



Therapeutic Community (TC) – HMP Wymott Evidence base

What is the Therapeutic Community?

- A community-led, living and learning environment that helps to promote social, psychosocial and behavioural change.
- Addressing use and is an intensive structured programme where residents live and work together.
- TC Residents are encouraged to challenge and unlearn addiction and offending related attitudes and behaviours.
- It is a 70 bedded unit separated from the wider prison. Residents will have access to healthcare, gym, visits and chapel in the main prison.
- The TC is a 12-month programme is 24/7 and residents work together, live together and learn together.
- New residents will be given a buddy and Recovery Peers help to support and mentor residents throughout their time in the programme.

History

Therapeutic Communities have been around for a long time in some form from addressing mental health and psychiatric disorder to substance use. In the UK, many psychiatrists consider that the Northfield Military Hospital during WWII was the first example of a therapeutic community. It was adapted to help prisoners of war adjust back to civilian society and also for civilians to readjust to having these men back amongst them. In 2020 Delphi Medical became the provider for psychosocial substance misuse services at HMP Wymott and innovatively reimagined the TC programme with its focus on empowering clients from dependence. Currently Wymott TC is the only substance misuse rehab in prison in England.

Aims

- 1) Put responsibility on individuals to recovery from their dependency and lead a substance free and more fulfilling life.
- 2) Reduce substance related offending.
- 3) Holistic approach tailored to individual and aspiration to tackle wider physical and psychological needs.
- 4) To prepare clients for living and working back in society.

Evidence base summary

When on the TC, clients are supported across the programme via 3 stages Connect, Dependence and Freedom. During these stages clients are measured to identify progress through compliance drug tests, individualised care plan reviews, wellbeing questionnaires (WEMWEBS), Six Corners (SCARS) and end of treatment reviews.



We have completed this evidence base paper to review the measured outcomes. The results from the Six Corners tests shows strong and statistically significant improvements in wellbeing comparing before and after a successfully completed residency.

After excluding clients whose residency began before 1 April 2022, WEMWBS scores also reflected a statistically significant improvement.

During the period December 2019 to June 2024, 282 individuals were referred to the Therapeutic Community on 330 occasions. There was a 64% chance of a referral being accepted, and of them a 39% chance of a residency being completed successfully once started. Clients are de selected for numerous reasons this can be via DARS, self or prison for numerous reasons.

When looking at the data we need to have in view that the measures used are not on a test group of clients so be aware that outcomes will also be affected by the client themselves, internal, external factors as well as the prison environment, not just the TC programme.

We also need to have in view that clients are selected for the programme already demonstrating a motivation to change.

Commented [KC1]: Is this right? Only 39% of referrals had a chance of being successful?



When on the TC clients follow the programme with key workers and peers leading group and 1-1 sessions. The sessions can include themed tasks - see image.

Main results

6Corner Score trends

| Corner | n | Before | After | p |
|---------------|----|--------|-------|------|
| Accommodation | 54 | 3.41 | 7.08 | **** |
| Employment | 51 | 3.31 | 7.44 | **** |
| Psychological | 54 | 3.40 | 6.96 | **** |
| Substance | 54 | 3.70 | 7.60 | **** |
| Physical | 54 | 4.02 | 7.60 | **** |
| Relationships | 54 | 3.96 | 7.47 | **** |



Figures shown are the mean self-assessed scores of members of the community before and after completing residency. Each analysis was performed using One-Way Repeated Measures ANOVA with Bonferroni correction for six hypotheses. All differences were significant ($p < 0.0001$ in each case).

On every measure, wellbeing goes up substantially after completing a residency in the Therapeutic Community at HMP Wymott.



WEMWBS score trends

There was a change in the rating scale to shorten the WEMWEBS at some date prior to 1 April 2022. For this reason, clients completing their initial assessment prior to 1 April 2022 were excluded from the analysis.

28 episodes had a WEMWBS score both at Connect and one of either the Freedom or Completion stages. The table shows mean score and standard deviation.

| Connect | Later of Completion and Freedom | p |
|-----------------|---------------------------------|---|
| 24.61 (4.47) | 27.86 (5.25) | * |

An analysis was performed using One-Way Repeated Measures ANOVA. The increase in mean score was significant ($p = .028$). Figures shown are the mean scores of members of the community before and after completing residency. ($p < 0.05$, one-way repeated measures ANOVA.)



WEMWBS wellbeing scores show a statistically significant improvement after completing a residency in the Therapeutic Community at HMP Wymott.

Referral outcomes

| Stage | n |
|----------------|-----|
| <i>Applied</i> | 330 |
| Accepted | 188 |
| Ongoing | 13 |
| Refused | 129 |

There is a 64% chance of being accepted into the Therapeutic Community. This can be affected by a range of reasons including prison security and motivation.

Residency outcomes

| Stage | n |
|----------------|-----|
| <i>Started</i> | 187 |
| Deselected | 81 |
| Current | 54 |
| Completed | 52 |

There is a 39% chance of completing residency in the Therapeutic Community.

Other Results

Year of referral

| Year | n |
|---------|-----|
| Unknown | 5 |
| 2019 | 1 |
| 2020 | 4 |
| 2021 | 49 |
| 2022 | 94 |
| 2023 | 122 |
| 2024 | 55 |



Conclusion

The evidence base documented shows that the TC has a positive impact and is a successful programme.

The data shows a strong correlation between successful residency and improvements in all six of the Six Corners measures, when breaking this down the below images highlight some key points.



**On graduation,
people have better
mental health.**



On average, self-assessed scores of
psychological wellbeing go up from

3/10 to 7/10

after living in the community.



**On graduation,
people have better
physical health.**



On average, self-assessed scores of
physical health go up from
4/10 to 8/10
after living in the community.

Recommendations for future data capture- data accuracy

1. In the Scores, index each score using the NOMS number, as per the Referrals. (Avoids spelling mismatches with Referrals data and where different people have the same name.)
2. Avoid recording data obtained using different scales in the same sheet. (See WEMWBS prior to 1 April 2022).
3. To monitor reasons for deselection and review themes with the community to see if any improvements can be made.