



# Review 2005 & 2006

NATIONAL CRIME AWARENESS PROGRAMME

A DECADE OFTRAINING AND EDUCATION FOR CHANGE





# **Acknowledgements**

As always there are many people to thank for their contribution to the success that is **Copping On.** We would like to record our thanks to:

- The members of the team Rita Ni Dhuignean (to Sept '06) Maureen Reilly (to Nov'06) and Patrick Salmon thank you all for your hard work.
- The members of the Steering Committee who allow us to get on with the work under their guidance and particular thanks to Dr. Dermot Stokes who has chaired **Copping On** with loyalty and commitment over its 10 year history.
- Those who have contributed to this review Jim McGrath from NetCare, John Lonergan, Governor of Mountjoy Prison and "Tom" and "Joe", inmates of Mountjoy Prison in 2005.
- Copping On Christmas Card; the young people from the W.H.A.D. Project in Wicklow for artwork for the 2006 Copping On Christmas Card; the members of the ABLE Project in Ballyfermot for artwork and poetry for the 2005 Copping On Calendar; the members of Athlone Youth & Community Project for artwork for the Copping On 2006 Wall Planner & YOUTHREACH Galway Award Winner in 2001 Copping On Prison Competition for artwork 'A New Joy for the New Millennium'



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# **Foreword**

# Minister for Justice, Equality & Law Reform Brian Lenihan, T.D.

I am delighted to contribute the foreword to the Annual Report of **Copping On** - National Crime Awareness Initiative.

I regard **Copping On** as one of the quiet success stories of our strategy to address offending by young people. While media attention tends to focus on the bad news stories and on short term solutions, **Copping On** continues, without great fanfare, to do something about it.

The cornerstone of the Government's policy in tackling young offending is that detention for young people under the age of 18 who offend should be very much a last resort. It is this philosophy which underpins the Children Act 2001 which provides the statutory framework for our response to this challenge.

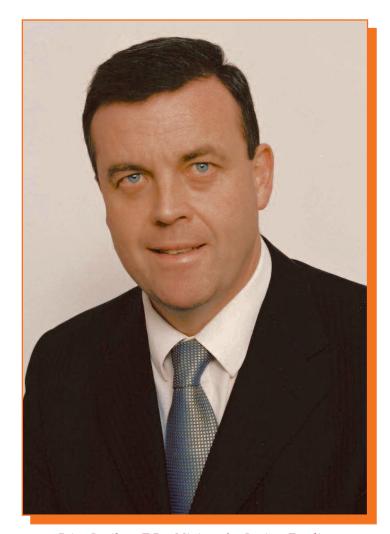
Therefore, prevention and diversion of young people away from crime play a vital role in this strategy. The **Copping On** initiative tackles the roots of the problem, not just its symptoms. This approach is highly effective and beneficial in the long term. Through its training programme it seeks to reach young people at risk of offending before they get into trouble. There is no doubt that, time and again, the programme has helped to change the lives of many young people.

The Government continues to support **Copping On** through funding by the Department of Education and Science and the Department of Justice, Equality and Law Reform. While it is not the motivation behind the funding, it is worth noting that if the programme manages to keep even a few young people a year out of detention, it pays for itself in the savings to the state of the cost of such detention.

**Copping On** has been going for ten years but few people know it exists. It doesn't self-promote, it just gets on with the job.

Nonetheless I hope this Review will help to raise its profile and what it does to improve the quality of life for every single one of us, especially young people at risk of offending.

Congratulations are due to all involved in **Copping On**: the dedicated staff, the Steering Committee, the hundreds who have participated in the training programme and most of all the young people who have had the courage to get involved. To all of you, thank you and well done.



Brian Lenihan, T.D., Minister for Justice, Equality & Law Reform



# From the Chair . . .

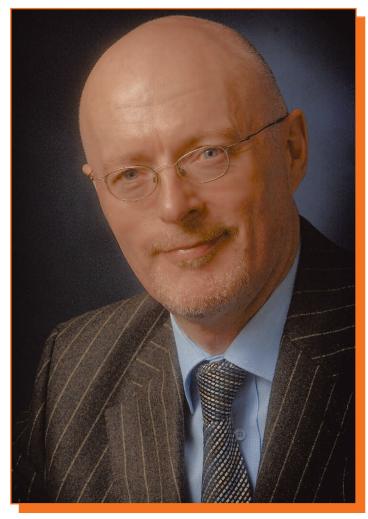
# Dr. Dermot Stokes, National Co-ordinator YOUTHREACH

It is a pleasure to introduce the **Copping On**Review for 2005/6. The years being reported on here were significant for the programme. In addition to its normal workload, there was also a substantial evaluation conducted by an external evaluator, Ann Duffy. The outcomes of this evaluation are helping to define and reshape **Copping On's** focus and priorities.

**Copping On** is based on a simple plan, to work with young people to challenge offending behaviour and to train together staff from a range of agencies whose work targets young people at risk of or already offending.

The Steering Committee is representative of various stakeholders and professional domains. Their meetings are an important forum to which each contributes freely and from which each takes away alternate perspectives. We hope that this mimics at a national level the inter-agency learning and collaboration that is part and parcel of the **Copping On** approach.

Our thanks are due to the members of the Steering Committee for their support for the programme and to the staff team for their dedicated and effective delivery of the programme business plan.



Dr. Dermot Stokes Chair, Copping On Steering Committee



# **Manager's Report**

# Deirdre Bigley

This Review provides us with an opportunity to celebrate Copping On and what it has achieved since it was established 10 years ago. The environment in which it operates has undergone many changes and youth justice has become an issue of pressing concern for all those involved in services for children and young people – whether in youth and community work, education, welfare, policing (including juvenile liaison services) prison and custodial services. Practitioners in all of these professions have much to gain from an integrated programme covering the multi-faceted nature of youth justice; Copping On offers such a programme.

Key legislative and policy changes are transforming how services work – the 2001 Children Act recognises a number of government departments as being jointly responsible for the welfare of young people; the Education Welfare Act introduces a clearer reporting system; the Criminal Justice Bill 2004 introduces a need for reinforced measures to tackle anti-social behaviour and Towards 2016 makes a number of commitments to working with young people at risk.

The National Children's Strategy emphasises a child centred approach while promoting interdepartmental and inter-agency cohesion and a commitment to consultation. The public consultation phase of the Youth Justice Review (2005) noted that there was still 'insufficient integration of services/inter-agency co-operation'. Other commentators have also recognised the need to build consensus and service coordination across departments and agencies as well as to promote inter-service and inter-disciplinary engagement. There is an ongoing need to exchange and debate methodologies as well as policies and institutional practices. Integration and discourse have been fundamental to Copping On from the outset. Its collaborative model of training enables agencies working in different ways and settings with young people and families in difficulty to pool their skills and resources and evolve more effective responses to the needs within local communities. It builds a



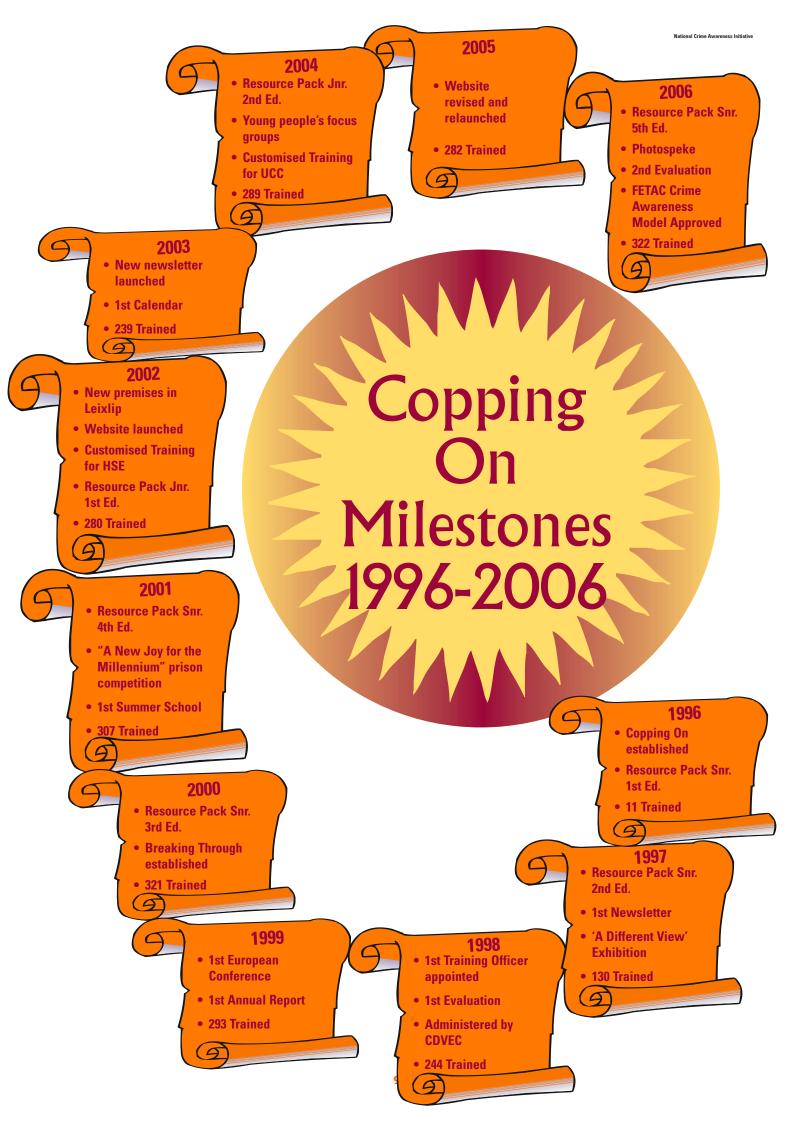
Deirdre Bigley, Project Manager, Copping On, National Crime Awareness Initiative

voluntary agencies with responsibility for children and young people.

