

2024 South Australian Premier's Nursing and  
Midwifery Scholarships

Study Tour Report and Action Plan

Name: Steven Hutchinson

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Study Tour Title: **Correctional Health Care Service  
Delivery / Activity: Innovation, Professional  
Development, Clinical Practice, Health Promotion,  
Research**

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Study Tour Date: 06/09/2023 to 07/10/2023

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Scholarship Recipient's Name: Steven Hutchinson

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Scholarship Recipient's Position Title: Nurse Consultant Training & Practice Development

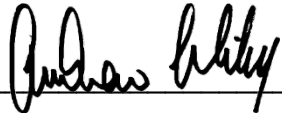
Employing LHN: Central Adelaide Local Health Network

Ward/ Work Area: South Australian Prison Health Service

	Commenced	Returned
Date Study tour undertaken:	06/09/2023	07/10/2023
Location of Study Tour: United Kingdom / Ireland		

Scholarship Recipient's SIGNATURE  DATE: 21/11/2023

Steven Hutchinson IS SUPPORTED IN LEADING AND IMPLEMENTING THE PRACTICE/WORKPLACE CHANGE AS STATED IN THE ACTION PLAN AND TO FACILITATE SUCCESSFUL ACHIEVEMENT OF THE OUTCOMES.

SIGNATURE of Direct line Manager:  DATE: 21/11/2023  
Direct line Manager: Andrew Wiley, Director SA Prison Health Service

SIGNATURE EDON:  DATE: 28/11/2023  
EDON: Annette Cieslak, Act Executive Director Nursing and Patient Experience

APPROVED FOR RELEASE AND SUBMISSION TO THE NURSING AND MIDWIFERY OFFICE, DEPARTMENT FOR HEALTH AND WELLBEING BY EXECUTIVE DIRECTOR OF NURSING

## Executive Summary

This study tour delivered a wealth of knowledge, observations and experiences that will directly and positively affect [South Australian Prison Health Service \(SAPHS\)](#) a service of [Central Adelaide Local Health Network \(CALHN\)](#). The UK and Ireland has a reasonably comparable health system to Australia. The UK prison system and the prison healthcare system has changed and experienced positive growth in response to a number of predominantly adverse inquiries, reports, coronial inquests, and public exposure over the years. Our colleagues have developed a wealth of knowledge and experience in this process.

SAPHS delivers health care to a population of approximately 3000 people in custody across seven prison/remand sites in South Australia – three metropolitan (Adelaide Women's Prison, Adelaide Pre Release Centre, Yatala Labour Prison), one rural (Mobilong) and three country (Port Lincoln, Port Augusta, Cadell). SAPHS works closely with [Serco](#) who operate the Adelaide Remand Centre and [G4S](#) who operate Mount Gambier Prison.

The purpose of the tour was to examine healthcare delivery in contemporary correctional environments in the United Kingdom and Ireland to inform the professional development, clinical practice, health promotion provision direction of the SA Prison Health Service (SAPHS) in establishing a strongly nurse led service in an environment of increasing demand and complexity for tomorrow's people in custody. The tour will further explore scope of innovation, examining opportunities, efficiencies, insights in the UK and Ireland to assist in service provision and clinical excellence in maintaining the highest quality healthcare professional practice in South Australian Prison Health Service (SAPHS) contemporary correctional environment.

There was also the opportunity to present the University of South Australia online program "[Professional Certificate in Behavioural Activation](#) for Depression" that SA Prison Health Service uses to complement our Wellbeing program for our people in custody. The program is undertaken by SAPHS and [Department for Corrections \(DCS\)](#) staff who work within correctional environments where they may come across individuals who are at risk of mood disorders or are interested in developing skills for therapeutic relationships, assessment of mood and the practical application of Behavioural Activation. Associate Professor Martin Jones, Director [Department of Rural Health \(DRH\)](#), University of South Australia (Uni SA) attended the study tour, presented Behavioural Activation and the Co-delivery of tele trial Behavioural Activation in people in custody with depression: a Randomised Controlled Trial feasibility protocol commencing November 2023 across four SAPHS correctional health care sites.

This study tour involved visiting the following correctional health sites, original study proposal included Norway/Denmark this was cancelled, as unable to facilitate due to no responses following multiple / official channel communication attempts.

- HMP Wandsworth (*Note cancelled due to a Prisoner escape*)
- HMP ISIS/YOI / HMP Belmarsh / HMP Thameside (England)

- HMP Elmley / HMP Stanford Hill / HMP Swaleside (England)
- HMP Pentonville (England)
- HMP Peterborough (*Note Cancelled, did not receive final visit approval during study tour from Sodexo, Greenwich University Associate Professor Martin Jones*)
- HMP Berwyn (Wales)
- HMP Edinburgh (Scotland)
- HMP Barlinnie (Scotland)
- HMP Manchester (England)
- HMP Liverpool (England) (*Note: Received late approval during study tour, unable to facilitate*)
- HMP Long Lartin / HMP Hewell (*Note Cancelled, did not receive final visit approval*)
- HMP Cardiff (Wales)
- Mountjoy Men's Prison (Ireland)
- Mountjoy Women's Prison (The Douchas Centre) (Ireland)
- The Training Unit (Ireland)
- Limerick Men's Prison (Ireland)
- Limerick Women's Prison (Ireland)

**Objectives included:**

Correctional Health service delivery.

Examine correctional health service delivery models from admission, health care during incarceration to discharge and release into the community.

- Growing service needs
- Complex needs / High medical needs
- Clinical pathways, Procedures
- Women in custody
- Chronic disease
- Substance abuse
- Disability
- Culturally and linguistically diverse backgrounds.

**Correctional Health Clinical Services Activity**

Examine the care approaches to health clinical services individual activity.

- Population characteristics and growth
- Prisoner Profile / Service Activity
- Admissions and releases
- Medical Emergencies / Ambulance call outs / Hospital Admissions
- Video conferencing
- Pregnancy
- Hepatitis C treatment

- Opioid agonist treatment
- Medication administration
- Vaccinations
- Medical Imaging
- Blood Borne Viruses Testing / Sexually Transmitted Testing
- Podiatry / Physiotherapy

#### Correctional Health Professional Clinical Practice

Observe, explore, and examine innovative clinical practice and development of Correctional Health Multi-disciplinary teams with a focus on Nurses / Mental Health Nurses /Nurse Practitioners, Nurse Manager / Nursing / Medical / Allied Health / Clinical practice / Practice development / Education & Training

Identify and explore best practices / research and identify consumer engagement strategies in the correctional health setting / Innovative best practice / Research / Consumer Engagement

Additional objective: Present the collaboration of the online program Professional Certificate in Behavioural Activation for Depression and the Randomised Controlled Trial feasibility clinical trials between commencing between SAPHS, DCS and Uni SA, explore potential future international collaboration.

*Note in this report we refer to people in custody, society often refers to people involved in the criminal justice system as “prisoners”. “Criminals,” “inmates,” and “offenders,” labels that dehumanise, stigmatise, and strip people of their dignity. The report uses person-first language.*

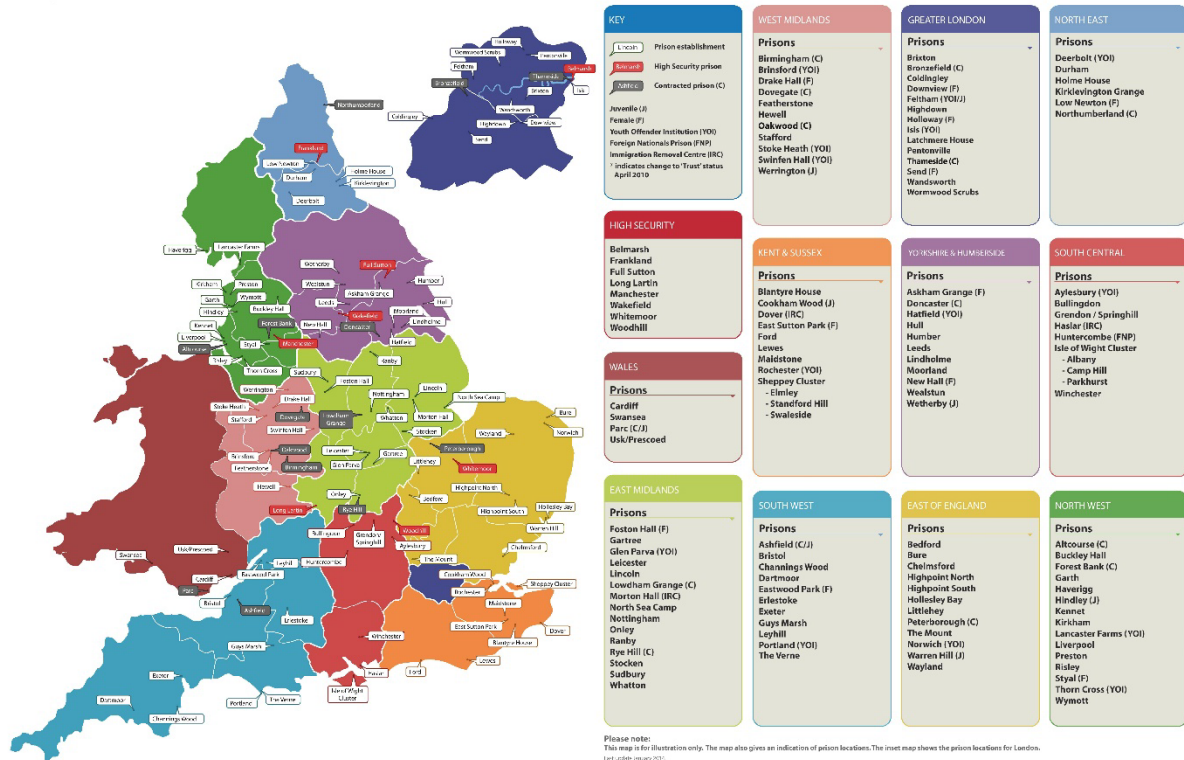
## Key findings

### UK Prison Health Service England / Wales

The [NHS England Health and Justice](#) is responsible for commissioning a range of healthcare services, for commission service providers to provide healthcare to individuals who are in custody within the prison system. The system is designed to address the healthcare needs of people in custody, including physical and mental health, substance abuse treatment, and other medical services.

The provision of healthcare services in UK prisons is a collaborative effort between the [National Health Service \(NHS\)](#) and [Her Majesty's Prison and Probation Service \(HMPPS\)](#). The NHS is responsible for the overall provision of healthcare, while the HMPPS ensures the delivery of healthcare services within the prison setting (NHS England 2023).

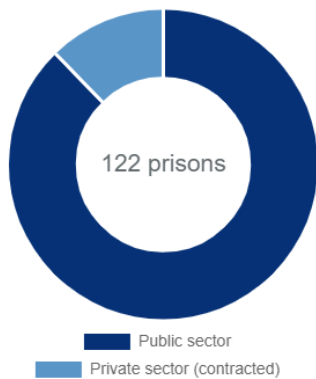
## Prisons Map



122 publicly and privately run prisons in England and Wales. His Majesty's Prison and Probation Service (HMPPS) (National Statistics Data, 2023, Gov, UK, 2023).

### Prisons overview

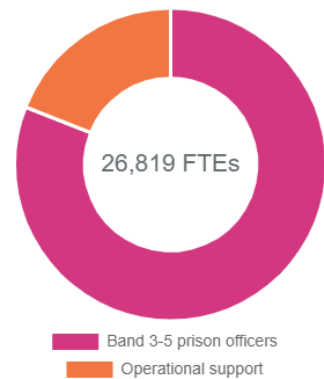
#### Prison type - public / private



#### Prison type - male / female



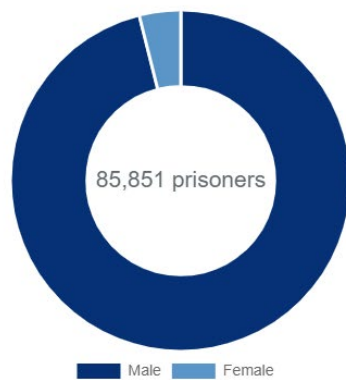
#### Public prison staff



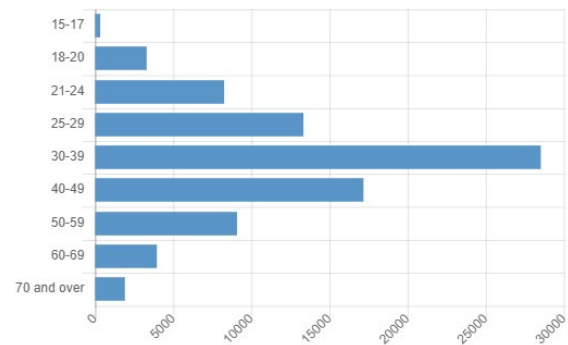
August 2022 HM Prison and Probation Service workforce statistics

