

Building mental health support in  
the justice system for people and  
their whānau.

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**WHERE TO FROM HERE?**

# Positions Vacant.

## The Pilot.

Mental Health and  
Reintegration  
Services (IMHRS)

## The Position.

Whanau Wraparound  
Clinician.



# Background to this innovative pilot scheme.

“The high prevalence of mental illness among prisoners means that the Department of Corrections is managing more people with mental illness than any other institution in New Zealand”

Ray Smith, Chief Executive Department of Corrections.

*Q: Just how big is the problem of Mental Health in the offender population?*

### **Formative Research.**

Comorbid substance use disorders and mental health disorders among New Zealand Prisoners (2016)

- 1200 prisoners screened for mental health disorders, including :
  - Anxiety or Mood Disorder
  - Substance Use Disorder
  - Eating Disorder
  - Personality Disorder
  - Psychotic Symptoms
  - Psychological Distress
  - Suicidal thoughts/behaviour

# Main Findings.....

## Prison Population Sample

Overall: 91% Life time Prevalence of MH Disorder.

- X 1.5 Increased Risk for Anxiety Disorders
- X 3 Increased Risk for Any Mental Disorder
- X 3 Increased Risk for Mood Disorder.
- X 4 Increased Risk for Two or more Disorders
- X 13 Substance Use Disorder

# The Innovation: IMHRS Otago.

- A pilot service for people in the Justice system with Mild to Moderate Mental Health (MH) Disorder.
- On site/ 'in situ' primary care to improve access to MH services for this population.
- Deliver 'Stepped Care' Model of Service for this population.
- Adjunctive intervention extended to whānau.

