



Programs for incarcerated mothers and their children

Active programs across Australia, July 2021

The *Transforming Corrections to Transform Lives* project is an innovative collaboration and co-creation project working to transform the lives of mothers in prison and the lives of their children. This project is, through a process of co-creation, developing a new model for working with incarcerated mothers and their children to break cycles of disadvantage, improve outcomes, and support wellbeing and social inclusion.

As part of our project, we conducted a stocktake of programs that are currently offered to mothers in prison in Australia, and their children. These programs can be described as those that are aimed at addressing the criminogenic needs of mothers. Criminogenic needs are those that are identified as important in reducing offending behaviours and preventing reoffending (Andrews and Bonta, 2010). Criminogenic needs, more broadly, include substance use, antisocial cognition, antisocial associates, family and marital relations, employment, and leisure and recreational activities (Andrews and Bonta, 2010). Our list of programs comprises those that attempt to address these criminogenic needs specifically for women, as well as those targeted directly to mothers who are currently in prison, or have recently transitioned out prison, as well as their children.

To identify the programs, we:

1. Conducted document reviews: Searched grey literature including program documents, organisation websites, annual reports, and technical documents.
2. Engaged directly with organisations: Communicated with implementing organisations and agencies either via the telephone or email to confirm online information and ask follow-up questions for clarity.

Though some programs may have been evaluated either internally or by funders, unfortunately, published, peer-reviewed evaluations were not available for any of the programs. Therefore, we are unable to comment on which programs show evidence of effectiveness. Rather, our stocktake of Australian programs details the program aims, program participants, the agency who delivers the program, as well as the program length. This list excludes prison-based nursery programs, or mother and baby units, as these are not always classified as programs, but only as living arrangements or privileges. As at March 2021, all Australian States, except South Australia, had prison facilities for mothers with babies or young children up to the age of 5.

Table 1 below provides a summary by program type. As can be noted from the table below, there was a wide variety of programs offered, with the most frequent being programs focused on community re-entry and transition processes, followed by violence education and prevention programs.

Table 2 in Appendix A lists the available programs with details regarding program aims, service provider information and the state or territory where the program is offered.

Table 1: Programs for incarcerated mothers and their children in Australia

Program Focus/Outcome	Total number of programs found
Violence prevention programs	5
Community re-entry programs	10
Parenting programs	3
Visiting and mother-child connection programs	2
Alcohol and drug use and prevention programs	4
Work skills and traineeship programs	4
Legal representation and parole support	3
Healing and cultural programs	6
Education programs	2
Health support programs	1
General offending behaviour	3
Playgroup programs	2
Support programs for children with an incarcerated parent	2
Sexual offending and treatment programs	3
Personal transformation programs	1
Spiritual programs	1
Total	51

Summary Findings

The review highlighted the following:

1. Need for evaluations and evidence-informed programs.

There is a need to establish an evidence base for programs targeting incarcerated mothers and their children. From the information available, there are currently 51 active programs available for women generally, or mothers and their children specifically, all of which appear to be operating without an empirically established evidence base. It is possible that some programs have been evaluated within the organisations in which they are offered, or by funders, but these evaluations are not publicly accessible, and their methodology is unlikely to have been subject to peer-review to assess the quality of the evaluation. It is vital that sufficient funding is provided alongside program delivery to ensure that programs are being appropriately evaluated. Evaluations should be performed to determine whether they work and to ensure that they are not contributing to further harm for mothers and their children. Such evaluations would also inform where subsequent funding should be directed, and which programs are not an effective use of resources.

2. Potential duplication of programs

There were a variety of programs with the same or similar goals, such as the 10 different programs seeking to help mothers transition back into their communities. Though it is possible that transition programs might need to be regionally based, since program staff need to develop relationships with service providers in the community, it is unclear which of these programs are the most effective in assisting women to transition successfully into the community and in reducing their likelihood of returning to prison. Establishing an evidence base for transition and community re-entry programs would indicate which programs should be replicated and potentially scaled up across the country.

