



Directorate-General Justice,
Freedom and Security



RESEARCH REPORT: ESTONIA

Health Promotion for Young Prisoners

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1. Sampling Strategy Young Prisoners

In the period of July 2011 – August 2011 NGO Convictus Estonia carried out research to examine existing approaches to health promotion for young prisoners and to explore prisoner's and prison staff's needs.

The methodology of the project included a needs assessment of young prisoners, of prison staff as well as of other providers of health promotion in prison by means of anonymous questionnaires. Furthermore, focus groups (i.e. group interviews) with young people in prison and qualitative interviews with prison staff were conducted.

Total of 100 prisoners in the age range of 17-24 were involved in the research out of them 80 males and 20 females. From 100 participants 28 took part of focus groups (total of three focus groups were carried out) and 72 participants filled in questionnaires. Total of 58 participants were Russian speaking and 42 were Estonian speaking young prisoners.

The rationale behind the sampling strategy was that when planning the sampling strategy the total number of prisoners in Estonia was 3433 out of this 44 where juveniles (under 18 years old) and total of 569 prisoners were between the ages of 14-24. As the number on juveniles was too small it was decided to involve young prisoners up to the age of 24 years old.

It is estimated that 54% on all young prisoners are Russian speaking Estonian citizens and about 95% percent of young prisoners are male. That is why it was estimated that from the 100 prisoners involved in the research about half will be Russian speaking and maximum of 20 will be female.

There are five prisons (Harku, Tallinn Prison, Tartu Prison, Murru Prison and Viru Prison) in Estonia but no special detention facilities for young prisoners (Table 1). The research was therefore carried out in the prisons that had either separate departments for young prisoners (according to the prison policy a young prisoner in considered to be up to 21 years old) or in prisons that had young prisoners up to the age of 24. The prisons involved in the research where Tartu Prison, Viru Prison and Harku Prison.

Table 1 The competence of prisons is as follows¹.

Prison	Imprisoned persons
Harku	Convicted female adults and minors
Murru	Convicted male adults, low risk inmates
Tallinn	Male and female adults held in custody
Tartu	Male and female adults held in custody
Viru	Male minors held in custody and convicted male minors

Total of 15 qualitative interviews were conducted with prison staff and with representatives of community organisations working in the field of health promotion. Additionally 30 anonymous questionnaires were filled by both prison staff and by staff of community organisations.

All interviews and focus groups were anonymous and participation was volunteer based for both experts and young prisoners.

2. Main findings

2.1 The results of prison staff questionnaires

Out of the 30 prison staff members that filled in the questionnaires 25 were women and 5 men. The professions included doctors (7), contact persons/inspectors (5), psychologists (5), medical personnel (7) and social workers (6). The average work experience of the staff working with young offenders was 3, 5 years and the medium age of the offenders that the respondents worked with was 21.

Sporting facilities and medical aid

The answers from staff indicated that access to sporting facilities and to medical aid for young prisoners are enabled. When asked from the staff to indicate if young offenders are able to play sports outside all answers were affirmative, this also applied when asked if young offenders are able to play sports in the gym. But when asked to indicate if young

¹ "Estonian prison system and probation year book 2008"
[\[http://www.vangla.ee/orb.aw/class=file/action=preview/id=35787/Vanglate_aastaraamat_2008.pdf\]](http://www.vangla.ee/orb.aw/class=file/action=preview/id=35787/Vanglate_aastaraamat_2008.pdf) 12.08.2011

offenders have at least 1 hour exercise outside each day out of 30 respondents 24 agreed. There was also no mutual understanding of if young offenders are able to see a doctor when they feel sick, out of 30 respondents 23 agreed and 7 disagreed.

The questionnaire also asked the respondents to indicate what health promotion activities were available for young offenders in the prison they worked at and how the information was provided (e.g. through leaflets, group discussion, peer education etc.).

Furthermore the prison staff members were also asked to rate how important (“1” being “not important at all” and “5” being “very important”) they thought it was to provide each activity for young offenders while they are in custody.

Healthy nutrition

Most of the respondents considered healthy nutrition as available in their prison, with the exception of 5 respondents that marked whether “not available” (2) or “it is in plan/development” (3). While most of the prison staff (27) indicated that the information about healthy nutrition was delivered through individual counselling some staff members also mentioned informational leaflets (3) and one staff member group sessions as way of giving out information. All respondents considered healthy nutrition either “very important” or “important” health promotion activity in custody (out of 30 respondents 19 rated it with a “5” and 11 with a “4”).

Body changes during puberty

Approximately half (16 out of 30) of the respondents marked that health promotion about body changes during puberty are available and out of these most (14) indicated that the information about body changes during puberty was given through individual counselling others also mentioned group sessions (1) and informational brochures (1). This topic was considered as a high priority health promotion activity as most respondents (20 out of 30) considered the importance with a “4” (“1” being “not important at all” and “5” being “very important”).

Dental and oral hygiene

All respondents (30) considered dental and oral hygiene as available for young prisoners. Most of the staff (26 out of 30) replied that information about dental and oral hygiene was given through individual counselling other mentioned also leaflets (3) and posters (1). This topic was considered as a high priority health promotion activity as most respondents (22 out of 30) considered the importance with a “5” (“1” being “not important at all” and “5” being “very important”).

Alcohol use

Out of 30 respondents 27 marked that alcohol abuse related health promotion services as available in their prison other three marked it as under development. Information was mostly delivered through informational leaflets (6) or through individual counselling (19) also group sessions were mentioned by two respondents. This topic was considered as a high priority health promotion activity as most respondents (29 out of 30) rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Tobacco use

Out of 30 respondents 22 marked that tobacco abuse related health promotion services as available in their prison. Most respondents (15) claimed that information was delivered through individual counselling or through informational leaflets (7) and brochures (1). This topic was considered as a high priority health promotion activity as most respondents (29 out of 30) rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Use of prescriptive drugs

Out of 30 respondents 17 marked that use of prescriptive drugs related health promotion services as available in their prison. Information was mostly delivered through individual counselling (17). This topic was considered as a high priority health promotion activity as most respondents (22 out of 30) rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Use of illegal drugs

Most prison staff members 27 (out of 30 respondents) answered that health promotion services for use of illegal drugs are available, two claimed that not available and one responded that health promotion services related to use of illegal drugs are under development. Information was mostly delivered through group sessions (12) or individual counselling (11) also informational leaflets were mentioned (4). This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Infectious disease HIV

All prison staff members (30 respondents) answered that health promotion services linked to HIV prevention are available in their prison. Information was mostly delivered through individual counselling (13) or through group sessions (11) and informational leaflets (6). This

topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”.)

Hepatitis

All prison staff members (30 respondents) answered that health promotion services linked to hepatitis prevention are available. Information was mostly delivered through individual counselling (16) or through informational leaflets (9) and brochures (5) This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”.)

