



FEFI in Hämeenlinna Prison

Johanna Laakso 24.9.2015, Limoges, France



RISE RIKOSSEURAAMUSLAITOS
CRIMINAL SANCTIONS AGENCY

Johanna Laakso

- My name is Johanna Laakso
- My degree is Bachelor in Social Studies (Hameenlinna University of Applied Sciences, HAMK)
- I worked 7 years in Hämeenlinna Prison as a teacher in "KOVA" Program; rehabilitation and coaching inmates for civil and working life
- Year 2013 I established VIKTO Ry with two other people; NGO specialized in supporting inmates in releasing process and in integration into a society

Hämeenlinna Prison

est. 1972



- Largest closed prison for female inmates in Finland
- Total capacity 172 places:
- **86 for women / 86 for men**
- **6 wards for women / 5 wards for men / one family unit**
- **67 female prisoners on 9.9.2015:**
 - 17 remand prisoners
 - 50 convicted prisoners
 - 11 foreign prisoners
- Personnel 127
- Budget appr. 10 million eur

Activity Centre "MONIKKO" (engl. "PLURAL")

- Hämeenlinna Prison opened an Activity Centre Monikko in August 2014
- Located in an industrial area, few minutes walking distance from the prison grounds
- Serves as a liaison between Hämeenlinna Prison and the surrounding community (businesses, NGO's, volunteers)
- Staff includes one Senior Officer (Leena) from prison and two Instructors (Johanna and Jari) employed by Vikto Ry
- Operational funds from Hämeenlinna Prison and Criminal Sanctions Agency, from associations, from product sales hand-made by inmates

MONIKKO's activities e.g.

- * Internships in local firms
- * Individualized support programs
- * Supervised test freedom
- * Family support programs
- * Evedyday skills
- * Mentor Programs (+ preventive programs for youth)
- * Arts&Crafts
 - Music Workshop
 - Jewerly Workshop
 - Woodwork
 - Sewing&Knitting
 - Photography Workshops
 - Drama



Findings of FEFI survey

- * Questionnaire 1 for female inmates (N=78)
- * Results: Need for more individualized support in releasing process
- > ***“Thought of a better life!”***

- * Questionnaire 2 for prison staff (N=36)
- * Results: Lack of personnel and financial resources to meet the needs of female inmates

Hämeenlinna Prisons'

"Experimentation of new procedures"

- * **1) Mentor Program (March-April 2015)**
- * Two former female inmates mentoring a group of six female inmates from the prison's Releasing Unit
- * Four full day appointments in Monikko
- * Discussions of topics related to releasing process: Mentors shared their personal experience and knowledge
- * In combination with doing fun and up-lifting activities together e.g. cooking&baking, arts&crafts, singing&dancing and the last meeting hiking&picnic outdoors

Results of Mentor Program

- * Positive feedback from inmates and mentors:
 - Good information what to consider when preparing personal releasing process
 - Inspirational and motivational atmosphere
 - Mentors were good role models how to intergate into society and become succesful in life
 - Mentors felt their contribution was highly valued and they were able to offer something good out of their personal experience
 - Mentors felt that supporting others was healing themselves, too
- > ***Hämeenlinna Prison and Monikko are planning Mentor Program to became a permanent function in a releasing process***

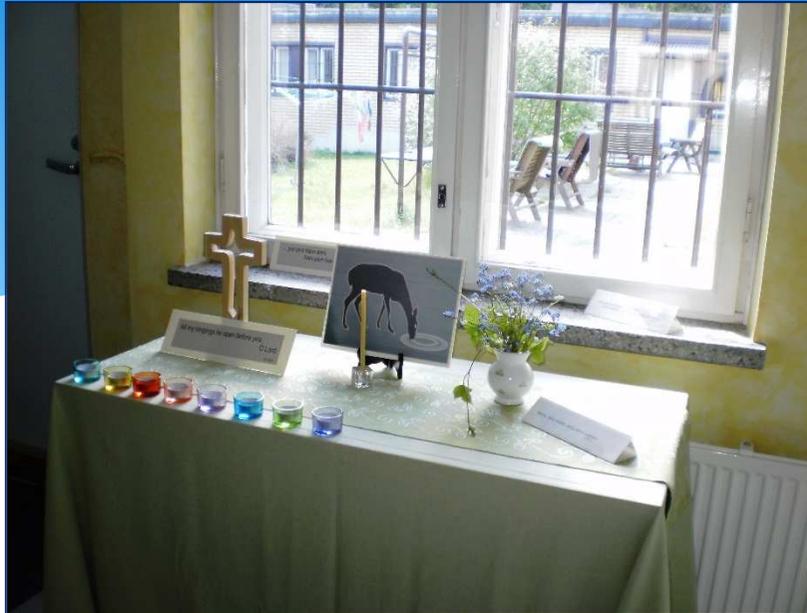
Hameenlinna Prisons'

"Experimentation of new procedures"

- * **2) Retreat Program (31.5.-7.6.2015)**
- * The method is called Ignatiatus Retreat
- * Period of eight days are spent in silence and in personal guidance of instructors
- * A personal retreat plan and one daily appointment with an instructor
- * Instructors are highly respected professionals Marjatta and Saku with a long experience in counseling and pastoring
- * Six female inmates were chosen, three foreign nationals
- * Open department rules with unlimited access to a yard
- * *"In silence an inmate has to face herself honestly without acting any role"*

Results of Retreat Program

- * NO MISDEMEANORS DURING THE PROGRAM!
- * Positive feedback from participants and staff:
 - Learned new skills to cope with stress and handle personal difficulties
 - Continued the process in their own units afterwards using quiet moments in the mornings and writing journal
 - Many members of staff e.g. health care personnel and pastor have heard positive feedback from participants and also noticed the positive change in their behavior
 - > ***Both male and female inmates have been asking if there will be a chance for a new retreat***
 - > ***Multi-professional meeting to develop a permanent Retreat Department in Hämeenlinna Prison has been prearranged (Oct, 5th 2015)***



An altar in Retreat Unit



A chapel in Retreat Unit



Handicraft sales in Monikko



Family Day in Monikko



Lifelong
Learning
Programme