

# VIOLENCE PREVENTION PROGRAM



## WHO IS THIS PROGRAM FOR?

In line with best practice, the Violence Prevention Program (VPP) is delivered to sentenced prisoners who are assessed as being at high risk of violent re-offending, and have a high level of rehabilitative need.



## WHY DO WE DO THIS WORK?

To contribute to public safety by giving offenders the skills to manage their thoughts and emotions, and improve their ability to deal with problem situations.

To prevent the creation of future victims by giving offenders the skills to manage situations in non-violent, pro-social ways.



## HOW DOES IT WORK?

Research has demonstrated that offender rehabilitation programs are effective at reducing the risk of re-offending.

Outcomes for participants are monitored through ongoing evaluation to ensure that VPP is effective at reducing the risk of violent re-offending.

Providing rehabilitation to offenders is a cost-effective strategy with important benefits for society; if fewer people become victims of crime, the associated costs from police and court contact, the long-term costs of imprisonment, and costs to the health system and employers, can be reduced.





## WHAT IS THIS PROGRAM?

Violence Prevention Program (LPP) is part of the suite of DCS rehabilitation programs, and has been designed specifically for offenders with a high risk of violent re-offending.

The program uses psychological techniques such as cognitive behavioural therapy, mindfulness, and distress tolerance to address the values, attitudes, emotions and behaviours that contribute to violent offending.

### Key treatment areas include:

Violence-supportive attitudes

Anti-social and criminal attitudes

Empathy and victim awareness

Emotional management

Alcohol and drug abuse

Impulsivity



## WHAT HAPPENS AFTER THE PROGRAM?

VPP participants continue to receive case management from DCS after completing a program. This includes identifying appropriate supports to assist them to reintegrate into the community, and developing targeted risk-management strategies to ensure compliance with any conditions set by the Parole Board or the Courts.

*"It was thought-provoking and helpful. I was able to identify my cognitive distortions which helped me understand my offending history, and begin to develop safe behaviour."*



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