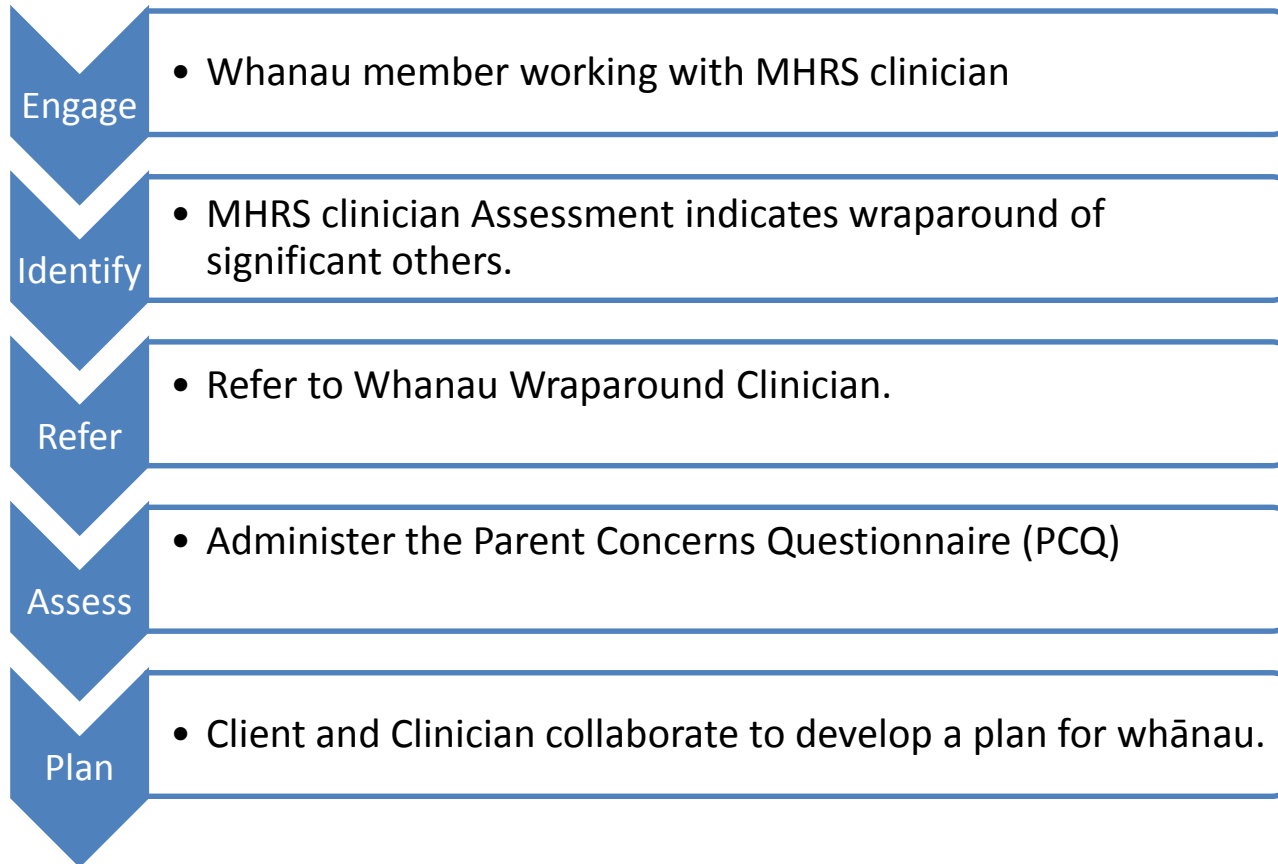


Mental Health and Reintegration Service

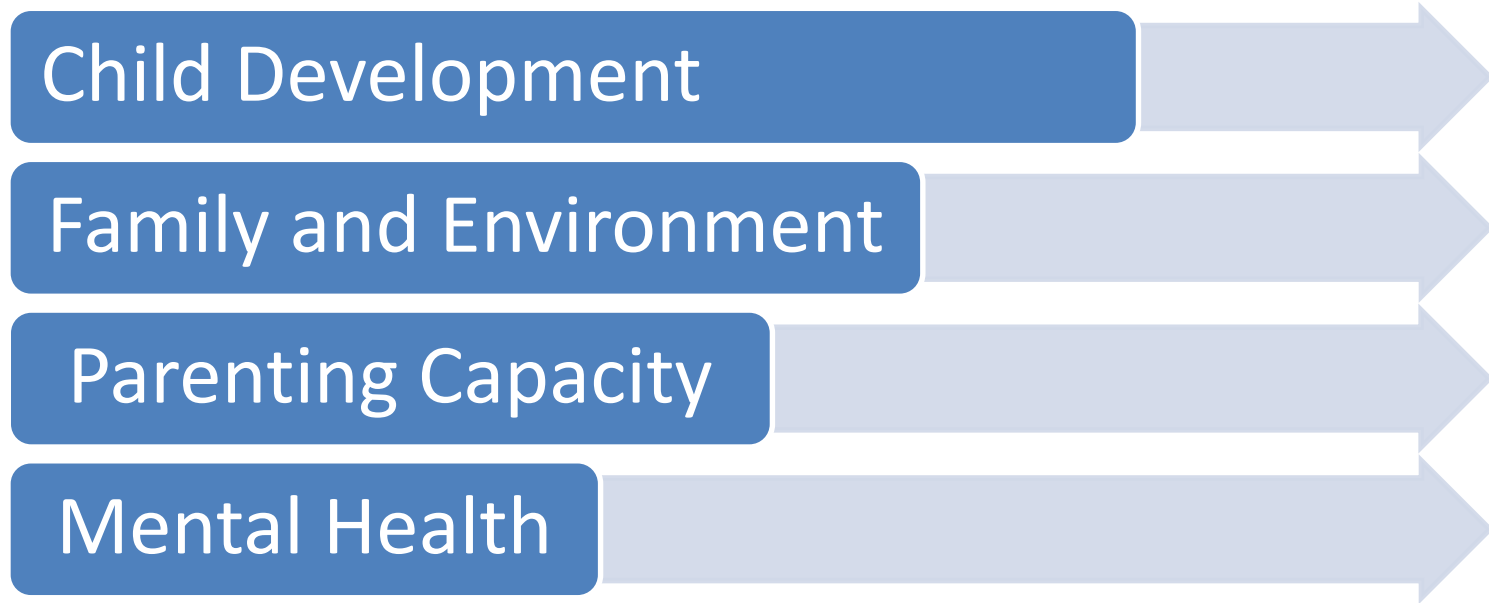
# **THE ROLES**



# Whānau Wraparound Clinician (WAF Role)



# The PCQ

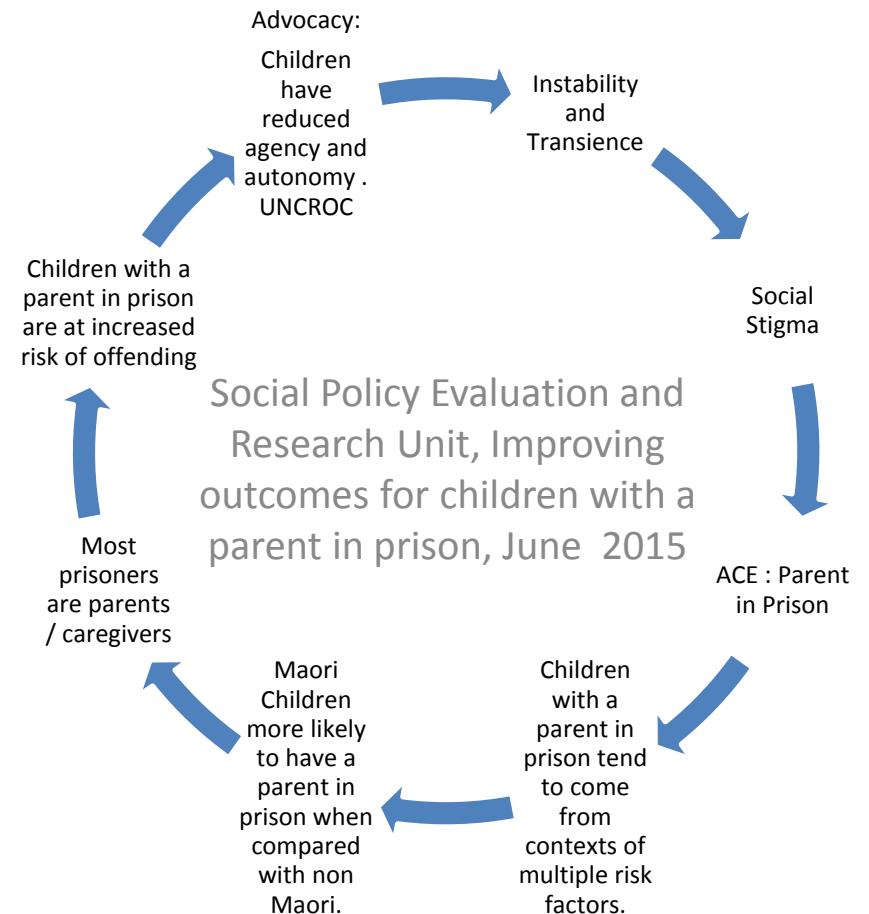


