

IAHV – UK PrisonSMART Stress Management And Rehabilitation Training



Prison SMART – Program Overview

- Started in US in 1992
- Today: more than 60 countries worldwide, 400.000 prisoners
- In Europe: 23 countries, 20.000 prisoners
- In the UK:
 - ✓ 1.000 prisoners in High Down prison, Surrey
 - ✓ HMP Lindholme, Doncaster, Guernsey
 - ✓ HMP Thameside: 26 courses, 400+ participants
 - ✓ HMP Maghaberry and HMP Magilligan – NI, since Sept 2017

Target Community:

Prison inmates & Staff

Website:

www.prisonsmart.eu





International Association
for Human Values

Prison SMART - Trainers

..... In the UK.....



Bhavini Vyas, London



Palavii Patel, London



Shailen Mittal, London



Nicolai E., Denmark/China



Dr. Katrien Hertog,
Director – PS, Europe



Ismael Mastrini, Argentina



Puja Handa M., London



Debbie Turner, Manchester



Rahul Laud, Manchester



Dr. Giorgio Minecci, Italy



Dr. Jakob Lund, Denmark

+ Vimal Mehta Pic NA



Prison SMART – Short Film

SriSri visited HMP Thameside, June 2016



Prison SMART – Outside the UK

In Argentina

Active in

India

USA

South Africa

Italy,

Denmark



Outside the UK

In Mexico



Outside the UK

In India



“It was heartening to get to know the Prison SMART program, as it offered just what was necessary – the removal of stress, the relaxation of the mind and emotions, and bringing the best of an individual’s potential to the fore. The same prison which once was cursed by prisoners is now blessed!”



Dr. Kiran Bedi

Former Inspector General, Tihar prisons, New Delhi

Former UN Advisor for Civil Police

Outside the UK

In South Africa



In Australia

In Italy

In USA

In Denmark

In Canada

In Luxembourg

...in total in over 60 countries



Prison SMART— Needs

Prison SMART team needs introduction

- .. in Prisons
- .. Probation Services
- .. In Young Offenders Institutions
- .. In The Ministry of Justice
- .. Prison Reform institutions
- .. Other charities working with Prisons
- .. In National Offender Management Service

And other relevant organisations...

**THE MOST POWERFUL
THING I HAVE EVER
DONE IN MY LIFE.
IN OR OUT OF JAIL.**

PRISON SMART

Appendix



Breathe SMART

Program: A practical and effective stress management program initiating positive individual development

Target Community:

for those live with any personal or social hindrance from post traumatic stress, depression, anxiety, abuse, addiction, violence, are directly involved with or on the fringes of crime.

Locations: Hackney & Brighton in the past



Trainer: Bhavini Vyas
And Katie Herrald



Website:

www.breathsmart.co.uk



Participants feedback

- **This is the only program in the prison that we cannot manipulate**
- **If we continue doing what we learned in this course, I am sure no one from this group will come back to prison**
- **In my whole prison career I have never done a course twice, but this one I will do again.**
- **The most positive life changing thing I have ever done in my life in or out of prison**
- **This course should be madatory for anyone coming into prison**

Effects

Prisoners:

- Reduce anger, violence and aggression
- Reduce stress, increase inner calm
- Reduce fear and depression
- Foster sense of responsibility for own life and behavior
- Ability to deal with overwhelming and negative emotions
- Reduce addiction
- Increase quality of life and positive attitude
- Better skills for life after prison
- Strengthen human values

Staff:

- stress resilience and stress management to function optimally in stressful conditions
- Increased job satisfaction
- Improved physical health, energy and focus

Prison:

- Foster safe, efficient and human rehabilitation climate
- Reduced violence, aggression, conflicts
- Better relationships among prisoners and between prisoners and staff

Studies

Reduction of anger and violence

Reduction of stress

Reduction of anxiety and depression

Reduction in addictions

Better quality of life and more positive outlook

Studies 1

- • Taiwan, Taipei Tu-Chen Detention Centre, 2005, 640 prisoners
 - Measurable and sustainable reduction of violence, anger and revolt**
 - 86% better able to deal with anger**
 - 60% less prone to react aggressively towards staff**
 - 82% reduced depression**
 - 81% reduced anxiety**
- • USA, Los Angeles County Lancaster Probation Camp (serious youth delinquency)
 - 21-38% less fights, incidents and disciplinary measures**
 - Measurable and sustainable improvement in cooperation with staff, among prisoners, and participation in rehabilitation programs**
- • Slovenia, anti-stress program for 700 police:
 - “practical and efficient” (Ministry of Interior Affairs), better coping with stressful situations, improved cooperation, rated in top 3 of 80 offered programs**

Studies 2

- Reduction of stress hormone cortisol
- 68-73% success rate for depression
- Kosovo prisons: self-harm and suicide reduced from 300 cases in 2004 to 22 in 2006
- Measurable and sustainable reduction in use of drugs
 - 21% reduction in smoking after 6 months (study 2005)**
 - Calcutta, De-addiction Research Centre, 37% reduction in drug and alcohol addiction**
- 80% better sleep

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Inspector General, Tihar prisons, New Delhi
Former UN Advisor for Civil Police



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