



**CRIMINAL JUSTICE
PLATFORM EUROPE**

SUMMER COURSE 2023

**Mental Health
Issues in Criminal Justice**

PROGRAMME

4 - 7 July 2023

CEJFE, Barcelona

prisons • probation • restorative justice



Mental Health Issues in Criminal Justice

The members of the **Criminal Justice Platform Europe** (CJPE) are inviting you to Barcelona for this 5th edition of the **International Criminal Justice Summer Course**.

Mental health problems are more prevalent among offenders than in the average population, but assessment and efficient responses and support in prison, during probation or in restorative justice remains a field to be further developed. Characteristics of mental health issues, dealing with substance use, suicide-prevention, trauma-informed practices as well as staff mental well-being are all topics relevant for this course.

It will be a unique international opportunity to meet professionals from other countries, from different disciplines and from a range of backgrounds, to share and to learn from people doing the same work in different European realities.

The focus will be upon practice: what works - new ideas - restorative methods - trauma informed practices - research - workshops - practice visits - sharing experience. The aim is that participants bring their expertise and, through engaging with the courses, become better equipped and informed about current approaches and effective interventions.

In this course, each organisation member of CJPE will address this topic from a different but complementary angle:

- The **European Organisation of Prison and Correctional Services** (EuroPris) will focus on mental health challenges in closed correctional settings and on how to create a safer environment (in room Room 4.14);
- The **Confederation of European Probation** (CEP) will explore mental health issues in probation, both from the service users' and staff perspective (in room Room 4.09);
- The **European Forum for Restorative Justice** (EFRJ) will offer a course on trauma informed practice in criminal justice, with a focus on restorative justice (in room Room 4.03).

The 'Summer Course' consists of plenary sessions, three parallel workshops, three seminars and study visits. The aim is to examine key practice issues, inspire new thinking, promote cross-fertilisation and build new networks to improve services and practice in prisons, probation and restorative justice. The variety of the group, coming from different European realities, will provide further opportunities to learn and engage in criminal justice issues.

Schedule

Tuesday 4 July	Wednesday 5 July	Thursday 6 July	Friday 7 July
	9:00 – 11:00 Workshops: Session 2 (rooms: 4.03; 4.09; 4.14.)	9:00 – 12:00 Study visits	9:00 – 11:15 Workshops: Session 7
	11:00 – 11:30 <i>Break</i>		11:15 – 11:45 <i>Break</i>
	11:30 – 13:00 Workshops: Session 3 (rooms: 4.03; 4.09; 4.14.)		11:45 – 12:30 Closing Plenary (Conference room)
13:00 – 14:00 Registration		12:00 – 14:00 <i>Free time for lunch</i>	
14:00 – 14:30 Welcome (Conference room)	13:00 – 14:30 <i>Free time for lunch</i>	14:00 – 14:30 Discussion about the study visits (within the workshop groups, rooms: 4.03; 4.09; 4.14.)	
14:30 – 16:00 Plenary introduction to the topic (Conference room)	14:30 – 16:00 Workshops: Session 4 (rooms: 4.03; 4.09; 4.14.)	14:30 – 15:30 Workshops: Session 5 (rooms: 4.03; 4.09; 4.14.)	
		15:30 – 16:00 <i>Break</i>	
16:00 – 16:30 <i>Break</i>	16:00 – 16:30 <i>Break</i>	16:00 – 17:30 Workshops: Session 6 (rooms: 4.03; 4.09; 4.14.)	
16:30 – 17:30 Workshops: Session (rooms: 4.03; 4.09; 4.14.)	16:30 – 17:30 Seminars (3 sessions running in parallel, rooms: 4.03; 4.09; 4.14.)		
17:30 – 18:30 Reception			
	20:00 Joint course dinner (Restaurant Dolça Herminia)		

Plenaries

(Conference room)

Mental disorders and crime - how can we improve the assessment and treatment to prevent reoffending?

Seena Fazel

Seena Fazel is professor of forensic psychiatry at the University of Oxford, where he leads a research group investigating the links between mental illness and crime, prison mental health and suicide risk, and violence risk assessment. He works clinically as a visiting psychiatrist at a local prison.