3. Engagement and completion of programs

Although we identified 51 different programs available throughout the country, and it is possible that there are others, not all mothers will be able to access the programs being delivered in their correctional centre or community. Eligibility criteria, sentence lengths or remand status, waitlists, movements between centres, and return home addresses are some of the many factors that may result in programs being inaccessible for mothers and their children. It was not possible for us to calculate how many women, or mothers more specifically, received programs in any given year.

4. Limited counselling and healing services

In the first series of workshops for the Transforming Corrections to Transform Lives project, we established that many women in prison have life histories characterised by child maltreatment, poor mental health, substance abuse, domestic violence, victimisation, unemployment, financial distress, and homelessness¹. These substantial adversities lead to deep trauma that affects these women and their children. While all correctional centres have counsellors and psychologists, it is likely that demand for individual counselling and psychological support exceeds capabilities. Furthermore, while some healing programs were identified, the lack of tailored counselling programs to address trauma and promote healing for women is concerning and suggestive of a large gap in relevant services available for women more generally.

5. Gaps in services and programs

In the first series of workshops for the Transforming Corrections to Transform Lives project, mothers also highlighted the need for general life skills trainings focused on cooking, budgeting, paying bills, and tenancy management². No programs to promote these life skills were identified in this review.

¹ The needs of mothers before, during and after imprisonment: Summary findings from workshop series 1: <https://www.transformingcorrections.com.au/resources-and-publications/>

² *ibid*

Note: All program information was correct as of 31 March 2021.

We acknowledge that there may be some programs and evaluations that we have missed in preparing this report. We welcome you sharing information with us. We will be updating this report and our website at regular intervals.

To access an interactive version of this resource, and for more information on the Transforming Corrections to Transform Lives project, please visit our website: www.transformingcorrections.com.au Or contact us: tctl@griffith.edu.au

Appendix 2

Table 2: List of active programs in Australia

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Violence prevention programs				
Anti-Violence Program – Inside Gatton & Townsville Prisons Sisters Inside	This program provides individual (crisis or longer term) counselling to women prisoners who have experienced domestic and family violence and/or sexual assault, or related issues arising from imprisonment.	The program also occasionally runs educational and support groups about violence with women prisoners.	Gatton & Townsville Prisons.	https://www.sistersinside.com.au/for-women/sistersinside.com.au/for-women/
Family Violence Program Northern Territory Correctional Services	The Family Violence Program is a psycho-educational program that addresses family violence and substance abuse issues.	The program is run over five days.	The program is available to mothers in custody as well as various remote communities throughout the Northern Territory.	https://nt.gov.au/law/prisons/prisoner-treatment-and-rehabilitation-programs
Out of the dark Bathurst Family Violence Awareness Group	Out of the dark is aimed at assisting women in making healthy lifestyle choices. The program focuses on facts about family violence, understanding of Apprehended Violence Orders, ability to recognise healthy & unhealthy relationships, understanding the effects of family violence on children, and the ability to implement a safety plan and to seek appropriate help & support.	This is a 6-week program that runs for 2.5 hours per week in prisons.	New South Wales Correctional Centres for women.	https://www.cwwhc.org.au/wp-content/uploads/2017/02/Evaluation-Out-of-the-Dark.pdf
Sisters Day In Djirra (previously known as Aboriginal Family Violence Prevention and Legal Service)	This program focuses on the prevention of family violence against Aboriginal women, by addressing the root causes of family violence and victimisation.	This program offers family violence education, including information on how legal and other services can assist women and children to achieve safer outcomes. The day also includes pampering such as hairdressing, massage, and nail treatments.	Dame Phyllis Frost Centre and Community Correctional Services.	https://www.corrections.vic.gov.au/prisons/programs