## Prison population

Prison population by sex

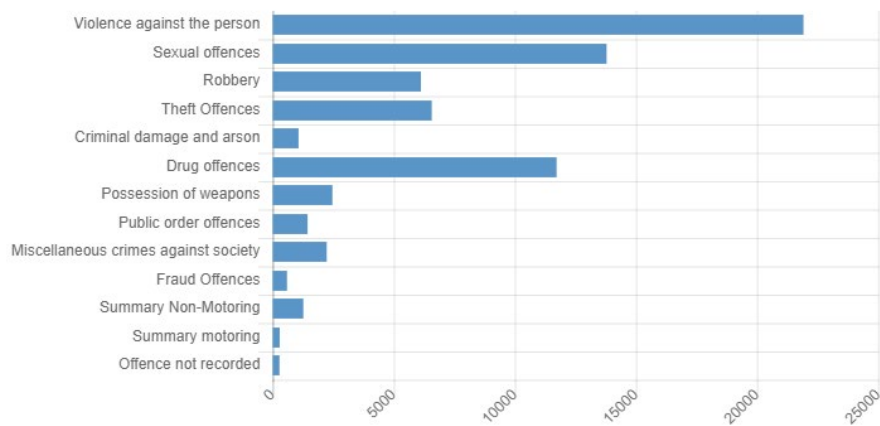


Prison population by age



30 July 2022 HM Prison and Probation Service workforce statistics

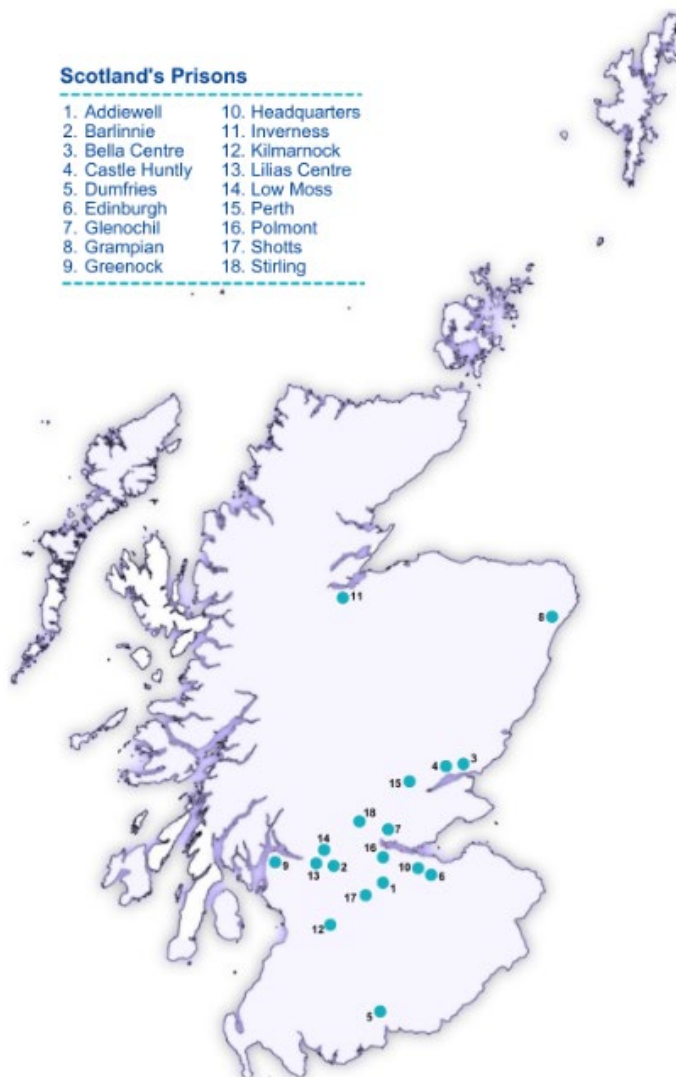
## Prison population by offence



30 July 2022 HM Prison and Probation Service workforce statistics (National Statistics Data, 2023, Gov, UK, 2023).

### Scottish Prison Service

The [Scottish Prison Service \(SPS\)](#) is an Executive Agency of the Scottish Government and was first established in April 1993. The SPS is responsible for those who are committed to its care by the Courts and is accountable to the Scottish Parliament for the delivery of custodial care in accord with The Prisons and Young Offenders Institutions (Scotland) Rules 2011. SPS has 15 publicly managed prisons and 2 by private sector operators under contract to SPS.



(Scottish Prison Service, 2023).

### Irish Prison Service

The [Irish Prison Service](#) operates as an [Office of the Department of Justice](#) and is headed by the Director General supported by five Directors. The Irish Prison Service forms a key component of the criminal justice system. Its fundamental role is to help achieve a safer and fairer Ireland and is responsible for the safe and secure custody of persons sentenced to prison, held on remand, or held on immigration matters. It is responsible for ensuring that convicted persons properly serve their

sentence and for providing them with opportunities to engage in a meaningful way to reduce the likelihood of re-offending and assist their reintegration into law-abiding society.

The Irish Prison Service deals with male and female people in custody who are 18 years of age or older. There are 12 operational prisons in the Irish prison estate, comprising of 10 traditional 'closed' prisons and two 'open' centres with minimal internal and perimeter security (Irish Prison Service 2023).



(Irish Prison Service 2021)

## Irish Prisons

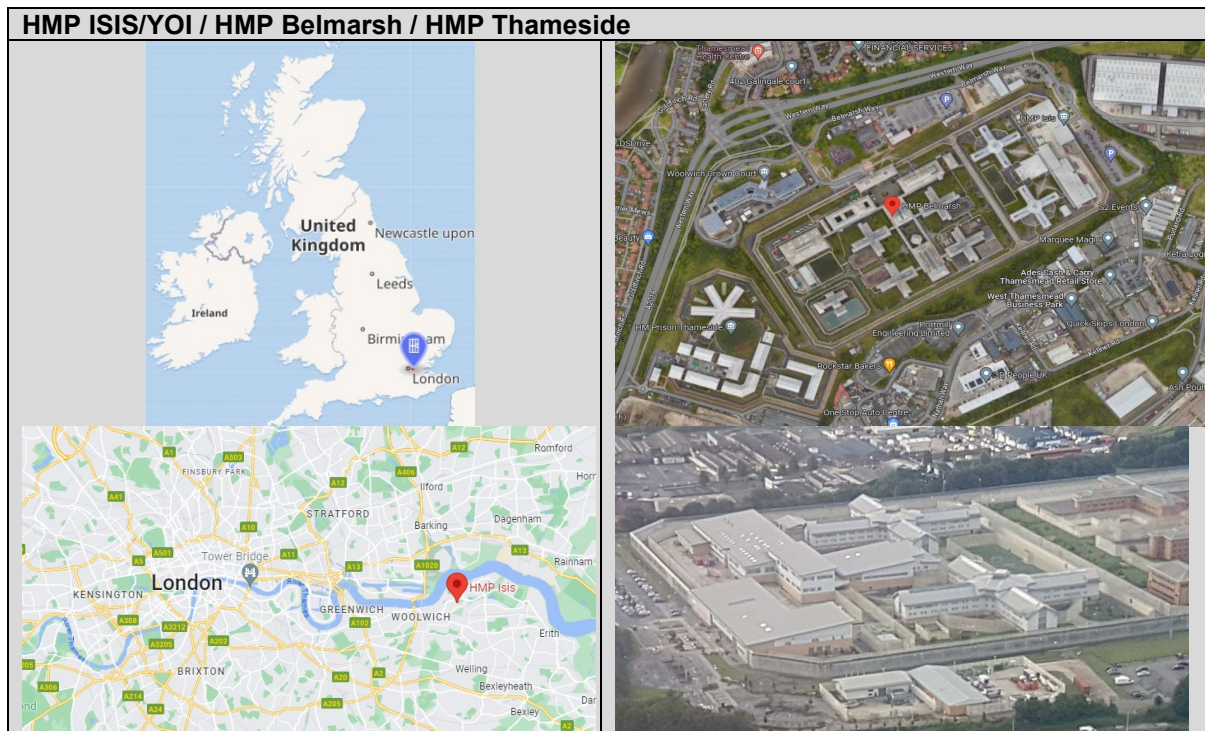
		
Arbour Hill	Castlerea Prison	Cloverhill Prison
		
Cork Prison	Limerick Prison	Loughan House
		
Midlands Prison	Mountjoy Female Prison	Mountjoy Prison
		
Portlaoise Prison	Shelton Abbey	Wheatfield Prison

(Irish Prison Service, 2023)

The following tables show the outcomes of the study tour collated as common findings or each prison health service against the initial objectives, along with learnings for SAPHS / SA Health and DCS. Observations were made around the practices of His Majesty's Prison Service in England, Wales, Scotland and the Irish Prison Service provision as seen at the visit sites, and these are included in this report for completeness.

“UK Prisoner Categories and Their Purposes

1. Category A: Category A prisoners are considered the most dangerous and pose the highest risk to the public, police, or national security if they were to escape. These prisoners are involved in serious organized crime or are deemed a threat to national security. Category A prisons are designed with maximum security measures to prevent escape.
2. Category B: Prisoners in Category B are not as high-risk as Category A inmates, but they still require a higher level of security. The focus in Category B prisons is to make escape challenging and to ensure public safety.
3. Category C: Category C prisoners are considered low risk but cannot be trusted in open conditions. They are less likely to make determined escape attempts, and their facilities have measures to minimize the potential for escape.
4. Category D: Prisoners in Category D are the lowest risk to the public and can be trusted in open conditions. These prisoners may be eligible for parole or are serving the final stages of their sentence (Prison Guide 2023).





Visited [OXLEAS NHS Foundation Trust HMP ISIS/YOI](#) 11<sup>th</sup> September 2023 Thameside Greater London, Opened 2010, Governor Emily Thomas

His Majesty's Prison Isis is operated His Majesty's Prison Service, a Category C male Young Offenders Institution, 610 young men, 18-28 years of age, 75% black and minority ethnic, convicted from other prisons, no sex offences, no life imprisonment inmate's resettlement prison last 18 months here. HMP Isis is located in the Thamesmead area of the Royal Borough of Greenwich, in south-east London, England. Isis Prison is situated next to Belmarsh Prison and Thameside Prison 1232 Category B Resettlement Prison. Accommodation comprises a mixture of single and double cells in two house blocks, 8 wings. The prison also has an entry building and a central activities centre (which houses a learning academy, segregation unit and Physical Academy academy). The prison does not have in-patient healthcare facilities.

Education and vocational training at the prison is delivered in partnership with Kensington and Chelsea College. Courses include mechanics (motorbike repair, construction waste management, bicycle repair, barbering, catering, reprographics, broadcasting, and media studies, ESOL and job-related studies.

There is a visitor's centre at Isis Prison which is run by the Spurgeons charity which partners with local councils, churches and communities creating family hubs with counselling, early years and family support. The visits complex consists of a main room, a supervised children's play area, a refreshment counter, and vending machines.

OXLEAS NHS Foundation Trust / Forensic Services operate primary and mental health services at eighteen locations in London, Kent, Devon, Dorset, Bristol, South Gloucestershire.

#### **HMP ISIS Key Findings:**

- Head of Healthcare RMHN, Deputy is a Registered General Nurse
- Health staff carry officer keys around prison, no cell unlock keys.
- Operate System 1 Electronic Medical Record / NHS Digital Spine
- 100 active gangs
- (Appendix 4) Tell us what you think HMP YOI Isis

#### **Early Days in Custody / Release & Transfer Team**

On admission people in custody commence a 14-day Health & Wellbeing Model by Early Days in Custody and Transfer Team (EDIC), which is run by x2 nurses. Day1 Reception Clinical Lead, Day 2 Psychosocial lead then a care plan risk assessment, crisis plan is developed. Transfers to community or other prisons, work close offender management, community health/GP services 12 weeks post release follow up through reconnect.

