

MID-TERM PROJECT REPORT

Drugs in Prisons Programme

(Original title: Preventing Drug Trafficking and Abuse in Prisons)

Prepared for the
« Fonds de lutte contre certaines formes de criminalité »
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Reason is a torch in a prison.
(Friedrich Schiller)

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I. EXECUTIVE SUMMARY

With the support of the grant from the « Fonds de lutte contre certaines formes de criminalité » from Luxembourg, the Pompidou Group was able to continue the project activities which began with the project “Treatment and Harm Reduction in Prisons” in Moldova (2010-2011). The current project “Preventing Drug Trafficking and Abuse in Prisons” (2012-2013) extends the geographical scope to Ukraine, Romania, and Bosnia and Herzegovina. It has been designed to improve human rights and public health in the countries through prevention campaigns, training of prison personnel on drug treatment and awareness raising initiatives about risks related to problematic drug use. The project comprises a strong element of regional collaboration between Romania, Ukraine, Moldova, and Bosnia and Herzegovina with the objective of extending best practices between these countries.

The first part of the project focussed on:

- Dissemination of best practices examples on opiate substitution treatment in the Republic of Moldova.
- Training of psychologists in the framework of cascade training on Counselling and Motivational Interviewing in the Republic of Moldova.
- Training of therapists on counselling and art therapy in Romania.
- Implementing a participatory drug prevention activity for detainees in Romanian prisons.
- Raising awareness about stigmatisation of drugs users and the importance of drug treatment and rehabilitation in Ukraine.
- Facilitating regional collaboration between the Republic of Moldova and Romania.

The second part of the project will develop the activities of the first term. More specifically it will focus on:

- Training of all remaining prison psychologists in the Republic of Moldova (second cycle of the Training of Trainers project).
- Implementing targeted trainings for Ukrainian prison staff on rehabilitation of drug using detainees.
- Organising an international conference on drug use in prisons in Bucharest, Romania, to facilitate regional collaboration and extend best practices.
- Improving treatment and risk assessment of drug users in Balkan prisons

Based on desk reviews, site visit reports, and seminar evaluations, the Pompidou Group assesses the project progress efficient and effective in term of reaching its objectives.

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III. ABBREVIATIONS

COE	Council of Europe
CPT	European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment
DPI	Moldovan Department of Penitentiary Institutions
ECHR	European Court of Human Rights
IDU	Injecting Drug User
NAA	Romanian National Anti-Drug Agency
NGO	Non-Governmental Organisations
NPA	Romanian National Prison Administration
OST	Opiate Substitution Treatment
PG	Pompidou Group
SPS	Ukrainian State Penitentiary Service
SDCS	Ukrainian State Drug Control Service
TB	Tuberculosis
ToT	Training of Trainers
UNODC	United Nations Office on Drugs and Crime
WHO	World Health Organisation

IV. INTRODUCTION

Drugs users, including injecting drug users (IDUs), are often overrepresented in prison populations and the incidence of drug use is increasing in many prisons throughout Eastern Europe and the Balkans. Prison is a risky environment both for the prisoners and the staff. In particular, injecting drug users are exposed to various health risks; namely, overdosing, abscessed infections of injection sites, and the transmission of blood-borne diseases such as Hepatitis C or HIV. HIV prevalence in Eastern Europe, and Central Asia and Russia has roughly doubled since the 1990s, making the region home to the world's most rapidly expanding epidemic. Research has consistently shown not only HIV prevalence to be very high in IDU populations, but also Hepatitis C (HCV).

In addition to the high risks of infections of communicable diseases, detainees are often subject of stigmatisation due to their drug addiction. The fear of being caught for drug possession, as well as repression from the side of other inmates often prevents drug dependent detainees from seeking help or complying with their drug treatment. Mental illness and drug addiction are mutually reinforcing, and both diseases are particularly prevalent in prison populations. Prison conditions can have negative effects on mental health. Overcrowding, various forms of violence, enforced solitude or conversely lack of privacy, lack of meaningful activity, isolation from social networks, insecurity about the future and lack of services providing psycho social support accounts for prisons being a priority area for preventing drug use.

