

Autonomy of prisoners

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INTRODUCTION



- **PRI's mission is to promote criminal justice systems that uphold human rights for all and do no harm.**
 - **Rehabilitation and reintegration are key pillars of our global strategy as:**
 - **means to support people reoffending**
 - **means to increase the safety of the society at large.**
- **Autonomy of prisoners is essential to a rehabilitative approach**

Human rights
compliance

Individualisation

Rehabilitative
comprehensive culture

Conducive
environment

Key principles of successful rehabilitation

Normalisation

Continuity
of care

Post-release
services

Coordination
and
communication



BULGARIA CASE STUDY

THE FOUR PILLARS :

Shared goals of the four pillars:

- Continuity of support
- Step-down model of rehabilitation and reintegration
- Strong community connections

Key areas include:

- Self-awareness
- Identification and belonging
- Dealing with emotions
- Managing one's life and taking responsibility
- Skills development



Halfway house model



Mentorship



The Life project



Addictive behaviours and relapse prevention



“The life project”

Needs

Complex support needs

Difficult to set goals and plan

Loss of decision-making

Lack of motivation common



“The life project”

Programme

- Based on ‘good lives model’
- Develop a blueprint for life – clear connection with reality, to ‘hope’ for another life (learn to plan)
- Reflective exercises – helps a self-assessment of desires, dreams, abilities, difficulties
- Helps prioritises, make decisions about themselves
- Identifies and connects goals with actions to be resourceful, and take opportunities



Implementation points

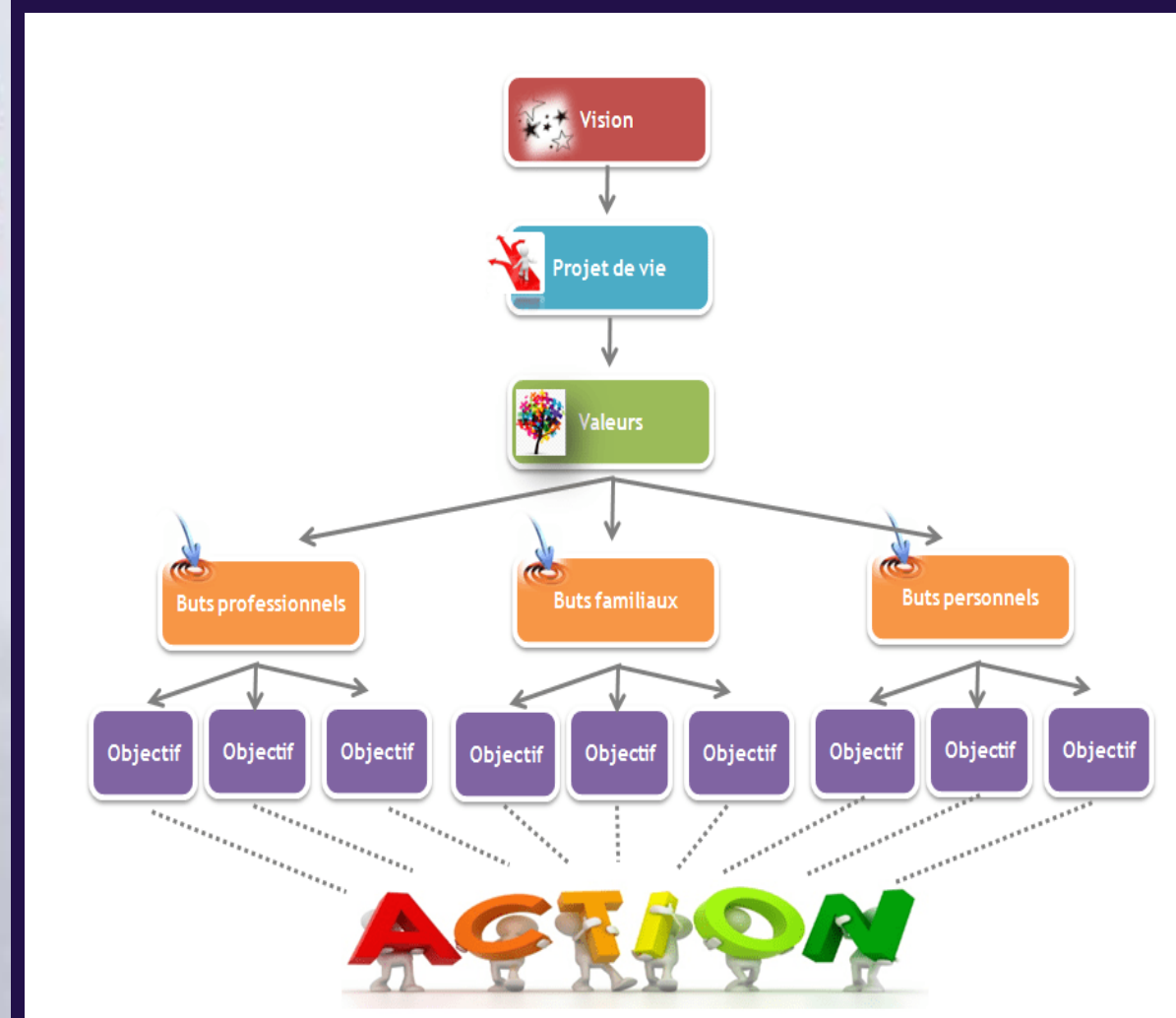
1. Need a team to create and implement the Life project with different competencies
2. Joint protocol of roles, organizing the team and programme
3. Timelines are important: at least six months prior to release, but can be at beginning of sentencing! (e.g. work etc can contribute to realizing the Life Project)
4. At least 10-12 sessions – should be individualised



Group areas e.g. personal development, relationships, work and income, health....

Visualise the project – diagrams, posters, tables...?

Content of the project





Stages/ sessions

1. Getting to know each other/ agreeing objectives and expectations
2. Motivating change
3. "Life story, multi-layered identity, self-image"
session/meetings package
4. Wishes and dreams and long-term goals"
session/meetings package
5. Wishes and dreams and long-term goals"
session/meetings package
6. "Long-term and short-term goals"
7. Defining the actions, steps to achieve the goals"
8. [...]
9. Accompanying the person in their efforts to implement their project!



Thank you

Keep in touch

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