

Evaluation of the Resilience Program in State Prison Midtjylland, Denmark June 2016

In 2015, the Danish Committee for Health Education and the State Prison Midtjylland carried out a pilot project, which aimed to investigate whether the Committee's Resilience Program (Robusthed.dk) can be useful in Prison and Probation Service, especially in relation to the staff's working environment, including prevention and handling of threats and violence.

Members of the project's steering group: Representatives from the State Prison's management, staff representatives, HR representative from group management, and consultant Poul Lundgaard Bak MD, from the Committee for Health Education.

The project included:

- Training of 14 "Resilience Supervisors" on a two-day course in May 2015 + follow-up supervision in October 2015.
- Intro lectures (3 hours) to all employees in September 2015 (the vast majority of employees participated).

½ year later (April 2016), all employees were asked to fill out a questionnaire with their assessment of the Resilience Program's utility.

The present evaluation is based on responses from 100 employees who have participated in lectures and/or courses. One of the departments has - caused by a practical issue - not returned any answers.

Questionnaire to employees April 2016

Participant number

| | | |
|--|--|--|
| Has participated in intro-lecture and/ or supervisor course | | Has not participated in neither intro-lecture or supervisor course |
| 100 | | 14 |

The participants' evaluation of the Robustness Program is shown below (Number: 100). Those who have stated that they have not participated in either lecture or course (14 persons) are not included in the evaluation, as they have not had the prerequisites for dealing with the questions. One department did not fill out questionnaires- because of a practical issue. The numbers below are the number of answers - and since the numbers are based on 100 answers, this is of course also percentages.

What do you think about the Resilience Program?

| | | | | |
|---------------------|----------------|------------------------|-----------------|----------------------|
| 1 It is very bad | 2 It is bad | 3 It is god and bad | 4 It is good | 5 It is very good |
| | | 11 | 42 | 22 |

How do you judge the Resilience Program in comparison with other programs and courses you have experienced within the latest years?

| | | | | | |
|------------|---|--|--|---|--|
| Don't know | 1 The Resilience program is <u>much worse</u> than other programs / courses | 2 The Resilience program is <u>worse</u> than other programs / courses | 3 The Resilience program is <u>neither worse or better</u> than other programs / courses | 4 The Resilience program is <u>better</u> than other programs / courses | 5 The Resilience program is <u>much better</u> than other programs / courses |
| 6 | | | 23 | 36 | 10 |

Is the Resilience Program useful? Does it mean something?

| | | | | |
|---|--|--|---|--|
| I do not use the Resilience Program | The Resilience Program is meaningful in my work | The Resilience Program has influenced the way I prevent and handle serious situations in my work | I occasionally talk to colleagues about the knowledge and tools of the Resilience Program | I occasionally talk to the inmates about the knowledge and tools of the Resilience Program |
| 21 | 18 | 16 | 23 | 13 |
| The Resilience program has significance in my personal life / privacy | In total 79 out of 100 believe that the Resilience Program is important and can be used for one and/or the other, professionally and/or privately. | | | |
| 17 | | | | |

The steering committee has an idea of offering the Resilience Program to inmates as an AMU course. - As a way to anchor the Resilience Program in the organization, influence the environment in the departments and strengthen social rehabilitation. Is that a good idea?

| | | |
|-----------|----------|------------|
| Yes | No | Don't know |
| 63 | 5 | 8 |

In the questionnaire, the employees had the opportunity to write other comments and ideas.

A total of 11 employees have written comments:

- The Resilience Program is a great tool, but I'm not convinced that our clients are mentally susceptible to it
- Good feedback from colleagues and friends, good presentations from Poul Bak, worth working on with the concept.
- Super initiative / project
- Misses follow-up and that it is used more in everyday life by employees as well as supervisors.
- A single intro lecture is not enough to implement it in my daily life.
- Seems that the theme day was interesting. But I do not think we can stick to the method in everyday life. If the inmates are to learn the method at AMU, it is perhaps an idea that our staff also come to AMU - just so we speak "the same language".
- One should have used the project as intended for employees and not inmates.
- Thought it was initially meant for us employees and not inmates.
- No to the Resilience Program as an AMU, since it is my assessment that the Resilience Program's strength should be found in a longer lasting "influence".
- It will be able to cope with stress, one learn to stay focused and sleep better.
- I have had difficulty implementing the program in everyday life, mainly due to the lack of opportunity for multidisciplinary reflection.

