

The background of the slide is a photograph of a hole in a wall. The hole is irregularly shaped, with jagged edges. Light is streaming through the hole from the top, creating a bright, textured area at the top of the image. The rest of the image is dark, with some vertical lines of light at the bottom, suggesting a window or another opening. The overall mood is one of darkness and light breaking through.

# Resilience to re-offending: What do young men's narratives tell us?

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# Presentation Outline

- The Research Aim
- The Research Context
- The process
- The findings
- Conclusions



# Setting the scene...Boing Boing



photo: Ruth Denise Lear

# Research Aim

- ❑ To understand the mechanisms that are effective at supporting young men's resilience to re-offending
- ❑ To support practice interventions working with young adult males considered "at risk" of offending.
- ❑ To understand the relationship between those mechanisms and the RT framework.



# The importance of the research



# A resilient context





# The RT Framework

## RESILIENT THERAPY MAGIC BOX SUMMARY

<b>POTIONS:</b>	<i>BASICS</i>	<i>BELONGING</i>	<i>LEARNING</i>	<i>COPING</i>	<i>CORE SELF</i>
<b>REMEDIES</b>	Good enough housing	Find somewhere for the child to belong	Make school life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help child understand his/her place in the world	Engage mentors for children	Being brave	Teach the child to understand other people's feelings
	Being safe	Tap into good influences	Map out career or life plan	Solving problems	Help the child to know her/himself
	Access and transport	Keep relationships going	Help the child to organise her/himself	Putting on rose-tinted glasses	Help the child take responsibility for her/himself
	Healthy diet	The more healthy relationships the better	Highlight achievements	Fostering their interests	Foster their talents
	Exercise and fresh air	Take what you can from any relationship where there is some hope	Develop life skills	Calming down and self-soothing	There are tried and tested treatments for specific problems, use them
	Play and leisure opportunities	Get together people the child can count on		Remember tomorrow is another day	
		Responsibilities and obligations		Lean on others when necessary	
	Focus on good times and places				
	Make sense of where child has come from				
	Predict a good experience of someone or something new				
	Make friends and mix with other children				

**ACCEPTING**

**NOBLE TRUTHS:  
CONSERVING**

**COMMITMENT**

**ENLISTING**

# John

- Aged 21. Mum recently passed away, started drinking as a result of the loss, relationship broke down. Lost contact with his son, nowhere to live, feeling life is hopeless. Been in prison twice. Unemployed. Living in the same clothes. Lack of trust in services due to continually being let down.
- What could RT offer?





# Preliminary Findings RT framework

**Basics** - this potion conjures up the basic necessities needed for life

**Belonging** - this potion is about ways to help a child make good relationships with family and friends

**Coping** - the remedies in this potion help children get by in everyday life

**Learning** - includes school education as well as ways of helping with their life skills, talents and interests

**Core self** - the spells here work very deeply to help shape a child's character



**RESILIENT THERAPY:  
ORDINARY MAGIC**

Angie Hart & Derek Blincowe



# The significance of Basics



# How does belonging nurture resilience to reoffending?

- Services that young men accessed supported their sense of belonging
- Prison contributed to the young men's sense of belonging
- Over half of the young men became parents which was a significant contributor



# Marcus

- *The town itself really, Hastings town itself. You know even I don't think of that all the time, it's probably the biggest thing in a way. So you know Hastings itself being a friendly, welcoming town and um like the residents most of them are okay and friendly. You know it just makes me feel more secure."*

# What else emerged in coping?

- On-going support services on release from prison
- Prisoner support network
- The basics
- Intrinsic coping mechanisms
- Fostering their talents
- Humour



# Important contributions to the learning potion

- Turning points: Action, relation and reflection (Drapeau et al, 2007)
- Hits Man- Action/ Mouse- Relation/ Chalkie- Reflection
- Strengthening the case for inoculated resilience
- Learning is not through conventional means
- A second chance to learn

# The real me: Authenticity

- ❑ The move from the false self to the real self ( Winnicott, 1969)
- ❑ No longer a need to search for belonging within gangs to bolster their self esteem
- ❑ Underlying mechanisms include contentment, happiness, stability, security and freedom
- ❑ cessation of seeking approval through delinquent behaviour to be accepted



# Hits Man

- *It's like the biggest truth I've ever heard in my life, do you know what I mean, like how true do you need to be apart from being true to yourself. And that's all there is. Stop trying to go places and just learn to be, just learn to be you sort of thing...*
- *Me: And what does it give you, being true to yourself?*
- *Hits man: "Happiness, stability, security, everything I've ever looked for, I found by being me, do you know what I mean, because I know what I can / what I can't do; where I can go, where I can't go; what I'm possible of / what I'm not possible of. So because I know all that, the realisation of the fact that, fair enough, it's done. Like, that's it now. So I ain't got to worry about who's doing what when they're doing nothing, I don't care, yet I'm doing what I'm doing."*

# What were their Noble Truths?

- Acceptance ( UPR)
- Trust
- Being believed in
- Consistency
- Informal approach



# Further findings

- Chain reactions and new opportunities
- The element of “chance”
- Maturity
- A second chance to make a big impression
- Enhancing belonging with social capital

# Conclusions

- For young men who have offended or at risk of offending, RT is an important therapeutic intervention.
- Utilising an “embedded” approach targeting individual and structural mechanisms is important when working with this client group.
- Integrating Clothes, humour and authenticity into the RT frame can add value to practice with vulnerable young men.



# Further conclusions ...

- Challenges common discourses of “risk” and “protection”.
- Services are key to supporting vulnerable young people as part of their social capital and enhancing it.
- Turning points are a key opportunity to support young people to reflect and use them to their advantage.

# Next Steps

- Involve young men in the dissemination of the findings of the research
- Resourcing funding to support the on-going involvement of young men in the project
- Pilot an RT intervention incorporating the findings with vulnerable young men.

# Questions

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