

## **Annex 1 :**

### **WHO HEALTH IN PRISONS AWARD 2005 APPLICATION FORM**

#### **BACKGROUND INFORMATION**

**Title of your piece of work:** HEALTH PROMOTION AND ENVIRONMENTAL EDUCATION IN EL DUESO PRISON NATURAL SURROUNDINGS

**Name of country:** SPAIN

**Name of prison:** EL DUESO PRISON

#### **Brief description of the prison and prisoners (maximum 200 words):**

El Dueso was conceived in 1907 as a modern prison incorporating new elements aimed to achieve prisoners resocialisation through labour in open spaces.

With a surface of 330.000 m<sup>2</sup>, surrounded by a big stone wall of 3.000 meters, it's divided in three Departments, with an average prisoner population of 600 sentenced inmates, assigned to 2nd grade (average security and treatment grade), suffering from serious health problems: 60% drug addiction, 15% HIV positives and 45% VHC (Hepatitis C) positives.

The three Departments share a big open patio that allows prisoners great freedom of movements during approximately nine hours each day. There's a scarce perception of walls and obstacles and free access to all prison's services (health, treatment, laundry, cooperative store, school, gym..), resembling a small village. This is one of the most remarkable characteristics of El Dueso.

It has a great potential for productive work, activities, vocational training, adult's education, sports, etc..

It is geographically sited by the Cantabric Sea, in the heart of the Natural Park of Santoña and Noja Marshs (R.N.M.S.N.). Placed in the top of a hill, it overlooks the beautiful countryside of the Natural Park: beaches, dunes, cliffs, marshs, mountains and woods. All this makes El Dueso unique.

Please indicate the category (you may choose only one) for your application, by typing an **X** in the box against the correct category

**Category 1: an example of best practice regarding *health care services provided to prisoners*.** This category includes any aspect of the clinical care provided to prisoners by doctors, nurses or other healthcare professionals.

**Category 2: an example of best practice regarding any of the following, or a combination of the following: *prevention, health education or health promotion services provided to prisoners*.** For example, members of staff (not necessarily medically trained staff) working within the prison might provide the service, or it may involve peer education i.e. using specially trained prisoners.

**Category 3: An example of best practice, which demonstrates *effective co-operation between a prison and the outside community*, in the area of health improvement.** This category includes any aspect of improving the health and well being of prisoners.

Note: please attach supporting photographs electronically to this application if you wish. They may be used in any subsequent publication of the awards.

## **PURPOSE OF THE WORK**

**1. What is the aim or general objective of your initiative or piece of work (in just one sentence please)?**

Awakening prisoners interest and awareness of the importance of environmental care and its consequences on health.

**2. What are the main characteristics of the target group(s)?**

It is generally aimed to the entire prison's population. Its different application levels allow inmates participation depending on their regimental situation.

**Is it targeted at all prisoners, or a particular group or groups? E.g a particular age group.**

This project is targeted to the 600 prisoners that usually live in the prison, no matter what their health state is.

Since all the interventions are voluntary, the participants interest is guaranteed. He activities are carried out on inmates spare time, inside and

outside the prison compounds. The activities length depends on objectives. We have punctual, weekly, monthly and seasonal activities.

- **Are others being targeted e.g. such staff involvement or involvement of families**

Another work group is the Prisons Directive Board, through their involvement in good environmental practices.

- **What is the coverage of the work i.e. how many persons are being reached**

The number of persons and staff participating and getting directly involved in this project is ample, creating a multidisciplinary group.

This project has reached an average number of 540 inmates, from 2001 to 2005, with approximately 300 annual changes due to new arrivals and transfers from the prison. The number of inmates directly involved in the project, collaborating with the group that leads the project and directing some of the programs themselves is exactly 59.

The exact number of participating staff members is 14 in a direct way and around 40 in an indirect way.

A common characteristic to all the group participants is their voluntary implication and their special perception of the role of health and environment in resocialisation.

### **3. Why this initiative is important? Please indicate in the box**

Because it is aimed to promote healthy habits in prisoners, using a new tool such as Environmental Education.

We believe that Environmental Education means also educating in justice, human development, dignity, non violence, diversity and health.

Our Project is aimed to make people aware of the future and the improvement of individual and community health.

- **what is the health need you are addressing? Has there been any form of needs assessment undertaken?**

Generally, our work is aimed to promote healthcare and, in particular, to motivate environmental care.

Our aim is to improve prisoners health and living conditions, with the specific purpose of developing selfcare on each inmate.