Tuberculosis

Almost all prison staff members (27 out of 30 respondents) answered that health promotion services linked to tuberculosis prevention are available. Information was mostly delivered through individual counselling (23) or through informational leaflets (3) and brochures (4) This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”.)

Safe practices for tattooing/piercing

Approximately on half the occasions (16 out of 30 respondents) prison staff marked health promotion for safe practices for tattooing and piercing as “available”. All respondents (14) who agreed that health promotion for safe practices for tattooing and piercing is available marked that information was delivered through individual counselling. This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”.)

Safe practices for injecting drugs

Most of the respondents (23 out of 30 respondents) reported that safe practices for injecting drugs were not available in their prison. All respondents (7) who agreed that health promotion for safe practices for injecting drugs were available marked that information was delivered through individual counselling. This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”.)

Prevention of suicide

Major part of the respondents (26 out of 30 respondents) agreed that health promotion services for prevention of suicide was available in their prison. Information was mostly delivered through individual counselling (20) on some occasion (6) also group sessions was marked. This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Prevention of self harm

Major part of the respondents (23 out of 30 respondents) agreed that health promotion services for prevention of self harm were available in their prison. Information was mostly delivered through individual counselling (18) on some occasion (5) also group sessions was marked. This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Sexually transmitted diseases

Almost all prison staff members (28 out of 30 respondents) answered that health promotion services linked to sexually transmitted diseases were available. Information was mostly delivered through informational leaflets (5) and brochures (4) individual counselling (15) and also group sessions were marked on four occasions. This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Safer sex practices (condom use)

All prison staff members (30 respondents) answered that health promotion services linked to safer sex practices (condom use) was available. Information was mostly delivered through individual counselling (21) or informational leaflets (9). This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Contraception

All prison staff members (30 respondents) answered that health promotion services linked to contraception was available. Information was mostly delivered through informational leaflets (12) and brochures (9) or through individual counselling (9). This topic was considered as a

high priority health promotion activity as most respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Coping with custody & criminal career

Out of 30 respondents 23 agreed that there are health promotion services in place for helping young offenders to cope with custody and criminal career issues. Information was delivered through individual counselling (23). This topic was considered as a high priority health promotion activity as most respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Coping with bullying

Almost half of the prison staff members (17 out of 30 respondents) answered that health promotion services linked to helping young offenders to cope with bullying were not available. Information was delivered through individual counselling (13). This topic was considered as a high priority health promotion activity as most respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Conflict management

Most of the prison staff members (27 out of 30 respondents) answered that health promotion services linked to conflict management were available. Information was delivered through individual counselling (20) or group sessions (7). This topic was considered as a high priority health promotion activity as all respondents rated the importance with a “5” or with a “4” (“1” being “not important at all” and “5” being “very important”).)

Personal hygiene

Almost one third of the respondents (7 out of 30) mentioned personal hygiene as an important health promotional issue in custody. All respondents who mentioned personal hygiene considered this issue as “important” or as “very important” health issue (“1” being “not important at all” and “5” being “very important”). Furthermore all respondents also marked that health promotion linked to personal hygiene is lacking in their prison.

Sleeping conditions

Several respondents (3 out of 30) mentioned healthy sleeping conditions as an important health promotional issue in custody. All respondents who mentioned healthy sleeping conditions considered this issue as “important” or as “very important” health issue (“1” being “not important at all” and “5” being “very important”). Furthermore all respondents also

marked that health promotion linked to healthy sleeping conditions was lacking in their prison.

Mental health

Some respondents (4 out of 30) mentioned mental health issues as an important health promotional issue in custody. All respondents who mentioned mental health issues considered this topic as “important” or as “very important” health issue (“1” being “not important at all” and “5” being “very important”). Furthermore all respondents also marked that health promotion linked to mental health services was lacking in their prison.

The respondents were also asked to point out what are the main barriers – if there are any - in implementing health promotion for young offenders in custody.

The main problem mentioned by the staff was lack of financial means, qualified personnel and time. Several respondents expressed the concern that due to limited number of personnel they feel they don't have enough time to take the needed time to help patients.

“.../”We lack of personnel and therefore we are not able to reach every inmate in a proper way”/

“/”Lack of medical personnel, in my opinion the prison medical staff is overloaded with work.”/

“/”We lack of personnel (don't have enough time to provide individual counselling).”/

“/”Rotation of prison personnel”/.

Others also mentioned lack of special training for staff members to cope with young offenders.

“/”Lack of specialists that have special trainings”/

“/”Lack of money and trained personnel”/.

Also lack of proper educational and informational materials that suits the needs of young prisoners was mentioned.

“/”There is not enough informational leaflets that are appropriate to young prisoners./.

When asked for their suggestions on how to improve health promotion in custody most of the respondents proposed to have more trained personnel (that will also help in serving more time for each client/patient).

/"A clear mission oriented concept first. Then, better qualification for personnel who would be providing the service to the young inmates"./

/"There should be more psychologists in prisons"./

/"We need more medical personnel in order to scale up medical services"./

The respondents were also given an opportunity to write any other thoughts under "any other comments". Only one member of personnel took that chance.

/"Young offenders are one of the groups in prison that when you invest money, time and personnel to them it will pay off". /

2.2 Interviews with specialists

Total of 15 qualitative interviews were conducted with prison staff and representatives of NGO-s (out of the 15 interviewed 12 were women and 3 men). The professions included doctors (2), medical nurses (3), psychologists (2), pedagogue (1) and social workers (5) security staff (2). The average work experience of the staff working with young offenders was 3, 5 years and the medium age of the offenders that the respondents worked with was 21.

Most of the interviewed staff had been working with young offenders for at least 5 years. The average age range of the young offenders that staff worked with was 21.

Perceived needs of prisoners

Alcohol and drug abuse services

Most frequently mentioned issue by the experts was alcohol and drug abuse among young prisoners before entering custody. It became clear that most of the young offenders abuse alcohol and smoke already from an early age (13-14 years old). Furthermore according to the prison staff most of the young people have committed their crimes under alcohol and will probably celebrate their freedom after release with alcohol. It was perceived that although there is very limited access to alcohol and drugs in prison and that is why most of them stay clean inside prison most of them will abuse alcohol and drugs when released. Sometimes that results in overdoses. It was perceived that young prisoners need access to special programs and counselling that tackle the issues of alcohol and drugs.

Therapy on behaviour and self esteem issues

Most of the experts expressed that most young offenders have behavioural problems which usually results in young offenders not being able to control their anger and frustration. Furthermore it was expressed that young offenders seem to have more behavioural problems compared to older prisoners. It was expressed that young people need to learn basic self management methods and get regular psychotherapy. One of the staff members put it this way:

“Because at home nobody showed them how to act normally, for example how to manage anger or solve conflicts they simply lack of social skills and usually have problems with communicating with each other and prison staff. They should get intense psychosocial interventions like psychotherapy one a week”.