Human rights and the right to health are indivisible and interrelated. The right to health contains both entitlements and freedoms. Entitlements include the right to prevention, treatment and control of diseases, and freedoms are the right to be free from non-consensual medical treatment, torture and other cruel, inhuman or degrading treatment or punishment.¹ Limiting the spread of communicable diseases in prison benefits both prisoners as well as society as a whole and reduces the burdens on a country's health system. The Pompidou Group's Drugs in Prison Programme in Eastern Europe recognises the need to promote health and tackle health inequalities in prison settings.

The main objectives of the project "Preventing Drug Trafficking and Abuse in Prisons" are to improve health in prison and prevent drug trafficking through awareness raising initiatives about drug risks. The project aims at developing rehabilitation services for detainees with a history of drug abuse in order to reduce relapse and recidivism. The promotion of through-care shall sustain drug treatment efforts and guarantee continuing care for people entering and leaving the prison. Such interventions are crucial for creating a healthy prison environment but are often undermined by supply of illicit drugs. Thus, it is also important to support a mind-set among detainees, relatives, friends of inmates, and prison staff to stand together in preventing drug trafficking in prisons.

¹ The Right to Health (Fact Sheet No. 31). Geneva, Office of the United Nations High Commissioner for Human Rights/World Health Organization, 2008 www.ohchr.org/Documents/Publications/Factsheet31.pdf, accessed 20 September 2011

The project includes the following key components:

- Building prison administration capacities for supporting drug treatment in prisons.
- Raising awareness about drug consumption risks and drug trafficking in prisons.
- Raising awareness about drug risks and stigmatisation of drug users in prisons through participatory activities.
- Supporting rehabilitation services in prisons and improving through-care.
- Improving relationship management of prison directors, prison psychologists, and community workers.
- Providing in-depth training for prison psychologists on Counselling, Motivational Interviewing and Art Therapy.
- Developing training and information materials in Romanian, Ukrainian and Russian languages.
- Facilitating regional collaboration and extending best practices.

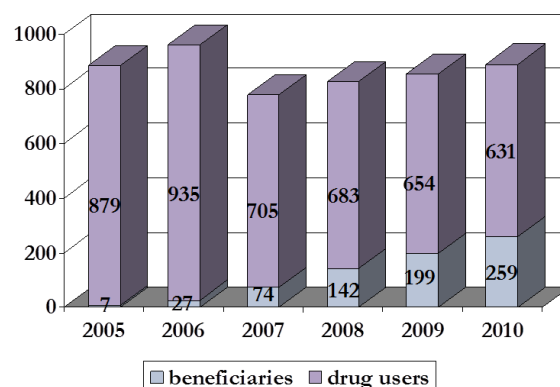
All proposed activities are based on requests made by the governments concerned and aim at strengthening human rights. The project, while taking into account the specific country needs, will emphasise regional interaction and facilitate experience exchanges among national prison administrations and community services.

1. Moldova: Training of Trainers Project “Counselling and Motivational Interviewing”

1.1 Background

Drug use in prison settings is a major problem in the Republic of Moldova. The Moldovan government has launched a programme which includes the detection of HIV infection, monitoring of HIV cases, harm reduction measures and opiate substitution treatment (OST) for prisoners. Despite the fact that Moldova sets a positive example in the field of harm reduction and treatment in prisons for most countries in the region, there are some areas which require special attention and improvement: continuity and coverage of treatment services, quality standards on substitution maintenance therapy, psycho-social support to inmates and relationship management between prison staff, inmates and other sectors. The efforts of the Moldovan authorities in providing harm reduction programmes and the access to OST for opioid dependence in prison are highly appreciated. The Moldovan OST programme is being implemented in seven penitentiary institutions covering a total number of 277 patients (Source: DPI, 2011), representing approximately 0.5% of detainees who inject drugs. According to international recommendations on OST, the enrolment rate is considered to be very low. Figure 1 shows the enrolment rate in the OST programme at the end of 2010, according to statistics of the Department of Penitentiary Institutions (DPI).

Figure 1. Number of MST programme beneficiaries (Source: DPI)



Drug use and mental health problems exacerbate each other. In Moldovan prisons, high rates of mental health problems overwhelm the low number of staff employed as psychiatrists and psychologists. According to experts, the psychologist’s role is to motivate drug addicted inmates to voluntarily enrol in and adhere to treatment.

In 2010, the Pompidou Group started its initiatives in the Republic of Moldova with the implementation of the project “Treatment and Harm Reduction in Prisons” which was financed by “Fonds de lutte contre certaines formes de criminalité” of Luxembourg. The objective of this project was to support the Republic of Moldova in improving health care and human rights in prisons. One of the important side-effects of the successful project was that the Republic of Moldova decided to join the Pompidou Group as its 37th member state on 12 June 2012.

