

Third World Congress on Probation Tokyo 2017

Technical support- Innovations for reducing the risk of re-offending for probation clients

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- Operating detention facilities
- Implement prison and probation sentences
- Performing pre-sentence report investigation
- Provide evidence based rehabilitation programs
- Carrying out transportation

Why technical solutions?

- Correctional work for non-incarcerated and probation clients has specific challenges and various hard-to-handle risk situations
- Many clients are struggling to manage meeting times etc. and can be encouraged to use the skills learned in existing crime-preventive treatments
- However, various obstacles do arise and criminal recidivism rates are quite high



The target group

Impulsive

Lack of
patience

Not
motivated

Need for
encouragement

Male
(88%)

Difficulties to read
and/or write

"Digital native" 60%
<35 yrs

Language
difficulties

Motivated

Forgetful

Not
concentrated

Looking for
confirmation

Curious

Unstructured
everyday life

Two innovation projects: Skype meetings and an application for smartphones

- Skype meetings to increase frequency for medium to high risk clients (in accordance with the RNR-principles)
- Calendar and reminders in the app to increase attendance at scheduled meetings
- CBT-based exercises in the app to increase treatment dosage and support behavioral change
- Overarching goal- reduce the risk of recidivism

The app

Purpose & Goals

PURPOSE

Reduce the risk of recidivism for clients in the probation service

GOALS

Increase attendance on scheduled meetings

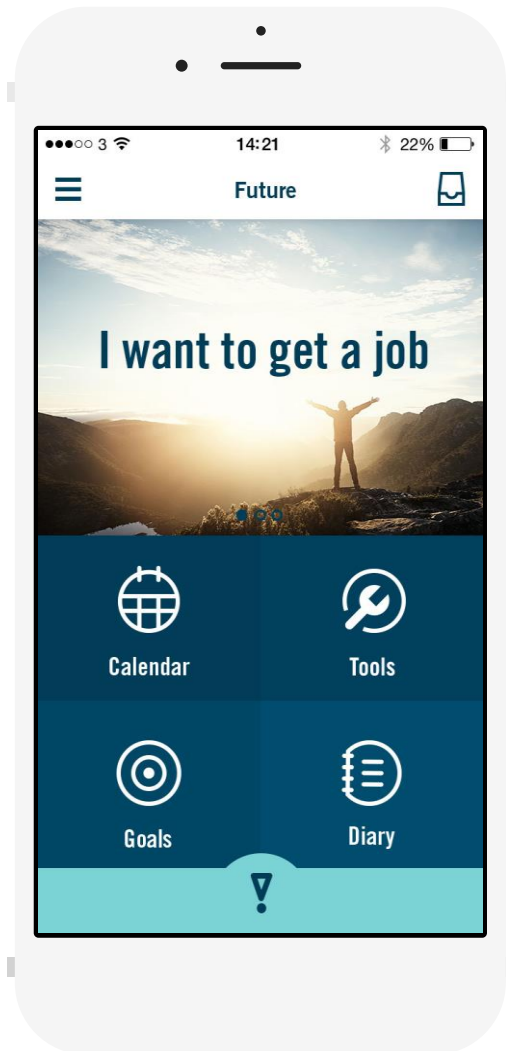
- Program participation, supervisory meetings with the probation officer, treatment clinics etc

