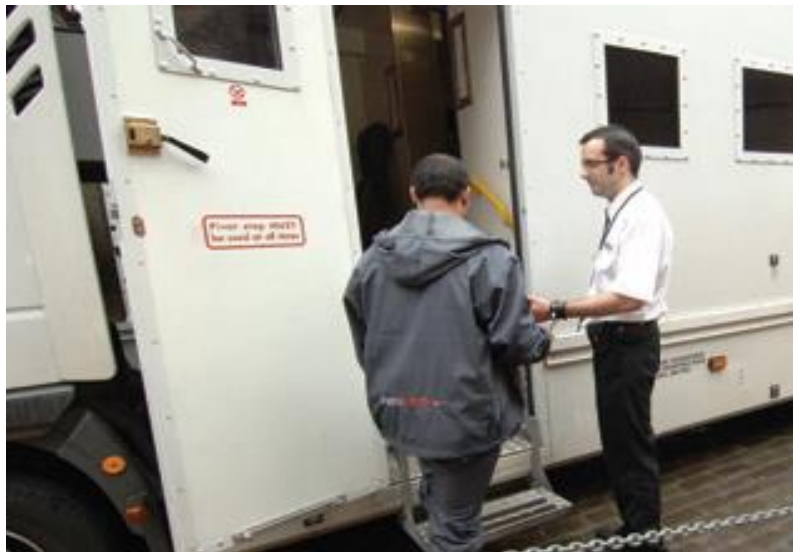




REMAND PRISONERS 2015



15th Survey Bulletin

Research, Strategy and Innovation

Róisín Broderick & James Carnie

July 2016

EXECUTIVE SUMMARY

Atmosphere and Relationships

The majority of remand prisoners (90%) reported the atmosphere in the hall/dormitory in positive terms (compared to 85% of convicted prisoners). A particularly high percentage of remand prisoners described their relationship with officers in their hall (97%) and prisoners in their hall (97%) in positive terms (convicted prisoners 96% and 93% respectively).

Healthcare

Prisoners were asked about their use of medical services while in their present prison. Eight in ten prisoners reported attending the nurse (81%) and /or doctor (80%). When asked to rate the quality of healthcare in their prison in general two thirds of remand prisoners (64%) rated it in positive terms (as either 'very good', 'good', or 'ok').

Hepatitis C

Around four in ten remand prisoners (41%) who responded to the Survey had been tested for Hepatitis C compared to half of convicted prisoners (50%). Eight in ten (81%) reported that they would take a Hepatitis C test in prison and four in ten (40%) had been given information about Hepatitis C while in prison (Convicted prisoners 86% & 47% respectively).

Cleanliness

The level of cleanliness in the majority of areas in the prison was rated highly by remand prisoners who described the cleanliness as 'ok', 'fairly good' or 'very good' in their hall (88%), the toilet area (85%) and the showers (80%). Fewer remand prisoners rated the cleanliness of their cell in positive terms (65%). The majority of remand prisoners reported receiving clean bedding on a weekly basis (91%).

Food

In the region of two thirds of remand prisoners were positive regarding the choice of menu (69%) and the condition of the food when they got it (69%). Almost four in ten remand prisoners were critical of the size of the portions (38%). Convicted prisoners held similar views to remand prisoners in relation to food.

Mental health and well-being

Eight in ten of those reporting were 'able to make up my own mind about things' (81%) and around two thirds had had 'been dealing with problems well' (68%), 'had been thinking clearly' (67%), and 'had been feeling optimistic about the future' (64%).

On a less positive note, less than half of remand prisoners reported, 'feeling interested in other people' (49%) and 'feeling close to other people' (46%).

Alcohol use

Four in ten remand prisoners (41%) reported being drunk at the time of their offence and were of the opinion that their drinking affected their relationship with family (40%). One third of remand prisoners (32%) reported being assessed for alcohol use on admission to prison compared with a quarter of those who were convicted (25%). A quarter (25%) of remand prisoners were worried that alcohol would be a problem for them upon their releases compared with 16% of convicted prisoners.