The Pharmacy of the Brain

During the Resilience Supervisor course we developed a small experiment aimed at investigating the possibility of preventing threats and violence in connection with drug delivery.

The idea was to offer inmates a 20-minute audio file - "Pharmacy of the Brain", which they were asked to listen to at least once every night for at least 14 days. The audio file contains simple information about the brain as well as ideas and images from the Resilience Program to improve sleep and reduce addiction.

After a pilot trial with 3 inmates in the summer of 2015, several inmates have since used the audio file.

Some of the staff and relatives/friends have also used the sound file - in relation to stress and sleep problems.

Users were provided with a fact sheet along with the audio file.

In the questionnaire, the employees had the opportunity to comment on the following questions:

If you have used the audio file "Pharmacy of the Brain" in relation to inmates - or yourself or relatives / friends & acquaintances, please write a little about what came out of it? A total of 14 employees have written comments:

- I have used the brain pharmacy a lot at HI and have probably 15 CDs in circulation
- Have used it privately - focus away from the negative thoughts
- Better sleep
- Have used it myself and a good friend got a CD because sleep problems
- Stress and insomnia
- My thought pattern has been given a sequence and "stupid thoughts" are allowed to be there as the "train" stops and continues with new thoughts.
- I have used it in relation to inmates who have gained something from it. Among other things, it has helped the sleep of a few inmates.
- Peace of mind, easier to fall asleep
- Hear the sound file every morning on the way to work. Is then able to activate the "button" in the brain when needed.
- I've heard "The Brain Pharmacy" once, Don't think I can use it as a relaxation or release of endorphins (or whatever it is called).
- I was pleasantly surprised. I passed it on to others and they told me they got something out of it.
- Help for sleep
- Unfortunately, my sound file did not work after 5 days, but despite that it helped me in a positive direction, the glass is always half full.
 - Has provided a CD with the audio file for three clients. Two found it very useful. The last one used it spontaneously when he was thinking.

In addition, Resilience Supervisors interviewed a total of 6 inmates about their use of the audio file "Pharmacy of the Brain". The inmates answered 3 questions:

How Much Have You Used "Pharmacy of the Brain (for instance, how many times have you listened to it - and when?). The inmates responded as follows:

1. Indtil nu 7 gange. Først til nat nogle gange. Efterfølgende også om dagen.
2. A) Lyttet 3-4 aftener i 3-4 uger lige før sengetid. B) Lyttet til cirka 5-10 gange i en måned.
3. Jeg har ikke behov for at lytte så ofte som i opstarten, måske ugentlig eller hver 14. dag.
4. 6 gange.
5. Cirka 3 gange om ugen.
6. I starten 2-4 gange dagligt.

What do you think about "The Pharmacy of the Brain"?

1. It is too short in duration but positive techniques.
2. A) It makes sense. B) It is good to listen to.
3. The breathing exercises work for me. "Mental spaces & figures" do not produce results.
4. I think it's good to find myself. It is well explained so I can understand it.
5. Seems very relaxing.
6. Very good.

What have you been able to use "Pharmacy of the Brain" for? (eg: Sleep, pain, mood, substance dependence)

1. Has only been using it for sleep. It helps, but it would be nice if the sound-file could last an hour.
2. Forget thoughts and fall asleep.
3. Sleep, but also to start walking-trips at intervals.
4. I'm just getting started, so it's probably too early to know when it works, but very relaxed and a good feeling.
5. When I have been stressed or unable to sleep. Have enjoyed it a lot and it has worked when I have used it.
6. Sleep. Craving for substance. (You should develop it here, go into depth about marihuana).