#### **Planned Care**

Nurse led and overseen by clinical leadership from General Practitioners / Clinical Pathways Clinics

Medication Management - Pharmacy Pharmacist x1 Technicians / In possession medications minimum weeks supply, pharmacy audit checks

Clinic's: Advanced Nurse Practitioner, Long Term Conditions, Nurse Triages, Vaccination

**Urgent and Emergency Care** x1 nurse response, employ paramedics gluing, suturing.

#### **Subcontractors**

- GP
- Dentist
- Optician
- Physiotherapy
- Social Care
- Ultrasound
- Podiatry

#### **Integrated Mental Health Team**

- Primary Mental Health
- Secondary Mental Health
- Psychiatrist
- GP/ANP
- Psychological Therapies
- Atrium Counselling
- Neurodiverse Team / Learning Difficulties over 50 %
- Occupational Therapy
- Speech and Language Therapist
- Social Worker

#### **Substance Misuse Team**

Substance Misuse team Spice; oils, bath salts, crystals, liquid and spray on paper, cannabis

- Clinical Substance misuse team
- Psychosocial Interventions
- Behavioural Change Service:
- Family Service
- SMART groups
- Recovery and Change Programme
- Peer Mentor Scheme:
- Dog Therapy

**Trauma Informed Care** awareness for all staff / reduce staff burn out.

Staff training Trauma Informed Care Training Video Three parts – each approx. 10 minutes.  
Main themes: What is Trauma? Trauma and the Brain; Behaviour is Communication; Relationships; Staff Wellbeing

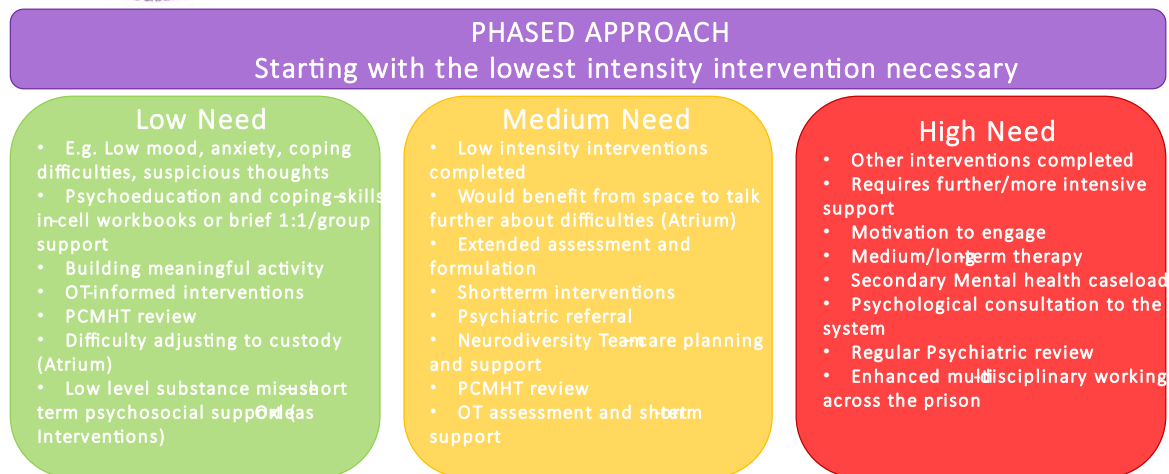
[Understanding trauma within the prison system - Part one](#) Understanding Trauma  
[Understanding trauma within the prison system - Part two](#) Behaviour is Communication  
[Understanding trauma within the prison system - Part three](#) Relationships; Staff Wellbeing

Reflective practice  
Regular (8-weekly) working group of key stakeholders

Attendance from Governors (No 1, Safety, Res, Healthcare), PTS, Mental Health, Forensic Psychology, Operational managers, Staff Wellbeing Leads  
Discuss staff training, reflective practice, prison regime, staff wellbeing, trauma assessment/intervention and evaluation of Trauma Informed Care.  
Consider the ways in which standard practices in place currently can become more trauma-informed based on understanding the impact it can have and staff feedback via reflective practice.



## IMHT Service Model



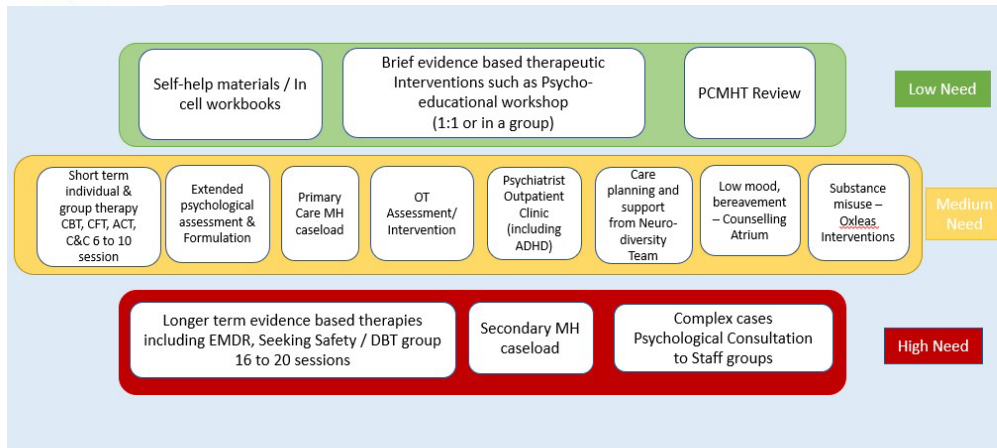
we're **kind** we're **fair** we **listen** we **care**

15

Appendix 3 HMP YOI ISIS Healthcare Services Presentation



## IMHT Service Model



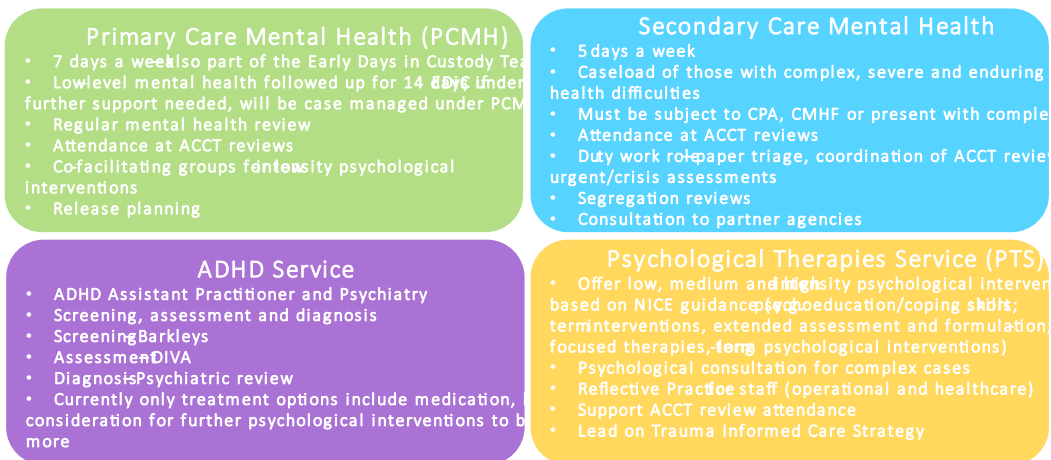
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16

### Appendix 3 HMP YOI ISIS Healthcare Services Presentation



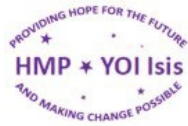
## IMHT services



we're **kind** we're **fair** we **listen** we **care**

17

### Appendix 3 HMP YOI ISIS Healthcare Services Presentation



## IMHT services



### Oxleas Interventions

- Psychosocial substance misuse service
- Mixture of group and 1:1 work
- Substance specific interventions
- Long term work for individuals with complex polysubstance misuse
- Family liaison workers
- Peer led SMART recovery
- Behaviour Change group (healing)
- Therapy dog

### Occupational Therapy (OT)

- Assessment and intervention to develop, recover, or maintain meaningful activities, occupations, of individuals
- Group sessions (8 weeks) cooking, art, relaxation
- Functional assessments
- Sensory profiles
- Long term OT support for those with complex needs

### Atrium

- Counselling service
- Work with low mood, anxiety, adjustment to custody, bereavement/loss, childhood trauma, anger management
- Short term 1:1 sessions (6 sessions)

### Psychiatry

- General psychiatry assessments and reviews
- ADHD service diagnosis and review

### Neurodiversity Team (ND)

- Support those with confirmed or suspected diagnosis of neurodevelopmental disorders (mostly ASD, as ADHD path exists) and Learning Disabilities
- Screening to identify NDD and LD early
- Supporting reasonable adjustments to be made across establishments for individuals with these needs
- Ongoing support for those on caseload
- Staff training and upskilling in supporting individuals needs (operational and healthcare staff)
- Consultation to partner agencies

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18

## Appendix 3 HMP YOI ISIS Healthcare Services Presentation

### HMP ISIS Observation Site Tour Meeting

Site Tour Meeting NHS Oxleas Isis presentation

#### South Australian Prison Health Service (SAPHS) Site Visit

11<sup>th</sup> September 2023, 10:00 am

10:00am	Introductions	Peter Stevens, PhD Clinical Director, Offender Healthcare Services
10:15am	Overview of Healthcare Services <ul style="list-style-type: none"> <li>• Early Days in Custody/ Release Transfer</li> <li>• Primary, Planned, Urgent Emergency Care</li> <li>• Integrated Mental Health</li> <li>• Substance Misuse</li> </ul>	Primrose Nyakupinda, Head of Healthcare
10:30 am	HMP Isis	Sinead Williams, Healthcare Governor Nandini Handa, Acting Deputy Governor
10:45 am	Trauma Informed Care	Taanvi Ramesh, Lead Psychologist Nandini Handa, Acting Deputy Governor
11:00 am	Mental Health Services	Taanvi Ramesh, Lead Psychologist
11:30 am	Presentation SAPHS	Martin Jones, Associate Professor Steve Hutchinson, Nurse Consultant SAPHS
12:30 pm	Lunch	
1:30 pm	Facility Tour	Briony Wilson, London Prisons Regional Manager, Primrose Nyakupinda, Head of Healthcare

Lawrence Mack Director Forensic & Offender Healthcare Services

Peter Stevens Consultant Clinical and Forensic Psychiatrist Clinical Director

Primrose Nyakupinda *Head of Healthcare* HMP Isis / YOI

Dr Taanvi Ramesh Clinical Lead Psychological Therapies Service

Amy Royston Integrated Mental Health Lead

Kimbia Mothersill Neurodiverse Lead

Ade Aina Early Days in Custody and Release Transfer lead

Carolyn Morris Occupational Therapist

Rida Kansilla Primary Care Lead

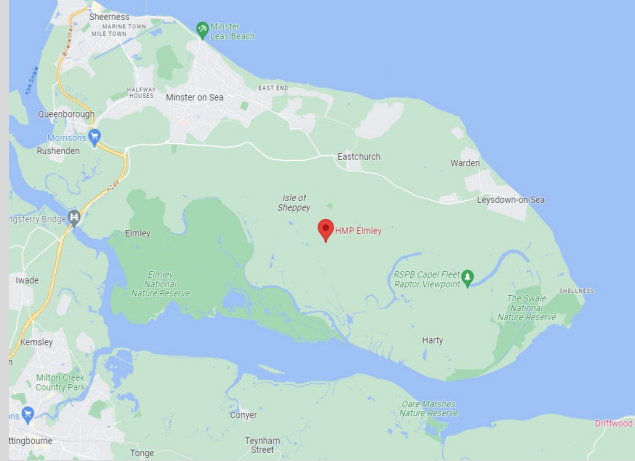
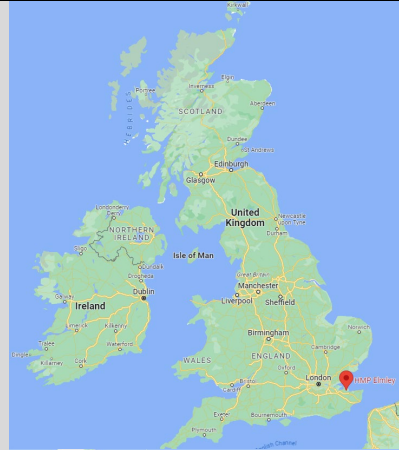
Florence Enyinnaya Advance Nurse Practitioner

### **SA Prison Health Service / University of South Australia Presentations**

SA Prison Health Service Presentation to HMP Isis correctional and health staff (Appendix 1) presented by Steven Hutchinson Nurse Consultant Training & Practice Development SA Prison Health Service

University of SA Behavioural Activation to HMP Isis to correctional and health staff (Appendix 2) presented by Associate Professor Martin Jones Department of Health, University of South Australia

#### **HMP Elmley / HMP Stanford Hill / HMP Swaleside**





Visited [OXLEAS NHS Foundation Trust HMP Elmley](#) Tuesday 12<sup>th</sup> September 2023 located Church Rd, Eastchurch, Sheerness Isle of Sheppey Kent Governor Andy Davy

HM Prison Elmley is operated by His Majesty's Prison Service, a local Category B/C men's prison, with 6 units that hold 1,150 people in custody ageing 18 to 91 years of age, large portion of the oldest people in custody are for historical sex offences. 23,000 people in custody per year, 514 officers, 200 health, education, facility management

There are units for vulnerable people in custody, foreign nationals, first night people in custody, drug and alcohol rehabilitation and mixed units. Located close to the village of Eastchurch on the Isle of Sheppey, Kent. The term 'local' means that this prison holds people on remand to the local courts. Elmley once formed part of the Sheppey prisons cluster, which included HMP Stanford Hill and HMP Swaleside and it is now a stand-alone establishment. Oxleas NHS Foundation Trust also operates the health services at next door prisons HMP Stanford Hill Open Prison and HMP Swaleside Category B.

#### **HMP Elmley Key Findings:**

- Health Services operated by OXLEAS NHS Foundation Trust, Head of Healthcare: - manage 120 health staff.
- Nursing Staff Registered Mental Health Nurses / Registered Nurses
- Remand Prison / Primary Care Model 70% workload on admission commence a 14-day Health & Wellbeing Model by Early days in custody and transfer team (EDIC)
- Operate System 1 Electronic Medical Record also have access to community including records back to childhood / NHS Digital Spine
- 23 Inpatient beds: - including acute physical activities of daily living care and end of life care

- Medication Management Pharmacy led hybrid model technicians / nurses / In possession medications / Do not attend have a follow up with reasons why and education.
- Pharmacy prescribers, Nurse initiated medications.
- Pain – Multi Disciplinary Team (MDT) / GP / Substance Misuse Team - 24 hr 5-day Stabilization Unit commences the treatment of Buvidal.
- Mental Health Model Team triage approach shared responsibility Psychiatrist, Psychosocial Team, Psychology, Mental Health nurses / Occupational Therapy
- Trauma Informed Care support operational staff x3 videos, reflection package, coaching
  - Motivational interviewing / distraction packs
- Prisoner Peer Advisors provide assistance to fellow people in custody.

