

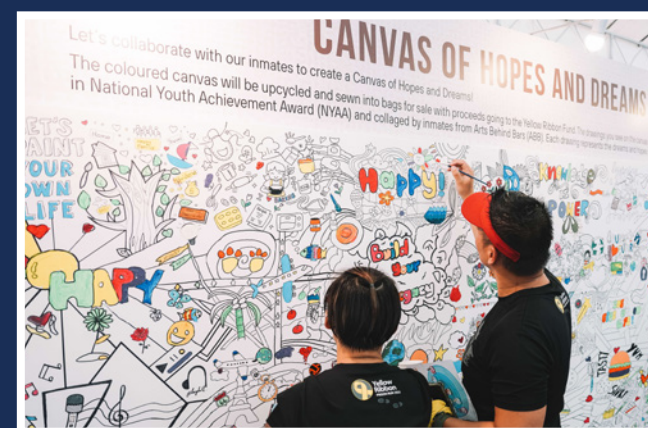
prisonnews

JULY ISSUE 2024

CAPTAINS OF LIVES
REHAB • RENEW • RESTART

Contents

- 02 Down the Memory Lane... Journey Through Our Technological and Operational Advancements
- 05 Singapore Prison Service Annual Statistics Release 2023
- 08 Celebrating Our Staff - SPS Awards Ceremony 2023
- 10 Featuring Our Captains of Lives
- 13 Research Highlights
- 16 Yellow Ribbon Project 20th Anniversary



Editorial Team

ADVISOR

DAC Soh Yen Li

EDITOR

RO2 Mok Huiting Justine

REPORTERS

ASP1 Muhamad Asfadly Aspar

RO2 M Saddiq Mohamad

RO2 Gan Zi Xing

RO2 Ng Chee Wai Melvin

REPORTERS

RO2 Xavier Tan

RO2 Mo Fujie

MX12 Lee Rui Kang Dylan

HTS12 Ch'ng Wei Lin, Charmaine

MEDIA SUPPORT

MX12 Cheryl Ong Liyun

MX13 Suriyani Abdul Rahman

MX14 Ahmad Aqil Bin Ahmad Anuar

PUBLICATION CONSULTANT

Oxygen Studio Designs Pte Ltd

FEEDBACK

thePNeditor@pris.gov.sg



SINGAPORE
PRISON SERVICE

© 2024 Singapore Prison Service

All rights reserved. No part of this publication may be reproduced in any form or by any means without the express written consent of the copyright holder.

Reported by RO2 Mo Fujie & RO2 Gan Zi Xing

Down the Memory Lane...

Journey Through Our Technological and Operational Advancements

→ The Singapore Prison Service (SPS) is committed to utilising technology to bolster operational efficiency, with innovations like data analytics playing a pivotal role. Over the years, SPS has embraced technology to enhance its operational efficiency and tactical capabilities, transforming from using traditional methods to adopting state-of-the-art solutions.

Revolutionising Data Management

From Pen and Paper to PORTS



mPORTS enables officers to check on and facilitate requests from inmates on the go!

Can you imagine tracking inmate information by painstakingly flipping through hardcopy journals and scribbling on whiteboards? That was the reality before the Prisons Operation and Rehabilitation System (PORTS) was introduced in SPS in 2006. PORTS centralised data management, providing a database for inmate management, administration, operations, and rehabilitation. This leap provided officers with real-time access to vital information, significantly improving operational efficiency. **Fast forward to 2016**, SPS launched PORTS2 and its mobile version, mPORTS. These upgrades automated numerous processes, freeing officers from their desks and placing vital information at their fingertips.

Coming Soon! What if we can have a system that not only keeps track of inmates' information, but also helps in their rehabilitation journey with unequalled precision? The third generation of PORTS is on the horizon, promising further integration across platforms, advanced data analytics, machine learning, and a user-friendly design.