Issues of hygiene

Education and information about personal hygiene was perceived as one of the important needs for young prisoners. It was expressed that most young offenders often lack of basic knowledge about hygiene and therefore suffer under physical problems. It became clear that this was true especially among young women who due to lack of personal hygiene suffer under gynaecological problems when entering prison.

“Unfortunately the young people who end up in prison have not learned on how to take care of themselves. This is why many young girls whom I meet for the first time have gynaecological problems as they have never been shown how to take care of themselves”

Vulnerable groups

The majority of the respondents considered young women to be the most vulnerable group among young prisoners, especially women with children. However young prisoners with mental problems and those with financially poor backgrounds were also mentioned as one of the vulnerable groups as they often are the targets of prison teasing.

“Prisoners who come from very poor backgrounds and how minimum contacts outside are more often victims of teasing and violence in prison”

Available health promotional measures

The Ministry of the Justice is responsible for administering health and social services in prisons. There is a family doctor system in wards. In the medical ward prisoners get outpatient general medical aid and dental treatment. Inpatient specialised medical aid is given by the health care ward of Tallinn Prison located in Maardu. If the detainee requires aid that the central hospital is unable to provide, the detainee is assigned to a civil hospital for care. The treatment costs are covered through the Ministry of Justice from the state budget.

All imprisoned persons arriving at the prison undergo an initial medical examination. This determines their possible diseases (e.g. infectious diseases such as tuberculosis, hepatitis and HIV) and, where necessary, further treatment is designated.

Social work in prison is carried out by social workers and psychologists who are employees in the structure of the prison, but not prison officials. The purpose of the social work is to help the detainee maintain and create important and positive social contacts outside the prison, to increase the ability to cope and to influence him/her to act more legally obedient.

The prison's social work can be characterized through the reception, main and release phase. In the reception phase, the emphasis is on the safety of the family, the chance to retain the job position and the need to secure property. Also, the detainee's alcohol and drug problems, vocational skills and work experience and the desire to acquire education in prison will be determined. Based on this info, the social worker will present suggestions for the individual action plan. The psychologists will use discussions, tests and questionnaires to determine the detainee's physical and emotional state and make suggestions about planning the time of the sentence. The psychologists will also help cope with the changes.

In the main phase, the social worker gives the detainee legal counsel in social issues, supports his/her relationship maintenance or reestablishment with the family members, helps to create or preserve contacts with the employer, helps in overcoming the difficulties in learning, helps to solve the conflicts between the detainee and the prison officials or other detainees. The psychologists help the detainee to resocialize through individual counsel and group work (incl. social rehabilitation programs). The purpose of the social learning programs is to teach social skills to the detainee to help him/her cope in the society in the legally obedient manner.

The social programs available in Estonian prisons²:

- Anger Management

This programme is for those unable to control their temper and emotions. They are taught to contain their anger in order not to let it take control.

- Social Skills Training

Offenders learn to express themselves in daily life, analyse their thoughts and control their behaviour. They improve and develop skills necessary for communicating with other people through practical exercises, role-play, discussions, and other exercises, which teach them to cope with a range of situations without harming themselves or others.

- Aggressiveness Replacement Training

Offenders learn to use positive social skills instead of aggressive behaviour. The aim is to change the participants in such a way as to make considering other people a key factor in their thinking and behaviour.

The programme is for violent offenders with a moderate or higher risk of recidivism who want to change. The participants may not necessarily be convicted of violence, but there must have been more than one instance of violence.

- Lifestyle Training for Offender

This training is for abusers/addicts of addictive substances and gambling addicts, whose addiction is leading to unlawful behaviour.

The general aim is to change the abuse of addictive substances. The ultimate aim is to quit using drugs and/or gambling, and the minimum aim is to gain control over using/gambling.

- EQUIP

The aim is to teach young people to think and act responsibly by helping their companions. The participants are violent young people at 14-21 years of age with moderate or higher risk of recidivism who want to change their behaviour.

- Traffic Safety Programme

This programme is for those convicted of traffic offences, the causes of which are connected with thinking, behaviour, and attitude, not alcohol addiction.

² "Ministry of Justice" [<http://www.vangla.ee/53894>] 12.09.2011

- The Right Moment

This is an individual programme for those encountering problems with income. The aim is to help convicted offenders acquire, develop, and apply skills related to resolving various social problems to cope with problematic situations.

- Pre-Release Programme

For those who have been imprisoned for more than a year, in order to teach daily coping skills before release and to better cope with the society.

- Rehabilitation Programme for Sex Offenders

The aim is to help those who have committed a sexual offence realise what they have done and analyse the circumstances that led to it. The programme is for mentally healthy prisoners who are required to participate in a relapse prevention programme by a court decision or as part of an individual treatment programme. Voluntary participation is allowed as well. In the release phase, the social worker helps the detainee to solve problems that have occurred due to the narrowing of external contacts. Often, the detainee has lost social ties, his/her home, job and income. By preparing for the release, the social worker helps the detainee in acquiring documents, finding a job and a place to live and to apply for support through the general welfare. If the detainee has the chance for a premature release, the social worker and psychologist will write a characterization where they assess the detainee's psychological state and the readiness to return to the society to live in the legally obedient manner.

- Support groups for HIV-positive and drug problematic prisoners

For several years psychological support groups in all prisons for PLWHA and drug dependent inmates in the prisons have been organised by NGO Convictus Estonia. The goal of Convictus to offer psychosocial help and consultations for HIV-positive and drug addicts in Estonian prisons in the effort to stop the progressive spread of HIV/AIDS and guarantee HIV-infected persons and drug problematic inmates quality treatment and access to the health care and social services.

Cooperation with community organisations

The cooperation with community organisations may vary from prison to prison. For example some NGOs like NGO Convictus Estonia has a central service provision agreement with the Ministry of Justice and therefore offers services (support groups for HIV-positive and drug problematic prisoners) in all Estonian prisoners whereas other community organisations like

Anonymous Drug users are not. Some local community organisations have developed individual cooperation based on volunteerism for example one rehabilitation organisation offered informational days and individual counselling for with drug problems prisoners prior to their release.

Also religious organisations have contacts with prisons. The detainee has the opportunity to regularly meet with the chaplain and to participate in the church rituals and other religious events. The chaplain helps the detainee to re-integrate into the society, carrying out reconciliation work with the loved ones, organizing a place for the released detainee at the local rehabilitation centre and giving individual counsel to the detainee. The chaplains and the volunteers along with the churches and non-profit organizations also help the detainees and their families in the material sense.

The interviews with prison staff revealed that the prison staff was interested in having more contacts with community organisations in order to help re-integrate young prisoners back to the society. Interviewees regarded the involvement of NGOs as important since they felt that prisoners are more open to external staff as they are more trusted by the prisoners than staff employed by the prison administration.

