conduct of successful reintegration programme to the soon to be release PDL.

Bureau of Jail Management and Penology,
Philippines



**Promoting and Enabling
Societal Reintegration of
Offenders:
*Katatagan Kontra Droga
sa Komunidad (KKDK)*
and Greener Jails**

Human beings are the incredible creation of a Supreme God, who has existed millions of years ago and by the power inherent upon Him, had full dominion over the Earth. In the primeval era, as had been recorded in the Holy Writ, disobedience to God was the first offense committed by man, which sin was inherited by all generations of the world. Such sin is evident until modern times, in view of the prevalence of war among nations, various crimes to society, famine, sickness, and eventually the inevitable cessation of life.

Creation and cessation of life, and that which is in-between, are significant. The life of every person is a precious gift that can never be altered, whether he chose to be a responsible member of society or intentionally or unintentionally committed a crime. Responsible citizenry and good governance are the bedrock of a well-functioning democracy. No society has the capability to avoid crime, but prevention and reduction can be undertaken to combat its proliferation.

Our brothers and sisters, who were captured by the inescapable eagle-like talons of the law, are the responsibility of the government. Law enforcement does not stop when the offenders are apprehended and incarcerated. Their captivity would lead to their rehabilitation – a serendipitous event that would impact their lives and liberty. The nation, comprising of an independent government, has the obligation to protect and advocate for human rights, provide social benefits, improve social welfare services, and maintain absolute freedom from internal and external conflicts and violence in order to preserve itself.

As one of the rehabilitative, institution in the country, the Bureau of Jail Management and Penology has created and implemented programme which directly benefits the Persons Deprived of Liberty (PDL) in all its district, city, and municipal jails nationwide. The Jail Bureau's programmes encompass a wide variety of such as the Provision of Basic Needs to PDL, Health Services, Educational Programme (e.g. the Alternative Learning System of ALS), Skills Training/Enhancement Programme (e.g. National Certificates granted by TESDA), Livelihood Programme, Behavioral Management Programme, Interfaith Programme, Cultural and Sports Programme, Paralegal Programme, E-Dalaw and various other Support Services. All these cater the needs of PDL, boost their morale and image, re-build their character and equip them with necessary skills while residing inside a distinct four-cornered home where towering walls equalize the hope and dreams for lawful liberty of every PDL.

Every PDL is able to achieve societal reintegration, with the help of the Jail Bureau in implementing a variety of evidence-based programmes. In the Aparri District Jail, welfare and development programmes including religious activities such as celebration of Holy Mass and recital of Holy Rosary for the Roman Catholic faith, Pagsamba for the Iglesia ni Cristo, Praise and Worship for the Christians, and prayers for the Muslim brothers and sisters serve as their most important activities of each day that would rekindle the relationship of PDL with his and her own Creator. The Therapeutic Community Modality Programme, commonly known as the TCMP or TC, a Behavioral Management Programme, aims to inculcate the importance of positive thinking, good decision-making and improved coping mechanism among PDL.

The availability of established livelihood programmes inside the facility such as producing coin purses made out of recycled indigenous materials, key chains modeling the "Aramang" or small shrimp, house-model coin banks, desk lamps made out of coconut shells, paintings, indigenous bags, and handmade hammocks, has provided the PDL some income during incarceration. The skills and technique acquired during the lessons would further allow the PDL to make a living once they are released.

Another programme of the Jail Bureau that increases the morale of PDL is recognising the advantages of maintaining familial ties with their loved ones. Thus, the Jail Bureau granted them the privilege of E-DALAW or the alternative mode of communicating with their families electronically by way of video chat on Facebook messenger and SMS in cellular phones. E-DALAW is an exemplary programme of the Bureau which allows the PDL to connect with their family who does not reside near their place of incarceration. In addition, the E-BUROL or the online presence of PDL in the burial of a family member, E-Telehearing or the online appearance of PDL in court hearings, and the newly-approved No-Contact Visitation Policy, were rehabilitation initiatives that were implemented during the pandemic period. The Jail Bureau is currently improving these processes to cope with the new endemic.

The Jail Bureau does not only revolve its programme to the different PDLs with specific needs but it also extends its humane idea of social responsibility to the immediate families by providing Child-friendly areas for their children, conjugal rooms for couples, and lactation rooms for the breastfeeding mother.

