



Seirbhís Phríosúin
na hÉireann
Irish Prison Service



Crois Dhearg na hÉireann
Irish Red Cross



An tSeirbhís Phromhaidh
The Probation Service



etbi
Education and Training
Boards Ireland
Boird Oideachais agus
Oiliúna Éireann

REPORT ON THE DORMANT ACCOUNT FUNDING 2018-20

Community Based Health in Justice

Contents

1.0 Background	2
2.0 Community Assessment as the Heart of Community Based Health in Prisons	4
3.0 Consolidating the CBH in Prisons Curriculum	5
4.0 CBH in Prisons Achievements & Activities for funding period 2018 – 2020	5
4.1 Violence Prevention and Reduction - Drugs and Violence	6
4.1.1 Conflict Awareness with Traveller Prisoners in Castlerea	6
4.1.2 Mediation as an initiative to reduce violence in Catlerea Prison	7
4.2 Overdose Prevention	7
4.2.1 Staying Alive at Christmas	8
5.1 Hepatitis Awareness & Mass Viral Screening	10
5.2 Tuberculosis	11
5.23 Partnering with Community Response	11
6.0 Non-Communicable Diseases	12
6.1 Chronic Lung Disease, Cardiovascular Disease and Cancer Prevention	12
6.2 Promoting Healthier Living through Exercise and Healthy Eating	13
6.3 Sun Smart Campaign – Preventing Skin Cancer	13
6.4 General Cancer Awareness Promotion	14
6.5 Health Screening – Assisted Screening	14
7.0 Mental Health	15
7.1 Activities to Improve Mental Health Well-being	17
7.1.1 The Progression Unit Mountjoy	17
7.2 Suicide Prevention and Self Harm	17
8.0 Social Inclusion and Supporting Charitable Causes	17
8.1 Anti-bullying campaigns	18
8.3 Autism awareness projects	19
8.4 Raising Morale, Helping Mental Health and Social Inclusion in Limerick	19
8.5 Syrian Refugee Project	19
8.6 Supporting an Ethnic Identity Project within the Irish Prison Service	20
8.7 Food Assistance to the Most Vulnerable in Dublin	20
8.8 Projects Close to the Heart of Prisoners and Staff - Children	21
8.9 International Day of the Elderly	21
8.10 Helping the Homeless	22
9.0 Pandemic Preparedness and Response	22
9.1 Prisoner Communications during the Pandemic	23

9.3 Ensuring Continued Impartiality and Neutrality of Irish Red Cross Volunteers and the Emblem	23
9.4 Regular Newsletters Produced by Irish Red Cross Programme Staff	23
10.0 A Review of the Role of IRC inmate volunteers Undertaken by an under-graduate Student on Virtual Placement with the Red Cross Programme from Western University Ontario	24
11.0 Staff Training to Effect Organizational Change Relating to Community Based Health in Prisons	25
12.0 Community Health Action Committee (CHAC)	26
13.0 Community Based Health in Justice –Working with the Probation Service	26
13.1 Prison to Community Project Activities & Achievements for funding period 2018 – 2020 ...	26
13.2 Promotional Materials	28
13.3 Family Project Pilot in the Progression Unit of Mountjoy Campus	29
14.0 Contributions to UN Sustainability Goals	30
15.00 Personal Development Resulting from Prisoners Becoming Irish Red Cross Volunteers: Information Emerging from Qualitative and Quantitative Studies in 2019/20	30
15.1 Qualitative Study	31
15.2 Quantitative Study	32
Results	32
Discussion	33
16.0 Research Undertaken Linked to Universities and Academic Institutions	34
16.1 Western University Ontario, Schulich Faculty of Public Health, Canada	34
16.2 University College Dublin, Sutherland School of Law	34
16.3 University College Cork, Faculty of Psychology	34
16.4 Dublin City University, School of Nursing, Psychotherapy and Community Health	34
17.0 Published Work on the Community Based Health in Prisons Programme	35
18.0 Knowledge Sharing with Other Jurisdictions - Global Knowledge Sharing	35
19.0 Conclusion	37

1.0 Background

Dormant Account Funding has provided community Based Health in Justice (CBH in Justice) to the Irish Prison Service over the period 2015-2017 and 2018-2020. This was based on the Programme/Strand ‘supporting a marginalized section of Irish Society improving health and contributing to government objectives’. The Irish Red Cross on behalf of the Irish Prison Service, as agreed, managed the total amount of the funding for each period.

The programme has been operating since 2009 under a partnership between the Irish Red Cross (IRC), Irish Prison Service (IPS) and Education Training Boards (ETB’s). Groups of 12 – 24 IRC volunteer inmates are recruited annually in each prison and attend a weekly CBHFA training session with the full duration of the course-taking place over 6-9 months.

During their training, volunteer inmates develop skills to promote the health and safety of their prison community through peer -to -peer education. After graduating from the course, volunteers continue to engage in activities aimed at improving their prison environment and are supported by the CBH in Justice Team in each prison.

In the 2018-2020 funding period, the Programme included collaborating with the Probation Service to facilitate the volunteers who were transitioning from Prison back to the wider community. This was called the Prison to Community project.

The Community Based Health (CBH) in Prisons component of the programme is delivered by ETB teacher/s in the school/education unit of the prison and allocated nurses/healthcare professionals who are employed within the prison healthcare system. All groups are managed through a monthly meeting known as the Community Health Action Committee Meeting (CHAC).

Having completed the community assessment module within the CBH in Prisons programme, volunteers with the support of staff, work on a peer-to-peer basis raising awareness and implementing projects. These projects create a system for improving the health and wellbeing of prisoners as a vulnerable community group of Irish Society through the introduction of peer educators in the prison units.

A Service Level Agreement (SLA) was put in place each year of the Dormant Account Funding period between the Irish Prison Service/Probation Service (fund holders) and the Irish Red Cross. A report on the SLA for 2018-2020 has been undertaken and submitted to Irish Prison Service Health & Rehabilitation Directorate.

The expectations of CBH in Justice Programme over this funding period were that it would continue to run one cycle of CBH in Prisons each year in all Irish Prisons and develop the Prison to Community project in partnership with the Probations Service.

Relevant community based health and well-being projects, including violence reduction, overdose prevention and mental health/well-being were developed and implemented by inmate special status Irish Red Cross volunteers (see section 2.0 and 2.1). These were also to be consistent with WHO and 'Healthy Ireland' priorities for health.

As laid out in the original Dormant Fund Account proposal/application, an evaluation of the five year period 2009-2014 was conducted in 2015 in association with the Public Health Faculty of the School of Medicine & Dentistry at Western University Ontario. This was also to serve as the report for the end of year one of the funding period.

Three separate pieces of research linked to three Universities was planned in 2020 to provide the substance for an end of funding period evaluation. These included a Psychometric testing of inmate volunteers starting training in October 2019 with the Department of Psychology at University College Cork to determine quantitatively whether the programme affected personal development.

The second was a qualitative study to gather the impact of Prison to Community on probationers taking part in overdose prevention and violence prevention workshops facilitated by ex-inmate Red Cross volunteers. The Public Health Faculty, Western University Ontario, was undertaking this.

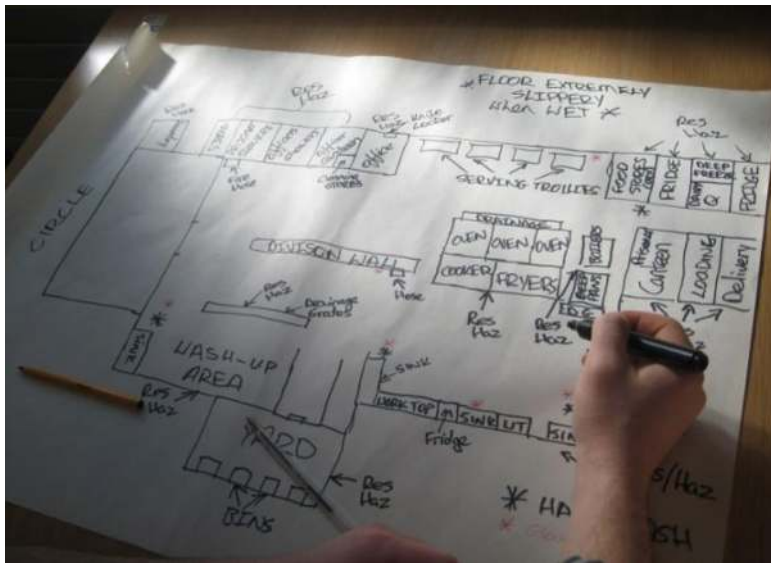
The third piece of research was with inmates of male and female volunteers on the Mountjoy Campus to look into potential employability of inmates who had undergone the CBH in Prisons programme.

