

Dear colleague

Thank you for agreeing to provide a consultation response to inform our youth & criminal justice strategy for 2018 – '22.

In your answers please remember to consider that the juvenile & criminal justice system ranges from on-street policing and can include detention in police custody, PPS decisions, courts, youth conferencing, prison and probation etc.

If a question is not relevant to the work your organisations is involved in, please write N/A in the relevant box.

If you have any questions or prefer to provide feedback in face-to-face meeting instead, please contact Mirjam Bader - Child & Young People / Criminal Justice Manager for MindWise on

Mirjam.bader@mindwisenv.org or 07587659747

What do you understand to be the key current mental health and wellbeing issues affecting **young people (10 – 24 years) involved in offending** to be?

And

Are there any gaps in current CJ interventions / services you have identified?

And

How could MindWise help you to address these issues and gaps?

I believe the key mental health and wellbeing issues affecting young people are:

- Substance misuse/Addiction issues
- Lack of coping skills
- Lack of problem solving skills
- Difficulties managing stress
- Peer pressure
- Relationships
- Negative Peer influences
- Bullying
- Impact of social media (online abuse, sexting, revenge porn, child sexual exploitation)
- Family difficulties i.e. divorce, domestic violence
- Mental illness
- Trauma/abuse history
- Maladaptive coping e.g. self-harm
- Literacy difficulties
- Behavioural difficulties
- Sexual identity
- Healthy sexual relationships
- Consent in intimate relationships
- Poor Self esteem (negative thinking styles)
- Attaining Employment
- Housing

Gaps in current CJ interventions/services:

- Lack of services for young people who have psychological difficulties as opposed diagnosed mental disorder/learning disability
- Difficulties accessing services if presentation is complex or comorbid presentations, particularly Addictions
- Services can be quick to discharge due to non attendance/difficulties engaging
- Treatment readiness of service users and who is in a position to do “preparatory work” before formal therapeutic work will be of benefit?

Mindwise could help by:

- Offering a bespoke service for forensic clients
- Offering support for forensic clients family/careers
- Being flexible and adaptive to the needs of forensic clients who are difficult to engage

What do you understand to be the key current mental health and wellbeing issues affecting **adults (25 years plus) involved in offending** to be?

And

Are there any gaps in current CJ interventions / services you have identified?

And

How could MindWise help you to address these issues and gaps?

I believe the key mental health and wellbeing issues affecting adults are:

- Substance misuse/Addiction issues
- Lack of coping skills
- Difficulties managing stress
- Relationship difficulties
- Sexual/ domestic violence
- Mental illness
- Trauma/abuse history
- Maladaptive coping e.g. self-harm
- Financial Pressures (debt/gambling)
- Attaining Employment
- Parenting Skills/ Custody concerns
- Housing

Gaps in current CJ interventions/services:

- Lack of services for young people who have psychological difficulties as opposed diagnosed mental disorder/learning disability
- Difficulties accessing services if presentation is complex or comorbid presentations, particularly Addictions
- Services can be quick to discharge due to non attendance/difficulties engaging
- Treatment readiness of service users and who is in a position to do “preparatory work” before formal therapeutic work will be of benefit?

Mindwise could help by:

- Offering a bespoke service for forensic clients e.g. generic counselling service
- Offering support for forensic clients family/carers
- Being flexible and adaptive to the needs of forensic clients who are difficult to engage

What do you understand to be the main issues affecting **people experiencing mental health conditions / disabilities who become victims of crime** to be?

And

Are there any gaps in current CJ interventions / services you have identified?

And

How could MindWise help you to address these issues and gaps?

I believe the key issues affecting victims of crime are:

- Ongoing, long term support in relation to traumatic experiences, particularly if not diagnosed with PTSD
- Lack social support, vulnerable to financial /emotional exploitation
- Isolation
- Knowledge/awareness of appropriate services or supports. (Particularly if victim of hate crime/ or if crime is domestic violence)
- Financial restraints (if unemployed or as a result of consequence of the offence i.e. mental health difficulties/ physical difficulties)
- Housing (particular if need to relocate due to safety concerns)
- Safety concerns (if perpetrated is partner or person known to the individual or general fear of being re-victimised)
- Vulnerability

Mindwise could help by:

- Liaising with Victim's services/support group to identify and address issues/gaps as appropriate

What training needs do you think your staff might have relating to criminal justice interventions or services when it comes to-

1. Mental health and wellbeing
2. Mental health conditions / disabilities
3. Personality disorders?

And

How could MindWise help you to address this?

The PBNI Psychology Department regularly facilitate training for PBNI staff in relation to mental health, resilience/wellbeing, personality disorder, Traumatic Brain Injury, Trauma and Lifers, Respectful Relationships, Domestic Violence and Hate Crime.

We are currently in the process of developing training in relation to trauma-informed care/trauma-informed practice so that PBNI staff are aware of best practice in terms of how to work with clients who have experienced trauma.

PBNI psychology have completed several research projects and created specific offence focused intervention packs which aim to reduce reoffending, tackle substance related issues and support clients psychological and emotional well being.

Mindwise could help with this through ongoing liaison with PBNI Psychology, sharing up to date statistics/research/resources etc

Do you have any other comments or suggestions?

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Title: Principal Psychologist

Organisation: Probation Board for Northern Ireland

Date: 3rd May 2018