Indeed, the process of social reintegration roots from the union between a benevolent institution and a collaborative PDL where their minds meet to reach a realizable mantra of *“Changing Lives, Building a Safer Nation”*.



Actual demonstration of a TESDA representative on Electrical Installation and Maintenance NCII



Dress-making NCII is one of the training provided by TESDA for PDL and personnel.

“Our share in rebuilding and healing lives broken by the illegal drugs menace is made less hard, knowing that the BJMP is not alone in the case of PDL welfare.”

- JDIR ALLAN S. IRAL, CESE, Chief, Bureau of Jail Management and Penology

KATATAGAN, KALUSUGAN, AT DAMAYAN NG KOMUNIDAD (KKDK) PROMOTING AND ENABLING SOCIETAL REINTEGRATION OF DRUG OFFENDERS

The Philippines is known to be firm on its war on drugs, publicly endorsed by the President. In prosecuting and sentencing thousands of drug offenders, the correctional pillar of justice has been swamped by these victims of substance abuse, thus contributing to the congestion of overcrowded jails. The Bureau of Jail Management and Penology (BJMP) had to scrutinise its current rehabilitative measures and revamp them to suit the special needs of the drug offenders. Hence, in 2019, the *Katatagan, Kalusugan, at Damayan ng Komunidad* (Resilience, Health, and Care in the Community) or KKDK Programme was launched.

KKDK is a community-based modality and psycho-educational intervention programme specifically designed for persons with substance abuse. It utilizes modules based on Motivational Interviewing, Cognitive Behavioral Therapy, and Mindfulness, in addition to six (6) Family Systems Theory Modules requiring close contact and participation of the persons deprived of liberty (PDL) with their families. The whole programme was designed to last for four months, and serve as a supplement to the Therapeutic Community Modality Programme, the Jail Bureau's main rehabilitation programme for all PDL.



PDL sit straight with attention and earnest hope for their rehabilitation and full recovery from the clutches of drug addiction.



A KKDK Facilitator beams with pride as he watches over his enthusiastic participants

Supreme Court Administrative Circular No. 18-03-16-SC (Re: Adoption of Plea Bargaining Framework in Drug Cases) requires that all those who benefited from plea-bargaining in specific drug cases must undergo drug dependency and rehabilitation for six months, in addition to an after-care programme. Many PDL benefited from the leniency granted by the judiciary, but the government agencies, especially the Department of Health (DOH), which are tasked to rehabilitate these drug offenders are understaffed and cannot cater to all plea bargainers. Thus, Jail Officers, duly trained by the Psychological Association of the Philippines, started their journey as KKDK facilitators. The KKDK serves as a required pre-release programme for drug case plea-bargainers. And as a bonus, PDL who are able to complete the modules are awarded Good Conduct Time Allowances, thereby increasing their eligibility for early release.

The confinement of the PDL served as an advantage to KKDK. The PDL's participation is assured, without any undue distractions, and without the threat of exposure and relapse into substance abuse. The programme is institution-based, but the small-group framework enabled the facilitators to personalise and adapt their approach toward each participant. Drug counselling, post-release modules, and endorsement to the barangay, private livelihood sources, and religious congregations as parts of after-care programme are also provided as well.



KKDK facilitator together with nine (9) PDL during the regular conduct of modular sessions at the jail unit's KKDK designated area.

Persons Deprived of Liberty of Puerto Princesa City Jail, Palawan, during the KKDK Graduation Ceremony after completing the twenty-four modules.



Many of the modules emphasises on useful skills that the PDL needs upon reintegration into society. Interpersonal skills on effective listening and assertive communication, saying no to and staying away from addictive substances, problem-solving and decision-making, self-motivation and self-improvement, and teaching positive coping skills, are just some of the modules included in KKDK. More importantly, involving their family in their rehabilitation, together with mastering proper communication and vision-seeking, and rebuilding relationships which have been previously destroyed by drug use are the focus of the programme.

KKDK is not without limitations. To date, only select courts formally recognise KKDK as an alternative to the mandated drug rehabilitation programme. Some courts insist on DOH facilities as the only legitimate ones. Nonetheless, a recently-concluded dialogue with the Supreme Court – Office of the Court Administrator aimed to address this issue. Further, KKDK was designed for those who have low to moderate drug addiction. The determination of which has also been limited due to the dearth of physicians equipped to conduct Drug Dependency Examination, a KKDK pre-requisite.

