

# APCA News

ACADEMY OF PRISONS & CORRECTIONAL ADMINISTRATION

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## DIRECTOR'S DESK



### Use of psychological tools and intervention methods in correctional work: A brief overview

It is commonly accepted that scientific classification, assessment and evaluation are essential to measure the risks and vulnerabilities of prisoners and also to formulate effective treatment programmes for their reformation and rehabilitation. Use of psychological tools and instruments for screening, assessing and classifying prison inmates is very common in advanced prison systems across the world. Prison systems from across the globe have developed, experimented, and implemented several comprehensive risk assessment methods in order to develop intervention strategies targeting the criminogenic needs and risks of prisoners. Further it is helpful in reducing recidivism and to enhance public security. This write-up is an attempt to highlight some examples of psychological tools and assessment methods adopted by prison services of few countries.

In Australia, the Western Australian (WA) Correctional Services use an 'Offender Management Assessment Framework' which

includes initial screening, general risk and need assessment, and crime-specific assessment. Their correctional services employ the Risk of Reoffending – Prison Version (RoR-PV) as a screening tool to determine the next level of assessment and targeting of criminogenic programs. Offenders showing a higher risk of reoffending will be assessed with the help of the 'Level of Service/Risk Need, Responsivity (LS/RNR)' tool. This LS/RNR is a comprehensive and gender-informed measure of risk and needs factors to inform the offenders' risk of reoffending, rehabilitation needs and most relevant factors related to planning of educational, vocational and other treatment programs inside the prison. The WA Correctional Services also use offence specific assessments for general violence, family and domestic violence (FDV) and sexual offenders.

In Hong Kong, the Correctional Services Department (CSD) has developed a management tool known as the 'Risks and Needs Assessment and Management Protocol for Offenders' in 2006. This Protocol assesses the re-offending risks and rehabilitative needs of individual offender so that appropriate rehabilitative programmes could be developed to reduce their chances of

*(continued in page 2)*

## Special Events

### APCA trainee officers called on Shri. M. Venkaiah Naidu, Honourable Vice President of India



The Honourable Vice President, Shri M. Venkaiah Naidu and the trainee officers of 20<sup>th</sup> Batch Basic Course and Prof. Beulah Emmanuel, Professor in Social Work, APCA in New Delhi on 20.06.2018.

It was a quite historic and proud occasion for the Academy when the trainee officers of 20<sup>th</sup> Batch Basic Course called on Shri M. Venkaiah Naidu, Honourable Vice President of India on 20.06.2018 at New Delhi. The Honourable Vice President stated that prisons must act a deterrent against crimes and prison

officers have to reform the inmates. Further, the Honourable Vice President urged the trainee officers to provide counseling to prison inmates and build consciousness among them. Prof. Beulah Emmanuel, Professor in Social Work led the team of trainee officers.

**Shri. Ashutosh Shukla IPS, Member, BoM of APCA and ADGP & IG of Prisons of Tamil Nadu visited the Academy**

Shri. Ashutosh Shukla IPS, Member, BoM of APCA and ADGP & IG of Prisons, Tamil Nadu visited the Academy on 12.06.2016. He has interacted with the trainee officers of 21<sup>st</sup> Batch Basic Course which is comprised of 70 Assistant Jailors from Tamil Nadu.

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re-offending and help them reintegrate into the society. It is an evidence-based and scientific rehabilitation instrument for classifying offenders into levels of risk and to identify and to prepare treatment programmes to address prisoners' needs such as anti-social attitudes, weak employability etc. which are generally related to recidivism. It helps prison authorities to predict the static re-offending risk of offenders by considering quantifiable historical factors, including age at admission, conviction history, behaviour during incarceration, act of escape, any breach of supervision, nature of sentence, level of education, employment status, drug abuse and addiction history, gang association, etc. Subsequently, Prediction Tables are prepared wherein prisoners are classified into one of the three re-offending risk categories, i.e. 'Low', 'Moderate', and 'High'. Apart from that a Needs Assessment will also be conducted to identify a set of personal and interpersonal factors and behaviours associated with offending, which are dynamic risk factors. Seven need domains, including 'Employment', 'Family/Marital Status', 'Associates', 'Drug Abuse', 'Community Functioning', 'Personal/Emotional' and 'Criminal Attitude', are assessed by rehabilitation officers through interviews. Each need domain is rated in terms of severity as 'Considerable Need', 'Some Need', 'No Need' and 'Asset'. Supplementing data will be collected from family, case files and past records of the offenders. This assessment helps to determine the rehabilitative planning and programme matching that are suitable for the targeted offenders. The structured treatment programmes with self-help assignments are conducted in groups by staff of Rehabilitation Units and Psychological Services Sections. Since 2006, more than 38,800 persons in custody have undergone re-offending risks and rehabilitative assessments.