Main barriers

From the view of the interviewed experts, the main barrier to effective health promotion among young prisoners was lack of financial and personnel resources in the prisons. There is not only a lack of staff but also of well trained staff able to know how to approach young people and to meet the health promotional needs of young prisoners.

“My work is like putting out the fire. I never seem to have the time I really need to sit down with a patient and discuss the problems. A lot of times that is what especially young offenders need”.

“I feel I don’t have time to help them”

Furthermore the staff also recognised that prison personnel working with young offenders should have special training but at the moment this is not available.

“With young prisoners you need much more time and effort to gain their trust and respect. For that all staff member working with young offenders should get training”.

Not only the prison staff, but also the interviewed NGOs report of a lack of resources as regards personnel and money.

Achieving financial viability remains a pressing problem for NGOs as well. The representatives of community organisations argued that the lack of core financing to sustain NGOs beyond project-specific funds continues to be a problem. Most NGOs that provide services in the community have only short term financing. This often hinders to plan and develop services. The representatives of NGO-s expressed that they had problems with flexibility and with focusing on long-term goals.

“All of our activities are project based, meaning when this programs end I never know if the next application we write will get financed and if the service provision can continue”

2.3 Focus groups of young prisoners

From 100 participants 28 took part of focus groups (total of four focus groups were carried out). Two focus groups were carried out with male (total of 17) participants and two with female participants (total of 11).

Focus groups results for young women

When asked from young females how they would describe a healthy person the overall description was linked with how a person looks. For young females a healthy person was someone who has good hair, teeth, skin and a nice outfit. Furthermore healthy person eats healthy food, plays sports, is satisfied with his life and smiles often.

The focus groups with women revealed that most of them felt healthy at the moment of the interview but at the same time also expressed that being in prison has affected their health in a negative way. Many expressed that their mental health had worsened due to imprisonment (problems with sleeping, home sickness, feeling of boredom, loneliness, stress).

The main problems named by the female participants were linked with personal hygiene. The focus groups women considered the quality of hygienic facilities provided by the prison very low quality and insufficient. It was expressed that shower once a week for women is not enough. It was also expressed that getting an appointment to a specialist is difficult as there are often long waiting lines to get an appointment to a health specialist. Also lack of space and fresh air in the rooms was mentioned.

When asked what could help them to be healthier in prison and after they leave. It was expressed that there should be more promenades for walking and also more opportunities to play sports. Also the issues of what happens after release rose; focus groups members felt they needed more preparation before release. It was also expressed that the medical staff should treat prisoners like any other patients and not to like criminals. There should be more

possibilities for prisoners to buy necessary products from the prison shop and for a more acceptable price.

Focus groups results for young men

For young males a healthy person was someone who has a good wellbeing and is not sick. Someone who is active, has healthy teeth, does not have mental problems, eats healthy, plays sports and is good looking.

Like females also male young prisoners felt that most of them are healthy at the moment but at the same time also expressed that being in prison has affected their health in a negative way. Similarly to females many expressed that their mental health had worsened due to imprisonment (problems with sleeping, home sickness, feeling of boredom, loneliness, stress).

Male young offenders expressed that prison environment is bad for ones mental health because of mental pressure, feeling that nobody can be really trusted (no friends), prison routine, having no contacts or limited contacts with family and friends, feeling of being constantly monitored (no privacy).

Most young offenders claimed that their weight has dropped since entering the prison. According to their opinions this had happened mostly due mental stress and due to limited food proportions.

Many felt that they didn't get enough opportunities to play team sports. It was explained that although they have access to exercise devices they could not play more than once a week team sports like football, basketball etc.

It was also expressed that having three showers per week was not enough. It was also expressed that this hindered to play sports as not every time they got a chance to wash them after.

The positive things about being in prison were the following, no or limited access to alcohol, drugs and smoking. Several focus group members claimed that they had quit smoking when they entered prison.

2.4 Questionnaires for prisoners

From 100 participants 72 filled in questionnaires. Out of the 72 participants 20 were women and 52 men. The average age of the respondents was 19 among male participants (the oldest 24 and the youngest 17) and the average age among female participants was 22 (the oldest 24 and the youngest 17).

Out of the 72 respondents 33 were first time in prison and 39 it was not the first time in prison. All of the participants were convicted.

The prisoners were asked to indicate what issues they would like to know more about and also to rate how important (“very important”; “important”; “not important”) was this issue for them.

The following chapter will discuss the results of men and women separately in order to compare the differences on each group.

How to eat healthily

Most of the young male offenders (43 out of 52 respondents) answered that they would like to learn more about healthy eating. This health topic was rated by all male respondents as “important” or “very important”.

That also applied to most of the young female offenders (17 out of 20 respondents) answered that they would like to learn more about healthy eating. This health topic was rated by all women respondents as “important” or “very important”.

Understanding how my body changes

Among young male offenders 32 out of 52 respondents answered that they would like to learn more about how their body changes. Total of 32 male respondents rated this health topic as “important” and 20 as “not important”.

For female respondents understanding how body changes was considered by most (18 out of 20 respondents) of the participants as something they would like to know more about. All most all (18 out of 20) rated this topic as “important” or as “very important”.

Looking after my teeth and gums

Among young male offenders almost all participants (50 out of 52 respondents) answered that they would like to learn more about how to look after their teeth and gums. All male respondents rated this topic as “important” or as very “very important”.

For female respondents the issues of how to look after teeth and gums was considered by all respondents (20 out of 20 respondents) as something they would like to know more about. All female respondents (20 out of 20) rated this topic as “important” or as “very important”.

How drinking affects my health

For male respondents understanding how drinking affects their health was considered by most (41 out of 52 respondents) of the participants as something they would like to know more about. Total of 21 male respondents considered this topic as “very important”, total of 23 rated it as “important” and only 8 as “not important”.

Only half of the young female offenders (10 out of 20 respondents) answered that they would like to learn more about how drinking affects their health. Total of 10 female respondents considered this topic as “not important”, total of 6 rated this as “important” and only 4 as “very important”.

The effects of smoking on my health

Most of the young male offenders (39 out of 52 respondents) answered that they would like to learn more about the effects of smoking on their health. Total of 24 male respondents considered this topic as “very important”, total of 23 rated it as “important” and only 5 as “not important”.

Most of the young female offenders (16 out of 20 respondents) answered that they would like to learn more about the effects of smoking on their health. Total of 14 female respondents considered this topic as “very important”, total of 5 rated it as “important” and only 1 respondent rated it as “not important”.

The dangers of using drugs prescribed by the doctor for somebody else

Out of the young male offenders 17 out of 52 respondents answered that they would like to learn more about the dangers of using drugs prescribed by the doctor for somebody else. Total of 10 male respondents considered this topic as “very important”, total of 13 rated it as “important” and total of 29 as “not important”.