The Jail Bureau, through the KKDK facilitators and the PDLs, continues this pursuit, with the hope that in helping themselves and their families to restore positive and healthy life choices, the PDL would eventually be reintegrated in our functional society, free from the outdated stigma of bygone drug addiction and criminal conviction.

GREENER JAILS

Urban garden in jails promises generous benefits. The personnel and PDL of the BJMP Region-I can attest to the profits gained from establishing the urban gardens in jail facilities that started sometime in 2019 simultaneous with the global pandemic. These gardens in jails as planned shall primarily grow agricultural plants.

The urban garden in all the jails was conceived for the BJMP to be able to continuously support the PDL even after incarceration particularly in their preparation for reintegration back into society. Likewise, it encourages PDL to do tasks toward self-sustaining jails by turning these gardens into an added livelihood alternative while ensuring the supply of fresh and nutritious food for the PDL and personnel as well as aesthetic and greener landscape in the jails providing stress-relieving effects.

Behind the urban gardens in jails is a sustaining collaboration of government agencies and private sectors. The collaboration and concerted efforts of all concerned shall build a strong foundation so that urban gardening becomes a part of the operational system of BJMP Region I. The warden and personnel shall assure the provision of needed materials and coordinate with agencies such as the Department of Agriculture (DA) to provide seeds, gardening materials, and technical skills for enhancing agricultural productivity.



Harvested pechay from the gardens at Urdaneta District Jail



PDL attending webinar on correct composting technique to assure quality agricultural production

The concerned jail shall also coordinate donations from supportive service providers to supplement the operation of urban gardening. Moreover, webinars and training on agricultural production are provided to the PDL to equip them with knowledge and updated skills that can be utilized in gardening with higher chances of an excellent yield of agricultural produce.

Urban gardening in jails is worthy of support, participation, and appreciation to further help and support the PDL while in jail and even after integration into the community productively.

Singapore Prison Service



Community Corrections in the Singapore Prison Service

Community corrections is one of SPS's key strategies in reducing re-offending through:

- a. Mitigating the risk of relapse or reoffending through tiered and differentiated monitoring and supervision, based on their level of risk and needs;
- b. Facilitating rehabilitation in a real-life setting; and
- c. Guiding offenders to address their re-integration needs upon their re-entry into society.

Research has shown that rehabilitation is more effective in a real-life setting, and the post-release phase is the most critical part of the reintegration journey as it enables the offender to face and work through his/her reintegration needs in the community under the support of SPS staff and community partners.

To support long term desistance, SPS synergises correctional work with several stakeholders in providing opportunities with academic improvements and skills training. One such initiative would be our Community Mobilisation Plan, which involves setting up a desistor's network to provide peer support for those who are still on their rehabilitation journey.

Several policy changes have been made to allow more suitable ex-offenders to serve the tail-end of their sentences/ detention in the community for longer durations, and in more differentiated regimes. In 2021, the number of supervisees emplaced on Community-Based Programmes (CBP) was 3,402, compared to 1,688 in 2017. The overall CBP completion rate in 2021 was 89.8%.

LANDSCAPE OF COMMUNITY CORRECTIONS

SPS' transformation in community corrections allows the shift in focus from the rehabilitation of offenders in prison to supervising them safely in the community to better support reintegration and prevent re-offending.

Offenders emplaced in the community (i.e. supervisees) are overseen by the Community Corrections Command (COMC). These supervisees are supported by Reintegration Officers (ROs), who are also SPS uniformed officers, and Correctional Rehabilitation Specialists (CRS) during their reintegration journey while under supervision conditions. These conditions include regular mandatory reporting sessions, counselling and referral services to address their reintegration needs.

The emplacement criteria, supervision conditions, duration and interventions provided differ between the different /types of CBPs. For example, the Home Detention Scheme allows the offenders to serve the remainder of their sentence at their homes under specified conditions. The Day Release Scheme allows offenders to work or study in the day and return to a designated Work Release Centre in the evening and the Halfway House scheme allows offenders to undergo structured rehabilitation while residing in the halfway house. These CBPs serve the common goal of facilitating the smooth reintegration of offenders upon their release from prisons, so that they can become responsible and contributing citizens.