Unfortunately, due to the COVID19 Pandemic, the second and third research studies could not be implemented. A post-graduate student of UCC Psychology Faculty on personal development undertook a qualitative study and an overview of the findings is reported in this report.

The IPS Psychology Service undertook the quantitative psychometric study on personal development and the outcome reported in this report.

2.0 Community Assessment as the Heart of Community Based Health in Prisons

The basis of all learning and activities within the prison-based elements of the Community Based Health in Justice Programme is the community assessment undertaken by volunteers as module 5. The assessment uses a number of community tools that allow inmate volunteers to find out about their community through mapping for health and safety risks as well as potential resources.



Community mapping undertaken in Module 5 to understand the prison community

Other tools include focus groups with community members to find out their perception of health and safety risks as well as the interview of key informants such as nurses, psychologists, addiction counsellors and other relevant experts.

Volunteers also use the seasonal calendar to identify particular times of the year when certain health risks are prominent as well as identifying key dates for undertaking various campaigns nationally or globally such as World AIDS Day in December each year.



Building up the Picture of the Prison Community using Community Assessment Tools

3.0 Consolidating the CBH in Prisons Curriculum

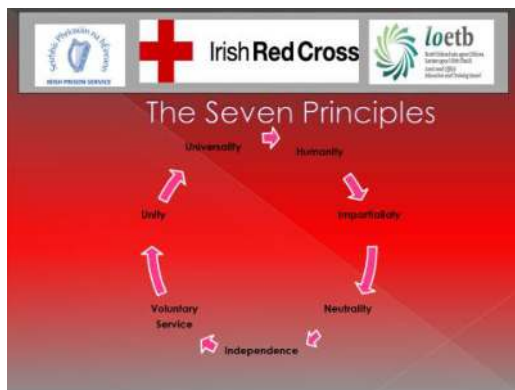
During this funding period, the programme consolidated the curriculum to ensure that there was uniformity of project work whilst at the same time allowing for individual differences in different prisons in different parts of the country.

The new framework included the following five key Pillars:

- Infection Control
- Health
- Mental Health
- Non-Communicable Diseases (NCD), healthy lifestyles including smoking cessation
- Social inclusion and charitable events

The programme curriculum also considered a triangulation of the priorities set by WHO, HSE 'Healthy Ireland', Health departments of IFRC and ICRC and Irish Prison Service Director of Health.

Activities have also been taking into account Government priorities that support UN sustainable development goals, environment and climate change. An example of this is the re-cycling work that volunteers have been supporting in some prisons.



Portlaoise Prison Facilitator Volunteers teaching slides for learning with new volunteers about creating Project Action Plans based on their Community. The importance of the seven fundamental principles of the Red Cross Movement are central.

All prison projects emerging from Community Assessments follow an Action Research Framework

4.0 CBH in Prisons Achievements & Activities for funding period 2018 – 2020

The Programme has provided one cycle of Community Based Health in all prisons for each year of the Dormant Account funding period.

2020 has resulted in a significant challenge due to the global COVID19 Pandemic that has affected all teaching and learning institutions. Volunteer groups have undertaken months of active volunteering duties as part of an emergency project that is ongoing, thus improving local health, safety and well-being for both prisoners and staff. Their work, as the local arm of the National Infection Control Team (NICT), has contributed to preventing community transmission of the virus amongst prisoners for the first six months of the Pandemic.

They will graduate through their extraordinary and exemplary experience at landing level to help their local community through the problems affecting their local prison.

Since the inception of the CBH in Prisons project in 2009, well over 1,500 inmate volunteers have been trained and 287 inmate volunteers between 2018 and 2020 graduated from the programme within this funding period.

4.1 Violence Prevention and Reduction - Drugs and Violence

Volunteers are trained to facilitate overdose prevention workshops in all prisons on a regular basis and especially linked to inmate preparation for both temporary and permanent release from prison.

In 2019, a new workshop, 'Peer Support in Preventing Relapse' was designed in partnership with Merchants Quay Ireland in Wheatfield Prison. Volunteers were trained as facilitators in this workshop and provide structured support to those in prison who wish to remain drug free and want to prevent slips/relapse.

Violence Prevention workshops are peer-lead and focus on developing a culture of non-violence and peace within prison communities. Trained volunteers in many of the prisons facilitated a number of workshops during the funding period.

Weapons amnesties carried out in some prisons resulted in the collection of illicit weapons thus improving safety within the prison to some extent. Giving up weapons in a prison is a significant step and it is suggested that compliance was due to the advocacy of peer inmate Red Cross volunteers who after ten years in existence, prisoners communities have come to trust.

4.1.1 Conflict Awareness with Traveller Prisoners in Castlerea

Castlerea volunteers developed and continued to run conflict awareness workshops to encourage a reduction of violence between travellers, which was very effective. These courses are run regularly in Castlerea throughout the year facilitated by inmate volunteers. These workshops also lead to the development of the Mediation courses aimed at creating prisoner peer mediators to help settle differences without violence.



Conflict Awareness workshop in Castlerea Prison

Photographed in 2016 continued 2018-20

4.1.2 Mediation as an initiative to reduce violence in Castlerea Prison

Irish Red Cross inmate volunteers trained in mediation in one prison have successfully prevented numerous conflicts amongst prisoners to avoid violence amongst both Traveller and settled prisoner communities.

In 2017, teachers of Castlerea Prison worked in partnership with the Midlands Traveller Community Mediation Initiative (MTCMI) to develop a course in Mediation. The aim was to empower inmates with the skills and confidence to effectively communicate through Peer-to-Peer interaction with inmates who are experiencing conflict and violence in the prison.

The school identified from an earlier programme of conflict awareness, that violence was a regular occurrence in the prison and could start from something small or from an on-going feud that may have started prior to a person entering the prison. Consequently, the risk of violence erupting would be high; therefore measures were needed to tackle prisoner on prisoner violence

The course is quickly gaining recognition through the prison. Officers' are now requesting the use of the inmates to mediate between feuding parties and prisoners are aware of the roll of the mediators. This has resulted in prisoners arranging meetings to resolve their issues and disputes. It has quickly established itself in the prison as a means of preventing and resolving violence.

So far, forty-eight disputes have been resolved through mediation, thus preventing many instances of physical violence and the risk of serious injury and hospitalizations. This number reflects the hard work of students, teachers, IPS and MTCMI in reducing the violence in the prison making it a safer and less volatile environment.

In September 2019, sixteen prison students including some IRC inmate volunteers started the Professional Certificate in Mediation. The course was delivered in partnership with the University of Maynooth and the Traveller Mediation service. The aim of the course was to develop high-end mediation skills in people who have experienced conflict and difficulties in their societies and communities.

Due to the success in Castlerea, the training will be considered to be extended to other prisons.

4.2 Overdose Prevention

One of the serious risks both in prisons and in the time after release is the risk of accidental



Posters Used in Prisons to supplement Overdose Prevention messages

Overdose due to a lack of understanding of the dangers of mixing drugs and using alone amongst other risks. Overdose prevention workshops have been undertaken in most prisons on a regular basis facilitated by inmate Red Cross volunteer facilitators. The focus of these workshops is harm reduction.

Emergency Response Posters

Also called Oxy's or Hillbilly Heroin



DANGEROUS DRUGS –OXYCONTIN TABLETS

WHEN MIXED WITH OTHER DRUGS SUCH AS HEROIN, METHADONE OR BENZODIAZEPINES- YOU

Emergency Response Posters distributed when alerts on dangerous drugs in circulation are received

Volunteers as peer-to-peer educators were used in emergency response projects to inform and warn the prisoner population of risks existing with dangerous concoctions of drugs or new drugs in circulation, particularly new psychoactive substances.

4.2.1 Staying Alive at Christmas

The festive period is known to be a time when people may increase their drug use and experimentation. This has also been seen in the prison community over recent years with experience of deaths in custody over Christmas due to drug overdose.

In December of the last three years, volunteers have undertaken a 'Staying Alive at Christmas' campaign of drugs awareness. In each of these years, there were no deaths from overdose or hospitalizations. Whilst it cannot be proven that these interventions were responsible for the reduction in Christmas drug emergencies, it is anticipated that it may have significantly contributed to safer behaviours.

Staying Alive at Christmas

Staying alive this Christmas!

There were 6,000 drug-related deaths in Ireland in the past 12 years.

Learn how to keep safe by attending the Overdose Prevention group in the Auditorium on [blank].

