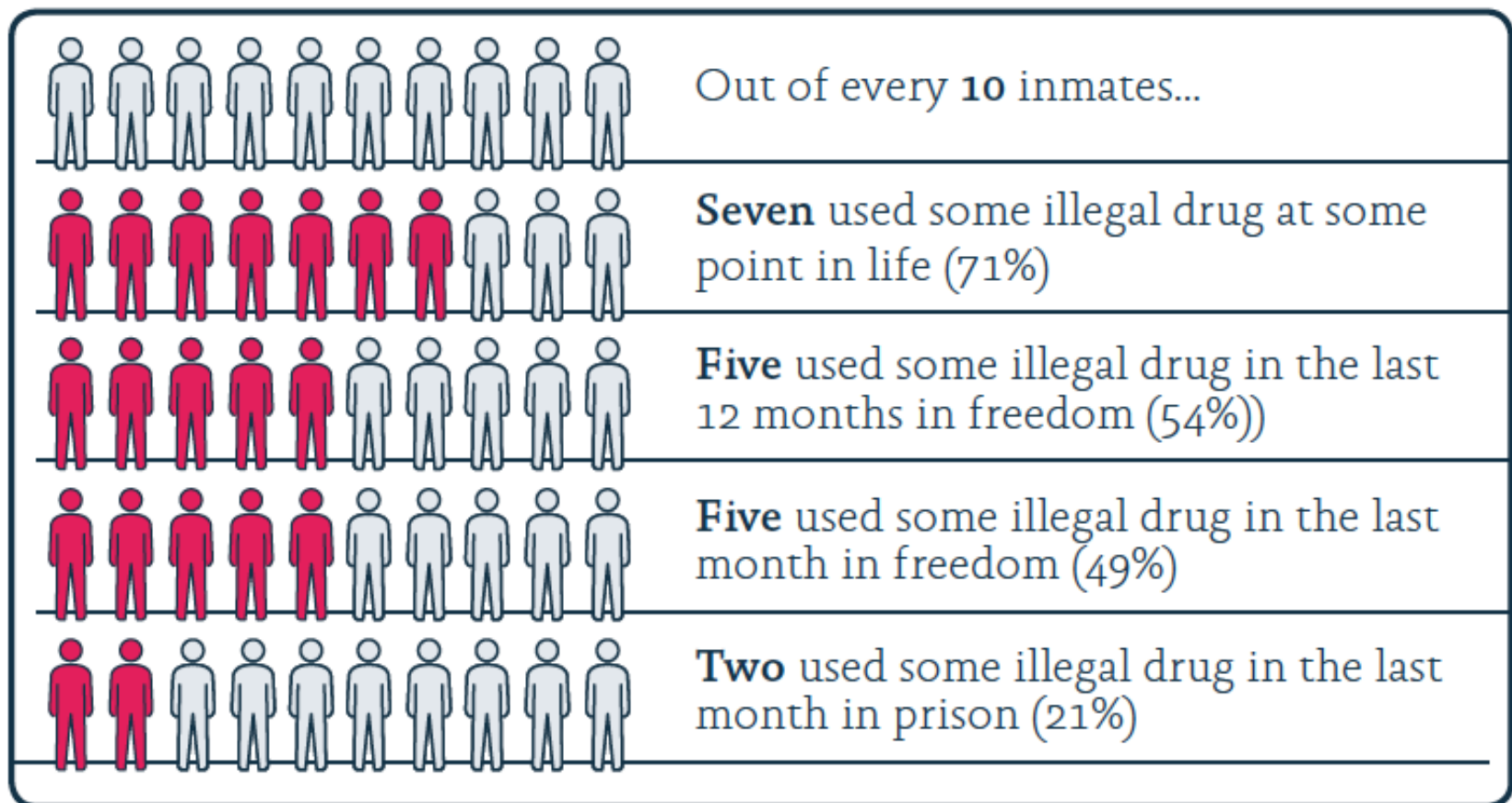


# **DRUG TREATMENT IN SPANISH PRISONS: CLOSING THE CIRCLE**

**Andrés Bascones Pérez-Fragero**  
*Psychologist. Prison of Seville, Spain*

# PRISON POPULATION AND SUBSTANCE USE DISORDERS



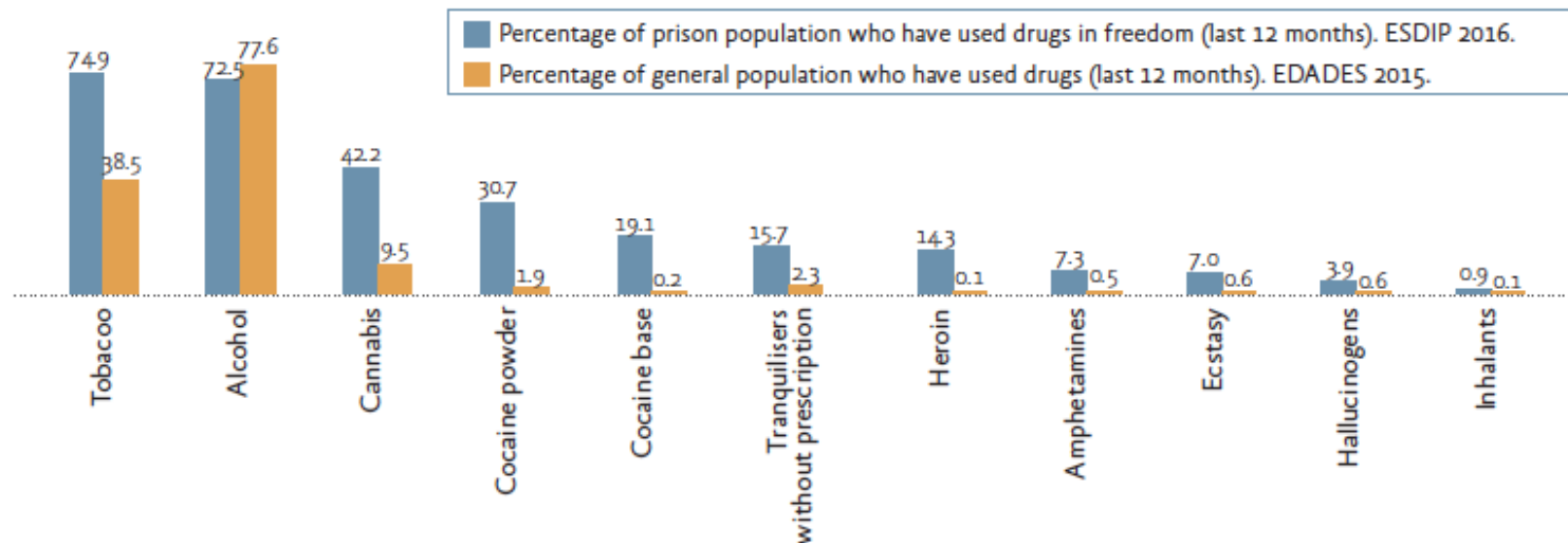
Note: Illegal drugs: cannabis, opioids cocaine, ecstasy, amphetamines, hallucinogens.

