

1st Newsletter

M4PRIS: PEER MENTORING PROGRAMME FOR PRISON STAFF

We are happy to announce the launch of the M4PRIS project, a project that aims to support professionals working in prison institutions across Europe through research, training and mentoring activities.

Acknowledging the important role that prison staff can play for the effective rehabilitation of people affected by incarceration, as well as the challenges these professionals face as part of their everyday work practices, the M4PRIS project aims to support them by developing and implementing a whole-prison approach that addresses holistically the health and well-being of inmates, staff, and the wider community. This approach will primarily tackle the occupational stressors and negative outcomes related to the specific profession of prison personnel through the provision of a peer mentoring programme for prisons staff – an innovative and cost-effective practice.



On the one hand, the project provides the opportunity to improve and promote health in targeted prisons using a whole-systems approach, decreasing levels of job-related stress and burnout among prison staff, and increasing awareness of prison administrations and staff about environmental, organisational, and personal factors that support or hinder health and well-being of prisoners, staff, and the wider community. On the other hand, despite the growing interest and promising results, peer mentoring intervention strategies for prison staff have received little empirical attention, enabling European Institutions to be at the forefront in developing scientific and practical informed solutions.



In other words, the M4PRIS project can be considered as the ultimate solution to support prison staff develop those skills and competences that can assist them in achieving a higher level of health and well-being, while at the same time contributing to the effective rehabilitation of inmates.



PROJECT RESULTS



PR 1: Blueprint of Prison Staff Mentoring

A first step in order to develop the mentoring programme for prison staff is the development of a blueprint of the mentoring process including a mentor profile and training content. This Blueprint, including information on the mentoring structure, the mentor profile and role, and the mentor training, is the theory cornerstone of the M4Pris project and serves as the basis for the development of all the subsequent project activities as it clarifies how a prison mentoring programme should be structured, developed and implemented.

PR2: Peer Mentoring Programme for Prison Staff

This Result aims to build and pilot a comprehensive peer mentoring programme for prison officers who have been recently recruited in an effort to improve prison staff mental and physical health while diminishing job burnout and turnover. It involves the development and implementation of a blended training programme for mentors in the participating countries and the organization and delivery of mentoring activities for four months.

PR3: Training course for mentoring Coordinators

The Training course for mentoring Coordinators will be created to provide professionals undertaking the role of the mentoring coordinator the knowledge, skills and competences needed for the effective organization, implementation and evaluation of any mentoring process taking place in a prison context for prison staff. The course will be piloted in the participating countries while a three-day transnational training event in Portugal will also be organized, in order to present the pilot national experiences and the M4Pris results.

PROJECT PARTNERS