### **HMP Elmley Observation Site Tour Meeting**

Observational visit OXLEAS NHS Foundation Trust HMP Elmley and SA Prison Health Service / University of South Australia presentations to correctional and health HMP Elmley staff (Appendix 1)

Site Tour Meeting NHS Oxleas Isis presentation

Lawrence Mack Director Forensic & Offender Healthcare Services

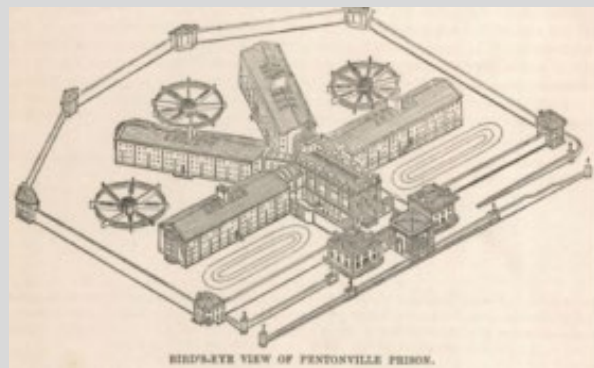
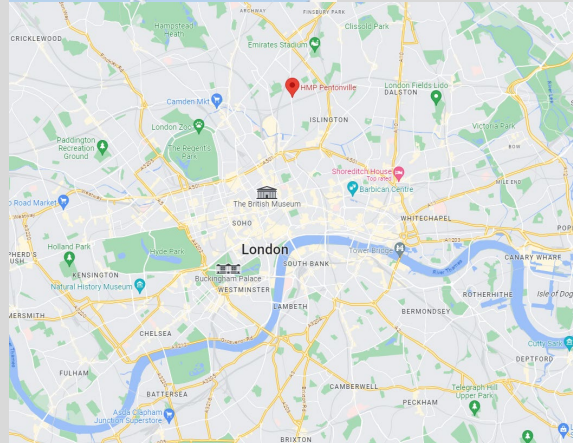
Peter Stevens Consultant Clinical and Forensic Psychiatrist Clinical Director

Sam *Head of Healthcare* HMP Elmley

Sunita Arjune

Sharon Meehan Pharmacist Lead 2 Kent Prison

## HMP Pentonville



Visited [Practice Plus Group Health and Rehabilitation Services](#) HMP Pentonville Wednesday 13<sup>th</sup> September 2023, located Caledonian Road Barnsbury North London, London Borough of Islington Governor Ian Blakeman

Pentonville is a local prison operated by His Majesty's Prison Service. opened 181 years ago in 1842 holding Category B/C 1201 adult males remanded by local magistrates' courts and the Crown Court, and those serving short sentences or beginning longer sentences.

The prison is divided into these main wings:

- A wing: Early days Centre
- J wing: Enhanced wing (Drug free)
- C wing: Remands and convicted prisoners
- D wing: Remands and convicted
- E wing: Remands and convicted (Care & Separation Unit)
- F wing: Detoxification Unit (F4 F5 Vulnerable Prisoners)
- G wing: remands and convicted (G5 enhanced only), G wing has an education department, a library, and workshops.

**HMP Pentonville Key Findings:**

- Health Services operated by Practice Plus Group Health and Rehabilitation Services
- Head of Healthcare Non-Nurse / Mental Health Background / Deputy Healthcare (Nursing Clinician) / Emergency Lead (Paramedic) / D/C transfer lead / Lead GP / Lead Admissions
- Induction Program Reception to Release.
- Wellman Health Screen within 48 hrs arriving.
- Admission / Second Assessment / Discharge planning
- Induction by nurse if well, do not need to see GP.
- Second screenings BBV / STI
- Multi-Disciplinary Team review of all transfers in
- Staff have key training / Carry keys.
- Medications undertaken by technicians can't employ enough, nurses do medication rounds.
- Nurse practitioner x2 OAT methadone
- Operate System 1 Electronic Medical Record / NHS Digital Spine
- Health Centre Unit East West wings 24 beds with dedicated officers
- Specialist units include drug free division waiting list, benefits relax bigger tv etc, Neurodiversity unit, Separation unit.
- Aged people in custody are assessed by local authorities / Personal carers 24/7 for aged care.
- Prisoner health care reps each wing assist in getting people in custody for observations, assisting people in custody, escorting in wing.
- Mental Health referred subcontracted team Barnett, Enfield and Haringey Mental Health NHS Trust

- Peer support reps for drug and alcohol
- No camera cells.
- Radiology but no employed radiographers

### Observation Site Tour Meeting

Observational visit Practice Plus Group Health and Rehabilitation Services HMP Pentonville

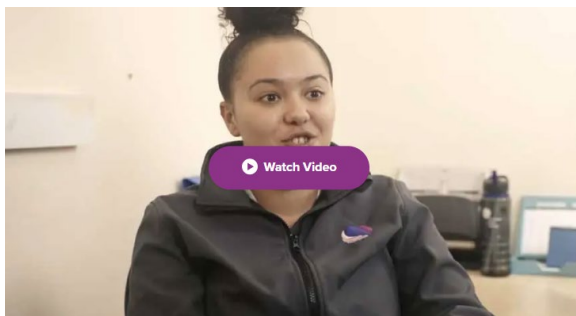
Catherine Barratt Head of Healthcare Health in Justice SA Prison Health Service / University of South Australia presentations to HMP Pentonville health staff (Appendix 1)



Practice Plus Group

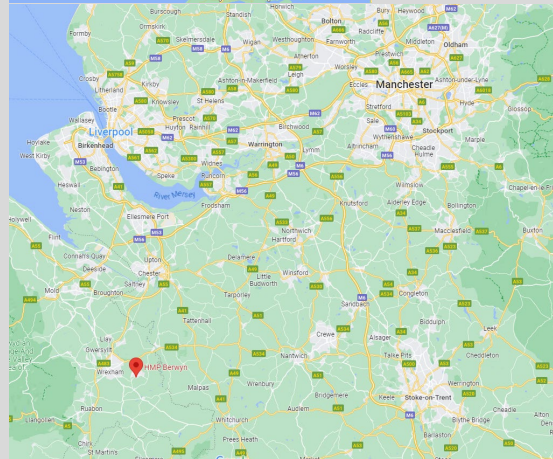
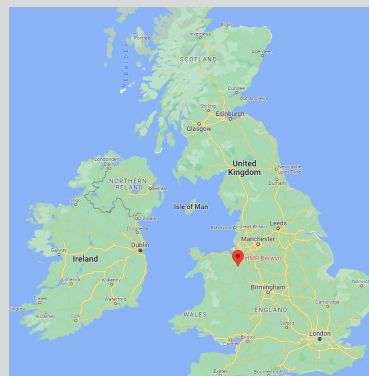


Practice Plus group Health in Justice provide healthcare to over 41,000 patients at over [45 prisons and immigration removal centres](#) (Practice Plus Group, 2023).



[Health in Justice Practice Plus Group Videos](#)

## HMP Berwyn



Visited [Betsi Cadwaladr University Health Board](#) HMP Berwyn Monday 18<sup>th</sup> September 2023, Bridge Road Wrexham Industrial Estate Wrexham North Wales (Governor Nick Leader)

HM Prison Berwyn is a £250 million Category C adult male prison in Wrexham County Borough, Wales. It is the largest prison in the UK, opened in 2017, and is operated by His Majesty's Prison Service. 2,106 people in custody are at Berwyn in a mixture of single and doubled cells. All cells have a shower, toilet, hand basin and a phone for outgoing calls.

HMP Berwyn has a Governing Governor with a Deputy Governor Operations, Deputy Governor Business, Deputy Governor Security, Deputy Governor Corruption, a governor manages each 700 people in custody.

Each person in custody is given a Unilink laptop for making applications, ordering canteen items and booking visits. They can also use it to access the Content Hub, a rich source of educational materials, information, news and entertainment. People in custody have access to a full-sized sports hall, weights and fitness room and outdoor pitches with a range of team sports and classes leading to accredited qualifications.

People in custody have access to a broad programme of learning opportunities provided by Novus Cambri, a provider of education, training and employability programmes to offenders, these range from basic skills, such as literacy, Welsh and numeracy, to vocational qualifications and higher learning.

Vocational qualifications include digital media, business enterprise, art, information, communications technology (ICT) and performing arts.

The programme also includes training in a variety of trades and professions, such as:

- bricklaying
- joinery
- horticulture
- plastering
- industrial cleaning

Work is available throughout the prison in areas such as the laundry, waste management and industrial cleaning. People in custody can also work in one of Berwyn's industrial workshops, which include a call centre and a DHL distribution centre. People in custody can earn qualifications while working, for example in performing manufacturing operations and customer service.

Berwyn also runs a number of accredited offending behaviour programme courses. The college also provides personal and social courses in positive thinking and family learning.

Guidance workers provide people in custody with information and advice throughout their studies and work coaches provide individual support to people in custody in finding work on release.

#### **HMP Berwyn Key Findings:**

Health Services operated by Betsi Cadwaladr University Health Board

Head of Healthcare, Matron (RMHN), Safety Performance Quality, 110 staff, 9-million-pound budget.

Operate System 1 Electronic Medical Record

Primary Care Team 24/7 with no inpatient facilities

1.0 Full Time Equivalent (FTE) GP and out of hrs call service, 1.8 FTE Psychiatrist

Complex meeting with corrections

Mental Health First Aid Training for prison officers

Mental Health Team

Psychosocial / Substance Misuse Team

Therapies Team Physio, Dietitian, O/T x2 assistants

1.0 FTE Phlebotomist

Welsh Ambulance Service Paramedic x2 M-F 12 hrs/ H1 Response Nurse for Code Blue / Code Red (MER)

Radiology X-ray on site

Medication Management

- Pharmacist on site, out of hrs nurses get meds from Medi wells.
- 75% in possession, GP / Script / filled at pharmacy.
- 250 Medication rounds observed.
- 159 antipsychotic meds
- Annual reviews / physical health checks
- Paracetamol purchased as in the community.

Self-Harm, process procedure, training, MDT review, no one on canvas 1:1 specialising

Peer mentors / Monthly peer focus group ask/answer questions.

Self-referral to health via Internal computer to make own appointments.

Last 4 years Peer Consumer Engagement Helpline, trusted people in custody employed to operate a peer helpline with oversight by nursing staff, 2000 calls a month.

Mental Health and Learning Disabilities Team screening and referrals includes Mental Health and learning disability nurses, Occupational therapists, Wellbeing Practitioners, Psychiatrists, Psychologists and assistant Psychologists, Student Nurses and Medical Students

- Learning Disabilities Service
- Occupational Therapy
- Mental Health Hub
- Calm Group Cognitive Behavioural Therapy Coping with Anxiety and Low Mood
- Altered Perceptions Group Voices, Visions and other unusual beliefs.
- Kickstart Football
- Art Group
- Mental Health Café
- Gardening Group
- Peer Mentors
- Talk it Out
- Intergr 8 (Prepare for Release)
- Emotional Regulation Coping Skills
- Thinking Under Pressure Mentalisation Course
- Distraction Packs
- Medication

(Appendix 5: Betsi Cadwaladr University Health Board “Who are the Mental Health and Learning Disabilities Team? And what we do at HMP Berwyn)

### **Observation Site Tour Meeting**

Observational visit Betsi Cadwaladr University Health Board Rob Lightburn Head of Healthcare HMP

Berwyn and SA Prison Health Service / University of South Australia presentations to health staff

HMP Berwyn senior health management team (Appendix 1)

## HMP Edinburgh



Visited [NHS Lothian](#) HMP Edinburgh Wednesday 20<sup>th</sup> September 2023, located at 33 Stenhouse Road Edinburgh Governor David Abernethy Fiona Cruickshanks

HMP Edinburgh is located in the west of Edinburgh on the main A71, in an area now known as Stenhouse, and, although never named as such, has commonly been known as Saughton Prison from the old name for the general area.

Edinburgh is a large community facing prison receiving people in custody predominantly from courts in Edinburgh, the Lothians and Borders, but also those from the Fife area. The current design capacity is 870 and hold on average 900 people in custody per day on the day, during tour, 270 untried, 600 convicted, total 870, females were transferred on Saturday 16<sup>th</sup> September. The prison manages adult male and female individuals including those on remand, short term sentences (serving less than 4 years), long term sentences (serving 4 years or more), life sentence people in custody and extended sentence people in custody (Order of Lifelong Restrictions).

Edinburgh was built in 1920, chemical toilets and x2 pots were used in cells prior to new prison in 1998.