Source: Survey on Health and Drug Use among Prisoners. ESDIP 2016.

# PRISON POPULATION AND SUBSTANCE USE DISORDERS

## Percentage of drug users in the general population (last 12 months) and in prison population in freedom (last 12 months)

Use (last 12 months) of all illegal drugs is clearly higher in prison population (in freedom) than in general population, registering major differences in tobacco, cannabis and cocaine.



Note: Tobacco use refers to last 30 days in prison for prison population and to last 30 days for general population.

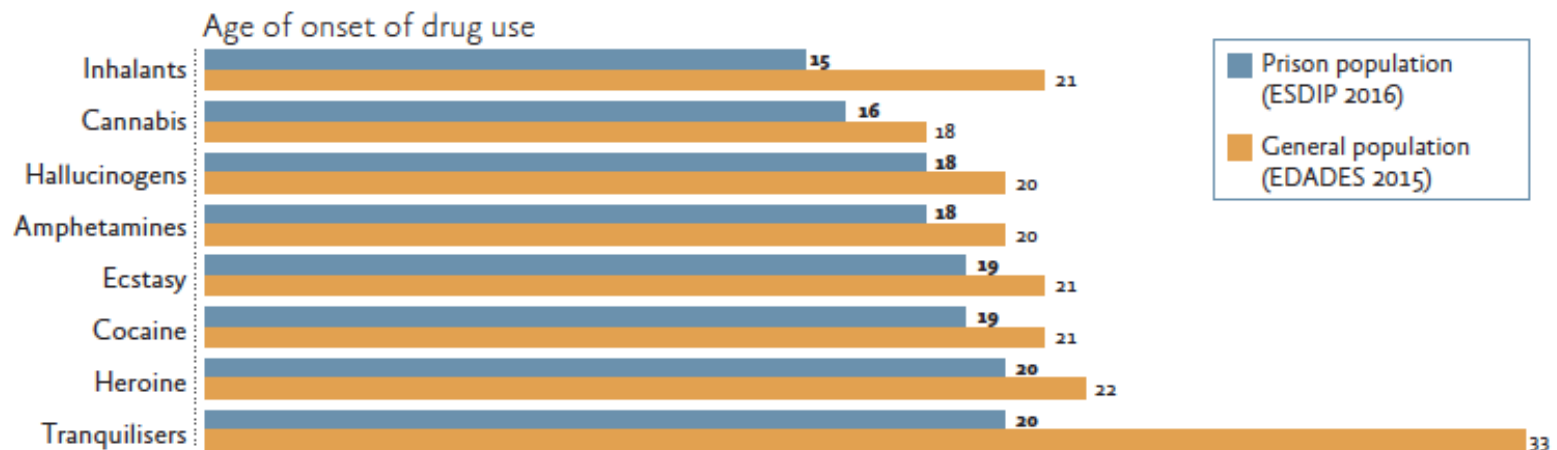
Source: Survey on Health and Drug Use among Prisoners. ESDIP 2016. Survey on alcohol and other drugs in Spain. EDADES 2015.

# PRISON POPULATION AND SUBSTANCE USE DISORDERS

## Age of onset of drug use in general population and in prison population

Prison population start using drugs at earlier ages than among general population. For most drugs there is a two-year difference, except for inhalants (six-year difference) and tranquilisers (thirteen-year difference).

The age of onset of drug use has remained relatively stable for the last 10 years, both among prison population and general population.



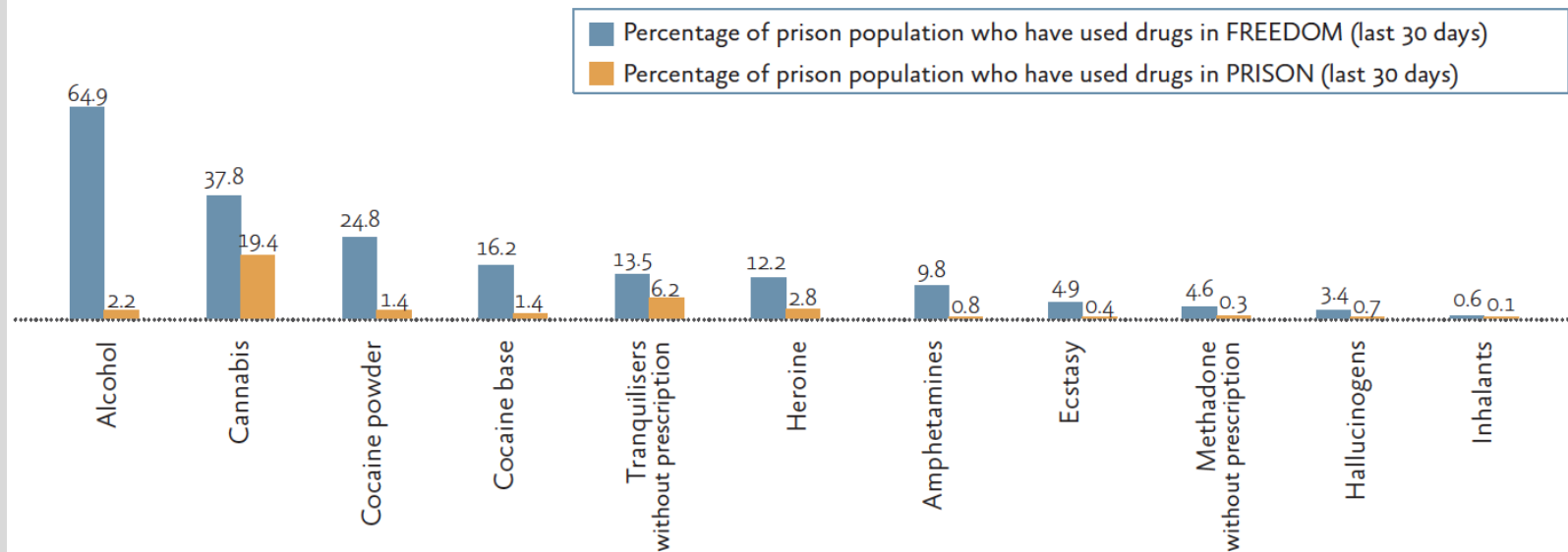
Note: ESDIP refers to the use of tranquilisers without prescription. EDADES does not specify if tranquilisers use is with or without prescription.