Smoking

Eight in ten remand prisoners (81%) reported they smoked, with half (53%) expressing a desire to give up smoking. A third of remand prisoners (35%) reported sharing their cell with a smoker. Over a quarter of remand prisoners (28%) had received advice on smoking and its related health risks since coming into prison (compared to 43% of convicted prisoners). Four in ten had

previously used e-cigs (42%) and two thirds reported that they would use e-cigs instead of smoking tobacco if they were available in prison (68%) (Convicted prisoners 30% and 65% respectively).

Drug use

Four in ten (39%) remand prisoners had used illegal drugs in prison, with a quarter (25%) having used illegal drugs in prison in the last month. Over half (53%) of remand prisoners reported their drug use had changed during their current period in prison, with 62% stating their drug use had decreased, 20% indicating it had increased and 10% having the same use but different drugs. Eight per cent had only started using in prison.

Use of Legal Highs/NPS

Almost a third (30%) of remand prisoners said they have previously used other drugs known as legal highs/NPS, with 25% of convicted prisoners stating this.

Contact with family and friends

Prisoners had regular contact with their friends and family by letter (remand prisoners 64%; convicted prisoners 70%), contact through visits (remand prisoners 49%; convicted prisoners 59%) and contact by telephone (remand prisoners 67%, convicted prisoners 77%). Convicted prisoners were ten percent more likely to have contact by telephone and visits.

Bullying

One in ten remand prisoners (10%) reported they had been bullied in the month prior to the

survey (13% of convicted prisoners). Of those remand prisoners who indicated they had been bullied, the most common types of bullying involved name calling (44% remand; 54% convicted). Of those who were bullied 27% (n=25) of remand, compared to 24% of convicted, reported the incident.

Safety

One sixth of remand prisoners (16%) expressed fear for their safety in prison in the month before the survey (17% of convicted prisoners). Of those remand prisoners who did fear for their safety, six in ten were made to fear for their safety by another prisoner (59%) and four in ten by a group of prisoners (45%). Almost one fifth (18%) had feared for their safety from a prison officer and 13% (n=20) from a group of prison officers.

Carrying a Knife

Half of remand prisoners (51%) had carried a knife (convicted prisoners 45%), with just over a quarter 26% saying they did so 12 months before coming to prison. Just over four in ten (43%) said they had been a victim of knife crime, and also were of the opinion that being cautioned by the police would act as a deterrent (41%). One third (34%) had been cautioned by the police and been convicted of a knife crime (34%).

In care as a child

Just over a quarter of remand prisoners (26%) had been in care as a child compared to a slightly higher percentage of convicted prisoners (28%).

REMAND PRISONERS 2015

Introduction

This Bulletin, which deals specifically with remand prisoners held by the Scottish Prison Service, is one of a number of thematic commentaries presenting the key findings from the 2015 Prisoner Survey. The Prisoner Survey was introduced to the Scottish Prison Service in 1990 as a mechanism to inform and support the Service's business planning process. The focus of the Survey has expanded over the years.

The Survey continues to focus upon the core elements of prison life: living conditions, family contact, healthcare, relationships, atmosphere and perceived safety. This year's questionnaire also introduced new topics on engagement with programmes, in care as a child, military service and accessing Prison Rules. The Survey informs and shapes change by contributing to establishment and corporate business plans.

The Survey was carried out between July and August 2015 on an establishment-by-establishment basis. Prisoners' views were collected by means of a self-completion questionnaire, which was distributed and collected personally by the members of the Survey team or by local staff. The Survey involves all prisoners and all establishments.

The 15th Survey achieved an overall prisoner response rate of 55%. A total of 748 remand prisoners participated in this Survey. Of those, 95% were male and 5% were female.