At the end of 2001 we designed a work schedule, as a consequence of the necessity to assure the continuation of medical treatments in tuberculosis and AIDS patients. We thought it would be good to add an article inviting to a deep understanding and perception of the prisons landscape and surroundings to make the agenda more attractive. This article was the link to environmental sensitivity in inmates and our detection of a real need to provide environmental education in the prison.

In 2002 we decided to incorporate this new tool to the “Efecto Dominó Training Program” for Health Agents, based in an Education Program for Peers set up a year before with the aim of changing habits in prisoners and promoting selfcare.

Through the enrichment of activities in number and quality, two work lines have been established. These Health Education work lines are different but complementary. The NACAR Project (Nature and Prison) has been established trying to improve Environmental Education. The “Efecto Domino Training Program” for peers still tries to change health and lifestyle habits.

Later in 2003 the Prison’s Medical staff assessed different health needs through a test made to all professionals at different levels: Medical Team, Treatment Team (Reeducation), Security, Administration and Health Agents.

- **Were you drawing upon any evidence or research to inform the piece of work? If yes please briefly refer to it here.**

We’ve based our work in two evidences:

- 1) Education, although slow, if maintained in a continuous and thoughtful way, improves the best values of a human being, such as responsibility, compromise and search of justice.
- 2) It’s proven that lifestyle is crucial for health in developed countries, but this premise does not apply to the majority of the world’s population, for whom environment is most important. In this case, lifestyle depends completely on environment.

These two facts encouraged us to establish an Education Program that comprised environmental and health habits, favored by this Prison’s unique geographical situation.

4. **What did you set out to achieve, and how successful were you? Please list your specific objectives in order of importance, and any indicators used to help you measure progress. (NOTE any evaluation should refer back to these objectives and indicators, indicating progress towards meeting them)**

Taking advantage of the prison’s privileged situation to offer a new education tool based in individual’s experimentation in nature.

Our project is successful thanks to the interesting activities going on, the demand of information about future activities and the improvement in environmental culture everyone in prison is experimenting, prisoners and staff included.

Inmates get the chance to participate in low control activities, improving thus their self-esteem and their knowledge, achieving values that make it easier to carry out the Education Programs “Efecto Dominó” and NACAR Project.

Finally, the high level of consciousness and motivation of everyone involved, and the satisfaction of the staff in charge grant this project a great future.

#### **4 OBJECTIVES**

- Awakening prisoners interest in environmental matters.
- Creating and facilitating participation means on environmental matters in order to improve health and well being in prison.
- Educating prisoners to minimise prison’s impact on their environment.
- Promoting participation and consciousness of Health Agents in environmental matters, placing them in an active situation that allows them to transmit this information.
- Integrate inmates in out of prison and volunteer programs working with nature and environment, so they can achieve social skills in normalized groups.
- Promote safe and healthy habits to facilitate resocialisation.
- Keeping on with the multidisciplinary collaboration with the Natural Park of Santoña and Noja Marshs, SEO/BirdLife and the Health State Delegation of Cantabria.
- Involving the Prison’s Directive Board in environmental improvement.

#### **The methods to measure progress were:**

The total number of participants in all activities has been over 2000 in four years. Many inmates participated several times. At the end of 2003 we realized that we had to be more concrete and rigorous evaluating participation. We started evaluating each activity, making satisfaction and knowledge tests. In 2004 the exact number of prisoners participating in activities was of 1042, many participating several times. The increasing demand of information from prisoners and the proposal from some of them to start new activities.

The rising in number and quality of environmental activities: from one in 2001 to 13 in 2004, with new ones coming up in 2005.

The high number of requests for training classes to become Health Agents, without a campaign being necessary, while in previous years they didn’t amount to 25, with a campaign made amongst prisoners.

The notorious improvement in Health Agents prestige has contributed to inmates participation in health promotion activities. Prior to the creation of this Group of Agents, in 2000 and early 2001, the number of

participants in activities was no more than 15, while actually some activities have 80, 90, 200 and even 300 prisoners participating.

The increasing number of birds observed from the prison's bird-watching post. The results of a scientific research prove that from the prison we made 31% of spoonbills sightings over the Natural Reserve. In 2004 we made 49%. This implies a great improvement in bird watching training for prisoners. The number of spoonbills stopping is also greater because of the decoys points placed in the Park.

The requirement from SEO/BirdLife of new decoys placement in order to improve control over three new species.

The creation of non smokers cells in the prison departments, with an increasing number of 27 in 2001 to 49 now, taking into account the fact that the percentage of smokers in prison is of 70 %, and that we have over 100 individual cells.

The notorious decrease of uncontrolled cats in the prison's compounds with the withdrawal of 29 individuals in 2004.

