

Psychologically informed and enabling environments

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The Environment as Treatment

- The concept of using an environment to improve mental well-being is not new.
- The Retreat in York opened by William Tuke, a retired tea merchant, was intended to be a place where members of the Society of Friends (Quakers) who were experiencing mental distress could come and recover in an environment that would be both familiar and sympathetic to their needs.
- Tuke had been appalled by the treatment of Hannah Mills, a Quaker who was admitted to the York Asylum and died in squalid and inhumane conditions

Education, Education, Education

- Next in the development of environments as therapeutic space were developed by the educationalists:
- Homer Lane 1912 Little Commonwealth School
- Anton Makarenko 1920 The Gorky Colony
- Alexander Sutherland Neill 1921 Summerhill School

Therapeutic Milieu

- The works of Tom Main (Cassel Hospital) and Maxwell Jones (Henderson Hospital) led to the development of Democratic Therapeutic Communities. The Consortium for Therapeutic Communities defines TCs as;
- ***“structured, psychologically informed environments – they are places where the social relationships, structure of the day and different activities together are all deliberately designed to help people’s health and well being.”***
- The Planned Environment Therapy Trust has researched and archived much of the history of the environment as therapy.

DTCs

- DTCs for children and adults exist in the NHS, Criminal Justice System, and in the Third Sector and can exist in the form of residential and day services. They largely follow the definition of The Consortium for Therapeutic Communities with added therapy in the form of group and/or individual psychoanalysis, social group work and/or social relationship work as in the Dutch TBS system.

MEAT PIES

- My view of the DTC is that they are MEAT PIES
- Milieu Enhancement And Therapeutic, Psychologically Informed Environments!

Are PIES, MEAT PIES without MEAT?

- The concept of Psychologically Informed Environments (PIES) is introduced as a concept by Johnson and Haig in 2011 and uses the core concepts of the Enabling Environment (EE) (Royal College of Psychiatrists).
- ***The Enabling Environment is one where the “nature and quality of relationships between participants or members would be recognised and highly valued.”***
- No mention of therapy here but a recognition of the importance of effective social relationships.
- PIEs were mooted as a way of up-dating therapeutic community ideas for the 21st Century and were initially piloted in the housing sector.

Enabling Environments

- The Enabling Environments Award is a quality mark and improvement process delivered by the Royal College of Psychiatrists Centre for Quality Improvement:
- Enabling Environments are:
 - Places where positive relationships promote well-being for all participants
 - Places where people experience a sense of belonging
 - Places where all people involved contribute to the growth and well-being of others
 - Places where people can learn new ways of relating
 - Places that recognise and respect the contributions of all parties in helping relationships

EEs 10 Core Standards

BELONGING

The nature and quality of relationships are of primary importance

BOUNDARIES

There are expectations of behaviour and processes to maintain and review them

COMMUNICATION

It is recognised that people communicate in different ways

DEVELOPMENT

There are opportunities to be spontaneous and try new things

INVOLVEMENT

Everyone shares responsibility for the environment

SAFETY

Support is available for everyone

STRUCTURE

Engagement and purposeful activity is actively encouraged

EMPOWERMENT

Power and authority are open to discussion

LEADERSHIP

Leadership takes responsibility for the environment being enabling

OPENNESS

External relationships are sought and valued

Psychologically Informed Planned Environments PIPES

- Following close on the heels of the PIE came the PIPE. The MOJ Commissioners led by Nick Benefield commissioned work to develop the first six pipe pilots, using EEs approach.
- The PIPE model is a relational approach which acknowledges NICE guidelines for working with Antisocial Personality Disorder, is linked to the EE Award and uses the Good Lives Model (GLM).
- The aim of the PIPE is to improve the quality of staff-offender relationships to achieve the best possible outcome with regards to reducing risk behaviours, improving psychological well being and encourage pro-social living.

PIPE Core Components

ENABLING ENVIRONMENT

**STRUCTURED
SESSIONS**

**SOCIALLY
CREATIVE
SESSIONS**

**KEYWORKER
SESSIONS**

**CLINICAL
SUPERVISION**

STAFF TRAINING AND DEVELOPMENT

Applications of the PIPE Model

Four different PIPE applications have been commissioned by NOMS/NHS

The first three services are commissioned in prisons

Preparation PIPE (Pre Treatment)

Provision PIPE (Whilst In-Treatment)

Progression PIPE (Post Treatment)

Premises (Approved Premises in the Community)

“Build it and they will come”

- The Kirk Lodge Approved Premises PIPE in Leicester was one of those projects.
- Once the Strategic Lead Carolyn Maclean was on board the project was begun.
- Clinical Lead Sue Castledine and Operational Manager Michael Hopkinson began the task of putting together the Kirk Lodge PIPE.
- All PIPE staff attended KUF Training.
- Some individual training modules were developed and delivered.
- All members of staff were Key Worker trained.
- Creative group workers were recruited and staff instructed in how to run structured groups.