The Council of Europe White paper on the management of offenders with mental health disabilities and disorders

Annie Devos



Annie DEVOS is the Director-General of the Houses of Justice in Wallonia-Brussels Federation (Belgium). She also acts as CEP President and Vice-President of the Council for penological cooperation (PC-CP) at the Council of Europe. Her presentation will focus on *White Paper on the management of offenders with mental health disabilities and disorders* that is currently drafted by domain experts in collaboration with the PC-CP.

Plenaries

Mental health and substance use in prisons

Johan Lothe

Many people solve their mental problems with substance use as a form of 'self-medication' prior to incarceration. They arrive in prison with untreated addictions. Lack of proper professional healthcare in prisons make matters worse. The incarceration in itself reduces the quality of life. Abstinence increase the risk of mental problems.

Solitary confinement in itself is poisonous to a healthy mental environment. Prison authorities sometimes want to decrease the risk of self-harming and possible suicides by moving inmates to solitary confinement. My experience of solitary confinement is that it increases the chances of self-harm and suicides. Normal social contact may be established between inmates, prison officers and relatives. Reduction of the number of prison officers due to budget cuts, reduces the mental health of inmates. Proper treatment in drug rehabilitation units in prisons, is a golden opportunity, a win-win situation. Detention Houses following the Rescaled model, improves mental health by being community integrated, differentiated, and small in size.

Peer support and NGO's bridge the gap between prisons and society and give released inmates an opportunity to turn the quality of life into something better.

Johan Lothe grew up in Oslo, Norway. He started early experimenting with the use of drugs. 23 years old, jobless and without education he found himself living with his parents again. Started as a driver in a company selling professional kitchen equipment, and experienced that sales skills from his past criminal life now could be used in legal business.

A few years later, he assisted the company setting up companies in Eastern and Central Europe, and became Responsible for 8 offices in 5 countries. The extensive travelling wasn't good for his mental health. Still having issues with substance use, he ended up losing his job and in jail.

Several sentences gave him the opportunity to start in his current job. Working as the General Manager of Wayback, he works with inmates and prison service. This gives him the opportunity to use his lived experience in a positive way. Wayback works with integrating people in society after release from prison. During his last 9 years in Wayback he has noticed the prison population has an increased struggle with their mental health. Substance use and mental health goes hand in hand.

The last 2-3 years Wayback and Johan started to work with PriSUD (Prison substance use disorder) to improve mental and physical health, as well as quality of life for people with substance abuse problems in prison.



Plenaries

**Summer Course moderated by
John Stafford**

John Stafford enjoyed a forty year career in Probation in England , latterly for thirteen years as Chief Probation Officer for Merseyside , until his retirement in 2012. Merseyside under his leadership won more national and international awards for its practice than any other Probation area, including the prestigious British Quality Foundation's U.K. Excellence Award , the first public sector organisation ever to achieve this highest business honour. He was Interim Secretary General of CEP in 2012/2013 and jointly helped organise the first World Congress of Probation. John remains an ambassador for CEP and has been involved in the Criminal Justice Summer Course since its inception. John was awarded the OBE in 2012 for his pioneering work in the rehabilitation of offenders.



Seminars

Wednesday, 5 July, 16:30 - 17:30

The Summer Course includes three parallel seminars. This component of the programme provides an opportunity for the participants to get engaged with the subject of one of the other workshops.

The seminars will be conducted by the leaders of the three parallel workshops and will give an impression of the main issues in mental health at work; approaches to mental health in closed settings; and finally trauma informed practices in prison, probation and restorative justice services.

Professional approaches to mental health in closed settings **Room Room 4.14**

Trauma-informed approach to prison, probation and restorative justice services **Room Room 4.03**

The Challenge of Being Human - Mental Health at Work **Room Room 4.09**

Workshops & Trainers

Increased prison safety and positive outcomes Professional approaches to mental health in closed settings

(Workshop room 4.14)

Violence, self-harm, distress, and difficulties in adjustment to the new environment. In their daily work, prison professionals face a broad spectrum of challenges related to prisoner's mental health and wellbeing. Prison staff, social workers, psychologists, and medical experts need to work together to increase wellbeing and safety within the prison, and to prevent recidivism. This workshop will look at how to create a safer environment in prison, prevention of suicide and dual harm (violence and self-harm), dealing with substance abuse, and provision of staff support to efficiently manage the mental health needs among today's prisoners.