Further, the rehabilitation officers evaluate precisely the rehabilitative need domains of the offenders and arrange appropriate programme matching and counselling services throughout their incarcerations. The CSD also invites non-government organizations (NGOs) to participate in the counseling groups for effective deployment of resources of NGOs. Coupled with the professional clinical psychologists and dedicated rehabilitation officers in the implementation of the rehabilitation programme, together with strong community support, the reintegration of offenders have become more promising and efficient. Over the last decade, the recidivism rate in Hong Kong has decreased from 39.9% based on 2000 as the year of discharge to 27.1% based on 2015 as the year of discharge.

The Malaysian Prisons Department also implements various assessment tools. The most prominent tools are KYKO (Know

yourself-Know others) which is an inmate profiling tool, and psychological test which consists of DASS (Depression, Anxiety and Stress Scale), BDI (Beck Depression Inventory), DAST-20 (Drug Abuse Screening Test – 20) and URICA (University of Rhode Island Change Assessment Scale). These tests are conducted within 14 days upon inmates' entry into prisons and repeated after 6 months. These tools measure and detect possible risk and mental state of each inmate and also assist the prison management to place the inmate at an appropriate placement and supervision.

KYKO - an acronym for 'Know Yourself, Know Others' - adapted from Sun Tzu Art of War, assists the prison officers to generate and develop winning strategies to make things happen. KYKO is an integrated five dimensions model of personality to map out the pattern of behavior of prisoners and to find solution of the problem caused by human differences. KYKO serves to assess risk at an early stage of imprisonment and the prison administration will be able to place the inmate at the right accommodation block. The results of the tests provide information on the qualities and behavioral pattern of the inmate that causes the problems. The information provided will determine issues faced by inmate for better rehabilitation program and treatment. KYKO also assess the readiness for parole and community rehabilitation programme.

One of the notable step the Malaysian Prisons have taken is a specialized screening for prisoners admitted under drug related offences. Such inmates are screened by using Drug Abuse Screening Test-20 (DAST-20). The purpose of DAST-20 is to provide a brief, simple, practical but valid method to identify individuals who are abusing psychoactive drugs and show a quantitative score of problem related to drug use and misuse. Inmates with high scores are usually sent for Methadone programme (A comprehensive treatment program that involves the long-term prescribing of methadone as an alternative to the opioid) and there is also Therapeutic Community (TC) programme for the inmates who show medium or less tolerance for drug misuse. URICA (University of Rhode Island Change Assessment Scale) is a self-report measure that is used to assess an individual readiness to change when entering prison. URICA test is also conducted if the inmates are qualified for the parole system or any community rehabilitation system. The reason is to evaluate the readiness of an inmate to change. The inmate's level of motivation for change and the information they reveal in the URICA will be used to guide treatment options. It provides strategies and processes that can guide a person through significant life changes. If the inmates show significant changes, then they are qualified for parole and community rehabilitation programme.

