

**Family and Significant Others Newsletter- October 2021**

For this month’s newsletter we are focusing on providing Families & Significant Others with some information and updates surrounding how we support prisoners with their substance misuse in preparation for release in line with our local Drug Strategy and how you can encourage your loved ones to get involved with these services and opportunities!

**If someone has a substance misuse problem in prison, how are they supported?**

***Staff***

* **ISMS:** ISMS stands for ‘Integrated Substance Misuse Services’ and is the department within the prison that is the main source of support for those who are currently dealing with misuse of substances- whether they are new inductions or are trying to beat habits whilst in custody. Anyone that chooses to engage with the ISMS services will be allocated a recovery worker who they will meet with regularly and who will oversee their recovery journey.



* **Drug Strategy Lead**: We currently have Jess in post as our Drug Strategy Lead as part of the Accelerator Project. Jess is responsible for working with every department within Guys Marsh to find out the best practice of supporting those to beat their substance misuse and aligning existing processes to ensure this can be done effectively within the prison environment.
* **ISMS Family Links:** We have Andy in post as the ISMS Family link to support those within their recovery period to either maintain or rebuild ties with their Families and Significant Others. For example, one family member has been part of telephone calls and face to face meetings to discuss next steps as part of the recovery journey and how they can support the process- which is really positive!
* **ISMS Community Links:** We have also introduced Lee, who will be supporting those upcoming for release and when they are released into the community for ongoing support with substance misuse. Lee meets and develops links with community teams and rehabs, facilitates meetings between community teams and service users prior to release and completes both group work and release workbooks with those in custody preparing for release.

**Peer Support**

* **Support Advisors:** We are currently recruiting to fill 8 places for on wing Support Advisors. These Advisors will support and cover topics such as:
* Safer Custody
* Violence Reduction
* Debt Management
* Drug Strategy
* **ISMS Reps**: We are also currently recruiting to fill 8 places for on wing ISMS Reps. These Reps will support those on the wing who are currently engaging with either ISMS or those who are not engaging but still require support with their substance misuse.
* **SMART Peer Support Group:** These groups are run on every wing on a weekly basis are open to everyone. SMART stands for Self-Management and Recovery Training. It is about individuals empowering themselves and helping each other via sharing experiences and skills they have learnt to remain drug free.
* The above peer supports are vital roles within the prison environment for those who do not feel confident enough to engage with 1v1 or group work yet and feel more comfortable talking to a peer on the wing. It is really important to ask your loved ones if they are engaging with their peers or staff members to support them through difficult times.

***Group Work Engagement***

* **Unlock Drama:** These groups are put together for a week long course on using drama to show the harm caused by substance misuse. The last group took part from 18/10/2021-22/10/2021 and came up with a play on drugs and spice use. This was performed on the Friday to staff and peers to spread awareness.
* **Family Courses:** These are put together by Andy based on his current caseload of people he is working with. The most recent family course that took place for a week was the Families & Relationships course where the following was covered: Intro to positive and negative relationships with families, types of relationships, what impact your behaviour has on your family- including substance misuse and how to focus on rebuilding relationships and maintaining contact with your loved ones during your recovery.
* **Tackling Drugs through Sport:** This is an existing group that has been reintroduced now we are in less COVID restrictions. Tackling Drugs through Sport (TDTS) is a part-time course that is done in partnership with the Gym to support those with substance misuse issues.
* **Naloxone Training**: There is currently an ‘Opt Out’ process where all releases are offered training regarding Naloxone, which has a very high uptake at present. However, we still need more encouragement for the Naloxone to actually be taken out on release with them to support their training in the community, if it was ever required. As part of this training, the ISMS Family links worker will ask the individual if they would like their families to know about Naloxone too and if they state yes, we would contact the family members and inform them about it and send some information over- so, it is a joint training method to support on release.
* **ISMS Group Sessions:** There are around 10 group sessions conducted every week on all aspects of drug and alcohol from harm to reduction, motivation, emotional management and relapse prevention.

**Upcoming…**

* In **December 2021**- it is Drug Strategy Month There will be a performance, along the lines of a pantomime to be showcased whilst other various activities will be held on the wings to support recovery during a potentially challenging period of the year. There will also be partnership working with ISMS to provide support for recovery and hear good news stories from different initiatives that are taking place around Guys Marsh.
* **Before the New Year,** there will be an Amnesty Box added to the visitors centre for those who may feel under pressure to bring illicit items into the prison as it will give an opportunity to surrender items prior to attending a visit. The box will be positioned in a private area for visitors to use.
* **Visits Hall/ Centre:** The ISMS team are currently collating information to put up for Families & Significant Others in the visits hall and visits centre in regards to contact information for the ISMS department and any community links if they were to be concerned about loved ones for any reason. The ISMS team will also be popping into the visits on a Friday PM to meet Families & Significant Others if requested.

Please remember to encourage your loved ones to partake in all the Activities and opportunities which are available to them at Guys Marsh!



**Contact Us**

Should you have any concerns about one of the men in Guys Marsh you can contact the safer custody team by email SaferCustodyGuysMarsh@justice.gov.uk or if the matter is urgent call the Safer Custody Hotline on (**01747 856457**) and the local safer custody team will be made aware of your concerns.

If you have any general queries or questions then feel free to contact the Family Champions Tracy & Mia by email on FamilySupport.GuysMarsh@justice.gov.uk or the Guys Marsh Banardos family worker Aimee on Aimee.Derrick@barnardos.org.uk / GuysMarshVC@barnardos.org.uk

If you need to contact Staff to make them aware of personal matters such as births, deaths etc. then please contact the Chaplaincy by email on Chaplaincy.GuysMarsh@justice.gov.uk

You can also receive regular updates on what is happening at HMP Guys Marsh by following the official twitter account @HMPGuysMarsh

We are aiming to provide you with updates on any changes or new initiatives on a monthly basis. If you would like to sign up to receive the newsletter each month via email, then please contact the Family Support email above and we can add you to a mailing list!

Also, if there is anything you would like to see on the monthly newsletters, then please get in contact and make us aware using the below feedback form!

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Stay safe and keep well☺