

Title:

**SOCIAL READAPTATION OF PEOPLE LEAVING PRISON
BASED ON THE ABCD MODEL
BUILDING BRIDGES BETWEEN PRISON AND THE COMMUNITY**

Introduction

Supporting a person who is about to leave prison in returning to the social life still constitutes a challenge for social services. Despite the fact that this process engages numerous institutions and organizations equipped with numerous methods and tools, we still hear about low resocialisation effectiveness. An inmate living in isolation requires to be readapted to social life and often prepared to undertake socially accepted and desired roles for the first time. The essence of this process is education and socialization. Education as a process of gaining knowledge, skills and competences leads to shaping the desired traits and skills. The aim of socialization, however, is to acquire desirable standards, values and behavioural patterns. Effective implementation of these processes requires a multi-faceted and interdisciplinary approach.

You are handed a guidebook whose aim is to bring closer the use of personal potentials of prisoners and social potentials of cooperation networks, which together will translate into an effective process of readaptation of people leaving penitentiary institutions. The ABCD model is a new concept, based on three pillars that boil down to creating a network of cooperation, mutual relations and partnerships for the sake of development. All activities undertaken under the ABCD model focus on needs and resources, not on defined problems as in many other schemes. Everyone has the potential that can be contributed to building the common good in a given community. The discovery of these resources may form the basis for the process of resocialisation and social readaptation of people detained in penitentiary institutions. The ABCD model, therefore, leads to redefining the role of a penitentiary institution in the process of social readaptation of inmates who are about to leave prison.

Statistical inmate, i.e. profile of a “typical prisoner”

It is extremely difficult to establish a homogeneous model of a person who becomes a criminal. On the basis of numerous studies, however, it was ascertained that it is the dysfunction of the personality structure that affects involvement in criminal events, but it is not a necessary condition. Its manifestation is an abnormal personality, previously appearing in the literature as psychopathy and sociopathy¹. In the International Statistical Classification of Diseases and Related Health Problems (ICD-10), the World Health Organization recommends the term **dissocial personality**, giving it the following description:

- callous unconcern for the feelings of others,
- gross and persistent attitude of irresponsibility and disregard for social norms, rules and obligations,
- incapacity to maintain enduring relationships, though having no difficulty in establishing them,
- very low tolerance to frustration and a low threshold for discharge of aggression,
- incapacity to experience guilt and to profit from experience, particularly punishment,
- marked proneness to blame others,
- persistent irritability.

Based on the diagnostic system the American Psychological Association (APA) defined the construct of antisocial personality that according to DSM-IV occurs since age 15 years, as indicated by three or more of the following:

- failure to conform to social norms with respect to lawful behaviours,
- deceitfulness, as indicated by repeated lying, use of aliases, or conning others for personal profit or pleasure,
- impulsivity or failure to plan ahead,
- irritability and aggressiveness, as indicated by repeated physical fights or assaults,
- reckless disregard for safety of self or others,
- consistent irresponsibility, as indicated by repeated failure to sustain consistent work behaviour or honour financial obligations,
- lack of remorse, as indicated by being indifferent to or rationalizing having hurt, mistreated, or stolen from another.

¹ I. Dybalska, *Trudności w przystosowaniu się do życia po zwolnieniu z zakładu karnego - między diagnozą a działaniem*, Warsaw: Centrum Rozwoju Zasobów Ludzkich, 2012.

Of course, not every dissocial person is a criminal, and not every inmate has a dissocial personality. However, according to statistics, such individuals quite often become perpetrators of crimes, i.e. 50-80% of convicts serving sentences in prisons meet the criteria for antisocial personality disorder².

Based on the statistical data, it is therefore possible to determine the approximate image of a person deprived of liberty, staying in a penitentiary institution. Taking into consideration 16 following categories, it is possible to create a profile of a “statistical inmate”.

Table 1. Statistical inmate, i.e. profile of a “typical prisoner” in Poland

No.	Category	Dominant features	Statistical description
I. SOCIOGENIC FACTORS			
1.	sex	man	Men up to 30 years of age represent 41% of the inmate population
2.	marital status	single	single (55,5%), married (27,9%), divorced (11,6%), widowed (5%)
3.	family status	father of 1 child	1 child (43.6%), 2 (13.8%), 3 and more (6.9%)
4.	place of residence (including homelessness)	city over 50 000 residents	Village (21.6%), city up to 20 000 (10%), city over 50 000 (32.6%), city over 100 000 (24.1%), no place of residence (3-4%)
5.	education	basic vocational, junior high and lower	
6.	learned profession	56% have a profession	
7.	professional qualifications	44% do not have qualifications	
8.	professional activity	67% unemployed	
II. PSYCHOGENIC FACTORS			
9.	addictions	alcohol (28.12%), narcotic drugs (9.9%), sexual preference disorders (9.4%)	Diagnosis among patients of therapeutic wards for convicts with non-psychotic mental disorders.

² Ł. Barwiński, *Osobowość dyssocjalna*, https://psychiatria.mp.pl/zaburzenia_osobowosci/77208,osobowosc-dyssocjalna [access: 04.07.2018]

10.	personality disorders	61.7%	
11.	other disorders	e.g. mental retardation (31.4%), including light (25.9%) and moderate (4.4%)	
III. HEALTH STATUS according to the number of medical consultations and hospital treatments			
12.	Subjective health assessment	Very high sense of illness, including over 67 000 psychiatric consultations.	The statistical inmate has a very high sense of illness according to the number of medical consultations.
13.	Determined increase in disease rates	Infectious diseases	Every 6th inmate was treated for infectious diseases, including hepatitis (75%), venereal diseases and tuberculosis, as well as HIV/AIDS, lice, scabies.
IV. CRIMINOGENIC FACTORS			
14.	Return to crime	52% are inmates serving their sentences for the first time and being detained on remand.	
15.	Nature of the crime	A criminal act committed with the use of violence	Robberies, murders, family abuse
16.	Dimension of punishment	Up to 2 years	60.6% of convicts serve a sentence up to 2 years

Source: I. Dybalska, *Trudności w przystosowaniu się do życia po zwolnieniu z zakładu karnego - między diagnozą a działaniem*, Warsaw: Centrum Rozwoju Zasobów Ludzkich, 2012, p. 51-52.

Thus, the average Polish prisoner is a young man with poor health, who has committed a violent crime, serves a sentence up to 2 years, is long-term unemployed, unmarried, has at least 1 child, lived in the city above 50,000 residents before detention.

Table 2. Statistical inmate, i.e. profile of a “typical prisoner” in Portugal

No.	Category	Dominant features	Statistical description
I. SOCIOGENIC FACTORS			

1.	Sex	man	Men represent 93.6% of the inmate population. 32% of the population are men between 30 and 39 years old.
2.	marital status	No statistical data available	Academic and scientific studies show that most of the inmate population in Portugal is single, followed by divorcees, married and widowers.
3.	family status	No statistical data available	Academic and scientific studies show that most both male and female inmates, before prison, were living in cohabitation with their life partners.
4.	place of residence (including homelessness)	No statistical data available	Most inmates are serving their sentences in prisons located outside their geographical area of residence. This situation is worse in the women's case, (except for those that live in Lisbon and Porto) since there are only 2 prison for women in Portugal, one in Lisbon and other in Porto.
5.	education	According to the statistical data (2016), from a total of 13,779 inmates, 10,736 inmates (77.92%) had the basic education level (until 9 th grade), and 1,574 inmates (11.42%) had complete high school education (until 12 th grade). Only 462 inmates (3.35%) can't read or write.	In 2017, 28% (almost 3700) of the inmate population was currently attending classes while in prison.

6.	learned profession	No statistical data available	
7.	professional qualifications	No statistical data available	
8.	professional activity	No statistical data available	

II. PSYCHOGENIC FACTORS

9.	addiction	No statistical data available	No statistical data is available regarding these psychogenic factors.
10.	Personality disorder	No statistical data available	
11.	Other disorders	According to the statistical data, in 2017 275 inmates (2% of the inmate population) was declared mentally incompetent by a court of law.	

III. HEALTH STATUS according to the number of medical consultations and hospital treatments

12.	Subjective health assessment	No statistical data available	No statistical data available
13.	Determined severity of disease	Infectious diseases	According to the available data, 4.5% of the inmate population is infected with HIV, 1.2% has hepatitis B and 10.1% has hepatitis C.

IV. CRIMINOGENIC FACTORS

14.	Return to crime	No statistical data available	
15.	The nature of the crime	According to the statistical data in 2017, crimes against property, specially theft and	Car theft (3.0%); pickpocketing (3.9%); theft by finding (3.7%); burglary (3.6%). Assaulting crimes represents 6.8% in the Portuguese crime statistics, followed by

		robbery, in all its forms, represent the most common type of crime. Followed by crimes against people (assault, domestic violence, threat and coercion)	domestic violence with a 6.6% rate. (Source: Annual Report of Internal Security – 2017, available at: https://www.portugal.gov.pt/download-ficheiros/ficheiro.aspx?v=9f0d7743-7d45-40f3-8cf2-e448600f3af6)
16.	Dimension of punishment	No statistical data available.	However, given that the most common crimes in Portugal are crimes against property, the most prevalent criminal frame is a prison sentence between 2 or 3 years.

Table 3. Statistical inmate, i.e. profile of a “typical prisoner” in Romania

No.	Category	Dominant features	Statistical description
I. SOCIOGENIC FACTORS			
1.	sex	man	16 – 18 years old = 2 18 – 21 years old = 6 21 – 30 years old = 260 (29.05%) 31 – 40 years old = 291 (32.51%) 41 – 50 years old = 216 (24.13%) 51 – 60 years old = 93 (10.39%) Over 60 years old = 27 (3.02%) 30% of the population are young men up to 30 years of age
2.	marital status	concubinage	single (31.35%), married (24.07%), divorced (6.15%), widowed (1.23%), concubinage (37.17%)
3.	family status	father of 1 child	1 child (50.27%), 2 (18.02%), 3 and more (6.71%), 0 child (25%)
4.	place of residence (including homelessness)	city over 50 %	The village (43.24%), the city (10%), the city (56.76%)
5.	education	basic vocational, junior high and lower	No education 10.16%, primary education 15.31%, gymnasium studies 34.97%, high-school studies 17.43%, professional studies 16.20%, university studies 5.70%
6.	learned profession	57.55 % have a profession	

7.	professional qualifications	42.10% do not have qualifications	
8.	professional activity	42.44% unemployed	

II. PSYCHOGENIC FACTORS

9.	Addictions	alcohol (3.12%), narcotic drugs (3.67%), sexual preference disorders (1.8%)	Diagnosis among patients of therapeutic wards for convicts with non-psychotic mental disorders. A large number of detainees committed the act under the influence of alcohol but were not diagnosed as suffering from chronic alcoholism.
10.	Personality disorders	21% (9.36% of them under medical treatment)	
11.	Other disorders	e.g. mental retardation (9%), including light (5%) and moderate (3%)	

III. HEALTH STATUS according to the number of medical consultations and hospital treatments

12.	Subjective health assessment	Very high sense of illness, including a lot of psychiatric consultations.	The statistical inmate has a very high sense of illness according to the number of medical consultations.
13.	Determined severity of disease	Infectious diseases	Every 5th embedded patient was treated for infectious diseases, including hepatitis, venereal diseases and tuberculosis, as well as HIV / AIDS, lice, scabies.