Examples of Drugs that Can lead to an Overdose:

<p>Heroin (Dose, smack, etc)</p>  <ul style="list-style-type: none"> Heroin causes the highest rate of all drug-related poisoning deaths. Half of those who die do so in hospital (line of death). 	<p>New Psychoactive Substances (NPS, legal highs)</p>  <ul style="list-style-type: none"> At least 100 new NPS have been identified since 2004 according to the World Health Organisation.
<p>Ecstasy (E, yammers, ecstacy)</p>  <ul style="list-style-type: none"> Ecstasy increases your risk of heart attack or stroke five times higher than in other people. Heart and blood pressure. 	<p>Benzodiazepines (Xanax, Valium, Roxy, Kocod)</p>  <ul style="list-style-type: none"> At least 100 of these deaths combined benzodiazepines with other drugs. The number of hospital admissions for benzodiazepine use rose 100% over 10 years.

Don't allow yourself to become another statistic!
Be safe. Be informed. Talk to us.







5.0 Infection Control and Prevention and Infectious Diseases

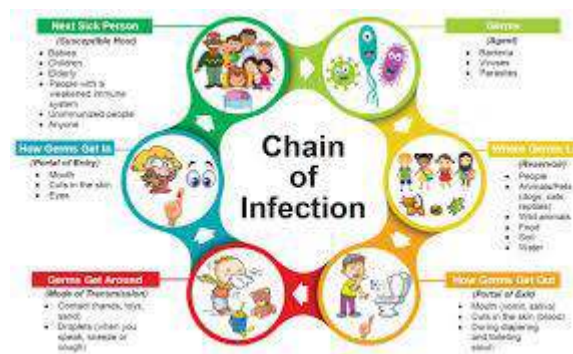
All prisons have regular hand washing techniques demonstrations with inmates at landing level now that IPS has provided Glow Boxes as key aids to this important training.

A new module on Infection Control is being used by volunteers to improve prisoner understanding about controlling and preventing the chain of infection in order to reduce infectious diseases spreading within the prison population.

Volunteers gave support to the National Infection Control Team during the implementation of the single mop use system. This contributed to improved hygiene in the prisons it was been piloted in.

Projects around cleaning up the community have also been undertaken in some prisons.

In 2018, the Red Cross volunteers and programme began collaborating with the National Infection Control Team.





Infection Control, Cleanliness and Hygiene

Volunteers in all prisons have demonstrated landing level handwashing techniques as the first line of infection control and reducing the spread of infections. The institutionalization of this has been especially important in facing the future for more surges of COVID19 during the next potential funding period 2021-2023.

Volunteer activities in correct handwashing, respiratory etiquette and social distancing has contributed to the fact that six months into the COVID19 Pandemic in Ireland, there were no confirmed cases amongst prisoners across the prison estate of 13 prisons.

It has become apparent in knowledge sharing webinars with other jurisdictions, that since the Irish Red Cross/Irish Prison Service already had the CBH in Prisons in place prior to the pandemic, preparedness for COVID19 was able to be implemented prior to the virus even reaching the shores of Ireland.

Inmate Irish Red Cross volunteers have been praised by the Inspector of Prisons and the Director General of the IPS as being central to the disease prevention and control as well as being the channel for information to prisoners.

Getting information to prisoners in the Pandemic has been key and inmate volunteers have been central to prison management's ability to do this as well as receive bottom-up information to ensure management are providing appropriate support to prisoners. In addition, through the volunteer local engagement, Management are made aware of problems at landing and cell level.

5.1 Hepatitis Awareness & Mass Viral Screening

In 2019, St. James' Hospital Dublin, in partnership with Irish Prison Service and inmate Irish Red Cross volunteers, conducted mass viral screening, which saw volunteers raise awareness with their peers about the importance of being tested. The result of the partnership event was that over fifty percent of inmates in the Midlands Prison availed of the opportunity for screening.



Mountjoy Prison

There was an eighty per cent attendance rate in a prison mass voluntary Hep C/HIV campaign linked to IPS Healthcare, Mater Hospital and Hep Care Europe contributing to early diagnosis and treatment of a significant number of new Hep C cases in 2017/2018

This has the potential for reducing long-term societal costs significantly and reducing the spread of the disease.

A study showed that 17 new cases of Hepatitis C were found and placed into treatment.

In terms of cost-benefit analysis, this showed a saving in societal costs based on *lifetime* values for chronic Hepatitis care of over *three million* euros against an investment of approximately 350, 000 euros to undertake the screening work.

The peer inmate Red Cross volunteers were key to the high level of uptake for undertaking the testing. Feedback from prisoners indicated that they attended for testing because the volunteers advocated for it and not just doctors and nurses. Another key to the success was the ‘whole prison approach’ (WHO 2007) where prison management activities were as important as the medical inputs in managing the logistical needs of such a large project.

5.2 Tuberculosis

Whilst tuberculosis is not a major problem in Irish Prisons, an infectious disease is included in the CBHFA training of volunteers under infection control. This is because it is a disease that breeds in places where there are a close proximity of people in small places. Prisons also have poor ventilation and people entering the prison from countries/communities with a high incidence of tuberculosis may be found.

In recent years, there was an outbreak of tuberculosis in an Irish remand prison, known to receive prisoners from different countries abroad. Volunteers are taught to be able to recognize the main signs and symptoms of tuberculosis, so that they can direct any prisoner exhibiting any of these symptoms to the prison health care unit as early as possible.

5.23 Partnering with Community Response

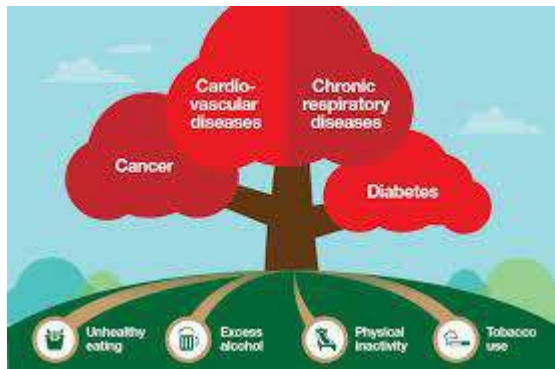
In 2018, a partnership was developed with Community Response, which operates the Hep-Friend programme, and a number of inmate IRC volunteers received the Hep-Friend training. The purpose of Hep Friends is to provide peers who understand the process of screening and attending for hospital appointments, as well as the importance of taking HEP C medications properly.

The deployment of the volunteers to Hep Friend activities with Community Response has been postponed due to the Pandemic.

6.0 Non-Communicable Diseases

WHO and Healthy Ireland have highlighted non-Communicable diseases globally as one of the most important causes of death. The CBH in Prisons programme has responded to that during this funding period through various activities aimed at encouraging healthier living amongst the prisoner population.

This has included the promotion of healthier living including projects on exercise, food intake and selection of foodstuffs and drinks, smoking cessation, joint activities for blood pressure recording with nursing staff and various cancer awareness projects.



Join the Irish Red Cross Volunteers

in growing 'handlebars' this November and raise awareness about men's health



Raising awareness about Cancer

6.1 Chronic Lung Disease, Cardiovascular Disease and Cancer Prevention

In the Progression Unit's '*whole prison approach*': smoking cessation programme has led to a number of smoke free landings aimed in the longer term at creating smoke free prison campuses contributing to a cleaner environment as well as supporting the IPS Smoking Policy.

Cloverhill has commenced a smoking cessation support group, linked to Healthcare. The Prison doctor prescribes suitable medications in terms of nicotine replacement.

Arbour Hill have introduced colour coded cell cards to identify smoking cells and non-smoking cells. Masks have been provided for staff entering smoking cells.

A concentrated training programme in all prisons by a seconded IPS Red Cross nurse to support smoking cessation amongst prisoners was introduced.

6.2 Promoting Healthier Living through Exercise and Healthy Eating

Projects aimed at promoting physical fitness such as walking or sporting events that contributes to better health, promotes social inclusion and in numerous prisons, raises funds from both prisoners and staff for various charities have been run. Working for others and charities is an important part of volunteer development of empathy within their personal development.



Non-Communicable diseases (NCDs) have been addressed in numerous different projects that also include Tuck shop healthy options reviews, talks to peers about nutrition, blood pressure checks for prisoners and staff, stroke awareness and heart disease awareness campaigns.

The WHO have recognized that non-communicable diseases account for the most deaths around the world and are for the most part preventable.

