Horticulture Employment & Eco-Living Program (HEELP)

Port Phillip Prison – Laverton Victoria
Joint Treatment Program

Corrections Victoria
Disability Forensic Assessment and Treatment Service
Port Phillip Prison

“A Treatment Community Approach”

Prisoners and staff (custodial, clinical and educational) form a community of care and respect, which is committed to the development of personal functioning, to address offending and offensive behaviour in order to effect change so that those who go through the process create no more victims.
Background

Joint Treatment Program Governance Model

Senior Management Team

Manager, Disability Pathways, CV

Leadership Team PPP

Case Worker x 7

Leadership Team CV

CV Clinician x 1
SFS Clinician x 1
SFS Prison Services Coordinator x 1
SFS Psychoeducational Trainer x 1

Management DFATS

Team Title

Joint Treatment Program
Demographics

- Cognitively impaired offenders
- Cognitive functioning
- Co morbidity
- Age range
- Offence types
- Length of sentence
Corrections Victoria
ID Inmate by Location

- Ararat: 3 (3%)
- Barwon: 1 (1%)
- Dhurringile: 1 (1%)
- Fulham: 4 (4%)
- Loddon: 19 (17%)
- Marngoneet: 2 (2%)
- Melbourne Assessment Centre: 13 (12%)
- Metropolitan Remand Centre: 6 (5%)
- Womens: 5 (4%)
- Port Phillip Prison: 56 (51%)

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Where does HEELP fit in?

“Old Me New Me” FOUNDATION PROGRAM

OFFENCE SPECIFIC PSYCHOTHERAPEUTIC GROUPS
- Sex offending (STOP)
- Moderate Intensity Drug and Alcohol (modified)
- Moderate Intensity Violence (modified)
  - Art Therapy
  - Drug and Alcohol

INDIVIDUAL THERAPY

OFFENCE RELATED PSYCHOEDUCATIONAL GROUPS
- “Life Skills” (DFATS)
  - eg. Problem Solving
  - Assertiveness
  - Anger Management
  - Relaxation

MODIFIED COGNITIVE SKILLS PROGRAM

STRUCTURED DAY
- Daily Routine
- Industry
- TAFE
- Recreation

“HEELP” Horticulture Employment & Eco Living Program
Project Aims

- **Educational** - communication, stimulation of sensory curiosity, comprehension.
- **Recreational** - creative impulses
- **Psychological** - Self-identity, Mood & wellbeing, Sense of Future, Sense of purpose & control, Relieve aggressive drives
- **Physical** - weight control, Fitness, Flexibility, Muscle strength, Motor skills
- **Social** - Esteem, Trust & responsibility, Interaction within and outside groups.
- **Therapeutic Benefits** - Impact on re-offending and behaviour, maintain mental health, provides occupational activity.
Research in Secure Settings

• **Watts (1996)** – Research by the San Francisco Sheriff's office showed a striking reduction in recidivism rates and reduced post-release substance abuse for those involved in the Garden project.

• **Toch (1977)** – placed great importance on the role of the environment in modifying a person's behaviour. He found that horticultural activity could clearly play an important role in terms of positively affecting inmates' perceptions of privacy, safety, structure, support, emotional feedback, social stimulation, activity and freedom.

• **Grimshaw & King (2002)** – Horticulture in secure settings in UK prisons. Found that the educational, occupational and rehabilitative benefits were significant.
Former participant comments

• **Noel** stated “I feel happier, seeing stuff grow especially vegies. I feel like I am doing something to help myself and will probably get a job doing something like that when I get out”

• **Joe** stated “Straight up I don’t like working in the garden because it’s a woman’s job, but it has taught me how to be motivated”

• **James** stated “I like working with a group and fresh air and I feel better going to work rather than doing nothing”.
Kangan Institute
Centre for Corrections Education

- Background of the Centre for Corrections Education Victorian operations:
  - Community Corrections Services (CCS)
  - Dame Phyllis Frost Centre (DPFC)
  - Melbourne Assessment Prison (MAP)
  - Melbourne Youth Justice Centre (MYJC)
  - Metropolitan Remand Centre (MRC)
  - Port Phillip Prison (PPP)
  - Thomas Embling Hospital
Education

- Certificate I in Work Education
- Certificates in General Education For Adults
Education (cont)

- Certificates in Horticulture
Education (cont)

- Indigenous education
Education (cont)

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Giving back to the community

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