There is also international consensus that for a youth justice system to uphold best standards, high quality training and specialisation are crucial. **Copping On** promotes the highest standards of practice and makes a considerable contribution to the enhancement of the skills and capacities of the participants who have been through the programme. Although various providers and disciplines are involved in crime prevention activities, the methodologies modelled in **Copping On** and evolved through collaborative partnerships in local networks have proved themselves in practice and evaluations alike.

Our hope is that this Review will provide an insight into how, over the past ten years, **Copping On** has established a track record for developing innovative programmes; delivering high quality training and working in dynamic partnership with agencies and services concerned with the needs of young people.

Deirdre Bigley
Project Manager





# **Copping On**

# National Crime Awareness Initiative An Introduction

Copping On is an educational and training programme for young people who are at risk of being involved in crime or behaviours that are offending or harmful to themselves and their communities. The only national crime awareness initiative in Ireland, Copping On adopts a highly participative pedagogy – using a broad range of exercises and creating opportunities for dialogue and reflection.

Built on a cascade model, **Copping On** education and training is delivered in the first instance to those who work with and alongside young people such as teachers and tutors; youth, community and social workers; members of An Garda Síochána and the Probation Service as well as those working in family support and counselling services. As the programme's approach, methodologies and materials are very flexible, those who are trained are then able to adapt it to the needs of any group of young people and deliver it in any setting.

Copping On aims to help young people identify and understand the factors that influence their lives, develop a stronger and more positive self-identity, make more life affirming decisions and reject destructive and criminal behaviour. The programme also aims to build an understanding of the Irish criminal justice system.



Piloted initially in 1995 with the cooperation of a number of agencies, Copping On was established as a national programme in 1996. From its origins, Copping On has built its development on co-operation between organisations and agencies working with young people. Ten years ago, it was the engagement and goodwill of Youthreach and the National Juvenile Office of An Garda Síochána that gave the programme its start and today it is their ongoing commitment and that of a number of other agencies that continues to drive its development. Copping On is funded by the Departments of Education and Science; Justice Equality and Law Reform and FÁS as well as participants' fees. It is administered under the auspices of the City of Dublin Vocational Education Committee.

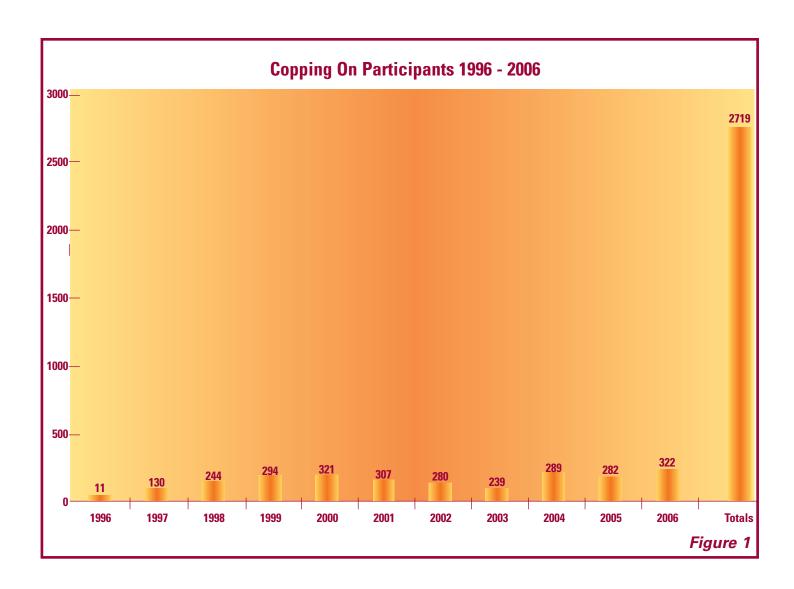


# **Copping On**

# Training & Education Programme

The core service provided by Copping On is training and education for those who work in a professional and voluntary capacity with and alongside young people. Participants come from a range of sectors and include teachers and tutors; youth, community and social workers; members of An Garda Síochána and the Probation Service as well as those working in family support and counselling services.

Following a period of development in 1995, the programme was piloted with a small group in 1996. Incorporating revision and improvements arising from the pilot phase, **Copping On** offered training nation wide from 1997 onwards. The numbers trained have grown year on year and the total number who have received training to date is 2,719. *Figure 1* below shows the growth of the programme over the past 10 years.





# Training & Education Programme 2005 & 2006

**Copping On** training courses generally take place from March – May and September – December each year. Courses are residential and are based on the **Copping On** Resource Pack.

Courses are highly participative and require the engagement and commitment of participants as they share experiences and explore different points of view; learn new approaches to training; gain insights into the factors influencing offending behaviour; grasp the intricacies of the Irish criminal justice system and challenge their own perspectives and values.

The training aims to deepen participants' understanding of the young people with whom they work; raise their awareness of the structural, environmental and personal factors leading to offending or challenging behaviour and develop their skills and capacity to use the **Copping On** methodology and resources to undertake training with their own young people.

**Copping On** training is delivered in three ways:

# Multi-Agency Training

Tulti-agency training is undertaken in groups of **1**16 − 24 participants from a number of organisations or agencies based in the same geographical region. This residential training takes place over two days annually in spring/early summer and autumn/early winter. Multi-agency training mirrors the architecture of **Copping On** itself and is a very valuable aspect of the programme. Through supporting and promoting this approach, Copping On provides an opportunity for participants to get to know one another, become acquainted with the issues facing other organisations in the same area and build foundations for inter-agency co-operation. This contributes to sharing expertise, resources and commitment to benefit the young people with whom they work.

# Single-Agency Training

Single-agency training involves participants working in the same organisation which commissions **Copping On** to tailor and deliver training specific to their needs. This type of training is usually non-residential and is carried out throughout the year.

# Follow-up Training

Copping On provides follow-up training to organisations when they identify a need for more in-depth, specialised or focused approaches or methodologies. Individuals may need assistance with adapting Copping On resources for their own needs or create an opportunity to strengthen their motivation and commitment. Follow-up training also takes place when organisations want to bring their teams together to develop a shared vision of relating to and working with young people.

Follow-up training is tailored to the needs of each group/organisation and is carried out in teams of 3 – 8 people.

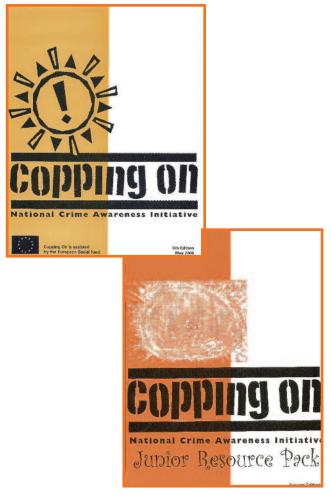
Copping On encourages and promotes co-operation between agencies and organisations working with young people



### **Resource Packs**

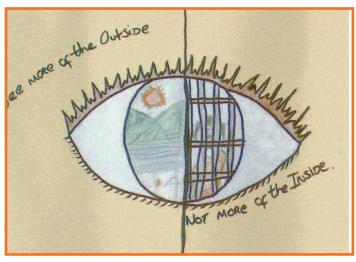
The first Copping On Senior Resource Pack was published in 1996. Designed for use with young people aged 15-18 years, it is continually revised and updated; incorporating feedback from participants as well as legislative and operational changes in the criminal justice system and the 5th edition of the Pack was published in 2006.

The **Copping On** Junior Resource Pack is designed for use by parents/guardians with children aged 8 – 12 years. First published in 2002, this Pack was substantially revised and the second edition was published in January 2005.



Both Packs are divided into two main sections:

- Facilitator's Guide for practitioners/parents/guardians designing and delivering training and education programmes;
- **Resource Pack** a comprehensive set of resources addressing the eight key modules in the **Copping On** programme.



Artwork from participants on Copping On Programme with

Athlone Youth & Community Project

### Facilitator's Guide

The Facilitator's Guide addresses methodologies; facilitation styles and approaches and building effective teams. It contains valuable advice and guidelines for conducting needs analyses and designing, preparing and evaluating training. It also provides templates for considering issues of importance to organisations/families and practitioners/parents/guardians such as agency ethos and policies, co-operation with other service providers and child protection standards.