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Community re-entry programs				
Beyond Survival Victorian Aboriginal Child Care Agency	The program helps to reintegrate women (and men) into their family and community once they are released from prison and helps stop the cycle of re-offending. Program includes healing and connection with community and culture, community re-entry and in-prison visits from Elders.	In community, post release.	Victoria Women's Correctional Centres.	https://www.vacca.org/page/services/justice-support/beyond-survival
Building Own Women's Strength (BOWS) Sisters Inside	The program supports mothers as they plan for release to ensure that their children's practical and emotional needs will be met. Pre-release support includes helping mothers in prison maintain their relationship with their children and supporting family reunification post-release. Following release, BOWS provide intensive support for women and children in rebuilding their lives after the trauma of prison, this support may include camps.	Support varies and is personalised to match the needs of the woman.	Queensland Women's Correctional Centres.	https://www.sistersinside.com.au/forums-kids/
Community Re-Entry Services Team (Crest) Lives Lived Well and Open Minds	The program provides alcohol and drug counselling, a withdrawal support day program, outreach, and transitional accommodation for adults.	Support matched to different presenting needs, may include a few months before release and a few months post release.	Far Northern Queensland (Capricornia Correctional Centre).	https://www.liveslivedwell.org.au/our-services/diversion-programs/crest/
Gatton Re-Entry Program – Inside and Outside Prison Sisters Inside	This program supports women prisoners to identify and arrange to meet their post-release needs. Support on the day of release, may include providing immediate survival needs such as transport to accommodation and access to food. Support also includes individual and family post-release advocacy, referral and practical support for 6 months. This includes supporting women to meet obligations to statutory authorities.	Case dependent, support starts 3 months before release and up to 6 months after release.	Queensland Women's Correctional Centres.	https://www.sistersinside.com.au/for-women/

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Community re-entry programs				
Maintenance / Through Care Programs Northern Territory Corrective Services	This program helps prisoners to transition back into the community and successfully complete supervision requirements.	Maintenance programs help prisoners to develop pathways to release and beyond release with the inclusion of various outside support services.	Northern Territory Correctional Centres.	https://nt.gov.au/law/prisons/prisoner-treatment-and-rehabilitation-programs
MARA Sero4 Ltd	The MARA program is a gender-specific service based on a trauma-informed approach. The program provides in-depth pre- and post-release support to some women exiting prison. Services include helping women contact external agencies who can assist them in re-entering the community and linking women to services available in their communities and to support organisations that help women coming up for release create strong supportive relationships with agencies such as the Department of Housing and Child Safety post-release.	This is an open-access service, available to all prisoners including those on remand. Support women 3 months before release and 6 months post-prison.	South-East Queensland Women's Correctional Centres.	https://www.sero4.com.au/for-women-the-mara-project
Volunteer Mentoring Service (VMS) Australian Red Cross	VMS provides an external leave pathway to assist an inmate's reintegration using volunteer mentors to support the pre-release needs of an inmate.	Pre-release and post-release support (up to 12 months before earliest release date from custody).	Dillwynia Correctional Centre (at John Morony Correctional Complex in Berkshire Park), New South Wales.	https://correctiveservices.dcj.nsw.gov.au/csnsw-home/community-corrections/parole/funded-partnerships-initiative--fpi-/service-5-volunteer-mentoring-service.html
Next Step Home (NSH) Program – Inside and Outside Prison in Northern Queensland Sisters Inside	This program supports eligible women prisoners to find secure housing when released from prison, priority is given to Aboriginal and Torres Strait Islander women being released on parole.	NSH Workers support eligible women prisoners to apply for housing; maintain their tenancy for a year; and arrange ongoing independent tenancy after the initial 12 months.	Northern Queensland.	https://www.sistersinside.com.au/for-women/

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Community re-entry programs				
Women's Healing Program (PICC) Palm Island Community Company	Program supports Aboriginal and Torres Strait Islander women whilst incarcerated and when released from Townsville Women's Correctional Centre to assist their reconnection to family, reduce their risk of reoffending, assist with transition back into their community and other services.	In custody and post release. Services are provided on a case-by-case basis.	Townsville Correctional Centre, Queensland.	https://www.picc.com.au/services/whs/
Transition, Reintegration, Recovery and Support Richmond Fellowship Queensland (RFQ)	This program provides psychosocial transition support from custody into post-release. Support includes help with finding a place, accessing health services and other similar services.	Support starts prior to release date and can continue for up to 12 months.	South-East Queensland.	https://www.rfq.com.au/wp-content/uploads/2020/11/Transition-Program-2020-Brisbane-WEB-VERSION.pdf
Parenting programs				
Growing Up Kids Relationships Australia Victoria	This program focuses on the development of culturally focused parenting practices, ensuring that children are provided for and protected.	Information not available.	Victoria Correctional Centres.	Women's prisons, Victoria
Keeping Us Together Shine4Kids	The Keeping Us Together parenting program is offered to Mums in custody and helps them to understand the dynamics of and build confidence in building healthy, respectful relationships with their children.	The program is structured into 6 workshops, 2 hours each, with each workshop focusing on a particular component of the parent-child relationship.	Secure, open custody, and transitional correctional centres across New South Wales, Australian Capital Territory, Victoria, and Queensland.	https://shineforkids.org.au/about-us/what-we-do/prison-based-services/
Child and Parenting Support Sisters Inside	This program provides intensive support, often in the women's own home, to a small number of women wanting help to improve their parenting skills. The program also includes parenting education and peer support groups (with childcare provided).	Support length varies.	South-East Queensland.	https://www.sistersinside.com.au/forums-mums-kids/