Trainers

Karen Slade

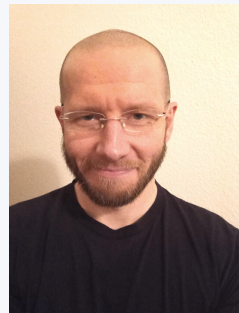
Lead trainer

Professor Karen Slade is registered forensic psychologist and HM Prison and Probation Service's strategic lead for deaths under probation supervision. She has worked for over 25 years within prison environments as a forensic psychologist and senior manager and is a leading expert in suicide prevention, self-harm management and the newly developing area of dual harm (harm to both self and others). She brings extensive practice & research knowledge and experience in developing strategy, policy, new interventions and practice systems in both custodial and community settings. She has published over 40 peer-reviewed research and practice papers in the areas of suicide, self-harm, dual harm, and mental health services in offending populations.



Sebastian Schmidt

Sebastian Schmidt is a forensic psychologist currently working for the Ministry of Justice in Mecklenburg Western Pomerania. For almost a decade he worked in forensic ambulances in different federal states in Germany. Additionally, he has experience working in group settings in psychiatric penal institutions. A central and extensive part of his work focuses on release preparation procedures and cooperation between the forensic ambulance and probation services. He has a lot of practical experience with clients suffering from addiction and personality disorders and as a result in dealing with manipulative behaviour and violations of personal and professional boundaries.



Workshops & Trainers

Developing a trauma-informed approach to prison, probation and restorative justice services to improve mental health

(Workshop room 4.03)

Trauma-informed practice is gaining increasing interest in the criminal justice system as many people in prison or probation services have experienced trauma in their lives, which this trauma can have a significant impact on their neurological, biological, psychological and social development. A trauma-informed approach recognises the role that trauma has in affecting a person's sense of self, their view of the world, relationships and emotional regulation and seeks to minimise re-traumatisation in all aspects of service provision. This means being aware of and sensitive to the experience of trauma and its potential impact, and making the necessary changes in communication and practice to respond appropriately to prevent further harm.

This workshop will provide an introduction to trauma and its effects, tools for adopting and implementing trauma-sensitive approaches with clients, and an understanding of the role that restorative justice can play in a trauma-informed approach. The workshop will also address the need for staff self-care to prevent vicarious trauma.

Workshops & Trainers

Trainers

Claudia Christen-Schneider



Claudia Christen-Schneider is a criminologist and a restorative justice practitioner. As founder and current president of the Swiss RJ Forum, she is actively involved in promoting, developing and implementing restorative justice in Switzerland. She has led several pilot projects in Swiss prisons and facilitates direct offender-victim dialogues. She is currently researching and writing a book on the intersection of restorative justice and trauma-informed practice, and the role of community in such processes.

She is part of the research group at the University of Portsmouth and is a member of the advisory board of Nomos Publishing's new publication series on issues of resocialisation, victim protection and restorative justice (Seehaus plus). She is a guest lecturer at the Bern University of Applied Sciences and is involved in designing and delivering training on restorative justice. Claudia obtained her MSc in Criminology and Criminal Justice at the University of Portsmouth (UK) and studied Restorative Justice at SFU in Canada. She is a Board member of the EFRJ.

Rachael Moss



Rachael has a degree in Psychology and an MSc in Forensic Psychology. Rachael is a Restorative Justice Service Manager at Thriving Survivors in Scotland. Previously, she was the Restorative Justice Project Lead at Community Justice Scotland. Rachael was an independent facilitator for a Scotland-wide consultation seeking the views of Restorative Justice from survivors of domestic and sexual abuse ([Survivors Voices 2021](#)).

Rachael is also an Associate Trainer for Trauma Informed and Responsive Practice at Epione Training and Consultancy in line with NHS Education for Scotland Transforming Psychological Trauma: Knowledge and Skills Framework for the Scottish Workforce.

She has 12 years' experience working within community justice, restorative justice and third sector settings, as a front-line practitioner, including performance, project management and policy roles.

Workshops & Trainers

The Challenge of Being Human Mental Health at Work

(Workshop room 4.09)

This workshop will explore mental health from both the service-user and practitioner perspective and aims to cover the following:

- What it means to be human and the factors that contribute to mind health.
- How an understanding of our brain and nervous system can help us to make sense of human behaviour.
- The impact of trauma on our brain and body and how this links to mind health.
- The mental health presentations that can impact on the role and work (ICD-11 and DSM 5) with an emphasis on understanding distress rather than diagnosis.
- The challenges of working with complex presentations and related skills.
- An opportunity to explore staff resilience in a critical occupation with a focus on how to thrive at work.
- Presentation of research exploring European probation staff's knowledge and attitudes towards mental health.

