



Offers prisoners therapeutic offending behaviour interventions, supportive community living and social development with the motto:

‘Challenge to Change’.

The Core Programme consists of Prison, spur and Community Meetings, Social Development Evenings and the four main interventions, Community Living, Interpersonal Relationships, Focus, and Citizenship. In addition to these are number of Complementary Courses tailored to meet the needs of each prison. The Core programme has been accepted by the Home Office under Prison Service Order (PSO) 4350

Group work presentation at HMP The Verne. Similar courses take place in other prisons where the ‘Challenge to Change’ programmes are located

There are three basic phases in the Kainos Community programme:

- 1/ Assessing an offender's risks, needs and targeting the factors linked to offending.
- 2/ Making sure that interventions are suitable and effective for the individual.
- 3/ Evaluating effectiveness.

It is important that individuals see any interventions as being achievable.

There are three key elements:

- 1/ Reality - Identifying and setting achievable goals.
- 2/ Frankness - A clear understanding of what is expected of the men as part of the community.
- 3/ Responsibility / Accountability - To develop and enhance participant's self-worth creating a positive relationship between staff and inmate.

Prisoners on the ‘Challenge to Change’ programme will be required to fully participate in all of the interventions to successfully complete the programme.