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Visiting and mother-child connection programs				
Child/Parent Activity Days Shine4Kids	This day provides an extended visit where children and parents can interact and bond. The days provide 4-hour visits which includes everyday activities such as creating art and craft or play ball. The visit includes a morning tea and lunch.	4 hour extended visit once a term, during school holidays.	New South Wales, Australian Capital Territory, Victoria, and Queensland.	https://shineforkids.org.au/child-parent-activity-days/
Story Time Shine4Kids	This program enables parents in custody to strengthen their bond with their children, by reading them a story on pre-recorded audio.	Stories are pre-recorded onto a CD or Hallmark recordable book by the parent. The book and/or CD are forwarded onto the child so that they can read the book while listening to their parent's voice reading the story.	Secure, open custody, and transitional Correctional Centres throughout New South Wales, Australian Capital Territory, Victoria, and Queensland.	https://shineforkids.org.au/story-time-program/
Alcohol and drug use treatment programs				
Getting Smart Queensland Correctional Services	Getting Smart is a 12-session medium intensity substance abuse program, available in both custodial and probation and parole settings, which teaches cognitive behavioural therapy principles, theory, tools and techniques with a specific focus on assisting prisoners who have chosen to abstain, or are considering abstinence, from any type of addictive behaviour (substances or activities).	The program may be delivered once or twice per week for approximately 2 hours.	Queensland Correctional centres.	Information provided by Queensland Correctional Services For more information: https://www.qld.gov.au/law/sentencing-prisons-and-probation/rehabilitation-and-community-service
Intensive Alcohol and Drug Program Provider not specified	This program addresses chronic alcohol or illicit drug problems. The programs combine traditional psycho-educational components with intensive treatment in its approach.	In custody-run over 9 modules.	Northern Territory Correctional Centres.	https://nt.gov.au/law/prisons/prisoner-treatment-and-rehabilitation-programs

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Alcohol and drug use programs				
Straight Talk Gallang Place	Alcohol and other drugs healing program with Indigenous focus.	Not known.	Townsville Correctional Centre, Queensland.	Information provided by Queensland Correctional Services For more information: https://www.qld.gov.au/law/sentencing-prisons-and-probation/rehabilitation-and-community-service
Pathways Queensland Correctional Services	Pathways is a high intensity, evidence-based treatment program for adults with a history of criminal conduct and alcohol and other drug use problems.	The program is a total of 126 hours in duration, with 3 sessions of 2 hours duration each week.	Queensland Correctional centres.	Information provided by Queensland Correctional Services https://corrections.qld.gov.au/
Work skills and traineeship programs				
Corrective Services New South Wales (CSNSW) Animal Care and Rehab Programs Various partners including Royal Society for the Prevention of Cruelty to Animals (RSPCA NSW), Greyhound Racing NSW and Corrective Services Industries)	A range of programs with partner organisations that focus on imparting skills in working with animals.	In custody.	Emu Plains Correctional Centre and Dillwynia Correctional Centre, New South Wales.	https://correctiveservices.dcj.nsw.gov.au/csnsw-home/reducing-re-offending/initiatives-to-support-offenders/employment-and-training/animal-care-and-rehab.html

