

Site

HMP Kilmarnock

Name of project / initiative

Healthy Relationships Programme

Overview

The Healthy Relationships programme is a 12 session educational programme, aimed at perpetrators of Intimate Partner Violence (IPV) who do not meet the criteria of a “high risk” offender (by virtue of having multiple convictions for IPV offences) and are therefore not eligible for an accredited domestic violence programme in Scotland. This group makes up the majority of prisoners with a history of IPV (whether they’ve been convicted of it or not), hence the need for a programme for them. The programme takes a strengths-based approach, drawing on the principles of the Good Lives Model, and focuses on providing information and skills training to help participants build healthy relationships, and avoid further violent incidents. The programme is not accredited, but has been developed by a psychologist and has a strong theoretical under-pinning.

Longevity

Since 2022

Benefits

The programme is aimed at helping to tackle the serious issue of intimate partner violence in prisoners who, because of their offence history, do not qualify to take part in an accredited domestic violence programme and whose needs would otherwise go unaddressed. Demand has been high and the feedback from participants has been excellent.

Uniqueness

This is the only programme of its kind currently available to prisoners in Scotland with a history of IPV, if they do not qualify for the national accredited domestic violence programme.

Applicability

This programme could be rolled out across the SPS estate and beyond – although it has been devised for adult male perpetrators and would need some adaptation if it were to be delivered to female offenders or young people. There is a detailed programme manual and underpinning theory manual which we are happy to share with colleagues.

Requirements

There are no specific requirements for wider rollout, but the programme should be delivered by someone with groupwork skills, and ideally with a psychology or education background.

For more information:

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See also: [KnowX.uk/Kilmarnock-RMT22.pdf](https://knowx.uk/Kilmarnock-RMT22.pdf) [Programme details]

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