Use of psychological tests and assessment tools to determine risk and needs smoothes the prisoner management and rehabilitation. This will help the prison departments to proceed through the right path to achieve the mission of corrections and developing productive citizens through effective rehabilitation and strategic integration. Utilization of such scientifically developed tools and methods for assessment, classification and treatment of inmates are not widely used in our Indian prisons. However, there are some innovative



practices being introduced. In 2015 the Telangana State Prisons have launched a program named 'Unnathi'- a cognitive behavioural change intervention programme, with an aim to curtail recidivism by helping prisoners to accomplish five R's – reason, reset goals, reform remain, responsible, and return not to prison. Each batch consisting of 30 prison inmates undergo training in 12 aspects, right from discipline, psychological therapy to de-addiction and other core issues in a 20-day session. These types of correction oriented treatment programmes need to be incorporated in imprisonment. Otherwise, our prisons will continue as centers of mere custody, serving no correctional work at all. (Courtesy for details: APCCA Newsletter Issue No. 44, April 2018)

### Courses and Programmes Conducted During April – June 2018

#### Sensitization Programme on 'Drug Abuse Prevention' for Prison Officers

The TT Ranganathan Clinical Research Foundation, Chennai (a Regional Resource and Training Center approved by the Ministry of Social Justice & Empowerment, Govt. of India) organized a One-Day Sensitization Programme on 'Drug Abuse Prevention' for trainee officers of the Academy on 17.04.2018. Sessions on topics like 'Basic facts about drugs'; 'Treatment for addiction management'; and 'Tobacco cessation' were covered in the training programmes. A total of 102 prison trainee officers attended the programme. Ms. Reshma Malik, Coordinator, RRTC and Ms. Jacqueline David, Senior Counselor, TTCRF were the resource persons.

#### Capacity Building Course for Prison Officers



Shri. Anand Katoch, Director, NISD, New Delhi, inaugurating the course. Shri. V.S. Raja, Director; Shri. K. Radhakrishnan, Deputy Director and Prof. (Dr.) A. Mathan Raj, Professor in Criminology are also seen.

The Academy conducted a 2-Day Capacity Building Course (CBC) for prison officers in association with Vruksham, Bangalore from 08.05.2018 to 09.05.2018. Shri. Anand Katoch, Director, National Institute of Social Defence (NISD), New Delhi inaugurated the course. Sessions on topics such as 'Leadership', 'Leadership with Difference', 'Motivation', Video Feel & Quiz', 'Self Esteem', 'Personality Development', 'Stress Management', and 'I'm Proud to be Prison Staff' were included in the course. Shri. Suresh, Shri. Murthy and Shri. Prakash were the resource persons of the course.

#### Convocation of 19<sup>th</sup> Batch Basic Course



Shri. H.S. Revanna IPS, DIG of Police (Prisons), Prison Headquarters, Karnataka, distributing certificates to trainee officers; Sri V.S. Raja, Director; Sri. K. Radhakrishnan, Deputy Director are also seen.

The convocation of 19<sup>th</sup> Batch Basic Course was held on 05.06.2018. Shri. H.S. Revanna IPS, DIG of Police (Prisons), Prison Headquarters, Karnataka, was the chief guest during the occasion. The batch comprised of one female Assistant Superintendent, five male Assistant Superintendents and one Jailor from Karnataka; two Deputy Jailors from Andhra Pradesh; four Assistant Superintendents (Grade-I) from Kerala and one Assistant Jailor from Nagaland.

Shri. Srinivasa, Assistant Superintendent, Karnataka received the medal for Best in Outdoor and also bagged the medal for Best All-Rounder. Ms. Apeksha Satish Pawar, Assistant Superintendent, Karnataka received the medal for Best in Subjects.

#### Internship Programme of M.Sc. Criminology Students

The Academy hosted an internship programme from 10.06.2018 - 20.10.2018 for 2 students of M.Sc. Criminology and Criminal Justice Science, viz., Shri. M. Annadurai & Shri. N. Naveen from the Department of Criminology, M.S. University, Tirunelveli. The students were exposed to various training, field visit, research and allied activities of the Academy. Prof. (Dr.) A. Mathan Raj, Professor in Criminology, APCA coordinated the internship programme.

#### South India Study Tour of 19<sup>th</sup> and 20<sup>th</sup> Batch Basic Courses



Shri. B. Pradeep, Director, SICA-cum- DIG, South Zone, Kerala and Prof. R. Kanagaraj, Professor in Criminology and trainee officers of 19<sup>th</sup> and 20<sup>th</sup> Batch Basic Courses, during their South India Study Tour.



