Giving Up Crime

An inspiring method

Nelissen Research has created the Giving Up Crime method to help prisoners to become law-abiding citizens using an innovative workbook that enhances self-determination.

PRISON SYSTEM GOALS

- 1. Prepare prisoners for release
- 2. Offer coherent rehabilitation program during and after detention
- 3. Provide released prisoners with sufficient human and social capital to return to society

CHALLENGES

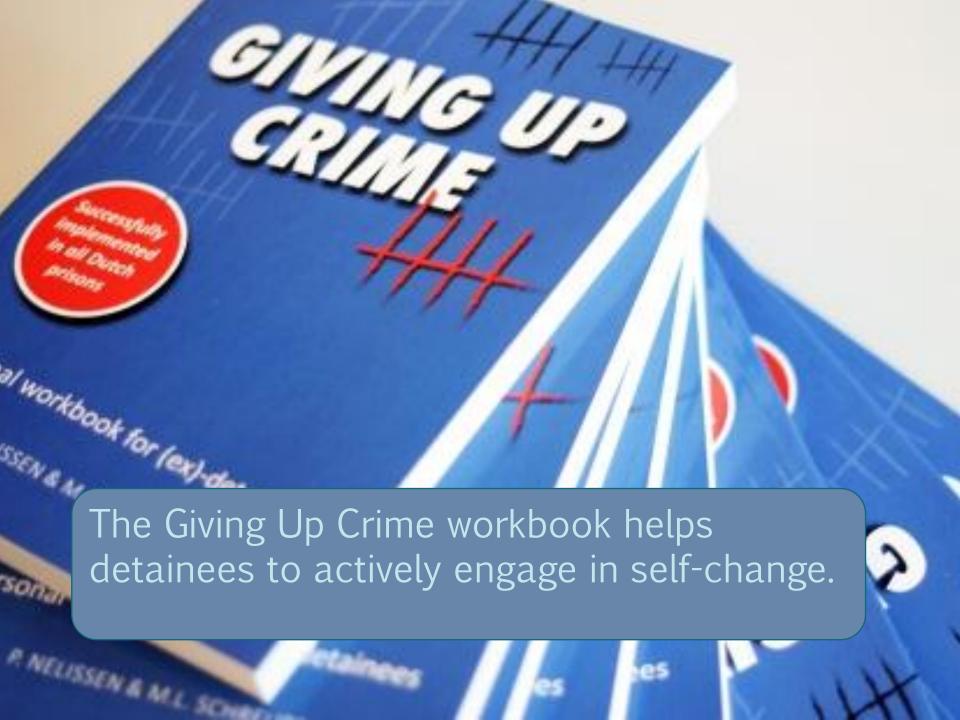
- 1. Lack of resources
- 2. Imprisonment too short for adequate preparation for release
- 3. Majority of prison time spent locked up and inactive



Is this a good context to become an active agent shaping your own life?



Our current prison system does not stimulate prisoners' self-determination sufficiently.



Giving Up Crime Method

- 1. Enhance self-determination
- 2. Develop practical skills
- 3. Prepare for high-risk situations

Enhance self-determination

Crime costs & gains Aware of 'real me'





Meaningful life goals



Develop practical skills

Accomodation

Work

Social relations







Skills are developed in seven life domains using practical exercises and assignments.

Prepare for high-risk situations

Lack of money



No shelter



Lack of support of relatives



Coping strategies are provided for a top 10 of most common problems encountered by ex-detainees.

Crucial role for prison officer

- Offers support
- Skills: listening, empathy, feedback
- Reinforcement of desired behaviour

Implementation in the Netherlands

- Reduced criminal motivation
- Increased willingness to change
- Counteracts negative effects of imprisonment
- Enthusiastic detainees and personnel

Now mandatory for all Dutch detainees on remand

Other benefits

- Supports detainees before and after release
- Better relationships between detainees and personnel
- Enhanced work satisfaction of prison officers
- Cost-efficient and easy to implement

How to start

- Detainees considering change
- Motivated prison staff
- Training day for personnel
- Small-scale pilot launch
- Coordinating supervisor
- Evaluation tools

What can Nelissen Research offer?

- A translated workbook adapted to the local situation
- Visit to your organization to inform staff members
- Training of prison officers
- Train-the-trainer meetings for staff members
- Provide evaluation instruments
- Regular consultation and evaluation

Visit www.givingupcrime.com or contact us at nelissen@hccnet.nl