Respondents' remand and custodial sentence history is outlined in Table 1. This shows that remand prisoners were most likely to report having been on remand between 1 and 5 times (40%), followed by 'never' previously been on remand (25%) and been on remand over ten times (23%). Fewest respondents had been on remand between 6-10 times (12%).

One third of remand prisoners (34%) had 'never' previously served a prison sentence, almost four in ten (38%) had served between 1 and 5 sentences and just over a quarter (28%) of remand prisoners had served more than 5 sentences.

Table 1. Remand prisoners' prison history	Never	1-5 times	6-10 times	Over 10 times
Number of times previously on remand	25	40	12	23
Number of times previously on a sentence	34	38	13	15

Half of remand prisoners had a served sentence in the community (52%) compared to four in ten (43%) of convicted prisoners. Almost a third of remand (30%) and convicted prisoners (32%) had received a custodial sentence as a result of breaching a community sentence.

Atmosphere and Relationships

The majority of remand prisoners (90%) reported the atmosphere in the hall/dormitory in positive terms (compared to 85% of convicted prisoners). A particularly high percentage of remand prisoners described their relationship with officers in their hall (97%) and prisoners in their hall (97%) in positive terms (convicted prisoners 96% and 93% respectively).

Healthcare

Prisoners were asked about their use of medical services while in their present prison. Eight in ten prisoners reported attending the nurse (81%) and /or doctor (80%). Due to the availability on site, prisoners tend to avail themselves of the health services that they might not otherwise bother accessing in the community. When asked to rate the quality of healthcare in their prison in general two thirds of remand prisoners (64%) rated it in positive terms (as either 'very good', 'good', or 'ok').

Hepatitis C

Around four in ten remand prisoners (41%) who responded to the Survey had been tested for Hepatitis C compared to half of convicted prisoners (50%). Eight in ten (81%) reported that they would take a Hepatitis C test in prison and four in ten (40%) had been given information about Hepatitis C while in prison (Convicted prisoners 86% & 47% respectively).

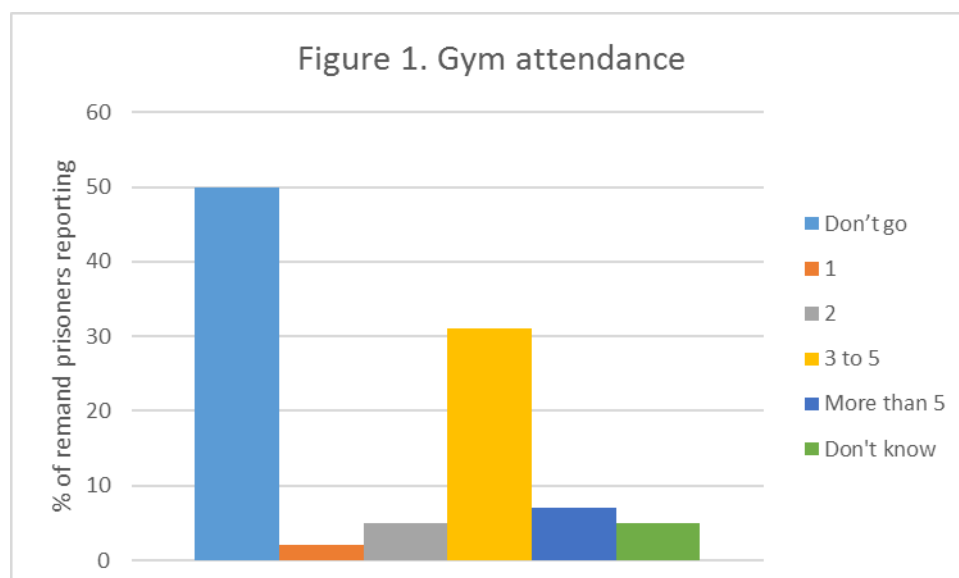
Cleanliness

The level of cleanliness in the majority of areas in the prison was rated highly by remand prisoners who described the cleanliness as 'ok', 'fairly good' or 'very good' in their hall (88%), the toilet area (85%) and the showers (80%). Fewer remand prisoners rated the cleanliness of their cell in positive terms (65%). The majority of remand prisoners reported receiving clean bedding on a weekly basis (91%).