Source: Survey on Health and Drug Use among Prisoners. ESDIP 2016. Survey on alcohol and drugs in Spain. EDADES 2015.

# PRISON POPULATION AND SUBSTANCE USE DISORDERS

## Percentage of drug users in prison population being in FREEDOM (last 30 days) and in PRISON (last 30 days).

After entering prison, the percentage of users of any drug decreases, a decrease that is more prominent for alcoholic beverages, cocaine and cannabis. For example, 37.8% used cannabis while in freedom and 19.4% did it after having entered in prison.



# DRUG TREATMENT IN PRISON

- **Article 25.2 Spanish Constitution:** “Prison sentences will be directed towards reeducation and social integration”.
- **Art. 116 Penitentiary Regulation (RD 190/1996):** “Any inmate with dependence on psychoactive substances that wishes to do so, must have at his/her disposal the possibility of following treatment and dishabituation programs, regardless of their procedural situation and their criminal and penitentiary vicissitudes”.
- **It is a MUST if we want to reduce recidivism.**

# DRUG TREATMENT IN PRISON

One in every four inmates (24.6%) has been in treatment to reduce/stop using drugs in prison at some point in life.

Currently, 13.2% of all inmates and 53.2% of those inmates who have used any legal or illegal drug (in the last 30 days in prison) are in treatment in prison, mostly for heroin and cocaine.

Source: Survey on Health and Drug Use among Prisoners. ESDIP 2016.

# DRUG TREATMENT IN PRISON

**RISK AND DAMAGE  
REDUCTION**



Reduce negative  
consequences

**DISHABITUATION  
TREATMENT**



Abstinence oriented  
treatments



# DRUG TREATMENT IN PRISON

**RISK AND DAMAGE  
REDUCTION**



Reduce negative  
consequences

- Prevention and Health Education.
- Needle exchange.
- Aluminum foil distribution and smoking nozzles.
- Methadone Treatment.

# DRUG TREATMENT IN PRISON

## DISHABITUATION TREATMENT



Abstinence oriented  
treatments

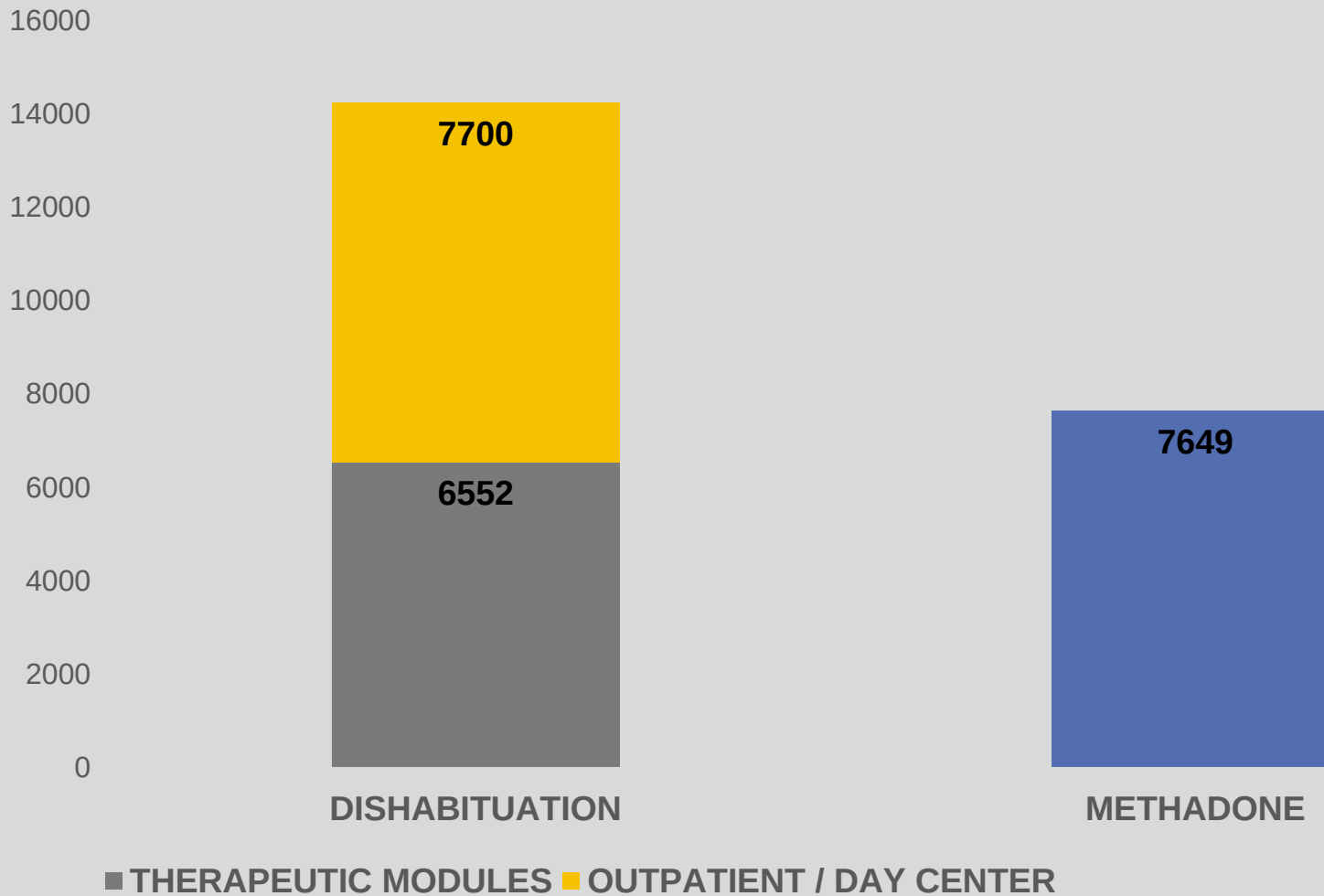
- Therapeutic Modules: Intrapenitentiary Therapeutic Community, Therapeutic and Educational Unit (UTE), etc.
- Outpatient / Day Center.