Among the young female offenders 6 out of 20 respondents answered that they would like to learn more about the dangers of using drugs prescribed by the doctor for somebody else. Total of 3 female respondents considered this topic as “very important”, total of 4 rated it as “important” and 14 respondents rated it as “not important”.

Using illegal drugs and how they affect my body

Out of the young male offenders 40 out of 52 respondents answered that they would like to learn more about the about using illegal drugs and how they affect their body. Total of 3 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 34 male respondents considered this topic as “very important”, total of 13 rated it as “important” and total of 5 as “not important”.

Among the young female offenders 12 out of 20 respondents answered that they would like to learn more about the about using illegal drugs and how they affect their body. Total of 8 female respondents considered this topic as “very important”, total of 6 rated it as “important” and 6 respondent rated it as “not important”.

Learning about what HIV is and how to protect myself from getting infected

Out of the young male offenders 39 out of 52 respondents answered that they would like to like to learn more about what HIV is and how to protect themselves from getting infected. Total of 7 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 22 male respondents considered this topic as “very important”, total of 20 rated it as “important” and total of 8 as “not important”.

Among the young female offenders 15 out of 20 respondents answered that they would like to learn more about what HIV is and how to protect themselves from getting infected. Total of 8 female respondents considered this topic as “very important”, total of 6 rated it as “important” and 6 respondent rated it as “not important”.

Learning about what hepatitis is and how to protect myself from getting infected

Out of the young male offenders 32 out of 52 respondents answered that they would like to like to learn more about what hepatitis is and how to protect themselves from getting infected. Total of 3 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 21 male respondents considered this topic as “very important”, total of 15 rated it as “important” and total of 16 as “not important”.

Among the young female offenders 14 out of 20 respondents answered that they would like to learn more about what hepatitis is and how to protect themselves from getting infected. Total of 2 respondents replied that they “don’t know” if this topic is something they would like to learn more about. Total of 8 female respondents considered this topic as “very important”, total of 7 rated it as “important” and 5 respondents rated it as “not important”.

Learning about what tuberculosis is and how to protect myself from getting infected

Out of the young male offenders 31 out of 52 respondents answered that they would like to like to learn more about what tuberculosis is and how to protect themselves from getting infected. Total of 22 male respondents considered this topic as “very important”, total of 18 rated it as “important” and total of 12 as “not important”.

Among the young female offenders 14 out of 20 respondents answered that they would like to learn more about what tuberculosis is and how to protect themselves from getting infected. 1 respondent replied that she “didn’t know” if this topic is something that she would like to learn more about. Total of 7 female respondents considered this topic as “very important”, total of 7 rated it as “important” and 6 respondents rated it as “not important”.

How to get a tattoo or piercing safely

Out of the young male offenders 24 out of 52 respondents answered that they would like to like to learn more about how to get a tattoo or piercing safely. Total of 5 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 16 male respondents considered this topic as “very important”, total of 25 rated it as “important” and total of 11 as “not important”.

Among the young female offenders 7 out of 20 respondents answered that they would like to learn more about how to get a tattoo or piercing safely. Total of 4 female respondents considered this topic as “very important”, total of 6 rated it as “important” and 10 respondents rated it as “not important”.

How to inject drugs safely

Out of the young male offenders 16 out of 52 respondents answered that they would like to like to learn more about how to inject drugs safely. Total of 10 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 7 male respondents considered this topic as “very important”, total of 9 rated it as “important” and total of 36 as “not important”.

Among the young female offenders 4 out of 20 respondents answered that they would like to learn more about how to inject drugs safely. Total of 4 female respondents considered this topic as “very important”, total of 2 rated it as “important” and 16 respondents rated it as “not important”.

How to deal with feelings of suicide

Out of the young male offenders 19 out of 52 respondents answered that they would like to like to learn more about how to deal with feelings of suicide. Total of 12 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 7 male respondents considered this topic as “very important”, total of 16 rated it as “important” and total of 29 as “not important”.

Among the young female offenders 13 out of 20 respondents answered that they would like to learn more about how to deal with feelings of suicide. Total of 8 female respondents considered this topic as “very important”, total of 4 rated it as “important” and 8 respondents rated it as “not important”

How to deal with feelings to self harm

Out of the young male offenders 15 out of 52 respondents answered that they would like to like to learn more about how to deal with feelings to self harm. Total of 16 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 6 male respondents considered this topic as “very important”, total of 18 rated it as “important” and total of 28 as “not important”.

Among the young female offenders 13 out of 20 respondents answered that they would like to learn more about how to deal with feelings to self harm. Total of 7 female respondents considered this topic as “very important”, total of 6 rated it as “important” and 7 respondents rated it as “not important”

Learn what sexually transmitted infections are and how to keep free of infection

Out of the young male offenders 34 out of 52 respondents answered that they would like to like to learn what sexually transmitted infections are and how to keep free of infection. Total of 6 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 26 male respondents considered this topic as “very important”, total of 15 rated it as “important” and total of 11 as “not important”.

Among the young female offenders 15 out of 20 respondents answered that they would like to learn what sexually transmitted infections are and how to keep free of infection. Total of 2 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 8 female respondents considered this topic as “very important”, total of 7 rated it as “important” and 5 respondents rated it as “not important”

How to use a condom properly

Out of the young male offenders 23 out of 52 respondents answered that they would like to know more about how to use condoms properly. Total of 9 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 9 male respondents considered this topic as “very important”, total of 14 rated it as “important” and total of 29 as “not important”.

Among the young female offenders 6 out of 20 respondents answered that they would like to know more about how to use condoms properly. Total of 8 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 4 female respondents considered this topic as “very important”, total of 3 rated it as “important” and 13 respondents rated it as “not important”

Learn about all the different kinds of contraception

Out of the young male offenders 17 out of 52 respondents answered that they would like to know more about all the different kinds of contraception. Total of 2 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 8 male respondents considered this topic as “very important”, total of 11 rated it as “important” and total of 33 as “not important”.

Among the young female offenders 17 out of 20 respondents answered that they would like to know more about all the different kinds of contraception. Total of 12 female respondents considered this topic as “very important”, total of 7 rated it as “important” and 1 respondents rated it as “not important”

How to cope with life in custody

Out of the young male offenders 42 out of 52 respondents answered that they would like to know more about how to cope with life in custody. Total of 5 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 31 male respondents considered this topic as “very important”, total of 10 rated it as “important” and total of 11 as “not important”.

Among the young female offenders 16 out of 20 respondents answered that they would like to know more about how to cope with life in custody. Total of 9 female respondents considered this topic as “very important”, total of 8 rated it as “important” and 3 respondents rated it as “not important”

Learning about alternatives to being involved in crime

Out of the young male offenders 29 out of 52 respondents answered that they would like to know more about alternatives to being involved in crime. Total of 2 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 9 male respondents considered this topic as “very important”, total of 20 rated it as “important” and total of 23 as “not important”.