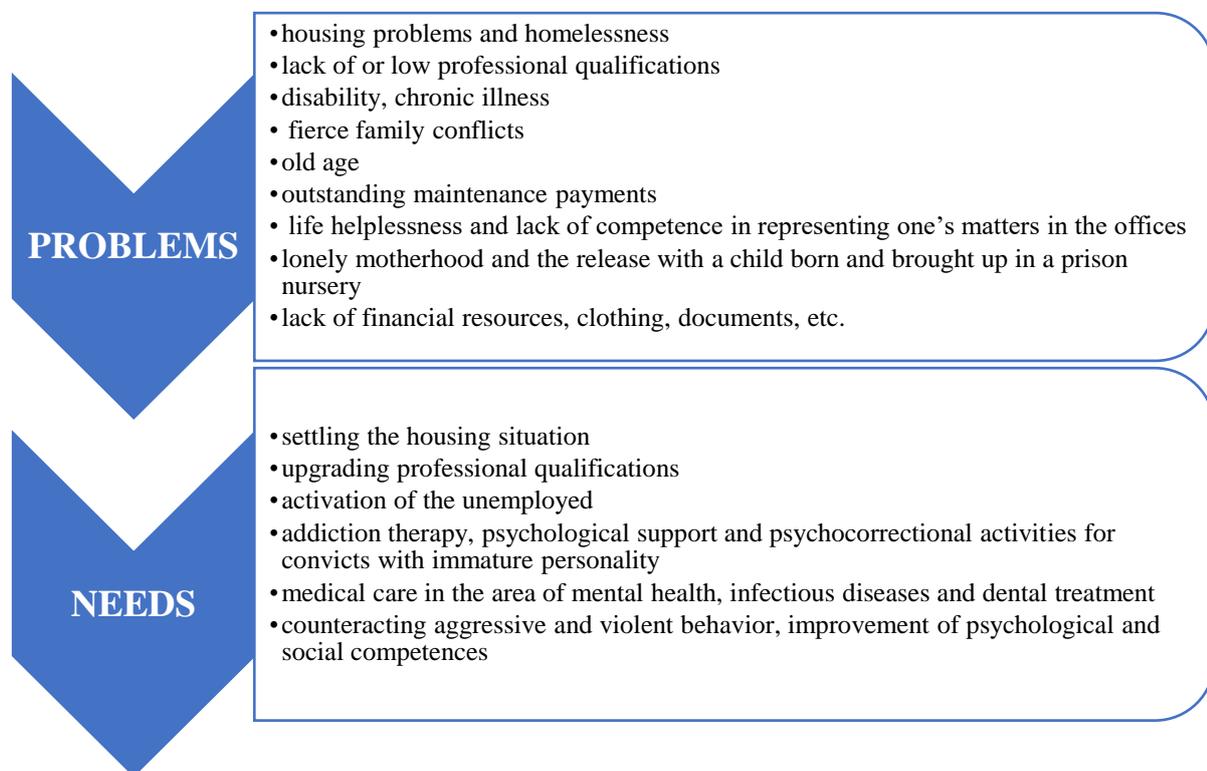
IV. CRIMINOGENIC FACTORS

14.	Return to crime	60.91% are inmates serving their sentences for the first time and being detained on remand; 39.08% are penitentiary recidivists.	
15.	The nature of the crime	A criminal act committed with the use of violence (45.94%)	Robberies, murders, family abuse, rape, personal injury
16.	Dimension of punishment	Up to 5 years	60.91% of convicts serve a sentence up to 5 years (15.78% of convicts serve a sentence up to 2 years)

The main problems and needs of convicts

In the statistics of large numbers, an individual with its specific arrangement of psychosocial features, problems and needs wears off. Therefore, the overriding principle of working with people deprived of liberty is the principle of individualization. Nevertheless, the most frequent problems of convicts leaving prisons include housing, financial, family and health problems. The process of readaptation of convicts should also take into account the essential needs that are connected with those problems.

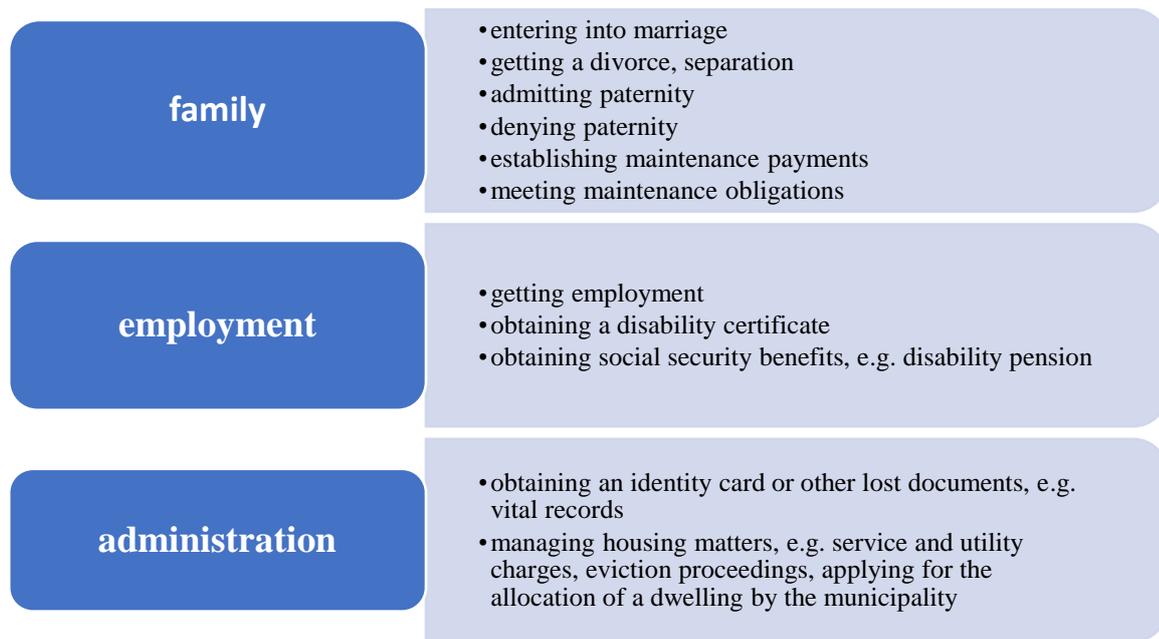
Fig. 1. The most frequent problems and needs of convicts



Source: based on I. Dybalska, *Trudności w przystosowaniu się do życia ...*, op. cit., p. 53

Among the problems mentioned above, three main areas of action should be identified, aimed at solving problems of convicts in the process of readaptation:

Fig. 2. Areas of problems that may be addressed while serving a sentence



Source: to be completed: based on I. Dybalska, *Trudności w przystosowaniu się do życia ...*, op. cit., p. 53.

In addition to the problems indicated in the above figure, one should also take into account the whole spectrum of individual characteristics, which are often the cause of difficulties of conducted rehabilitation and readaptation activities. They may include among others: a long criminal career, lack of self-criticism, inability to enter into emotional relationships, addiction to alcohol, lack of sense of guilt, neglectful attitude to moral standards, lack of faith in one's own abilities, low self-esteem, low mental level, suggestiveness and being easily influenced³. In general, we should distinguish five main factors that may hinder social readaptation of convicts:

1. **Factor I** encompasses variables indicating neurotic disorders manifested by low self-esteem, inability to resist environmental pressures and high level of anxiety.
2. **Factor II** includes variables indicating identification with standards and behavioural patterns of criminal subculture; an additional variable in this factor is also prizonization, i.e. adaptation to prison life.
3. **Factor III** encompasses variables determining the inability to control one's reactions and relieving emotional tension (impulsiveness and inclination to aggression) as well as poor health and inclination to alcohol.

³ A. Kieszkowska, *Problemy readaptacyjne osób opuszczających placówki resocjalizacyjne*, "Probacja", no. 2, 2009, p. 100.

4. **Factor IV** refers to variables indicating the lack of a learned profession, very low level of education as well as the lack of family support.
5. **Factor V** focuses on the problem of the tendency to taking advantage of others ⁴.

The course of preparation of convicts for release in the process of resocialisation

Preparation of prisoners for independent living takes place in three subsequent phases of serving the sentence. Each of them includes activities aimed at identifying the needs of prisoners and solving the most important problems. Both the prisoner and the prison service take an active part in the course of the resocialisation process.

Table 2. Phases of preparation for release in the process of resocialisation

<i>Phases of a sentence</i>		The process from the perspective of a convict	Activities of the prison service in the penitentiary system
I.	Since detention	<ul style="list-style-type: none"> - adaptation to the conditions of isolation - participation in the resocialisation offer - subjecting to the assessment of the resocialisation process every 6 months - adjusting the process depending on the outcome evaluation 	Diagnosis of needs - planning and implementing the following activities: employment, education, addiction therapy, health treatment, enabling contacts with family and representatives of external institutions, cultural-educational and sports activities, vocational training
II.	Six months before the conditional release or end of the sentence	Preparation for leaving the penitentiary institution: <ul style="list-style-type: none"> - assessment of one's resources - verification of needs necessary for correct readaptation - filling deficits - organisation of the external environment 	Implementation of short programs improving the social competences of convicts, depending on the diagnosed deficits, organising personal matters at the administrative level, unless completed in phase I. Preparation of the environment for the return of a prisoner with the participation of a probation officer.

⁴ A. Szymanowska, *Czynniki sprzyjające i utrudniające readaptację społeczną recydywistów*, [in:] H. Machel (ed.), *Wykonywanie kary pozbawienia wolności w Polsce – w poszukiwaniu skuteczności*, WUG, Gdańsk 2006, p. 190.

