

Case Study: Mr B, age 26, Involved with the CJS from an early age, completed the Thinking Skills Hub

Offence: Drug importation-Intent to Supply

Mr B completed the Thinking Skills Hub facilitated by his responsible officer in custody. The hub consists of chapters of structured information, discussions and interactive exercises based on the evidenced method of Cognitive Behavioural Therapy (CBT). One of the biggest areas of improvement was to Mr B's recognition of the factors that led him to offend, and his efforts to make choices that enabled him to remain offense-free.

For example, Mr B identified after completing the 'peer chapter' in the hub, that his peer group were supportive of drug use and making money from dealing. He understood that he would continue to feel pressured into criminal activity if he did not break his associations. Despite the history he had with them, he made the difficult decision to avoid these individuals on release and chose to concentrate on achieving financial stability through gaining employment.

The peer chapter enabled him to develop his prosocial avoidance skills (such as broken record technique) in order to minimise the chance of conflict with associates. One of the key exercises in his decision to change was when he was asked to weigh up the pro's and cons of his offending, and then give each answer a weighting of how important they were. Whilst he identified he could make lots of money very quickly if he offended, he said it did not compare to the feeling of being proud to earn your own money legitimately and not having to look over your shoulder everyday. He recognised that working towards a new positive identity would be hard work, but achievable if he used the skills learnt and support around him.

Mr B said that the Thinking Skills hub helped him 'stop and think' and 'see things differently'. His responsible officer commented that she saw a significant positive change in his perspective, attitudes and motivation as he went through the hub, giving him the best chance of achieving his goals on release.