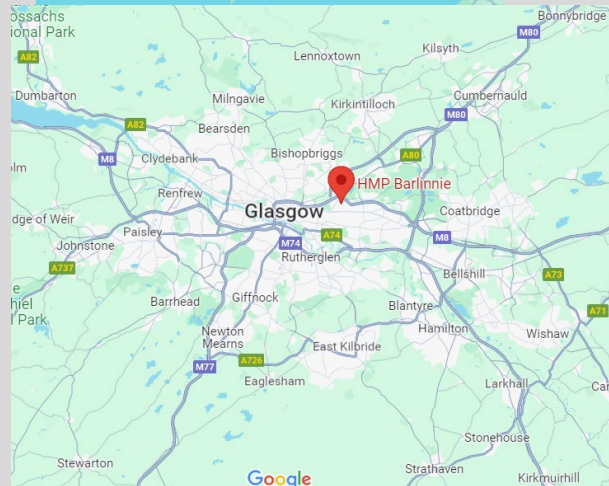
**HMP Edinburgh Key Findings:**

- Health Services operated by NHS Lothian
- Scottish Prison Service operated health services until 2011, transferred to NHS Lothian
- Registered Nurses / Registered Mental Health Nurses, general nurses difficult to recruit.
- Health / Nursing staff gets personal protection, key, psychosocial, manipulation, suicide training.
- Nurses undertake key / security training and carry keys and radios with earpieces.
- x3 nurse prescribers over 6 days, Medical Practitioner over 5 days, x2 psychiatrist rotating alt weeks, Dentist over 5 days.  
Appendix 15 "(UK Nurse Prescribers Independent / Supplementary are Registered Nurses qualified to administer, obtain, possess, prescribe, supply and/or use scheduled 2, 3, 4 and 8 medicines Nurse Supplementary Prescribers are in partnership with an authorised prescriber, Nurse Independent Prescribing can prescribe to their scope of practice (Nurse Practitioner) RCN Fact Sheet, 2014).
- Aged Care 24 hr carers with ADLs with supportive correctional officers
- Podiatry, advertising Physio
- Medications pharmacists x2 and pharmacy technicians / nursing staff administers/ supervise daily medications.
- On admission x 2 appointments with addiction teams,
- Reflective practice with chaplains
- Psychology Therapies, CBT, compassion therapy, breathing groups.
- Recovery Coach lived experience, recovery café, harm reduction, trauma groups, 1 on 1 coaching not employed by SPS or NHS
- Paula@recoverycoaching scot .org
- (Appendix 6) [Talk To Me Prevention of Suicide in Prison Strategy 2016 – 2021](#)
- (Appendix 7) Suicide Self Harm Talk to me Case File
- Monday persons of concerned case conference meeting
- Constance to 60 min observations, Talk to Me no cells with cameras, individualised person centred.
- Methadone introducing and converting to Buprenorphine.
- Addiction team meet with NGO [Change Grow Live \(CGL\)](#) for therapeutic thru care on release.

**HMP Edinburgh Observation Site Tour Meeting**

Edinburgh Observational visit NHS Lothian HMP Edinburgh and SA Prison Health Service / University of South Australia presentations to correctional and health staff HMP Edinburgh staff (Appendix 1)  
Sharyn Taylor Health Care Manager  
Caroline Kenny Lead Nurse Prison Healthcare  
Dr Suzie Black Consultant Clinical Psychologist  
Dzidzai Chipuriro  
Governor David Abernethy

## HMP Barlinnie



**Visited NHS Greater Glasgow and Clyde HMP Barlinnie Friday 22<sup>nd</sup> September 2023 81 Lee Avenue Riddrie Glasgow Governor Mick Stoney**

HM Prison Barlinnie is the largest prison in Scotland. It is operated by the Scottish Prison Service and is located in the residential suburb of Riddrie, in the northeast of Glasgow, Scotland. It is informally known locally as The Big Hoose, Bar and Bar-L.

Barlinnie prison still consists of five accommodation halls designed for 800 people in custody currently 1300 people in custody up to 1600 people in custody and an additional National Top End Facility (Letham Hall) housing long term people in custody nearing the end of their incarceration. All five accommodation halls were refurbished between 1997 and 2004. There is also a hospital unit with accommodation for 18 people in custody, which includes eight cells specially designed for suicide supervision. A new administration and visiting block was completed in 1999.

The in-cell bucket-as-toilet routine known as slopping out was still in practice there as late as 2003. Since 2001, refurbishment has taken place after critical reports by the Scottish Chief Inspector of Prisons.

In October 2018, it was announced that HMP Barlinnie is to be sold and replaced with a new super jail within Glasgow or its outskirts.

In 2019, local MP Paul Sweeney proposed that the historic prison buildings be saved from demolition and converted into a prison museum after it is decommissioned.

In January 2020, the Prison Service announced that the proposed site for the replacement prison was a 22-hectare (54-acre) site adjacent to the nearby Provan Gas Works, work has started with plan closure in 2027 and the new Prison being built will be named HMP Glasgow

#### **HMP Barlinnie Key Findings:**

- Health Services operated by NHS Greater Glasgow and Clyde
- Nursing grade bands x1 band 8 (Modern Matron / Chief Nurse) and band 7 (Advanced Nurse / Nurse Manager), x2 band 6 (Nursing Specialist / Senior Nurse)
- Electronic health records
- Male Prison 21 years untried (remand) blue clothes / convicted (sentenced) red clothes, 4 years or less or end of sentence.
- ABCDE halls nurses do meds in each hall.
- Visited E Hall 4 levels 219 people in custody.
- Day service only 0645- 1445. 1300-2130 W/E 0830-2130 previously 24hrs in 2015 x1 nurse for night duty
- Staffed by Registered General Nurses / Registered Mental Health Nurses
- Health care support workers who have completed a certificate course can do phlebotomy, witness DDA,
- Nurse Admission, 2nd day reviewed by Medical Practitioner
- TTD Transfer for Treatment Directive TTD (Equivalent to SA's ITO 1)

#### **Medication Management**

- Pharmacy Monday to Friday
- People in custody must order and put their scripts in to pharmacy if they don't no one will chase up. Medications are picked up from the pharmacy by people in custody

- x4 Nurse prescribers
- Patient Group Directives (Standing Medication Orders that nurses can administer)
- Medications Nurse administers certain 'must-observe medication'.
- Substance Abuse Heroin, Cocaine In the process of converting Methadone to Buprenorphine.

Service Provision

- Primary Health care team
  - Mental Health Team
  - Addiction Team and Learning Disability Team
  - Psychology psychosocial therapies CBT
  - Podiatry Optometry alternate every second week.
  - Dentist x5 days week
  - O/T therapies focuses on problems with daily activity that can be physical or mentally related i.e. ADL getting out of bed often small changes
- 
- Health Improvement Team Feedback sessions
  - Code Blue / Code Red (MET) x1 nurse attends
  - Aged Care full care move to another Prison caters for aged care SPS has carers in for 6 people in custody for ADL's.
  - GP. 0800 to 1800 x2 GPs
  - X2 psychiatrist
  - Self-Harm 15 min to 60 min observations

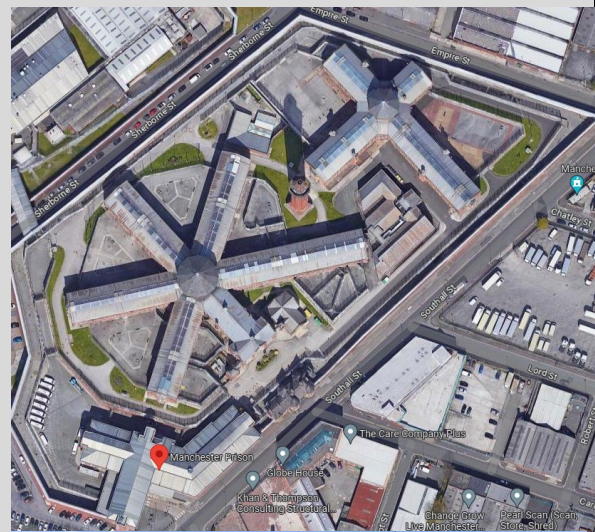
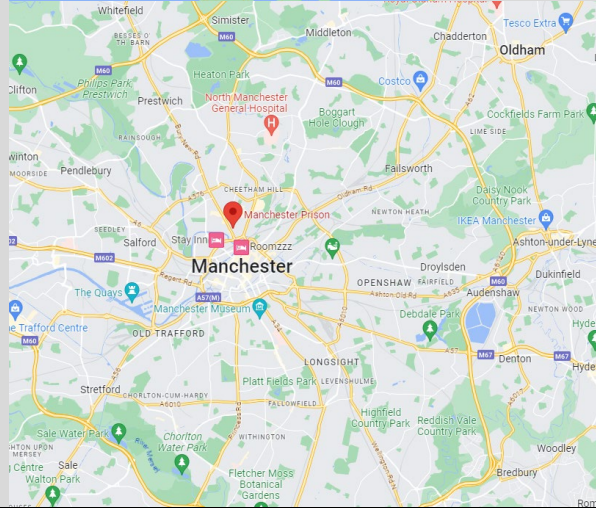
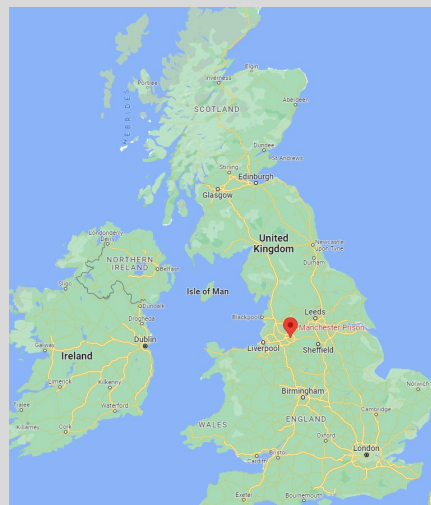
**HMP Barlinnie Observation Site Tour Meeting**

Glasgow Observational visit NHS Greater Glasgow and Clyde HMP Barlinnie

Nicole Morrison Nurse Team Lead and SA Prison Health Service / University of South Australia presentations (Appendix 1)

Patient Engagement Peer Support Program Claire Murphy, Doris Williamson

## HMP Manchester



**Visited HMP Manchester Tuesday 26<sup>th</sup> September 2023, 1 Southall St, Cheetham Hill, Manchester Governor Rob Knight**

**Manchester Prison** is a men's high security prison in Manchester city centre. It was known as Strangeways until 1994.

HM Prison Manchester is a Category A and B, 750 men's prison in Manchester, England, operated by His Majesty's Prison Service. It is still commonly referred to as Strangeways, which was its former official name derived from the area in which it is located, until it was rebuilt following a major riot in 1990.

It is a local prison, holding people in custody remanded into custody from courts in the Manchester area and Category A people in custody (those held under maximum security conditions).

The prison featured an execution chamber prior to the abolition of capital punishment in the United Kingdom in the 1960s; the last execution at the prison took place in 1964.

Strangeways was designed by Alfred Waterhouse and opened in 1868 alongside the demolished Manchester Assize Courts. The prison is known for its prominent ventilation tower and imposing design, structured by the principles of the separate system.

The central hall of A to F wings at HMP Manchester. The prison was built in 1866-68 to designs by the architect Alfred Waterhouse. The prison was also known as Strangeways, after the area of Manchester in which it is located. It was built to look after the most dangerous criminals and was also a place where corporal punishments were carried out. As part of this 100 people, both men and women, have been hanged at the prison since it was built.

Between 1 April and 25 April 1990, 147 staff and 47 people in custody were injured in a series of riots by prison inmates. There was one fatality among the people in custody, and one prison officer died from heart failure. Much of the old prison was damaged or destroyed in the rioting. Several inmates were charged with various offences, and Paul Taylor and Alan Lord faced a five-month trial as ringleaders.

[Governor Brendon O'Friel was the governor in charge](#) and reflected on the biggest uprising in British penal history. The riots resulted in the Woolf Inquiry, and the prison was rebuilt and renamed Her Majesty's Prison, Manchester. Repair and modernisation cost more than £80 million after the riot, and rebuilding was completed in 1994.

Education and vocational training are provided by the Manchester College, Courses offered include information technology, English for Speakers of Other Languages (ESOL), numeracy, industrial cleaning, bricklaying, painting and decorating, plastering, textiles and laundry. The prison's gym runs courses in physical education and offers recreational sport and fitness programmes.

**HMP Manchester Key Findings:**

- Health Services operated by Greater Manchester Mental Health, Health and Justice Service
- Health: 5.5 million pounds Manchester, 50 million pounds 14 sites including mental health

- Operate System 1 Electronic Medical Record / NHS Digital Spine
- Primary Health Care: - Nursing clinics, GP's, physiotherapy, dentistry, optometry
- Hotel 1 Code Blue/MER's / Hotel 2 Mental Health Emergencies
- Health carry keys but no cell entry

A wing: General population

B wing: General population

C wing: General population full-time workers

D wing: General population

E wing: Category A segregation unit and category B and escape list prisoners

G wing: Drug and alcohol recovery unit and incentivised substance free living unit

H wing: Social care unit on H1 with support nurse/ Sheldon Tortoise

I wing: Vulnerable complex prison unit.

K wing: Enhanced Privileges

M wing: Health care inpatients unit

- 19 inpatient cells
- Palliative Care Suite funded by the Kings award: Enhanced Care Suite, ceiling hoist, syringe drivers.
- Pharmacist, Pharmacy Technicians, nurses
- In possession hold 7 to 28 days
- Psychiatrist
- 10 Safer cells, 1: officer, camera authorised by governor,
- Waste management where products are recycled, and produce is grown.