Throughout 2012, the Pompidou Group reinforced its project activities in Moldova with additional financial support from Luxembourg. The Training of Trainers Project “Counselling and Motivational Interviewing” (2012-2013) was launched. It builds on the experience of the first project (2010-2011) and recommendations emanating from the training seminar “Mental Health and Addiction” (2011). The experts who led the participating psychologists and psychiatrists through this seminar identified three areas for improvement:

1. The role of the psychologist in the provision of opiate substitution treatment was not clear for the health professionals. In their area of work, prison doctors and psychiatrists did not clearly see the added value of the work of the psychologists.
2. Psychologists play an important role in manoeuvring inmates between the different drug treatment options including opiate maintenance treatment and drug free treatment approaches, but did not profit from specialised training on drug addiction and counselling techniques.
3. It is deemed necessary to strengthen the position and self-esteem of the psychologists in the prison system. The psychologists as a group did not produce sufficient synergies in supporting each other and exchanging knowledge and skills. During the feedback session of the seminar the participants expressed their interest in an in-depth training that would address the areas above.

After the seminar “Mental Health and Addiction in Prison” (2011) the Head of the psychological service of the Moldovan Department of Penitentiary Institutions approached the Pompidou Group and requested support in developing a training plan targeting all 30 Moldovan prison psychologists. It was agreed to prepare a 14 month long Training of Trainers (ToT) project, entitled “Counselling and Motivational Interviewing in Moldovan Prisons”.

Figure 2. Timeline “Counselling and Motivational Interviewing in Moldovan Prisons”

Phase	Time	Activities
Initial Training	December 2011 – February 2012	<ul style="list-style-type: none"> ▪ Two three-day workshops on Counselling and Motivational Interviewing. ▪ Training package for trainers finalised & delivered during the second workshop.
Monitored implementation I	February-September 2012	<ul style="list-style-type: none"> ▪ The trained professionals implement what they learned with 18 inmates with history of problematic drug use, their work is supervised by an expert ▪ Review of training package.
Study visit to Romania	September 2012	<ul style="list-style-type: none"> ▪ Two senior Moldovan psychologist participate in workshop on Counselling and Art Therapy in Poiana Brasov, Romania
Feedback & evaluation of the pilot implementation	November 2012	<ul style="list-style-type: none"> ▪ Four-day workshop, the trained professionals prepare to train the remaining prison psychologists. ▪ One day, certificate ceremony, introduction of trainers and trainees.
Monitored implementation II	December 2012 - February 2013	<ul style="list-style-type: none"> ▪ The 6 trained trainers provide training to 23 psychologists working in penitentiary system.
Follow up and evaluation	February 2013	<ul style="list-style-type: none"> ▪ The training process reviewed and evaluated.

1.2 Project Activities

In the initial phase of the project, eligible senior psychologists were selected and trained on Motivational Interviewing (MI), counselling, diagnosis and prognosis of substance abuse among inmates.

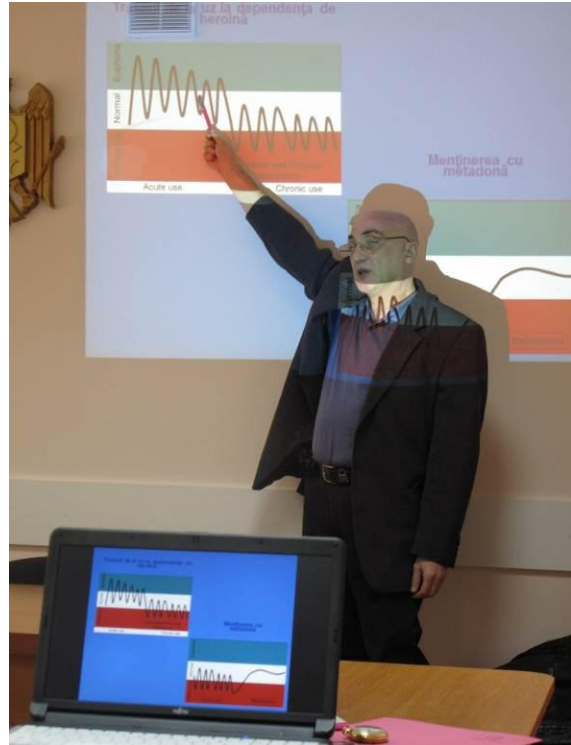
The first workshop “Step by step to Motivational Interviewing” took place near Chisinau in the Goian Training Centre of the Moldovan Department of Penitentiary Institutions from 5 to 7 December 2011. Two Dutch social workers and one Romanian psycho-analyst introduced the theory of Motivational Interviewing to the seven Moldovan prison psychologists. The support and hospitality of the Head of the newly renovated Training Centre guaranteed a smooth implementation of the workshops. The workshop initiated the process through which the psychologists will become trainers themselves. The participants showed great interest in the lessons and role play and impatient to implement the methods at their workplace. Each training session provided methodological explanations as well as practical assignments.