III.	On release	<ol style="list-style-type: none"> 1. Financial settlement with the penitentiary institution. 2. Leaving prison in a physical sense. 	<p>Issue of the Release Certificate and deposited documents, tests and treatment results, money, clothing, and in the absence thereof:</p> <ul style="list-style-type: none"> - granting financial and clothing allowances - providing the sick with transportation to their place of stay - providing information about the possibility of applying for further assistance, indicating the appropriate institutions of the open environment
------	------------	--	---

Source: I. Dybalska, *Trudności w przystosowaniu się do życia ...*, op. cit., p. 68

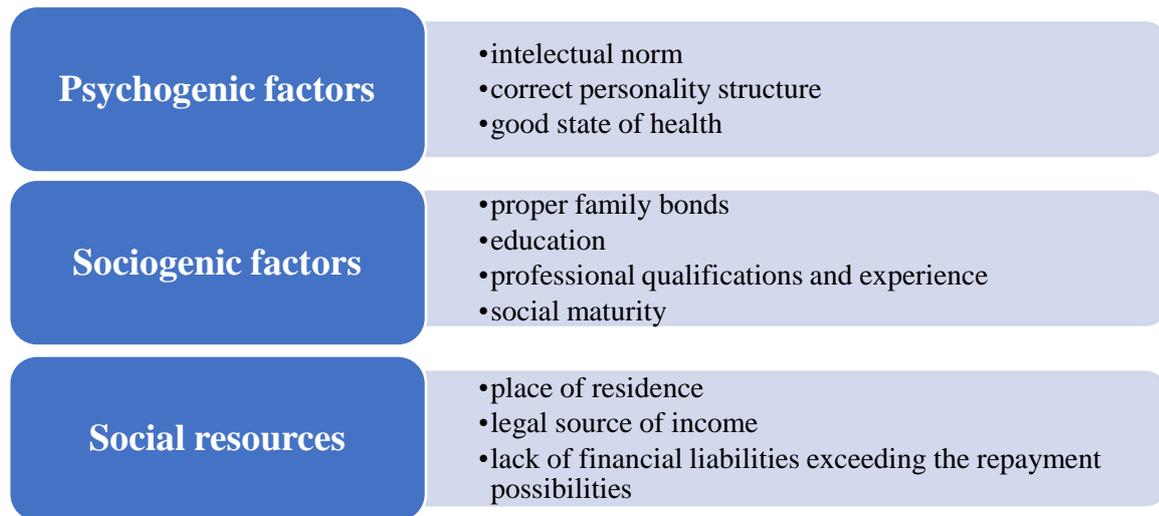
Effective solving of convicts' problems

Solving problems of convicts should take place at every stage of serving the sentence. Effectiveness of actions undertaken to this end depends on:

1. **People and institutions involved in the process of readaptation**, and above all on the accuracy of the diagnosis of psychosocial problems established in the initial phase of the sentence, operationalization of problems due to their importance for the main goal, professionalization and super-ministry cooperation as well as the availability of material resources and legal regulations enabling effective action.
2. **Convicts**, their awareness of problems and reliable reporting on their actual situation in time allowing for effective intervention, motivation to change, the ability to recognize and determine the hierarchy of problems, active training in independent problem solving, accepting limitations arising from the law and alternative solutions.

There are many factors that can both disrupt and facilitate the process of social readaptation of convicts. The most significant ones may include:

Fig. 2. Groups of factors facilitating social readaptation



Source: based on I. Dybalska, *Trudności w przystosowaniu się do życia ...*, op. cit., p. 55.

In the process of readaptation of convicts, it is important to establish professional cooperation between various institutions, which have many means to facilitate adaptation of those leaving prison to life in society.

The ABCD model in the readaptation of people leaving prison

Resocialisation of prisoners in penitentiaries is the main subject of penitentiary treatment. Its main purpose is to prepare people staying in isolation for social functioning after leaving the penitentiary and complying with legal and customary norms. These activities are intended to decrease the number of people returning to crime. Effective methods of resocialisation, which will strengthen the process of readaptation of people leaving prison, are still sought.

One of such tools may be the ABCD model.

The ABCD model

(Asset-Based Community Development)

In order to ensure effective social readaptation of people leaving prison, it is necessary to create appropriate conditions in society through skilful use of the potential of every member of the community, including the one who has been isolated from this society for the last period of his life.

The ABCD model is based on three pillars:

I Working on resources – relying on resources means that we focus on discovering the internal potential of a given community to take specific actions. In relation to people leaving penitentiary institutions, it refers to activities within the scope of social readaptation so that ex-prisoners undertake the desired social activity that complies with legal and socially accepted norms,

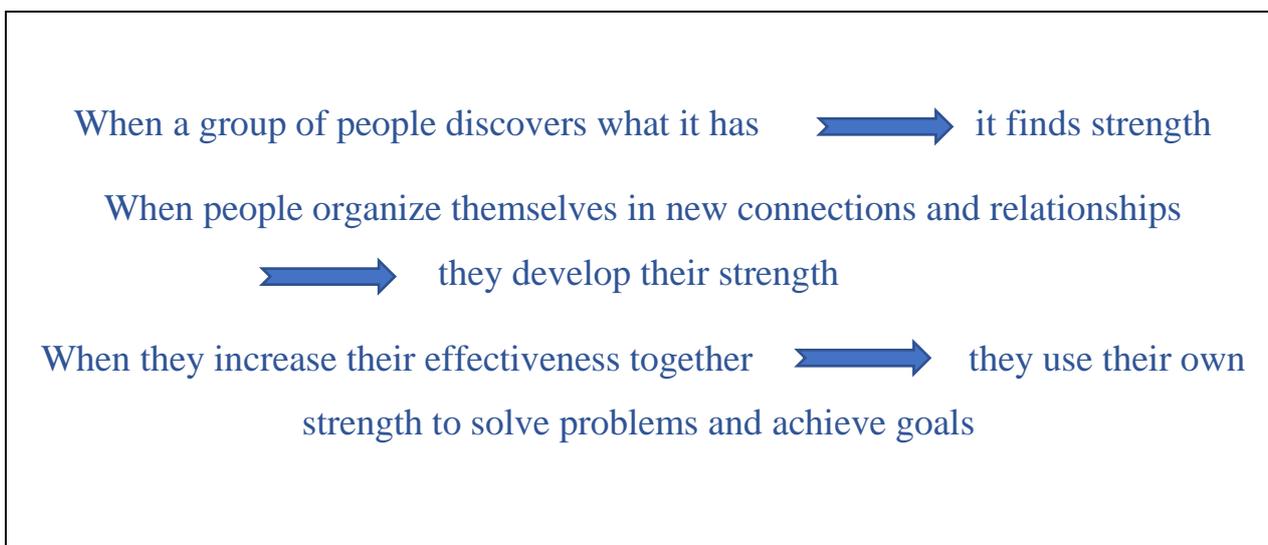
II Focusing on what is internal – every community has the following resources: knowledge, skills, competences. If they are well diagnosed and oriented to their use, they can build a well-functioning community that supports the weaker members of this group,

III Consolidating the community with relations – social communities are strengthened thanks to connections between people that enable them to manifest their abilities. Relations reveal social resources by generating positive connections between component elements:

-  **individuals** – together with their knowledge, competences and skills, which are contributed to social relations. Everyone has a lot of resources to share with the community, provided that he has the chance,
-  **local associations/informal groups** – these are communities, sometimes very small, in which people have the ability to fulfil their needs, e.g. local community groups, religious associations, self-help groups, brotherhoods, choirs, clubs and others,

- ✚ **institutions** – these are both public and business entities as well as non-profit organizations, e.g. public offices, enterprises, non-governmental organizations – associations and foundations that can support a given community,
- ✚ **local economy** – economic exchange introducing money, goods and services into circulation, which people, as a community, buy, sell, rent and invest,
- ✚ **material world** – natural and produced resources, e.g. rivers, landscapes, buildings, fields, streets and transport infrastructure.

The ABCD method diagnoses, exposes and concretises the above structures in building strong communities. Strength flows from these three pillars combined together. They are joint activities focusing on discovering local resources, combining these resources in the cooperation process, and then creating opportunities for them so that they are useful and strong in joint action⁵.



Therefore, in order to implement an effective resocialisation process, its implementers must apply active policy mechanisms, i.e. those that involve all institutional, organizational, material and, above all, personnel resources. In this dimension, social capital plays a very important role, which on the one hand can carry out a series of environmental activities, and on the other hand, self-fulfil the process of introducing change and development. It is important that man, regardless of what community and at what level he lives, bears responsibility for his life. Man

⁵ M. Green, H. Moore, J. O'Brien, *Rozwój społeczności w oparciu o zasoby Model ABCD w praktyce*, Wydawnictwo CRZL, Warsaw 2013, p. 20-22

functions as a family and social being. Man and the community he belongs to can support each other in pursuing goals, including those of an existential nature⁶.

Therefore, organization of the local community focuses on mobilizing territorial groups and communities to recognize and fulfil their needs. The community is defined here as:

1. local community, community of the place of residence, territorial community, e.g. neighbourhood, housing estate, town, village,
2. categorial community, community of interests, having a common need to satisfy or a problem to solve, e.g. people leaving penitentiary institutions, the unemployed, addicts, people suffering from mental illness⁷.

Organizing the local community is a structured method of environmental work, mainly with marginalized, neglected communities with some development potential, which, however, needs to be strengthened and activated by outside intervention⁸. Social rehabilitation activity is perceived in such a scope. It is also a task, undertaking activities in the area of local animation, organization of social networks and social planning.

The important role of planning in the ABCD model is played by the diagnosis of social resources, and then translating them into specific actions that are about to solve problems and achieve goals⁹

Fig. 3. Planning scheme in the ABCD model



⁶ Klose A., *Odpowiedzialność społeczna dzisiaj*, Wydawnictwo Naukowe PAT, Cracow 1999 p. 17

⁷ Wódz K., Kowalczyk B. (red.), *Organizowanie społeczności. Modele i strategie działania*, Wydawnictwo CRZL, Warsaw 2014, p. 32

⁸ Rymśza M. (ed.), *Pracownicy socjalni i praca socjalna w Polsce*, Wydawnictwo IPS, Warsaw 2012, p. 32

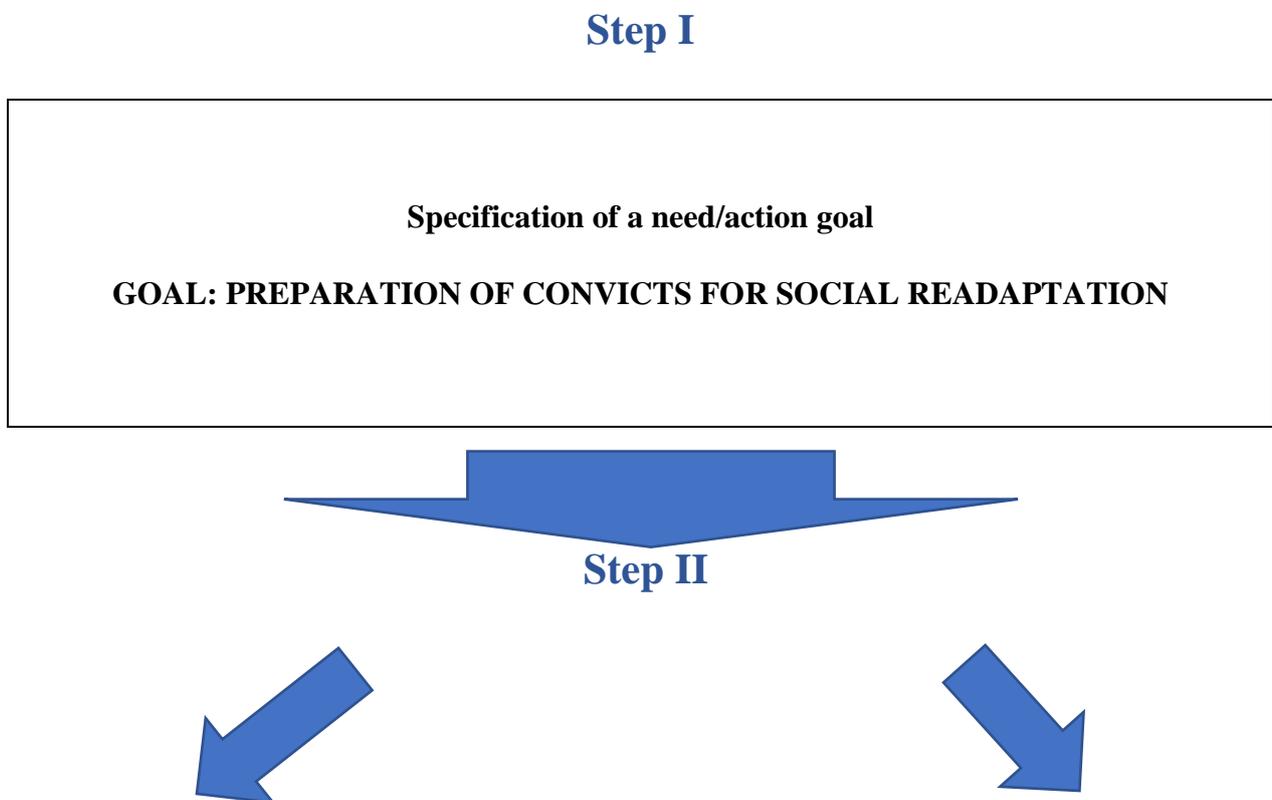
⁹ M. Green, H. Moore, J. O'Brien, *Rozwój społeczności w oparciu o zasoby Model ABCD w praktyce*, Wydawnictwo CRZL, Warsaw 2013, p. 34



