



## WHO IS THIS PROGRAM FOR?

In line with best practice, Making Changes (MC) is delivered to sentenced prisoners and offenders who are assessed as being at moderate to high risk of general re-offending, and have a moderate 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, pro-social ways without re-offending.

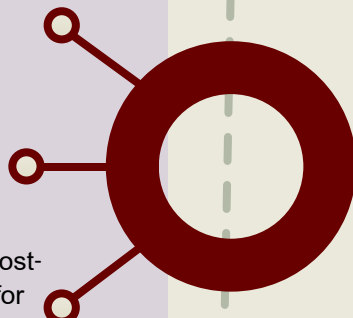


## HOW DOES IT WORK?

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 MC is effective at reducing the risk of general 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.

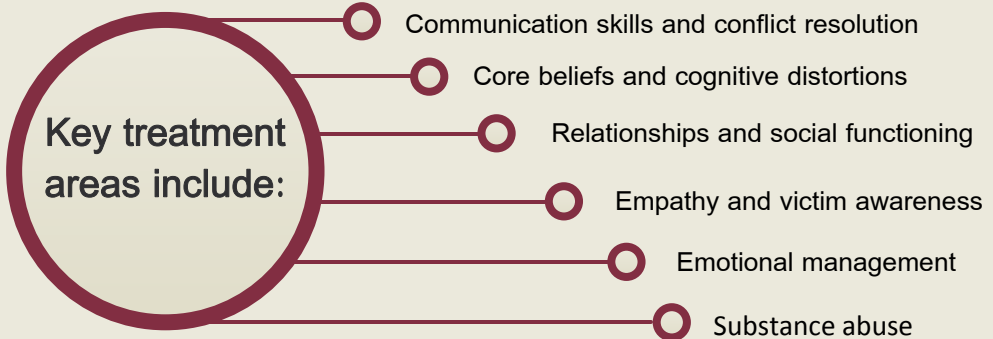




## WHAT IS THIS PROGRAM?

Making Changes (MC) is part of the suite of DCS rehabilitation programs, and has been designed specifically for offenders with a moderate to high risk of general re-offending.

The program is divided into three phases, and uses psychological techniques such as cognitive behavioural therapy, mindfulness, and distress tolerance to address the values, attitudes, emotions and behaviours that contribute to re-offending.



## WHAT HAPPENS AFTER THE PROGRAM?

MC 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."*

