

# Best Practices of CoSA

## in the Netherlands

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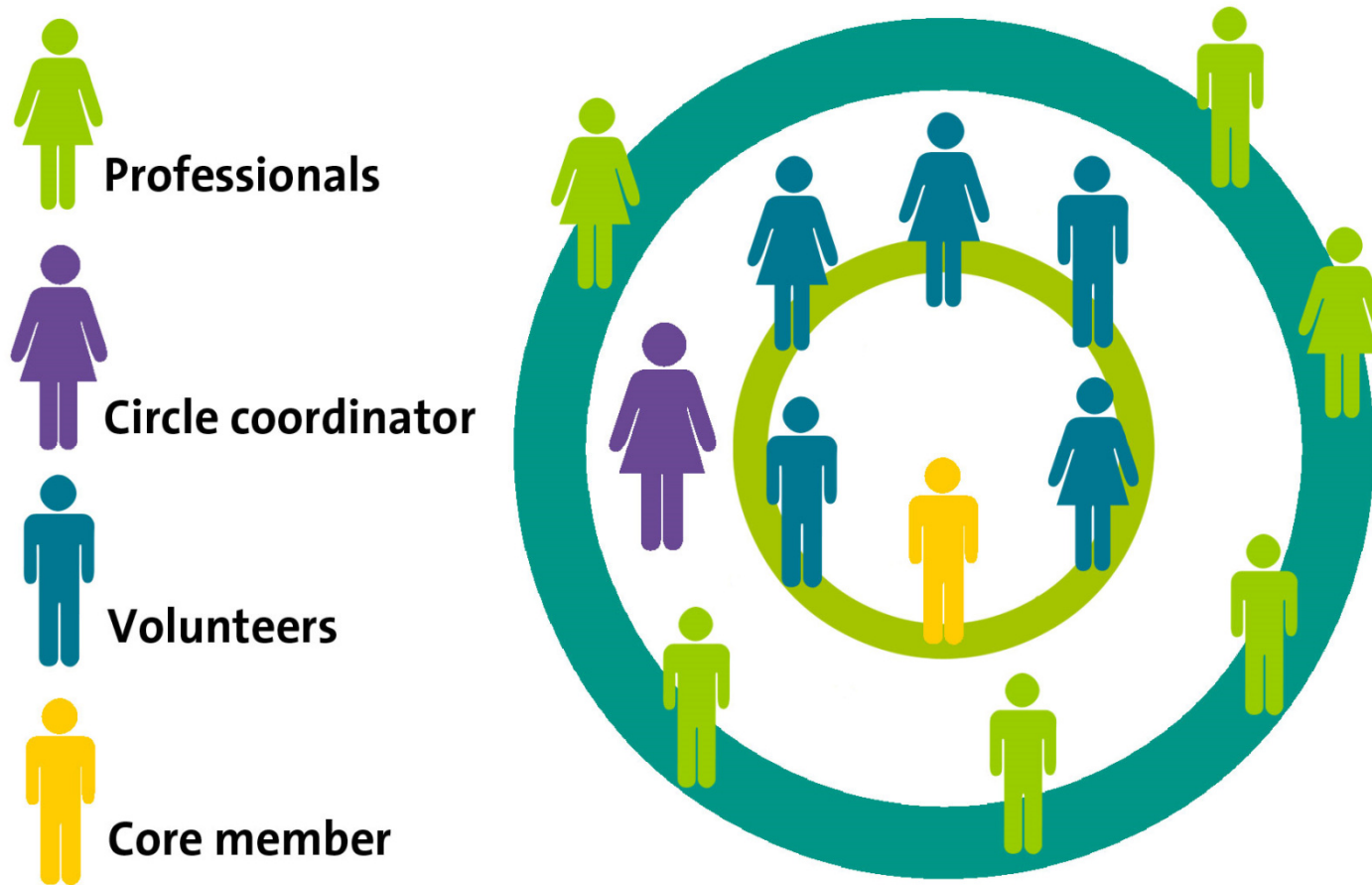
Reclassering Nederland



