

Site

Yorks & The Humber Probation Service

Name of project / initiative

The Finish Line course

Overview

First run in 2022, the Finish Line is an 18 session psychologically informed, and occupational therapy, programme for people on probation with personality disorders. It is part of the Intensive Intervention Risk Management Service's (IIRMS) approach to supervising and supporting people on the Offender Personality Disorder (OPD) pathway. The programme is run in partnership between YatH PS and the local NHS Trust. The programme is based around 1-1 and group-based sporting activities – delivered by probation staff and Occupational Therapists – and focuses particularly on those who struggle to engage with more “traditional” approaches. It aims, through engagement in sporting activities, to help improve participants’ engagement in the wider OPD pathway, enhance their communication skills, build constructive relationships with staff and peers, develop new pro-social interests, and improve their emotional regulation and levels of physical fitness.

Its impact

Feedback from participants has been excellent, and they report a range of benefits in line with the course aims (as set out above).

What's special about it

YatH PS believe that using sport in this way provides a highly effective way of engaging with and supporting an especially hard to reach group, who often otherwise struggle to engage with IIRMS services.

Wider applicability

YatH plan to expand the programme to PIPES in the region, and believe the approach could be rolled out across probation, at minimal cost.

For more information:

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See also: [Knowx.uk/YATHPS-KBT23\(2a\).pdf](https://www.knowx.uk/YATHPS-KBT23(2a).pdf) [operating procedures] &
[Knowx.uk/YATHPS-KBT23\(2b\).pdf](https://www.knowx.uk/YATHPS-KBT23(2b).pdf) [pilot evaluation]