

Introduction

Corrective Services New South Wales (CSNSW) provides group rehabilitation programs to offenders both in custody and the community based on strong research evidence that appropriate programs can significantly reduce the rates of re-offending.

There are three important principles that underpin all CSNSW rehabilitation programs:

- **The Risk Principle** states that more intensive treatments or interventions should target offenders who are at greatest risk of re-offending.
- **The Needs Principle** states that programs should focus on offenders' criminogenic needs (also known as risk factors or treatment targets).
- **The Responsivity Principle** states that the way programs are delivered must take into account all the factors that may hinder the participants' ability to engage with and respond to the program, such as the offenders' motivation, learning style, literacy levels and ability to comprehend concepts.

Programs must also be the right intensity to be effective i.e. appropriate length, frequency and analytical depth to match the level of risk of re-offending. Research shows that placing low risk offenders into group programs designed for and including high risk offenders may in fact increase recidivism. Similarly, placing high risk offenders in low intensity programs may also increase recidivism and waste resources.

Key Facts and Figures 2017/18

- **Over 48,000 offenders participated in one or more rehabilitation programs addressing criminogenic needs.**
- **42,398 offenders in custody participated in various programs and attended more than 159,000 individual program sessions.**

6,142 offenders in the community participated in various programs and attended more than 78,000 individual program sessions.

CSNSW continues to focus on increasing program participation and completion rates, as it is critical that offenders who start programs complete them to realise the full benefit.

Although addressing the offending behaviours which contribute to re-offending is the most legitimate target for programs, CSNSW also recognises that the health, well-being and basic human needs of offenders must be addressed to ensure their humane management, and to facilitate their successful reintegration back into the community.

What programs are available to offenders?

CSNSW currently uses a compendium of 30 accredited and/or approved programs for offenders, which are designed to address specific offending behaviours and the risk factors for re-offending. The table below shows the total number of individuals who participated in compendium programs by program category in 2017/18.

Program category	Custody	Community	Total
Agression & Violence Programs	2,735	1,573	4,308
Addiction Programs	4,232	1,195	5,427
General Offending	1,598	3,117	4,715
Reintegration Interventions*	16,559		16,559
Well-being	589		589
Sexual Offending	145	257	402
Young Adult Offenders	382		382
Health Promotion	16,158		16,158
TOTAL	42,398	6,142	42,398

* These programs are delivered to inmates in custody only.

How are offenders assessed for programs?

Offender assessments are very important tools used by CSNSW to identify offenders who have the highest risk of re-offending. Accurate assessments ensure that offenders participate in rehabilitation programs which are relevant and responsive to their specific needs.

In 2013, CSNSW established a Compendium of Accredited Assessments for offenders in both custody and the community, which ensures that all assessments conducted are evidence-based, systematic, cost-effective and relevant to the division's goals.

There is a range of assessments available:

- Level of Service Inventory – Revised (LSI-R)
- Sex Offender and violent offender specific risk assessments
- Treatment Readiness Questionnaire
- General Assessments (e.g. drug and alcohol issues, brain injuries and other disabilities, mental health, personality and cognitive deficits)

What is the LSI-R assessment tool?

The LSI-R is used internationally and is one of the most effective methods of establishing what level of intervention is appropriate for an offender to reduce his/her re-offending. It is the most common assessment administered by CSNSW. With the exception of sex offender programs the LSI-R is the tool used to inform a program pathway for each offender with a sentence of six months or more. The following table shows the number of offenders by categories of risk of re-offending, as identified by the LSI-R in 2017/18.

Risk level	Number of offenders
Low	4,698
Low-Medium	9,145
Moderate	11,703
Medium-High	5,414
High	1,280
TOTAL	32,240

The EQUIPS suite of programs

The CSNSW EQUIPS (Explore, Question, Understand, Investigate, Practice, Succeed) suite of programs address the criminogenic needs of the largest number of offenders across the state. EQUIPS targets those offenders identified at a medium to high risk of re-offending.

EQUIPS includes a foundation program (general offending), plus three offence-specific programs addressing aggression, domestic abuse and addiction, depending on the needs of the participating offender. Each of the four program modules is 20 sessions of 2 hours in length and

will enhance the intensity of programming for moderate risk offenders. All modules target the empirically derived risk factors for offending, and offenders will develop an offence map and self-management plan specific to their individual needs.

Sex and Violent Offender Therapeutic Programs

Sex and Violent Offender Therapeutic Programs (SVOTP) provide a range of treatment services for sex and violent offenders in both custody and the community. The overall goal of these programs is to reduce the likelihood that treated individuals will continue with sexual and violent offending behaviour upon their return to the community. The SVOTP are cognitive-behavioural therapy based and promote individual strengths to encourage offenders not to re-offend.

There are also intensive sex and violent offender programs for offenders with an intellectual disability.

The high intensity SVOTP take up to 12 months to complete and are generally followed by participation in community-based maintenance programs to assist offenders with the transition to the community.

Intensive Drug and Alcohol Treatment Programs

The Intensive Drug & Alcohol Treatment Program (IDATP) is a 6 to 8 month program incorporating a range of therapeutic, health, education, vocation and pre-release interventions aimed at addressing substance dependence, offending behaviour and reintegration. IDATP Recovery Maintenance is available to program graduates in the community.

What programs target young adult offenders?

In 2018, young adult offenders (aged between 18 and 25) made up approximately 18% of the offender population. A range of programs has been designed to address the specific criminogenic needs of both male and female young adult offenders, such as the Adventure Based Challenge, Gurnang Life Challenge, Young Adult Preparation Program and the Young Adult Satellite Program.