Battery recycling as a new activity.

The increasing number of activities concerning healthy habits of Efecto Dominó: from 4 interventions in 2001 to 9 different ones in 2004.

The media coverage of the Program in 12 newspapers, 2 magazines, 2 local TV programs, 1 national TV program, radio, and specialised magazines such as Ambienta and National Geographic.

The increasing number of activities of the organisations participating in this project: from 1 in 2001 to up to 13 different activities in 2004.

The increasing involvement of the Prison's Directive Board in environmental improvements since 2003.

## **WHO WAS INVOLVED / WHAT WAS THE TIME FRAME?**

5. Please describe:

- Those involved in delivery of the initiative? Give names, job titles and the employer of key people involved
- Any prisoner involvement in the planning or delivery of the work
- The time frame : When did the work commence? What did you do and when. Is there a finish date known yet?

### **A) Prison Employees involved:**

Carlos Fonfría Lavín: Prison Director since the 25th of June, 2004 , member of the Project NACAR Health Intermediaries Group.

Miguel Mateo Soler: Prison Director up to the 24th of June, 2004.

Gerardo López Palacio: Medical Assistant Director, Health Education Coordinator and member of the Project NACAR Health Intermediaries Group.

Jorge Bengoechea Ibaceta: Health Assistance Officer, member of the Project NACAR Health Intermediaries Group and promoter of the NACAR Project (Nature and Prison).

José Ramón Borraz Fernandez: Nurse.

Nieves Castrillo Hospital: Doctor and member of the Project NACAR Health Intermediaries Group up to 2003.

Lorena Cordera Gutierrez: Nurse and member of the Project NACAR Health Intermediaries Group since November, 2004.

Laura Pérez del Molino: Treatment Assistant Director and member of the NACAR Project.

Celia Carro Oñate: Sociologist and member of the Project NACAR Health Intermediaries Group up to October, 2003.

Begoña Bercedo García: Counselor and member of the Project NACAR Health Intermediaries Group up to April, 2004.

José Carlos Juncal Ibaceta: Education Staff Member

Olatz Arechederra Ortiz: Lawyer and member of the NACAR Project.

Cristina Ibañez: Counselor and member of the Project NACAR Health Intermediaries Group.

#### **B) Staff from the Natural Park of Santoña and Noja Marshs:**

José Javier Fernanadez Aransay: Technical Director of the Park and member of the Project NACAR.

Juan José Aja Aja : Ranger of the Park, ornitologist and member of the NACAR Project.

Jaime Quintana: Ranger of the Park and member of the NACAR Project.

Jose Angel Gómez :Ranger of the Park and member of the NACAR Project.

Alejandro Lamsfus: Ranger of the Park and member of the NACAR Project.

Rodrigo Quintana: Ranger of the Park and member of the NACAR Project.

#### **C) Staff from SEO/BirdLife:**

Juan Gómez Navedo: Biologist and member of the NACAR Project.

Carlos Sainz de la Concha: Pedagogue.

#### **D) Staff from ACCAS (Anti AIDS Citizen Association of Cantabria):**

Azucena Aja Maza: Psychologist and member of the Health Agents Group.

Laura del Arco Fernández: Occupational Activities Staff and member of the Health Agents Group.

**E) AIDS National Plan** sponsors the Health Agents Program.

**F) AIDS Regional Plan** of Cantabria Government sponsors ACCAS participation in the Health Agents Program.

**G) Santoña Municipal Government** it has participated with the cession of enviroment exposure to the prison.

**E) The total number of prisoners participating** since 2001 in this Project, directing themselves some activities, is of 59 (some of them in different activities):

1) 30 inmates trained as Health Agents collaborating in activities about AIDS, Hepatitis, environmental courses, talks, stickers, etc.

2) 6 inmates participating in decoy making.

- 3) 14 inmates participating in a scientific research about the spoonbill's pre-nuptial migration.
- 4) 3 inmates participating in an active way in the delivery of 28 uncontrolled prison cats to a Foster Care Center.
- 5) 6 inmates participating in the publishing of the "Entre Paréntesis" Magazine, dedicated to divulge health promotion essays.
- 6) 5 inmates participating in a radio program of interviews centered in health education and advices.
- 7) 2 inmates participating giving explanations about two videos with health promotion advices, shown in Department II.