The guide provides an accessible and practical guide to legislation and the criminal justice system; arrest, court and sentencing procedures and interventions and programmes available to divert and address offending behaviour in young people. Research and reflection on the societal and structural factors influencing juvenile offending is also included and there is also a useful reference section signposting practitioners/parents/guardians to further information, agencies and resources.



# **Resource Packs**

# The Copping On Programme

he resource pack contains approaches, methodologies, exercises and templates enabling practitioners to select the most appropriate design for the programme which will work most effectively with their young people/children. Copping On recommends that practitioners/parents/guardians adopt a step-by-step approach through eight modules.

The Copping On programme creates the best environment for each group to build mutual trust and respect; develop awareness of their own and others' views; deepen their knowledge and understanding of destructive and offending behaviour and the criminal justice system and learn to reflect, communicate and create better relationships with themselves and other people. It aims to empower each young person to begin to think about themselves and the world around them in a different way; to begin to believe in and develop deeper respect for themselves and others and to make decisions and take actions to realise and not destroy their own potential.



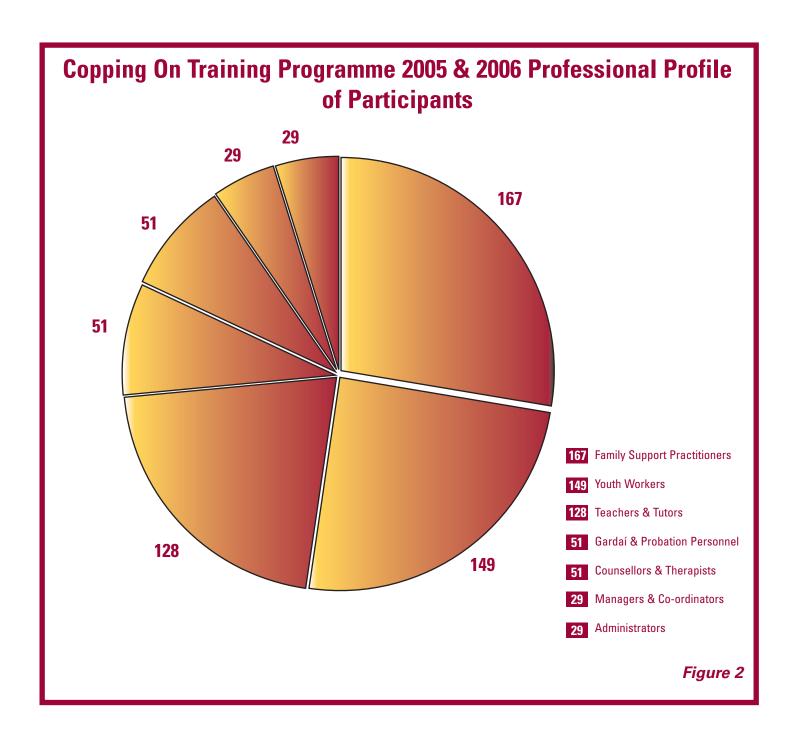


# **Programme of Training 2005 – 2006**

# **Professional Profile**

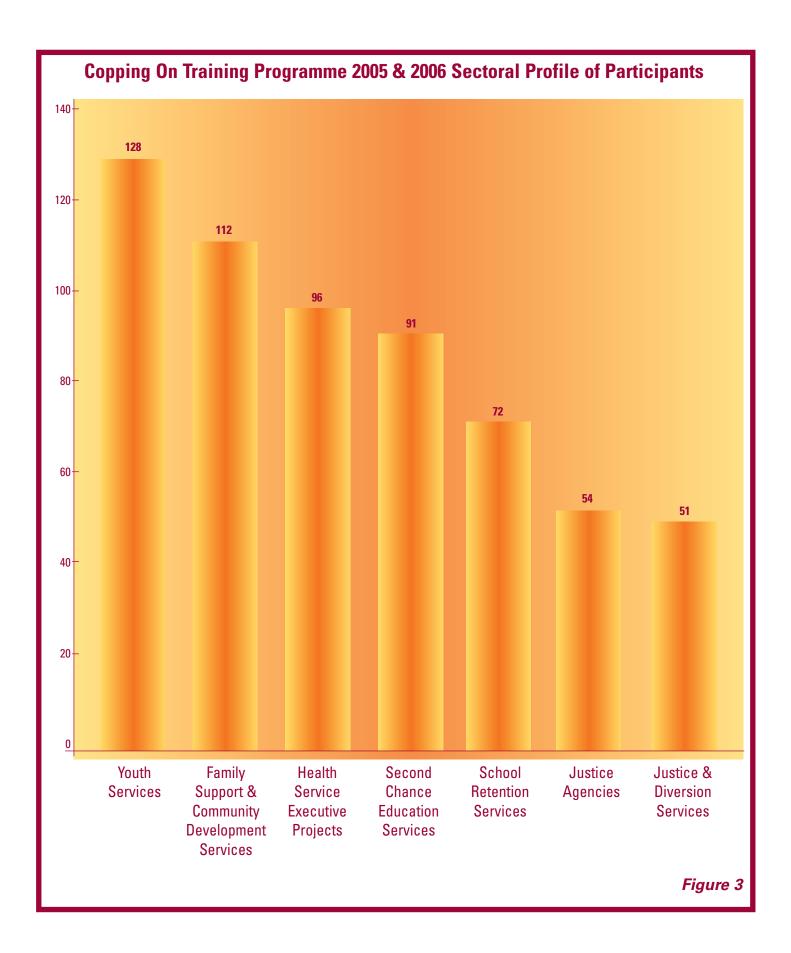
opping On delivered 35 courses throughout 2005/'06 with a total of 604 participants drawn from a wide range of professions and sectors. Reflecting the professionalisation taking place in most sectors working with young people, 23 participants or fewer than 4% of the total were working in a voluntary capacity – the majority within the youth services.

The **Copping On** programme has proven effective in many settings where work is undertaken with and alongside young people and continues to attract practitioners from the youth services; family, welfare and community services; the education sector and Garda and probation services. *Figure 2* below presents the professional profiles of participants.





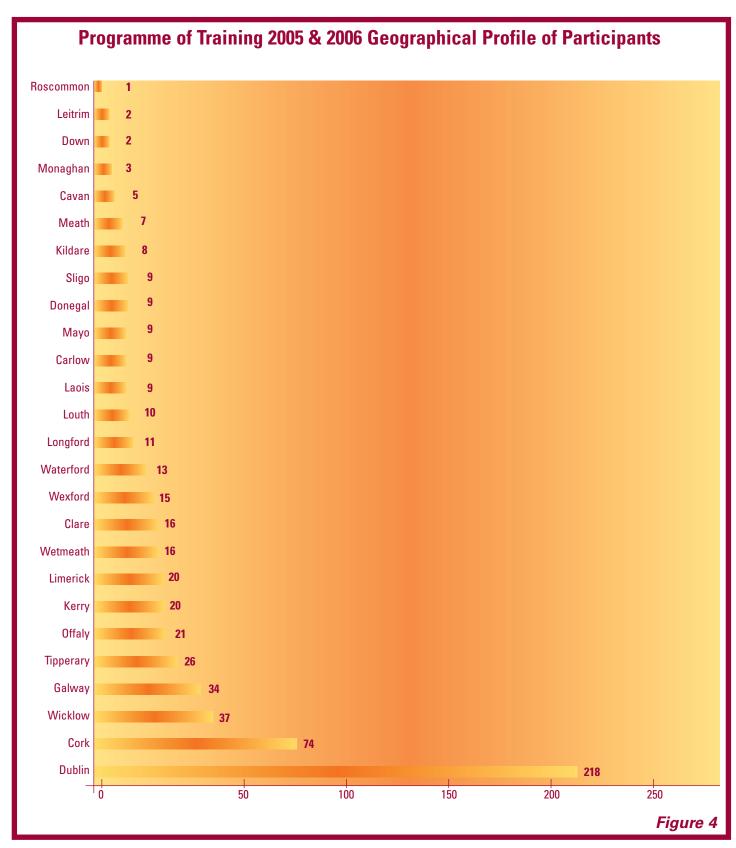
Participants come from a wide range of services in both the statutory and voluntary sectors. *Figure 3* below outlines the sectoral profile of participants in 2005 & 2006.



