

Case Study:

I recently discharged a patient from my care who had been struggling with high anxiety around how he would manage with life when he was released from prison. He was stressed about "the outside world" having spent most of the past 18 years in prison. We managed to reduce his anxiety using stress management techniques but he was still struggling with how to access services and finding accommodation upon release. I referred him to the Rethink Care Navigator who aided him in sourcing appropriate housing and could work with him for several days upon release to help with appointments (GP, Job Centre etc.)

Upon seeing him several days before release, he thanked me for all of my help and told me that "knowing I am going out with support, for the first time in my life I feel positive about the future".

Key Benefits

- Employer funded Pensions
- Flexible working
- Life assurance
- Eyecare vouchers
- Training opportunities
- Annual leave (25 days rising to 30 plus BH)
- Employee Assistance Program
- Rethink Birthday leave

Contact us

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Rethink Mental Illness

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Working as a Psychological Wellbeing Practitioner (PWP)

What is it like to work as a PWP in the Criminal Justice Division of Rethink Mental Illness?



**Rethink
Mental
Illness**

A Day in the life of a PWP in a Prison



I have worked with Rethink now for almost 4 years, employed as a Psychological Wellbeing Practitioner (PWP) on the North East Prisons contract, delivering low intensity Cognitive Behavioural Therapy (CBT) as part of the Prison Mental Health Team.

The support I have felt from day one has been nothing like any job I have ever had (of which there are many!) The management I have here are very good at being fair and supportive in any way they can and I know my colleagues working within this service feel the same. My colleagues are a like-minded bunch of people, all in the roll to ensure an exceptionally high level of care is delivered and we are all immensely proud of what we do.

A standard day is 0800 – 1600 and for me involves coming in, catching up with colleagues from the wider healthcare provision to see what has been going on in the jail, then preparing to see the patients I have booked in for that day (normally between 5-7 a day). I deliver initial service screenings, assessments and guided self-help treatments in line with the national Improving Access to Psychological Therapies (IAPT) guidelines, usually face to face, but there is a telephone I can use to contact people in their cells. My standard working week sees me liaise with other members of the mental health team (nurses, psychiatrists), drug and alcohol recovery workers, Offender Supervisors and our own Care Navigators. Networking is an important part of the role and I enjoy the variety of tasks and challenges I face daily.

The job can be emotionally challenging at times but I receive weekly Case Management Supervision from a senior PWP and monthly Management Supervision with our contract manager. I also attend group supervision with all the other PWP's, Trainee PWPs and Senior PWPs from the north east prisons once a month where we can share best practice and offer peer support and reassurance. There is an open door policy and if anything came up which was having an impact on me personally, I know I can take this directly to management in person, over the phone or via email.

Frequently Asked Questions

Q: What is the difference between working in a prison and in the community?

A: The main difference is the environment and the work is entirely face to face. All supervisions are in place, the same as in the community.

Q: How are the interventions adapted for the Prison environment?

A: We have Prison specific workbooks so that any interventions can be amended as needed. As a PWP, there is an expectation of 25hrs of clinical work per week.

Q: How safe it is to work in a prison?

A: It is understandable to have this anxiety and it is very safe, you will have a Prison Induction as well as Mental Health induction. There are a lot of security measures in place for both the benefit of you and the prisoner and we are an 'opt in' service so patients refer themselves to us the same as they do in the