

Therapeutic Community Centre for women with mental health issues

“Success is a journey, not a destination. The doing is often more important than the outcome.”

Arthur Ashe



Barcelona, 3rd November 2016

Development of the therapeutic community centre

Project: *Establishing a therapeutic community centre for women in Gherla Prison*

Programme RO 23 „*Correctional Services, including Non-custodial Sanctions*”

The project was supported by a grant from Norway through the Norwegian Financial Mechanism 2009-2014

Program Operator: Ministry of Justice

Project Promoter: National Administration of Penitentiaries

Partners: Bredtveit Prison and Gherla Prison

Outline of the approach

Why a therapeutic community?

- ✓ ensures self-developing;
- ✓ it is based on respecting the principles of social, medical and psychological assistance;
- ✓ is a temporary removal from the general stressful prison environment
- ✓ is based on cognitive behavioural principles;
- ✓ provides changing and maintaining a rational way of thinking;
- ✓ influences in a better way the interaction with themselves and with others.

Concepts

The current approach

- ✓ integrates an adaptation of the standard concept of therapeutically community;
- ✓ keeps the specific strategies and work principles;
- ✓ answers efficiently the identified needs for women deprived of liberty;
- ✓ maximizes the involvement and participation of each in its own rehabilitation process;
- ✓ maintains the desired behaviour;
- ✓ makes the residents of the therapeutically community responsible;
- ✓ increases significantly their social reintegration premise.

Concepts

The clinic protocol for depression

- ✓ reflects the most advanced research in the field of psychological treatments for depressive disorders;
- ✓ it focuses on the depressive syndrome;
- ✓ is an adaptation of individual protocols for depression, tested on the Romanian population;
- ✓ provides access to the most efficient psychological treatments existing today at international level;
- ✓ leads to the improvement of the clinical condition and the increase of life quality and social functioning of women.

Concepts

The clinic protocol for anxiety

- ✓ approaches the adaptation issues of female prisoners with behaviours and emotions specific to anxiety;
- ✓ implements in a structured and comprehensive manner the relaxation techniques, the procedures for behaviour modification, cognitive restructuring and problem solving;
- ✓ aims at the disappearance of the physiological symptoms;
- ✓ develops the necessary skills to reduce the anxiety.

Concepts

The clinic protocol for personality disorders

- ✓ develops *specific activities* with the prisoners diagnosed with personality disorders;
- ✓ aims at building a therapeutic relationship;
- ✓ approaches the development of self-control;
- ✓ sustains the development of self-identity;
- ✓ ensures the achievement of self-control capacity in terms of behaviour;
- ✓ activities and exercises suggested within the protocol are meant to develop empathy and inter-relational intimacy.

Concepts

The program for personal optimization

- ✓ is developed on three levels: emotional, cognitive and behavioural;

Aims at achieving the following objectives:

- ✓ creating the skills of independent and critical thinking;
- ✓ increasing the capacity of emotional self-externalisation;
- ✓ developing skills for communication, assertive behaviour and personal resources.

Target group – participants selection

The target group is represented by women in detention, including Roma ethnics, diagnosed with depression, anxiety and personality disorders.

- ✓ To be diagnosed by a psychiatrist with depression, anxiety and / or a personality disorder such as antisocial or borderline;
- ✓ Not to be under investigation or pending in other criminal cases which require the transfer;
- ✓ To have a recommendation of inclusion in the therapeutic centre in her *Individualized Plan of assessment and educational and therapeutic intervention*;
- ✓ Not to present a major cognitive deficit;
- ✓ To be at least 21 years old;
- ✓ To speak fluently Romanian language;
- ✓ Not to be under medical treatment that can interfere with the intervention.

Outcomes

**The clinic protocol for depression was piloted in
3 penitentiaries**

Arad
5 women

Târgșor
21 women
10 Roma ethnics

Craiova
11 women
3 Roma ethnics

Outcomes

The clinic protocol for anxiety was piloted in 2 penitentiaries

Cluj-Napoca
7 women
2 Roma ethnics

Craiova
10 women
4 Roma ethnics

Outcomes

The clinic protocol for personality disorders was piloted in 3 penitentiaries

Cluj-Napoca
13 women
4 Roma ethnics

Târgșor
5 women
3 Roma ethnics

Arad
7 women

Outcomes

**The program for personal optimization was
piloted in 2 penitentiaries**

**Cluj-Napoca
25 women
5 Roma ethnics**

**Târgșor
6 women
1 Roma ethnics**

Proposed outcome
90 women

Achieved outcome
110 women

Proposed outcome (10%)
9 Roma ethnics

Achieved outcome
32 Roma ethnics



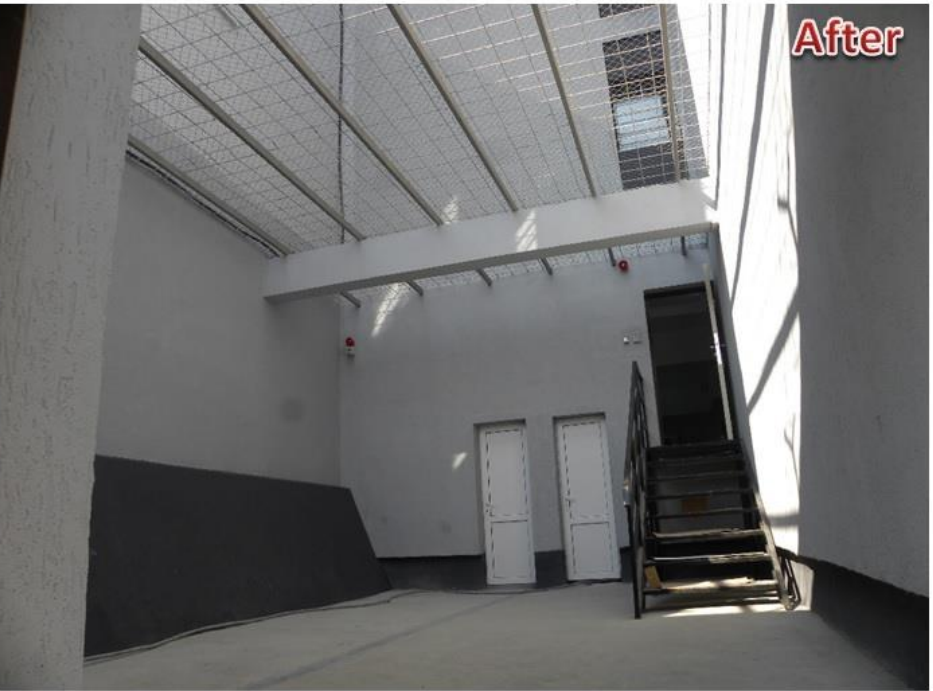
Before



After











Challenges for the future

- ✓ Assuring the necessary human and financial resources after the end of the project;
- ✓ Supporting the personnel in continuing their work within the therapeutic community centre;
- ✓ Keeping the adequate climate within the therapeutic community, taking into consideration the specific of the residents;
- ✓ Being able to provide this type of intervention for all the women who are identified with this need.