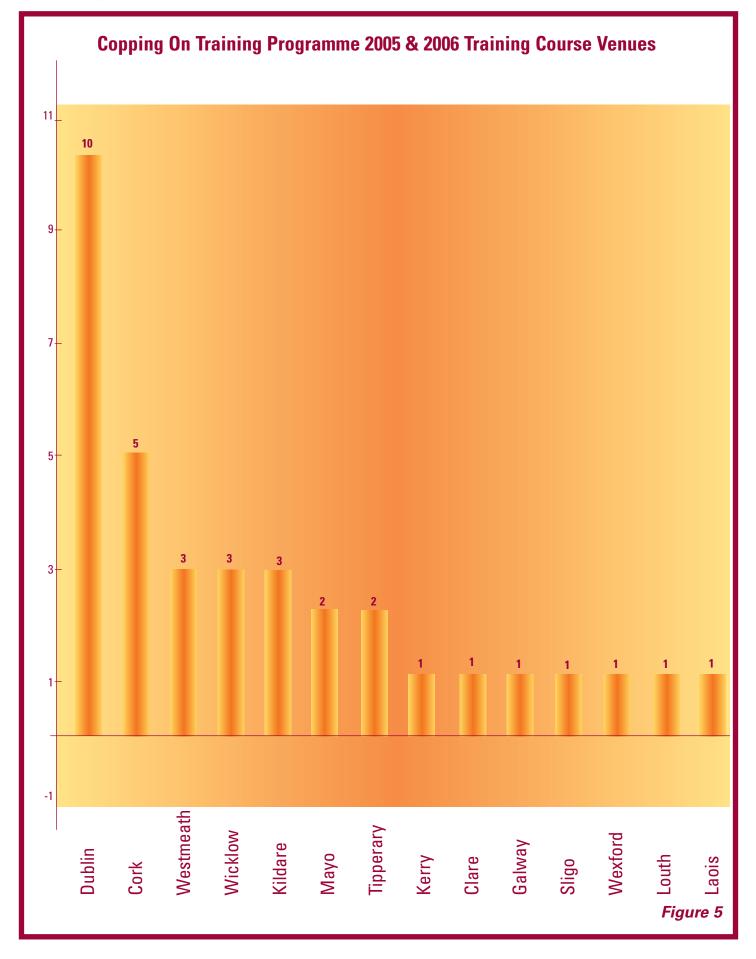


Multi-agency residential training courses are delivered in venues throughout the country and **Copping On** strives as much as possible to ensure that participants may complete the programme in the region in which they live and work. Single agency training is delivered in the area in which the commissioning organisation or its headquarters is based.

The large number of participants from Dublin reflects not only Ireland's demographics, but also the fact that many organisations' head offices are based in the capital. Training course venues are presented in *Figure 5* on page 18.









# The Restorative Approach

Jim McGrath, NetCare
(extracted from Copping On Newsletter, Spring 2006)

The challenge for many educators and youth workers is to meaningfully engage with challenging youth. The answer is by no means an easy one. We need to first understand where they view themselves in relation to others. Troubled youth often feel alienated from the mainstream of society. They see themselves as outsiders and those working with them as interlopers into their lives, transient and inconsistent. They are asked to 'fit into' an educational system or institution designed over 100 years ago for a very different child and era and which are now inadequate and out of date. A troubled child comes to us with lots of baggage.

Brendto et al identifies four areas worth exploring:

- **Destructive relationships**, as experienced by the rejected or unclaimed child, hungry for love but unable to trust, expecting to be hurt again
- Climates of futility, as encountered by the insecure youngster, crippled by feelings of inadequacy and fear of failure
- Learned irresponsibility, as seen in the youth whose sense of powerlessness may be masked by indifference or defiant, rebellious behaviour
- Loss of purpose, as portrayed by a generation of selfcentred youth, desperately searching for meaning in a world of confusing values.

If these are the risk factors, then the antidote is **healthy** relationships, self worth, responsibility and a value system.

'Restorative practices' is a term associated with a range of actions that an organisation or school can adopt to promote an inclusive approach to problem solving and building healthy relationships. They range from informal verbal communication through to more formal restorative conferences (a structured meeting between the wrongdoer, the victim and significant others). They also include community, problem solving, caring circles and mediation processes. Organisations are encouraged to promote social awareness exercises into their systems, as part of a wider learning model, and youth are skilled in the use of non-confrontational language to help them deal effectively with disputes.

The restorative approach is focused on building and repairing relationships rather than managing and controlling behaviour. In broad terms, restorative practice is an innovative approach to dealing with inappropriate

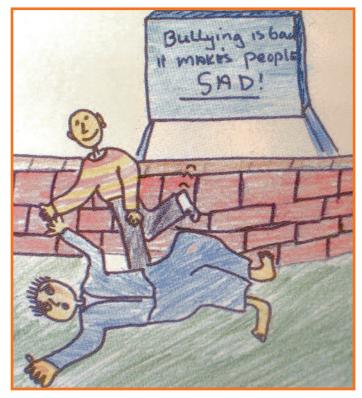
and harmful behaviour. It places the need to repair the harm done to relationships and people over and above the need to apportion blame and seek punishment.

The restorative approach is focused on building and repairing relationships rather than managing and controlling behaviour. It places the need to repair the harm done to relationships and people over and above the need to apportion blame and seek punishment.



The following practices address what Brendto suggests are those four problems with disaffected and challenging youth:

- **Relationships:** They build on relationships repairing what's broken and strengthening what's there. This is achieved through creating the opportunity for understanding; allowing all parties to see the human side of a situation and to move forward positively.
- Self-worth: An agreed plan and tasks are agreed so that the person responsible for the harm can demonstrate their willingness to make amends. The young person's role in the decision-making is crucial not only to ensure that the agreed plan works but also to reinforce a positive sense of self. Young people report that completing the plan and doing what they had agreed to do gives them a great sense of achievement and according to the Youth Conference Service of Northern Ireland, 98% of all plans are completed.
- **Responsibility:** Schools and youth clubs that commit to the restorative ethos and use the approach report that young people are less likely to be violent, more likely to deal appropriately when faced with difficult issues and less likely to steal, vandalise property or truant. Young people can learn to take responsibility for their actions and their surrounding environment.
- Value Systems: The restorative approach helps create a value-based code from within. Young people know that this is a fair process, that they were listened to and not judged, even though they had done something wrong. They learn that it is ok to admit to wrongdoing. Most importantly they learn to develop empathy for and understanding of others.



Artwork from participants on Copping On Programme
ABLE Project, Ballyfermot

If we are to work effectively with troubled children we must embrace them for what they are and not what we want them to be. They will never fit into our box of rules and regulations, into our idea of a 'perfect' way of being. We need to ensure that their experiences with us are positive - that we create a 'connectedness' for it is that connectedness that will help shift, move and influence them for the better. It is that connectedness that will make them want to maintain and not damage relationships. It takes effort to do this but it is worth it.

We need to establish sincere relationships that are based on understanding and not on condition and obedience. Young people need to take responsibility for their actions and accept when they have done wrong. We need to accept them fully and expect the best from them, while challenging destructive and harmful behaviour. They need to be involved in caring projects and we need to involve them in determining their own future. To do this we need to be consistent and tenacious and show our willingness to respect and have a vision for their potential and future



# **Copping On**

# Supports for Practitioners 2005 & 2006

# **Project Visits**

**Copping On** provides ongoing support to practitioners through publications, resources, the website, specific events, telephone and email. **Copping On** also undertakes a number of visits to specific projects throughout the year – these visits may be initiated by **Copping On** or by organisations and agencies themselves.

Visiting projects and meeting with practitioners and their young people provides **Copping On** with valuable opportunities to gain greater insights into the conditions and challenges they face and to address any concerns or difficulties they may be encountering in implementing the **Copping On** programme.

Throughout 2005 & 2006, **Copping On** made project visits to the following projects:

- Ballydowd Special School, Lucan
- Blakestown NYP, Blanchardstown
- Bridgetown School Completion Programme
- Connecting U, Wexford
- Darndale Youth Services
- Extern Ireland, Drogheda
- Finglas Child and Adolescent Centre
- Kildare Youth Services
- Le Cheile and Rahoon Youth Project, Galway
- Limerick Youth Services
- Louth Youth Federation
- PACE, Santry
- Rosary College, Crumlin
- · Youthreach Ballyfermot
- Youthreach Fermoy
- Youthreach Killarney
- · Youthreach Sligo

# **Customised Training**

The Health Service Executive (HSE) Southern Area commissioned **Copping On** to design and deliver a programme of training, specifically tailored to meet the needs of their own staff working with or responsible for young people at risk due to their offending behaviour.

Entitled Responding to Young Persons' Criminal Behaviour, the two-day course aimed to enable participants to develop methods of working with young people in order to reduce the risk and incidence of offending, harmful and damaging behaviour.

It also aimed to provide those working with different agencies and in different parts of the same agency with a forum for networking and an opportunity to identify practical and valuable methods of co-operation and joint endeavour.



# FETAC Approved Crime Awareness Module

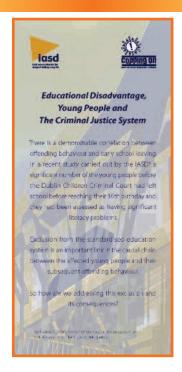
There is a growing emphasis on the accreditation of training courses delivered in youth work and educational settings. In keeping with its policy of continually developing services which support and respond to the needs of practitioners, Copping On designed a FETAC 'locally developed module' (LDM) in Crime Awareness. Approved by FETAC in 2006 and hosted by FETAC accredited centre – Basin Lane Youthreach - practitioners may now deliver the Copping On programme to young people as a FETAC Level 3 module.

