



hope
Housing, Training
and Support Ltd
Reg Charity number: 1133284

Re-connect

The aim of this project is to re-connect vulnerable individuals completing rehabilitation treatment with their family and society, enabling them to live a life which is free from drugs and crime. 90% of the individuals we work with have experienced a troubled past, which we need to understand and appreciate as this may have a bearing on their current issues.

By identifying the root cause of their problems, Hope HTS will support them on their journey to an independent life away from the cycle of crime and addiction.

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Step 1 is a 3-week mentoring programme consisting of weekly 1-hour visits whilst the individual is at the treatment centre or prison. At the end of step 1, the individual is taken into Hope Housing.

Why is this consultation so important?

When the individual is ready to leave the treatment centre or prison, they can feel extreme anxiety about their situation, i.e. Who do I know? Who will help? How will I cope? Where will I live? Who will help me fill in forms? How do I get onto a college course? How do I prevent myself from falling into the system again? This stage of the project involves us providing the individuals with reassurance and preparing them for release. It is also about building a relationship with the individual in order to understand what they require to successfully complete the following 3 stages of the project. If the person is prepared to commit to the 4 steps of the Re-connect Project and work towards independent living then Hope HTS will be there to help and support them each step of the way! We only re-connect individuals following a rigorous assessment and selection process and those who have shown a positive commitment to the programme.

What is the impact of mentoring before release from the treatment centre or prison and who benefits?

The mentoring provides the individual with the reassurance of knowing that he or she is going into Hope Supported Housing. Before their release, dates will be arranged and agreed, background information on Hope Housing will be provided and the 4-step process of mentoring and counselling over the following 12-week period will be explained. The mentor will visit the individual in treatment or prison once a week for 3-weeks prior to release. On release, transport will be arranged to bring the vulnerable person to Hope HTS to begin their 2nd step towards a new life.

What positive difference will step 1 make?

The individual will have the peace of mind of knowing that there is a team of people working with them who care for them, without judging their situation. The team will support the individual attending probation and DAT groups. The anxiety of being institutionalised and the reality of signing on for benefits and not receiving them for 3-4-weeks is sometimes too much for them to bear and the result of this is often re-offending or relapsing. To arrive at a new home with the support of a trained and helpful team is a relief in itself.

Evaluation

On arrival at Hope Housing, the individual will be required to fill in an evaluation of step 1 of the programme.

Total cost for step 1: £260.00 per person

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Following release from treatment or prison, it is important to ensure that the individual remains focused and engaged in the programme. This can be a challenging but vital area of the project.

What happens during this stage of the project?

The individual will receive regular drug and alcohol testing, attend probation and receive support with benefits. During counselling sessions, a visual support plan will be agreed providing purpose, focus, guidance and direction.

What is the role of the support team?

The role of the support team is varied, but includes:

- Support with essentials such as doctors appointments, obtaining benefits and completing forms.
- Providing guidance and direction.
- Giving praise and encouragement.
- Providing empathy without judgement.
- Helping with diary planning and noting dates where attendance is required.
- Acting as an impartial contact, providing support and help when needed.

Evaluating the success of step 2

On completion of step 2, the individual's attendance, progress, achievements and level of self-belief will be evaluated in order to make recommendations as to whether the level of support needs to be reduced or increased. Step 3 will then be planned and feedback/progress will be given back to the individual.

Cost

Support worker 3 hrs per week £60.00 (x 4) = £240.00

Counsellor 1 hr per week £45.00 (x 4) = £180.00

Mentor for 4 weeks £60.00

Total cost for step 2: £480.00 per person

“ More than half of the crime in this country is committed by people who have been through the system. We must now take action and shut off this revolving door of crime and re-offending. ”

Justice Secretary, Ken Clarke.

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The half way stage! The benefits of the project should now be evident. The individual will have settled into their new accommodation. During the next 4-weeks, they will be taking steps to achieve the goals set out for them in the support plan. This will add necessary structure to the individual's daily life and start them on the road to independent living.

What happens during step 3?

At this stage, the individual will be gaining the confidence needed to look at career options. They will be encouraged to focus on possible jobs, college courses, work experience or voluntary work. This is when Maximus (a pathway and work organisation) will provide added value to the project. Maximus has strong relationships with employers, including local employment partnerships, and can access funding for courses and training and can, therefore, give the individual guidance, help and support. Together, Maximus and Hope HTS can provide help and support with CVs, interview techniques and interview preparation.

The individual will now be receiving benefits, and financial independence will have begun. Money management and budgeting courses will also be available through Hope HTS.

Hope will also provide activities at the centre such as football nights, quiz nights, and BBQs to encourage self esteem and socialising.

Maintaining a positive focus

At the end of step 3, the individual will have been in supported housing for 8-weeks. An evaluation and review of the individual will be completed by the support team who will then work together to ensure that the requirements for step 4 are clear. At this point the individual may be vulnerable, and may show a temptation to go back to old behaviours. Therefore, helping them maintain a positive focus is very important.

Evaluating the success of step 3

The support team will complete an 8-week assessment and evaluation at the end of this stage. The individual should have gained more self-awareness, be completely independent in terms of finances, and with support, be actively looking at career options or seeking work or voluntary opportunities.

Cost

Support worker 3 hrs per week £60.00 (x 4) = £240.00

Counsellor 1 hr per week £45.00 (x 4) = £180.00

Mentor for 4 weeks £60.00

Total cost for step 3: £480.00 per person

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With the help of the support team and regular drug testing the individual will now be experiencing a different way of life. Working with the support worker, continuing counselling sessions, and having a mentor at hand when needed, will enable the individual to feel empowered, and gain the confidence needed to make the right choices for their future!

Benefits to the community

The individual will now be actively involved in or seeking training, education or employment. This in turn will save costs to local councils. If the individual is working on a pay-back scheme this will also add value to the community. Many of the individuals have previous skills which we can upskill in to re-connect them into employment quicker.

Evaluation

At the end of the 15-week period, the success of the programme will be evaluated by looking at the original support plan and the progress the individual has made. The individual will also have the opportunity to provide feedback which is extremely valuable in helping us to continually improve our services and support.

Cost

Support worker 3 hrs per week £60.00 x 4 = £240.00

Counsellor 1 hr per week £45.00 x 4 = £180.00

Mentor for 4 weeks £60.00

Total cost for step 4: £480.00 per person

The Re-connect project aims to successfully re-connect ex-offenders, addicts, and the homeless with society. Although the 15-week programme has finished, Hope HTS will continue to help and support the individual. By being non-judgemental, showing respect, empathy, and offering unconditional, positive regard, we can help vulnerable individuals overcome their fears, identify their inner strength and support them on their journey to an independent life away from the cycle of crime and addiction.

15 week course: £1,700.00 per person

“ Re-offending in England and Wales costs the economy up to £10bn a year. ”

The National Audit Office

“ 60% of short-sentenced prisoners commit another crime within a year of getting out. ”

The National Audit Office

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