By exploring these areas this workshop will provide a space to reflect on and understand the needs of both service-users and practitioners with a view to developing strategies to promote compassionate, resilient, trauma-aware practice.

Workshops & Trainers

Trainers

Laura Bowden

Forensic Psychologist



Laura Bowden is a Forensic Psychologist who has extensive experience working across a range of settings including The Prison Service, and high, medium and low secure hospitals. She is currently the Programme Lead for the MSc in Forensic Psychology at Royal Holloway University of London and is a Specialist member of The Parole Board for England and Wales. In addition to these roles, Laura is a Partner of Psychology and Psychotherapy Associates UK and provides specialist training, supervision, and consultancy for individuals and organisations.

Over the last 18 years, Laura has particular experience of working with individuals with histories of serious violent and sexual offending and mental health/personality difficulties and complex trauma. Laura has presented at international conferences and has publications in the field of forensic mental health. Laura currently offers reflective practice for various forensic staff including probation and mental health practitioners.

Charlie Brooker

Researcher and Academic



Charlie Brooker has been a researcher and academic for over thirty years. His main interest was in psychosocial approaches for the care of people with serious mental health problems up until 1995 when he was professor of mental health both in Sheffield and Manchester. Since then, he has almost exclusively researched aspects of the Criminal Justice system and mental health. This work has taken him into police stations, prisons, courts, sexual assault referral centres, and, in the last 10-15 years, probation services.

In 2010 he retired formally from university life but was awarded an honorary chair at Royal Holloway, University of London. He is still a co-applicant on research studies, publishes and provides consultancy advice.

He published a recent book with Routledge, with his colleague, Coral Sirdifield, in June, 2022, 'Probation, the Criminal Justice System and Mental Health'.

Workshops & Trainers

Jo Clarke

PhD, C.Psychol., AFBPsS, EuroPsy Founder and Director



During 23 years of working as a (now former) forensic psychologist in the criminal justice system, Jo's attention focused on the concept of resilience, both for individuals and the organisations in which they live and, or, work.

For criminal justice staff, questions about surviving and thriving in roles that often involve exposure to potential trauma led Jo to undertake a PhD in the area. Since its completion in 2004, she has worked with a wide variety of organisations and individuals applying research evidence to practice, to enhance psychological well-being.

In 2003, Jo became accredited to deliver The Challenge of Change resilience training; an evidence-based intervention developed by Dr. Derek Roger of the Work Skills Centre. Jo is a regular speaker, both nationally and internationally on the subject of individual and organisational resilience and has authored a number of chapters and papers on the subject.

Since 2013, Jo has been working with challenging and disruptive children. Training with Dr. Ross Greene www.livesinthebalance.org in the application of The Collaborative and Proactive Solutions (CPS) model, Jo is committed to finding ways of enhancing the resilience skills so often lacking in such children, whilst also supporting parents, carers and professionals charged with their care. Jo is the first person in the UK accredited to deliver the one-day CPS programme. Jo is also currently an external examiner for the MSc in Forensic Psychology and Mental Health at Queen Mary's University, London.

A mum of a now adult daughter and foster carer of teenagers, Jo also has a menagerie of animals, including a registered therapy dog and two horses in training to assist in interventions with children.

Study visits

Participants of this Summer Course will be offered the opportunity to choose to visit a prison, a criminal justice service or programme of the Catalan Ministry of Justice.

All visits will depart from the Centre for Legal Studies and Specialised Training at different times in the morning. Transport to/from the location will be taken care of by the organisers.

Participants will be asked to bring their valid passport or ID card with them.

1) Prison Psychiatric Hospital Unit of the Brians 1 prison

The Penitentiary Psychiatric Hospital Unit was created in 2003 as a separated wing within the prison of Brians 1. The unit is managed by Sant Joan de Déu Mental Health Services, a non-governmental network of health care institutions, that is responsible for the service delivery and hiring of the health staff of this unit. Such arrangement is the result of the cooperation between the Ministry of Justice, Rights and Memory, the Ministry of Health and the Sant Joan de Déu Mental Health Services, which was formalised in a Partnership Agreement in 2000.