Action scheme according to the ABCD model in social readaptation of people leaving prison

Every activity requires good preparation, specification of the purpose and ways of achieving this goal. Action is the basic component of all processes, including the process of resocialisation and readaptation.

Fig. 4. Action scheme in the ABCD model



Identifying and strengthening the internal potential of prisoners	Building partnerships for the sake of joint action in achieving the goal. Identifying and engaging external resources
--	--



Step III

Joint action in the local community for the sake of achieving the goal



Step IV

Evaluation of action

Step I Specification of a need – action goal

Although the journey is not long, you will not finish it if you are not heading for your destination

Chinese proverb

How to specify a goal?

Goal is the specification of the situation in which a person or a family would like to be found by solving or limiting existing problems and fulfilling defined needs.

It defines the predictable, desired state of affairs that should be achieved in order to improve the functioning of the person or family towards whom we plan to take actions.

SMARTER The principle of formulating goals

Specific	Its understanding should not be a problem, its statement should be unambiguous and not leave room for loose interpretation. It is particularly important to use a language understandable to a person or family – the language used by an employee must be a person's or a family's language, while formulating goals an employee should use phrases used by the person or the family and not professional expressions such as “professional reintegration”.
Measurable	Formulated in such a way that it is possible to “measure” its implementation unambiguously.
Achievable	The goal needs to be realistic.
Relevant	The goal should be an important step forward, it must provide a certain value for the person who will be achieving it. It should not be formulated by negation.
Time-bound	The goal should have a precise deadline before which we intend to achieve it
Exciting	A person cannot be indifferent towards the goal he is formulating. The goal must motivate the person to achieve it.
Recorded	Writing down the goal fulfils several functions: we will not forget about it, it motivates to achieve the goal – you cannot pretend that the goal does not exist when it is recorded.

Based on: Standardy Pracy Socjalnej. Rekomendacje metodyczne i organizacyjne. Wrzos 2013

Step II

This phase of action is conducted bidirectionally. We conduct activities towards people detained in prison and in the external environment at the same time.

II.1

Identifying and strengthening the internal potential of prisoners.

The entire rehabilitation work is conducted in this area. It is very widely defined in the literature, among others as:

 behaviour modification,

- + social affiliation change,
- + emotional remodeling,
- + becoming rooted into the “culture” of fulfilling needs,
- + shaping correct social attitudes,
- + “conversion” to a higher order value¹⁰.

Penitentiary resocialisation is carried out by means of specific methods “... that enable introducing certain changes in the personality of prisoners and thus allow to achieve desired changes in behaviour¹¹”. It is very important to take into account the principles of social rehabilitation, which include: the principle of individualization or the **principle** of openness to another person. Using these principles provides a better chance of reaching the prisoner and opening him up to cooperation. The scope of cooperation between the prisoner and the prison staff in the resocialisation process as well as the effectiveness of this process depend more on the subjective perception of the educator by the prisoner than on the objective competences and correctness of the treatment procedures. Achieving the intended resocialisation goals is therefore dependent on the prisoner's attitude towards the educator and vice versa. This contact should result in mutual trust between the educator and the prisoner. Resocialisation work is based on many methods used by specialists employed in penitentiaries. The use of numerous individual methods brings tangible results in strengthening the potentials of convicts. Referring to the ABCD model based on using the social potential, however, we should not forget about the group influence in the process of resocialisation. Methods based on group influence use the importance of a social group in the individual's behaviour. It results from the fact that many criminals commit crimes within an organized criminal group. This group is therefore an important reference point. Determining the importance of the group in criminogenesis allows to think that the value of interactions based on the social group will bring greater rehabilitation benefits than other methods. Taking the above into consideration, it should be stated that “the creation of alternative social groups based on a strong social bond is an important penitentiary challenge”¹². The ABCD model refers to building such social bonds.

¹⁰ R. Tadla, Resocjalizacja skazanych, source: file:///C:/Users/Kasia/Downloads/7_tadla.pdf z dnia 20.10.2018

¹¹ <http://wpia.uwm.edu.pl/czasopisma/sites/default/files/uploads/KPP/2017/2/88-94.pdf>

¹² 1 H. Machel, Więzienie jako instytucja karna i resocjalizacyjna, Gdańsk 2003, p. 50

Building partnerships will translate into building resources that may be used by prisoners after leaving prison, direct prisoners' participation in achieving the goals and taking action for the common good

II.2

Building partnerships for the sake of joint action in achieving the goal. Identifying and engaging external resources

How to build a partnership?

Both formal and informal partnerships play an important role in all activities. We can list the following models of partnerships:

- + public-private/social partnerships, partnerships established between public institutions and private/social entities in order to implement specific activities, usually from the public sphere,
- + project partnership created within the scope of implementation of specific project activities,
- + local and sectoral partnerships, e.g. public – social – private, church and academic entities, informal groups, also those of a social cluster nature. An agreement between institutions and organizations that want to work towards a common goal, also in complementing each other¹³.

Effective actions based on cooperation in the partnership bring very tangible benefits that cannot be overestimated. However, this requires not only determination in working out the rules of cooperation, but also continuous monitoring.

Building partnerships – the five-step rule:

Step 1 is related to the identification of problems/needs that a partnership should solve/satisfy, recognition and analysis of local human and institutional resources in terms of their possible inclusion in joint activities and development of a preliminary vision of the future partnership.

¹³ Source: http://www.roszefs.boris.org.pl/old.partnerstwa.boris.org.pl/pl_partnerstwo-rodzaje.html, of 17.10.2018

Step 2 involves discussions with potential partners in order to persuade them to the idea of partnership, include them in joint activities and invite them to meetings (remember not to discourage people who have not expressed willingness to cooperate).

Step 3 is a meeting with potential partners organized in order to get to know each other, establish the purpose and principles of cooperation, define the model and shape of the partnership as well as the role of individual partners and their expectations. Most frequently these matters are discussed and determined during several subsequent meetings and the first meeting serves to get to know each other and make decisions by individual partners whether they are interested in cooperation; during the next meetings with persons who declared participation in the partnership, the goals and principles of the partnership are set.

Step 4 is related to the development of a partnership strategy and action plans as well as the determination of matters related to the logistic security of partnership activities (premises, service, information flow, etc.).

Step 5 involves the implementation and monitoring of planned activities. An even distribution of tasks between particular partners is important in this respect¹⁴.

Employees of all institutions and organizations operating in a given community are involved in the process of helping people experiencing difficulties. They cooperate on the basis of partnership by including in a complementary way their scope of services and creating a coherent help system.

The challenge for effective implementation of readaptation processes of those leaving penitentiaries and their families is to undertake multifaceted and interdisciplinary cooperation of many entities. Apart from the involved institutions (prison, probation and social service) the system should include to a greater extent employment service, non-governmental organizations and other institutions, including education and pedagogic institutions as well as private entrepreneurs. Only such cooperation can contribute to the realization of many postulates within the scope of intended change. Establishing effective cooperation requires:

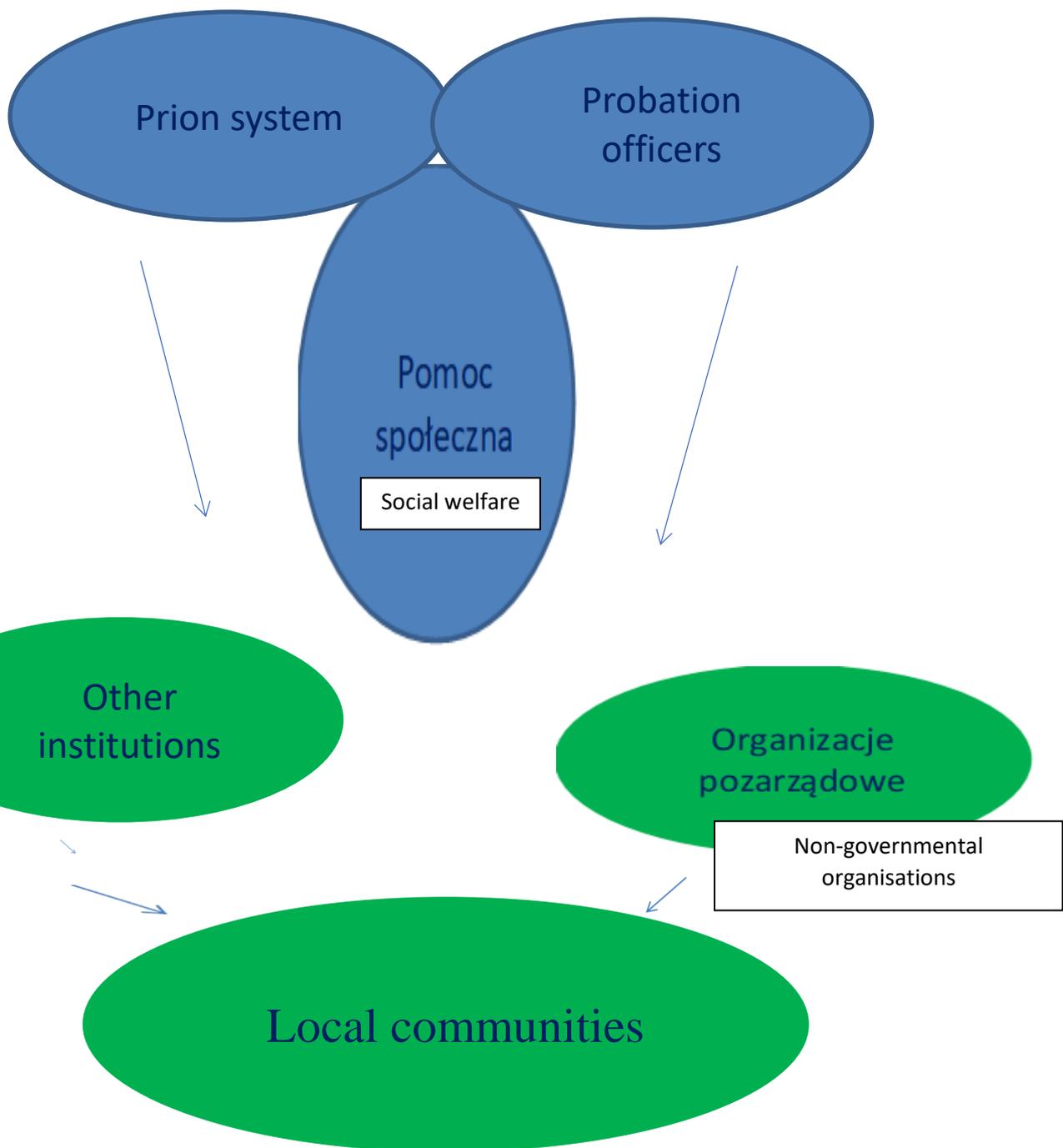
¹⁴ Z. Wejcman, G. Gnatowska, Partnerstwo. Rola i proces tworzenia, Wydawnictwo Centrum Wspierania Aktywności Lokalnej CAL, Warsaw 2005, p. 12-15.