The module aims to equip learners with the skills to:

- Consider their understanding of 'right' and 'wrong' and explore personal attitudes to crime
- Build an awareness of the factors that influence criminal behaviour
- Reflect on the impact of crime on victims
- Understand and critique elements of the justice system as it relates to young people
- Demonstrate an understanding of the reality of prison life

**Copping On** also produced a support document to facilitate practitioners in delivering the module using the **Copping On** Resource Pack.

### Seminar Series



A growing body of evidence reveals a link between exclusion from the mainstream education system and offending behaviour among young people. The need to explore such exclusion and its consequences for young people and their communities is of immense concern to practitioners and policy makers. To create an opportunity for dialogue, foster co-operation and harness commitment to address it constructively, **Copping On** and the Irish Association for the Study of Delinquency (IASD)<sup>1</sup> organised a series of three seminars throughout 2006 in Dublin, Dundalk and Cork.

Professionals from a wide range of sectors participated with thirty five in Dublin, forty in Dundalk and twenty in Cork. Participants included representatives from the Chief State Solicitor's Office; the Special Residential Services Board; the National Welfare Education Board; An Garda Síochána; the PSNI; government departments; VECs; Drugs Task Forces; family and specialist support groups; youth and community services; Youthreach and Partnership companies.

<sup>&#</sup>x27;Now the Association for Criminal Justice Research and Development (ACJRD).



**Copping On** is very grateful for the challenging and stimulating presentations delivered by the speakers at the three seminars:

### **Dublin - 23 March 2006**

- Eddie D'Arcy, Manager, Ronanstown Youth Service, Dublin
- Bonnie McGrath, Acting Head Teacher, Wheatfield Prison
- Gerry Conneely, Tutor, FÁS Pre-Apprenticeship Training Programme, Galway

### **Dundalk - 31 May 2006**

- Niamh Cassidy, Step-down Unit, Trinity House, Dublin
- Aideen McLoughlin Assistant Director, Youth Conference Service, Youth Justice Agency, Northern Ireland
- Eddie D'Arcy, Manager, Ronanstown Youth Service, Dublin

### Cork - 11 October 2006

- Niamh Cassidy, Step-down Unit, Trinity House, Dublin
- Mary Burkart I.B.V.M, Chaplin Loreto Secondary School, Fermoy
- Eddie D'Arcy Manager, Ronanstown Youth Service, Dublin

Copies of all presentations are available for download from the **Copping On** website – www.coppingon.ie.

# Youth Justice Certificate

All who work with young people or have responsibility for their welfare are concerned about issues and factors which influence and guide harmful and offending behaviour as well as justice, redress and rehabilitation.

Copping On, Catholic Youth Care (CYC) and the National University of Ireland (NUI) Maynooth have come together in order to meet the growing need for an integrated and accredited programme of training in this complex area. The foundations for such a course have been laid in 2006. The first intake of students to the Youth Justice Certificate course – the first of its kind in Ireland - will commence their studies in the spring of 2007.

The course aims to provide a comprehensive overview of the key aspects of youth justice for those with a professional interest in/responsibility for the welfare and development of children and young people, while also providing the professional sectors concerned with relevant and up to date training and education at a time of significant developments in policy and provision.

It will be of interest to practitioners in youth work, community work, formal education, education welfare, youth training services, social care, social work, probation services, legal services, policing/Juvenile Liaison Services, prison and custodial services. **Copping**On has also secured the support of the Irish Youth Justice Service, who have agreed to make a number of bursaries available to assist with meeting course fees.

Accredited by the National University of Ireland, the course will be composed of five modules and will be delivered at weekly lectures in Clonliffe College, Drumcondra



# **Copping On**

# Prison Visits 2005 & 2006

# Good Practice

Since its inception in 1996, Copping On has provided an opportunity for those who have completed the Copping On programme to participate in a prison visit. 1,202 adults and young people participated in prison visits in 2005 & 2006.

The daily routine of prison life, the experience of serving a sentence and the reality of incarceration is generally neither known nor understood and many mythologies prevail among the general public. Such mythologies and misunderstandings – if not debunked – can be most unhelpful in the lives of young people who find themselves in thrall to fabricated stories of "hard men" who transcend the restrictions and difficulties of such a life and emerge unscathed.

**Copping On** organises such visits for both adults and young people who have completed the programme so that the experience of the visit may be understood within a correct context. It is essential that those involved in facilitating or participating in a visit understand that the young people participating are doing so as part of an educational process.

The **Copping On** programme fosters the best environment for participants to be appropriately prepared beforehand and to share experiences and absorb learning from the experience afterwards.

In addition requiring that participants have completed the programme, **Copping On** also require that at least one of the adult practitioners accompanying the group of young people to their prison visit has already participated in a visit themselves. Practitioners may then use their own experience to prepare their group to deal with their reactions and to gain the most from their visit.

Each visit lasts about 1.5 hours, during which time the group will meet with a prison officer and be briefed on the daily routine within the prison. They will be guided through the building, including prison cells and most groups will also have the opportunity to meet with one of the prisoners and hear about their experience. This provides a valuable opportunity to create a deeper understanding of the impact of prison life on the prisoner and their loved ones



Artwork from participants on Copping On Programme with Athlone Youth & Community Project

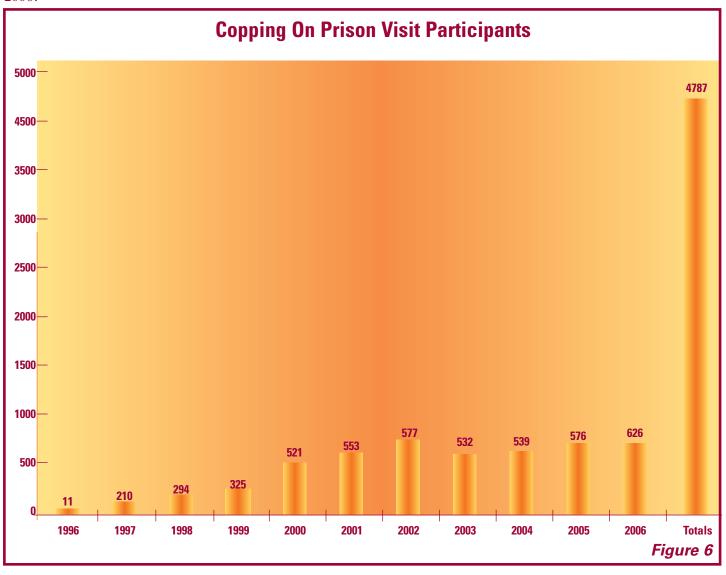
The purpose of the visit is neither to generate fear nor to administer a "shock therapy" and **Copping On** does not recommend this approach to opening unfamiliar and potentially unpleasant territory especially for young people. The visit is designed by **Copping On** to be used positively in order to help participants gain an insight into the ultimate consequences of criminal activity and to build an awareness of the inevitability of incarceration for involvement in criminal, anti-social and harmful behaviour.



The benefit of prison visits within the educational context of the **Copping On** programme is invaluable and would not be possible without the goodwill and co-operation of the management and staff of the participating prisons. Prisons which currently facilitate visits from **Copping On** groups are:

- Mountjoy Men's Prison
- Dochas (Mountjoy) Women's Prison
- Limerick Prison
- Cork Prison
- Castlerea Prison
- Midlands Prison

Figure 6 outlines the number of adults and young people who have participated in prison visits in the period 1996 – 2006.





# **Mountjoy Prison**

# John Lonergan, Governor

(Extracted from Copping On Newsletter, Autumn 2005)

Building work commenced on Mountjoy male prison in 1846, was completed at a cost of £56,000 and opened in March 1850. Modelled on England's Pentonville Prison, it was designed by Joshua Jobb, to accommodate 500 inmates. Prisoners slept on hammocks in cells seven feet wide and 13 feet long. They washed, ate, slept and worked in their cells which were fitted with a bell to call for help.

Little has changed structurally since 1850 and the prison continues to accommodate about 500 prisoners at any one time. There are in fact on average 3,300 prisoners in custody in Irish prisons on any day, only around 100 of whom are women.

While the buildings have remained the same, the regime has certainly progressed from a time when prisoners spent almost all of their time in their cells and were not allowed to mix with other prisoners or even speak to them.

8.15am	Cells unlocked, prisoners 'slop out' as there are no toilets in the Mountjoy cells. They wash, shave, and collect breakfast.
8.45am	Prisoners are locked back into their cells to eat breakfast.
9.20am	Cells are unlocked for work, school,

12.30pm	Dinner is served and prisoners are locked
	back in their cells

cleaning, outdoor exercise or family visits

2.10pm	Cells are unlocked, prisoners return to work,
	education and so on.

4.30pm	Evening tea is served and prisoners are locked in their cells to eat.

5.20pm	Cells are unlocked and prisoners are allowed
	2 hours recreation or outdoor exercise.

7.30pm	Prisoners are served with tea and a scone and
	locked in their cells for the night.

Prisoners in Mountjoy spend over 16 hours every day locked in their cells. Sentenced prisoners are allowed one 30 minute family visit per week, they may make one 6 minute 'phonecall to a close family member per day and can write and receive letters - all of which are checked and censored.

