

# Inform Plus UK



## Type of intervention



Individual Work



Group Work

## Target group/s, level/s of prevention and sub-group/s:



Tertiary prevention

Adults (21 Years +) | Male | Individualised Work, Group Work | Internet Related Only | English

## Target population

People who have been arrested, cautioned or convicted in connection with indecent images of children.

## Delivery organisation

The programme is delivered by the child protection charity, the Lucy Faithfull Foundation (LFF), UK.

## Mode and context of delivery

Group Programme:

Two practitioner staff facilitate the ten sessions of the programme to a group of up to 9 Internet offenders.

Individualised Programme:

One practitioner facilitates five sessions on an individual basis.

Note: This programme is self-funded; i.e. participants contribute to the cost of the work.

## Level/Nature of staff expertise required

Facilitators' backgrounds vary and include work in probation, psychology, mental health, child protection and the police. Familiarity with child pornography offending and offenders, as well as sex offender treatment programmes is an advantage. Staff must be non-judgemental and able to demonstrate the ability to present information clearly and to facilitate a group setting.

## **Intensity/extent of engagement with target group(s)**

The group programme consists of 10 sessions, each lasting 2.5 hours, once a week.

The individualised programme typically consists of 5 sessions of 2 hours each, once a week.

Once an individual has received information about the Inform Plus programme (usually from Police or the Stop it Now! Helpline), they meet with a programme facilitator for a one-to-one meeting to determine suitability for the programme.

## **Description of intervention**

The programme aims to help those who admit to downloading indecent images of children (not contact sexual abuse or online grooming of a child) to explore their offending behaviour in a structured but supportive environment and, using this knowledge, identify strategies they can employ to reduce the likelihood of reoffending.

Group programme content and structure:

- Session 1: Introduction to the group, introduction to offence analysis
- Session 2: Offence analysis, offence cycles
- Session 3: Role of fantasy in offending, fantasy patterns
- Session 4: Fantasy management techniques, addiction/compulsion/habits, collecting behaviours
- Session 5: Disclosure, relationships and social skills
- Session 6: Relationships and social skills
- Session 7: Victim empathy
- Session 8: Criminal Justice, beginning relapse prevention
- Session 9: Relapse prevention and lifestyle changes
- Session 10: Relapse prevention, endings

There is also the opportunity for group members to attend a review session 6-8 weeks after the programme ends.

The individualised programme covers the same content as above, compressed into five sessions. More flexibility is allowed according to the individual's specific needs.

## **Evaluation**

Evaluation forms are completed by attendees at the end of each programme (1000 attendees to date; 2014) and data from these forms are inputted into a spreadsheet. A formal evaluation of Inform Plus is due to be published in early 2015.

Past participants have said:

*“You gave me a sense of purpose when I saw I had no future and helped put me back in control of my offending behaviour.”*

*“Absolutely brilliant programme – it has changed my life.”*

## **References**

There are no references available at the time of writing.

## **Contact details**

The Lucy Faithfull Foundation

Email: [wolvercote@lucyfaithfull.org.uk](mailto:wolvercote@lucyfaithfull.org.uk)

Telephone: 01372 847 160