

# PROBATION PROGRAMMES

Offenders can only attend programmes via a Community Order requirement. Programmes are offence based and deal with the following issues:

## THINKING SKILLS

### WHO IS IT FOR?

For offenders who demonstrate a strong risk of re-offending. They must not be dangerous, nor have committed offences that are inappropriate to group-based programmes. They must demonstrate a degree of motivation to change.

### HOW DOES IT WORK?

The programme aims to:

- teach problem solving skills and how to apply them in order to better manage everyday situations;
- develop attitudes that will help reduce or stop re-offending;
- teach skills that will enable offenders to cope better in social situations.

## DRUG AND ALCOHOL MISUSE

### WHO IS IT FOR?

For people whose offending has been linked to alcohol or drug use, and whose risk of further related offending is high. They must be motivated to change and be capable of meeting the demands of the programme.

### HOW DOES IT WORK?

The programme aims to:

- increase motivation to change;
- develop an understanding of the triggers for substance use;
- develop strategies to prevent relapses;
- develop positive opportunities for a drug/alcohol-free future.

## DRINK DRIVING

### WHO IS IT FOR?

For offenders who have driven whilst under the influence of alcohol, or who have aided and abetted someone who has. They must also have had one or more previous drink/drive convictions.

### HOW DOES IT WORK?

The programme aims to:

- increase knowledge about alcohol and driving;
- challenge “justifications” for drink driving;
- develop responsible thinking and planning skills;
- challenge poor and impulsive decision-making.

## DOMESTIC VIOLENCE

### WHO IS IT FOR?

For male offenders who are convicted of any offence related to violence against their partner or ex-partner.

### HOW DOES IT WORK?

The programme aims to:

- encourage offenders to take responsibility for their violent behaviour and its consequences, thereby reducing the risk of further offending;
- focus the offender’s attention on the impact of such behaviour on its victims;
- provide greater protection for women and children.

## SEX OFFENDING

### WHO IS IT FOR?

For male adult offenders who have been convicted of a sexual offence, and who admit responsibility for at least some part of their offending.

### HOW DOES IT WORK?

The programme aims to:

- protect the public, particularly potential victims, by managing and reducing the risk of further offending;
- identify the precise pattern of offending;
- increase victim awareness and empathy;
- plan and implement appropriate changes to lifestyle;
- establish a relapse prevention plan.

## ANGER MANAGEMENT

### WHO IS IT FOR?

For male offenders who have been convicted of any offence in which anger or other uncontrolled emotion has played a significant part, or who have a history of such behaviour.

### HOW DOES IT WORK?

The programme aims to:

- reduce aggressive and offending behaviour related to poor emotional management through teaching social skills, emotional management and cognitive techniques.
- offenders learn to control their emotional arousal, learn skills to resolve conflict and how to deal with relapse.

## RACE HATE CRIME

### WHO IS IT FOR?

For offenders convicted of any racially motivated or aggravated offence

### HOW DOES IT WORK?

The programme aims to:

- challenge attitudes which underpin a racist view of society;
- assist offenders to understand the history of racism on Merseyside;
- focus the offender’s attention on the impact of such behaviour on its victims.