Fitness and Recreation

When asked how many times a week prisoners have at least 30 minutes of moderate exercise (like brisk walking), a quarter of remand prisoners said one or less times per week (26%) or two to four times per week (26%), and almost half said five or more times per week (48%). (Compared to convicted prisoners 23%, 26% and 51% respectively).

Figure 1 details attendance at the gym; 50% do not go, but, two in five stated they go three or more times per week (42%).



When asked how many times remand prisoners use the library each week, six in ten said that they do not use it (61%) compared to almost half of convicted prisoners (47%). Nearly a fifth of respondents said they use it once a week (18%) compared to one third of convicted prisoners (32%). One in ten remand prisoners used it more frequently (seven per cent said twice per week and four per cent more than three times a week).

Mental health and well-being

Prisoners were asked questions on mental health by way of an instrument known as the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) (see Table 2). Eight in ten of those reporting were ‘able to make up my own mind about things’ (81%) and around two thirds had had ‘been dealing with problems well’ (68%), ‘had been thinking clearly’ (67%), and ‘had been feeling optimistic about the future’ (64%).

On a less positive note, less than half of remand prisoners reported, ‘feeling interested in other people’ (49%), and ‘feeling close to other people’ (46%).

Also worth noting is the clear difference in the percentage of remand and convicted prisoners responding positively to these questions on mental health. In all instances, percentages for remand prisoners were lower than those of convicted prisoners in particular regarding those who were ‘feeling confident’ (57% remand compared to 69% of convicted prisoners).

Table 2. Prisoners’ Mental Health & Well-being	% of remand prisoners reporting positively	% of convicted prisoners reporting positively
I’ve been feeling optimistic about the future	64	69
I’ve been feeling useful	52	65
I’ve been feeling relaxed	60	69
I’ve been feeling interested in other people	49	52
I’ve had energy to spare	65	66
I’ve been dealing with problems well	68	75
I’ve been thinking clearly	67	78
I’ve been feeling good about myself	57	69
I’ve been feeling close to other people	46	52
I’ve been feeling confident	57	71
I’ve been able to make up my own mind about things	81	85
I’ve been feeling loved	47	54
I’ve been interested in new things	57	67
I’ve been feeling cheerful	56	67

Alcohol use

As shown in Table 3, prisoners were asked a number of questions about alcohol use inside and outside prison. Four in ten remand prisoners (41%) reported being drunk at the time of their offence and were of the opinion that their drinking affected their relationship with family (40%).

Almost half (48%) of remand prisoners said that if there were offered help on the outside for alcohol problems they would take it (compared to 37% of convicted prisoners).

One third of remand prisoners (32%) reported being assessed for alcohol use on admission to prison compared with a quarter of those who were convicted (25%).

A quarter (25%) of remand prisoners were worried that alcohol would be a problem for them upon their releases compared with 16% of convicted prisoners.

Table 3: Prisoners' views on alcohol	% of remand prisoners reporting	% of convicted prisoners reporting
I was drunk at the time of my offence	41	41
My drinking affected my ability to hold down a job	23	19
My drinking affected my relationship with my family	40	32
If I was offered help in prison for alcohol problem I would take it	39	38
If I was offered help on the outside for alcohol problems I would take it	41	36
I am worried that alcohol will be a problem for me when I get out	25	16
Have you used alcohol in prison in the last month	5	5
I was assessed for alcohol use on my admission to prison	32	25
I have been given the chance to receive treatment for alcohol problems during my sentence	20	23
I have received help/treatment for alcohol problems during my sentence	12	15

Smoking

Eight in ten remand prisoners (81%) reported they smoked, with half (53%) expressing a desire to give up smoking. A third of remand prisoners (35%) reported sharing their cell with a smoker, down from half (50%) in the 2013 survey and compared to one fifth of convicted prisoners (21%). Wherever practicable, establishments will try to house smokers with other smokers.