6.3 Sun Smart Campaign – Preventing Skin Cancer

The goal of this project was to reduce sunburn and the risk of skin cancer amongst inmates who are more likely to stay in the sun for long periods when the weather is fine. Volunteers in all prisons on an annual basis promote this project. The importance of this project not only potentially prevents skin cancer but also the number of sunburn injuries ending up in prison surgeries and even hospitalizations.



Historically, prisoners have been reported to use such materials as ‘butter’ to increase their tanning process. This unhealthy and dangerous myth needed to be broken and part of volunteers’ awareness raising has been around this. The encouragement of the safe practice of using the sunscreen lotions made available in the exercise yards of all prisons has been promoted on posters and by volunteer word of mouth.

6.4 General Cancer Awareness Promotion



DAFFODIL DAY

COFFEE MORNING

on

FRIDAY MARCH 22nd

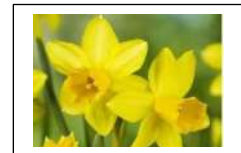
Where: Education Centre

When: 10.00 -12.15pm

2.30-4.00pm



**Everyone is welcome to drop in and join us for a
Cup of Tea, Coffee and Cakes**



All proceeds will go to the Irish Cancer Society

Red Cross Programme activity to raise Cancer awareness

6.5 Health Screening – Assisted Screening

Red Cross inmate volunteers supervised by Red Cross nurses have undertaken landing level health screenings in some prisons.

Some of the campaigns at landing level have focused on blood pressure readings and some have included cholesterol readings. The purpose of the campaign was to promote the idea that some diseases can be prevented by changes in lifestyle, early diagnosis and treatment.

In the United States, It is estimated that reducing diabetes and hypertension prevalence by 5% would save approximately \$9 billion annually in the near term. With resulting reductions in comorbidities and selected related conditions, savings could rise to approximately \$24.7 billion annually in the medium term.

Well-designed interventions that achieve improvements in lifestyle-related risk factors could result in sufficient savings in the short and medium term to substantially offset intervention costs.

It is suggested that the investment, through the CBH in Justice Programme in Ireland, can also create significant savings to the Justice sector as part of overall Health costs in the short, medium and long term.



This enabled identifying new cases of hypertension, for example, that could be entered into treatment, reducing the chances of hospitalization for heart attack or stroke.

This potentially saves lives as well as reducing prison officers having to spend time on hospital duty creating staff shortages within the prison operation.



In Limerick, Health Awareness Days were held involving volunteers working alongside healthcare at various stations, which included blood pressure testing, blood sugar testing, body fat measurement, lung capacity measurement. Healthcare spearheaded this project through a very proactive Red Cross Nurse in partnership with IRC.

Choosing healthy beverages has been promoted with the slogan 're-thinking your drink'. The main aim of this project was to get inmates to learn about the amount of sugar in various drinks using food labels. The project also aimed to get prisoners to learn and explain the importance of limiting sugar intake. The Irish Red Cross inmate volunteers designed posters, gave presentations where they used sugar test tubes to demonstrate the amount of sugar in each drink.

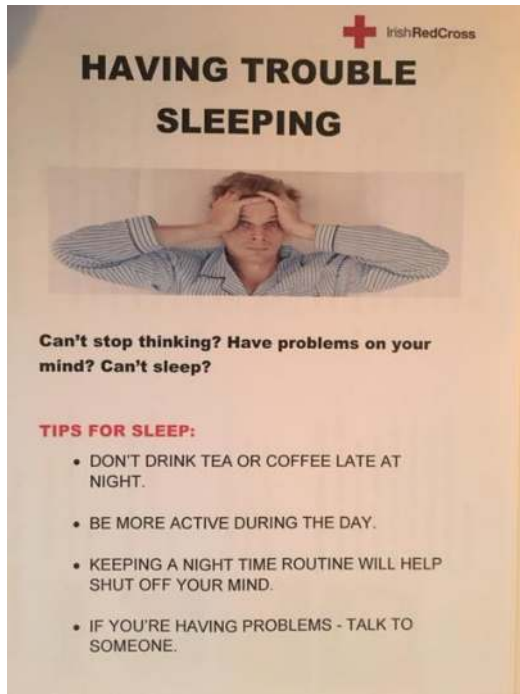


Volunteers practicing using the electronic sphygmomanometer

7.0 Mental Health

In the Women's Dochas Centre, a project to welcome all new committals as a sort of 'buddy project' has been established. The buddy system project is perhaps one of the most important ways of helping to support mental health & wellbeing.

This is the third year in which Assistant Psychologists have been attached to the CBHFA programme and it has been extremely successful as indicated in the feedback from Assistant Psychologists and inmates.



Red Cross Volunteer 'Buddy's' in Portlaoise

Always there to help new Prisoners settle in



Projects around mental health included workshops on Anxiety, Depression, Sleep and the impact of drugs/addiction on Mental Health. There was also 'Mental Health week' activities carried out in all prisons aimed at increasing awareness and tackling stigma.

Inmate Red Cross volunteers, Red Cross teachers, nurses and assistant psychologists, run these. Attendance is improved because peer Red Cross volunteers are leading and advocating for participation.

7.1 Activities to Improve Mental Health Well-being

White Collar boxing was arranged in Mountjoy prisons with many inmates participating resulting in a boost of morale.

Volunteers in some prisons have been exploring possible evening activities that can help vulnerable prisoners. In addition, in some prisons volunteers have been looking at activities for inmates when the schools are closed over the summer period and during midterm breaks.

Sports days, quizzes, musical events, talks and bingo have been undertaken. Volunteers also promote exercise by organising walks/runs and other sporting events that influence mental health in partnership with management and Red Cross teachers

Volunteers have been very aware and active in relation to mental health & wellness needs in the lockdown of the Pandemic. Visiting cells by volunteers has helped with this as well as working with psychology.

7.1.1 The Progression Unit Mountjoy

Over the past three years, the Framework agreed with the IPS Prison Psychology Service for assistant psychologists working with the Red Cross Programme has included a mental health wellbeing survey. In this, Red Cross volunteers have distributed a survey and assisted those who needed it, in completing the questionnaire.

The purpose of the questionnaire has been to ask all prisoners what the key mental health issues are for them. Once the surveys are collected up, volunteers and the assistant psychologist analyse the results and agree the top three issues that appear most relevant to the most prisoners.

Following on from this, the assistant psychologist facilitates learning interventions with Red Cross volunteers and agree how they can best give information and signposting to prisoners as their peers.

The strategy is designed to ensure that the prisoner population feels 'listened to' and then assisted in the most relevant way.

7.2 Suicide Prevention and Self Harm

A number of prisons have included within their mental health surveys a recognition that self-harm and suicide prevention is an important element of mental health wellness.

In Limerick, specifically, Suicide Prevention/drink and drug awareness has been highlighted where Merchant Quay counsellors gave a presentation to the Red Cross volunteers. From this, the volunteers designed a leaflet to heighten awareness around this important issue in prison health and distributed it around the prison community.

Castlerea Prison inmate Irish Red Cross Facilitator volunteers have continued to undertake harm reduction workshops.

8.0 Social Inclusion and Supporting Charitable Causes

Social inclusion is one of the five pillars of volunteer project activities in Community based Health in Prisons. This is regarded as an important element of Red Cross work in prisons. It recognizes prisoners a vulnerable group, where inclusion is an important factor affecting personal well-being.



Inmate Irish Red Cross volunteers work together to promote the seven fundamental principles, which are so important in ensuring social inclusion. The programme has been in Irish prisons for over ten years and prisoners have come to respect inmate Irish Red Cross volunteers based on their adherence to the principles such as impartiality and neutrality.



Encouraging Social Inclusion through group activities

8.1 Anti-bullying campaigns

Bullying is a known problem in closed prison communities and it is important that Red Cross volunteers advocate against this happening. They do this through advocating for the seven fundamental principles and by being neutral. Some prisons actively carry out such campaigns and Cork prison produced a film on this subject, which is used in the video system of other prisons.



Film made by Cork Red Cross used in all prisons to help fight bullying

8.3 Autism awareness projects

Mountjoy prison have included visits to the prison by autistic people and created awareness around this subject. Talks were given to volunteers and other prisoners to raise awareness, start discussion and reduce stigma for families affected by autism.



**A Talk on Autism Awareness Irish
Red Cross CBHFA programme**

**22nd April in the Auditorium,
Mountjoy Prison**

8.4 Raising Morale, Helping Mental Health and Social Inclusion in Limerick

Volunteers led a Christmas Card Project in the period coming up to the Christmas period. This was seen as a social education project to promote goodwill and inclusiveness. Each prisoner received a handmade Christmas card from the Irish Red Cross volunteers. This was important as it became apparent that significant numbers of prisoners had never received a Christmas card. Whilst it was a time consuming project involving the Volunteers and the Red Cross ETB teachers, it was a very successful project and much appreciated by prisoners.

