



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

Successfully
implemented
in all Dutch
prisons

The Giving Up Crime workbook helps detainees to actively engage in self-change.

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ISSEN & M

SORNI

P. NELISSEN & M.L. SCHREIJER

detainees

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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

Accommodation



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

