



# Post Release Options Project

Providers of Intensive transitional support  
pre and post release for men leaving the  
prison system in Tasmania.



# Incarceration

- Loss of employment or opportunities for employment
- Loss of stable accommodation
- Stress on relationships
- Stigma of being an ex-inmate
- Loss of social standing and rights as a citizen
- The 'pains of imprisonment'



Watterson (1996;311) suggests that “inmates leaving prison are like soldiers returning from battle, often experiencing post traumatic stress disorder”.



# Pre Release

- Release anxiety
- Complex needs
- Pro criminal associations
- Juvenile history
- 'Going straight' seems impossible
- Learning to trust



# Barriers to Reintegration

- Stigma/labeling
- Institutionalisation
- Loss of family and community support
- Broken relationships
- Lack of stable, affordable housing
- Pro criminal associations
- Substance abuse
- Employment problems
- Low literacy and numeracy
- Perceived lack of opportunities
- Impulsivity
- Hopelessness



# Referral

Eligibility criteria:

- Voluntary
- Medium to high risk of re-offending
- Male
- Recidivist or long term inmate
- 'limmer' of readiness to embrace change, or have some hope or desire to change



# Methodology

- Intensive case management
- Liaison with other government and non government agencies (with client consent)
- Streamlining of service intervention
- Non duplication of information
- Collaboration
- Throughcare



# Methodology

- Identify risk/needs pre release
- Address areas of risk pre release
- Liaise with custodial case officers
- Liaise with family or collateral contacts
- Provide feedback to referral source on release and at various stages post release
- Recognising high risk transition period 0-3 months



# Development

- Fully established and operating
- Continual ongoing development of practice
- Assessment and reintegration tool
- Anger management program
- Drug and Alcohol counselor



# Goals for the Future

- Greater collaboration to achieve better outcomes
- Expansion of services
  - Women
  - North and North West of the state
- Continued focus on valuing family and client involvement in further program development
- Greater community awareness of the issues facing ex-inmates and their families
- Long term funding



# Our Vision

- To be instrumental in the development of an effective throughcare model for Australian corrections