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Work skills and traineeship programs				
<p>Inmate Traineeships</p> <p>Provider not specified</p>	<p>Traineeships are done across a range of industries including clothing production, construction, engineering, forests and forest products, Health Support Services (laundry support), hospitality (kitchen operations) and transport and logistics, and may lead to Australian Qualification Framework qualification as well as a Certificate of Proficiency.</p>	<p>Dependent on each program.</p>	<p>Mid North Coast Correctional Centre and Wellington Correctional Centre, New South Wales.</p>	<p>https://correctiveservices.dcj.nsw.gov.au/csnw-home/reducing-re-offending/initiatives-to-support-offenders/employment-and-training/education-programs-and-services.html#Inmate2</p>
<p>Time to Work (Employment Services provided by Career Employment Australia Ltd)</p> <p>13 providers deliver the service in the 65 non-remote prisons around Australia (Asuria People Services Pty Ltd, Teldraw Pty Ltd (Global Skills), Jobfind Centres Australia Pty Ltd (Rise Ventures), Marist Youth Care Limited, Asuria People Services Pty Ltd, Jobfind Centres Australia Pty Ltd (Rise Ventures), Bridges Aligned Services Inc, Career Employment Australia Ltd, Max Solutions Pty Ltd, Victorian Association for the Care and Resettlement of Offenders (VACRO) , Breakaway Aboriginal Corporation</p> <p>Men's Outreach Service Inc, Nulsen Group Limited, Pivot Support Services, and WISE Employment Ltd).</p>	<p>The Time to Work Employment Service assists sentenced Aboriginal and Torres Strait Islander prisoners to access support for employment and reintegration into the community upon their release from prison.</p>	<p>Must be sentenced and within 2 to 4 months of their release from prison. Sessions and formats differ.</p>	<p>Available in all States.</p>	<p>https://www.dese.gov.au/time-work-employment-service</p>
<p>Sentenced to a Job (STAJ)</p> <p>Department of Attorney-General and Justice, Correctional Services in partnership with job service agencies</p>	<p>The STAJ program is a paid prisoner employment program that allows large and small local businesses to employ prisoners outside of correctional centres. Prisoners are trained in various areas, including catering and hospitality customer service, woodworking, horticulture, chainsaw, driver licence, forklift licence, bus driving, and are subsequently offered paid employment to do this work.</p>	<p>Varies depending on job type.</p>	<p>Northern Territory Corrective Services.</p>	<p>https://nt.gov.au/law/prisons/employing-prisoners-in-your-business/introduction</p>

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Legal support and representation programs				
Decarceration Program – Outside Prisons in SEQ Sisters Inside	This program supports women held in police watch-houses and/or appearing in court to improve their likelihood of a successful bail application. Support includes ensuring women's access to suitable and stable housing, legal representation, community-based services and support, advocacy with police, and post-release support via outreach.	Case dependent.	Queensland	https://www.sistersinside.com.au/for-women/
Parole Support – Inside all Women's Prisons Sisters Inside	Parole Support service ensures that women can address their post-release needs whilst in prison; leave prison as soon as possible; and successfully stay out of prison following release. The support includes helping women to navigate the corrections system and supporting women who breach parole and respond to parole suspensions.	Case dependent.	Queensland Women's Correctional Centres.	https://www.sistersinside.com.au/for-women/
Supreme Court Bail (SCB) Support Program Sisters Inside	SCB workers interview women prisoners to assess their eligibility for Supreme Court Bail. Eligible women are supported to make an application to the court.	Women that are eligible for bail are supported to make an application to court. SCB workers are available in court to provide advocacy and support.	Queensland Women's Correctional Centres.	https://www.sistersinside.com.au/for-women/
Healing and cultural programs				
Dilly Bag Djirra (Aboriginal Family Violence Prevention and Legal Service)	Dilly Bag draws on cultural principles and the strength of Aboriginal heritage to promote healing, to motivate and to unlock the potential within each participant according to their expectations and circumstances. This program is an intensive trauma treatment program.	Information not available.	Dame Phyllis Frost Centre and Community Correctional Services.	https://www.corrections.vic.gov.au/prisons/programs
Marumali Healing Program Connecting Home Ltd and Winangali-Marumali	This is a group-based healing program for stolen generation members, their families, and their communities. The Marumali program aims to increase the quality of support available for Aboriginal survivors of removal policies to identify and understand their trauma, on their 'healing journey'.	4-day workshops are held in correctional centres.	Correctional Centres across Victoria.	https://marumali.com.au/workshop-formats