- ✚ building partnership,
- ✚ common determination of goals and tasks – directions of influence,
- ✚ integration of applied methods and work tools,
- ✚ on-going information exchange, central database
- ✚ joint monitoring and evaluation of activities.

Non-governmental organizations play a special role in the readaptation process. Many activities carried out by the third sector supplement and even fulfil the duties of social service. These organizations carry out comprehensive emancipation projects in Poland, sheltered housing; they are often the only place providing specialist assistance.

The challenge for providing effective assistance to people leaving penitentiary institutions and their families is to create a coherent, mutually complementary and closely cooperating system of interinstitutional and intersectoral post-penitentiary assistance.

Fig. 5. Diagram of cooperation for the sake of readaptation of people leaving prison



In the ABCD model the emphasis is put on participation and cooperation in the implementation of activities of all entities, especially the local community.

The challenge for providing effective assistance to people leaving penitentiary institutions and their families is to create a coherent, mutually complementary and closely cooperating system of interinstitutional and intersectoral assistance.

Mapping, i.e. creating a network of social resources

Mapping resources helps create appropriate relationships between partners cooperating in the implementation of a specific goal. Thanks to the identification of appropriate people, associations, local business institutions, social service and government agencies, appropriate networks are built to allow effective assistance. The main aim, therefore, of creating resource maps is to build relationships that trigger action of community resources. It should also be remembered that the map of resources is never a fully constituted creation, because it is being created as more problems and possibilities are identified.

Mapping always begins with **setting a clear and specific goal**, which is to be achieved thanks to the social partnership. It is necessary to **identify people or groups** that have appropriate resources at their disposal to achieve the goal. In accordance with the ABCD method, educational discussions, thinking focused on resources and effective mobilization of individuals and institutions that could be involved in a social partnership will be useful at this stage of creating the map of resources. An example of the operation at this stage can be the following scheme:

Elements of personal resources:

Gifts, talents, dreams, hopes, fears

Map of associations:

- Associations you are familiar with
- Associations you are not familiar with yet
- What are they doing now?
- Did they say they wanted to do something, but had not done it yet?
What can they do if they are asked for it?

Map of institutions:

- Employees' and volunteers' talents
- Rooms and equipment
- What they spend money on – supply, services, employment, etc.
- Current relations with the community
- Dilemmas
- Possibilities

Map of space:

- **What is in the neighbourhood?** Parks, schools, libraries, social centres, hospitals and clinics, flats, single-family houses, local businesses, bicycle and walking paths, green areas, undeveloped plots, etc.
- **What is happening there?** The activity of a district club, sport and recreation, crime, activity of seniors and youth, cleaning, problems with compliance with standards, type of housing, etc.

Map of the neighbourhood economy:

- What is the money flow – to (and from) the neighbourhood
- Development of local enterprises
- Chances for new enterprises
- Job vacancies

IMPORTANT: When preparing a map of the relationship network, you should above all remember to:

1. Start conversations with people that you know directly.
2. Avoid telephone canvassing.
3. Hold conversations with the leader of the association/institution, because he knows the goals, possibilities, resources and problems of his group best.

An important effect of the conversations is to obtain a commitment to cooperate with a specific designation of future tasks. However, it should be remembered that tasks cannot be designated or assigned from the top down. Each time you have to ask what given individuals can/want to do for the planned project.

Remember! Do not do what is not wanted. Only a voluntary and genuine willingness to cooperate makes sense.

An example of a cooperation initiating conversation:

Introducing yourself, your group and your goals.

We are representatives of an association/foundation/institution that works for people who leave prison. We try to involve local associations in cooperation aimed at improving the conduct of readaptation of convicts.

Find out about...

- Association – name, address, telephone number, contact person

- Meetings - when, where, what time, open meetings or invitations?
- Leaders – who are they? what do they do?
- The ultimate goal - what does the association do? Why do they do it?
- What else do they do?
- What could they do next, in the future and why?
- What is their interest in our goals?

Many people leaving prison are experiencing numerous problems that hinder the process of readapting to life in society. Do you think that your association or some of its members would be interested in cooperating with us in this matter?

- If there are common points, what are the next steps?

How to get you involved?

How could we find out what your association would like to deal with?

- What other local associations do you have contact with?
- Do you suppose that they may be interested in our goals too?

Who do you know personally in those associations?

Could you introduce us to each other?

Who else should we meet?

Partnership oriented at the readaptation of people leaving prison

Experience shows that action is taken to readapt prisoners and help their families by three sectors: prison, probation officers and social welfare. Each of these sectors has separate legal obligations to take actions in this area and an indication to take subsequent actions. Only to a small extent these tasks are carried out jointly and this is not a general practice. More frequently, this cooperation is carried out on the basis of continuation of activities initiated by the prison service, in the area of generally understood resocialisation, with the assumption that every convict is subjected to resocialisation. In a separate scope, these activities are conducted by probation officers and social workers. The influence functions of these areas are very similar and most often focus on:

1. Educational activities – teaching convicts – identification of personal problems, setting priorities, seeking solutions, raising social competences (addiction therapy, educational and corrective activity, psychoeducation),
2. Stimulating activities – to self-help, use own resources, develop interests, show prospects for the future,

3. Practical activities – equipping with practical skills – facilitating contacts with institutions from an open environment, shaping the skills of using the resources of these institutions, conducting trainings in the field of fulfilling social roles, e.g. of an employee, parent, partner,
4. Care and rescue activities – advocacy of convict’s matters before other institutions, material and organizational help, social and medical care¹⁵

Penitentiary service plays a special role in this respect, because it takes action immediately after isolating the convict. Therefore, creating conditions for effective resocialisation, including those of an educational character, enabling convicts to learn the profession and get professional retraining is a particularly important element. Another important element in this system is the ability to work in isolation. According to the ABCD model, a significant period of **raising and making aware of the inmates’ potential** takes place during imprisonment.

Court probation office

A court probation officer performs tasks specified by law for the criminal and family court. These tasks are of an educational and rehabilitative, diagnostic, preventive and supervisory nature. Court probation officers perform their tasks in the environment of their wards, as well as in the closed facilities, in particular on the premises of penitentiary institutions, educational care facilities and medical rehabilitation facilities (Act of 27 July 2001 on court probation officers, Journal of Laws of 2014, item 795).

Therefore, a probation officer plays an important role both in the process of preparing for readaptation and after leaving the penitentiary institution. The tasks of the probation officer include, among others, preparing the family and social environment for the return of the convict according to his needs and the possibilities of this environment, especially in the scope of solving life's difficulties¹⁶. The probation officer works with the individual case of a person leaving prison under a classical three-stage model:

1. Case diagnosis – personality diagnosis,
2. Preparation of the plan – contract,
3. Implementation of the plan – work with the case.

¹⁵ I.Dybalska, *Trudności w przystosowaniu do życia po zwolnieniu z zakładu karnego*, Warsaw, 2014, p. 67

¹⁶ I. Dybalska, *op.cit.*, p.78

Probation officer, during effective readaptation, cooperates with the prison service, taking actions with the ward under conditions of isolation. He also plays an important role in contact with his family and communicates with the outside world.

Social welfare

A social worker undertakes a number of activities in the area of social work in relation to a person who undergoes the process of social readaptation and his family.

Ewa Marynowicz-Hetka after Robert Castel points out the following functions of social work¹⁷:

- ✚ a protective function, which stimulates social work as a guardian and stimulator of changes in social life and a distributor of goods. The social worker is treated here as the person redressing social problems,
- ✚ a contesting function, in which the social worker focuses his actions on raising awareness on social mechanisms and presents himself as a spokesperson for people excluded from social life. The social worker is treated here as a social activist rather than a worker,
- ✚ a mediating function, which is opposed to the management of social problems. In this approach, the social worker undertakes to develop a social contract together with the client. The social worker puts himself in the role of a companion and supporter at the same time.

Thus, social work is characterized by a dynamic process, subject to continuous analysis, focused on prevention, bringing closer social problems and acting towards making changes.

Non-governmental organizations play a special role in the readaptation process. Many activities carried out by these organizations complement and even fulfil the duties of social welfare. These organizations carry out, among others, comprehensive emancipation projects, sheltered housing; they are often the only place providing specialist assistance.

The key to success in taking action is also the involvement of other social resources. However, in order for this to happen, it is necessary to undertake an animation of this cooperation.

¹⁷E. Marynowicz-Hetka, *Pedagogika Społeczna*, Warsaw 2005 p. 357-358.

Step III Joint action in the local community for the sake of achieving the goal

It boils down not only to saying that together we are better, but also that

**WE CAN DO EVERYTHING
OURSELVES, BUT TOGETHER WE
CAN DO EVEN MORE !!!**

Joint action is the next step in the ABCD model. After defining the goal, strengthening the embedded internal potentials, identifying and building a partnership for the sake of joint action, it is time to check this out in ACTION.

Undertaking activities in the local community, using the individual potentials of particular members of a given society as well as the use of social resources requires social animation.

Social animation

The word *animation* comes from the Latin words *anima* – soul, *animatio* – animation, *animus* – vigor and the verb *animio*, *-are*, which in Latin means:

- ✚ to blow,
- ✚ to vitalize, give soul, bring life,
- ✚ to stimulate, encourage, incite, make brave. In French, the word *animer* means to bring life, add strength to action, initiate a certain undertaking, encourage.

Social animation is A MEAN AND A PROCESS of:

- ✚ shaping the community (building relations and social bonds),
- ✚ social activation and mobilization,
- ✚ launching the potential of people, groups and communities in a creative way,
- ✚ emancipation and empowerment of people, groups and communities (especially those marginalized and socially excluded),

- + public participation (obtaining influence on decisions)¹⁸.

