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## **Mental Health, co-production and implementation of a peer-led problem support mentor scheme in a UK prison**

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The mental health of people incarcerated in prison is recognised as a worldwide public health concern. People residing in prison experience higher levels of mental health problems, self-harm and anti-social violent behaviour than in the general population. Isolation and boredom link to poor mental health and can exacerbate these and other health problems. In the last five years, UK prisons have reported an unprecedented rise in the incidence of violent assaults and self-harm. Alternative research designs are therefore required to assess how interventions can help support people with mental health problems in prison. The costs of such evaluations are large, it would therefore be useful to know whether routinely collected prison data could be used to assess intervention change. Many people who display symptoms of depression, self-harm or violent behaviour report the main immediate cause as being problems in their lives. Problem-solving therapy (PST) has been widely used in the community and improves outcomes of depression and allied constructs such as hopelessness. The simplicity of the skills and the ease of delivery suggests the approach may help people who experience problems in custody. We aim to fill these gaps by using a peer-led problem support mentor scheme has been co-produced in an UK prison to address and support prisoners with mental health, well being, incidence of repeat self-harm and violent behaviour. This unique scheme teaches men to use a systematic approach to solving and addressing problems whilst in custody and upon release into the community.

### **Biography**

Amanda completed her PhD from The University of York and conducted her postdoctoral studies with the Mental Health and Addictions Research Team in the Health Sciences Department. She is Senior Lecturer, Chartered Forensic Psychologist and the theme lead for the Forensic Mental Health and Addictions Group. She has published more than 40 papers in reputed journals.

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