, through Psychosocial interventions, improving  
psychological and social competence:

- |                                                      |                       |
|------------------------------------------------------|-----------------------|
| ✓ Psychological Support                              | ✓ Conflict resolution |
| ✓ Relapse prevention programs                        | ✓ Stress management   |
| ✓ Improvement of assertiveness,<br>self-esteem, etc. | ✓ Social skills       |
|                                                      | ✓ Etc.                |

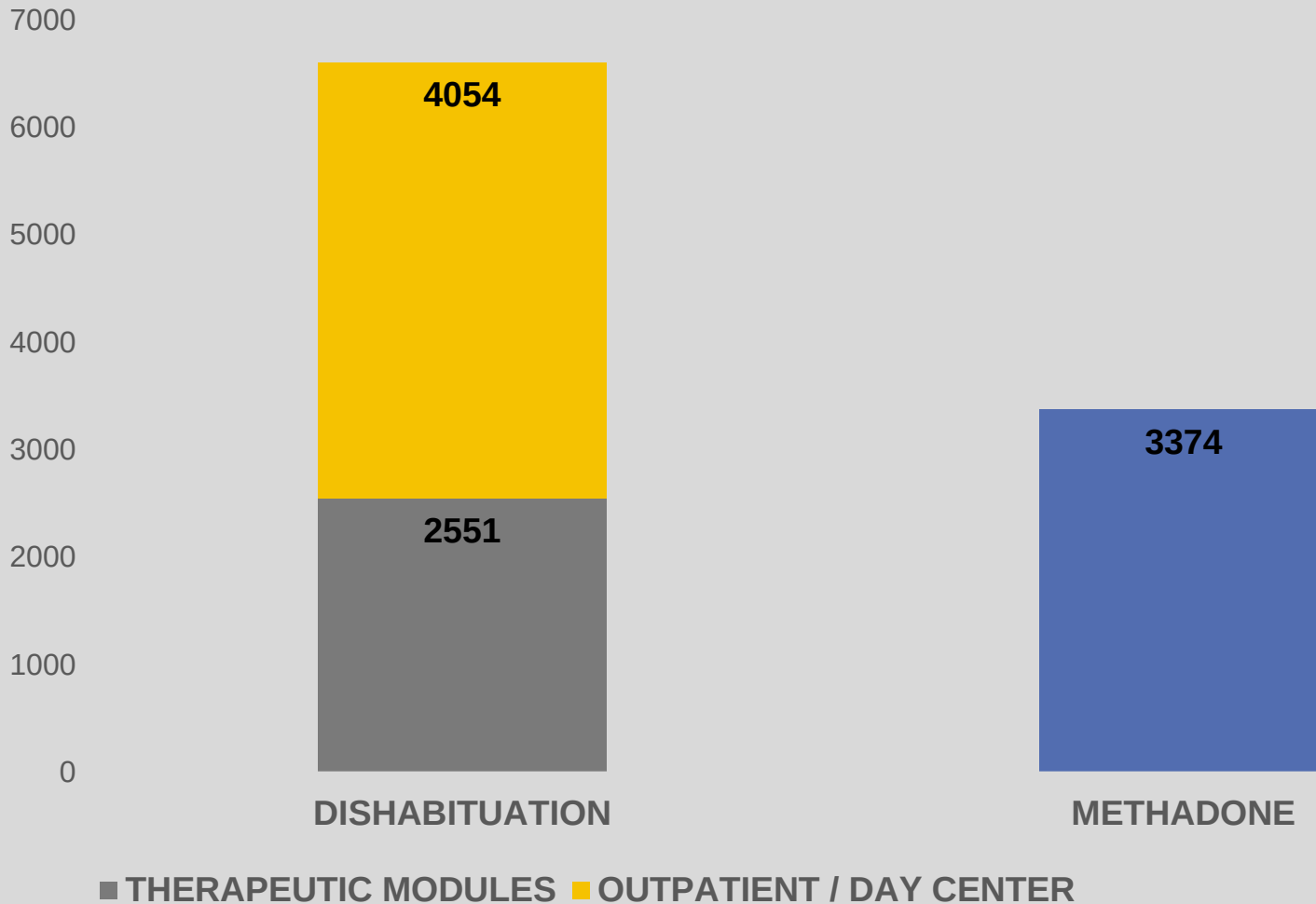
# DRUG TREATMENT IN PRISON

## INMATES TREATED IN 2017



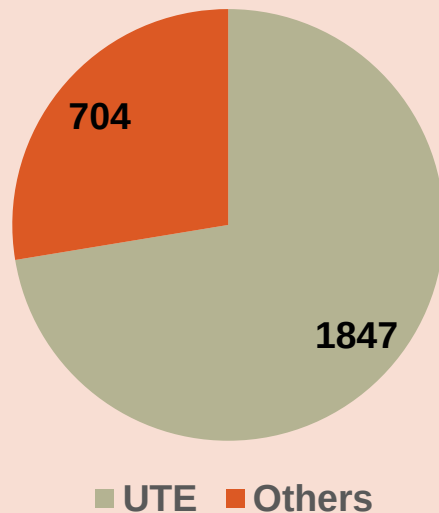
# DRUG TREATMENT IN PRISON

INMATES TREATED PER DAY - 2017



# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

INMATES IN THERAPEUTIC MODULES PER DAY (2017)



In line of Therapeutic Communities, environmental intervention is made, so that the desired behavioral change can arise.

It is a healthy therapeutic space, drug-free, promoter of clear and responsible personal relationships, in which there is no place for expressions of violence, pressure groups or the law of silence.

# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## COMMITMENT (MAIN AXES):

- Voluntary.
- Criminal, drug and prison subculture rupture.
- Sincerity.
- Abstinence.
- Routine, responsibility, commitment.
- Priority to educational and therapeutic activities.

### COMPROMISO DE CONDUCTA

APELLIDOS Y NOMBRE: .....