Caregiver prioritises issues and together, WAF and Caregiver develop a “SMART” Plan.

# Focus on Children:

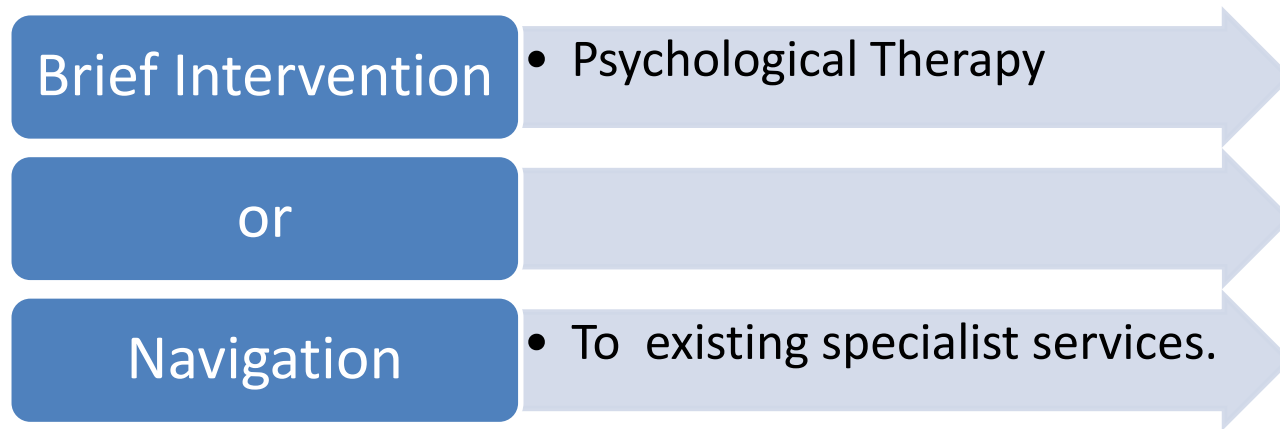
Psychologists recognise a responsibility to promote the best interests of children/young people.

