

Initial contact was established at five contacts per week and gradually reduced as she developed appropriate relationships with staff and addressed some of the specific areas of concern. She accepted the support and was able to recognise the triggers and influences for her offending behaviour. She was then able to understand the impact of alcohol on her behaviours and relationships.

Includem helped Nina to address her offending behaviour and reflect on her consequential thinking using structured approaches, within the Includem Workbook, Targets for Effective Change and Looking Glass. One-to-one sessions focussed on Nina reflecting on and developing a clearer understanding of her own behaviour, the influences for her behaviour and the impact on herself, family and others. From these sessions Nina developed her

In September 2007 Nina lost her mother to a drink related incident, which obviously had a major impact on her. She was however, given increased support by her grandparents and Includem and this helped her to continue to make progress.

Later that year she discovered she was pregnant. This was to prove the next step in her development as she was committed to providing a stable home for her child. Nina worked well with the additional supports in place from the health centre and made the conscious decision to stop drinking and smoking. Her health was regularly checked with no concerns being raised. Nina and her boyfriend lived with her grandparents until they gained their joint tenancy in January 2008. Nina showed her ability to remain focussed, committed and take on new responsibility with the maturity it required.

“I changed as I grew up, my worker helped by talking and I have listened more”

understanding and awareness of how her behaviour may be perceived and how she interacts with others. This helped her develop skills to make more appropriate choices with the awareness of peer associations negative and positive. Work on victim empathy was necessary in the process of Nina understanding her offending behaviour. Includem worked through this by comparing and personalising her past offending behaviour, allowing her to have a greater sense of the impact.

Alcohol misuse impacted on all aspects of Nina's behaviour. Sasha responded in a positive manner when specific incidents and risky behaviours have been directly identified to be linked with her alcohol misuse. Nina now has a greater understanding of how her health was affected by the levels of alcohol consumed. She is more aware of how to identify the influence of alcohol on her behaviours and actions.

Nina was unaware of how her pregnancy would impact on her body. Staff were able to provide step by step guidance and helped to prepare her for the birth of her child, while also coming to terms with the loss of her mother. Includem also worked with her partner on several areas of his behaviour. He has been receptive to this support, which has also helped Sasha.

Their daughter was born in April 2008 and the family are coping well with the new responsibilities. There was a pre-birth Case Conference to consider the options for support, but no Child Protection measures were felt necessary due to the supports that were in place. In May she attended court for her probation review and the Sheriff acknowledged the huge steps she had taken and she received an early discharge from her probation, with all outstanding charges admonished.

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a special edition from Includem

Moving forward: Report of the Scottish Prisons Commission

This edition of Includem's information publication is a contribution to the debate on the use of imprisonment in Scotland following the launch of the Report of the Scottish Prisons Commission.

We welcome the Report's recommendation to use remand more effectively and to improve community based bail services.

We believe the research evidence on the effectiveness of our intensive support services can be drawn on for this.



We welcome the recommendation for more effective community sentences as a default to short term prison sentences, also for effective resettlement practice based on multi agency cooperation.

In our experience it is necessary to address offending behaviour and the underlying causes of the behaviour. For the high risk and vulnerable young people Includem work with, impact is achieved through development of relationships, persistence, stickability and flexibility through 24hour 7 day response.

We fully support the principle of payback. Taking responsibility and recognising harm done is a key feature of the challenge we set for young people in our work with them.

Looking to the future there are both challenges and potential opportunities for developing effective services that help young offenders to turn their lives around and keep them out of prison. Includem believe that intensive support services can play an important role in this essential agenda for Scotland.

Angela Morgan

Angela Morgan
Chief Executive

"Includem's work to support the most challenging and vulnerable young people plays a crucial role in turning young lives around and getting them on the path to a better way of life." Kenny McAskill, Cabinet Minister for Justice

Includem: Working with Scotland's most vulnerable young people, challenging offending behaviour, supporting change

Includem works to improve the lives of troubled and troublesome young people in partnership with local authorities, families and carers and other agencies. Our target group span the youth and adult justice systems.

Our core model of flexible 24/7 intensive community-based support and supervision for young persistent offenders has relevance for:

- Reducing the use of remand through provision of bail support
- Maintaining a focus on rehabilitation and community links during a period of imprisonment
- Supporting effective reintegration on release.

Where appropriate we provide support to families in order to develop their skills in setting boundaries and supporting young people to desist from crime.

Short-term residential placements are available in small houses based around Glasgow, Fife and Tayside, fully staffed by Includem, to support young people at times of acute crisis.

A specialist fostering service caters for high risk and very challenging teenagers.

For young people at highest risk eg. young people with sexually harmful behaviour, we offer tailored wraparound services, which can involve up to 24 hours a day continuous community-based support and supervision. These specialist support packages also contribute to multi-agency protection arrangements (MAPPA).