Trainee officers of 19<sup>th</sup> and 20<sup>th</sup> Batch Basic Courses visited various prisons and allied institutions in the states of Tamil Nadu and Kerala as part of their South India Study Tour from 28.04.2018 to 02.05.2018. During the tour they have visited District Prison, Ramnad; Central Prison, Madurai; Open Prison, Nettukaltheri; Central Prison and Correctional Home, Thiruvananthapuram; Central Prison, Coimbatore; and Sub Jail, Ooty. The team also called on Shri. B. Pradip, DIG, Prisons-cum-Director, SICA, Kerala. Prof.R.Kanagaraj, Professor in Psychology, led the team.

### North India Study Tour of 20<sup>th</sup> Batch Basic Course

The trainee officers of 20<sup>th</sup> Batch Basic Course visited various prisons and other institutions as part of the North India Study tour, organized from 12.06.2018 to 04.07.2018. The team visited Central Jail, Bhubaneswar, Odisha; RICA, Dum Dum; Central Correctional Home, Dum Dum; Central Correctional Home, Alipore; and Presidency Correctional Home, Alipore, Kolkata, West Bengal; Central Prison, Varanasi; Sampurnanand Jail Training Institute, Lucknow; and Central Prison, Agra; Uttar Pradesh; District Jail, Bhondsi, Gurgaon, Haryana; National Crime Records Bureau (NCRB); Tihar Prisons; Bureau of Police Research and Development (BPR&D), and National Human Rights Commission, New Delhi; Central Prison, Kotbawal, Jammu and District Jail, Udhampur; Wagah border, Central Prison, Amritsar; Jail Training Institute, Patiala; and Maximum Security Prison and District Jail, Nabha; Punjab; Central Prison and Women Prison, Jaipur; Open Air Camp, Sanganer, Jaipur, Rajasthan; Central Jail, Ahmedabad, Gujarat; Central Prison, Yerawada, Pune and Central Prison, Arthur Road, Mumbai, Maharashtra.

During the tour the trainee officers have called on Shri. M. Venkaiah Naidu, Honourable Vice President of India. They have also called on the Addl. D.G. of Prisons, Odisha; D.G. & I.G. of Correctional Services, West Bengal; the D.G. and Addl. D.G., BPR&D; Director General of Prisons, Tihar, New Delhi; Director General of Police (Prisons), Jammu & Kashmir; Director General of Prisons, Rajasthan; and Addl. D.G.P & I.G. of Prisons, Gujarat.

The trainee officers also attended a 3-Day Orientation Programme for Prison Officers organized by Tata Institute of Social Sciences, Mumbai. Prof. Beulah Emmanuel, Professor in Social Work, led the team.

### Commencement of 22<sup>nd</sup> Batch Basic Course

The 22<sup>nd</sup> Batch of Basic Course was commenced on 01.06.2018. The batch is comprised of two Deputy Superintendents from Andhra Pradesh; six Jailors from Tamil Nadu; three female Assistant Jailors and five male Assistant Jailors from Tamil Nadu.

### Retirement of Staff

Shri. D. Varadraj, Administrative Officer and Smt. Geetha Seshadri, Assistant retired from service on 31.05.2018. Shri. Varadraj served the Academy for 33 years. He has joined service in 1985 as Junior Assistant-cum-Typist, promoted as Stenographer in 1994 and as Administrative Officer in 2013. Smt. Geetha Seshadri has served the Academy for 34 years. She has joined the service in 1984 as Junior Assistant-cum-Typist and promoted as Assistant in 1999.



Shri. V.S. Raja, Director, APCA honoring Shri. D. Varadraj, Administrative Officer and Smt. Geetha Seshadri, Assistant during the farewell function. Shri. K. Radhakrishnan, Deputy Director looks on.

Shri. V.S.Raja, Director, honoured and presented them with mementos on behalf of the Academy and the staff in a farewell function organized at the Academy. APCA wishes them a healthy and happy retirement life.

### New staff members join APCA



**Ms. Jayasree**, who has been working as Office Superintendent in Andhra Pradesh Prisons and Correctional Services Department joined the Academy as new Administrative Officer and **Shri. Panduranga**, who has been working as Senior Assistant in Andhra Pradesh Prisons and Correctional Services Department joined the Academy as new Assistant on deputation, from 01.06.2018 onwards. The Academy welcomes them to its fraternity.

