

# KAINOS COMMUNITY

CHALLENGE TO CHANGE

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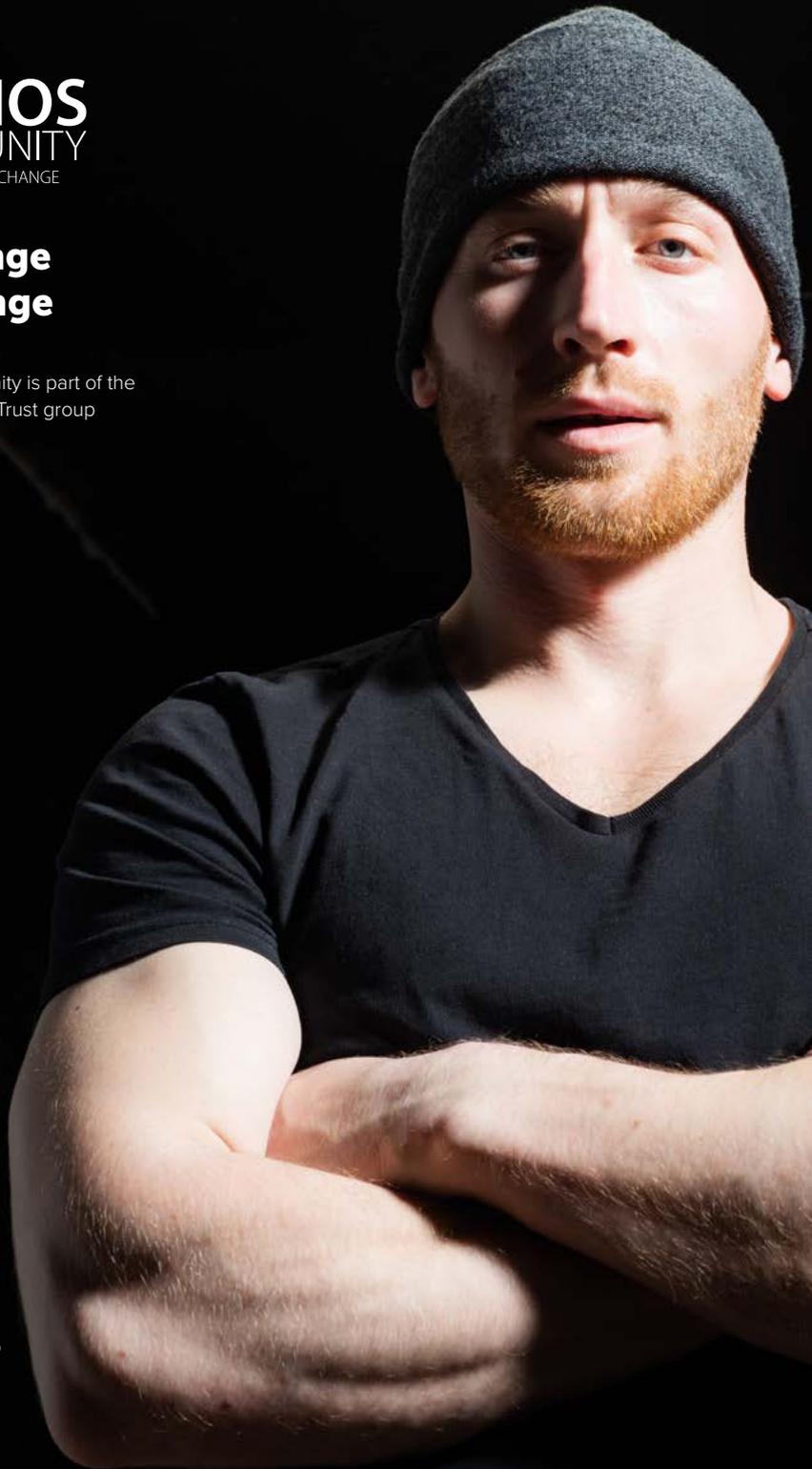
## Challenge to Change

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Kainos Community is part of the  
Langley House Trust group

[kainoscommunity.org](http://kainoscommunity.org)

Company No. 03771649  
Charity No. 1076206



# Challenge to Change

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'Challenge to Change' (C2C) is a unique, accredited, offending behaviour programme, which has proven results in positively changing prisoners' behaviour and transforming a prison-wing environment.

## Challenge to Change involves:

- Part-time classroom based rehabilitative work over 6 months
- Developing a community living environment within a dedicated prison wing
- Working with medium to high-risk offenders, with an Offender Group Reconviction Scale (OGRS) score of over 50.

## Supporting prisons in maintaining a rehabilitative culture and contributing to safer prison strategies, Challenge to Change is evidenced to:

- Reduce incidents on the wings, with 71% reduced adjudications from pre to post programme completion across the prisons we delivered in during 2016
- Reduce reoffending
- Prepare prisoners for long-term resettlement in the community.

## The programme combines cognitive behaviour therapy (CBT) with community living skills and helps men to:

- Challenge and change their own value system
- Test theory in practice within the boundaries of community rules and sanctions
- Develop positive, whole-life change and encourage honest and respectful peer interaction

## Kainos Community

Kainos Community is part of the Langley Group, which can provide additional support

and resource around accommodation and resettlement after custody. Langley House Trust is on the prison education dynamic framework and can commission opportunities through this route.

