

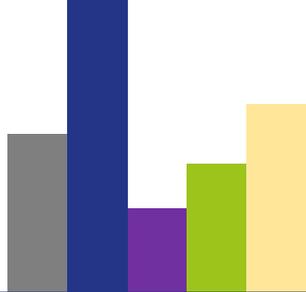


The rehabilitation unit for drug users in the Neuvic detention centre (URUD)

A process evaluation one year after opening

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for drugs and drug
addiction



Methodology

- Qualitative Evaluative sociology
 - Design:
 - 1) one week to observe the program (September 2017)
 - 2) interviews: drug users (at the beginning and at the end of a cycle), all professionals of the program (social workers, probation counsellors, psychologist...), prison warden, people who created the program
- 31 interviews

International literature review

- 6 Meta-analysis or systematic literature review: Mitchell *et al.*, 2012 ; Pearson et Lipton, 1999 ; Smith *et al.*, 2008; Bahr *et al.*, 2012 ; Galassi *et al.*, 2015 ; McMurrin, 2007
- Therapeutic communities and cognitive behavioural therapies are the most successful methods in prison to prevent recidivism
- Twelve steps method and abstinence are efficient methods
- Post-incarceration follow-ups improves positive effects of this kind of program

The URUD in a few words

- Where ? A program that takes place on one floor of a prison building
- What ? A French adaptation of a drug free unit. A community life-style. A six-month cycle where drug user prisoners can rely on peers.
- 3 steps:
 - 1) Inclusion: to become familiar with the unit's organization
 - 2) an intensive phase: drug users work on their drug uses
 - 3) a third phase: they take responsibility in the program and are moving towards rehabilitation.

- How ? 2,5 social workers, 1 nurse, 0,5 psychologist, 0,5 addictologist...
and: 2 probation counsellors, 9 prison guards.
- Singularity :
 - 1) all professionals work together sharing confidential information
 - 2) no urine and blood testing. Abstinence is the main objective but use is tolerated up to a certain level.

The first main result: A program that improves detention conditions

- A unit where prison guards are developing care attitudes
- A place where social relationships are pacified

Recognition of a need for care

“When we talk with them, when they tell their life story, we realize that we have a very “cool” life compared to some. Even if we had difficulties, compared to what they lived, and especially the way they started in their life, we are small” (a prison guard).

Understand rather than punish

"One of them said to me, "I'm sorry, yesterday I smoked a joint, I cracked..." Before, they would never say that to me. Because they knew that after there could be disciplinary sanctions. But now, even we, we are in a different setting" (a prison guard).

Recognition of care attitudes by the drug users

*"At last, we see that he takes care of me. That's it, it warms me up"
(a drug user).*

A place where social relationships are pacified

"I've seen guys get so angry that I was convinced, absolutely convinced, that they were going to the hands or a knife. And the fact that at the "morning", problems were posed, that the social workers well supervise - there were looks, we could feel that the guys were going to fight. And at the end, things were said and, in one or two days, everything was completely defused. Without the community dynamic, I think it was fights and violence" (a drug user).

The second main result: a program approved by a majority of drug users

- An opportunity provided by the prison
- Get better thanks to the group
- A general well-being

An opportunity provided by the prison

"When I told the chief that I didn't want to be with these people anymore, he saw that I was addicted, and he proposed to me the URUD. And I told him that it was exactly what I was looking for. That's how I got to the URUD and that I was finally able to design a life project. Life is well done sometimes"

(a drug user).

A feeling of turning point

*"There's a 90-degree turn in my life,
a total change of life" (a drug user).*

Conclusion: to improve the program

Some difficulties:

- The place
- The purposes
- All inmates haven't access to the program
- The question of confidentiality

Thanks for your attention!

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