

#### Site

HMP Wealstun

#### Name of project / initiative

Problem Support Mentors

#### Overview

“Problem Support Mentors” are trained wing-based peer mentors acting as social problem solving coaches, using the 6 step problem solving principles of the Thinking Skills Programme (TSP), helping other prisoners find solutions to their problems.

Mentors receive training and support in their roles including a supply of problem solving guides to share with their “mentees”, to develop skills and assist with future issues. Problem Support Mentors complements work of other peer mentors in custody.

#### Longevity

Since 2018

#### Benefits

The scheme is informed by research and shows problem solving skills are easily accessible and can have beneficial impact on the health and well-being of people who might find it difficult to cope. It has shown to have a positive impact on the rate of self-harm in custody.

#### Uniqueness

This is currently a unique to Wealstun.

#### Applicability

It could be rolled out anywhere, including in community (probation & YJ) settings too.

#### Requirements

There are very few particular requirements for wider roll out.

#### For more information:

Contact: Amanda Perry at York University [amanda.perry@york.ac.uk](mailto:amanda.perry@york.ac.uk)

See also: [additional documentation](#) and [a short video about the programme](#)

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