This unit serves patients who are in prison and suffer from mental health conditions. It can host up to 67 patients on admission, and it has an emergency service of 24 hours a day all year round. It provides specialised care to acute and subacute patients (10 and 42 places) and intensive rehabilitation care to men and women (15 places).



It also counts on an outpatient team for inmates who have a mental health condition but do not need to be hospitalised.

The Summer Course participants who choose this option, will have the opportunity to visit the premises of this unit and have an informal discussion with the staff who will explain how it is organised, the intervention approach followed as well as how it is linked to the prison system.

Study visits

2) Penitentiary Psychiatric Hospitalisation Unit of the Brians 2 prison

This mental health unit consists of an observation unit for the patients of Brians 2 and an intensive rehabilitation unit for all the prisons in Catalonia. The unit can host up to 75 patients. In addition, it also has an outpatient care service for inmates from Brians 2 prison, implemented through the Primary Care Support Programme and the Individualised Support Programme.



It is managed by Parc Sanitari de Sant Joan de Déu mental health services (see above). This is a key element of the Partnership Agreement signed by the Ministry of Justice, Rights and Memory, and the Ministry of Health.

This unit serves male inmates diagnosed with a severe mental health disorder requiring multidisciplinary intervention aimed at recovery and acquisition of skills that will favour their future reintegration into a normalised environment in the community. The transition process into the community, the referral to the community health services and other relevant resources, are paramount aspects of the intervention with the patients in this unit ahead of their release date.

Participants who choose to make this visit will be able to see this establishment and talk to the specialised staff who will explain their models of intervention and the role they play in the prison system.

Study visits

3) Security Measures Service of the Community Sanctions Unit

This service is responsible for the enforcement of court sentences which impose security measures or different types of obligations of the accused, all of them involving placement in a dedicated facility. These can consist of a suspension of the prison sentence on the condition of complying with a placement to undergo a mental health treatment or a drug rehabilitation programme. In addition, these can also be a security measure in the strict sense which also consists of placement to undergo a mental health treatment.



The service is located at the Administrative District, in Barcelona, a brand new building where some of the Ministries of the Catalan Government were moved to, including the Ministry of Justice, Rights and Memory.

The participants will meet the coordinator and the probation officers working in this unit and will have the opportunity to learn about the specificities of their case work.

In particular, the staff members will share their experience and the criteria that are being used. They will also present the types of mental health and drug programmes and agencies available in the community where they refer their clients to. They will also discuss one of the pivotal elements of their task, which is to align therapeutic goals of a particular case with the actual legal need of enforcing a court measure.



Study visits

4) Specialised Support Unit for Persons with Intellectual and Developmental Disabilities (DAE-DID) of the Quatre Camins prison

It is a specialised residential unit located at the prison of Quatre Camins with capacity for up to 35 inmates who present indicators of borderline intelligence or intellectual disability and high vulnerability. In this unit, intensive intervention is carried out with the aim of improving the adjustment of inmates to the prison environment and reinforce the support needed to return into the community. The work carried out in this unit is part of the Intellectual Disability and Development Framework Program implemented in all prisons of Catalonia and it is based on the positive behavioural support to people with intellectual disabilities. This programme is implemented by the multidisciplinary treatment teams of every prison, who are in charge of detection and evaluation of inmates with intellectual disabilities or limited intelligence. Subsequently, they may assess the appropriate intervention being that outpatient treatment or referral to this specialised residential unit DAE-DID.

The participants choosing this visit will be able to see the shared areas of this unit and talk with the staff (social educators, a psychologist and a social worker) about their intervention approaches; they will also be able to meet the inmates who are staying in this unit.



Study visits

5) Institution for young offenders – Centre Educatiu Can Llupià

This educational centre for juveniles is located in Barcelona and can host up to 95 minors (14 to 18 years of age) who are on preventive custody or are complying with a custodial measure as decided by the Juvenile Justice Judge.



Participants will visit the facilities and will learn about the programmes and activities that are in place to address the specific needs of the young people placed in this centre. Formal education, purposeful activities, as well as vocational training, are some of the key areas of intervention carried out by the staff.