Over a quarter of remand prisoners (28%) had received advice on smoking and its related health risks since coming into prison (compared to 43% of convicted prisoners). Four in ten had previously used e-cigs (42%) and two thirds reported that they would use e-cigs instead of smoking tobacco if they were available in prison (68%) (Convicted prisoners 30% and 65% respectively).

Drug use in present prison in the last month

Four in ten (39%) remand prisoners had used illegal drugs in prison, with a quarter (25%) having used illegal drugs in prison in the last month. Over half (53%) of remand prisoners reported their drug use had changed during their current period in prison, with 62% stating their drug use had decreased, 20% indicating it had increased and 10% having the same use but different drugs. Eight per cent had only started using in prison.

Almost a third (30%) of remand prisoners said they have previously used other drugs known as legal highs/NPS, with 25% of convicted prisoners stating this.

Table 4 shows that around four in ten (44%) remand prisoners said drug taking was a problem for them on the outside, with a similar number (40%) stating they were under the influence of drugs at the time of their offence. Almost half (45%) of remand prisoners said if they were offered help for their drug problem on the outside they would take it (compared to 39% of convicted prisoners).

Table 4. Drug use at the time of offence	% of remand prisoners reporting	% of convicted prisoners reporting
My drug taking was a problem for me on the outside	44	36
I was under the influence of drugs at the time of my offence	40	40
I committed my offence to get money for drugs	19	16
I was receiving treatment for my drug use before prison	24	19
If I was offered help for my drug problem on the outside I would take it	45	39
If I was offered help for my drug problem in prison I would take it	46	41
I am worried that my drug problem will be a problem when I get out	30	22
I was assessed for drug use upon my admission to prison	48	38
I have been given the chance to receive treatment for drug use during my sentence	27	29
I have received help/treatment for drug use during my sentence	23	24

Contact with family and friends

Contact with friends and family in the community is of vital importance to the majority of prisoners and impacts on quality of life and mental welfare.

Table 5 illustrates that remand and convicted prisoners had regular contact with their friends and family by letter (remand prisoners 64%; convicted prisoners 70%), contact through visits (remand prisoners 49%; convicted prisoners 59%) and contact by telephone (remand prisoners 67%, convicted prisoners 77%). Convicted prisoners were ten percent more likely to have contact by telephone and visits.

Table 5. Contact with family & friends	% of remand prisoners reporting	% of convicted prisoners reporting
No regular contact	16	11
Contact by letter	64	70
Contact by telephone	67	77
Contact by visits	49	59
Contact by home leave	1	2

Table 6 illustrates remand and convicted prisoners reported similarly on the visit experience, which was generally viewed in positive terms. The most noticeable difference between remand and convicted prisoners was satisfaction with the length of the visit, with remand prisoners (65%) responding less positively than convicted prisoners (74%).

Table 6. Prisoners' views on visits	% of remand prisoners reporting	% of convicted prisoners reporting
Access to family and friends	82	84
Access to FCO in this prison	71	74
The length of visit	65	74
Ability to arrange visits	84	85
Facilities for children at visits	83	80
Facilities for disabled visitors	83	79
Timing of visits	79	79
The quality of the visits	82	79
Respectful behaviour shown by staff in relation to visits	79	75

Food

Remand prisoners had mixed views on food in prison. On a positive note, the majority expressed satisfaction with the timing of meals (87%). In the region of two thirds of remand prisoners were positive regarding the choice of menu (69%) and the condition of the food when they got it (69%). Almost four in ten remand prisoners were critical of the size of the portions (38%). Convicted prisoners held similar views to remand prisoners in relation to food.