(Code of Ethics for Psychologists working in Aotearoa, 2002)



# Clinical Role: Mental Health Clinician

- Comprehensive MH assessment.
- Intervention:



# Clinical Role: Mental Health Clinician

## Education Role.

- Deliver Evidence Supported/Based information to the Department of Corrections Staff.
- Reflective Practice Sessions.
- Contributions to Workshop events.
- Health Promotion for Offenders.



Ethical, Professional and Legal issues specific to Psychology.

# **OPPORTUNITIES & CHALLENGES**

# Industrial Organisational Psychology

- As this is a Pilot scheme psychologists can provide feedback regarding problematic systemic Issues
- The design of a system can affect the efficacy of interventions.
- Feedback can guide the development of the Pilot to enhance efficiency.



# Legal:

## Confidentiality.

- Consent to Share Information
- The 3 Harms.
- Court issued warrant for Case Notes...rare but possible.





# Familiarity Breeds Contempt

Management of Confidentiality when a MH facility is embedded in a Justice Facility.

Strategies to manage:

1. Reflective Practice
2. Supervision
3. The Ethics Desk.



# Observed Trend



- During assessment clinicians find previous diagnoses e.g. Autistic Spectrum Disorder.
- No evidence of client being engaged with specialist Needs Assessor.
- Q: What is the Impact of lack of support on offending behaviour?

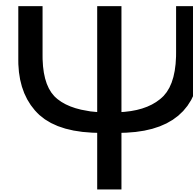
# MH Clinician: Navigation to other Services

- Advocacy role – engage/re engage client with existing services.
- Ensure that clients access services that they are eligible for.
- Psychologists' skills in formulation to support access to existing services.



# Summary

- Mild to Moderate MH disorder can be effectively managed in a Primary Care setting (MoH, 2017).
- Historically a paucity of services for people in the Justice sector. Conversely a high need for services in this population.
- High demand on MH services is associated with the over-representation of disadvantaged groups in the Justice system.
- MHRS Pilot as an opportunity to remove barriers to Mental Health Services.
- MHRS Pilot as an opportunity to assess if a positive correlation exists: improving mental health / greater uptake of rehabilitation.
- MHRS Pilot as bridging the gap between Justice and Welfare.



Existence of an identified need to create alternative options to prison and to invest in health and human capital of Aotearoa.

Psychologists have a key role in advancing these objectives.

# References

Bill of Rights for Children

<http://www.pillars.org.nz/wp-content/uploads/2017/01/Bill-of-Rights-USE-THIS-ONE.pdf>

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[http://www.psychologistsboard.org.nz/cms\\_show\\_download.php?id=237](http://www.psychologistsboard.org.nz/cms_show_download.php?id=237)

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[https://www.corrections.govt.nz/\\_data/assets/pdf\\_file/0011/846362/Comorbid\\_substance\\_use\\_disorders\\_and\\_mental\\_health\\_disorders\\_among\\_NZ\\_prisoners\\_June\\_2016\\_final.pdf](https://www.corrections.govt.nz/_data/assets/pdf_file/0011/846362/Comorbid_substance_use_disorders_and_mental_health_disorders_among_NZ_prisoners_June_2016_final.pdf)

Improving outcomes for children with a parent in prison.

<http://www.superu.govt.nz/sites/default/files/What%20Works%20Children%20of%20Prisoners.pdf>

Pillars

<http://www.pillars.org.nz/>

Primary Mental Health. Ministry of Health.

<https://www.health.govt.nz/our-work/primary-health-care/primary-health-care-subsidies-and-services/primary-mental-health>

The Parents Concerns Questionnaire.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3960007/>

Sesame Street.

<https://www.sesamestreet.org/toolkits/incarceration>