

PROVIDED BY SERCO ~ 14 MAY  
MR GLENW SCHOLES

PARENTING & DV PROGRAMS THAT HAVE BEEN DELIVERED AT CLA

Program	Description	Programs Delivered	No's of Participants Completing
<p><b>Parenting - The Mothering at a Distance (MAAD)</b></p>	<p>MAAD is for mothers and/or caregivers, who once released, will have significant parenting responsibility for children aged 0 to 5 years. The program aims to break the intergenerational cycle of crime by:</p> <ul style="list-style-type: none"> <li>• enhancing the mother-and-child relationship</li> <li>• increasing the mother's ability to reflect on their own and their infants' behaviours, thoughts, and feelings regarding attachment</li> <li>• building on maternal strengths</li> <li>• increasing the mother's knowledge and skills to care for her infant</li> <li>• enhancing the positive impact of the mother's current caregiving patterns</li> <li>• reducing negative (punitive) parenting practices.</li> </ul>	<p>2</p>	<p>10/14</p>
<p><b>Parenting - Reconnecting &amp; Educating Dads about Kids (REDAK)</b></p>	<p>Reconnecting &amp; Educating Dads about Kids (REDAK), formally known as the Dads on Clarence Program, was developed in response to an identified need for the provision of parenting programs for incarcerated fathers and focused on enhancing the relationship between the father and child/young person, rather than on the mechanics of parenting.</p> <p>The program is a collaborative project of the Serco and the incarcerated men in the Clarence centre. This parenting program aims to assist fathers in custody to gain skills to enhance their ability to parent in a sound and trauma informed manner. The program recognises that in most cases the fathers have experienced trauma as well as inflicting trauma on their child/ren (through grief and loss).</p> <p>Included in the program is how the brain works under stress, development of the</p>	<p>1</p>	<p>15/15</p>

	<p>brain in children and strategies for self-regulation.</p> <p>The program focuses on 'strengths' and 'relationship' based approaches and includes the impact of trauma on the child/parent and provides strategies for rebuilding relationships.</p> <p>The program outcomes are of crucial importance due to the paucity of research evidence for the effectiveness of parenting programs within Australian correctional systems.</p>		
<p><b>Parenting – Shine for Kids Storytime Program</b></p>	<p>This unique program enables the incarcerated parent to strengthen their bond with their children, take a role in their child's education, while improving their own literacy and reading levels.</p> <p>The incarcerated parent simply reads a children's story as it is recorded onto a CD or a recordable book. The book and/or CD are forwarded onto the child so that they can read the book while listening to their parent's voice reading the story. Hearing their parent's voice can be comforting for children, particularly those not able to see their parents on a regular basis.</p> <p>Storytime provides an opportunity to keep parents and children connected who cannot travel to prisons due to long distances.</p>	12	68/87
<p><b>Parenting – Shine for Kids Keeping Us Together (Short program)</b></p>	<p>Taking the concept from the Keeping Us Together program (see below), this 12 hour parenting course can be delivered to mums and dads (including Remand) and delivered within a short period of time (within the same week) to ensure the entire course can be delivered to the participating Inmates.</p>	6	41/58
<p><b>DV - EQUIPS Domestic and Family Violence</b></p>	<p>The EQUIPS Domestic and Family Violence is a criminogenic program and forms part of a suite of EQUIPS programs that are available for Inmates with identified need.</p> <p>The program is based on a psycho-behavioural framework and has strong therapeutic influence in its delivery.</p> <p>Narrative and Gestalt approaches are evident throughout the program. It has a strong emphasis on inviting perpetrators to</p>	1	9/12

	<p>accept responsibility for their offending behaviour. It also encourages them to increase their level of accountability to the wider community. The modules of the EQUIPS Domestic Abuse program are:</p> <ul style="list-style-type: none"> <li>• Identifying abuse.</li> <li>• Managing emotions, beliefs &amp; attitudes.</li> <li>• Offence mapping.</li> <li>• Victim impact.</li> <li>• Sexual respect, relationship skills &amp; self-management strategies.</li> </ul>		
<b>DV - Remand Domestic Violence Intervention</b>	<p>The Remand Domestic Violence Intervention is offered to Remand Inmates and is a six-session intervention that focuses on assisting inmates to understand their legal circumstances specific to domestic violence and to provide them with knowledge and skills for healthier relationships.</p> <p>Participation is voluntary and is facilitated in an open group meaning participants can start at any time regardless of which session others are up to. The open format takes account of the high turn-over of Remand Inmates who may be in custody for short periods and therefore may leave the group at any time.</p>	8	Rolling