The second workshop “Counselling and Motivational Interviewing” also took place in the Goian Training Centre, 8-10 February 2012. The aim of the workshop was to deepen psychologist’s understanding of theoretical concepts and the practical realisation of the counselling process and Motivational Interviewing (MI). Based on the training results of the first workshop, the trainers provided further information on MI skills and prepared the participants to work as a professional and sustainable group. Besides providing new knowledge in an interactive way, this training gave the participants the opportunity to present case studies in a safe and positive environment. The participants were motivated to constantly practice MI skills by using real cases in role plays. The participants have already started to demonstrate skills that would suggest that they could act as trainers in the future, due to personal qualities but also because of the constant TOT approach included in both trainings.

During two supervision visits, from 24 to 27 April and from 3 to 5 September 2012, the Romanian experts monitored the psychologist implementing what they had learned. Real cases and developments at their workplace were discussed. All prisons in which the psychologists work were visited, increasing the visibility of the project and strengthening the role of the psychologist in the prison system.

The third workshop “Counselling and Motivational Interviewing (ToT)”, taking place on 19-22 November 2012, and the certificate ceremony on 23 November 2012 concluded the first cycle of the Training of Trainers project. During four days of in-depth training the participants learned how to act as trainers themselves. They prepared a training agenda and practiced presentation skills. The certificate ceremony was held in presence of senior officials of the prison administration and aimed at officially handing over the future training from the international trainers to the newly trained team of Moldovan psychologists. The psychologist received a certificate stating that they completed the training course “Counselling and Motivational Interviewing”, consisting of 66 hours of training and 72 hours of supervision.

An additional important achievement of the workshops and supervision visits is that the participants, besides improving their skills, started trusting each other, appreciating feedback and remarks among them. They voluntarily decided to work together on regular bases. The success of this approach was reflected in the evaluation by the participants.



1.3 Results

Participant feedback evaluation:

The participants appreciated the trainer's expertise and empathy to the local context. They stated that the training was perfectly prepared and subject-focused. A participant wrote in an evaluation: "I appreciated the working schemes – which we can use in applying MI and systematise the approach: the link between the personal history with the intervention lines, the usual steps in approaching the cases." The participants liked the approach of the trainers in terms of informal interaction and the focus on developing practical skills by exercising. They characterised the information provided by the trainers as "accessible and practical". The small number of seven participants was perceived as an opportunity for each of the participants to have a greater involvement in the practical assignments of the training.

All the psychologists stated that they experienced after the training an improvement of their relations with the beneficiaries. The inmates seemed to be more open with them. This happened most probably due to a change of their counselling approach. The psychologists felt that they were more focused on their interactions with the inmates, knowing better in what direction to go with their questions and what to ask. They also felt more confident in their work. The work in groups opened perspectives on different areas and enhanced their own motivation because of the opportunity to share experiences with others in the group. In another written evaluation

questionnaire, a participant stated: “I liked very much the way that we were supervised, we spoke almost all of us in an equal way, and it was discussed the smallest detail (everything what was unclear) and found the suitable answers.”

The psychologists came to the conclusion that they could integrate the achieved theoretical knowledge in practice which contributed to the improvement of their counselling skills. Finally, they said that the project was well perceived by their superiors who appreciate this form of intensive training and self-organisation of prison psychologists. They were happy that the training received formal recognition within the Department of Penitentiary Institutions.