### **HMP Manchester Observation Site Tour Meeting**

Observational visit [Greater Manchester Mental Health, Health and Justice Service](#) HMP Manchester Prison and SA Prison Health Service / University of South Australia presentations to correctional and health staff HMP Manchester staff (Appendix 1)

Jo Daniels Head of Operations Health and Justice, Jo Daniels

Victoria Truman HMP Manchester Head of Healthcare

Katie HMP Manchester Mental Health in reach manager

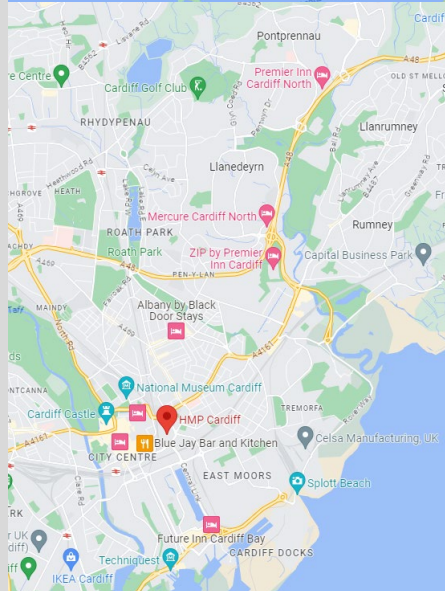
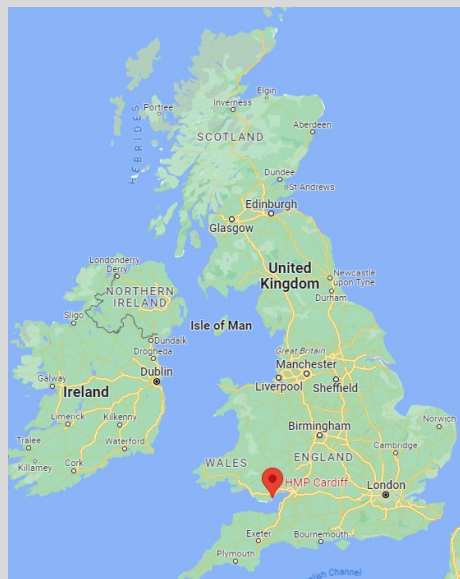
Janet HMP Manchester Inpatient Manager

Aran Gillespie Lead GP

Governor Rob Knight

Assistant Governor Phillip Robinson

## HMP Cardiff



Visited [Cardiff and Vale University Health Board](#) HMP Cardiff Thursday 28<sup>th</sup> September 2023

Knox Road Cardiff Governor: Amanda Corrigan

HMP Cardiff is a remand centre, covering the courts of Southeast Wales with space for up to 800 men. There are 6 units with a mixture of single and shared cells. Each unit includes showers and telephones.

There is a gym offering a range of activities for people in custody of all physical abilities. They also have access to library facilities.

There is a diverse, multi-faith chaplaincy team providing support to people in custody.

Cardiff Prison aims to provide all people in custody with purposeful activity and provides a full-time programme of education and work.

People in custody have access to a broad programme of learning opportunities, ranging from basic skills, such as English, Welsh and maths, to higher learning and qualifications.

Through industry workshops, people in custody can learn barista skills, production and manufacturing, industrial cleaning, street and rail works and more.

Work is available throughout the prison, including wing cleaning, wing painting and kitchen duties.

Cardiff Prison also runs a number of accredited offending behaviour programmes.

Cardiff Prison is a venue for the [The Clink Restaurant](#), a public restaurant run by people in custody in partnership with The Clink Charity. The people in custody study for Level 2 National Vocation Qualification (NVQ) in cooking, food service and cleaning while they work. They also receive mentoring upon release, including support with employment and accommodation.

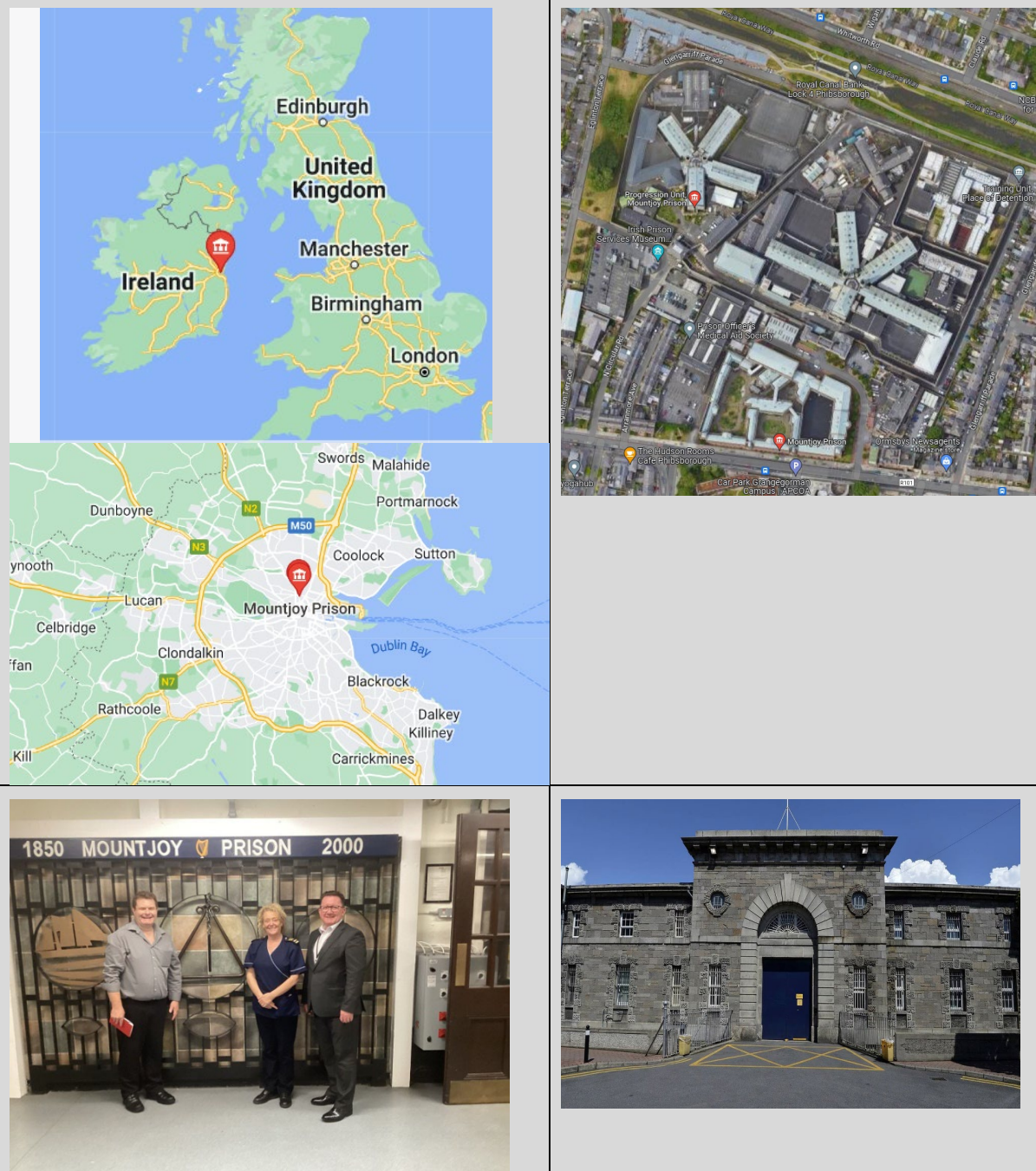
#### **HMP Cardiff Key Findings:**

- Health Services operated by Cardiff and Vale University Health Board
- Operate System 1 Electronic Medical Record
- 24/7 primary health care services.
- Mental health team based on site during weekday daytime hours, comprising a range of nursing, medical and allied health professional's staff.
- Visiting community dental service, optician, Sexual health services including patient testing and education sessions, Visiting podiatrist.
- Substance abuse mainly Spice (laboratory made drug that mimic the effects of tetrahydrocannabinol (THC))
- Methadone introducing and converting to Buprenorphine

#### **HMP Cardiff Observation Site Tour Meeting**

Observational visit Cardiff and Vale University Health Board HMP Cardiff Dr Jake Hard and SA Prison Health Service / University of South Australia presentations to correctional and health staff HMP Cardiff staff (Appendix 1)

**Mountjoy Men's Prison / Mountjoy Women's Prison (The Douchas Centre) / The Training Unit**



Visited [The Irish Prison Service](#) Mountjoy Men's Prison / Mountjoy Women's Prison (The Douchas Centre), The Training Unit Tuesday 3<sup>rd</sup> October 2023 Mountjoy Prison, North Circular Road Dublin, Governor Ray Murtagh Governor Edward Mullins

The Irish Prison Service Healthcare Standards guide the provision of health services to people in custody.

The prison healthcare service provides people in custody with access to the same range and quality of healthcare services as that available under the Medical Card scheme in the community.

services provided include:

- Primary Care
- Pharmacy Service
- Mental Health Services
- Drug Treatment Services
- Dental Services
- Other Services, e.g., optician, chiropody (Irish Prison Health Service 2023)

Those in the custody of the IPS are treated as individuals with healthcare needs irrespective of the context in which they may be placed and irrespective of their offence.

The prison healthcare service is responsible for the primary medical care of all people in custody including.

- The health and medical assessment of all new people in custody on committal
- The ongoing general medical care of people in custody
- Prescribing an appropriate course of treatment and monitoring that treatment for its duration
- Referral for specialist opinion, where appropriate. No in-patient care is provided within Irish prisons. Secondary care provided in prisons may include treatment and care by psychiatrists, specialists in substance abuse and specialists in STI, while all other secondary care is provided by acute hospitals in the Irish Health Service. If a prison doctor refers a prisoner to an external secondary service, the prisoner will be placed on the public waiting list and once he/she is called for the appointment, his/her escort to the appointment will be facilitated by the IPS
- Liaison with other professionals involved in the overall care and well-being of the people in custody
- Screening people in custody for relevant diseases
- Ensuring the provision of vaccination programmes for people in custody (Irish Prison Health Service 2023)

## Mountjoy

Mountjoy Men's Prison, founded as Mountjoy Gaol and nicknamed The Joy, is a medium security men's prison located in Phibsborou in the centre of Dublin, Ireland. The prison is constructed along a radial design with four main wings, A through D, each of which has three landings, as well as an underground basement landing. The wings are connected to a central circle, known simply as 'the circle' Facilities in the prison include gymnasiums, computer classes, carpentry, masonry and a wide variety of school activities such as music, drama and cookery. People in custody can undertake to complete academic exams in school such as Junior Certificate, Leaving Certificate and Open University. Additionally, there is an on-site kitchen and bakery where trusted inmates are given employment under supervision.

The Medical Unit, otherwise referred to as the drug detoxification unit, is a three-storied structure. It provides accommodation for sixty people in custody in forty-eight single-person cells and three cells that can accommodate up to four people. All the cells in this unit have in-cell sanitation facilities. It is equipped with medical facilities, classrooms, and kitchen facilities. The Inspector of Prisons reported in 2009 that this unit was bright and clean and did not suffer from overcrowding.

The Controlled Behavioural Unit, known as the CBU or the Block, is used for unruly people in custody or those on punishment and is located in the 'C' Base, underneath the C wing. This includes 24-hour lock-up, with the exception of one hour of open-air exercise, and no integration with other inmates.

#### Mountjoy Women's Prison The Dochas Centre



#### Dochas Centre (Mountjoy Female Prison) North Circular Road Dublin Governor Ray Murtagh

The Dochas Centre is a closed, medium security prison, for 146 females aged 18 years and over, located in Mountjoy Prison in Dublin, Ireland. It is also the committal prison for females committed on remand or sentenced from all Courts outside the Munster area of Ireland. The centre holds women on remand, women awaiting sentencing, sentenced people in custody, and women detained under immigration legislation.

People in custody are accommodated in seven separate houses with each house accommodating ten to twelve people except for one called Cedar which can accommodate eighteen women. The pre-release centre called Phoenix accommodates women in private rooms or in self-contained studio apartments. Inmates live in en-suite rooms with keys to their rooms meaning they can move about relatively freely. Houses are locked at 7:30pm with all the women in the prison being locked into their rooms at that time except for women in Cedar and Phoenix Houses. Houses and rooms are unlocked at 7:30am. People in custody organise their own breakfasts in the kitchens of the houses and eat lunch with prison staff in the dining room with an evening meal being served in the dining room at 5pm. Each house has a kitchen/dining room with sitting room facility which contains a television and reading material.

Mothers are permitted to keep newborn babies with them in the centre but when the children reach 12 months old, they must leave the prison.

The centre offers training and education programmes. There is a gym which runs aerobic classes and a sport and fitness programme as well as Irish Further Education and Training Awards Council (FETAC) and an outdoor basketball court including hair dressing, beauty therapy, photography, leaving and junior certificate course.

### Mountjoy Training Unit



### Mountjoy Training Unit

The Training Unit is centre for older persons, a semi-open system with people in custody having keys for their door of their own room, low security prison located on the grounds of Mountjoy. It receives people in custody over the age of 50 to cater for the needs of an ageing prison population who often present with complex medical conditions.

The unit consist of two areas, an upper floor area of 64 cells for ambulatory people in custody and a lower floor area of 32 cells, as well as two high dependency rooms for people in custody with mobility and health issues.