**PARENTING & DV PROGRAMS THAT CAN BE DELIVERED AT CLA BUT CURRENTLY HAVE INSUFFICIENT LEVELS OF DEMAND**

<b>Program</b>	<b>Description</b>
<b>Parenting – Shine for Kids Rhythm To Recovery (DRUMBEAT)</b>	Originally named DRUMBEAT - Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts, the program was designed to engage Aboriginal youth with a learning framework replicating the experiential model of traditional Aboriginal cultural learning Rhythm To Recovery is a program aimed at individuals of all ages, who are alienated or socially dislocated.
<b>Parenting - Tuning in to Kids</b>	Tuning in to Kids is an emotion-focussed parenting program. It provides parents and carers with skills in emotion coaching, which is about recognising, understanding and managing their own and their children's emotions. When children develop these emotional skills they are better able to negotiate the ups and downs of life.

	<p>Most importantly, it is an 'evidence-based' program which means that randomised controlled research trials have shown that it makes a difference to parents and children. To date over 100,000 parents have attended Tuning in to Kids programs in Australia alone.</p>
<p><b>Parenting - Tuning in to Teens</b></p>	<p>Tuning in to Teens is a program for parents with children from the age of 11 years and focuses on the emotional connection between parents and children.</p> <p>The program works directly with parents to:</p> <ul style="list-style-type: none"> <li>• Increased parent emotion coaching (i.e., viewing emotions as an opportunity for closeness and teaching children about their emotions)</li> <li>• Decreased parent emotion dismissing (i.e., where parents avoid, minimize, or criticize children's emotional expression)</li> <li>• Increased parent emotion awareness and regulation</li> <li>• Improved parent-child connection</li> <li>• Increased emotional competence in children (skills in understanding and regulating emotions)</li> </ul> <p>Decreased emotional and behavioural difficulties in children</p>
<p><b>DV - Out of the Dark</b></p>	<p>Out of the Dark is a program for women who have experienced domestic and family abuse as victims. It is designed to help participants identify issues around domestic and family violence and to identify the options and support available.</p>

**PARENTING PROGRAMS THAT CAN BE DELIVERED AT CLA ONCE VISITS RETURN TO NORMALITY (POST COVID-19)**

<b>Program</b>	<b>Description</b>
<p><b>Parenting – Shine for Kids In-visit Program – operates within the visiting areas of the prison when visiting (To commence when visits return to normal pre-Covid arrangements)</b></p>	<p>Visiting prisons can be traumatic, confusing and frequently upsetting for children who must cope with conflicting emotions and a harsh child-unfriendly environment. When children encounter a more enjoyable, fun visit with their parent, they develop a stronger child-parent bond. The In-visit program also has an impact on the environment of the whole visit area. Parents and carers have an opportunity to relate to each other in an adult context instead of being focused on the supervision of the child.</p> <p>The In-visits program will be a partnership with Shine For Kids who currently delivers In-visits in 18 correctional centres nationally and the following CSNSW centres:</p> <ul style="list-style-type: none"> <li>• Cessnock</li> <li>• Mid North Coast</li> <li>• South Coast- Nowra</li> </ul>

	<ul style="list-style-type: none"> <li>• Bathurst</li> <li>• Parklea</li> <li>• Silverwater</li> <li>• John Morony</li> <li>• Dilwinya</li> <li>• Wellington</li> <li>• Junee</li> <li>• Long Bay</li> <li>• Goulburn</li> </ul> <p>AVO checks will be completed as part of the usual visitor booking process by Serco staff at the Centre. SHINE worker provides activities inside the visiting area for all approved visitors.</p> <p>An operational manual will be developed for the Clarence Correctional Centre and submitted to the State for approval.</p>
<p><b>Parenting - Shine for Kids Child and Parent Days</b>  <b>(To commence when visits return to normal pre-Covid arrangements)</b></p>	<p>Child and Parent Days provide a more normal environment in which a child and their incarcerated parent can interact. In partnership with Shine For Kids, child and parent days provides supported activities on these days that the child and parent can do together such as creating art, craft activities, sports and games. The incarcerated parent has the opportunity to make their child's lunch, feed a bottle, play and create without the other carer present, empowering them to participate in every-day parenting tasks. These days are for inmates and their children 0-18 years and are usually 4 hours long. Lunch is provided for the children and inmate. Shine For Kids currently delivers Child and Parent Days in 15 correctional centres nationally and the following CSNSW centres:</p> <ul style="list-style-type: none"> <li>• Cessnock</li> <li>• Mid North Coast</li> <li>• South Coast- Nowra</li> <li>• Bathurst</li> <li>• Parklea</li> <li>• Silverwater</li> <li>• John Morony</li> <li>• Dilwinya</li> <li>• Wellington</li> <li>• Junee</li> </ul> <p>A flow chart and procedure document will be developed and provided to the State for approval.</p>
<p><b>Parenting – Shine for Kids Keeping Us Together – Bringing Up Great Kids Parenting Program</b>  <b>(To commence when visits return to normal pre-Covid arrangements)</b></p>	<p>This is a holistic multi-faceted program that includes a comprehensive parenting program, and facilitated in-visits programs for parents and children during weekend visiting times, where the incarcerated parent can put into practice the skills learned in the parenting program.</p> <p>Keeping Us Together brings together the Australian's Childhood Foundation's Bringing Up Great Kids evidenced-based parenting program with Shine For Kids practice</p>