Trainer Feedback evaluation:

At the beginning of the initial training phase the trainers identified a “lack of tools among the psychologists to provide high quality counselling sessions with the prisoners”. The practical counselling skills of the psychologists were less developed than their theoretical knowledge. Many of the participants were in their thirties and were not as experienced as was expected. However, the experts “saw a group of trainees who are eager to learn and who work very hard”. During the initial training phase, the participants demonstrated visible progress in using MI and counselling techniques. The experts found that the training sessions were particularly successful because the participants started early to form a robust team. The psychologists decided to organise regular meetings for the exchange of their work experiences and to produce synergies while applying what they have learned. The psychologist group met regularly throughout 2012 independently without supervision through experts.

The two supervision visits were conducted by the Romanian expert whose experience and language skills facilitated the dialogue with the group of psychologists. He stated that the participants showed “a lot of willingness for improving their professional skills” and good “group dynamic”. The supervised visits had “contributed to the improvement of their counselling skills”, and “increased their understanding on how to approach the client” and “to integrate theoretical knowledge and practice.” The team of psychologists “seemed to function as a group” in which they can “trust each other and are able to express their lack of understanding in specific situations or to express openly their point of views in a constructive manner, even if it is in contradiction with the others.” In addition to this, the expert reported excellent technical support for his supervision visits from the side of the Moldovan Department of Penitentiary Institutions.

The findings show that the training had an impact on the psychologists in terms of enhancing their practical MI and counselling skills. The training improved the quality of psycho-social support for drug addiction treatment in prisons. The continuation of the project and additional training will further consolidate psychologist’s newly acquired skills. The project also guides the way to a reduction of stigmatisation of inmates through refocusing the attention to their health instead of labelling them only as criminals. Being treated as an individual who needs medical attention is a key in providing better chances for successful rehabilitation. In the longer term, a well-functioning training of mental health professionals will also reduce the risks of relapse. The trainees expressed the need for additional practice and continuous support.

2. Romania: Preventing Drug Trafficking and Abuse in Prisons

2.1 Background

According to the data provided by the National Administration of Penitentiaries (NAP) drug use and drug trafficking in prisons is an increasing problem in Romanian prisons. Since 2006, Romania has experienced an increase of drug use in prisons and an increase in HIV/AIDS and Hepatitis C incidence. The number of detainees who self-reported their drug use doubled from 2001 to 2010 (from 1,065 to 2,043 registered drug users). Drug use is particularly high in the prison of Bucharest and other urban areas of Romania.

Among those who self-report their drug use, heroin is the first drug of choice, followed by cannabis and cocaine. Also worrisome is the almost 5-fold increase of reported poly-drug use between 2009 (2.5%) and 2010 (12.2%). The use of prescription drugs and drug combinations of tranquilisers, sedatives, anti-depressants and other drugs is increasing. A study conducted by the National Administration of Penitentiaries in 2010 states that it is quite easy for inmates to acquire different psychoactive substances in the prison setting, often by buying the drugs from relatives outside penitentiaries.

With widespread poly-drug use, drug treatment approaches focusing mainly on treating the addiction to one type of drug (such as opiate substitution treatment) may be insufficient, or even risky, if the prescribed substitute drug interacts negatively with an illicitly used drug. Thus, a suitable mix of different treatment services including sophisticated psycho-social support services are needed in order to effectively address the problem of poly-drug use in prisons.

The Romanian government acknowledges the importance of tackling the drug problem in prisons, and is developing a number of different programmes in order to reduce the spread of HIV, Hepatitis B and C among IDU on the one hand and to further improve drug treatment and rehabilitation services for those in need on the other hand. The treatment and harm reduction programmes include psychological-social care, medical tests including volunteer HIV and Hepatitis testing, individual counselling, therapeutic communities (drug free communities in three prisons), and since 2008, methadone substitution treatment in two prison hospitals and syringe/needle exchange points in seven prisons.

In 2011, the Romanian National Anti-Drug Agency (NAA) and the National Penitentiary Administration (NPA) requested support from the Pompidou Group in the field of training for therapists working with the social reinsertion of former heroin users after prison release. Moreover, it was agreed that it was necessary to raise awareness among inmates, relatives of inmates and prison staff about the health risks of drug use and drug trafficking in prisons.

The integrated approach of the Pompidou Group aims at reducing drug demand through targeted prevention and treatment services for drug dependent inmates while promoting suitable drug supply reduction measures. Thus, the objective of the project "Preventing Drug Trafficking and Abuse in Prisons in Romania" is two-fold. Firstly, it aims at facilitating the access to drug treatment services and psycho-social support

in prisons, and secondly, it aims at reinforcing a mind-set among inmates, relatives, friends of inmates as well as prison staff which may help preventing drug trafficking in prisons.