Among the young female offenders 7 out of 20 respondents answered that they would like to know more about alternatives to being involved in crime. Total of 2 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 3 female respondents considered this topic as “very important”, total of 6 rated it as “important” and 11 respondents rated it as “not important”

How to cope with bullying

Out of the young male offenders 41 out of 52 respondents answered that they would like to know more about how to cope with bullying. Total of 4 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 22 male respondents considered this topic as “very important”, total of 21 rated it as “important” and total of 9 as “not important”.

Among the young female offenders 14 out of 20 respondents answered that they would like to know more about how to cope with bullying. Total of 1 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 6 female respondents considered this topic as “very important”, total of 8 rated it as “important” and 6 respondents rated it as “not important”

How to cope with arguments and aggression in custody

Out of the young male offenders 38 out of 52 respondents answered that they would like to know more about how to cope with arguments and aggression in custody. Total of 2 respondents answered that they “don’t know” if this topic is something they would like to learn more about. Total of 16 male respondents considered this topic as “very important”, total of 18 rated it as “important” and total of 18 as “not important”.

Among the young female offenders 15 out of 20 respondents answered that they would like to know more about how to cope with arguments and aggression in custody. Total of 5 female respondents considered this topic as “very important”, total of 10 rated it as “important” and 5 respondents rated it as “not important”

The young prisoners were also given a chance to write down anything else that they felt might help them to feel healthier in custody. The following issues and proposal rose:

- Meet family members more often and have long term meetings;
- better diets. Example more fruits, vegetables and vitamins, more milk products, larger amount and better quality of food;
- ability to take a shower more often than once a week;
- have less overcrowded cellars and better ventilation or good air in the room;
- better choice of products in the prison shop and the opportunity to buy more quantities of products;
- get more opportunities to play team sports like basketball and football;
- prison should provide more often and better quality hygienic products.

3 Summary

In the period of July 2011 – August 2011 NGO Convictus Estonia carried out research to examine existing approaches to health promotion for young prisoners and to explore prisoner's and prison staff's needs.

The methodology of the project included a needs assessment of young prisoners, of prison staff as well as of other providers of health promotion in prison by means of anonymous questionnaires. Furthermore, focus groups (i.e. group interviews) with young people in prison and qualitative interviews with prison staff were conducted.

Total of 100 prisoners in the age range of 17-24 were involved in the research out of them 80 males and 20 females. The prisons involved in the research were Tartu Prison, Viru Prison and Harku Prison.

Overall the results showed that prison personnel considered all health promotional issues in custody to be important and that access to sporting facilities and to medical aid for young prisoners were enabled. According to the prison staff the most available and also most important health promotional activities in custody were healthy nutrition, dental care, alcohol and drug abuse services, HIV/AIDS, hepatitis, tuberculosis, sexually transmitted diseases services, safe sex practices, contraception and conflict management.

The following issues were considered by the prison staff to be important but not as available; tobacco use, use of prescriptive drugs, body changes during puberty, safe practices for

tattooing/piercing, safe practices for injecting drugs, prevention of suicide and self harm, coping with custody & criminal career, coping with bullying. Also personal hygiene, healthy sleeping conditions and mental health were topics added by the prison personnel that they considered being important but not available.

The main barrier to provide health promotion for young prisoners mentioned by the staff was lack of financial means, qualified personnel and time.

When asked from prison staff to make suggestions on how to improve health promotion in custody most of the respondents proposed to have more (trained) personnel (that will also help in serving more time for each client/patient).

The interviews with experts revealed that alcohol and drug abuse among young prisoners before entering custody was considered an important health issue. It was perceived that young prisoners need access to special programs and counselling that tackle the issues of alcohol and drugs. Also major part of the experts expressed that most young offenders have behavioural problems and that young people need to be given the chance to learn basic self management methods and get regular psychotherapy. In addition education and information about personal hygiene was perceived as one of the important needs for young prisoners.

The majority of the respondents considered young women to be the most vulnerable group among young prisoners; however young prisoners with mental problems and those with financially poor backgrounds were also mentioned.

The focus groups results among young women revealed that most of them felt healthy at the moment of the interview but at the same time also expressed that being in prison had affected their health in a negative way. Many expressed that their mental health had worsened due to imprisonment (problems with sleeping, home sickness, feeling of boredom, loneliness, stress). The main problems named by young women were limited possibilities to get showers and long waiting lines in order to get an appointment to a health specialist. Also lack of space and fresh air in the rooms was mentioned.

Young women expressed that there should be more promenades for walking and also more opportunities to play sports. Also respondents felt they needed more preparation before release.

Focus groups results among young men revealed that like females also male young prisoners felt that most of them are healthy at the moment but at the same time also expressed that being in prison has affected their health in a negative way. Similarly to

females many expressed that their mental health had worsened due to imprisonment (problems with sleeping, home sickness, feeling of boredom, loneliness, stress).

It was expressed that many felt that they didn't get enough opportunities to play team sports. It became clear that personal hygiene is also an issue for young men as they complained not get enough opportunities to wash themselves.

Also positive things about being in prison were mentioned it was expressed that the positive aspects of imprisonment is that there is no or limited access to alcohol, drugs and smoking, HIV/AIDS, hepatitis,

The results of the questionnaires revealed that equally interested and important topic for both young men and women were the following topics: healthy eating, body changes, health of teeth and gums, effects of smoking, tuberculosis, sexually transmitted infections, life in custody, alternatives to crime, coping with arguments and aggression in custody and bullying.

The following topics were more interesting and important to men than women; alcohol affects on health and using illegal drugs.

Some issues were more interesting for women compared to men; issues like how to deal with feelings of suicide and self harm also learning about all the different kinds of contraception

Some topics like the dangers of using prescribed drug, how to get a tattoo safely, how to inject drugs safely and how to use condom properly were considered not as interesting and important topics for both men and women.

4 Appendices

4.2 Interview guidelines for interviews with custody staff

What is the HPYP project about?

The EU funded project "Health Promotion for Young Prisoners" (HPYP) is conducted in cooperation with partners from the seven European Member States Bulgaria, Czech Republic, Estonia, Germany, Latvia, Romania, and United Kingdom. The HPYP project aims to develop and improve health promotion for young people in custody. It specifically aims to

develop and implement a health promotion toolkit for young people in prison and other secure settings.

What do we mean by health promotion in custody?

By health promotion we mean any activities, programmes and initiatives aiming to raise awareness and to develop skills in preventing and promoting physical, emotional, mental and social health of individuals and groups in custody. This includes a wide range of health promotion aspects that can be addressed in custody ranging from regular sports to informative sessions for young offenders on alcohol, tobacco and drug use, training in right dental/oral hygiene, interventions as regards to mental health needs, self harm and suicide to training on conflict management.