If a prisoner is in breach of prison rules s/he is placed on a disciplinary report and is entitled to an oral hearing with the Governor. If the Governor is satisfied that a breach of discipline has occurred, any of the following punishments may be applied:

- Loss of up to 14 days remission
- Close confinement for up to 3 days which means prisoners being locked in their cell for 24 hours each day and granted only 1 hour outdoor exercise
- Loss of all privileges for up to 2 months which includes family visits, telephone calls, cigarettes, sweets and evening recreation

Prisoners receive €2 per day which is kept in an account for them. Family may not bring parcels but may contribute money, which is also lodged in the prisoner's account. They have access to the prison shop which stocks confectionery and cigarettes.

# **Sociological Profile of prisoners in Mountjoy**

- The vast majority come from the most disadvantaged areas of the country
- 94% of men in Mountjoy have left school at or before 16 years
- The literary ability of over 50% is at or pre level one
- Almost 70% of prisoners in Mountjoy have a history of serious heroin addiction
- Over 90% smoke cigarettes
- 1 in 4 was previously an in-patient in a psychiatric hospital
- 88% were unemployed before they were committed to prison



# **Tom's Story**

(Extracted from Copping On Newsletter, Autumn 2005)

Tom is aged 42 and serving a 6-year sentence for the sale and supply of prohibited drugs. Prior to this offence, he had never been involved with criminal activity. He did not smoke or drink alcohol, had his own business and was married with 3 children. His business ran into difficulties - he needed money and decided to take a risk. He agreed to store a quantity of drugs overnight – it was to be a once-off job and a quick transaction. Gardaí working on information searched his property and found the drugs in his procession. He was charged and convicted. Since entering prison, Tom has split up from his wife and has more or less lost contact with his 3 children.

"Before I came into prison myself, I was very prejudiced against people inside – I felt that they deserved what they got. But being in here myself has changed my mind – this for me has been a lesson in life, human degradation and pain and being removed from family and friends is by far the greatest punishment.

Many of us have jobs within the prison itself – I work in the block shop – making cement products, from paving slabs to garden ornaments - and as the general public do not have access to the shop, these are sold within the system. I work 5 days a week and I receive €2 a day.

The dirt and the squalor is awful – being locked up without running water and without a toilet is terrible but what struck me most when I first came was the level of violence. I was shocked at how cruel people could be towards one another – I witnessed a man having his cheek and nose cut off – it was horrendous. There's a permanent sense of fear lodged inside me – a constant sense of threat.

"Anyone who wants to get involved in crime should seriously consider what it is they are about to do. The cost of getting involved in crime will never leave you. What it does mentally to you and your family is irreparable. The trouble, embarrassment and damage that it causes your family will never be forgotten, you'll never be able to make up for it"

# Joe's Story

(Extracted from Copping On Newsletter, Autumn 2005)

Joe has been in trouble with the law for most of his life. He is currently serving a 4<sup>1</sup>/<sub>2</sub> year sentence for sale and supply of prohibited drugs. He came from an impoverished background and he traces his journey to prison from a very young age.

"I never had a father and I had to learn to make do from a very early age — I started drinking and taking drugs when I still a child. I took a lot of different stuff — I'd no idea what I was doing after I'd taken it. I'd wake up in the morning with charge sheets beside the bed and wouldn't even know what I'd done or how they got there.

My daughter will make her confirmation in 2 years time I'd love to be there but there's a zero tolerance policy towards prisoners with a drugs charge and I'm pretty sure that my application will be rejected. But if I start the application process now, I may have some chance of it finally being accepted by the time the two years is up.

Prison is a scary place - another guy can take a dislike to you just because of your accent or the way you look and you better watch out. It's no surprise that a lot of fellas can't handle it and it's a whole new story when you do eventually get out. My family has had to put up with an awful lot – terrible things – very hurtful things have been said to them – nothing is worth what I am putting them through.

I am allowed one 6-minute phone call a day – it's not a long time. There's 4 phones for 125 people and if the call cuts off during the conversation, you can't redial the number. The phones are out on the landing – everyone else is queuing up behind you and you have no privacy at all – it's very hard.

My favourite time of the day is 7.30pm when we're locked back into the cells for the night and I know I've got through another day – I'm one day closer to going home. Being in prison has been a serious wake up call for me – the hurt and pain I've caused will never be forgotten". If I can help just one young person think twice before doing something stupid and ending up like me – I'll do it"



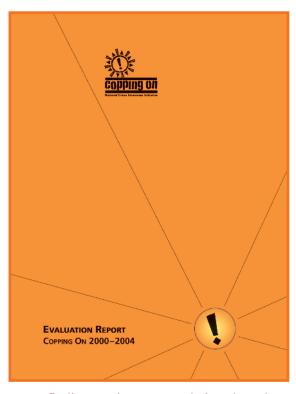
# **Copping On**

# Publications and Resources 2005 & 2006

# Evaluation Report 2000 - 2004

Approaching its tenth anniversary in 2006, Copping On commissioned a comprehensive evaluation of its operation and services for the period 2000 – 2004. This period also saw the introduction of new legislation and national strategies relevant to the lives of young people. The consequent changes to the legislative and operational environment in which Copping On operates ensured the timely publication of the evaluation in 2005.

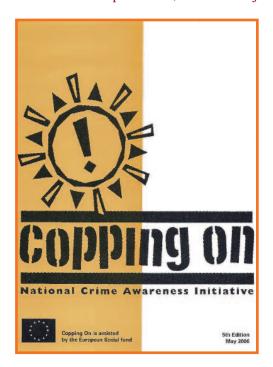
The evaluation sought to examine the services, management and administration of **Copping On** as well as the external environment.



The report findings and recommendations have been a valuable resource to **Copping On** in the ongoing strategic development of the programme. It is available for download from our website and hard copies are available from our offices.

# Senior Resource Pack 5th Edition

The 5th edition of the Senior Resource Pack was published in 2006. First published in 1996, **Copping On** published revised and updated editions in 1997, 2000 and 2001. The 5th edition incorporates all of the legislative and operational developments in services and provision for children and young people, particularly in relation to child protection, welfare and juvenile justice.



All participants on the **Copping On** programme receive a Resource Pack on completion of their training. Both the Senior and Junior Resource Packs are available from the **Copping On** offices.



# Photospeke

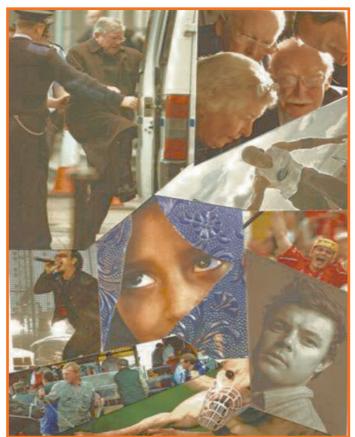
**Copping On** launched *Photospeke* in 2006 – a visual resource for working with young people. The pack is composed of 50 black & white and colour photographs depicting contemporary life across a wide range of themes.

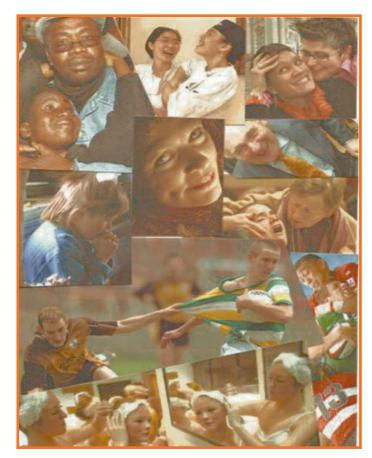
Selected from the 2005 AIB Press Photographers Association of Ireland Awards, the photographs may be used to as an additional resource to the **Copping On** Resource Pack to stimulate debate, foster discussion and spark ideas. The visual impact of a photograph can be extremely powerful and it is particularly effective when working with groups that may experience literacy difficulties.



Photospeke is valuable for groups that are unfamiliar with each other or exploring new issues - it is often easier to share thoughts, feelings and experiences through selecting a photograph and using this as a medium for initial communication.

**Copping On** is very grateful to the photographers and copyright holders for their generous permission to use the photographs; to the Press Photographers Association of Ireland for their support and guidance in selecting the pictures to be used and to the AIB Better Ireland Programme who provided the funds.







# www.coppingon.ie

**Copping On** went online with the launch of its website in 2002 and in 2005 the website was revised, redesigned and re-launched.

Incorporating much more information, online publications and a more user friendly interface, the website is a vital tool for disseminating information, raising awareness and communicating with our client groups.

Application forms for **Copping On** services and events may now be downloaded or completed online. Practitioners may communicate feedback and advice on any aspect of the programme and it is extensively used for updates on legislative and operational developments or events and organisations in the sector.

### Online Newsletter

First published in 1997, **Copping On** re-launched its newsletter in 2003, focusing on issues and themes proposed by practitioners and arising from their work with young people.

Twice a year, **Copping On** commissions articles from professionals working with young people and their families who are experiencing difficulties in their lives and these have proved to be very valuable to many practitioners. Themes explored in **Copping On** newsletters in 2005 and 2005 included crisis and teenage pregnancy; parenting; prison and prison life; anger management and disruptive behaviour.