The PG project in Romania also builds on the results of the project “Creation of three therapeutic communities in penitentiaries in Jilava, Rahova and Târgsor” (2009-2012) which has been implemented by the National Administration of Penitentiaries, the Probation Directorate of the Ministry of Justice, National Anti-Drug Agency in collaboration with the Phoenix Haga Foundation and the Ministry of Justice of Norway. Therapists working in the three Romanian therapeutic communities are also beneficiaries of the PG project.

2.2 Project activities

On 27-28 June 2012 the project “Prevention Drug Trafficking and Abuse in Prisons in Romania” was officially launched in Bucharest together with the Romanian Anti-Drug Agency and the Romanian National Penitentiary Administration. From 25 to 27 September 2012 an initial workshop on “Counselling and Art Therapy” was held in Poiana Brasov targeting psychologists and social workers working on the rehabilitation of drug dependent or recovering detainees. A Romanian psychoanalyst and a German Professor in art therapy illustrated theoretical approaches through practical assignments. The participants discovered the artistic process as a powerful method for communicating suppressed emotions and expressing drug-related problems.

2.3 Results

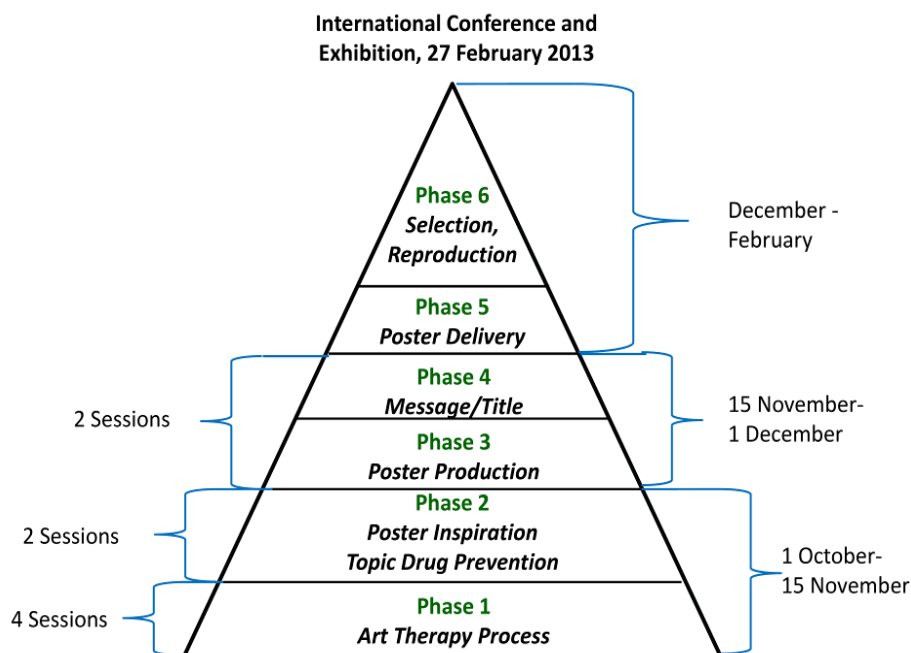
The participants evaluated the workshop at the end of each day and appreciated “the practical assignments in combination with theoretical presentations”. They liked the “playful approach towards art making and the possibility to communicate through arts in the group”. The organisation and moderation of the workshop was also appreciated. Concrete conclusions on how to implement art therapy in prisons settings were elaborated. The participants were inspired and curious about the follow-up of the participatory drug prevention activity.





A result of the workshop was the development of a project methodology for the setting-up of a poster contest about drug prevention. Based on this methodology, drug prevention activities will be implemented in Romanian prisons throughout 2012. The outcomes of the project will be presented at an international conference in Bucharest, 26-27 February 2013.

It was agreed to implement the drug prevention activity following a timeline, while taking into account different roles and responsibilities of the therapists on the one hand, and the management of the National Anti-Drug Agency (NAA) on the other. The figures below illustrate the project methodology; different counselling sessions through which the therapists will lead their patients and the project follow up in Romania.