The HPYP project is not commissioned by the prison system but has been funded by the EU to study health promotion in juvenile secure settings. This interview is strictly anonymous. All information will be treated confidentially and no individual answers will be forwarded to prison authorities. Each interviewee is kindly asked to fill out a consent form.

Expert interview questions

1. What is your professional position
2. How long have you been working with young offenders?
3. What is the age range of the young offenders that you work with?
4. What do you think are the health promotion needs of young offenders?
5. What kind of health promotion measures exist in your secure setting (*prison, youth arrest house, re-education centre etc*). What works well? What doesn't?
6. Are there particular vulnerable groups among the young offenders (e.g. women, migrants/ ethnic minorities, problem drug users) that require or who receive special services regarding health promotion?
7. Does the *prison/youth arrest house/ re-education centre* have links with NGOs/ voluntary organisations/ public agencies regarding health promotion activities? If yes, please specify this cooperation. How does this cooperation work?
8. What are the main barriers to implementing health promotion for young offenders?
9. What are your suggestions to improve health promotion?
10. Are there any key changes that you think would improve health promotion for young offenders?
11. Is there anything that you consider important that I have forgotten to ask you?

THANK YOU!

4.3 Questionnaire on health promotion for young offenders

- Prison staff -

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1. Please indicate your gender: Male Female

2. Please indicate which of the following best describes your job:

- | | |
|---|--|
| <input type="checkbox"/> Security staff | <input type="checkbox"/> Prison administration |
| <input type="checkbox"/> Social worker | <input type="checkbox"/> Psychologist |
| <input type="checkbox"/> Medical staff | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other, please specify: | |

3. How long have you worked with young offenders in custody? _____ years

4. Please indicate the age range of the young offenders you are currently working with

from _____ to _____ years old

5. Please indicate if the following applies for young offenders in your *prison, youth arrest house, re-education centre*? (please tick the respective box)

	Yes	No
<i>Prisoners/young offenders</i> are able to play sports outside	<input type="checkbox"/>	<input type="checkbox"/>
<i>Prisoners/young offenders</i> are able to play sports in the gym	<input type="checkbox"/>	<input type="checkbox"/>
<i>Prisoners/young offenders</i> have at least 1 hour exercise outside each day	<input type="checkbox"/>	<input type="checkbox"/>
<i>Prisoners/young offenders</i> are able to see a doctor when they feel sick	<input type="checkbox"/>	<input type="checkbox"/>

6. Please indicate if the following health promotion activity is available for young offenders in your *prison, youth arrest house, re-education centre* AND how the information is provided (e.g. through leaflets, group discussion, peer education etc.).

Please also rate how important you think it is to provide each activity for young offenders while they are in custody.

		If available, how is it delivered?	How important is it that this activity is provided in custody?

Health Promotion activity on:	Available	Not available	Under development	Leaflets	Posters	Brochures	Individual counselling	Group session	Peer educators	(rate from
										1 "not important at all" to 5 "very important")
Healthy nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Body changes during puberty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Dental/ oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Alcohol use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Tobacco use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Use of prescriptive drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Use of illegal drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Infectious disease HIV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
hepatitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂

Health Promotion activity on:				If available, how is it delivered?						How important is it that this activity is provided in custody?
	Available	Not available	Under development	Leaflets	Posters	Brochures	Individual counselling	Group session	Peer educators	(rate from 1 "not important at all" to 5 "very important")
										<input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Safe practices for tattooing/piercing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Safe practices for injecting drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Prevention of suicide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Prevention of self harm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Sexually transmitted diseases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅

Health Promotion activity on:				If available, how is it delivered?						How important is it that this activity is provided in custody?
	Available	Not available	Under development	Leaflets	Posters	Brochures	Individual counselling	Group session	Peer educators	(rate from 1 "not important at all" to 5 "very important")
Safer sex practices (condom use)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Contraception	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Coping with custody & criminal career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Coping with bullying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Conflict management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂ <input type="radio"/> ₃ <input type="radio"/> ₄ <input type="radio"/> ₅
Other, please specify:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> ₁ <input type="radio"/> ₂

Health Promotion activity on:				If available, how is it delivered?						How important is it that this activity is provided in custody?
	Available	Not available	Under development	Leaflets	Posters	Brochures	Individual counselling	Group session	Peer educators	(rate from 1 "not important at all" to 5 "very important")
.....										○ ₃ ○ ₄ ○ ₅
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							○ ₁ ○ ₂ ○ ₃ ○ ₄ ○ ₅
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							○ ₁ ○ ₂ ○ ₃ ○ ₄ ○ ₅
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							○ ₁ ○ ₂ ○ ₃ ○ ₄ ○ ₅

7. Are there particular vulnerable groups that receive special health promotion services?

- Women Migrants

Ethnic minorities Other, please specify

.....

8. What are the main barriers – if there are any - to implementing health promotion for young offenders in custody?

9. What are your suggestions to improve health promotion in custody?

10. Any other comments



Thank you for completing the questionnaire!

4.4 Questionnaire on health promotion for young offenders

What is the HPYP project about?

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What do we mean by health promotion in custody?

The term health promotion covers all the things that help to keep you healthy and to improve your health. This can include things like why exercise is good for you, how to stop smoking, how to manage your drinking, understanding the problems of using drugs, looking after your teeth, improving your self confidence and dealing with feelings of sadness. It also includes such things as how to deal with living in custody and how to cope with arguments and living with others in a large group.

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11. Are you ... Male Female

12. How old are you? years

13. Is this your first time in prison or custody? Yes No

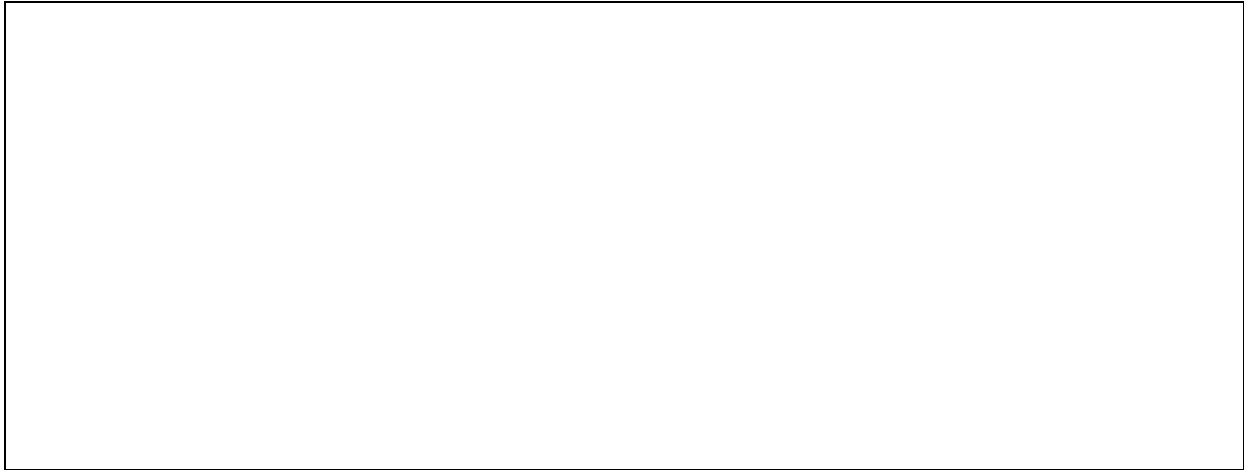
14. Are you ... on remand? sentenced?