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Healing and cultural programs				
One Mob Different Country dancers Darwin Correctional Centre Dancers.	This program allows low-security Indigenous prisoners who have demonstrated good behaviour to take part in traditional Aboriginal dance performances.	Event based performances. Participation voluntary.	Darwin Correctional Centre, Northern Territory.	https://nt.gov.au/law/prisons/one-mob-different-country-dancers
Elders Visiting Program Northern Territory and Townsville Correctional Services Staff	This program is a visiting program where Indigenous elders visit Indigenous prisoners to provide a cultural connection and support.	In custody and post-release (for both men and women), visits regularity varies.	Northern Territory (Darwin, Alice Springs, Nhulunbuy, and Tennant Creek Correctional Centres) and Townsville Correctional Centre (Queensland).	https://nt.gov.au/law/prisons/elders-visiting-program https://corrections.qld.gov.au/
Torch Program Victorian Department of Justice	The in-prison component is run across all 14 Victorian correctional facilities. Incarcerated Indigenous men and women are supported by Indigenous Arts Officers to learn more about their language group, culture, and Country, and provided support with art skills development.	Sessions are run with men and women in custody. Dosage information not available.	14 Correctional Centres across Victoria.	https://thetorch.org.au/what-we-do/in-prison/
Women's Journey Relationships Australia Victoria	A cultural strengthening and healing program, supporting women who have experienced trauma from violence and victimisation.	In custody. Information not available.	Community Correctional Services, and Correctional Centres across Victoria.	https://www.corrections.vic.gov.au/prisons/programs
Education programs				
Education Programs Adult Education and Vocational Training Institute (AEVTI)	Training programs in Workplace Health and Safety, First Aid, Forklift, Welding, Chainsaw, Food Preparation, Engineering and Asset Maintenance.	In custody.	Mid North Coast Correctional Centre and Wellington Correctional Centre, New South Wales.	https://correctiveservices.dcj.nsw.gov.au/csnswhome/reducing-re-offending/initiatives-to-support-offenders/employment-and-training/education-programs-and-services.html

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Education programs				
Intensive Learning Centres Provider not specified	This program offers full-time education programs to prisoners and covers both learning and social skills necessary for employment.	Varies.	Mid North Coast Correctional Centre and Wellington Correctional Centre, New South Wales.	https://correctiveservices.dcj.nsw.gov.au/csnsw-home/reducing-re-offending/initiatives-to-support-offenders/employment-and-training/education-programs-and-services.html#lnmate2
Health support programs				
Health Support Program (HSP) – Outside Prisons in South-East and Northern Queensland Sisters Inside	The HSP supports women with complex health needs in the first month after release from prison.	The HSP focuses on supporting women in the first month after their release and working with women with complex health needs.	Queensland.	https://www.sistersinside.com.au/for-women/
General offending programs				
Turning Point Queensland Correctional Services	This program is a psycho-educational program designed to target offenders' responsibility issues surrounding their readiness to change.	The program runs for 15 hours and is delivered once or twice a week for approximately 2 hours per session.	Queensland Correctional Centres.	https://corrections.qld.gov.au/
Making Choices Provider not specified	Making Choices is a moderate intensity women's program for female prisoners that addresses general offending behaviour. The program uses a range of treatment methods effective in reducing recidivism, including relapse prevention planning, problem solving, safety planning, mood management techniques and the use of cognitive behavioural methods.	Support matched to different presenting needs, may include a few months before release and a few months post release.	Queensland, Tasmania, South Australia, and Victoria Correctional Centres.	Program mentioned in various prison program reports.
Safe Sober Strong Program Provider not specified	The Safe Sober Strong Program is a psycho-educational offence-related program. The program includes modules that address problem areas related to reoffending. The program is available to male and female prisoners who are sentenced or on remand and is also available to youth detainees.	The program is flexible to meet the needs of a wide range of offenders with different sentence lengths.	The program is available to male and female prisoners who are sentenced or on remand and is also available to youth detainees in the Northern Territory.	https://nt.gov.au/law/prisons/prisoner-treatment-and-rehabilitation-programs