Interno del Establecimiento Penitenciario de Sevilla, solicita el ingreso y/o permanencia en la UTE (Módulo 4), habiendo sido informado de las características y objetivos, se compromete al cumplimiento de su normativa específica:

1. A seguir las indicaciones que recibirá de los miembros del Equipo Técnico relacionados con su proceso terapéutico, de reeducación, reinserción y rehabilitación. Aceptar las decisiones del Equipo en lo referente a los permisos, salidas terapéuticas y progresiones con derivación a centros terapéuticos
2. Asistencia obligatoria y preferente a las sesiones terapéuticas de grupo.
3. A mantener una actitud sincera y responsable, así como a la confidencialidad de lo que se ocurra en los espacios terapéuticos.
4. A no consumir sustancias no prescritas o aprobadas por un médico del centro.
5. A no hurtar, intercambiar, ni traficar sustancias, objetos o dinero (incluida la tarjeta de peculio y telefónica) ni dentro ni fuera del espacio físico del Programa.
6. A someterse a los controles y cacheos que se determinen y a cumplir estrictamente las normas de régimen interior, realizando las analíticas de control de drogas que se le requieran en cualquier momento por los funcionarios y terapeutas responsables.
7. A velar y participar en las tareas de limpieza y conservación del entorno, utilizando correctamente las papeleras, ceniceros y utensilios de limpieza. A respetar el uso que se asigne a las diferentes zonas del departamento.
8. A mantener una higiene personal adecuada, duchándose diariamente en el horario establecido, a utilizar las ropas adecuadas a cada situación y a mantener un aspecto externo socialmente adecuado.
9. A mantener en las relaciones interpersonales una actitud respetuosa y dialogante, estando terminantemente prohibida cualquier tipo de violencia física o verbal.
10. Renunciar en principio y con carácter general a las comunicaciones con familiares u otras personas que establezca el Equipo por ser consideradas, en el momento actual, negativas para su proceso terapéutico.
11. A asistir durante los permisos a las reuniones que establezca el Equipo, en principio, siempre acompañados por familiares u otras personas encargadas de su seguimiento.
12. A informar al Equipo de consumos o incumplimientos propios o ajenos de los que haya tenido conocimiento.
13. A aceptar que podrá ser expulsado del Módulo por incumplimiento de la normativa. Igualmente, si el interno lo desea, se producirá la salida del módulo.

En Sevilla, a .....de.....del 20...

Fdo. El interno

# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## THE GROUP:

- Embraces.
- Accompanies.
- Supports.
- Confronts.
- Shares tasks and responsibilities.
- Teaches conflict resolution.
- Self-help

*There is an accompaniment  
of all members of the group.  
The group is a change agent.*

# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## SCHOOL

- Essential for reintegration.
- Mandatory.



# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## THERAPEUTIC ACTIVITIES:

- Within the group.
- Provincial Drug Addiction Center (CPD) - Relapse Prevention.
- ANCLAJE - Alcohol Therapy.
- SOLIDARIOS - Mindfulness.
- Others: Art-therapy, self-esteem, conflict resolution, etc.



*Importance of openness to society and contributions from public and private entities.*

# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## THE MEDICAL SERVICES

- Teamwork.
- Close medication control.



# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## OCCUPATIONAL ACTIVITIES:

- Develops creativity.
- Teaches positive ways to spend free time.

# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## OTHER ACTIVITIES:

- Library.
- Yoga.
- Gym.
- Sports: CrossFit, soccer and paddle...

# THERAPEUTIC AND EDUCATIONAL UNIT (UTE)

## MEETINGS WITH FAMILIES:

- Information and alliance with families.



# **THERAPEUTIC AND EDUCATIONAL UNIT (UTE)**

## **PREPARATION FOR FREEDOM:**

- Prison and therapeutic leaves.
- Transfers to extra-penitentiary Therapeutic Communities.