Sports activity days were promoted and included a soccer tournament. This was held between the various wings of the prison and gave prisoners an opportunity to engage in healthy competition. Such events not only support 'healthy lifestyles' but gives a focus for interest which is a positive contribution to mental health wellbeing as well as social inclusion.

The project also included the raising of funds for a charitable donation to be made by prisoners to Pieta House.

8.5 Syrian Refugee Project

Volunteers in Loughan House Open Centre hosted workshops for Syrian refugees with activities based around music to break down barriers and promote social inclusion.



Awareness amongst Irish Red Cross volunteers and the prisoner community has also been the focus of a project in Mountjoy Prison.

In this, Aid workers with experience of the Syrian crisis to mark World Human Rights Day presented a talk to volunteers

World Human Rights Day - SYRIA - Talk by Aid Workers Mountjoy Prison

8.6 Supporting an Ethnic Identity Project within the Irish Prison Service

Support to IPS Ethnic Identity project lead to high prisoner participation and greater accuracy of results. There was a greater success because of the fact that peer inmate Red Cross volunteers were advocating for participation and honesty.

It has previously been found that the Traveller communities in prison do not necessarily disclose information to officials or those perceived to be staff members. Based on the Peer-to-peer concept, it is believed that Traveller communities in prison may have been more forthcoming with ethnic information leading to potentially more accurate results with greater numbers of participation.

8.7 Food Assistance to the Most Vulnerable in Dublin

Cloverhill Prison volunteers have assisted in the Crosscare food bank project over the last five Christmas's. This project encourages inmates to think of the less fortunate families in the locality over



The 'Crosscare' Project operating with Irish Red Cross, Irish Prison Service and Prison Education Board.

Over the Christmas period. Prisoners attending the prison Tuck Shop in Cloverhill prison buy small items of food or biscuits and place them in the Cross care bin to be distributed to needy families in Dublin. Donations of only a few Euros represent a significant percentage of weekly funds available to prisoners.

8.8 Projects Close to the Heart of Prisoners and Staff - Children



Projects such as 'Childline' provide an important focus for prisoner communities to come together in a common cause to help children. Apart from raising funds, it helps prisoners become motivated to think about the less fortunate and count their own blessings in terms of their own children to whom they will return as an important force in their lives.



Wrapping boxes on Thursday 15th November

Christmas appeal run by Volunteers in Mountjoy Prison to bring assistance and joy to children abroad with nothing.

An example of doing something to demonstrate the Principle of Humanity

8.9 International Day of the Elderly



Elderly residents of a Day care Centre in Dublin entertained by Mountjoy Irish Red Cross volunteers in 2018 and 2019.

This type of initiative allows inmate volunteers to give back and celebrate the elderly, changing public perception of prisoners' willingness to engage in giving back to society

8.10 Helping the Homeless

An important humanitarian activity undertaken by inmate Irish Red Cross volunteers in Portlaoise and Mountjoy Prisons.



*Portlaoise Irish Red Cross Volunteers
Supporting Focus Ireland for the
Homeless*



*Mountjoy Prison 'Fill a Luas' Campaign
Inner City – Helping the Homeless*

9.0 Pandemic Preparedness and Response

Inmate IRC volunteers facilitate intensive demonstrations on good hand hygiene, respiratory etiquette and explaining the importance of social distancing as a key peer education strategy. They work closely with the Irish Prison Service National Infection Control Team.

Since the partnership was developed between Irish Red Cross CBHFS Programme and the National Infection Control Team was established in 2017, volunteers have become the arm of Infection control at the community level. All CBHFA course participant volunteers in all prisons learn about and conduct community level hand washing demonstrations every year. Landing level peer education with prisoner communities includes simple infection control instruction about preventing the spread of infection and breaking the chain of infection.



Landing level hand washing practice using the Glo-box teaching aid, which is particularly popular and effective in messaging the importance of proper handwashing.

This includes instruction about respiratory etiquette in airborne infection risks and the need for social distancing as another way of helping to limit the spread of airborne/droplet infection in any disease.

Proper handwashing, respiratory etiquette and social distancing has been part of community health awareness for some years. Therefore, the Programme simply intensified this community level activity in January and February 2020 in all prisons by Red Cross volunteers.

9.1 Prisoner Communications during the Pandemic

An important strategy recognized very early in the Pandemic by the Irish Prison Service and its partners, Irish Red Cross and the Education and Training Board was the importance of accurate and timely communications to prisoners.

It was decided that the well-tested peer education/information system initiated over the previous ten years by the Irish Red Cross/prisons partnership would be the central strategy to keep prisoners informed at the local level. Trust has been established over the years between prisoners and the Red Cross emblem worn by prisoner Irish Red Cross volunteers and this needed to be maintained.

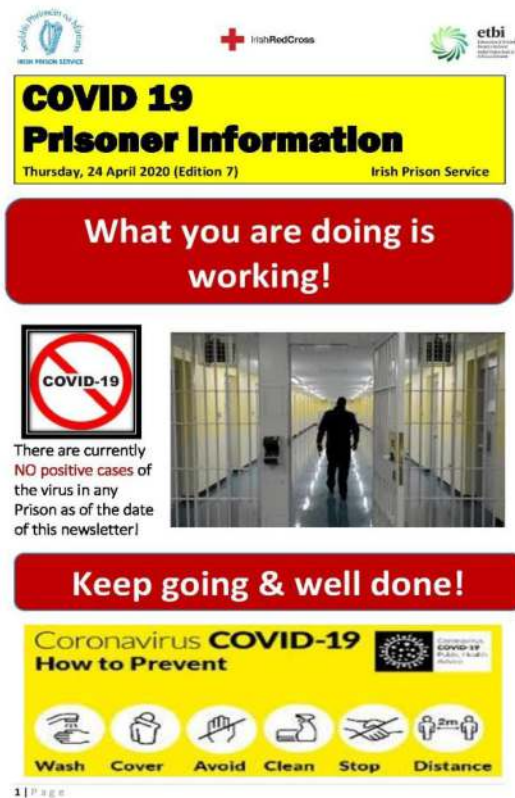
9.3 Ensuring Continued Impartiality and Neutrality of Irish Red Cross Volunteers and the Emblem

Important in this work, has been the need to recognize the separation of the Red Cross Movement and working with Government and Government departments such as the Irish Prison Service. To do this, Programme management at Irish Red Cross has worked closely with Irish Prison Service Management. This was to ensure that Irish Red Cross inmate volunteers continued to be seen as impartial and neutral. This was important whilst working with a government department (Prison Service). The Red Cross Movement is mandated to assist in times of national emergency for the purposes of humanitarian efforts. In this case, humanitarian efforts were directed at prisoners.

9.4 Regular Newsletters Produced by Irish Red Cross Programme Staff

Volunteers to ensure consistent and important messages are getting out to prisoners for them to be aware of the proper procedures in place to keep them safe disseminate a weekly newsletter.

Newsletters have been translated into seven languages and these are distributed to prisoners of foreign tongues. Some of the messages include, but are not limited to, reminders about proper handwashing techniques, symptoms of COVID-19, changes to visitations and daily routines, social distancing, money lodgement, managing stress, anxiety and sleep and updates on the phone and video calling.



A 'Living in cell' newsletter (for those cocooning, quarantined or in isolation) was also produced by Irish Red Cross staff, disseminated by volunteers in order to ensure at risk individuals (>70yrs and/or underlying conditions) received information regarding why and how long they may have to 'live in cell'.

They also included information and tips about maintaining physical and mental health wellbeing.

Volunteers also give information about recognising symptoms, testing processes, maintaining positive mental health, educational materials and teleservices they can access (psychology, addiction counselling, resettlement, and chaplaincy services).

Example Newsletter Distributed by Irish Red Cross Volunteers during the ongoing COVID Emergency

Volunteers in *all* prisons learned about COVID-19 through CBH teams and Infection Control specialists. Their role was to raise awareness about the symptoms and modes of transmission of the infection. They also gave information about how to protect themselves and others. This included cell cleaning, handwashing, coughing/sneezing etiquette and social distancing. Volunteers also created and distributed leaflets and posters.

Community Health Action Committees (CHAC) meetings continued either by phone or email with the CHAC meeting coordinator providing a link with Red Cross Governors during the Pandemic.

This was essential to ensure senior management were appraised with the situation at landing and prisoner level. It also allowed for updates about the work that the volunteers were doing to assist in the emergency.