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Playgroup programs				
Playgroups Shine4Kids	The Shine4Kids program provides opportunities for parents and children to enhance their relationship in a supportive environment, increase their parenting skills and confidence and develop valuable social and family support networks.	This program runs once a week, for a 2-hour session.	Secure, open custody, and transitional Correctional Centres throughout New South Wales, Australian Capital Territory, Victoria, and Queensland.	https://shineforkids.org.au/prison-invisits-program/
Stay Together, Play Together Shine4Kids	Stay Together and Play Together offers high-quality, fun, structured and unstructured play experiences and provides opportunities for play-based learning to support positive child development.	This program runs once a week, for a 2-hour session.	Secure, open custody, and transitional Correctional Centres throughout New South Wales, Australian Capital Territory, Victoria, and Queensland.	https://shineforkids.org.au/prison-invisits-program/
Support programs for children with an incarcerated mother				
Ride By Your Side Shine4Kids	A mentorship program for children with a mother in prison. The program provides children with a supportive, caring, and non-judgmental adult mentor. The mentor engages the child in a relaxed environment as they travel to and from the prison where their mother is held. Mentoring continues fortnightly post a mother's release if it is within the 12 months.	This is a 12-month program that runs monthly on weekdays or weekends.	Queensland, Australian Capital Territory, New South Wales, and Victoria.	https://shineforkids.org.au/about-us/what-we-do/prison-based-services/
Rise Shine4Kids	This program is an educational support for children with incarcerated parents.	This program offers a one-on-one mentoring out of the classroom bi-weekly for 1 hour to a student with a parent in prison.	Queensland, New South Wales and Victoria (Kempsey, Townsville, Brimbank, Frankson, Clarence, Goulbarn, Cessnock).	https://shineforkids.org.au/?s=rise

Program name and provider	Program description and aims	Program structure and dosage	Where the program is operating	More information
Sexual offending and treatment programs				
Sex Offender Treatment Program Provider not specified	The program addresses sexual offending behaviours.	The program is structured around 8 modules, which are usually delivered over a 6-month period.	Northern Territory Prisons.	https://nt.gov.au/law/prisons/prisoner-treatment-and-rehabilitation-programs
Sex Offender Treatment Program/RSVP Provider not specified	The Responsibility Safety Victims and Plans Program is a low intensity program designed to meet the intervention needs of low and moderate-low risk sexual offenders.	The program is made up of 20 modules that target areas related to the risk of sexual offending.	Northern Territory Prisons.	https://nt.gov.au/law/prisons/prisoner-treatment-and-rehabilitation-programs
Sexual Assault Program Sisters Inside	This is a counselling service for women who have experienced sexual assault.	One-on-one counselling sessions for women in prison. Session regularity and lengths vary.	All women's prisons in South-East Queensland.	https://www.sistersinside.com.au/for-women/
Personal transformation programs				
Sisters for Change Red Cross	Sisters for Change is a Community-Based Health and First Aid (CBHFA) program. The program has several projects within it that include Safe Women Workshops, Clean-Up Crew activities, Aboriginal and Torres Strait Islander Mental Health Training, Elders for Change, an information kit for newly incarcerated parents, families and carers Project, a library and a children's book.	Multiple activities with varied lengths run over a year.	Townsville Correctional Centre, Queensland, St Heliers Correctional Centre in New South Wales, Acacia Prison in Western Australia, and Adelaide Women's Prison in South Australia.	https://www.redcross.org.au/getmedia/06f20352-bb92-4e1c-be34-b2827459d531/CBHFA-Summary-Report-A4-4pp-Final.pdf.aspx
Spiritual programs				
Pastoral Care State Chaplaincy Board Chaplains	Pastoral care reaches out to people in prison offering them spiritual based consolation and encouragement, in whatever form is appropriate to the person at the time.	Provides pastoral care as needed and a chapel service on a 6-weekly rotational basis.	Queensland Correctional Centres.	https://www.statechaplaincyboard.com/