

# Manual

## Risk Reduction for Drug Users in Prisons

*Encouraging Health Promotion for Drug Users within the Criminal Justice System*

### INTRODUCTION

With this manual, the Trimbos Institute and its partners continue their efforts to encourage health promotion for drug users in the criminal justice system. The manual describes what can be done to reduce drug-related health risks in prisons. In this manual we integrate the results of various projects undertaken in this field. Besides basic information on drugs, drug use, infectious diseases and risk reduction strategies the manual contains modules of training seminars for prison staff and inmates.

### CONTENTS

The major objectives of this manual are:

- ▶ To raise awareness about health problems connected to drug use and drug-related infectious diseases with in prisons;
- ▶ To initiate and support a discussion within prisons about risk reduction as a response to these health problems;
- ▶ To contribute to knowledge, skills and insight into the problems and encourage a positive attitude towards risk reduction activities by both inmates and staff members;
- ▶ To disseminate information relevant to health promotion by a variety of means;

- ▶ To stimulate and support the realisation of risk reduction activities for inmates as well as for staff members.

In order to realise these objectives, the manual also contains information for prison staff about health and safety at work, drugs, addiction, infectious diseases and the appropriate services needed. For inmates, we have included information about risk situations and risky conditions within the prison setting. We give technical and organisational advice on how to raise certain topics and how to initiate risk reduction activities in a prison context.

We introduce specific methods showing how to reach and work with the target groups. We have also included sheets listing central topics and questions, which may serve as a basis for group work or for individual counselling. Finally we have included an overview of relevant literature and a list of addresses of important institutions in various countries.

### FOR WHO?

The manual is primarily aimed at professionals in health services working either within the prison or outside. They may be employed as civil servants within state agencies or in Non-Governmental Organisations. These groups have the advantage of confidentiality when working with prisoners.

Moreover, social workers, prison officers, peer leaders or inmates can use this book as a source of practical information. It has been written as a curriculum, focusing on the question: what information should be provided at any given time? How and by whom? Answering these questions means that - when working in prisons - not only the form and content are important, but organisational and methodological issues must also be kept in mind. Our central subject matter is risk situations for prisoners and staff members. These vary from country to country, sometimes even from prison to prison within a particular country, or even a region or city.

The authors have therefore attempted to write a manual that can be used for developing health promotion activities and can be adapted to the specific needs and circumstances of prisons in different countries. The authors are convinced that a great deal of useful information may be added when integrating the experiences of inmates and staff members working in health promotion projects.

Several experts have commented on and contributed to different parts of the manual (see the list of contributing authors). The many helpful insights and critical remarks of all these people have been integrated into this final version of the manual.

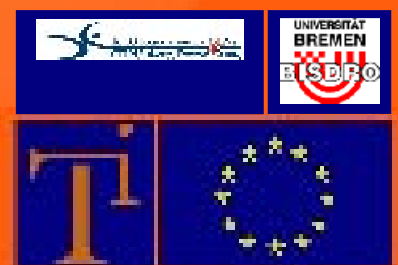
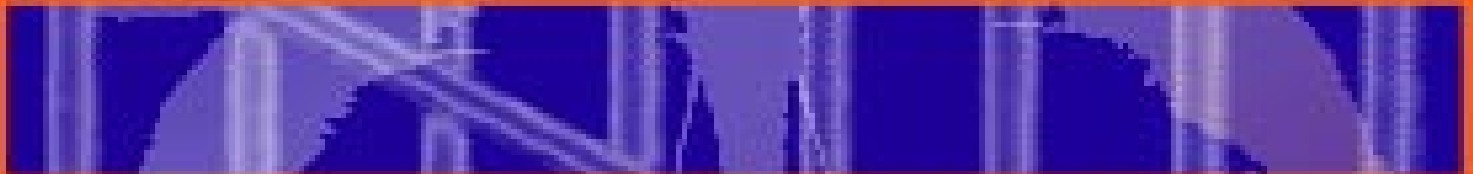
### LANGUAGE

This manual is available in the English language. A Russian version is under preparation in co-operation with the AIDS Foundation East-West. A German version is expected to be published later this year as well.

### HOW TO ORDER?

The manual 'Risk Reduction for Drug Users in Prisons' (360 p.) can be ordered at the Trimbos Institute in The Netherlands. Please use the order form in this folder. The price of the manual is € 65.00, including postage and package, and banking fees. You can pay by bank transfer (contact us) or by creditcard. Cheques are not accepted!

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