### Special Lectures/Training Sessions

During April-June 2018, the Academy organized the following special lecturers/training sessions:

- **Sri. Arivudainambi, DIG of Prisons**, Coimbatore, delivered special lectures on 19.04.2018 & 10.05.2018
- **Sri. Murugesan, DIG of Prisons**, Chennai, delivered a special lecture on 20.04.2018
- **Smt. Jaya Bharathi, DIG of Prisons**, Vellore delivered a special lecture on 04.05.2018
- **Sri. Arutchelvan, Senior Executive Engineer**, Electrical Safety Dept., TANGEDCO conducted a special training session on 'Electrical Safety and Building Maintenance', on 27.06.2018



## Field Visits of Trainee Officers

During April-June 2018, the trainee officers have visited the following organizations/institutions:

- **Worth Trust, Katpadi on 11.04.2018**
- **Central Prison, Vellore on 17.05.2018**
- **Government Children's Home for Boys, Ranipet on 25.05.2018**
- **Central Prison Complex, Puzhal, Chennai on 19.06.2018 & 21.06.2018**
- **Society for the Educational and Economic Development (SEED), Sriperumbudur on 19.06.2018 & 21.06.2018**
- **Rural Unit for Health and Social Affairs (RUHSA) - A Rural Community Health Care Programme of CMC, KV Kuppam on 28.06.2018 & 29.06.2018**

## Photo Feature

### Best Performers of 19<sup>th</sup> Batch Basic Course



Ms. Apeksha Satish Pawar, Assistant Superintendent, Karnataka (Medal for Best in Subjects); Shri. Srinivasa, Assistant Superintendent, Karnataka (Medals for Best in Outdoor and Best All-Rounder) and Dr. Chidanandaswamy (Certificate for scoring highest marks in Criminology, Sociology & Social Work; and Constitution and Human Rights).



Shri. Anand Katoch, Director, NISD, New Delhi, addressing the participants of Capacity Building Course for Prison Officers on 08.05.2018. Shri. V.S. Raja, Director; Shri. K. Radhakrishnan, Deputy Director and Prof. (Dr.) A. Mathan Raj, Professor in Criminology are also seen.



Dr Ruchi Sinha, Associate Professor & Chairperson, Centre for Criminology and Justice, TISS, Mumbai and Prof. Beulah Emmanuel, Professor in Social Work, APCA and trainee officers of 20<sup>th</sup> Batch trainee officers during training program at TISS, Mumbai.



Dr. Bhupendra Singh IPS, DG Prisons, Rajasthan and Prof. Beulah Emmanuel, Professor in Social Work, APCA and trainee officers of 20<sup>th</sup> Batch trainee officers during their North India Study Tour.



Shri. V.S. Raja, Director, Shri. K. Radhakrishnan, Deputy Director, faculty and other staff members, after the farewell function of Shri. D. Varadraj, Administrative Officer and Smt. Geetha Seshadri, Assistant on 31.05.2018.



## Photo Feature



Shri. H.S. Revanna IPS, DIG of Police (Prisons), Prison Headquarters, Karnataka; Shri. V.S. Raja, Director; Shri. K. Radhakrishnan, Deputy Director, and faculty members and trainee officers of 19<sup>th</sup> Batch Basic Course after their convocation on 05.06.2018.



Shri. Ashutosh Shukla IPS, Member, BoM of APCA and ADGP & IG of Prisons, Tamil Nadu, Shri. K. Radhakrishnan, Deputy Director, and faculty members with the trainee officers of 21<sup>st</sup> Batch Basic Course (Group-1) & 22<sup>nd</sup> Batch Basic Course on 12.06.2018.



Shri. Ashutosh Shukla IPS, Member, BoM of APCA and ADGP & IG of Prisons, Tamil Nadu, Shri. K. Radhakrishnan, Deputy Director, and faculty members and the trainee officers of 21<sup>st</sup> Batch Basic Course (Group-2) on 12.06.2018.

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