Increase treatment dosage

- More treatment "on your own" between sessions

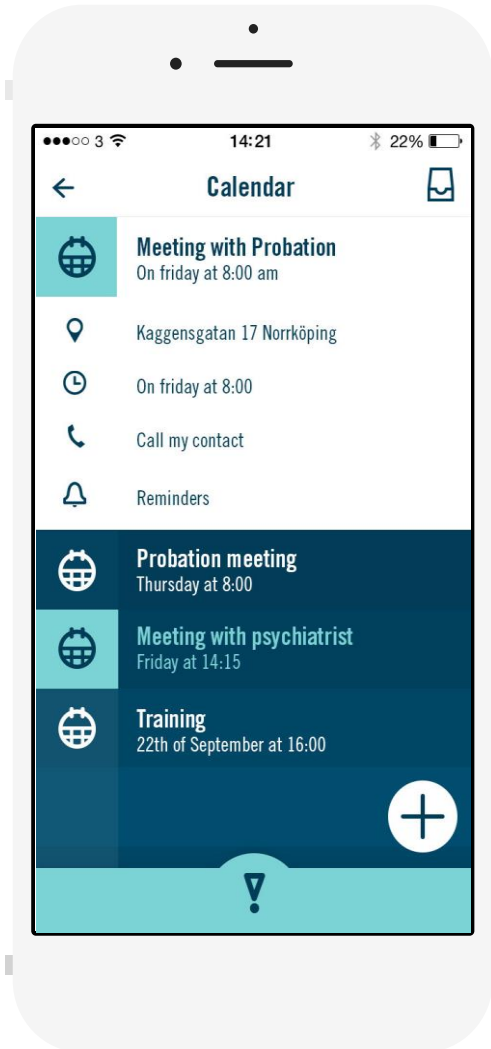
Project team and financing

- 50% funding from the Swedish innovation agency Vinnova
- In-house: IT-developers
- In-house: expertise on relapse preventing treatments
- External: expertise on user experiences (UX)



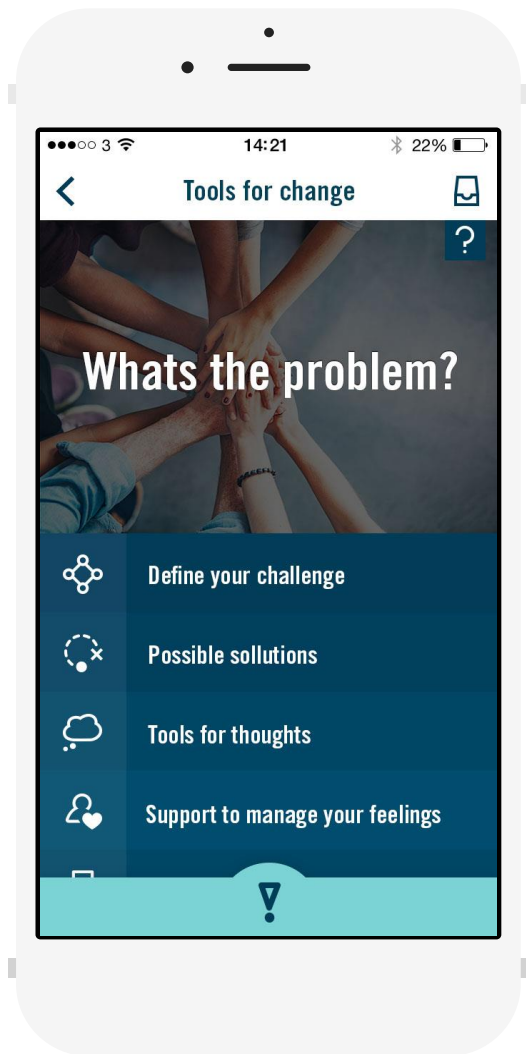
The app acts as a **personal coach** with :

- Calendar with reminders
- Tools
- Personal Goal
- Diary
- Support for managing risk situations
- Notifications with encouragement and reminders