How did it Happen?

- Slowly and with patience and persistence.
- Timetables were posted.
- Residents were given induction.
- Initial groups often were run without residents.
- Resident meetings were difficult.
- Some staff were resistant to the concepts.
- The portfolio was constructed.

Result

- Residents began to attend activities that were running in the house.
- There were more participants in Resident's meetings.
- Staff were regularly attending individual and group supervision.
- The Enabling Environment Award was achieved.

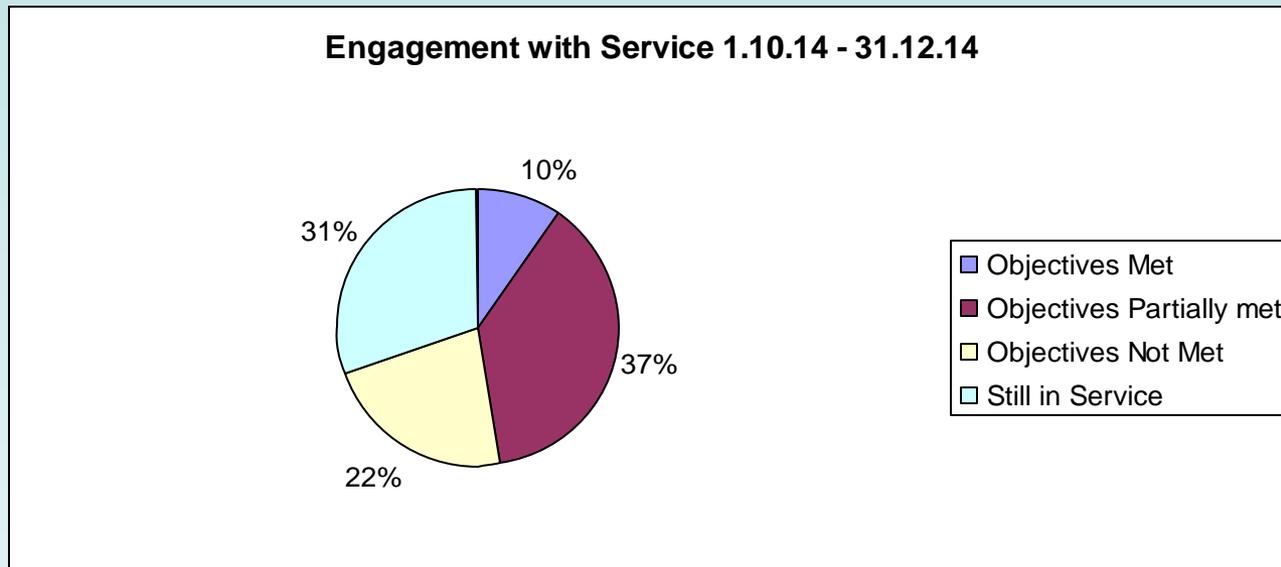
The Future for Kirk Lodge

- We keep working on it.
- Sue is on extended leave and a new Clinical Lead is in Post. Michael was promoted and his replacement is due to start work soon.
- The transient population comes and goes but the groups keep running, the supervision continues and training is ongoing and we continue to strive to improve relationships between Residents and Staff.

The Residents Experience

- Service User involvement is very much on the agenda at Kirk Lodge with a strong investment in ensuring that this extends beyond 'tokenistic gestures'.
- Individuals are encouraged from the outset to work collaboratively with staff. This begins at induction.
- New residents are given formalised space during the newcomers group where residents are encouraged to reflect upon areas that they would like to work on and for these to be prioritised based upon the Good Lives Model.
- Residents have key work sessions, which are structured sessions with individually identified key workers.
- 'Move- on plans' are developed collaboratively with Offender Managers and key workers and supported by all staff.
- All plans are reviewed in collaboration with residents throughout their stay /whilst under community supervision.
- Residents are provided with an exit interview and also are offered a follow up review post-residency.
- These are opportunities for residents to provide feedback in relation to their experience of residing at the AP and to offer feedback for improvements.
- Weekly residents meetings also provide a space for practical concerns to be shared and also for feedback to be provided on a continual basis in response to issues that have been raised. An example of this is residents raising concerns in relation to housekeeping.
- More recently, residents have been involved in the interviewing of relief staff at the AP and the process of reflecting upon core competencies and skills from a residents perspective.
- Overall feedback even from those recalled has been positive.

Residents Engagement



The Future

- PIPES are continuing to be established in many prisons and it is hoped that more Approved Premises will adopt the model.
- A national evaluation of the OPD strategy and supporting studies will contribute to the understanding of the PIPE model in terms of efficacy and potential.

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