Twice a day around a dozen older people in custody age from 55 to 80 gather in a men's shed workshop to repair old bicycles for refugees, restore broken furniture and build benches for a cancer charity. The Training Unit with help from the Irish Men's Sheds Association, aims to help people in custody improve their mental health and prepare them for their older years outside prison through community projects.

### Key Findings:

Health Services are operated by the Irish Prison Service

### Mountjoy Men's Prison

- Primary Nurse model A-D wings rotates every 3 months
- EMR: Prison Health Care Management System, Tim Purcell Sydney has been involved with system
- Correctional Officers undertake 8 hr Mental Health Program plus refresher course
- (Appendix 8) Irish Prison Service Mental Health Awareness Training Course Participants Information Booklet,
- (Appendix 9) Irish Prison Service Mental Health Awareness Training Course Trainers Guide
- C&R Control and restraint team
- External pharmacy / In possession medications (7days)`, Methadone / Suboxone
- Follow up on release

### **Mountjoy Women's Prison (The Douchas Centre)**

- Busy Primary Health Care
- General Practitioner daily am clinic
- Psychiatrist / Psychiatric nurse twice weekly
- Mother and Baby's Unit warm, safe, comfortable accommodation up to the age of 1

### **The Training Unit**

- Originally the training unit opened in the 70's to provide industrial training (Located next to Mountjoy Men's Prison)
- Remodelled / Painted / refurbished by Orlagh and team
- x2 A,B units ground floor, x4 units first floor, key to own room, communal dining
- Low Security Offenders > 55years
- 24hr care
- Nurse led clinics Track /Trace/ Treat Program
- 90% in possession medications
- Inreach chaplains, Psychology and Video links
- (Appendix 10) Training Unit Health Care Induction Book, 2023
- (Appendix 11) Mountjoy Training Unit In possession Medication Contract
- (Appendix 12) Mountjoy Training Unit In Possession Medication Contract
- (Appendix 13) IPS Limerick Prison Education Centre Student Workbook
- (Appendix 14) IPS Limerick Prison Education Centre Student Workbook B
- Podcast: [New Training Unit at Mountjoy Prison prepares older inmates for life after release](#) (Hannon 2023)

### **Irish Red Cross Prison Programme**

All 14 Irish Prisons facilitate a Community Based Health and First Aid Programme (Irish Red Cross, 2023, EPEA,2017)

Inmate volunteers who have successfully completed the Community Based Health Programme Culture of Non- Violence and Peace two-day workshop handling anger, managing stress, developing coping skills and goal setting (Irish Red Cross, 2023)

### **Mountjoy Observation Site Tour Meeting**

Visit Irish Prison Health Service Enda Kelly National Operational Nursing Manager Enda T Kelly and SA Prison Health Service / University of South Australia presentations to Enda Kelly National Operational Nursing Manager (Appendix 1)

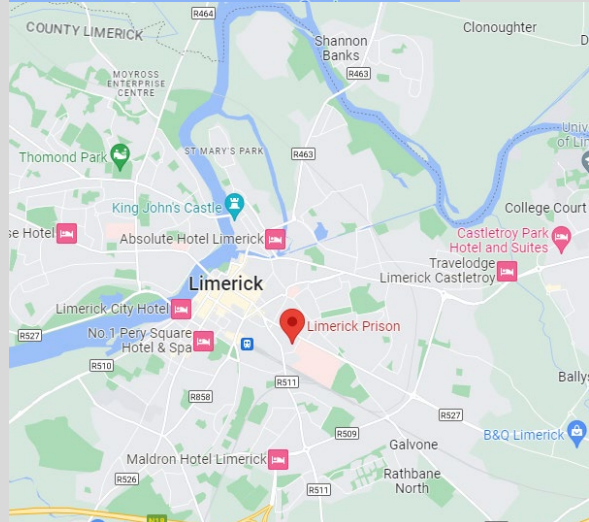
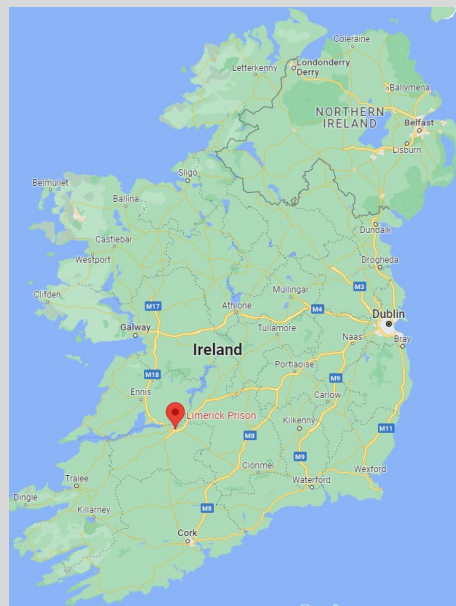
Visit Mountjoy Prison Governor Edward Mullins

Anne Chief Nurse Officer Mountjoy Men's Prison

Emma Chief Nurse Officer The Douchas Centre Mountjoy Women's Prison

Orlagh Finn Chief Nurse Officer Training Unit Irish Prison Health Service

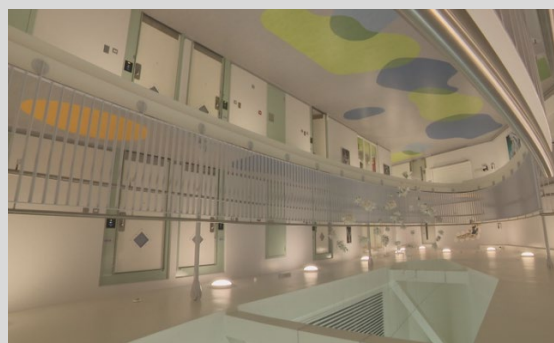
## Limerick Men's Prison



**Irish Prison Service Limerick Men's Prison Mulgrave St, Limerick Wednesday 4<sup>th</sup> October 2023, Governor Mark Kennedy**

A closed, medium security prison for 280 adult males and 50 females. It is the committal prison for males for counties Clare, Limerick and Tipperary and for females for all six Munster counties.

## Limerick Women's Prison



### Limerick Women's Prison Mulgrave St, Limerick Wednesday 4<sup>th</sup> October 2023, Governor Andrew McCarthy

Limerick Women's Prison is a new state-of-the-art facility, based on a trauma-informed Scandinavian model which aims to provide an environment that promotes rehabilitation, helps reduce reoffending and helps to build stronger, safer communities.

All 56 rooms are designed for single occupancy, with ensuite showers, televisions, with unbarred windows wrap around little gardens and courtyards, some with soothing water features, in the new female prison. Art by local artists adorns walls and hangs below a giant skylight in the communal area.

It has eight assisted-living apartments, and it is the first Irish prison with two-room apartments for one person. Babies are permitted to remain accommodated with their mother for the first 12 months of life.

Initiatives include educational courses, vocational training, mental health support, addiction counselling, “It’s a great move forward for society’: Limerick Prison opens new luxury women’s wing Irish Examiner, Dunphy L, 2023”.



### [New Women’s Prison Limerick](#)

#### **Limerick Prison Key Findings:**

- Health Services operated by the Irish Prison Service
- EMR: Prison Health Care Management System
- GP M-F x2 Midwives, supported by Dublin Addiction Midwives.
- Fixed point dispensary/Local Pharmacy deliveries / Webster packs
- 12 hr shifts

#### **Limerick Prison Observation Site Tour Meeting**

Edna Kelly National Operational Nursing Manager

Adelle Chief Nurse Officer Limerick Women’s Prison

Governor Andrew Mc Carthy

#### **Study Tour Reflections**

The observational study tour was often overwhelming with sensory information overload of justice health service delivery and a wide variety of correctional facilities operational systems. Noticeable at all sites health staff had security induction and key training with keys/swipes and free access to providing comprehensive health services to people in custody across a facility.

The negative enquiries / reviews in past years, pictured at times a broken system. The study tour viewed mature history, infrastructure of correctional facilities located in global / major cities, with access to a lot of professional resources, with empathetic staff committed offender rehabilitation.

NHS Commissioning / Quality Care Commissions / Healthcare Inspectorate Wales, Healthcare Improvement Scotland, Irish Office of the Inspector of Prisons, European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment all provide robust regulation reports of both justice health / correctional facilities that are in the public domain.

Greater opportunity for staff to work in a Multi-Disciplinary Team in Primary / Mental Health and Forensics with a focus of community equivalence.

Strong integration with justice health and corrections, Governors, Assistant Governors, Managers had a strong partnership with health with a commitment to recovery, rehabilitation.

Health Justice Directors, Managers, Health Staff, Governors, Assistant Governors enabled learnings, showed a presence and interest in the study tour and presentations, Governors at two sites led the facilities tour.

Great opportunities in the Health Justice sector in the United Kingdom and Ireland which have several career opportunities within correctional environments.

This study tour assisted in observing the translation of knowledge into practice, this will continue to be invaluable for the tour recipient and other SAPHS health professionals consider the study tour learnings on ensuring a contemporary, high quality South Australian Prison Health Service

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## Appendices

- **(Appendix 1)** SA Prison Health Service Presentation to HMP Isis correctional and health staff presented by Steven Hutchinson Nurse Consultant Training & Practice Development SA Prison Health Service
- **(Appendix 2)** University of SA Behavioural Activation to HMP Isis to correctional and health staff presented by Associate Professor Martin Jones, Department of Health, University of South Australia
- **(Appendix 3)** HMP YOI Isis Healthcare Services Presentation
- **(Appendix 4)** Tell us what you think HMP YOI Isis
- **(Appendix 5)** Betsi Cadwaladr University Health Board “Who are the Mental Health and Learning Disabilities Team? And what we do at HMP Berwyn
- **(Appendix 6)** [Talk To Me Prevention of Suicide in Prison Strategy 2016 – 2021](#)
- **(Appendix 7)** Suicide Self Harm Talk to me Case File
- **(Appendix 8)** Irish Prison Service Mental Health Awareness Training Course Participants Information Booklet,
- **(Appendix 9)** Irish Prison Service Mental Health Awareness Training Course Trainers Guide
- **(Appendix 10)** Training Unit Health Care Induction Book, 2023
- **(Appendix 11)** Mountjoy Training Unit In possessionm Medication Contract
- **(Appendix 12)** Mountjoy Training Unit In Possession Medication Contract
- **(Appendix 13)** IPS Limerick Prison Education Centre Student Workbook
- **(Appendix 14)** IPS Limerick Prison Education Centre Student Workbook B
- **(Appendix 15)** RCN Fact Sheet, Nurse Prescribing in the UK

## Implementation of new learnings

### Learnings related to the objective outcomes of the Study Tour

The study tour delivered a wealth of knowledge, observations and experiences that will directly and positively impact the service provision of South Australian Prison Health Service (SAPHS).

The UK / Ireland prison health system aims to provide comprehensive healthcare services to people in custody, from admission, health care whilst in custody to release into the community, similar to health services available in the community. This includes medical consultations, nursing care, mental health support, dental care, pharmacy services, and access to specialist care when needed. Efforts are made to ensure that people in custody receive the same standard of care as individuals in the community.

People in custody across all jurisdictions receive primary care and have access to general practitioners (GPs) or other primary care professionals within the prison. They can receive routine check-ups, medical advice, and treatment for common ailments or chronic conditions.

Custodial health site services activity included mental health teams of psychiatrists, psychologists, mental health nurses, mental health workers, including in reach organisations who assess and treat mental health conditions, provide therapy and counselling, and support people in custody's well-being.

All sites had substance abuse treatment and services aiming to address substance abuse issues and support people in custody in their recovery and rehabilitation journey include detoxification, rehabilitation programs, counselling, and support for those struggling with drug or alcohol addiction.

Each prison health jurisdiction operates under their country's specific governance and standards for professional clinical practice. to improve health and wellbeing outcomes for those in secure and detained settings.

England's Health and Care Act 2022 introduced significant reforms for NHS England Health and Justice Framework and formalises Integrated Care Systems (ICS) Commissioning Teams to provides oversight and ensures that healthcare services in prisons comply with national guidelines and meet quality standards with new healthcare contracts and recommissioning of prison health services, regular audits, inspections, and evaluations are conducted to assess the quality of care and improve service delivery (NHS,2023).

Many people in custody experience greater health problems than the rest of the population but do not regularly access care. This framework sets out ambitions to improve healthcare for everyone across secure settings and spread good practice. It seeks to reduce health inequalities, particularly those highlighted during the pandemic and improve the wellbeing of people in secure and detained settings by addressing health-related drivers of offending behaviours.

The Framework highlights the complex relationship between health influences on offending (the focus on offending is not inclusive of children in secure settings for welfare reasons) and reoffending behaviour, alongside wider social influences, such as poverty, housing, social exclusion and adverse childhood experiences.

The twelve commitments set out commitments to reduce health inequalities and health related offending behaviours and improve life outcomes of people in, or at risk of entering, the criminal and youth justice systems.