## Selection criteria:

- Medium to high-risk of reoffending as assessed by OGRS, with a score of 50 and above.
- Adult males over the age of 21
- Two or more of the following criminogenic needs targeted by C2C:
  - ✓ Deficit in self-management, decision making & problem solving
  - ✓ Poor cognitive skills
  - ✓ Poor pro-social interpersonal skills
  - ✓ Cognitive support for offending.

Offenders who are serving their first custodial sentence and those on an indeterminate sentence (IPP or life sentence), who are due to have a parole hearing within 12 months, will also be considered for the programme regardless of their OGRS score.

Participants are selected using a two staged approach; an initial or triage assessment to determine suitability in line with selection criteria which is followed by a comprehensive assessment to identify needs and deficits that can be addressed by engaging in the programme. Assessment is an ongoing process throughout the first module of C2C.

## Exclusions:

The programme does involve talking about offences and is not suitable for those who have committed sexual offences.

# Testimonials

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*"The Kainos programme has provided prisoners at HMP Haverigg with the knowledge, experience, attitude and skills needed to make a lasting positive change to their lives and to be released from prison to a life free from offending.*

***In my capacity as Governor I have been fortunate enough to witness hugely positive change in prisoners' behaviour and their cognitive reasoning. This has culminated in progression to Category D establishments and in some cases release on Home Detention Curfew. It is my belief that without having completed Kainos some of these prisoners would not have undertaken this journey of progression and could still be in custody today.***

*I have often been asked by colleagues from other establishments, 'what makes Kainos work?' or 'what's the secret to their success?' For me the answer lies with the selection of the staff and prisoners. I am personally grateful to the staff, both operational and non-operational, for their commitment and belief in the project. For me the most obvious demonstration can be found on the graduation days, there the staff, prisoners and the prisoners' families share in the achievements."*

**AM Corcoran**

Governor | HMP Haverigg

***"Since working for the Prison Service, I have not seen another accredited programme which targets the most prolific and challenging individuals and attempts to give them a future that is free from the cycle of offending. Having witnessed the sometimes inspiring journey that some prisoners undertake then it makes me proud to have been a part of this process."***

**E Sutton**

Custodial Manager | HMP Haverigg

***"I put my heart and soul into that speech, I've never had to make a speech before. I got my dad to come – I wanted him to see he had a son to be proud of and [who had] achieved something"***

**Graduate**

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Challenge to Change moved from HMP Haverigg after 6 years to HMP Lancaster Farms following a re-categorisation of HMP Haverigg to Category D.

Challenge to Change successfully tendered to deliver the programme in HMP Lancaster Farms in 2021 on a multi-year contract.

# Research

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## Independent research from November 2016\*:

The following reduction in adjudications can be seen below:

	Pre C2C	During C2C	Post C2C
Guys Marsh	82	18	17
Haverigg	74	18	32
Stocken	152	26	39
TOTAL	308	62	88

- The frequency of proven offending after 1 year for Kainos graduates (0.54) was significantly lower than for the comparison group (0.83).
- The frequency of court convictions and cautions after 1 year for Kainos graduates (0.29) was significantly lower than for the comparison group (0.45).
- The 1-year re-offending rate for the Kainos group was 18.5% compared with the re-offending rate for the matched comparison non-Kainos group of 23.5% (The comparable national rate for released prisoners is approximately 26%). This shows that the Kainos group achieved a 5 percentage points lower proven re-offending rate than the comparison group.

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Graduates speak very highly of the programme, saying that it has changed their lives and brought them the closest they have come to rehabilitation over many years in prison.

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\*November 2016 'The Effectiveness of the Kainos Programme Challenge to Change Final Report' 2016; Ellis.T, Ellis-Nee.C, Lewis.C.'

# Programme Modules

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The programme consists of five modules:

1. Orientation, Assessment and Preparation
2. Community Living
3. Focus
4. Interpersonal Relationships
5. Citizenship

The following values underpin the ethos of Kainos Community:

## Individual Worth

Each person, regardless of whether they are a participant, staff member, colleague, volunteer or peer, is individually valued

## Partnership

As a professional agency, Kainos Community works cooperatively with HMPPS and its Chaplaincies, as well as with other agencies such as private providers and other charities. We deliver programmes that complement services delivered by other providers.

## Willingness to learn

A commitment to ongoing development learning from our own experience, sector best-practice and the views of those referred to our programmes. We continually evaluate and externally validate our effectiveness at reducing re-offending through accreditation and research.

## Supportiveness

All staff and volunteers are supported by good management practice and effective training as described in the Management Manual. We encourage creativity and listen with respect to the needs and opinions of all those who work for us.

## Inclusivity

The programmes welcome all participants who fit the selection criteria and will respect the practices of the Community, regardless of their personal beliefs or background.

## Integrity

Behave in a fair, honest and ethical manner. All our material and research will be published.

## Accountability

Each person takes responsibility for their actions.

## Contact Us

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If you would like to know more about these services or how to commission them, please contact us at the following address:

[Development@langleyhousetrust.org](mailto:Development@langleyhousetrust.org)



**LANGLEY HOUSE TRUST**

Helping People to Live  
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**KAINOS COMMUNITY**

Challenge to Change

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**Part of the Langley House Trust group:**

**LANGLEY  
HOUSE TRUST**  
HELPING PEOPLE TO LIVE CRIME-FREE LIVES

**KAINOS  
COMMUNITY**  
CHALLENGE TO CHANGE