3. Ukraine: Drug Use and Rehabilitation

3.1 Background

The percentage of drug dependent inmates in Ukrainian prisons is estimated to be very high. Strict drug laws and sentences to three or more years of detention for the possession of small amounts of illegal drugs contribute to the high number of drug offenders in the prison system. According to the 2012 official statistics of the State Penitentiary Service of Ukraine, about 18% of the prison population in Ukraine was composed of people convicted for drug crimes (21,300 out of 118,909). More than 55% of all drug crimes were crimes of possession for personal use. The cumulative effect of overcrowding, poor regime activities and inadequate access to sanitary facilities and medical services creates safety and security problems both for staff and inmates in the custodial settings in Ukraine. There are a significant number of claims that have been submitted to the European Court of Human Rights (ECHR) from Ukrainian citizens related to the violation of the ECHR Article 3 on prohibition of torture, and "inhuman or degrading treatment or punishment" in prisons. The case of Melnik vs. Ukraine describes the complexity of the problem in the Ukrainian prison system with regards to drugs, high levels of tuberculosis, overcrowding, inadequate access to and availability of medical services, lack of staff training and regime programmes.

According to representatives of the State Penitentiary Service most pressing challenges in the Ukrainian penitentiary system are: social education of detainees, development of individual rehabilitation programmes and treatment of drug dependence in prison. 18% of all convicts in Ukraine are sentenced for drug-related crimes, a number that has been steadily growing. There are penal institutions with up to 60% of inmates convicted for drug-related offenses or being drug users.

According to Pompidou Group experts, the Ukrainian approach to care and treatment of inmates with drug related problems showed a number of inconsistencies until. Despite the HIV epidemic, which has swept through Ukraine's prison system in the past decade, mostly fuelled by intravenous drug use, harm reduction programmes such as syringe exchange and opiate substitution treatment have not yet been introduced in prisons. Also, drug dependence treatment is very limited in prisons and in pre-trial detention. According to the UN Special Rapporteur on Torture, "[t]here is no doubt that the withdrawal syndrome can cause severe pain and suffering if medical assistance is not provided accordingly, and that the condition of withdrawal in prisoners creates a strong potential for mistreatment".

In 2012, the collaboration between the Pompidou Group, UNODC and the Ukrainian Drug Control Service supported the development of the National Drug Strategy of Ukraine (2012-2020). The new strategy reflects on the recommendations by UNODC and the Pompidou Group on advancing a comprehensive approach to the increasing problem of drug use and HIV in Ukraine based on the respect for human-rights. The new Strategy has been launched on 21-23 April 2012 in Kyiv at the "High-Level Conference on Comprehensive and Integrated Approach to Prevention & Treatment of Drug Dependence", which has been organised by the State Drug Control Service of Ukraine, in partnership with United Nations Office on Drugs and Crime (UNODC), the Pompidou Group and other governmental and international agencies.

Another step towards a more human approach in tackling drug problems in Ukrainian prisons is the adoption on 14 March 2012 of the United Nations Economic and Social Council (ECOSOC) Resolution “Promoting programmes aimed at the treatment, rehabilitation and reintegration of drug-dependent persons released from prison settings” by the Ukraine Government. Also, in order to meet these international obligations, the State Drug Control Service of Ukraine approached the Pompidou Group and requested support in developing a programme on the rehabilitation of “former drug using detainees”.

Together with the Ukrainian Drug State Service and the Ukrainian State Penitentiary Service the Pompidou Group developed the project “Treatment and Rehabilitation of Drug Using Inmates in Ukraine”. The main objective of the project is improving prison health in the area psycho-social support of drug using inmates. The project will further develop strategies of social re-integration of former drug using inmates in order to reduce recidivism and relapse. The promotion of through-care shall sustain rehabilitation efforts and guarantee continuing care for people entering and leaving the prison.

3.2 Project Activities

More than 40 prison directors, medical doctors and psychologists attended the workshop “Drug Use and Rehabilitation” which was successfully held in from 19 to 21 September 2012 in Odessa, Ukraine.



The activity was co-organised as an event of the Council of Europe “Support for Prison Reform in Ukraine” and the Pompidou Group. The topic “Drug Use and Rehabilitation” was proposed by the National State Penitentiary Service of Ukraine (SPS) and the Ukrainian Drug Control Service. The workshop provided an interactive platform for all participants to exchange their views on the improvement of treatment and rehabilitation services for former drug using detainees. Two international experts

presented good practices in the field of drug treatment and developed together with the participants strategies for the effective implementation of rehabilitation services. Following the workshop, the experts and organisers visited the regional SPS Headquarter and prison #1 in Odessa. The results of the workshop and meetings will be used to further strengthen the collaboration with the aim of supporting the Ukrainian prison reform in line with European standards.