*“Commitment 1 – Putting the patient voice at the centre of everything we do.*

*Commitment 2 – Working in partnership to commission high quality care.*

*Commitment 3 – Supporting people with neurodiversity and complex health needs.*

*Commitment 4 – Providing evidence-based treatment as alternatives to custodial sentences.*

*Commitment 5 – Improving the health and wellbeing of vulnerable children.*

*Commitment 6 – Improving the health and wellbeing of people in custody.*

*Commitment 7 – Ensuring good mental health for adults in custody.*

*Commitment 8 – Reducing early and avoidable deaths.*

*Commitment 9 – Connecting people leaving custody to health services on release.*

*Commitment 10 – Improving the health of people detained in immigration removal centres.*

*Commitment 11 – Improving quality through learning and technology.*

*Commitment 12 – Ensuring an inclusive and representative workforce (NHS England 2022)”.*

In England the Care Quality Commission monitor, inspect and regulate health and social care for people in custody to make sure people who use services in secure settings receive the same quality of care as the rest of the population (Care Quality Commission, 2023).

Healthcare Inspectorate Wales is the independent inspectorate and regulator of healthcare in Wales and has a joint working relationship with His Majesty’s Inspectorate of Prisons (HMI Prisons) in delivering quality health care services, promote good health and wellbeing, building healthier communities and better environments for the scrutiny and regulation of prison health care in Wales (Healthcare Inspectorate Wales, 2021).

Healthcare Improvement Scotland manages the healthcare element of His Majesty’s Inspectorate of Prisons for Scotland (HMIPS) providing quality assurance of the healthcare provided to people within the justice system ensuring individuals in care receive equitable healthcare and support compared to the general population, while considering the constraints of the prison or custody environment (Healthcare Improvement Scotland 2023).

The Office of the Inspector of Prisons is a statutory body supporting excellence in both delivery and outcomes for Ireland’s prisons through an independent programme of inspections and investigations. The Irish Prison Service also visits firm [The European Committee for the Prevention of Torture and Inhuman or Degrading Treatment of Punishment \(CPT\)](#). Irish Prison Health Care Standards document provides Governors and other managers, clear guidance regarding healthcare services to be provided and the facilities required to provide them that reflect good clinical practice and standards of care

available to citizens covered by the [General Medical Scheme \(GMS\)](#) within the community (Irish Prison Service 2023).

Efforts at all jurisdictional sites are made to ensure continuity of care when individuals move between prison and the community. This includes sharing medical information, providing medications, and facilitating referrals to community.

**Implementation and dissemination of study tour learnings is to the SA Prison Health Services Leadership / Senior Nurse Group / Health Staff, Department for Corrections and Interested parties.**

Where the responsibility of health ends, and correctional services begins, has not always a clear-cut answer. All services have a responsibility to jointly collaborate and communicate for the wellbeing of the person in custody. DCS' core responsibility is for the provision of a secure and safe environment, accommodation and criminogenic rehabilitation of people in custody. SAPHS is responsible for the provision of an appropriate range of primary health care services to a community equivalence. DCS & SAPHS Joint Systems Protocol supports the efforts of staff in ensuring effective cross agency communication and cooperation aimed at improving the health and wellbeing of people in custody.

There are several learnings / outcomes identified and issues documented on the action plan which can be reviewed. These are discussed and implemented via the SA Prison Health Service Clinical Governance Committee as a Quality Improvement Brief.

There are several learnings that require high level discussion amongst the SAPHS Senior Nurse Group / SAPHS leadership / Executive Director of Mental Health / Prison Health, CALHN Chief Executive Officer / SA Health Executive / Department for Corrections. These are:

- Health services are responsible for Justice and Forensic Health and their teams include:
  - Primary Care Teams
  - Psychologists
  - Mental Health / Wellbeing / Therapy Teams including Occupational Therapists
  - Neurodiversity Teams
  - Addiction Teams
  - Nurse Prescribers
- All correctional health facilities visited in England, Wales, Scotland, Ireland operated Electronic Medical Records
- High security prisons have wider access for health care to people in custody.  
Health care professionals carry radios (some sites with earpieces) Health care support workers who have completed a certificate course can do phlebotomy, witness DDA, Health / Nursing staff gets personal protection, key, psychosocial, manipulation, suicide training psychosocial, manipulation, suicide training.
- Regarding the risk of self-Harm or suicide measures include 1:1 specializing / Talking Therapies
- 24/7 Aged Care Services, personal carers are provided at sites to assist with personal care.
- Mother and Baby's Unit accommodation up to the age of 1

- Trauma Informed Care (Staff / People in Custody) / Reflective Practice are provided to both staff and people in custody.
- Irish Prison Service officers receive Mental Health First Aid, health delivers to correctional officers a Mental Health Awareness Training Course
- Irish Prison Service has a dedicated over 50's training Unit catering for the needs of ageing prison population Nurse led clinics Track /Trace/ Treat Program
- Medications
  - In possession medication 7 to 28 days at high security level prisons
  - Paracetamol is over counter medication purchased by people in custody.
  - Pharmacists / Technicians provide pharmacy services / Technicians provide medication administration services.
  - GP consultation / Script / Pharmacy
- Consumer Engagement
  - Prisoner health care representatives provide assistance to health care at a divisional cell level, assisting health staff with health promotion
  - Peer Consumer Engagement Helpline is a health promotion / health enquiry line
  - Recovery Coaches are lived experience employees who are trained to provide support to people in custody.

## Recommendations

The study tour highlighted that the clinical practice within SA Prison Health Service was contemporary and sound, however it did highlight a number of areas for investment and improvement.

### Model of Care

The tour highlighted a number of areas that the current model of care needs to be broadened and expanded to meet the evolving needs of our patients.

1. **Drug and Alcohol Counselling:** There was a significant focus across prisons for health to provide drug and alcohol counselling noting the significant nexus between drugs and alcohol and interactions with the justice system.
  - a. While there is some work in this area in SA it is very limited when compared to prisons visited. This needs to be addressed given the high rates of drug and alcohol misuse in this population and that they return to the community without any skills to address their addictions.
2. **Mental Health:** Mental Health services were very much a multidisciplinary approach with health leading this and taking responsibility for provision of Psychologists for example for therapeutic interventions.
  - a. The current focus in relation to mental health care is reactionary, SAPHS needs to move to a more contemporary approach with a multidisciplinary team focused on a therapeutic relationship rather than pure harm reduction as is the current state.
3. **Aged Care:** the current model for the care of those aging in custody in SA is not contemporary compared to the UK, and it is not a community equivalence. There needs to be other options other than hospital for those patients with high care needs that would normally be placed in RACF's.
  - a. SA needs to investigate a model of care for those aging in custody that meets a community equivalence.

### Governance

4. **Justice Health:** Across prisons visited mental health services (including Forensic Psychiatrists) and primary healthcare were delivered by the one organisation, unlike SA which has a fragmented service delivery model with SAPHS and Forensic Mental Health Services being in different Local Health Networks with no agreed service level obligations.
  - a. SA has a very siloed approach to healthcare service delivery for people in custody, in line with overseas and other jurisdictions in Australia serious consideration to a justice health portfolio should be given.
5. **Oversight:** Other than Ireland there was very much a devolved health service delivery model to local areas, given the size of SA this is unlikely to be effective, however there was a strong focus on overarching governance and standards, underpinned by external review, compliance audits and

clearly defined service delivery agreements. There is merit in exploring some of the advantages of this model and if parts of this could be implemented in SA.

- a. SA should establish some clearly defined clinical and service KPI's and service expectations to provide reassurances that the care been delivered meets an acceptable standard and this is transparent to people in custody, their families and the community.
- b. While SA has a general official visitor's scheme for prisons, consideration should be given to having a specific healthcare inspectorate that is independent from the agencies delivering care to focus on healthcare within custodial settings, across public and privately managed prisons.

### Infrastructure

6. **EMR:** The lack of an Electronic Medical Record was a significant deficit compared to all prisons visited that had electronic systems in place. An EMR allows for easy access to clinical information at the point of care, this includes as patients transfer across the system and to hospital.
  - a. There needs to be a commitment to progressing an EMR within the prison health environment.
7. **Access:** While access to patients was restricted, all prisons visited, health staff (with suitable training) had keys and far easier access across prisons to that seen in SA.
  - a. Work with the Department for Correctional Services to review current arrangements and explore alternative models that facilitate improved access.



Government of South Australia  
SA Health

## SA Premier's Nursing and Midwifery Scholarship 2024

Name: Steven Hutchinson

Date: 8/11/2023

Title: Correctional Health Care Service Delivery / Activity: Innovation, Professional Development, Clinical Practice, Health Promotion, Research

### Action Plan

Line managers/supervisors are required to initial or sign the 'Supervisor' column as validating that the proposed action has been completed and implemented successfully in the workplace.

Identified issue	Action/s	Barriers	Timeframe	Outcome	Measures of success	Supervisor
Present and discuss study Tour of Correctional Health Care Service Delivery / Activity: Innovation, Professional Development, Clinical Practice, Health Promotion, Research	Engage SAPHS colleagues sharing knowledge and observation of study tour Study Tour Presentation	N/A	December 2023 Senior Nurse Group Meeting	Senior Nurse Group knowledge of UK Ireland Correctional Health Service provision	Change in correctional health service clinical practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Formalise, prioritise on actions and implementation of learnings	Consultation with SAPHS Leadership / Senior Nurse Group	Consultation with partner organisation Department for Corrections	December 2023 Senior Nurse Group Meeting	Present Study report at SAPHS Clinical Governance Meeting	Change in correctional health service clinical practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team

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Behavioural Activation Clinical Trials Study	Explore with UniSA potential international research collaboration	No Barriers Approved By CALHN, DCS, Uni SA Ethics	Commence Nov / Dec 2023	Potential research collaboration	Validated research management tool for depression management for people in custody	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Limited access to people in custody	All health staff in all jurisdictions held keys / swipe cards / radio use / key training /personal protection training	Consultation with partner organisation Department for Corrections	Unknown	Greater access to people in custody	Prompt treatment & Management of people in custody	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Ageing People in Custody	Microsoft Teams Link Up Orlagh Finn Chief Nurse Officer Training Centre of health care for the over 50's people who are incarcerated Irish Prison Health Service <a href="mailto:orlaghfinn@irishprisons.ie">orlaghfinn@irishprisons.ie</a>	Overseas Time Zones	2024 Senior Nurse Group Meetings	Informed International Aged Care practice for people in custody	Change in correctional health service clinical practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Education focus on Neurodiversity Autism, ADHD, Dyslexia, Learning Disorders	Study tour sites actively support people who experience and interact with the world around them in different ways	Further training	2024	Support those with neurodevelopment disorders	Change in correctional health service clinical practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Pharmacy / Medication Management	Teams Meeting Sharon Meehan Pharmacist Lead 2 Kent Prisons <a href="mailto:Sharon.meehan@nhs.net">Sharon.meehan@nhs.net</a>	Consideration Overseas Time Zones / Microsoft Teams Meeting	2024	Liaison with NC Medication / SAPHS Drugs & Therapeutics	Informing practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Exploring new initiatives for consumer engagement Manager Award winning peer support program assists in	Patient Engagement Peer Support Program Claire Murphy <a href="mailto:Claire.murphy@ggc.scot.nhs.uk">Claire.murphy@ggc.scot.nhs.uk</a> , Doris Williamson <a href="mailto:doris.williamson@ggc.scot.nhs.uk">doris.williamson@ggc.scot.nhs.uk</a>	Overseas Time Zones / Microsoft Teams Meeting	2024	Liaise with SAPHS Consumer Engagement & Health Promotion	Informing practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team

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reducing referrals to health services						
Exploring new initiatives for consumer engagement	HMP Edinburgh Recovery Coach, lived experience, recovery café, harm reduction trauma groups 1 on 1 coaching, not employed by SPS or health <a href="mailto:Paula@recoverycoachingscot.org">Paula@recoverycoachingscot.org</a>	Overseas Time Zones / Microsoft Teams Meeting	2024	Liaise with SAPHS Consumer Engagement & Health Promotion Manager	Informing practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Engaging with HMP Cardiff Dr Jake Hard UK prisons from a medical perspective	Arrange with SAPHS Medical Director Microsoft Teams meeting with SAPHS MP/NP Group Cardiff and Vale University Health Board HMP Cardiff Dr Jake Hard	Overseas Time Zones / Microsoft Teams Meeting	2024	Liaise with SAPHS Medical Director	Informing practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Engaging with HMP Barlinnie Dr Joe Daly Scottish Prison Health Service medical perspective	HMP Barlinnie , Glasgow Dr Joe Daly (GP) <a href="mailto:jdmonk@hotmail.co.uk">jdmonk@hotmail.co.uk</a> <a href="mailto:Joseph.Daly2@ggc.set.nhs.uk">Joseph.Daly2@ggc.set.nhs.uk</a>	Overseas Time Zones / Microsoft Teams Meeting	2024	Liaise with SAPHS Medical Director	Informing practice delivery	SAPHS Director Andrew Wiley / SAPHS Leadership Team
Engagement with International Study Tour jurisdictions in t England, Wales, Scotland, Ireland	Nurse Unit Managers / Practitioners / Directors have expressed continue dialogue via email / Teams Meetings	Overseas Time Zones / Microsoft Teams Meeting	2024 / 2025	Liaison with Email introduction colleagues	International Behavioural Activation research study	SAPHS Director Andrew Wiley / SAPHS Leadership Team