CRS speaking to
Inmates in Selarang
Halfway House

PROGRAMMES TO SUPPORT REINTEGRATION TO THE COMMUNITY

1. PRE-RELEASE PROGRAMMES

To prepare the inmates for their release and emplacement for CBPs, inmates will undergo various pre-release programmes towards the tail end of their sentence. These programmes include Release Preparation Programme, employment assistance, vocational training and motivational talks. The various programmes aim to equip inmates with motivation, problem-solving and coping skills to handle the challenges and immediate issues faced upon their release. Through joint family sessions, inmates also strengthen their familial bonds with their loved ones.



Inmates attending Pre-Release Programme



Inmate working on a project in Multi Media Hub

2. DIGITAL LITERACY

In today's digital age, SPS help inmates learn basic digital literacy skills as part of their employability training and be familiar in handling smart devices. SPS offers specialised courses on data analytics, cybersecurity and social media marketing as part of their first National Institute of Technical Education Certificate (NITEC) in Business Services Programme, which produced 29 graduates in 2021.

SPS is also working on a mobile application that serves as a one-stop portal for CBP supervisees. This application will allow them to take notes after counselling sessions, access a job database, complete e-learning programmes and document milestones during their supervision period. SPS will continually transform the future of corrections by leveraging technology to optimise resources and strengthen operational capabilities.

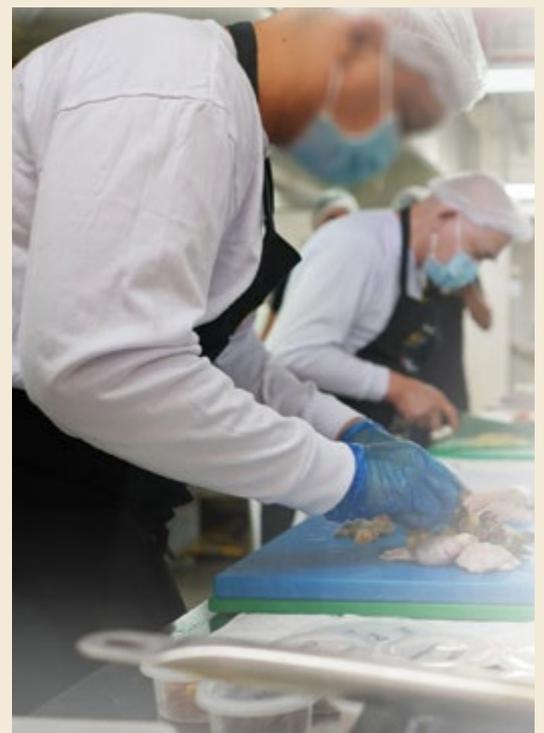
3. EMPLOYMENT SUPPORT AND CAREER COACHING

Gainful employment facilitates reintegration by providing inmates and ex-offenders with income and financial stability. YRSG adopts a comprehensive approach in this, by preparing supervisees for employment through placement services and supporting them in retaining their job. In 2021, YRSG provided employment assistance to about 3,000 inmates out of which 94% secured jobs before their release.

Supervisees on CBP may also be assigned with career coaches from Yellow Ribbon Singapore (YRSG), who conduct assessments, job profiling and matching of supervisees with suitable jobs. They also provide career coaching to help supervisees understand their employment pathways and address potential work challenges.



Participants in Yellow Ribbon Culinary Competition



PARTNERSHIP WITH COMMUNITY PARTNERS AND OTHER STAKEHOLDERS

SPS is supported by other various key partners such as Community Action for the Rehabilitation of Ex-offenders (CARE) Network¹ agencies, Central Narcotics Bureau (CNB), Halfway Houses, and Social Service Offices.

These partners help integrate a range of services available in a timely and coordinated manner to address the needs of offenders and their families, such as employment, accommodation and family challenges.

SPS also recognizes that the community including volunteers and non-government organisations have important roles to play in the rehabilitation and reintegration of ex-offenders. SPS welcomes passionate individuals to work with the offenders, in the areas of religious services, social, academic and enrichment programmes.

As an offender needs a network of pro-social peers that encompasses friends, mentors and befrienders to support their reintegration, SPS provides befriending programme for offenders and encourages these befrienders and volunteers to offer pro-social support to the ex-offenders in the community after their release.



Inmates attending religious counselling classes

¹ The Community Action for the Rehabilitation of Ex-offenders (CARE) network is an alliance of various Social Service Agencies (SSAs) and Government Organisations dedicated to community engagement, coordination of aftercare efforts and enhancing service delivery for ex-offenders and their families.



**SINGAPORE
PRISON SERVICE**

CAPTAINS OF LIVES
REHAB • RENEW • RESTART

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