# Online Updates

A considerable number of legislative and operational changes to child protection, welfare and juvenile justice were announced at the end of 2005. Many of these changes had direct implications for **Copping On** and its clients and in 2006, **Copping On** published a comprehensive update, outlining the new developments and their implications for those working with young people.

The updates focused on the following developments:

- The Ombudsman for Children
- The Office of the Minister for Children
- The National Children's Office
- The Youth Justice Service

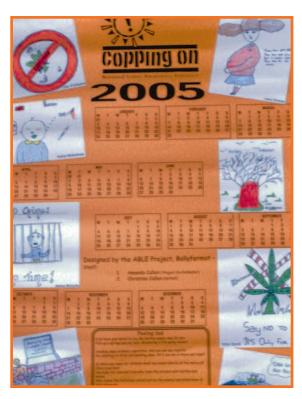
Updates were also provided on the following pieces of relevant legislation:

- The Children Act 2001
- The Criminal Justice Bill 2004
- Anti-Social Behaviour Orders (ASBOs)
- Good Behaviour Contracts



# Calendars & Cards

Copping On produced its first calendar in 2003 and used it as a creative medium to encourage young participants of the Copping On programme to express their thoughts about preventing harmful behaviour and creating a better world. Each year, Copping On continues to invite organisations to submit artwork and poetry to convey young people's ideas and use them in the design of publications and resources.



Thanks to the members of the ABLE Project in Ballyfermot for artwork and poetry for the 2005 Copping On Calendar



Thanks to the members of the Athlone Youth & Community Project for artwork for the 2006 Copping On Wall Planner



Thanks to the members of the W.H.A.D. Project for artwork for the 2006 Copping On Christmas Card



Thanks to Jackie Minihan YOUTHREACH Fermoy for artwork for the 2005 **Copping On** Christmas Card



# **Copping On**

# Management & Administration 2005 & 2006

### Staff

Deirdre Bigley, Project Manager Patrick Salmon, Administrator (Maureen Reilly to Nov. 2006) Vacant, Training & Development Officer (Rita Ní Dhuignean to Sept. 2006)

# Staff Development

Copping On continued to support staff professional development throughout 2005 and 2006. The Project Manager concluded a two year master's programme and graduated with an MA in Management of the Pastoral and Voluntary Sector in 2006. Other training included effective time management; approaches to management in the voluntary sector; public relations and managing information.

Since its inception, **Copping On** has developed a strong support and supervision ethos and practice into staff development and management. Throughout 2005 and 2006, the Project Manager continued to participate in external supervision every quarter. The Project Manager held regular support and supervision meetings with the Administrator and Training and Development Officer and all staff participated in quarterly team supervision meetings.

**Copping On** has also introduced performance appraisal for staff which provides each employee with the opportunity to establish work and performance related targets together with the Project Manager. These are reviewed in supervision meetings and jointly appraised annually.

In addition to weekly briefings, staff meetings were held on a quarterly basis.

# Staff Changes

Maureen Reilly, Administrator and Rita Ní Dhuignean, Training & Development Officer resigned in autumn 2006 and **Copping On** is grateful for their contribution to the work of the programme. A new Administrator – Patrick Salmon – was appointed at the end of 2006 and a new Training & Development Officer will be appointed in 2007.

# Steering Committee

Dr Dermot Stokes: National Co-ordinator

YOUTHREACH (Chair)

James Ward: Department of Education & Science John Harper: Department of Education & Science Mary Gordon: Department of Education & Science Marie O'Reilly: Department of Justice, Equality & Law

Reform

Barry O'Connor/Rachel Sheehan: Youth Justice

Service

**Regina Higgins:** FAS

Eddie D'Arcy: Director: Catholic Youth Care Inspector Lorraine Stack: An Garda Siochána

Bernadette Reilly: City of Dublin Vocational Education

Committee

Committee members who served throughout 2005 & 2006 were: Deirdre Reid, Martin McLoughlin, David Delaney & Joseph Murphy: Department of Education; Declan Brennan, Department of Justice, Equality & Law Reform; Fran Fitzgibbon & Louis Deegan: FAS; Inspector Paul Moran: An Garda Siochána; Noel Dalton: Co. Kildare VEC; Chris Kane, Department of Health & Children

The Steering Committee continued to promote and develop the interests of the programme and to provide sterling support to the Project Manager under the excellent chairmanship of Dr Dermot Stokes. The Committee held nine meetings throughout 2005 and 2006 in addition to expertise and support extended by individual members to **Copping On** initiatives throughout the two year period.



# **Appendices**





# **Programme of Training**

# 2005 & 2006 Participating Organisations

### Cavan

CANDO Ltd.

Cavan Partnership

Cavan Rapid Youth Project

Cavan/Monaghan County Development Board

### Carlow

Bagnalstown Family Resource Centre

Carlow Regional Youth Service

Carlow Vocational Education Committee

Carlow Youth Training

School Completion Programme Carlow

School Completion Programme Tullow

### Clare

St. Catherine's Community Services Centre

An Garda Síochána Ennis

Clare Training Centre

Clare Youth Service

Glebe House

Kilkee Youth Club

### Cork

Shannon Youth Office

West Clare Early Years

An Garda Síochána Blackrock

An Garda Síochána Fermoy

An Garda Síochána Mallow

Attention Deficit Disorder (ADD) Support Group

Avondhu Development Group

Cara Lodge Adolescent Service

Cloyne Dioscesan Youth Services

Cobh Youth Services

Community Outreach Drug Awareness Project

Cork City Partnership

Cork County Council

Cork Local Drugs Taskforce

Cork Probation Hostel

Grow in Faith Together, Fermoy

ISPCC Cork

Knocknaheeny/ Hollyhill Justice Project

Knocknaheeny/ Hollyhill Youth Centre

Le Cheile Family Resource Centre

Liberty Street House

Mahon Action for Youth Project

Matt Talbot Services

Meitheal Mhúscraí

Middleton Youth Project

North Lee Social Work Department

North Presentation Secondary School

North West City School Completion Programme

**Pathways** 

School Completion Programme Bantry & Dunmanway

School Completion Programme Mallow

Sky Youth Project, Fermoy

St Finbar's Hospital Fostering Resource Unit

The Life Centre

The Plateau Youth Centre

Youthreach Bandon

Youthreach Knocknaheeny

Youthreach Macroom

Youthreach The Glen

# Donegal

Ballyshannon/ Bundoran Neighbourhood Youth Project

Daybreak Youth Programme

Donegal Travellers' Project

Donegal Youth Service

LOFT LK Youth Project

Rosses Neighbourhood Youth Project

Youth Information Centre, Donegal Town

Youthreach Buncrana

Youthreach South Donegal

# **Dublin**

AIDS Care Education & Training (ACET)

An Garda Síochána Community Policing

An Garda Síochána Crumlin

An Garda Síochána Leixlip

An Garda Síochána Sundrive Road

An Garda Síochána Youth Diversion Project FAN,

Finglas

An Garda Síochána Youth Diversion Project KEY,

Killinarden

An Garda Síochána Youth Diversion Project SWIFT,

Clondalkin

Balbriggan/Swords Youth Service

Ballymun Regional Youth Resource

Blanchardstown Youth Project

Blanchardstown Youth Service

Carline Learning Centre

Clay Youth Project

Clondalkin Youth Service

Ciondaikiii Toutii Service

Community Awareness of Drugs (CAD)

Corduff Community Youth Project

Curam Family Centre

Donabate Youth Club

Dorset Street Youth Advocate Project

Dun Laoghaire Youth Service

Dundrum/ Rathdown Youth Service

Extern

Finglas Child & Adolescent Centre



Finglas Youth Resource Centre

Finglas Youth Service

Gurteen Youth Club

HSE Northern Area, Talbot Centre

HSE: Dublin North Central Child Protection Services

HSE: Eastern Region - Community Services

Huntstown Community Youth Project

Irish Society for the Prevention of Cruelty to Children (ISPCC)

Killinarden Drug Prevention Group

Kilmore West Youth Project

Matt Talbot Community Trust, Ballyfermot

Mountview Neighbourhood Youth Project

Mulhuddart Community Youth Project

Neighbourhood Youth Project 1

Neighbourhood Youth Project 2

NICHOL Project

North Clondalkin Community Development Programme

Parents Making Children Aware (PMCA)

Prisoners' Aid through Community Effort (PACE)

Ronanstown Youth Service

Sallynoggin Parents Education and Awareness of Drugs

Project (SPEAD)