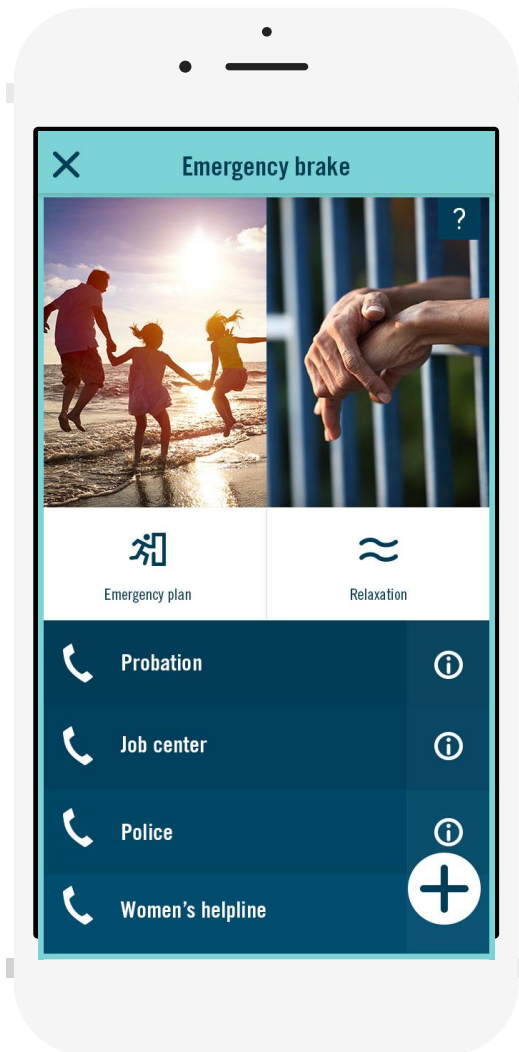
Calendar

- Meetings with your Probation officer
- Notifications



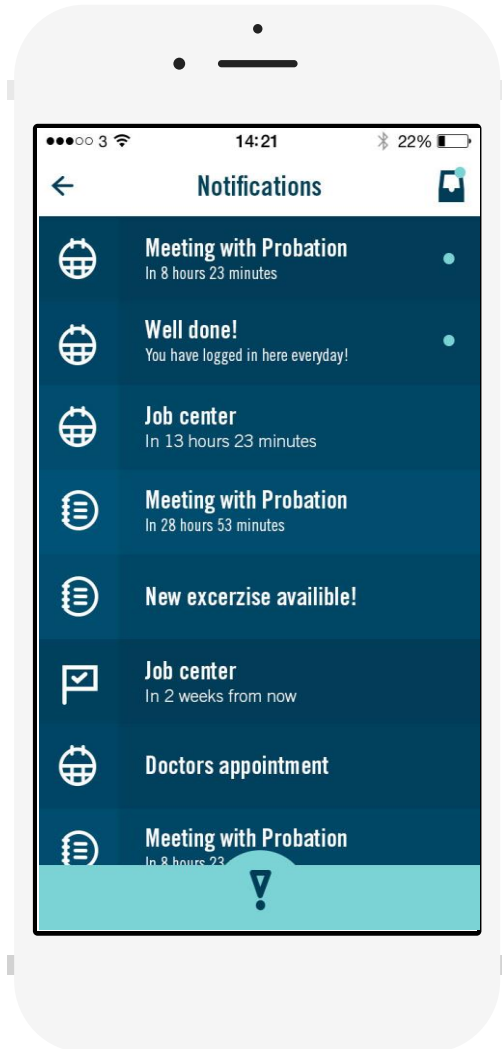
Tools

- General and often used CBT-exercises for behavioral changes



Managing risk situations

- Offer a positive alternative behavior in order to avoid risk situations developing into a negative situation



Notifications

- Encouragement and reminders

The pilot study

- 19 clients and 11 probation officers
- Feasibility-how was the application perceived?
 - Easy to manage?
 - Helpful?
 - Evaluation of the different functions in the app
- Overall positive responses
 - Calendar, diary and the voice guided relaxation exercise were especially appreciated
 - Assigned homework in the app instead of easily lost handouts

Pilot study

Comments from the clients:

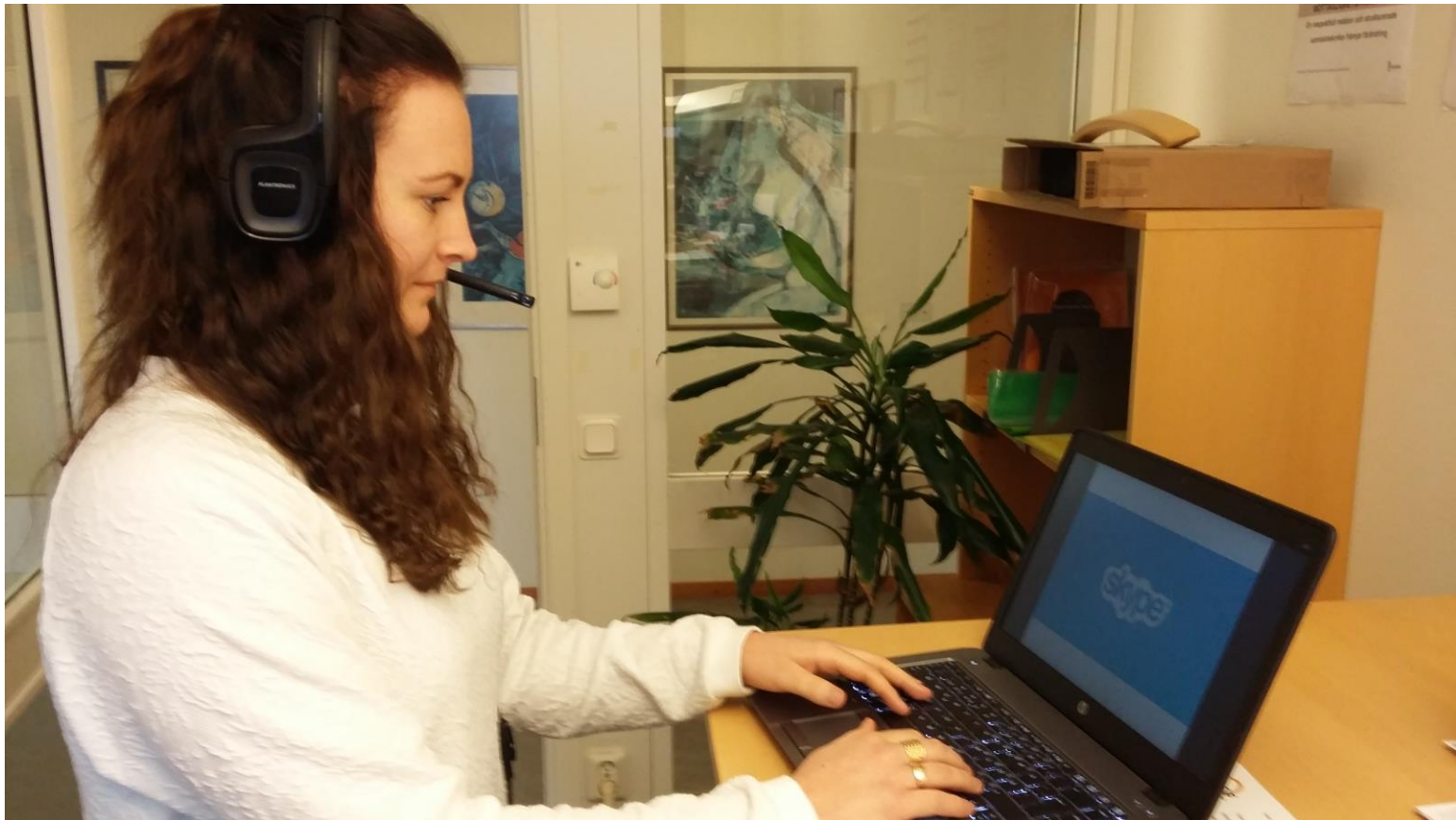
“Problem solving is great, giving me a new way of thinking”

“The diary helped go back and review my mood”

“The tools are good after a relapse prevention program”

“I don’t know how to use the diary, I feel good all the time”

Project: Supervisory meetings using Skype



Project: Supervisory meetings using Skype

- Goal- To increase the compliance and the frequency of the scheduled meetings between probation officers and their clients
- The pilot study
 - Young (up to 21 yr) clients with assessed medium to high risk of reoffending
 - North Sweden, large geographical distances
 - The goal was weekly meetings with every second meeting using Skype
- Result
 - 74 clients were asked to participate, 51 (68%) agreed.
 - The meeting frequency did increase and in mean, every third meeting on video (Skype). The Skype meetings lasted for a mean of 20 minutes