## **ACTIVITIES**

**A)** During 2002, 2003, 2004 and 2005 a number of activities have been organised as a consequence of the "**Efecto Dominó**" Program, all of them centered in health education;

- 1) Talks about AIDS, Hepatitis, tuberculosis, drugs, hygiene, nutrition, safe sex, mental diseases, Treatment following, environmental education, smoking, etc.
- 2) Health Agents were trained in 2002, 2003, 2004 y 2005 in the mentioned subjects and other more specific such as team work, team cohesion, work lines design and environmental education.
- 3) They have collaborated writing articles for the magazine "Entre paréntesis" during all this years.
- 4) They have collaborated explaining in the department dining hall health promotion and prevention videos about tuberculosis, AIDS, safe sex, low risk consumption, etc.
- 5) They have collaborated broadcasting health subjects in the prison's radio.
- 6) They helped making informative posters.
- 7) They have organised informative round tables conferences on health subjects.
- 8) HealthCare Staff's Conferences about infectious diseases.
- 9) Workshops on nutrition, social skills, mental health, etc.

**B)** Several activities have been carried out within the **NACAR Program**:

- 1) Programmed trips to the R.N.M.S.N., chaperoned by SEO/BirLife and R.N.M.S.N employees and by prison's staff, with the objective of teaching the prisoners on the spot how the estuary works, the importance of its muds in wild life, specially for migratory birds, and the peculiarities of the flora and fauna of the holm-oak grove. Four different trips were programmed: study of

the diverse ecosystems, migratory stops, outings to the marsh, trip to the holm-oak grove, visit to the water mill, etc.

2) Several Environmental Consciousness Workshops were organised so prisoners could act directly on Nature.

3) Talks aimed to inform about the environmental importance of the Prison's surroundings, the estuary and its impact in wild life, health and environment workshops.

4) Making and placing posters about battery recycling.

5) Handing out stickers with environmental and healthy advices.

6) Paper recycling Workshop.

7) Simulating the required time for some materials to degrade, and the pollution caused by electric batteries.

8) In 2003 a Decoy Making Workshop was created. In this workshop prisoners made 22 ceramic reproductions of a spoonbill (*platalea leucorodia*), used later on decoys as lures. In 2005 28 new decoys have been made, under petition of SEO/BirdLife, to facilitate control over three new species: the Sandwich Tern (*Sterna Sandvicensis*), the Common Tern (*Sterna Hirundo*) and the Little tern (*Sterna albifrons*).

9) A group of inmates took part on a scientific research directed by SEO/BirdLife in 2003, 2004 and at the present time, in 2005. The subject of the research is the prenuptial migration of the spoonbill (*Platalea leucorodia*) passing by the R.N.M.S.N. Using the prison as a privileged observatory over the marsh, inmates study the behaviour and prenuptial migratory uses of an important number of dutch spoonbills. During the high tide, these birds use the small islands across the prison compounds to rest and to clean themselves. Inmates observe the birds with prismatics and telescopes three hours each day, two hours before and after the high tide. They write down the number of spoonbills stopping daily, their favourite resting spots, their courtship behaviour, etc. This information helps improving control over this endangered species.

10) In 2004, we had to start a Special Program in order to reduce the number of uncontrolled cats in the Prison's compounds. We started an Awareness Campaign with talks from a Veterinary from The Animal Health Department of Cantabria, posters, and meetings. Finally we could collect some cats from those inmates that used them as pets, and many other wild ones, taking them later to a Foster Care Center.

11) In December, 2004, a notice board was set up under the title: NACAR Project, where environmental information is provided to inmates. In this notice boards prisoners can also find information about programmed activities.

12) In December, 2004 we also started a Videoforum where environmental education films were viewed with the tutorship of R.N.M.S.N. and SEO/BirLife staff.

13) In January, 2005, we started programmed ornitologic walks on the prison's compounds, oriented to awake inmates interest in Ornitology and Nature. The groups are formed by 12 inmates, and 2 or 3 Counselors. The walks last around three hours each, and many birds can be watched during this time.

14) During this year we plan to promote inmate's participation in volunteer programs outside the prison. They will lodge with other volunteers (students, ornitologists, etc)

15) A visit of Health Agents to the modern Sewer of Meruelo is programmed, so they can study on the spot how garbage is managed.

16) The Directive Board has invited several Environmental Experts to the Prison, so they can inform us about the possibility of setting up a clean spot point and other environmental practices in our Center.

A finishing date for the Project hasn't been set yet, since all the participants are so strongly involved. We pretend to keep it growing and improving, hoping it lasts for a long period of time.