School Completion Programme Ballinteer Community

School/ Scoil Mhuire

School Completion Programme Brookfield & Fettercairn

School Completion Programme Collinstown Park

School Completion Programme Colaiste Eoin

School Completion Programme Dominican Campus

School Completion Programme Finglas

School Completion Programme Henrietta St. School

School Completion Programme O'Connells Primary

School

School Completion Programme Quarryvale / Balgaddy

School Completion Programme Rosary College

School Completion Programme St. Agnes School

School Completion Programme St. Aidan's Senior

National School

School Completion Programme St. Anne's School

School Completion Programme St. Dominic's National

School

School Completion Programme St. Peter's Boys National

School

School Completion Programme St. Vincents Boys

**National School** 

Shanganagh Park House

Sphere 17 Youth Services

**Tabor House** 

Tallaght Youth Service

The Reco Youth Facility

Whitechurch Youth Development Project

Youthreach Ballyfermot

Youthreach Basin Lane

Youthreach Bonnybrook

Youthreach Clondalkin

Youthreach Harmonstown

Youthreach Lucan

Youthreach North Great Georges' Street

Youthreach Pleasant Street

Youthreach Sherrard Street Upper

Youthreach Transition Centre

# Galway

Athenry Adolescent Support Project

Ballinfoyle Youth Development Project

d'Cube Youth Advice Café

Foroige

**HSE** Western Area

Le Chéile & Rahoon Youth Project

Rahoon Family Centre

Salthill Youth Project

School Completion Programme, Galway Community

College

St. Benin's Training Centre

The Gaf

Youth Action for Peace

Youth Advocate Programme

Youthwork Ireland Galway

# Kerry

An Garda Síochána Killarney

Deenagh House Childcare Residence

Just Us Youth

Kerry Diocesan Youth Services

Kerry Travellers' Development Project

Liberty Street House

Tralee Adult Basic Education & Literacy Centre

Tralee Social Work Department

Youthreach Killarney

Youthreach Killorglin

# Kildare

An Garda Síochána Kildare

Athy Youth Project

Ballydowd Young People's Centre

Kildare European Leader Teo. (KELT)

Kildare Youth Services

Newbridge Youth Project

### Laois

An Garda Síochána Youth Diversion Project The Block Foróige

HSE Midland Area Child & Family Resource Centre

**Knockmay Family Resource Centre** 

Laois Youth Service

Le Chéile Child & Family Centre

Portlaoise Child & Family Centre

### Leitrim

Breffni Youth Club

Carrick Youth Group

Leitrim Youth Project



### Limerick

An Garda Síochána Roxboro Road

Limerick Youth Service

South City Youth Initiative

Southside Community Training Centre

St. Mary's Community Development Project

St. Munchins Community Centre

# Longford

An Garda Síochána Longford

**Employment Development Information Centre** 

**LEAP Project** 

Longford Community Resources Ltd.

Longford Traveller Movement

Longford Youth Service

St. Brigid's Training Centre

### Louth

An Garda Síochána Youth Diversion Project The BOYNE

Drogheda Youth Development

### Mayo

Corr Acla Community Development Project

HSE Western Area - Social Work Department

ISPCC, Mayo

Meitheal Mhaigheo Eo

Phoenix Theatre Works

Social Work Department

St. Catherines Education/Training & Resource Centre

The Edge Project

### Meath

# Monaghan

Monaghan Neighbourhood Youth Project

### Offaly

Arden View Family Resource Centre, Tullamore

Barnardos, Tullamore

Edenderry Childcare Ltd.

HSE- Midland Area Community Care

HSE- Midland Area Social Work Department

Midland Regional Youth Service

Slí Eile, Tullamore

### Roscommon

Youthreach Ballagharderreen

# Sligo

Community Training Centre Sligo

Foroige

School Completion Programme, Summerhill College

The CRIB Youth Project & Health Café

# **Tipperary**

An Garda Síochána Kilrush

An Garda Síochána Thurles

**Barnardos Thurles** 

Drug Educare

ISPCC, Tipperary

Nenagh Community Network

Roscrea 2000

School Completion Programme Tipperary Town

St. Joseph's School

Templemore Youth Project

The Wilderness Community Centre

Tipperary Regional Youth Service

### Waterford

Youthreach Waterford

An Garda Síochána Youth Diversion Project TREO

Edmund Rice Youth Centre

Ferrybank Drugs Prevention Project

**PACT Project** 

The Subla Centre

# Westmeath

Barnardos Lir Youth & Family Project

Cara Phort Family Resource Centre

Community Training Centre Athlone

Midland Regional Youth Service

Mullingar Community Training Centre

Mullingar Training Development Agency

Westmeath Community Development Ltd.

Youthreach Delvin

# Wexford

County Wexford Partnership

Dun Mhuire Youth Project

Inside Out Project

Wexford Area Partnership

# Wicklow

Arklow Community Addiction Team

**Ballywaltrim Community Centre** 

Bray Traveller Community Development Group

Bray Women's Refuge

Bray Youth Service

Croí Ráth Naoi Community Development Project

East Wicklow Youth Services

Extern



# Wicklow - Continued

Little Bray Family Resource Centre Probation & Welfare Service Springboard St. Fergal's Resource Centre Whadever Youth Group Wicklow Child & Family Project Wicklow No Name Club Youthreach Arklow Youthreach Bray



'A New Joy for the New Millennium' YOUTHREACH Galway Award winner in 2001 Copping On prison competition

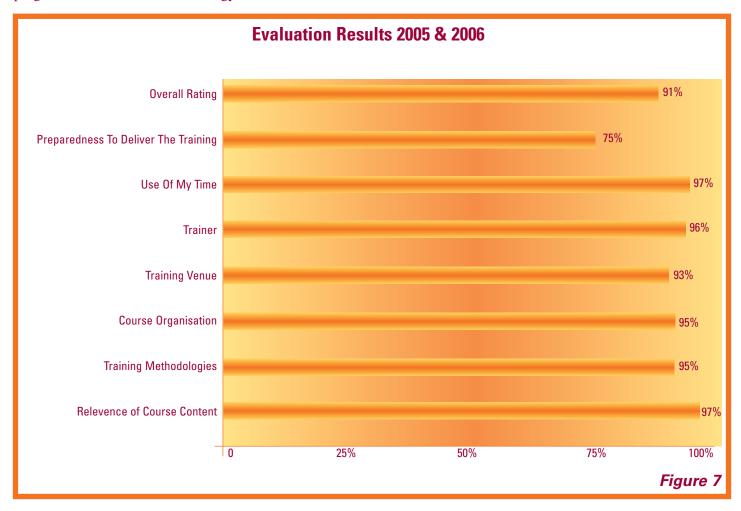


# **Programme of Training**

# 2005 & 2006 Evaluation

Pollowing each training course, Copping On requests participants to complete an evaluation of their training experience and to provide the trainer with feedback and suggestions for improvements and modifications. The results of all evaluations are collated quarterly and annually and Copping On incorporates many participants' proposals for amendments to the programme content and methodology.

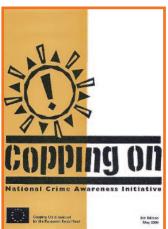
Evaluations are based on a series of statements about all aspects of the programme using a continuum of scoring from "strongly agree" to "strongly disagree". *Figure 7* summarises the evaluation results of all training courses delivered throughout 2005 and 2006 from the favourable high scoring categories.





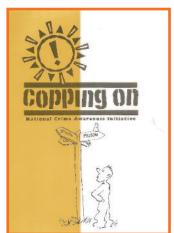
# **Coppping On Publications & Resources**

### Resources

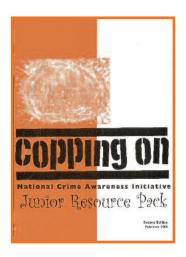


**Senior Resource Pack** 5th Edition

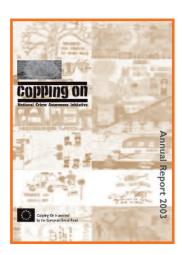
# Annual Reports

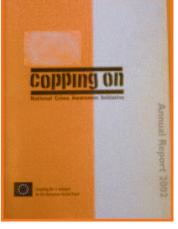


**Copping On** has been producing Annual Reports since 1999

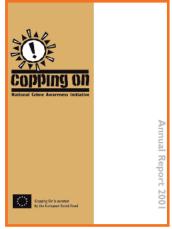


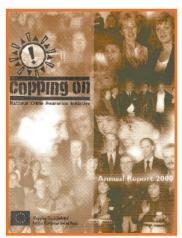
**Junior Resource Pack** 2nd Edition





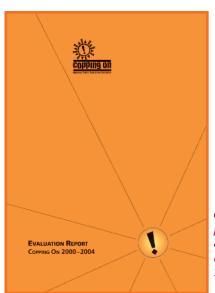




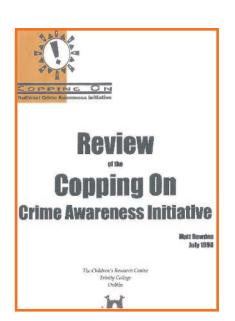




# **Evaluations**

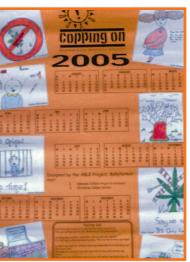


Copping On has published two evaluations of its services and operations - in 1998 & 2005



# Cards & Calendars





Copping On has been producing calendars and wall planners since 2003



Copping On has been producing cards and other promotional material featuring artwork from young people who have participated in the programme since 1996