Bullying

One in ten remand prisoners (10%) reported they had been bullied in the month prior to the survey (13% of convicted prisoners). Of those remand prisoners who indicated they had been bullied, the most common types of bullying involved name calling (44% remand; 54% convicted). Other common types of bullying involved physical abuse (30% remand; 26% convicted) and property/possessions (22% remand; 24% convicted). Of those who were bullied 27% (n=25) of remand, compared to 24% of convicted, reported the incident.

Safety

One sixth of remand prisoners (16%) expressed fear for their safety in prison in the month before the survey (17% of convicted prisoners). Of those remand prisoners who did fear for their safety, six in ten were made to fear for their safety by another prisoner (59%) and four in ten by a group of prisoners (45%). Almost one fifth (18%) had feared for their safety from a prison officer and 13% (n=20) from a group of prison officers. The most commonly cited areas where remand prisoners said they feared for their safety were the hall (52%), recreation (32%) and corridors/stairwells (30%).

Carrying a Knife

Half of remand prisoners (51%) had carried a knife (convicted prisoners 45%), with just over a quarter 26% saying they did so 12 months before coming to prison. Just over four in ten (43%) said they had been a victim of knife crime, and also were of the opinion that being cautioned by the police would act as a deterrent (41%). One third (34%) had been cautioned by the police and been convicted of a knife crime (34%).

The most commonly cited reason for carrying a knife was self-defence (64%), followed by 'don't feel safe where I live' (28%) and 'previously been threatened' (26%). One in ten (10%) remand prisoners said they were a gang member (compared to 9% of convicted prisoners).

In care as a child

Just over a quarter of remand prisoners (26%) had been in care as a child compared to a slightly higher percentage of convicted prisoners (28%). Of the convicted prisoners, almost one fifth (17%) were in care at the age of sixteen compared to 16% of remand prisoners reporting in the survey.

Comment

In most areas of prison life, remand prisoners have very similar views to convicted prisoners. Atmosphere, relationships and cleanliness all receive high ratings while the quality of food and choice of menu traditionally receive low satisfaction ratings from both the remand and convicted population.

On all items on the mental wellbeing scale, remand prisoners continued to report lower levels of functioning than convicted prisoners. It is not clear why this should be so, but it may be connected to the 'shock' of incarceration and the uncertainty hanging over a remand prisoner's personal circumstances in terms of a court appearance and possible conviction, with the unsettling consequences of a custodial sentence which may result in loss of work, changes to accommodation arrangements and general disruption to family life and stability.

The reported trends in increased alcohol consumption in Scotland in recent years appear to be accentuated in the remand population. More remands reported that drinking affected their relationship with family (40% remand; 32% convicted) and more (25%) were worried that alcohol would be a problem for them upon their release (25% remand; 16% convicted).

One fifth (20%) of remand prisoners had been given the chance to receive treatment for alcohol problems during their sentence in comparison to almost a quarter (23%) of convicted prisoners. Four in ten (41%) remand prisoners said that if they were offered help on the outside for alcohol problems they would take it compared to 36% of convicted prisoners.

Four in ten (44%) remand prisoners said drug taking was a problem for them on the outside, with a similar number (40%) stating they were under the influence of drugs at the time of their offence.

Almost half (45%) of remand prisoners said if they were offered help for their drug problem on the outside they would take it (compared to 39% of convicted prisoners).

Four in ten (39%) remand prisoners had used illegal drugs in prison, with a quarter (25%) having used illegal drugs in prison in the last month.

Almost a third (30%) of remand prisoners had previously used other drugs known as legal highs (25% of convicted) reflecting the growing availability and use of such substances in the wider community.

Knife use was common in the remand population with a half (51%) carrying a knife. One third (34%) had been cautioned by the police and been convicted of a knife crime (34%).