expertise in working with children affected by parental incarceration and mums in custody. It is centered on the best interest of the child and includes 45 hours in custody support and 12 months post release support.

The in-custody component uses ideas of mindfulness and reflection to support parents to review and enhance patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity. It aims to identify and address the sources of unhelpful or hurtful attitudes held by parents. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges. Using the metaphor of 'Messages' as a basis for building positive parent/child relationships, parents are encouraged to explore and reflect upon messages they received from their own experience of being parented. This is particularly important for women in custody who have a history of childhood abuse and trauma. Parents are invited to give consideration to the ways these messages might impact their own parenting style and the messages they are sending to their own children. Keeping Us Together draws from child-centered and strengths-based perspectives, neurobiological development, attachment theory and narrative approaches. While in custody, the parent is able to practice the skills learned in the workshops during child in-visits and child and family days.

The Post-release support focuses on engaging the parents in child's education, housing support, family and domestic violence support and employment. The support is intensive integrated family support working with all family members to create and achieve post-release goals. Participants identify their love language and identify where and how conflict occurs when family members have different needs.

### **CO-LOCATED CHILD PROTECTION CASE WORKER**

A DCJ – Child Protection Case Worker attends the Centre each week on Tuesday for a full day.

This co-located caseworker provides support, assistance with contact and advocacy for women who are experiencing a loss of contact or reduced contact with their children who are in care. Essentially this means the caseworker provides support to any woman who has an Out of Home care arrangement or Child Protection matter which is an open case.

The scope for eligibility is limited to inmates who:

- Have previously been a child in foster care and need information or details pertaining to their previous placement
- Have a child in foster care & seek assistance with contact or family conferencing
- Have a child who is subject to child protection proceedings and they need advice or information pertaining to the process (not legal advice but child protection advice/information)

Inmate feedback from the women cohort find this service amazing. There was one woman who had not had contact with her child for a number of years and the co-located case worker has assisted her to have contact.

## **SHINE FOR KIDS**

The current Shine for Kids Program Management Team (PMT) comprises of three full time Program Facilitators who will be responsible for the delivery of:

- Keeping Us Together
- Storytime Program
- Rhythm to Recovery

Shine for Kids are currently recruiting a part-time (15 hours) In-visits & Child Parent Days Co-ordinator. The In-visits & Child Parent Days Co-ordinator will manage the Shine for Kids volunteer group. The Shine for Kids volunteer group will be available (post COVID-19) in each Visit area during weekends, facilitating child friendly activities.

The services provided by the Shine for Kids PMT will include, but are not limited to:

- overall responsibility for leading the strategy, planning, delivery and evaluation of family focused programs and services in CLA,
- joint responsibility with Serco for planning and coordination of the programs,
- managing the day to day operations, staffing, reporting and coordination of delivery
- undertaking staff qualification checks and security clearances,
- undertaking additional contract requirements such as designing contingencies for staff absences,
- coordinating invoicing and data reconciliation,
- record attendance,
- course review and continuous improvement,
- conduct course audits and document compliance activities

Serco are continuing to work with Shine for Kids to adopt additional programs such as:

- Belonging to Family – An Aboriginal reintegration and cultural restoration program post release for offender, children and family
- In-community Programs (wrap around service) such as:
  - Keeping Connected – A through-care program that provides a minimum of 12-month post release intensive family support to families
  - RISE Education Program – Coordinator in Clarence Valley commenced providing 1:1 weekly education mentoring support in the classroom for referred primary children with incarcerated parent
  - Ride By Your Side – Transport and mentoring program for children visiting their parent

### **General Inmate Feedback:**

Feedback from Inmates, in relation to the storybook program has been extremely positive (see examples below) and includes one piece of feedback from a Male Inmate. The Inmate stated that one evening, whilst reading out his story time program book to his son, via the Inmate tablet, his son asked his dad if he was still in prison. The Inmate confirmed to his son that he was and asked why he had asked. The son replied that he could hear his dad clearly and there was no shouting in the background as there had been previously. The Inmate explained to his son that he was at a new Centre and he can speak during an evening in the privacy of his own cell without any background noise. The Inmate also stated that it was the

first time in his child's life that he was able to have a meaningful conversation with his son without the shouting in the background.