# From a citizens initiative to an effective method

- ◉ 1994 Canada
- ◉ 2002 United Kingdom (1st in Europe)
- ◉ 2009 the Netherlands
- ◉ 2011 Belgium
- ◉ 2012 Circles 4 EU
  - pilots: Bulgaria - Latvia – Catalonia (Spain)
  - implemented: France - Hungary - Ireland
- ◉ Circles NL 2009-2017
  - 119 circles started – 71 in circles – 11 CC

# European CoSA model



# What makes an effective circle? (Höing, 2015)

- Selection of the core member
- Selection of volunteers and appropriate balance in diversity
- Monitoring and supervising group development
- Exchange information
- Effective strategies:
  - inclusion
  - promoting change
  - risk reduction
  - process evaluation

# Selection core member (1/3)

- Referral from a professional / Self-referral from potential CM
- Assessment of core member criteria
- Case review by national project leader
- Core member 'needs and resources profile'
- Assessment by circle coordinator
- (Individual cases assessed)

# Selection core member (2/3)

A suitable core member:

- Has made a voluntary decision to join a circle
- Is willing to disclose information about his sexual offence
- Is motivated to engage with volunteers specifically around offending behavior, present risk behavior and risk signals
- Accepts responsibility for offending behavior
- Prioritizes goals according to risk and need
- Agrees information will be shared

# Selection core member (3/3)

An unsuitable core member:

- Is diagnosed as a psychopath
- Is in complete denial
- Has a disorder or a significant intellectual disability that forms a barrier to benefit from the method
- Is too young / immature to benefit the method

**Suitable and unsuitable profiles as starting points, but.....**

**Individual cases are assessed!!**

# Selection volunteer

- Application letter by potential volunteer
- Individual introductory interview
- A two-day training program
- Final selection interview
- Match volunteers for balanced circle



# Monitoring and supervising group development

- Assessment stage
- Building stage
- Equilibrium stage
- Transfer stage
  
- Dysfunctional stage

# Exchange information

- Volunteers
- Core member
- Social circle of the core member
- Circle coordinator
- Key professionals
- .....

# Effective strategies

Circle goals:	Social capital formation	Human capital formation	Relapse-prevention	Circle redundancy
Who?	Inner circle	Inner and outer circle	Inner and outer circle	Circle coordinator, inner and outer circle
Circle functions:	Social inclusion:	Behaviour change:	Risk reduction and risk management:	Evaluation and improvement:
Activities:	<ul style="list-style-type: none"> <li>- Be available and offer support</li> <li>- Model and stimulate respect, openness and trust</li> <li>- Offer and stimulate social activities/pro-social relationships</li> </ul>	<ul style="list-style-type: none"> <li>- Hold accountable</li> <li>- Develop targets and cooperation</li> <li>- Offer advice, guidance and encouragement</li> </ul>	<ul style="list-style-type: none"> <li>- Monitor and discuss risk and problem behavior</li> <li>- Confront core member</li> <li>- Share information</li> <li>- Intervene</li> </ul>	<ul style="list-style-type: none"> <li>- Evaluate and support group proces</li> <li>- Evaluate and discuss core member process</li> <li>- Safeguard model and program integrity</li> </ul>
Consequences for core member:	<p>Sense of belonging</p> <p>Self-esteem, hope and motivation</p> <p>Trust in others</p>	<p>Engagement</p> <p>Improved life-skills and self-regulation</p> <p>Improved self-efficacy</p>	<p>Risk awareness</p> <p>Offence free life</p>	Effective circle
Consequences for society:	<p>No more victims</p> <p>Public safety</p>			

(Thank you so much for your attention)  
ごせいちょう ありがとう ございました

For more information or questions, please contact:

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Download our *European Handbook* at [www.circles4.eu](http://www.circles4.eu)

Download Höing, M. A. (2015). *Empowering circles: Circles of Support and Accountability*. Oosterhout: OCC De Hoog B.V. at [https://pure.uvt.nl/portal/files/9393515/Hoing\\_Empowering\\_26\\_10\\_2015.pdf](https://pure.uvt.nl/portal/files/9393515/Hoing_Empowering_26_10_2015.pdf) (Dissertation)

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