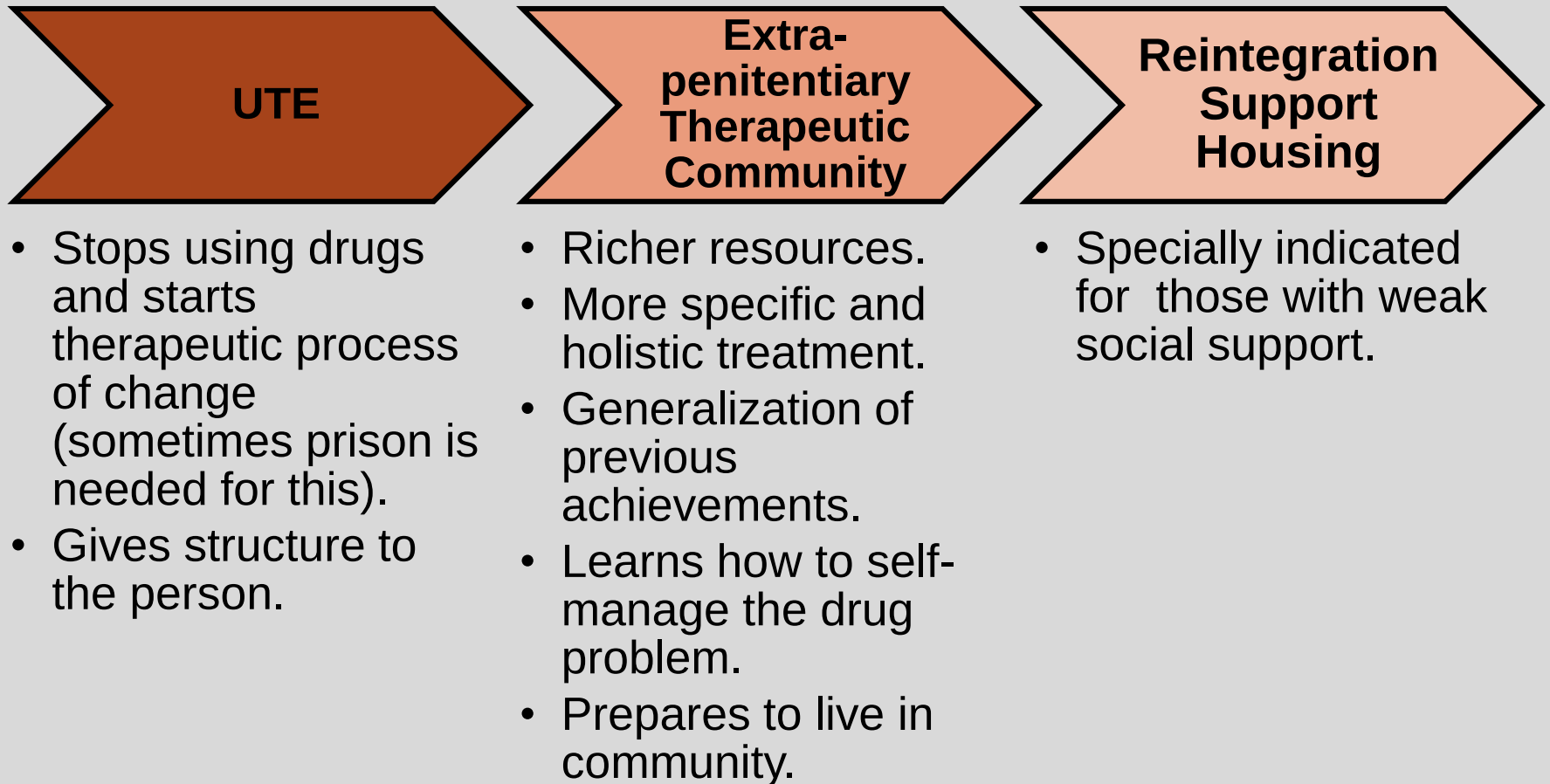
# CLOSING THE CIRCLE

## **Art. 182 Penitentiary Regulation (RD 190/1996):**

- Enables Penitentiary Administration to transfer voluntary inmates with substance disorders to public or private community treatment (Therapeutic Communities-TC, Reintegration Support Housing...).
- There are set some follow up rules that Extra-penitentiary Institution and “inmate” must follow.
- Time spent while being treated in community, counts as they were serving sentence inside a prison.
- If they fail or breach the rules of Community Treatment, they are sent back to prison.

# CLOSING THE CIRCLE

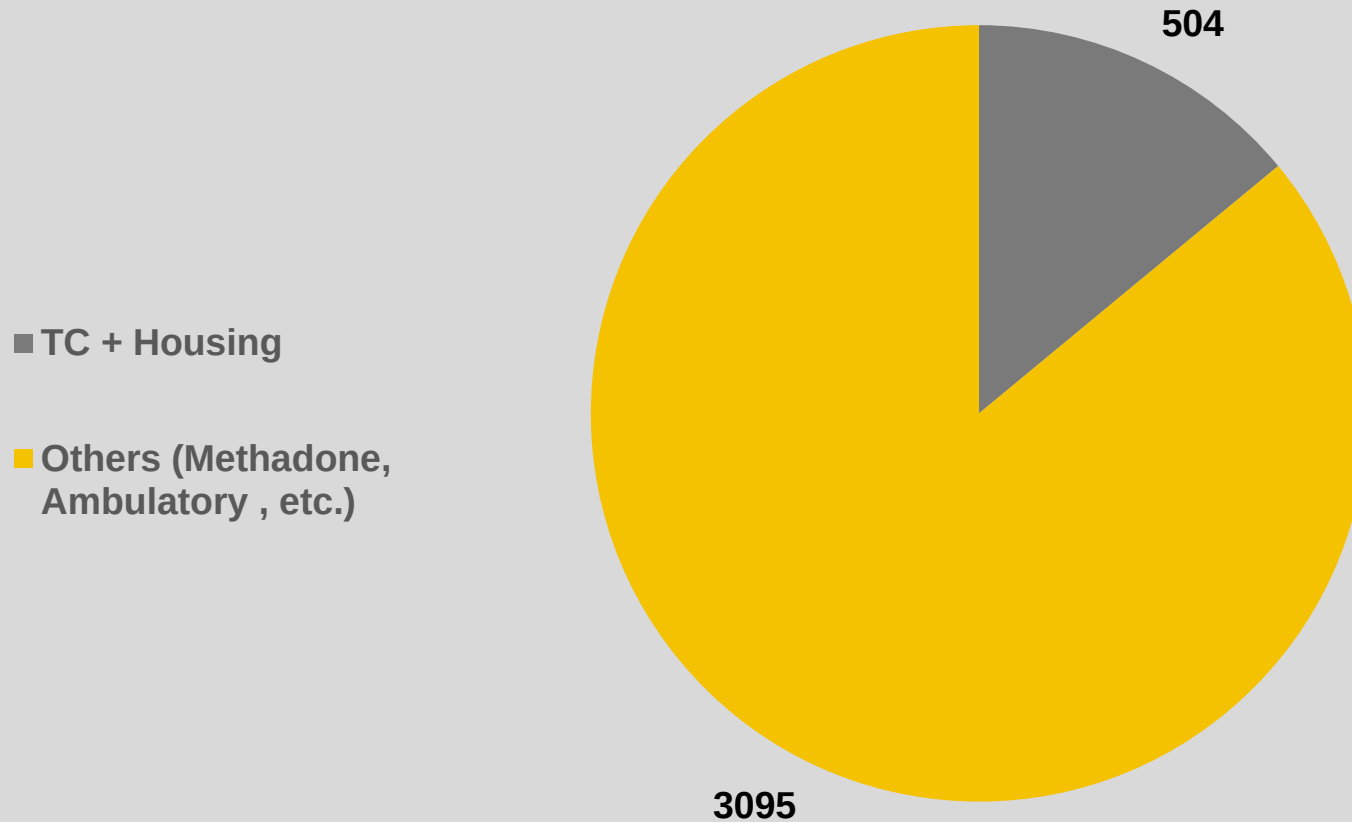
**Individualized Treatment, however, this path is encouraged...**