IRC staff engage in weekly teleconferences with our partners to discuss operational and logistical information and to ensure the information is being distributed in the newsletters consistently in all prisons. Feedback from inmate Red Cross volunteers can also be made known through the Programme CHAC Coordinator.

10.0 A Review of the Role of IRC inmate volunteers Undertaken by an under-graduate Student on Virtual Placement with the Red Cross Programme from Western University Ontario

This undergraduate student's project assigned to her by the Programme, as part of her undergraduate course, was to investigate and report on the role and experience of Red Cross inmate volunteers during the COVID Pandemic. Due to the Pandemic, her placement with the CBH in Prisons Programme was virtual and all work and support provided remotely.

Her understanding of the programme and volunteer activities during COVID was gained through briefings with her IRC Programme supervisor, data sent to her from CHAC meetings, research into the Programme and telephone interviews with volunteers and ETB teachers from a remand and sentence prison.

The findings of her report indicated the important role of inmate Red Cross volunteers in peer communication and the provision of some continuity in a significant break from the normalcy of prison life during this emergency.

Their role appears to have been significant in helping to maintain infection control activities amongst prisoners and an important link between the National Infection Control Team and the actual prison community at landing and cell level.

During lockdown periods, volunteers appear to have assisted considerably when services were removed from the prisons such as education, psychology, addiction, library services. In this instance, they were not able to provide these professional services but were able to be a link between prisoners and the needs that prisoners had.

They were also able to call on inmates behind closed doors to speak to them and offer a supportive voice at a time of isolation. This was particularly important because inmates were unable to have visits from their families.

An important role was in working with the ETB teachers in identifying the educational material needs of prisoners, making up education packs and delivering them to inmates in their cells.

Over time as the COVID emergency moved from weeks to months, volunteers were under pressure as their own feelings of isolation from family were compounded with having to continue to support other prisoners who were themselves more frustrated with the limitations of life with COVID.

Volunteers were also responsible largely for helping to keep Irish prisons calm by constantly offering support and communication to inmates who were frustrated by the limitations and lack of personal visits from family.

The very nature of COVID19 is a complex and ever-changing situation, which inevitably meant constant changes and volunteers, were the bearers of this information through the delivery of weekly newsletters. In some cases, volunteers became the target of frustrations because prisoners perceived information, which had to keep changing, as misinformation.

Despite this, inmate Red Cross volunteers were viewed with trust and appreciated by the majority of prisoners and staff for the work they were doing.

A good indicator of the respect that other prisoners have for Red Cross volunteer inmates has been shown by the keen interest in inmates wanting to join the 2020/21 groups of new volunteers.

The complete report will be available from mid-December 2020.

11.0 Staff Training to Effect Organizational Change Relating to Community Based Health in Prisons
Programme staff facilitate a one-day sensitization courses for all new staff becoming involved in the programme and for new prison officer recruits. This has required at least ten courses each year.

The purpose of these courses is to give new staff and new prison officers an understanding of how the programme works and what their role is in facilitating the practical deployment of inmate volunteers within the prison community. Through these workshops, prison staff recognize that the programme

need supporting by staff working within detention settings as it also creates a healthier and safer workplace for all.



Staff Sensitization Training Day for Prison Nurses, Teachers and Prison Management

12.0 Community Health Action Committee (CHAC)

In 2018, 2019 and 2020 the programme productivity has been consistently higher in all prisons, which is directly related to the appointment of a CHAC Coordinator. It has encouraged better attendance and more timely CHAC meetings, which set time-bound objectives with greater clarity through the production of minutes for each meeting. This ensures proper follow-up and completion of given tasks.

CHAC meetings are held in all prisons on a monthly basis and minutes produced to drive Red Cross projects in the prison communities.

The Community Health Action Committee acts as a troubleshooting opportunity to ensure projects move forward and are monitored. It also ensures all stakeholders, including inmate Red Cross volunteers, are involved in decision-making.

13.0 Community Based Health in Justice –Working with the Probation Service

In 2018, the Community Based Health in Prisons Programme collaborated with the Probation Service to begin to provide opportunities for Red Cross volunteer prisoners to continue volunteering after their prison sentence. This became known as the ‘Prison to Community Project’.

In this funding period, the programme has been working to offer two modules of Community Based Health – Overdose Prevention and Violence Prevention within the Probation Service.

Previously trained IRC inmate volunteers teach these modules to Probation Service Users. These two important subjects are as important in the wider community as they are in prisons. Both are connected in terms of drugs and violence

13.1 Prison to Community Project Activities & Achievements for funding period 2018 – 2020

Key to implementing *Prison to Community* activities amongst inmates and those leaving prison has been the setting up of prisoner information and location databases of volunteers. This includes a master volunteer database of all inmate volunteers at each prison. To support the Prison to Community project, a database for volunteers due for release was created should they choose to continue being an Irish Red Cross Facilitator with the Probation partnership.

In addition, establishing links to probation-funded projects across the country has been essential. This work is ongoing and contributes towards a more systematic approach to expanding the work post-

prison. Links have been made with several probation-funded projects but workshops been stalled due to the Pandemic restrictions.

A crucial part of developing and maintaining links with various probation-funded projects has been the setting up of a database listing all probation-funded projects in the country (broken down by each county). Additionally, a separate collaboration database has been created to track the funded-projects that have been established and others we are hoping to organise workshops with in the future.

A number of Overdose Prevention and Violence Prevention workshops have been facilitated in Cork, Dublin & Limerick Probation Offices during the funding period as agreed each year through the service level agreement navigating the three-year funding period.



Inmate Irish Red Cross Volunteer Facilitators leading a Course on Violence Prevention in Dublin Probation Service with Probationers on Community Service Orders and Community Return Scheme in 2018.

Each workshop consisted of two days of Violence Prevention and Overdose Prevention awareness and the feedback from participants has been very positive. It is estimated that over one hundred Probation Service users have participated in these workshops.

Volunteers in Loughan House facilitated a number of other courses. These include four Overdose Prevention workshops for students from the Cavan Institute and three Prison Prevention workshops for students in Manorhamilton Secondary school.

Feedback from teachers and students has been very positive, particularly because facilitators who have experienced life in prison and the difficulties it presents delivered the learning interventions. This gives great credibility to their teaching interventions with secondary school students and may provide an incentive to re-think their actions in the light of the consequences of crime.

An Overdose Prevention group was facilitated for service users of Northern Ireland Youth in Justice Programme where feedback has been equally positive, again because the facilitators presenting the learning have themselves real life experience of being in prison.

An Overdose Prevention group was facilitated in Manor Hamilton's Men's shed.

New sites for workshops within the Probation Service have been explored in 2019 and early 2020, which include Probation in Sligo and in Wicklow/Wexford.

Partnerships with other organisations had been established for 2020, however temporarily placed on hold due to the COVID-19 outbreak. These partnerships include The Probation Service (Sligo), Release, Pathways, Care after Prison, U-Casadh, IASIO and Stepping-Out Athlone.

Because of having to put live workshops on hold due to the pandemic, a new version of the workshop has been developed to take place through an online platform. This is to provide clients of the Probation Service an opportunity to continue fulfilling their Community Service Order or their Community Return Scheme.

The online workshop has been designed with an interactive approach (very similar to how the workshop would be approached in person) in order to engage participants as much as possible. The volunteers facilitating the online workshops are those who have been released into the community or are nearing the end of their prison sentence and preparing to return to the community.

The first pilot of the online workshop will be with The Probation Service (Dublin) and begin in November 2020. Once piloting the workshop and making any revisions needed, workshops will be able to continue with the other Probation Services and funded projects we previously were working with and/or were in the process of working with.

A complete CBH programme was commenced in February 2020 at the Dillon's Cross Project in Cork for the partners/wives/relatives of Red Cross volunteers in custody. However, this has been temporarily halted due to Covid 19 restrictions.

Feedback has been gathered from Probationers attending Violence Prevention workshops, which indicate that some of these participants would like to become involved with the Red Cross programme. This may be an indicator of the motivation generated through the Prison to Community project.

Work has begun on developing a programme aimed at recruiting probation participants as volunteers who would be trained to facilitate workshops in their local communities. These would be linked to probation-funded projects in the area.

A further research project proposal has been written in 2019, which is designed to provide a qualitative evaluation of how probation clients are experiencing the violence prevention module, looking at its impact on their daily living. This has been postponed due to the Pandemic.

An evaluation was developed in 2019 to capture the feedback of participants after completing a workshop. These were administered in December 2019 and will continue to be administered after every course in the future. A new evaluation has been created for the online workshops to capture participants' feedback of the workshop, as well as their experience of participating in the workshop through an online platform. Probation officers have also noted changes in some probationers.