3.3 Results

During the workshop the participants freely expressed their needs and opinion and felt that:

- Certain legal changes are required qualifying drug addiction as a disease rather than an offense;
- Professional independence of health care workers in the penitentiary system needs to be strengthened;
- The level of training for health care workers as well as for non-medical staff regarding drug related problems and care for drug dependent prisoners needs to be improved;
- Intensified training and possible new ways of recruitment of health care staff are required in order to staff health care teams in prisons adequately.

According to the experts attending the workshop, there are a number of fields which need special attention and improvement:

- Addiction and use of psychoactive drugs (“narcomania”) generally is regarded as the sole field of responsibility of “narcologists”, physicians trained to apply the compulsory detoxification treatment ordered by the Court for offenders addicted to alcohol or drugs. More groups of professionals working in prisons should be involved and provide treatment based on individual needs.
- There are 59 “narcological cabinets” allocated to prisons and prison hospitals in Ukraine and each prison disposes of the service of a narcologist. Currently, treatment of the acute withdrawal syndrome of opiate addicts in Ukrainian detention centres is performed without support of opioid medication, a treatment concept that does not comply with western standards.
- Given the high number of addicted prisoners, addiction and its mental and physical sequels should better be taken into account by the whole medical staff and not only by the narcologist. Likewise, the non-medical staffs need proper training on addiction and psychoactive drugs.

- Compulsory treatment and strictly abstinence-orientated treatment concepts of addiction are in many European countries replaced in favour of treatment concepts focusing on motivated cooperation with the addicted patient and on harm reduction of addicted behaviour. These modern treatment concepts increasingly are implemented in the care of drug addicts in the Ukrainian communities and should be given more consideration by the National State Penitentiary Service of Ukraine (SPS) in order to follow the principle of equivalence of care as laid down in the Council of Europe recommendations and CPT standards.
- Harm reduction strategies in drug users play an important preventive role against the spread of the HIV, hepatitis and TB epidemics, but, in order to gain their public acceptance, they need to be thoroughly understood.
- In the pre-trial detention centres, mental health care is a big and unsolved issue. The massive overcrowding and scarcity of space, unpredictability of the duration and outcome of the Court procedures as well as a shortage of medical staff and especially of psychiatrists pose big challenges to inmates and the prison staff. Acute exacerbations of mental problems are often treated with isolation of the patient. Transfers to a psychiatric hospital outside the pre-trial detention facilities are not possible without the permission of the court, a procedure that can take up to several months. In order to better this situation, an amendment of the law is envisaged that would allow acute mentally ill pre-trial detainees to be treated in psychiatric facilities of the police.
- Mental health of prisoners is regarded as the sole responsibility of psychiatrists and psychologists. The SPS seems to be not yet familiar with the concept of health promotion, i.e. the responsibility of everybody within the prison community to contribute to health and mental health in prison.



As a follow up to the workshop, the experts recommended following future steps to be envisaged:

- The implementations of a pilot project in one prison focusing on new ways of prison management as well as on intensified engagement for health care in prison and aftercare of prisoners with special regard to drug related problems.
- The SPS could be supported by international experts in developing a manual or guidelines for health care professionals working in prisons defining their professional role and strengthening their professional independence. The gained experience from a pilot project as mentioned above could make a major contribution to such a document.
- Training of Trainers (ToT), in health care in prison, both for health care professionals as well as for non-medical prison staff should be supported. However, the selection of trainers must be done in a professional way in terms both of commitment as well as training skills.
- A study visit of Ukraine prison managers and health care professionals to the Netherlands in November 2012 should be used to continue the discussion on ways of preparation of prisoners for release with special regard to drug dependent prisoners.

V. The way ahead

The Pompidou Group assesses the project as being on the right path towards achieving its goals. The second part of the project will further develop the activities of the first term of the project through follow-up workshops and trainings in Ukraine, Moldova and Romania. The involvement of Bosnia and Herzegovina in the project will be pursued in the beginning of 2013. An international conference in Bucharest taking on 26-27 of February 2013 will focus on the exchange of knowledge between the four project countries and other interested countries such as Serbia, Macedonia and Montenegro.