Animation is breathing *life* into a person, group, community, institution and organization. It is such an impact on the entity that does not create it, does not form it but activates it, induces to activity, encourages to undertake independent action. Sometimes it is a way to discover and fulfil hidden desires and dreams.

Animation is applied to:

- + what already exists, but is lifeless (does not work, does not respond to needs, does not bring satisfaction)
- + what does not exist, but many (often) subconsciously feel its lack.

Social animation is discovering in cooperation with other people new possibilities, own potential, real needs – the causative power that is in US people.

The method of social animation can be used to readapt people leaving prison and support their families in any configuration:

- + **social** (territorial, problematic, potential, neighbourly, virtual),
- + **professional** (social workers, culture animators, teachers, librarians, officials), relating to trade (culture, entrepreneurship, health, housing, education, social welfare, ecology)
- + **institutional** (culture centres, social welfare centres, non-governmental organizations, local governments, schools, enterprises, labour offices, local partnerships, libraries, museums)¹⁹.

Implementer of action

A SOCIAL ANIMATOR is a person implementing activities in the local community

The social animator performs his work in a selected local community which is skilfully organized, works efficiently and aims at achieving the goals.

The basic tasks of the local community animator include:

- + facilitating communication, leading to a better knowledge of residents as well as groups and environments they create,

¹⁸ <http://www.cal.org.pl/animacja-spoleczna/czym-jest-animacja/historia/>, of 18.10.2018

¹⁹ <http://www.cal.org.pl/animacja-spoleczna/czym-jest-animacja/metoda/>, of 20.10.2018

- ✚ animating among participants of discussions on important aspects of everyday life, especially unsolved local problems,
- ✚ searching and supporting local leaders,
- ✚ diagnosing the potential of the local environment,
- ✚ initiating formation of civic groups,
- ✚ motivating groups and environments to undertake activities aimed at the common good,
- ✚ building local coalitions,
- ✚ moderating educational situations in the environment,
- ✚ stimulating the energy needed by a person/group to take
- ✚ and continue action²⁰.

The role of the social animator is often attributed to employees of social services, mainly to social workers who are in fact directly predisposed to take on such a role. A social worker during his education is prepared to undertake such a professional role. In a broader and broader sense, environmental work is also being undertaken and implemented by non-governmental organizations operating in the third sector.

Undertaking and playing the role of the local community animator requires specific knowledge as well as a range of competences and skills. The most important competences include: diagnosing, planning and organizational skills, independence in action and teamworking skills, knowledge of the group process, mediation and negotiation, communication skills as well as high openness to building interpersonal relations.

The role of the social animator is to activate the local community without the taking the leadership function personally. This means that the social animator does not have to take action himself, but only stimulate and direct it towards the implementation of complex goals. His role is therefore active, not directive. He helps by: educating, inspiring, motivating and supporting the process of change²¹.

Every action is based on the plan developed jointly by all its implementers.

²⁰ T. Kazimierczak, B. Bąbska, M. Popłońska-Kowalska, M. Rymsza M., Środowiskowe role pracownika socjalnego, Wydawnictwo IPS, Warsaw 2013, p.17

²¹ <http://www.cal.org.pl/animacja-spooleczna/czym-jest-animacja/metoda/>, of 20.10.2018

Joint actions requires thinking about the following questions:

- + what needs to be done?
- + who is going to do it?
- + when?
- + how?
- + what has to be made available?

Now we should get answers to the following three key questions from all active participants:

- + what measures are we going to use? – contribution
- + what methods are we going to use? – processes
- + how are we going to use them? – actions and results

Contribution

When talking about resources, we mean the components necessary to prepare an effective business. They are the skills and material resources on which we must build. They are called contribution, because it is literally something that is contributed to the process of change.

They are:

- money/budget;
- rooms, e.g. meeting rooms, conference centres, sports grounds, catering;
- equipment, e.g. video cameras, means of transport, boards, computers;
- educational materials, e.g. multimedia presentations, books, training sets, guides;
- people who have:
 - time,
 - energy, engagement and motivation,
 - appropriate skills,
 - appropriate knowledge,
 - appropriate experience,
 - ideas and imagination,
 - power to undertake actions;
 - principles and guidelines enabling actions we want to take.

It is necessary to think not only about the requisite resources, but also where to get them. Since we are talking about a planning and evaluation method based on participation and partnership, these resources may come from each of the shareholders, including:

- members of the community – youth, adults, social groups and organizations,
- community development organizations and their staff,
- other active befriended institutions,
- external institutions, e.g. funders and policy makers.

The scope and level of resources that may be necessary to take effective action will depend on:

- complexity of a desired effect,
- how we intend to achieve it.

Contribution may come from any source, but it must be certain before it is considered to be a part of the plan.

It is not possible to provide a final answer to the question about resources/measures and proceed to the next stages – methods and actions. In practice, thinking about resources accompanies us incessantly, even when we move on to analyzing other aspects and taking next steps.

Processes/methods

It is important to think about the style or type of planned activities in the wide perspective. We do not ask questions about who will do what and when. We are thinking rather about what approach will be the most effective and efficient. Choosing methods, we draw from the theory of change in community development which reflects its fundamental values: active participation, equality, empowerment and partnership. The methods relate to the following issues:

- training activities,
- development of the contact network,
- community organisation,
- examination of action,
- marketing,
- provision of information,
- advocacy,
- running a campaign,
- vision.

Effect and activities

Action plans collapse most often because they do not precisely state who is obliged to do what, where and when. By reviewing the methods and techniques, we can come up with a way to get down to it, remembering that the devil's in the detail.

Although it seems quite obvious, the most important thing is that the plan indicates:

- actions that will be taken,
- people in charge of specific activities,
- duration and location of activities.

By all means, taking action will only be possible if we have the right resources at our disposal, otherwise we either have to find them or change the plan. Continuing regardless of everything is a certain disaster.

Once we have determined the necessary actions, we should make sure that they allow us to use the methods we think are right. Our modus operandi cannot be accidental. Everything should be prepared in such a way that it brings benefits. In community development, we use participative methods because the theory of our practice is based on evidence proving that a joint agreement will lead to a valuable and lasting change better than imposing top-down solutions. We must make sure that actions we take will reflect the methods and basic principles of community development.²²

Step IV Evaluation of action

Evaluation is a process, thanks to which we can obtain high quality information and data enabling us to deal with problems more effectively. Evaluation is an inseparable element of community development. If community development is to justify its importance in promoting civic attitude, social integration and education through empowerment of people, it is very important to present evidence on how the empowerment process took place and how it contributed to the achievement of results.

Evaluation is a part of a learning organization

The learning organization interacts with its surroundings, is flexible, open and sensitive to change. Community organizations, institutions supporting their work as well as public, private and non-governmental institutions should become learning organizations in order to be effective. The complexity of the community development process makes reliable

²² A.Barr, S.Hashagen, Jak osiągnąć lepszy rozwój społeczności. Podręcznik do planowania i ewaluacji model ABDC, CWAL CAL, Warsaw 2013, p. 145-149.

information/data be the basis for continuous education. Hence, the evaluation of work and its result is of fundamental importance for the nature of the learning organizations.

Community development has measurable effects and results

The history of community development is full of unfortunate stereotypes. Those who accuse community development of “naive charity” are supported by those who consider it to be a source of an arranged and politically motivated fight against the status quo of society. The consolidation of these stereotypes proves that social development has largely failed to explain and justify what it does and how it does it.

The ability to measure the effects and results of community development is necessary.

The ABCD model collects, analyzes and unifies (codifies) the elements of community development. ABCD presents the community empowerment process, its effects and results as well as the impact on the quality of community life. This type of structure constitutes a value for organizations that want to present their role in community development to others, but also, which is equally important, to show what they are not responsible for. The method itself helps obtain the evidence necessary to assess the value and impact of their work. Only on such grounds will community development be considered equally valuable as other revitalization and management strategies.

Community development must consist in participation – the local community should be an effective partner

Community development values and principles emphasise cooperation, community involvement and running programs by the community. Community development cannot, therefore, be properly evaluated through the direct use of externally imposed models that focus on costs and achieving goals. Of course, this does not mean that having clearly defined goals and paying attention to costs is irrelevant. It is rather about balancing the relationship between costs and profits, which should be consulted between the partners involved.

Community development is the process of introducing change that requires involvement of many parties. Public sector institutions usually provide systemic possibilities, financial resources and a basic framework in which community development takes place. Non-governmental organizations can provide various types of support to the community, be it in education, organization or management. Communities together with their organizations provide time, energy and local resources. If all these institutions are parties affecting community

development, then all of them should participate in planning and evaluation, as well as learning from their own experience.

Frequently used evaluation is based on external resources. It assumes accidental relationships between activities and results, which is the evidence of a complete lack of understanding of the realities of work in the area of community development. There is a lack of promotion of the process knowledge and qualitative change. Economically oriented evaluation models that mainly analyze costs and benefits do not constitute a great value for community development. Of course, the funder has the right to know if his funds have been wisely spent. The implementers also need to know how to make the best use of limited contributions. Nevertheless, evaluation models that only try to match specific effects to costs cannot be effective in understanding community development. The ABCD approach offers an alternative model based on the principles of community development, which treats evaluation as an educational tool. In order to understand the change, it analyzes as many processes as possible, focusing on the results, not just the effects²³.

The ABCD method work stages and tools

Organizing the local community as a method of environmental social work methodically proceeds according to the specific stages that create the planned process of interactions:

1. Collecting information,
2. Evaluation of situation,
3. Encouraging people to meet in order to decide which problem they want to address,
4. Creating and supporting a group/campaign/coalition,
5. Helping the group/campaign/coalition plan its strategies and tactics as well as prioritize activities,
6. Strengthening and sustaining the group/campaign/coalition when it starts to implement activities,
7. Reviewing the progress and activities of the group/campaign/coalition,
8. Helping the group/campaign/coalition complete the action or decide what to do next.

Such a planned process does not have to end when it implemented. On the contrary, after a series of strengthening experiences and a positive change it begins from the beginning.

²³ A.Barr, S.Hashagen, op.cit, , p. 151-152.

The consensus and cooperation strategy is the most useful and effective strategy influencing the exertion of positive permanent changes in local communities. Therefore, if possible, it should be the basis of the animator's activities. It is based on the assumption that actions undertaken in the local community should respond to its needs and potential, while local human and institutional resources should be included in the process of change. It assumes not only active participation, but also cooperation, so building a cooperation network is one of the basic goals of the animator's involvement. The basis for the activities implemented on the grounds of the consensus and cooperation strategy is planning and work using the project method, especially animation whose direction is determined by the diagnosis based on research and action. The tools used during the implementation of this strategy are: meetings with residents, various types of groups, building cooperation networks, including local partnerships²⁴. The group of tools supporting the process of change includes: local partnership, volunteering, groups, social campaigns and events as well as advocacy and civic information.

Effective actions based on cooperation in the partnership bring very tangible benefits. They cannot be overestimated. However, this requires not only determination in working out the rules of cooperation, but also continuous monitoring and evaluation of effects of the implementation of activities.