Opportunities & challenges

- Make the solutions natural and part of business as usual
- Continue to develop the app and adjust treatment components especially for Skype/video
- Go behind the fire wall
 - access to prison system for automatic booking of scheduled meetings in the app (ongoing)
- Secure log in (swipe, finger print)
- Make sure that the client is alone during Skype meeting

Thank you for your attention

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**WE BREAK
THE VICIOUS CIRCLE**

**KRIM:
VÅRD**



Kriminalvården

SAD Frivårdsappen [skrivskyddat] - Microsoft Word

Arkiv Start Infoga Sidlayout Referenser Utskick Granska Visa

Utcheckning krävs Du måste checka ut serverdokumentet innan du kan ändra det. Checka ut

Utfärdat av Ralf Lund

Datum 2016-06-08

Projekt

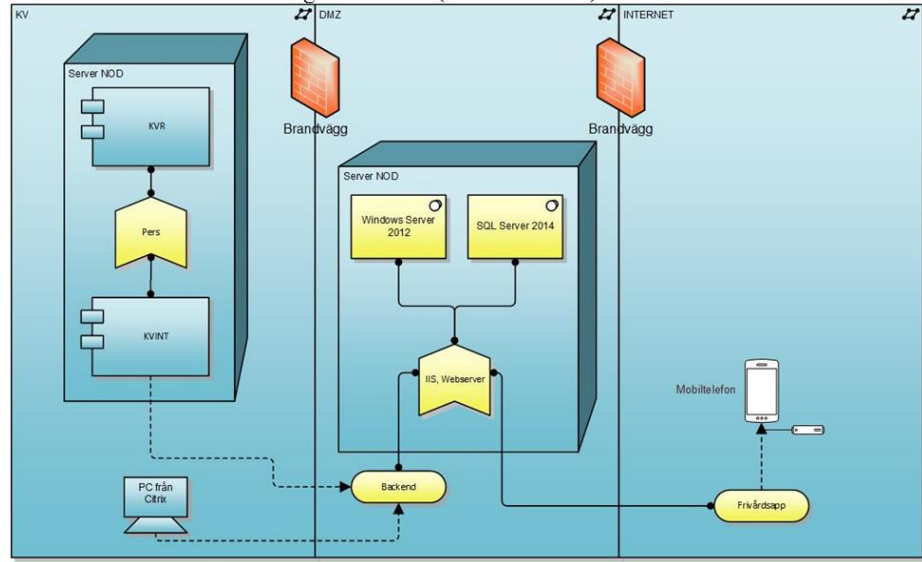
Diariennr

Dokumentid

3. Lösningsarkitektur

3.1 Lösningsöversikt

- Vy över lösningsarkitekturen när integrationsplattformen är implementerad så att kommunikation till KVR kan genomföras. (release version).



The diagram illustrates the software architecture for the integration platform. It is divided into three main sections: KV, DMZ, and INTERNET.

- KV Section:** Contains a 'Server NOD' with 'KVR' and 'KVINT' components. A 'Pers' (person) icon is positioned between them. Below the 'KVINT' component is a 'PC från Citrix'.
- DMZ Section:** Contains a 'Server NOD' with 'Windows Server 2012' and 'SQL Server 2014' components. Below these is an 'IIS, Webserver' component. A 'Backend' component is located below the DMZ section.
- INTERNET Section:** Contains a 'Mobiletelefon' (mobile phone) and a 'Frivårdsapp' (mobile application).

Connections and Data Flow:

- The 'KVINT' component in the KV section is connected to the 'Backend' component in the DMZ section.
- The 'Backend' component is connected to the 'IIS, Webserver' component in the DMZ section.
- The 'IIS, Webserver' component is connected to the 'Frivårdsapp' in the INTERNET section.
- The 'Frivårdsapp' is connected to the 'Mobiletelefon'.
- The 'KVINT' component is also connected to the 'PC från Citrix'.

Software Architecture Document version: P1.0-1

Sida: 6 av 15 | Ord: 1 235 | Svenska (Sverige)

CEP Inkörgen - Lena.L... Visa nedladdning... SAD Frivårdsappe...

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