### **Keeping Us Together**

#### **Did you get what you were hoping to get out of the program?**

- Yes, I got a better understanding of children and their behaviour and why they do the things they do
- This program help me understand how to talk to my kids when they are upset
- I've now got a better understanding about a child and a child's feelings and body language
- I was hoping to get more of an understanding my kids feelings which I feel like I've achieved
- Learnt a couple of techniques to deal with certain behaviours
- Yes, was interesting learning about brain development in the changing aged children and how this development reflects understanding and reasoning
- Help with better parenting and understanding my children. But wasn't expecting the mindfulness parts  
which was really good thank you
- Child's behaviour explained, how to cope with stressful situations
- Better way to deal with children and understand why they do what they do
- Had a great time completing the program
- Better understanding of behaviours and communication

#### **What will you take from the program and continue to reflect upon?**

- The development of the child from the age 0-10 and the reason of the behaviours of the child and understanding the needs of the child
- Listen more to my kids when they need me
- To have patience
- Progress with my children
- I will take away more understanding and will continue to try and understand my kids and baby mama
- Knowledge
- A better understanding why kids act the way they do. To deal with things in a better and positive way
- To be a better parent
- Reflecting on the way out children communicate to us and whether we can accurately discern the truest reason behind communication and how we interpret the meaning of conversations
- The way I parent but also the connection between myself and my children. Thank you
- Coping strategies, calmness around children
- The way children act and why they do things
- General life and parenting skills
- Stop, pause, play

#### **What has changed since doing the program?**

- Less judgmental. I'm more understanding of my son's behaviour
- I understand more of myself and my kid's feelings
- A realization of how important being a parent is
- Understanding of communications and emotions
- Reflecting
- How to understand thy my children behave the way they do
- I am more mindful
- Not much but better understanding
- Feel calmer and more confident
- More understanding
- More polite, more calm

#### **Did you learnt anything new?**



- I've learnt more about my child developing and how much he understands at what age
- More about my feelings and my kids feelings- what to do and what not to do
- That children love their parents
- I understand the feelings of myself and my kids
- I communicate better
- To try to be more open
- I have more understanding about how I need to be as a parent
- The behaviour of my children throughout their different age groups
- How my child's brain works and behavioural patterns
- The program was good
- How to parent better
- Better understanding

**What would you recommend about the program to other parents?**

- To get a better understanding of parenting and understanding children
- Go for it- you'll like it very much and learn a lot
- That I will get a better understanding about a child's life
- Do it, you will learn a lot about yourself and learn about your kids
- Helps be better parent
- It's a really good program to help you understand how and why it's important to be able to Communicate with your kids
- It helps understand why my kids have meltdowns and how to deal with it
- Explain how a child's development works
- Very positive and informative
- This is worthwhile doing, help ya be a better parent
- It helps understand communication with children

**Storytime**

**Did you achieve what you wanted in the program?**

- To be closer to my kids
- I got to send the books I wanted
- A read a book to my daughter and created a book of my Dreamtime story
- I got creative and done something for my kids to show them I cared about them
- I got to send paintings to my daughter
- Yes it was good to keep fundamentally in touch with my son education
- Yes, they helped me so much with creating stuff for my son
- Connection with my children
- A connection with my daughter
- Any connection with my son in great

**What have you gained from the Story Time Program?**

- To show love to my kids
- A voice recorded reading
- I gained my confidence in reading to my daughter
- Not sure yet
- Confidence
- Keeping in touch with my child through story time was very creative and gained a lot of confidence!
- That I get to read a book to my son and send it to him
- We can always connect with kids no matter where we are
- Very little, but well supported with Ellie and Rachael
- A great understanding of my children
- It's all about learning, learning more about your children and being there for them when they want it.

**Additional comments**

- This is the best things I've ever been involved in as far as my kids*
- More stencils and pictures*
- I really enjoyed it*
- Repeat the program more often as it is really beneficial to most inmates with children*
- No thankya*
- My situation is an AVO in place. I would have like my recording and book I wrote to be sent to my parents, my daughter's grandparents for them to play and read the story to her...so she can learn to know my voice and start a connection as she is only 5 months old*
- Great program and good teachers. Thanks...*