Evaluation and planning should be integrally connected

According to the ABCD model a disciplined approach to evaluation must be based on the same approach to planning. Reflection on what a given program is supposed to change, how it will be known that the result has been achieved and how the change will be understood must appear at the very beginning. Proper planning should take into account the evaluation how it will be known whether plans bring the desired effect. The ABCD model is therefore of a great value when planning intervention activities of the community development and during their evaluation²⁵.

Evaluation can be easiest defined as a process of verifying and assessing whether given activities have brought the expected results, what contributed to their achievement and what

²⁴ B. Bąbska, M. Rymśa, Organizowanie społeczności lokalnej – metodyka pracy środowiskowej. Poradnik II, Wydawnictwo IPS, Warsaw 2014, p. 20-21

²⁵ A.Barr, S.Hashagen, op.cit, p. 21-25.

was a barrier. The essence of evaluation is its usefulness, i.e. the use of its results. Evaluation of given activities (interventions) is a starting point for the formulation of recommendations that should help change behaviour, correct mistakes or repeat actions and solutions that have worked well. Conclusions drawn from the evaluation, formulated in the form of recommendations, can be used in current and planned activities. Evaluation supports the management process at every stage of the implementation of activities²⁶.

Examples of good practices in the implementation of readaptation programs

In most institutions, the following forms of penitentiary treatment are implemented as resocialisation and readaptation programs:

- Sports and recreation program for convicts involving the organization of sports and recreational activities as well as the promotion of a healthy lifestyle.
- Creative activity program for convicts involving editing and publishing a prison newspaper, as well as education and information TV channels.
- Social readaptation program of educating convicts through psychoeducation in the field of aggression prevention implemented by the ART method (aggression replacement training).
- Social readaptation program of educating convicts through psychoeducation in the field of alcohol addiction prevention.
- Social readaptation program of educating convicts through psychoeducation in the field of drug addiction prevention.
- Social readaptation program for convicts addicted to alcohol or with a drinking problem run jointly with the sobriety movement of Alcoholics Anonymous.
- Social readaptation program of professional improvement of convicts involving course training in specific professions. The program prepares convicts to work while serving a sentence and after leaving prison. Convicts are trained in the following professions: a cook, a painter or a floorer, or are prepared to use a computer or cash register.
- Program of active job search workshops (professional activation of convicts).
- Social readaptation program of educating convicts who committed a DUI offence through psychoeducation in the field of alcohol addiction prevention as well as first aid and rescue.

²⁶ Podstawy ewaluacji dla pomocy społecznej, Regional Centre of Social Policy in Cracow, Cracow 2010, p. 7

- Social readaptation program of educating convicts through creating a possibility of self-study of the basics of the English language.
- Social readaptation program for convicts involving social integration of people deprived of liberty with local environment.
- Social readaptation program for convicts involving charity work for the elderly, sick and disabled. As part of this program, convicts perform permanent, unpaid cleaning work for local nursing homes. Moreover, convicts organize periodically entertainment events for their wards, e.g. a concert of popular songs.
- Social readaptation program for convicts in the field of counteracting domestic violence implemented as part of an agreement with the Crisis Intervention Centre.
- Social readaptation program for convicts involving their own art, e.g. “Circle of artistic initiatives”.
- Social readaptation program for convicts involving the support for social initiatives organized for children (children in orphanages, convicts’ children).
- Religious services²⁷.

Apart from the programs mentioned above, attention should also be paid to cultural and educational activities carried out in prisons. Inmates actively participate in artistic groups (26 prison theatres, 44 music bands), issue prison newspapers (88 titles in total), take part in prison art reviews (e.g. SZTUM Prison Art Review, Prison Poetry Competition, Prison Art Competition, Christmas Crib Competition, “Satire behind the edge” Art Competition). Convicts' works of art usually supply local or national charity events²⁸.

On the initiative of the Prison Service, innovative resocialisation and readaptation programs and projects are implemented together with various entities. The most important of them are as follows:

I. Resocialisation programs implemented in cooperation with nursing homes.

The “Bona” program was created in 1998 and has been implemented since then. It was devised by the staff of the Zameczek Nursing Home and the staff of the Penitentiary Institution in Lubliniec. Under this program, a group of convicted women for 6 hours a day takes care of mentally and physically disabled children, to the extent similar to the duties of the staff of the Nursing Home. Evaluative research clearly

²⁷ A. Kieszowska, *Problemy readaptacyjne osób opuszczających placówki resocjalizacyjne*, "Probacja", no. 2, 2009, p. 104-105.

²⁸ I. Dybalska, *Trudności w przystosowaniu się do życia po zwolnieniu z zakładu karnego - między diagnozą a działaniem*, Warsaw: Centrum Rozwoju Zasobów Ludzkich, 2012, p. 115-116.

indicates positive resocialisation effects, i.e.: reflecting on life up to the present moment, drawing conclusions from the past, making realistic plans for the future, a higher level of self-esteem and a sense of responsibility.

The “Duet” program was created in 2000 in the Kraków-Podgórze Penitentiary Institution and was intended for convicted “graduates” of the alcohol addiction therapy program. Convicted men voluntarily looked after the wards of the Nursing Home for disabled adult men.

The “Four Seasons” program was devised and implemented by the prison staff of the External Department in Ustka for the wards of the Nursing Home in Miechowinek. It consisted in organizing rallies to the sand dunes, walks in the forest and other attractive places for the residents of the nursing home. Trips were combined with elements of nature education in the form of competitions and games by the bonfire. Local sponsors, tourist guides, transport companies, cultural institutions and museums were involved in the implementation of the program²⁹.

II. Resocialisation programs implemented in the area of health and life.

The first aid program was devised and implemented in 2004 in the Penitentiary Institution in Czerwony Bór. Its main goal was to change attitudes towards the value of health and life and to acquire practical rescuing skills³⁰.

The “Senior Ladies” program – facilitating the preparation for the social readaptation of convicted women. The main goal of the program is shaping the participants’ readiness to act for the benefit of others, supporting social integration and strengthening faith in their own strengths and abilities. In addition, during the classes, participants gain knowledge on gerontological prophylaxis, which they can use in daily work at the “Senior Club” Day Home in Lubliniec. This work is voluntary, and the inmates’ duties include taking part in artistic handicraft classes in order to support the activities of the club’s wards as well as in board games, education, relaxation and art workshops. Convicts also have the opportunity to educate themselves during meetings conducted by the nurse about pro-health prevention and nurturing a healthy lifestyle.

²⁹ ²⁹ I. Dybalska, *Trudności w przystosowaniu się do życia po zwolnieniu z zakładu karnego - między diagnozą a działaniem*, Warsaw: Centrum Rozwoju Zasobów Ludzkich, 2012, p. 117-121.

³⁰ *ibidem*, p. 121.

- **The “I can do a lot, I am able to do even more” program** – directed to convicted men serving a prison sentence in the senior age, i.e. from the age of 60. It is based on a multifaceted cooperation between a professional curator, District Employment Agency employee, a night shelter manager, Local Family Support Centre employee, an internist, an addiction therapy specialist, an educator and a psychologist at the penitentiary department. The result of joint work and involvement of the target group will be the preparation of a guide for seniors leaving penitentiary units. The guide will provide to the interested readers all the necessary information about the forms of material support, procedures of applying for the commune-owned housing, possibilities of continuing treatment at large, the demand of the current labour market and principles of granting social insurance. The guide will also take a multimedia-based form. Seniors will also be able to use e-book readers whose high contrast and large screen will allow to use a larger font, which will make the content easier to be read by elder people³¹.

The “Live consciously” program facilitates the preparation for the social readaptation of convicts in the field of health promotion and prevention of the spread of HIV and HCV³².

III. Resocialisation programs for ecology.

The “Noble cap” program consists in sensitizing convicts to the problems of ecology and environmental protection through education combined with participation in the action of collecting plastic bottle caps to purchase rehabilitation equipment for the disabled.

The “Clean city” program facilitates social readaptation of convicts in the area of shaping social skills through carrying out free cleaning works for local self-government.

The “Prison ecosystem” program helps sensitize convicts to the problems of ecology and environmental protection through education combined with participation in the works for natural environment³³.

³¹ <https://www.sw.gov.pl/aktualnosc/okregowy-inspektorat-sluzby-wiezionej-w-katowicach-najlepsze-programy-resocjalizacyjne-w-polsce-powstaly-na-slasku>

³² <https://www.sw.gov.pl/aktualnosc/Dla-kazdego-cos-pozytecznego-czyli-oferta-programow-resocjalizacyjnych-w-debickiej-jednostce-penitencjarnej>

³³ <https://www.sw.gov.pl/aktualnosc/Dla-kazdego-cos-pozytecznego-czyli-oferta-programow-resocjalizacyjnych-w-debickiej-jednostce-penitencjarnej>

IV. Resocialisation programs for animals.

The **“Rehabilitation centre for farm and household animals” program** was created in the External Department in Stawiszyń. The initial stage of the project was a social readaptation program named “Leading a dog’s life behind the bars”, which was implemented in cooperation with the Polish Association of Instructors and Police Dog Guides and the Guard for Animals in Poland. The proper project, on the other hand, is carried out in the External Department of the Remand Centre in Grójec which holds a base for farm and home animals in a difficult situation: abandoned, injured or sick. A kind of farm is being established in Stawiszyn. It will be run by convicts under the supervision of the therapeutic staff.

"Good social rehabilitation practices" in Portugal

There are many community organisations that volunteer in prisons and many private and public bodies that have established partnerships with the Portuguese Prison Services to improve and develop new methodologies for a successful rehabilitation process. There are several national, European and International projects that cover several areas such as inmates’ mental health/health, inmates’ education, prison staff education and improvement of prison conditions.

Examples of community organisation that volunteer in prisons:

- REMAR
 - O Companheiro
 - Cruz Vermelha Portuguesa
 - APAC Portugal
1. Within Portuguese prisons various extracurricular activities are implemented and extracurricular courses are offered, namely Portuguese for Foreigners, Education for Citizenship, Visual Arts, Music and Sports.
 2. The Portuguese Prison Services have a public employment pool where public and private organisations can employ inmates that are serving custodial sentences both in closed and open regime.

In this specific case, we have DELTA (a known Portuguese coffee brand) that has a protocol with the Lisbon Prison for the implementation of a repair workshop for coffee machines, grinders and dishwashers for catering.

1. Example of organized a core group within the local community – In Portugal there are several organisations that work with inmates and ex-inmates, helping this population in the reintegration and rehabilitation process to the society.

Despite many attempts were led by community organisations in developing and creating an organised core group, we cannot identify any.

Besides those attempts there are some ongoing initiatives like “Entre Sistemas” Project This project arises from the need to continuously increase the quality of the Portuguese Prisons, regarding the intervention level of their: technical teams, school sector, non-formal education and the social vector (voluntary and social intervention). For more information: <https://www.entre-sistemas.eu/>.