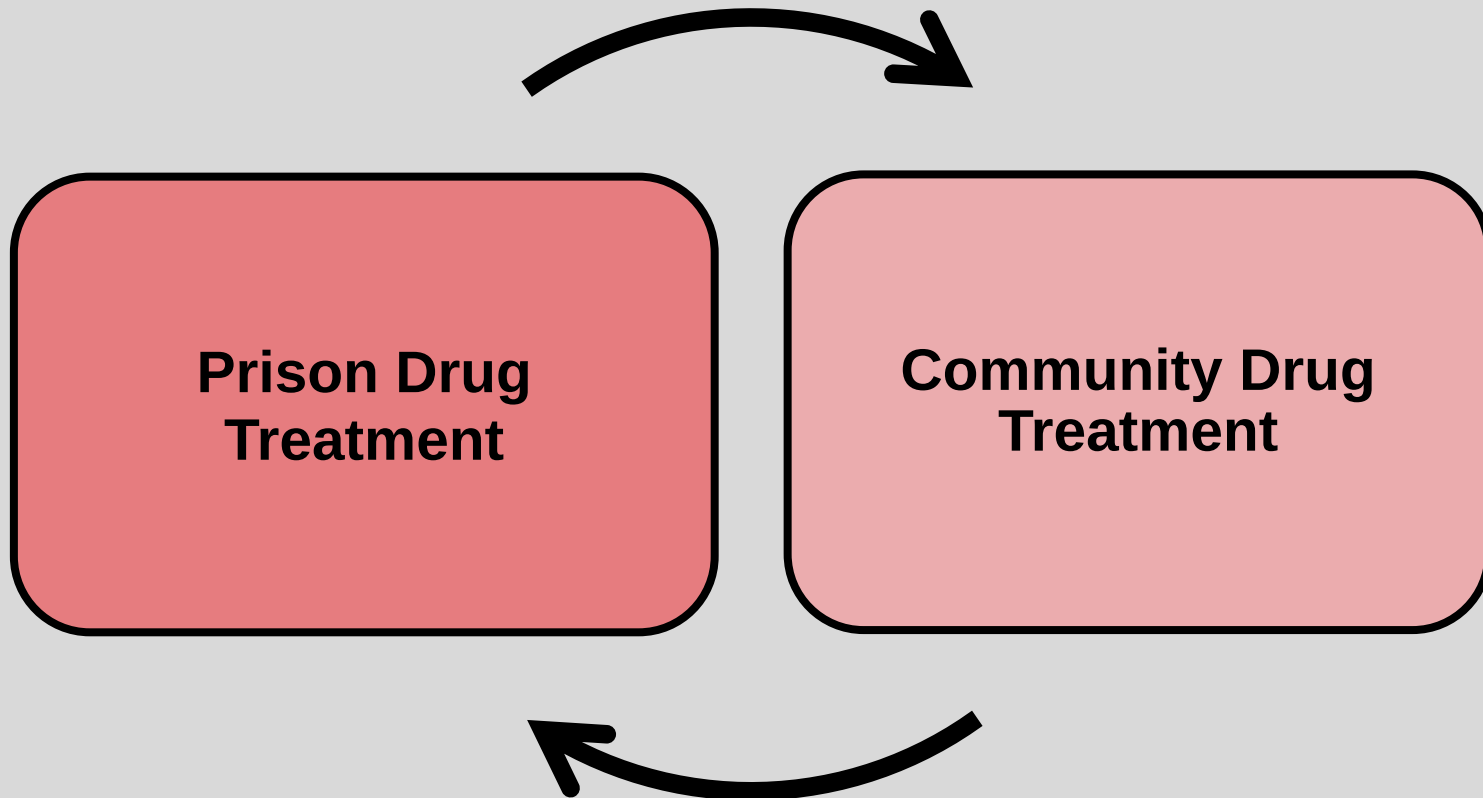


# CLOSING THE CIRCLE

## INMATES TRANSFERRED TO COMMUNITY TREATMENT IN 2017

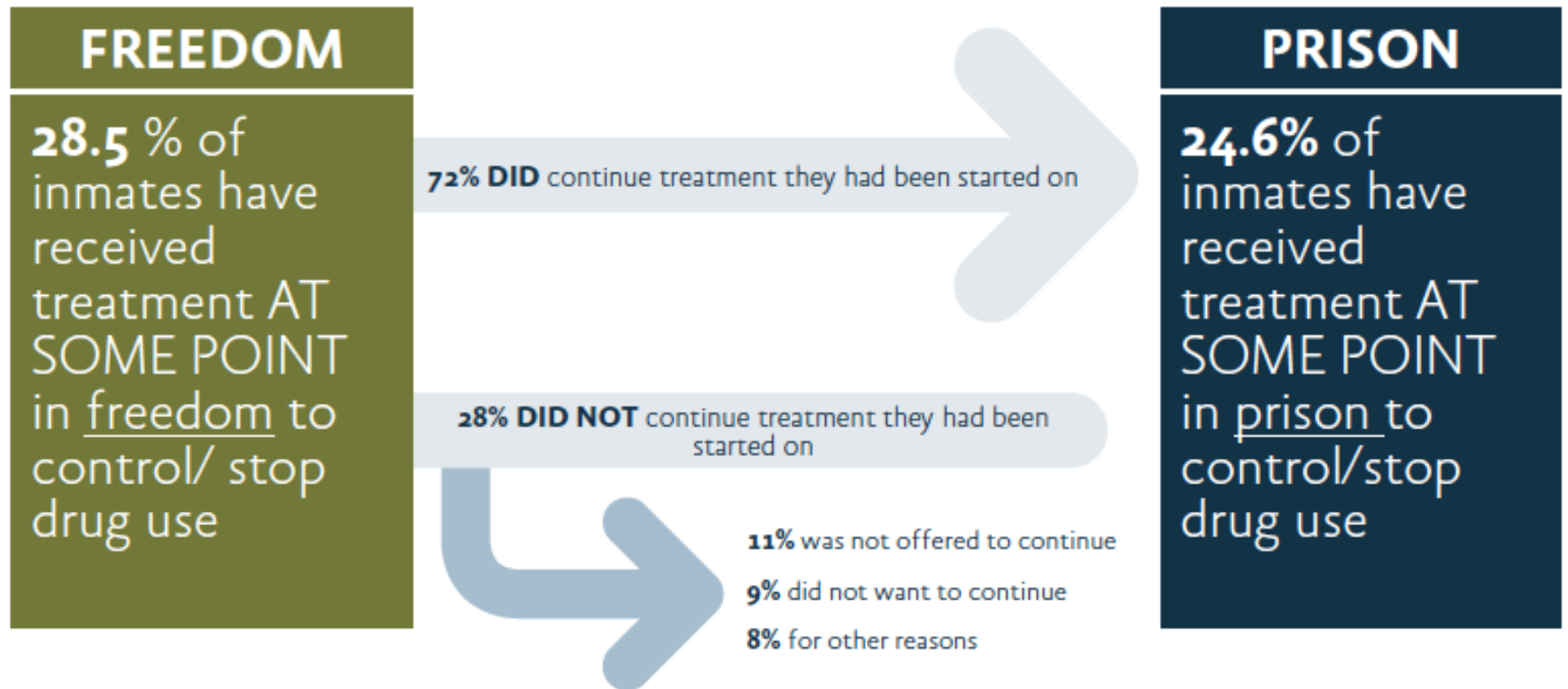


# CLOSING THE CIRCLE



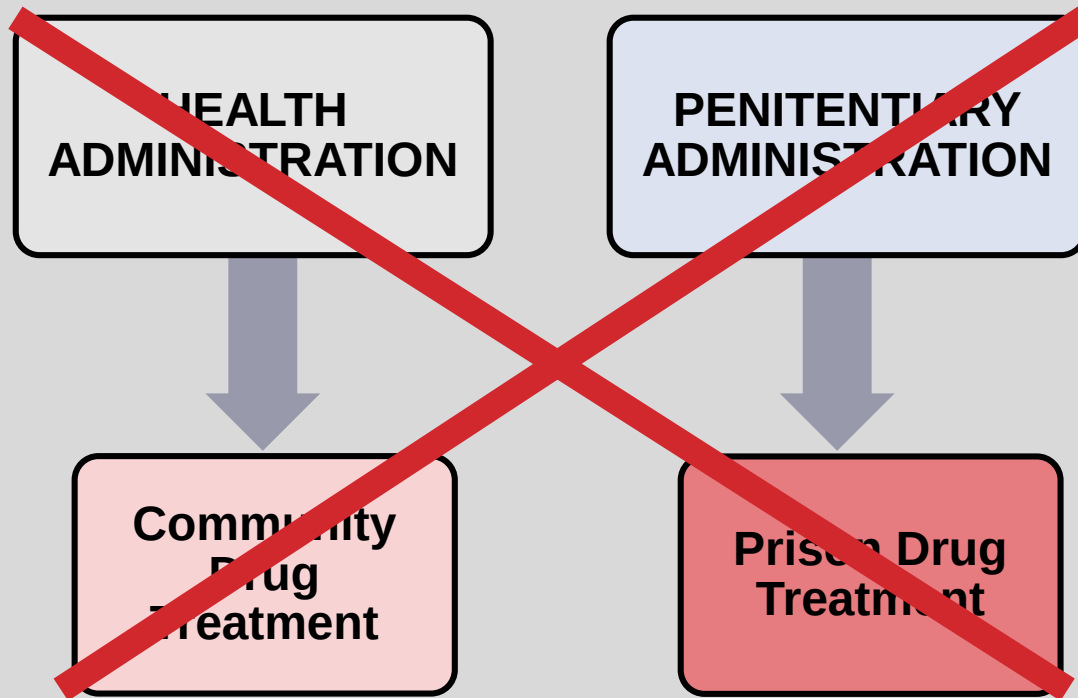
*Because addiction is a chronic disease, drug relapse and return to treatment are common features of recovery. Thus, treatment may need to extend over a long period across multiple episodes of care.