

The Community Sentence Treatment Requirement:



Mental Health Treatment Requirement Programme (MHTR)

in the Derbyshire Criminal Justice Liaison and Diversion Team (CJL&D)

Since the programme began in January 2022, the team have received **214** referrals from the probation service within courts in Derbyshire.

- 120 (56%) have been suitable for an assessment
 - The remaining 44% were unsuitable - due to them being open to current services OR due to them needing secondary mental health care provision.
- 83% of assessments resulted in clinical lead approval
- **75% of recommendations resulted in a sentence being imposed**

32 persons have completed their MHTR order. Post-intervention scores were recorded and identified -->

Outcomes

PHQ-9:
20 persons had scored reliable change (62.5%)

GAD-7:
25 persons had scored reliable change (78%)

CORE-34:
16 persons had scored reliable change (50%)

Success of the interventions was mostly seen within the recorded anxiety levels

Meet Annie!

Annie was referred into the MHTR service in October 2022 for the offence of assault against an emergency worker. She was assessed as suitable and was sentenced to a 12-month MHTR order. She began interventions in December 2022 and successfully completed 12 sessions exploring DBT skills for emotion regulation and distress tolerance and work using CBT for cognitive distortions. Upon completion of her order, she discussed wanting to go back into employment and she was encouraged to apply for the CJL&D peer support worker role which was newly advertised. She applied, and, following a successful interview, she has been appointed a full-time peer support worker for CJL&D. She is looking forward to commencing the role and the positive change this will bring to her life. We wish her all the best and look forward to working with her in the near future!