## EVALUATION

6. Was there an evaluation?

If yes please detail findings in not more than 300 words. You may want to consider:

- Formative or **process evaluation**, concerning the quality and acceptability of your **programme's implementation** with the target group
- Summative evaluation: what were the **outcomes and impacts** *in relation to your Specific Objectives and indicators listed above*

- 1) The increasing number of prisoners taking part in both programs .
- 2) The improvement in Health Agents prestige and drawing power has caused a significative rise in the number of inmates taking part in activities.
- 3) The increasing number of inmates directing themselves some of the activities.
- 4) The growing importance of inmates studies in the scientific research, helping to control an endangered species.

- 5) The growing participation of external Organisations on the Project, keeping and increasing their collaborations.
- 6) The growing involvement of the Prison's Directive Board on the Project, participating directly and promoting interesting measures such as garbage control.
- 7) The program's scope in prison's life, keeping a high number of inmates involved and busy, gaining knowledge about Environment.
- 8) The growing interest of the media in the project, spreading it widely.
- 9) We've shown prison's reality to Society, pointing out resocialisation activities and the fact that inside we can carry out many programs similar to those made outside.

**7. NOW TELL US IN YOUR OWN WORDS ABOUT YOUR PIECE OF WORK or INITIATIVE AND WHY IT IS IMPORTANT in not more than 500 words:**

Since Lalonde, it is generally assumed that health in Community depends on four groups of factors called "Health Determiners": Human Biology, Environment, Lifestyle and Medical Assistance System.

- Human Biology includes factors that have their origin on each individual's own genetic pull.
- Environment includes external factors to which the individual is exposed, such as biological factors (viruses, germs), physical factors (radiations). Chemicals (pesticides), social and cultural (social differences, stress, etc)
- Health and lifestyle habits include those behaviours crucial on health: food, drugs, etc.
- The Medical System includes the amount, quality and coverage of Health Services (Medical Care).

Usually Health Education in prison is centered on health habits and gives less importance to environmental factors.

In our Center we wanted to educate on environmental and healthy habits with the help of Health Agents. These inmates are specially trained to transmit others knowledges and information in order to achieve a change in habits. This method, based on education amongst equals, is working since 2001. These inmates have a lot of credibility and they are important in their group. They are trained in Communication and Team Work Skills. They learn about contagious diseases, hygiene, food habits, drugs, etc, and later on about Environment Education. They get help from intermediaries, counselors, healthcare staff and ACCAS workers.

We pretend to teach inmates healthy habits using a new interesting method. They can experiment in Nature: touching, listening, watching it. This

seduces them, and later on they get interested in other health related activities.

From this experience and other activities related with Nature, He Project NACAR was created. We established two parallel education projects: Efecto Dominó and NACAR.

Nowadays Environmental Education is present in our cities, villages, and schools. We thought it should also be present in prisons. We want to achieve a good grade of consciousness, and we've surrounded ourselves with experts and professionals from the Park and SEO/BirLife. These professionals are highly motivated and compromised with our environment. They teach the whole group, prisoners and staff, daily through example.

This way, many of the prisoners were able to learn about the peculiarities of the Prison's surroundings, appreciating them.

At the beginning we tried to spread messages in order to educate about environment. We wanted to create an environmental culture in prison, so prisoners get involved and can act in their environment when they are free. This way we can all achieve a sustainable development.

In the future we pretend to keep on organizing activities aimed to improve environment (a clean marsh) , healthy habits and well being of prisoners. We want to set up a "Good Practice Compromise" with them, improving the prison's grounds: cleaning, hygiene, clean spot point, garbage and energy management, water control, noise control and responsible consumption.

**Finally, what are the most important specific learning points from your piece of work you would like to share with others working with prisoners? 500 words max**

Prisoners participation in mixed working teams ( Prison staff, NGOs, external Organisations,...), without a strong hierarchy, causes the following:

While making decisions unanimously, taking into account necessities they have detected previously, they can easily accept them. They feel more compromised with common spaces care and respect, convivial rules and health measures.

The voluntary work of inside and outside professionals and prisoners over common objectives improves prisoners opinion on professionals work and motivations, and viceversa. This creates a positive and convivial climate, with relationships and services improving.

We want to share with all those working with prisoners our great satisfaction on developing programs where prisoners and outside professionals get involved. This possibility brings fresh air and motivation to all of us

working in this interesting profession. The exchange of ideas and experiences enriches us all.

In our case, we've taken advantage of the prison's unique situation. We know that other prisons don't have the same chances, but we are sure that imagination can be used to start new projects, overcoming architectural, cultural and educational limits.

We would like to share with other prison's colleagues a real perception of what we've felt working in this Project: Education is a great tool in the search of peace and social justice. Health and Environmental Education has as one of its most important purposes the development of all human beings, so in the future we can all put back poverty, exclusion, injustice and diseases, dreaming at last with an utopic day without prisons.