An appraisal was also created in 2019 to give constructive feedback to the facilitators and assist in their professional growth as facilitators. These began to be administered in December 2019 and will continue to be administered after every course in the future. A new appraisal for facilitators has also been created for the online workshops to provide constructive feedback to facilitators, as well as capture their opinions of how well the course ran through the online platform.

13.2 Promotional Materials

The following promotional material has been created:

- (1) Culture of Non-Violence Leaflet to circulate to the Probation Services, funded projects, and organisations that may have potential collaboration opportunities
- (2) Culture of Non-Violence Leaflet that the Probation Services and funded projects can give to their clients to explain the workshop; and

(3) Culture of Non-Violence Leaflet to give to current Irish Red Cross inmate volunteers (CBHFA) to explain the opportunity they have once released to continue as a volunteer facilitator.



A Culture of Non-Violence and Peace. The two-day workshop held in Cork Probation Service Offices facilitated by two Irish Red Cross Facilitators from Loughan House Prison in Cavan.

Overdose Prevention and Violence Prevention Workshops being held in Dublin Probation Service Offices facilitated by two Irish Red Cross Facilitator inmates from Loughan House Prison in Cavan.



13.3 Family Project Pilot in the Progression Unit of Mountjoy Campus.

This pilot project was commenced in September 2020 and will run until February 28 2021. The International Federation of the Red Cross and Red Crescent Societies in Geneva funds it.

It is designed to engage the families of inmate volunteers in relevant parts of the community based health programme through remote learning due to the pandemic. This will be focusing on preventing community spread of Covid 19 both in the prison and in the family home.

The family learning package will include relevant parts of the same CBHFA programme that the prisoner volunteer in custody will undertake as an Irish Red Cross volunteer.



The purpose of this pilot is to bring inmates and their families together so that inmates feel that they are helping to make the family action plan for healthier and safer living, even though he is in prison and separated from the family.

The project will be evaluated in early March 2021 and possibly rolled out to other prisons based on the findings as a part of the prison to community transition model.

14.0 Contributions to UN Sustainability Goals

The Irish Red Cross Community Based Health in Prisons has been mindful in this funding period of the importance of contributing to the UN sustainability goals. Recycling work has been undertaken in some prisons to contribute to the environment and climate change (SDG 13).



SDG 3 has been supported throughout the period by the contributions to health and wellbeing projects reported in this document based upon community assessments in each prison community.

Reducing inequalities (SDG 10) and ensuring no one is left behind has been a central feature of the Red Cross programme through its engagement with the prison communities to listen to and assist vulnerable persons in Irish prisons both physically and mentally.

Promoting peaceful and inclusive societies (SDG 16) includes reducing conflict in prison communities. The contribution of the Red Cross programme to reducing violence through its culture of non-violence and peace module and sponsoring of weapons amnesties has been an important contribution.

15.00 Personal Development Resulting from Prisoners Becoming Irish Red Cross Volunteers: Information Emerging from Qualitative and Quantitative Studies in 2019/20.

The question of the personal development and confidence of prisoners who become Red Cross volunteers has been reported in all evaluation work since the inception of the programme ten years

ago. This evidence, however, has been anecdotal through education and prison management staff 'noticing' positive changes in prisoners that become volunteers.

These anecdotal instances have been supported by some qualitative research undertaken in 2015 and reported in 'An Evaluation of the Process of the Community Based Health & First Aid in Prisons Programme (2009-2014): A Collaborative Study Using a 'Realist Approach', Western University Ontario. Whilst the qualitative evidence is compelling, there has been no quantitative study until 2020.

In partnership with UCC Psychology faculty, the programme supported a Masters in Applied Psychology student who undertook a qualitative study investigating the personal development of volunteers by telephone interviews due to COVID19.

A concurrent quantitative study was undertaken with IPS Psychology Service and Irish Red Cross that involved administering four psychometric measures to all consenting volunteers starting training in 2019-20 as pre and post-tests. This section of the report gives a brief overview of the findings of both studies.

15.1 Qualitative Study

Most other qualitative studies undertaken about the CBHFA programme identified personal development and confidence growth as bi-products of the primary investigations. This study, therefore, focused specifically on the personal development aspect of being an inmate Irish Red Cross volunteer.

Ten volunteers were interviewed by telephone. Live interviews were not possible due to the COVID19 pandemic. Interviews were transcribed and treated according to established procedures for qualitative analysis. Morrow's (2005) guidelines for quality and trustworthiness in qualitative research were used.

Three primary themes were identified:

- An opportunity to succeed
- Acquiring skills and knowledge
- Engaging in meaningful work

The themes provided insight into how incarcerated persons understood their personal development resulting from volunteering with the Red Cross. The themes and subthemes were well supported by interview data as quotations from individual participants of the research.

The research indicated that inmate volunteers attributed their increased skills, knowledge, sense of success and 'making amends' through engaging in meaningful work to be directly related to becoming involved as Irish Red Cross volunteers.

These findings are helpful in affirming previous anecdotal evidence of personal development occurring in inmate Red Cross volunteers. It also links with the hypotheses of the Prison Service and Probation Service that the CBHFA programme may be creating changes in offenders that could lead to desistance, reducing recidivism and contribute to greater potential for employability of young people.

Further research is needed through a recidivism study planned for 2021 reviewing 1000 volunteers between 2010 and 2020. In addition, changes occurring in people through interaction with peer ex-prisoners working with probationers may also be useful following the results of this study on personal development. Evaluating the effects of peer-led workshops within the Probation offender community that is being developed through the prison to Community project is indicated.

15.2 Quantitative Study

This study was implemented by the IRC and the Irish Prison Service Psychology Service to build upon qualitative data which indicated some changes in the volunteers in terms of their personal development and confidence.

Four measures were applied to the volunteers recruited in September 2019 pre and post training.

The pre-test before training in this research was called time 1. The post training testing using the same instruments were called time 2.

The tests used were as follows:

The Community Service Self-Efficacy Scale (CSSES)

This scale measures “the individual’s confidence in his or her own ability to make clinically significant contributions to the community through service” (Reeb et al., 1998, p. 48). It consists of 10 statements that are rated from 1 (Quite Uncertain) to 10 (Certain). Reeb et al. (1998) have demonstrated good internal consistency, with a coefficient alpha over .90, good test-retest reliability ($r = .62, p = .001$), and good construct and discriminant validity.

The General Self-Efficacy Scale (GSES)

General self-efficacy (GSE) refers to broad and stable sense of personal competence to deal effectively with a variety of stressful situations (Schwarzer, 1992; Schwarzer et al., 1999). The scale consists of 10 statements, rated from 1 to 4 (1 = Not at all true, 2 = Hardly true, 3 = Moderately true, 4 = Exactly true). In a study assessing the universality of the GSES, the internal consistency for the total sample ($N = 19,120$ respondents) was $\alpha = .86$ (Scholz et al., 2002). There is a reported retest reliability of $r = .55$, as well as evidence for validity (Schwarzer & Jerusalem, 1999).

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

This scale measures different aspects of positive mental health such as positive affect and psychological functioning (autonomy, competence, self-acceptance, personal growth) and interpersonal relationships (Tennant et al., 2007). The authors reported good construct, content, and criterion validity, internal consistency (Cronbach’s alpha = .91 for population sample), and test-retest reliability of .83 ($p < .01$).

The Rosenberg Self-Esteem scale (RSES)

A 10-item unidimensional scale that measures global self-worth by measuring both positive and negative feelings about the self. Items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree (Rosenberg, 1965). The RSE has good internal consistency (Guttman scale coefficient of reproducibility of .92). Test-retest reliability over a period of 2 weeks shows correlations of .85 and .88. The author reports concurrent, predictive, and construct validity.

Results

Paired samples t-tests were conducted to evaluate participants’ community service self-efficacy, general self-efficacy, self-esteem and mental wellbeing from time 1 (pre CBHFA training) to time 2 (post CBHFA training).

Community Service Self-Efficacy Scale (CSSES)

There was no statistically significant difference in participants community service self-efficacy scores from time 1 to time 2, $t(55) = -1.58, p = .119$.

General Self-Efficacy Scale (GSES)

There was no statistically significant difference in participants general self-efficacy scores from time 1 to time 2, $t(56) = .04, p = .968$.

Rosenberg Self-Esteem Scale (RSE)

There was no statistically significant difference in participants self-esteem scores from time 1 to time 2, $t(54) = -.69, p = .496$.

