



COMPASS

INTERVENTION MODEL

Compass is a programme ran by Solas Project that works within the prison system,

We build lasting relationships with young people aged 18-24 so we can support them upon their release, to live a positive and fulfilling life,

**FREE FROM THE
CRIMINAL JUSTICE
SYSTEM**

In Prison Stage.

1. PRISON CONTACT

Inputs

Relentless
'in-reach' in prison

Landing Visits, Box Visits,
Posters

Interagency referrals and
word of mouth

Meaningful and engaging
education and sports
programmes

Min of two in prison
programmes per week

Socialisation
– introducing prisoners to a
mix of external volunteers

Outcomes

Contact established with
under 24 population

Suitable prison activities
identified and developed

Under 24 population
familiar with Compass
Programme

Increased socialisation

2. BUILDING RELATIONSHIPS

Inputs

Build meaningful
relationships

Create Opportunities to
participate and develop
programmes

Begin to motivate

Establish the basis of
behavioural change (cultural
development)

Consultation with advisory
committee for post release
support

Outcomes

Relationships become
established

Increased awareness and
engagement with
programmes

-New skills developed

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Creation of progressive
culture, (respect, inclusive,
safe and creative)

3. RELEASE PREPERATION

Inputs

Strengthening relationship

Build skills

Grow motivation

Build multiple relationships
i.e. team, volunteers

Develop post release care
plan

Identify pathways

Box visit(s)

Outcomes

Strengthened relationships

Post release care plan
created

Pathways identified

Key issues identified and
plans established.

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30 Month Stage.

4. MENTORING PHASE Inputs

Bi-Weekly face to face
Text/Phone x 2-3

Support basic needs

Implement and modify
post release care plan

Completion of risk
assessment form and
development of case
management plans.

Sustain motivation

Support engagement
with identified pathways

Outcomes

Relationships with team
established

Increased motivation

Reduction of at risk factors

Increased personal
skills

5. LIFESTYLE CHANGE Inputs

Bi-weekly face to face
Text/phone x1

Continued mentor support

Facilitate and support
application to training,
education, employment

Build additional structured
activities

Support development
positive lifestyle/routine

Outcomes

Building
positive relationships

Ability to problem solve
and seek support

Increased resilience

Development of key skills

Continued reduction in
risk factors

Decreased dependency

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12 Month Stage.

6.SUSTAINING CHANGE

Inputs

Decreasing contact

Phone/Text check ins

Encouragement and
support

Facilitate disengagement

Awareness of Compass
safety net

Volunteer opportunities

Achievement Celebration

Outcomes

Living structured positive
lifestyle

No longer involved in
offending or criminal
behaviour

Engagement in family and
community life

Good coping skills

Increased independence

Reduction/removal of risk
factors



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Non-Engagement

The Programme recognises that not everybody will be ready to work through this process of change.

It also recognises that relapse and set back is part of the change process.

Compass will actively pursue a young person for up to 3 months before reducing this contact to the offer of returning at a future date.

A close-up photograph of a person's hand reaching out and touching a black chain-link fence. The hand is positioned on the left side of the frame, with fingers spread against the diamond-shaped mesh of the fence. The background is blurred, showing more of the fence and some greenery.

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Engagement Levels

The engagement level of each young person will be assessed by the youth worker on the following basis:

Behavioural Engagement

Where the young person increasingly enjoys participating on the programme, relates well to staff and other participants and feels a sense of belonging towards the programme. They attend because they want to and is open about his participation and is positive towards the programme. They may look for additional opportunities to spend more time with the programme and build positive relationships with staff.

Cognitive Engagement

Where the young person understands that they are involved with the programme to facilitate change, that they are part of a process. That the programme is about acquiring new skills, knowledge and understanding. This stage involves the young person making a conscious decision that they want to buy into a developmental process and actively welcome the support from the programme. It is also about the young person understanding and accepting that there are issues and lifestyle choices they need to address and decisions they need to make.

Emotional Engagement

Which is associated with participation and is usually the initial level of engagement. At this level the young person attends a programme because their friends do, because they feel under pressure to, because it is something to 'do' etc. generally engagement at this level will not result in our intervention effecting any real change for the young person.



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