*

# CLOSING THE CIRCLE

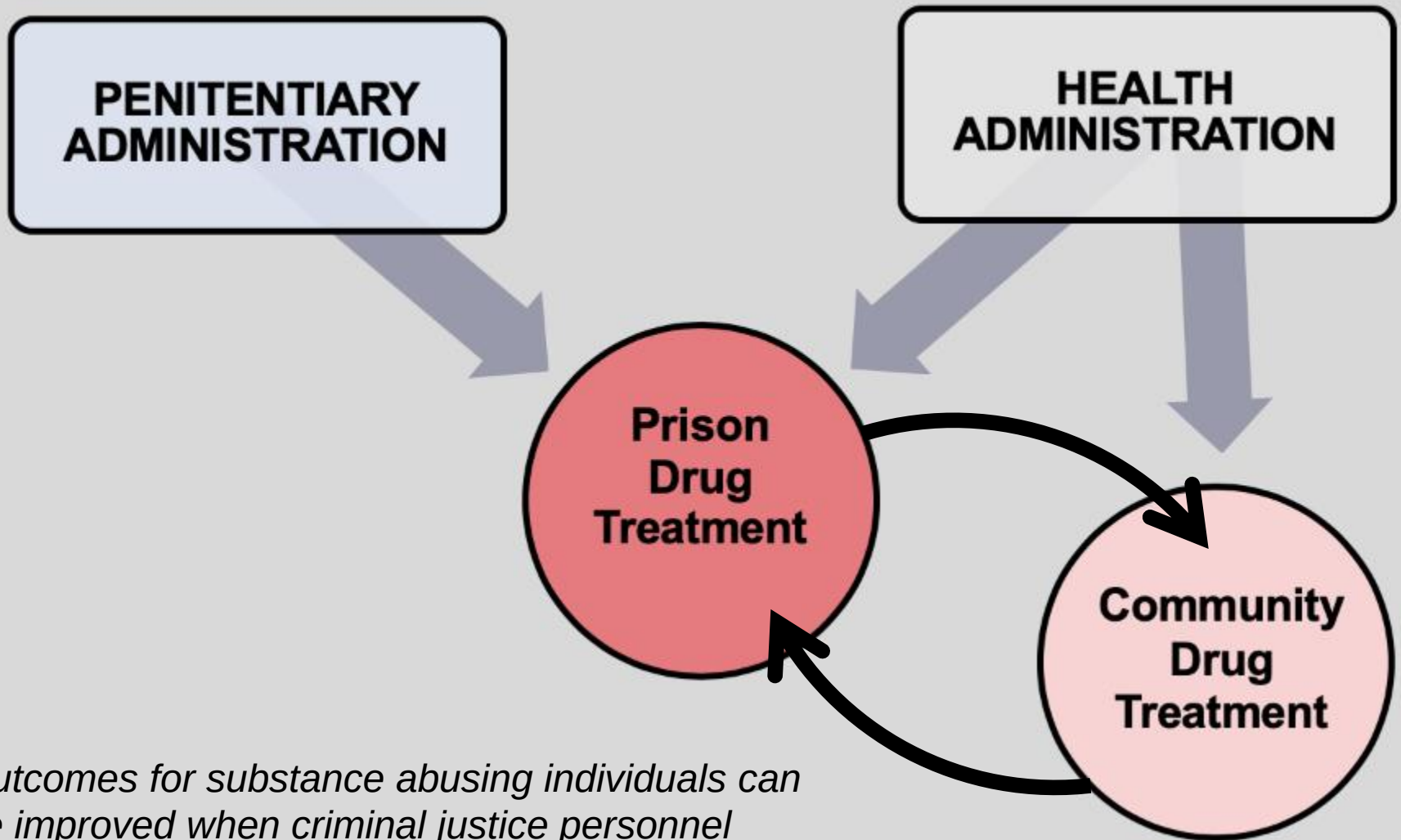


Source: Survey on Health and Drug Use among Prisoners. ESDIP 2016.

# CLOSING THE CIRCLE



# CLOSING THE CIRCLE



*Outcomes for substance abusing individuals can be improved when criminal justice personnel work in tandem with treatment providers.*