Would you like to know more about the following issues?				How important is this issue for you?		
	Yes	No	Don't know	Very important	Important	Not important
How to eat healthily	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding how my body changes as I get older (dealing with sexual feelings)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Looking after my teeth and gums	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How drinking affects my health	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The effects of smoking on my health	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The dangers of using drugs prescribed by the doctor for somebody else	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using illegal drugs and how they affect my body	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about what HIV is and how to protect myself from getting infected	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about what hepatitis is and how to protect myself from getting infected	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about what tuberculosis is and how to protect myself from getting infected	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to get a tattoo or piercing safely	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to inject drugs safely	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to deal with feelings of suicide	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to deal with feelings to self harm	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn what sexually transmitted infections are and how to keep free of infection	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to use a condom properly	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn about all the different kinds of contraception	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to cope with life in custody	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning about alternatives to being involved in crime	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to cope with bullying	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How to cope with arguments and aggression in	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other, please name:	custody <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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6. Can you think of anything else that might help you to feel healthier in custody?

7. Any other comments



Thank you for completing the questionnaire!

4.5 Interview guidelines for focus groups

What is the HPYP project about?

The EU funded project “Health Promotion for Young Prisoners” (HPYP) is conducted in cooperation with partners from the seven European Member States Bulgaria, Czech Republic, Estonia, Germany, Latvia, Romania, and United Kingdom. The HPYP project aims to develop and improve health promotion for young people in custody. It specifically aims to develop and implement a health promotion toolkit for young people in prison and other secure settings.

What do we mean by health promotion in custody?

The term health promotion covers all the things that help to keep you healthy and to improve your health. This can include things like why exercise is good for you, how to stop smoking, how to manage your drinking, understanding the problems of using drugs, looking after your teeth, improving your self confidence and dealing with feelings of sadness. It also includes such things as how to deal with living in custody and how to cope with arguments and living with others in a large group.

The HPYP project is not commissioned by the prison system but has been funded by the EU to study health promotion in juvenile secure settings. This focus group is strictly anonymous. All information will be treated confidentially and no individual answers will be forwarded to prison authorities. Each interviewee is kindly asked to fill out a consent form.

Focus group questions

1. When you think about the words “health” and “wellbeing” – what comes into your mind? What does health mean to you?

- *Split participants into two groups, ask them to draw a picture “How do you imagine a healthy/ an unhealthy person?” and discuss it with the group.*
2. Do you feel healthy at the moment? Do you think that being here has affected your health (in a good /bad way)?
 3. What could help you to be healthier here and after you leave?
(for possible answers compare to the needs assessment questionnaire; e.g. smoking cessation, abstinence from alcohol, physical activity, good diet, knowing more about infectious diseases, sexual health, mental health...)
 - *Use posted notes or a flipchart for writing down the answers*
 - *Ask participants to prioritise their answers*
 4. How much do you know about the things we have put down on the flip chart? *(pick one subject at a time and ask the group for comments)*
 5. What things about your health do you think you would like to learn more about?
 6. Can you think of anything else that would help you to feel better?
 7. If you could choose 3 things that would make you feel better here what would they be?
 8. Is there anything that you consider important that I have forgotten to ask you?

THANK YOU!

4.6 Interview guidelines for interviews with NGOs/ service providers

What is the HPYP project about?

The EU funded project “Health Promotion for Young Prisoners” (HPYP) is conducted in cooperation with partners from the seven European Member States Bulgaria, Czech Republic, Estonia, Germany, Latvia, Romania, and United Kingdom. The HPYP project aims to develop and improve health promotion for young people in custody. It specifically aims to develop and implement a health promotion toolkit for young people in prison and other secure settings.

What do we mean by health promotion in custody?

By health promotion we mean any activities, programmes and initiatives aiming to raise awareness and to develop skills in preventing and promoting physical, emotional, mental and

social health of individuals and groups in custody. This includes a wide range of health promotion aspects that can be addressed in custody ranging from regular sports to informative sessions for young offenders on alcohol, tobacco and drug use, training in right dental/oral hygiene, interventions as regards to mental health needs, self harm and suicide to training on conflict management.

The HPYP project is not commissioned by the prison system but has been funded by the EU to study health promotion in juvenile secure settings. This interview is strictly anonymous. All information will be treated confidentially and no individual answers will be forwarded to prison authorities. Each interviewee is kindly asked to fill out a consent form.

Expert interview questions

12. Please indicate your professional position
13. How long have you been working with young offenders?
14. What age range of young offenders are you working with?
15. What kind of health promotion measures do you provide?
16. What do you think are the health promotion needs of young offenders?
17. Are there particular vulnerable groups (e.g. women, migrants/ ethnic minorities, drug/ alcohol users) requiring and receiving special services regarding health promotion?
18. How does cooperation with the *prison/ youth arrest house/ re-education centre* look like? How does this work?
19. What are the main barriers to implementing health promotion for young offenders?
20. What are your suggestions to improve health promotion for young offenders?
21. What would you most want to change regarding health promotion for young offenders?
22. Is there anything that you consider important that I have forgotten to ask you?

THANK YOU!

4.7 Consent form

Research institute:

*Wissenschaftliches Institut der Ärzte Deutschlands (WIAD) gem. e.V.
Urbierstrasse 78*

53173 Bonn

What is the HPYP project about?

The EU funded project “Health Promotion for Young Prisoners” (HPYP) is conducted in cooperation with partners from seven European Member States (Bulgaria, Czech Republic, Estonia, Germany, Latvia, Romania, United Kingdom). The general objective of the HPYP project is to develop and improve health promotion for young prisoners. It specifically aims at the development and implementation of a health promotion toolkit for young people in prison.

Within the scope of the project there will be anonymous focus groups with young prisoners as well as interviews with prison staff. All information obtained from the focus groups and interviews will be treated confidentially.

Please tick

- 1. I confirm that I have read and understand the information sheet for the HPYP project and have had the opportunity to ask questions.

- 2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving reason.

- 3. I agree to take part in the above study.

- 4. I agree to the interview/ focus group being audio recorded

- 5. I agree to the use of anonymised quotes in publications

Date, place

Signature of the participant

Signature of the interviewer