Sarah's Story

Includem involvement following a custodial sentence

Sarah was placed in care at the age of 6, a mixture of respite, fostercare and children's units. By the age of 8 she was placed full time in various children's units due to her behaviour.

Sarah became involved with Includem at the age of 16 following periods in custody in HMP Cornton Vale. Her offending behaviour consisted initially of breach of the peace and breach of community sentences. The reason for her latest sentence included breach of the peace and assault charges. She was sentenced to 14 months in Cornton Vale within adult services.

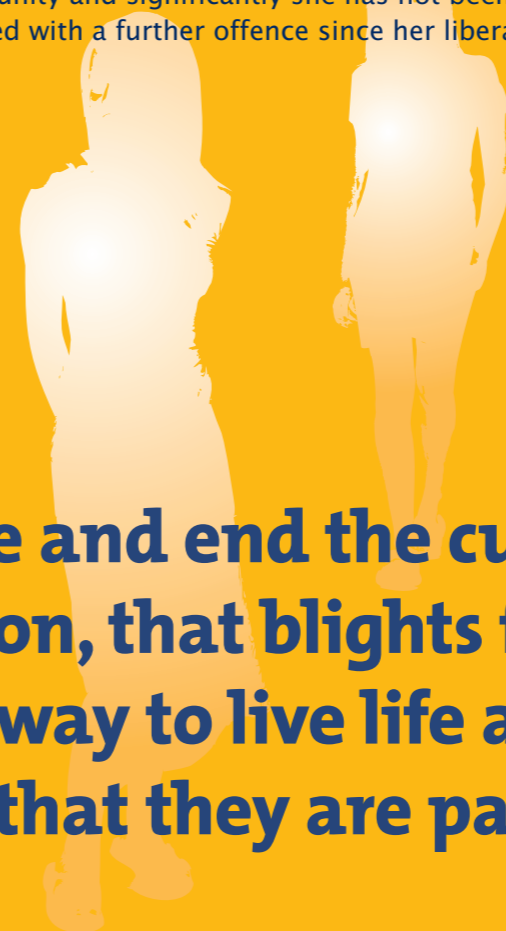
Support for Sarah consisted of monthly visits to maintain a working relationship and liaising with agencies such as housing, addiction support and legal representatives in preparation for her return to the community. During visits to the prison, work with Sarah focused on her offending behaviour and in relation to this she was encouraged to develop her consequential thinking skills. Work also focused on attempting to help her address the issues she had as a result of her upbringing and her current relationship difficulties, both of which had an impact on her offending behaviour.

Part of the preparation for Sarah's liberation date took the form of liaising with the local authority housing department. Sarah had a history of abusing property allocated by the local authority and as a result the housing office was keeping close surveillance of her current tenancy. Includem

"Includem helped me stay out of jail, get my life back in order and helped with housing. They are always there when you need them"

sought the support of Shelter and also liaised with lawyers and the social work department in an attempt to ensure Sarah had accommodation for her return to the community. Includem had assessed that should Sarah stay in homeless accommodation for any period it may increase her risk of reoffending through contact with potentially negative peers whom she had associated with previously.

As a result of Includem fulfilling their brokerage role in collaboration with other services and challenging Sarah's attitudes, we have assisted her to address her issues. She completed a DJ course and took part in a Venture Trust Project; these activities helped her and made her feel part of the community. Currently, Sarah has successfully maintained her tenancy, has negotiated a move to a more positive part of the community and significantly she has not been charged with a further offence since her liberation.



Nina's Story

Includem's community-based bail support

Nina was referred to Includem in April 2007 via the Criminal Justice Team as a direct enquiry from the Sheriff. She was placed on bail with Includem support incorporated as part of the condition.

Nina was 16 years of age and living with her mother in a two bedroom flat. This was temporary accommodation. Her boyfriend was also residing in the flat. Her father died of an alcohol related incident in 2001 and since then her mother's alcohol intake had escalated. This put pressure on the relationship between Nina and her mother. Nina is diabetic and was placing herself at further risk by not controlling her diabetes. Her grandparents were very close to both Sasha and her mother, maintaining support and regular contact.

Social work had been involved in her life since 2001 and she had been considered for secure placements due to her behaviour. Her offending history included robbery, assault to injury, assault with intent to rob, attempted housebreaking, offending whilst on bail, breach of curfew and breach of the peace. She also had negative influences in the community.

"We need to break the cycle and end the curse of the '3Ds', drink, drugs and deprivation, that blights far too many people in Scotland. There is a better way to live life and Includem are helping to show our young people that they are part of the community."

Kenny McAskill, Cabinet Minister for Justice