The Warwick-Edinburgh Mental Wellbeing Scales - WEMWBS

There was a statistically significant increase in participants mental well-being from time 1 (pre CBHFA training) ($M=53.25, SD=10.71$) to time 2 (post CBHFA training) ($M=57.75, SD=9.47$), $t(54) = 2.85, p = .006, r^2 = .13$. The mean difference in mental well-being scores was 4.49, with a 95% confidence interval ranging from 7.65 to 1.33.

Since 2009, prisoners in custody around Ireland are working to change their living environment and take charge of their own health and learning by joining the Community Based Health and First Aid programme (CBHFA). An abundance of anecdotal evidence has been received in the past regarding the effectiveness of the CBHFA programme from Governors and Educators in relation to volunteers' behaviours, confidence, and personal change. The primary aim of this study was to confirm whether participants personally developed as a result of completing the CBHFA training. This study examined participant's community service self-efficacy, general self-efficacy, self-esteem, and mental well-being.

Discussion

The results of this study demonstrate that community self-efficacy, general self-efficacy and self-esteem did not increase following completion of the CBHFA programme. While these findings were not statistically significant they did indicate some improvements in these areas. On the other hand, participants' mental wellbeing did significantly increase following completion of the programme.

The increase in participant's mental wellbeing demonstrates the importance of the CBHFA programme in the Irish Prison Service, particularly as this population are often highlighted in the research as being at greater risk of reduced mental wellbeing (Fazel et al., 2016).

The barriers to completing this research must be acknowledged. As a result of participants being transferred to another prison or being released prior to the completion of the programme, gathering post data was not possible for many participants. Furthermore, during the time of this research additional barriers were in place as a result of COVID-19. The presence of COVID-19 made it difficult to obtain post data measures due to restrictions in place in the prisons.

Prisoners were in lockdown as a result of COVID-19 which may also have affected the outcome data. Participants had very limited or no access to visitors during the period before the post measures were completed and thus the isolation and lack of social support may have also influenced the data provided. Therefore, the results of this study should be interpreted with caution as the missing post data paired with the impact of COVID-19 on the study likely had a significant impact on the final results.

Further quantitative research into the effectiveness of the CBHFA programme should take place at a time when the Covid-10 pandemic is minimally affecting the mental wellbeing of those in custody, so as to avoid the influence of this potentially confounding variable.

Efforts should be made to ensure post-intervention data is gathered, with a minimal amount of missing data, so as to gather a clearer picture of any changes from before the CBHFA group to afterwards.

16.0 Research Undertaken Linked to Universities and Academic Institutions

During this three-year funding period, the Programme has been extending its academic relationships with various institutions and other partners to seek out opportunities for research, evaluation and academic standing.

In 2020, the Community Health in Justice Programme has begun negotiations with the faculty of Nursing, Psychotherapy and Community Health at Dublin City University. It is envisaged that DCU will become the Programme's academic partner going forward into the 2021-23 period of funding and in transition to becoming the Global Hub of Excellence in Community Based Health in Detention.

16.1 Western University Ontario, Schulich Faculty of Public Health, Canada

Opportunities for research supporting and evaluating the CBHFA in Prisons Programme have been undertaken. There have been connections developed with the Public Health Faculty of Western University Ontario Canada. Students from this University have had practicum experiences with the Red Cross Programme in Ireland and provided valuable evaluative information on the Programme contributing to constant improvements.

In 2020, the Programme began to accept undergraduate students on virtual placement from the School of Science at Western University. The current student has undertaken a review of the role of IRC inmate volunteers during the Pandemic, which has been summarised in this report (see section 5.1.3)

16.2 University College Dublin, Sutherland School of Law

There is also a close link with University College Dublin, School of Law and the Red Cross Programme has received post-graduate students for research work relating to the personal development of prisoners, who are Red Cross volunteers. Two masters theses were written in 2018 reporting on qualitative interviews of Red Cross volunteers in prisons and a joint publication in a refereed professional journal (see 12.1).

In 2018, Irish Red Cross inmate volunteers were instrumental in attaining the high rate of attendance of prisoners in Mountjoy for mass viral testing in 2018 and this contributed to two academic articles published in refereed journals (see section 17.0).

16.3 University College Cork, Faculty of Psychology

In 2019/20, a relationship was developed with the Psychology Faculty of University College Cork and some research was started for the 2019/20 academic year with a MAAP student focusing on investigating the personal development of inmates who became Red Cross volunteers. This was reported in section 10.1

16.4 Dublin City University, School of Nursing, Psychotherapy and Community Health

Discussions have been ongoing in 2020 with this faculty of DCU exploring the academic partnership potential for 2021. With the expectation that the Irish Red Cross CBH in Detention programme

becoming the global hub for excellence and research in this area, it would be important to have an academic partner in one Irish University moving forward to 2022 onwards.

17.0 Published Work on the Community Based Health in Prisons Programme

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18.0 Knowledge Sharing with Other Jurisdictions - Global Knowledge Sharing

The Irish Red Cross Prisons Programme has received much international acclaim and has been recognized as the Global Centre for Community Based Health in Detention by the International

Federation of Red Cross & Red Crescent Societies (IFRC), the International Committee of the Red Cross (ICRC) and WHO (Health in Prisons Project for Europe).

The Programme has been supporting the Australian Red Cross and Corrections in setting up the same programme in Australia. In addition, the Programme provides guidance and advice to other European countries, Africa, Asia and Central America.

Global webinars also allow IRC staff to communicate and share knowledge, resources and to discuss procedures internationally with other Red Cross Societies around the world in order to help and share with other countries/National Societies during the Pandemic emergency.

An International Red Cross Dropbox has been created within the Geneva International Red Cross to further international and national collaboration and to allow for the sharing of resources and expertise of Irish Red Cross/Irish Prison Service for different national societies and partners (newsletters, educational resources, presentations and informational leaflets).

Volunteers have provided care for vulnerable prisoners, providing educational materials and basic psychosocial support supervised by Red Cross assistant psychologists.

In addition, the Programme has hosted further International Trainings for other countries in Ireland in order for them to learn, on-site, about how to implement the programme in their own countries.

As a result, negotiations are under way in 2020/21 to establish Irish Red Cross/Irish Prison Service/Education and Training Board as the Global Hub of Excellence in Community Based Health in Detention partnered by the IFRC, ICRC and supported by WHO (Health in Prisons Project-Europe).

Academically, negotiations are currently being discussed with Dublin City University as a potential Global Academic Partner.

In this way, Ireland, through the Programme, is recognized globally for its success in peer led Prison Community Health recognizing also, its ability to contribute to successful COVID prevention and response amongst the Prisoner population.

CBHFA in Corrections Sensitization Workshop

Shaping the Model for Australia

Healthcare, Discipline, Teaching Staff & Australian Red Cross



The Irish Prison Service College in Portlaoise has been the venue for International Training Workshops on Community Based Health in Detention.

These have included three Global Workshops and one for the UK, Wales, Northern Ireland and Scotland.

19.0 Conclusion

The three-year period of 2018-2020, objectives have been met in most areas of the planned work. For each of the three years, a Service Level Agreement was in place ratified by the Irish Red Cross, Irish Prison Service and the Probation Service.

In the final year of this funding period, the Service Level Agreement had to be adjusted due to the Covid 19 Pandemic, which arrested some activity in the prisons during lock downs and reduced access for Irish Red Cross.

Despite this, the fact that the Community Based Health in Prisons was functioning before the Pandemic, led to intensified inmate volunteer activity for the prevention of Covid 19 prisoner community transmission from March 2020 to the end of the year. As a result of the Programme's volunteer activity closely associated with IPS national infection control team has kept Irish Prisons practically COVID free with minimal confirmed cases of community transmission amongst the prisoner population.

In terms of cost-effectiveness, the single project in 2018 of mass Hepatitis screening where volunteers were responsible for 80% participation is indicative of value for money. The savings to the country were estimated at three million euros for a project investment of 350,00 euros. The cost of the Red Cross programme has been around 600,00 euros over the three year period 2018-20.

Over this funding period, the Programme has developed its relationships with academic institutions through which important evaluative work has been ongoing. The information and results of research have provided evidence as to the Programme's value.

The Programme has gained international recognition and placed Ireland as the leader in Community Based Health in Detention settings, where other countries are benefitting from the training and support provided by the Irish Red Cross, Irish Prison Service and Education and Training Board.

The new academic year 2020/21 has been designed to operate in the 'new normal' in order that the important work of our peer educator inmate Irish Red Cross volunteers can continue to be an asset to communities in Irish prisons and the probation services.