**Good Lives – Project update – April 2013**

Colleagues,

It has been some time now since we have provided an update on the progress being made on the new Sex Offender Treatment Programme currently called *Good Lives*.

**Background**

It might be helpful to briefly recap on why we are designing a new programme. The main reason for this was an increasing recognition that the literature, in regard to assessment and treatment of sexual offenders, had changed substantially since the development of both community and custody sex offender treatment programmes for Scotland. The existing programmes, the Community Sex Offender Group-work Programme (CSOGP) and the SPS Rolling, Core and Extended Programmes required a redesign in order to reflect best practice in the field of sex offender treatment.

The Good Lives Programme is being designed by the Scottish Prison Service and the Community Justice Operational Unit of the Scottish Government, in order to provide the next iterative step in developing best practice of Sex Offender treatment in Scotland. The programme is based on recent advances in research and practice, and from experiential learning gained from delivering programmes throughout the prison and criminal justice social work environments. The Good Lives Programme has been designed to be relevant to both community and custody settings in order to reflect the changed understanding of what constitutes effective practice with sex offenders and utilising a collaborative approach to treatment improving offender management and public protection.

Good Lives is a cognitive-behavioural programme underpinned by a range of theories designed to address sexual offending behaviour. Previous programmes have been manualised, generic, closed group treatment programmes with a fixed duration. The Good Lives Programme adopts a more individualised approach using an open rolling format with increased emphasis on individual formulation, therapeutic process, and a focus on the areas of most relevance to the individual’s risk and need.

The overall aim of Good Lives is to reduce the re-offending of men convicted of sexual offences and increase their opportunities and capacities for meeting needs by non-offending means. This is in line with Scottish Government outcomes for justice interventions: public protection, reduction of custody and social inclusion of rehabilitated offenders.

**Programme Outline**

Attached at **Annex A** is a high level overview of the Good Lives programme including essential and optional modules.

**Case Manager Process**

A brief outline of the case manager process in Good Lives is provided below.

*Pre programme*

Criminal Justice Reports will be prepared during this phase including: Assessment RM2K/ SA07 (medium + SA07); LS/CMI - Initial Assessment. Liaison with Police. CJSW report to highlight suitability to attend Good Lives.

Serving the Order and Agreement to participate in Good Lives to be done. From the SA07, there will be a first stage completion of the Keep Safe Plan and the Good Lives Plan. The Case Managers initial assessment contributes to formulation and informing the Group Work process. It highlights to the Practitioners the initial known criminogenic needs that the offender may have present, alongside Life Goals and strengths to be developed on entry into the Group Work programme. There is a focus on developing readiness and engagement, to help prepare the man for the group work programme and for change, also development of support networks

*During programme*

The Case Manager will complete the Acute as required on contact with the offender and information to be shared with Good Lives Practitioners.

Case Manager will continue to support the man as he participates in the Good Lives Programme. Part of this process may include a review of the SA07 to see is any changes are required in light of the work he is completing on Good Lives. Also throughout the programme there will be assignments between sessions for the man to complete for his identified areas of treatment need. Where required Case Managers would assist the man with these.

*Post programme*

The case manager will be guided by the outcomes from the Modules (Post Treatment Report) and from the case management plan to inform ongoing treatment areas and life goals.

**Programme progress and recent key milestones**

There have been a number of key consultative meetings in relation to the design and implementation of the project, including ongoing advisory and transitions groups. Within recent months the Treatment Managers Forum was re-established to provide further opportunity for input from practitioners and those working in social work departments.

Representatives from the Scottish Government and Scottish Prison Service met with SAPOR in February of this year to utilise the critical friend role. SAPOR members are keen to adopt an ‘iterative and dialogical’ style of working, including a new focus on early partnership working with programme sponsors and developers. This includes initial advice in response to the presentation of early proposals, a ‘critical friend’ dialogue during programme development and pre-accreditation presentation and dialogue with the Panel to allow designers to explore the extent to which best practice standards are being met, and how they might be better achieved or demonstrated.

In this spirit, the SAPOR meeting in February provided the opportunity for the development team to discuss the programme in draft form prior to being formally considered by the Panel for accreditation. The team presented a number of manuals and excerpts and received some good feedback and comments which they have been incorporating into the programme documentation.

**Change to accreditation timetable**

Based on requirements and amended standards of a newly formed accreditation panel, a decision was made to go to SAPOR for accreditation in September 2013 rather than May 2013. The expectation is that training will then commence in October - we will, of course, be in touch with you well in advance of that.

**Future updates**

I would welcome any thoughts on the content of this note and suggestions for content in future notes.

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**Overview of the Good Lives Programme**

**ANNEX A**

**Essential Modules**

Entry / Re-entry Module

Introduction to Thinking Styles and Self Management Module

Discovering Needs Module

Healthy Sexual Functioning Module 1

Moving to the Future Module

Managing the Future Module

Managing the Future Module

**Optional Modules**

Motivation Module

Social Support Module

Relationship Skills Module

Self Management Module

Thinking Styles Module

Healthy Sexual Functioning Module 2

Empathy/ Perspective Taking Module