

# Service user involvement in the personality disorder pathway: Empowerment through co-facilitation

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## Introduction

This will describe the implementation of service user involvement within a Psychologically Informed Planned Environment (PIPE) as part of the Offender Personality Disorder Pathway Programme at HMP/YOI Low Newton, a closed female prison in the North East of England.

## Objectives

- Involve PIPE residents in the design and co-facilitation of a session for World Mental Health Day.
- Encourage the practise of life skills and also build upon relationships between prisoners and PIPE staff.

## Procedure

A literature search identified that prisoners ordinarily were not involved in the co-facilitation of such sessions delivered to their peers. The sessions that were presented were open to all prisoners from across the establishment. Three prisoners from PIPE were involved in many aspects of this project, including session design, material preparation and co-facilitation.

## Evaluation and analysis

Following the sessions, a short evaluation form was administered, requesting participants to rate the session out of ten, to select five words to describe it, and asking what they will take away from it. Each co-facilitator was interviewed about their experiences of co-developing and delivering the sessions.

The data from the feedback forms were collated into a 'Wordle', and the semi-structured interviews were analysed using Thematic Analysis.

Four main themes from the TA emerged:

### Empowerment

"There were two girls I kept helping who were asking how to spell something that I didn't know how to spell. That made me feel a bit shit so I gave them other suggestions for other words that could be used instead....I was good at suggesting alternatives."

### Wellbeing

"My confidence grew the more I did it. It was good to do, I felt happy, proud, and had high self-esteem."

### Practicing Skills

"Structured and Creative sessions helped with my anxiety which helped me deliver the session. The sessions had helped practice being in a group environment, gave me confidence and helped my communication skills. I think I've come a long way. The afternoon session I chose to walk away from so I didn't end up in an argument I think I've learnt this from PIPE."

### Collaboration and Teamwork

"It was really good working with you because when we were planning it you let us have our input and we worked 50/50, like collaboratively. I enjoye dit, it felt comfortable. I think we supported each other and made a good team"

## Discussion

It was evident from the feedback forms that the sessions were well received. The most frequently occurring words displayed in the Wordle relate to the themes emerging from the Thematic Analysis. It is important to note that the identified themes also relate to the Enabling Environments Standards and the Good Lives model which further emphasise the benefits of engaging within such projects in a prison establishment.



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