2. Mapping the capacities and assets of individuals, associations and local institutions. According to the available statistical data from the Portuguese Prison Services, in the year 2017, 208 projects (i.e. educational and training activities support, legal needs support, development of cultural and artistic arts, development of personal and social skills, community bond, prison facilities improvement, goods supply, sports and healthy lifestyle promotion, relaxation and meditation and inmate visits) were developed by community organisations, where near 80 community organisations were involved.

Despite these projects, programmes and initiatives, each organisation works in different, and specific areas, and there is no assertive collaboration between them.

For the Portuguese Prison Services prison volunteering plays an important role in the preparation for release, not only because it opens the prisons to the community but also because of the impact that volunteers can produce outside the prison walls.

3. Building a community vision and plan

As explained before, there are several organisations that work in the community, however, in our country, there’s no such thing as an integrated approach between them.

4. Mobilising and linking assets for economic development

There are some economic development programmes, carried out by the Portuguese government, to increase the economic development of the community organisations. However, this approach turns out to be individualized rather than integrated, as explained above.

5. Leveraging activities, investments and resources from outside the community

As previous explained, despite many tries, carried out by community organisations, there is no assertive approach regarding leveraging of activities, investments and resources from outside the community. Each organisation performs this kind of activities on their own and inside their networks.

However, in Portugal, we have initiatives from private organisations/companies that undertake a social responsibility commitment, by mobilizing and valuing both people and communities for social inclusion and economic development (Examples: EDP (the biggest electricity company in Portugal); Vodafone Portugal, LIDL Portugal (supermarket/department store), Continente (supermarket/department store), among others.

V. Ideas for the development of the following sub-tasks:

1. Organise a core group within the local community – In Portugal there are several organisations that work with inmates and ex-inmates, helping this population in the reintegration and rehabilitation process to the society. To build this core group in the local community, we can use all the contacts and practitioners of the COP's. The communication should also be made through this platform.

2. Mapping the capacities and assets of individuals, associations and local institutions. The starting point is to identify associations in the community. One way to do this is to start with the core group (identified above) and ask them what associations and informal groups they belong to.

After, we could ask the core group to expand the list including associations/organisations they know about and to build a “Community Asset Map” (i.e. an instrument to collect names about the names of the community organisations, their missions, practitioners working in its and resources).

For identifying the capacities and assets of individuals we could use a survey/questionnaire where people can describe or quantify their abilities and contributions (e.g.: community-building skills; teaching skills; artistic skills...)

All this process can be made through the already existing CoP's.

3. Building a community vision and plan

During this process, assets will be matched with the existing opportunities, for this we could use focus groups and/or brainstorming sessions.

4. Mobilising and linking assets for economic development

Using the CoP's, there's a need to appeal to the interests of these associations/organisations. They will be encouraged to engage with each other, discussing their interests and contributing on their own terms. A survey/questionnaire can be used in order to achieve this goal, as well as discussions in the social forum of each CoP.

Leveraging activities, investments and resources from outside the community

The process of realising the community vision begins when the associations/organisations ask themselves "how can we contribute for this vision to happen? What can we do?" This will mobilise the associations/organisations in using all the existing local resources and, when not these are not sufficient, an expansion to external resources (that are not being used/well used) will take place.

"Good social rehabilitation practices" in Romania

"Day with Father" is a program aimed at reintegrating people deprived of their liberty by implementing and strengthening Christian values and involving their children as a powerful motivating factor in this process. The program consists of 14 weekly meetings in the penitentiary and 4 workshops (relational, social, cultural and celebration) outside the penitentiary involving the family. The program has been functioning since 2013 in the Timisoara Penitentiary, in collaboration with the Christian Men's Association of Timisoara, and is currently being run in 23 prisons in Romania.

The participation of detainees in the job fairs organized by county employment agencies, where they discuss with potential employers, submit CVs and establish contacts for when they will be released from the penitentiary. Representatives of county employment agencies carry out penitentiary counselling activities on integration into the labour market and, after release, detainees are taken over by agencies and supported in finding a job. Also, many detainees receive job offers from the time of their detention, from beneficiaries to paid payroll activities.

In the penitentiary, school and professional training courses are organized, identical to those organized in the community, so that prisoners may, during the period of imprisonment, continue their studies or obtain a professional qualification.

Orthodox churches and other cults facilitate the social and family reintegration of detainees after their release from prison, through mediation within the community of origin.

Detainees who have more than two years in conditional release until the term of execution of the punishment is completed are taken over by the probation services, in which the steps taken in the penitentiary are continued.

1. Example of organized a core group within the local community:

In this matter an activity with huge impact took place in Educational Centre Buzias. In collaboration with the MISE EN SCENE Association that supports the "Cirque du verite" show, the educational theatre "Effect-Affect" was held.

The show was focused on a sensitive subject – sexual abuse. It's main purpose was preventing and combating the criminal offences that it includes. The show from the 'Effect-Affect' project, proved the fact that one of the most efficient ways for an intervention on social level for decreasing the number of non-conformal events which is not in accordance with the status of rational and emotional human being is education through art.

An important aspect of this activity was the interactive feature proposed by the show. The younger offender, as audience, participated on moderate discussions with a psychologist, regarding the direct link with the show's message: the problem of abuse cannot be achieved strong enough without any effective empathy exercises.

The 'Talking to personalities' educational project focused on offering some positive models, worthy to follow, by valorisation on life experience and successful models on a social level, involving famous personalities in Buzias. Included in this project were two meetings. One of them was with the hero of Romanian Revolution from 1989 and co-founder of rock band 'Checkmate'. The second was with the current vice-mayor of Buzias city, powerful personality involved in promoting and practicing sports activities for children and teenagers.

Some of the young offenders from the Educational Centre Buziaş, participated together with the students from Theoretical High school of Buzias, in the largest project social involvement, called 'Let's do it, Romania!'. Our participants cleaned the east side of the city's park, hotel area and children's play ground.

The project also involved the participants to connect with the people around them, cancelling out the idea of wasting the resources on people in prison and that they don't contribute to the community development.

For maintaining and developing the community links, there were visits organised by institutions which offer social services for people with difficulties. The 'Kwasizabantu' Voiteg Foundation and 'St. Ioan' Social Centre, next to Romano-catholic parish were visited. The projects were following, in the same time, facilitating the relationship of young offenders with foundations interested in providing support after release by offering them a shelter and a job, so they will have an increased chance of social reintegration.

Every year a group of teenagers from Educational Centre Buziaş are involved in the 'Hello, Dad' project organised by *Hello, Dad* Association, on the occasion of Father's Day celebration. The teenagers have been involved in outside activities that took place in 'The children's park' from Timisoara. The objective of this activity was to mark Father's day by giving a plus to a fatherly figure, improving teenager's socialisation with responsible adults who offers patterns of paternal behaviour.

2. Mapping the capacities and assets of individuals, associations and local institutions – The main organizations that have the capacity to support inmates during detention and after release are non-governmental organizations, especially moral-religious organizations. Government institutions (municipalities, probation services, county social welfare departments, employment agencies) are involved but have limited human and material resources.
3. Building a community vision and plan – Government Decision no. 389/2015 for the approval of the national strategy for social reintegration of persons deprived of liberty, 2015-2019, assumed at national level, created the mechanism of action and interaction necessary for public institutions and non-governmental organizations with the vocation to activate in the successive stages of the process social

reintegration of persons who have executed custodial sentences. The purpose of this interinstitutional, transdisciplinary, articulated approach is to streamline criminal policies and prevent social marginalization of convicted persons. Institutions involved: Ministry of Justice - National Administration of Penitentiaries, National Probation Directorate, Ministry of National Education, Ministry of Internal Affairs - Coordination Service Preventive Retention and Prevention Centre, Public Policy Unit, Ministry of Health, Ministry of Labour and Social Justice - Employment Policies Directorate, Competences and Professional Mobility, MAI - National Anti-drug Agency, M.M.J.S. - National Agency for Employment, National Authority for the Protection of Child's Rights and Adoption, M.M.J.S. - Social Services Policy Department. The diverse and complex issues involved in the social reintegration of persons who have committed crimes represent a well-known and assumed reality at the governmental level, meaning that the National Strategy for Social Reintegration of Persons deprived of liberty, 2015-2019 was included in the Program governance and is one of the priorities in the field of justice.

4. Mobilising and linking assets for economic development – During detention, a large part of the detainees work in the community, at the beneficiaries (both in the private and the state); a large part of the detainees working on private beneficiaries receive job offers and continued work activity after their release from the penitentiary. Employers offer motivating salaries and other bonuses (accommodation, meals / meal vouchers). In this way, prisoners engaged in legal forms will contribute to economic development by paying taxes to the state budget and by decreasing the number of those who want to settle abroad after the release. So far, there is no legislative provision to provide benefits to employers who are employed in former detainees.

5. Leveraging activities, investments and resources from outside the community - Through the objectives of the National Social Reintegration Strategy for Persons Detained in Freedom, 2015-2019, the institutions involved share educational, psychological and social assistance activities that contribute to the empowerment and reintegration into society of persons deprived of their liberty and persons executed custodial sentences / measures, taking into account the need to protect

citizens. The aim is to increase Community resources on social reintegration. Also, churches and nongovernmental organizations will be co-opted to be involved in social reintegration activities carried out both in the penitentiary and in the community with the beneficiaries of the penitentiary system. By promoting the activities carried out by detainees in the media, it aims to raise awareness among local communities about the issues of social reintegration and their involvement in this process.

Conclusion

It is the relationships and trust of individuals that constitute social capital, thanks to which we can develop, fulfil our needs and achieve benefits. Actions taken for the common good are an important determinant of civic attitudes, correct socialization and responsibility of every citizen. People do not get involved in public action if they do not trust available information, do not have access to it or do not understand it (they cannot interpret). A responsible task rests on specialists building bridges between the world closed behind the walls of prisons and the world at large. One of the basic conditions of people's involvement in activities for public affairs is their understanding of the world in which they will live and the fact that they will have access to reliable, simple and understandable information³⁴. The ABCD model can be a guide to building the personal potential of inmates combined with the involvement of social resources for building the common good. People leaving penitentiaries, especially in the first period of "living at large", are looking for the possibility of quick social readaptation. The resocialisation process has to prepare them for a socially accepted lifestyle. A crucial factor in this process will be:

1. **Regaining balance, which means:** the state of mental, emotional or functional stability and transparency as well as predictability of behaviour,
2. **Ability to act** is a state in which a person can change by oneself or deal with moods, feelings, needs, conditions and influences, while the group (family and larger groups)

³⁴http://www.lokalnepartnerstwa.org.pl/file/fm/mediateka/pdf/jak_lokalnie_budowac_dobro_wspolne_2.pdf, p. 6 – 7, access on: 23.10.2018

can effectively achieve goals they set for themselves. It is also the flexibility and ability to adapt to the surrounding physical and social world,

3. **Autonomy** – a sense of separateness, independence, controlling own limits (physical, psychological and structural – in each of the perspectives)³⁵.

The presented ABCD model shows the way to regain balance, ability to act and autonomy based on own resources.

³⁵ Standardy w pomocy społecznej. Standard interwencji kryzysowej, Wrzos 2013.