Mental health outpatient care given by the Ministry of Health providers is an important part of the comprehensive support these minors receive as it will be explained along the visit. In addition, participants will have the opportunity of being briefed by in-house professionals about the Juvenile Justice System in Catalonia and the specific role that this centre plays within the existing network of juvenile justice centres.



Criminal Justice Platform Europe

The Summer Course is organised by the Criminal Justice Platform Europe (CJPE) in collaboration with the Centre for Legal Studies and Specialised Training. The CJPE is a partnership of three network organisations working in the fields of probation (CEP), detention (EuroPris) and restorative justice (EFRJ). | More info: Clara Casado Coronas clara.casado@gencat.cat.



The **European Organisation of Prison and Correctional Services** (EuroPris) started its work in 2012. EuroPris is an organisation of and for prison practitioners. Prison Services from jurisdictions in the Council of Europe region can become a member of EuroPris.

The organisation has been established to promote professional prison practice through the facilitation of collaboration, sharing of good practices and knowledge between European prison practitioners. This is realised through the organisation of expert meetings, workshops and conferences. But also through the construction of databases and benchmarking tools. In the past ten years EuroPris developed into a recognised authority on prison matters in Europe. Currently 35 jurisdictions are a member of EuroPris. | More info at www.europris.org.

Founded in 2000 by a group of academics, practitioners and policy makers, the **European Forum for Restorative Justice** (EFRJ) has the aim to contribute to the further development and establishment of victim-offender mediation and other restorative justice practices.



Every person in Europe should have the right of access to restorative justice services, at any time and in any case. Among other activities, the EFRJ supports its members in developing RJ across Europe and beyond by building cooperation, publishing research findings, sharing information and knowledge, and organising seminars, conferences, summer schools and events in occasion of the international RJ Weeks. The EFRJ is a membership organisation with about 450 members, including 80 organisations, across Europe and beyond. | More info at www.euforumrj.org



The **Confederation of European Probation** (CEP) is an umbrella organisation for Probation institutions in Europe. Founded in 1981, CEP brings together practitioners, managers, academics, stakeholders and others working in the field of probation and criminal justice from all over Europe.

The CEP objectives are to unite, build and maintain the networks in probation and criminal justice, continue professionalisation in probation and raise the profile of probation on a national and European level. It promotes pan-European cooperation and exchange of ideas by delivering high-quality activities, making reports available and promoting probation on its website, social sites and in the newsletter. In addition, CEP participates in European projects which compile and study effective policy and practice in probation. To European bodies such as the European Union and the Council of Europe, CEP is the spokesperson for the sector of probation, providing expertise and comparative data. CEP is a member-based organisation with 90 members representing 39 EU countries and 42 EU jurisdictions. | More info at www.cep-probation.org.

Practicalities & Venue

The **Centre for Legal Studies and Specialised Training** (CEJFE) is an autonomous administrative body that belongs to the Ministry of Justice of the Government of Catalonia. It was created in 1990 and its fundamental mission is to organise initial training and continuous education for the staff working at different departments of the Ministry including prison, probation, juvenile justice, victim support and restorative justice among others, with the aim of strengthening and improving the quality of the services provided. It is also a founding member of EPA (European Prison Training Academies).

Another pivotal activity of the CEJFE is to conduct research in the fields of criminology, enforcement of sentences, administration of justice and the Catalonia's own body of laws. Moreover, it leads university practicum programmes, is home to a specialised public library, organises exchanges with other training and research centres at national and international level, and regularly takes an active part in international exchange and innovation projects. | More information can be found at <http://cejfe.gencat.cat/ca/inici/>



Generalitat de Catalunya
**Centre d'Estudis Jurídics
i Formació Especialitzada**

Address

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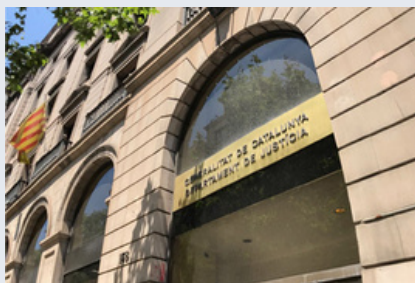
C/ Pau Claris 158, Barcelona

Public transport

Metro: L3 and L5 stop Diagonal

Bus lines: 39, 47, B24, N7, V17

Train: stop Passeig de Gràcia



Joint course dinner

Restaurant La Dolça Herminia

Carrer de les Magdalenes, 27, Barcelona

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