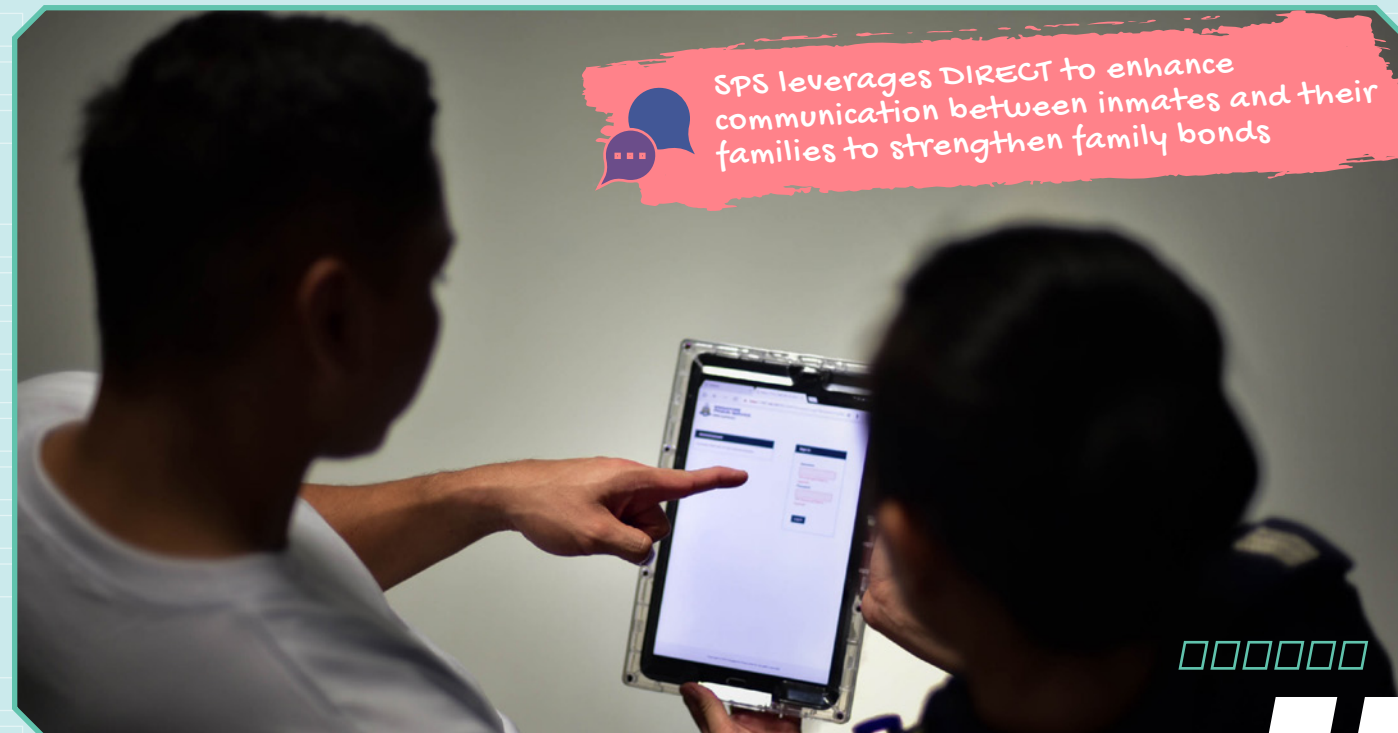
Empowering Inmates in the Digital Age

From Physical Letters to E-letters

Picture a world where staying in touch with loved ones is just a click away, even from behind bars. That's what the Digitalisation of Inmate Rehabilitation and Corrections Tool (DIRECT) has made possible. E-letters facilitate instant communication between inmates and their families but DIRECT is more than a platform for exchanging letters. It offers access to e-books, e-learning, rehabilitation journals, and counselling materials, empowering inmates to take charge of their own rehabilitation journey.



Inmates are empowered to take charge of their own rehabilitation journey



SPS leverages DIRECT to enhance communication between inmates and their families to strengthen family bonds

Surveillance Transformation From CCTV to Intelligent Analytics

Imagine walking through a facility where every corner comes under the watchful eye of an invisible guardian. This is the reality made possible by Project Dragonfly, a cutting-edge video surveillance system that ensures comprehensive coverage across all prison institutions. Gone are the days of limited CCTV monitoring in common areas and heavy reliance on direct supervision. Project Dragonfly provides 24/7 surveillance, significantly enhancing the security landscape within our facilities.



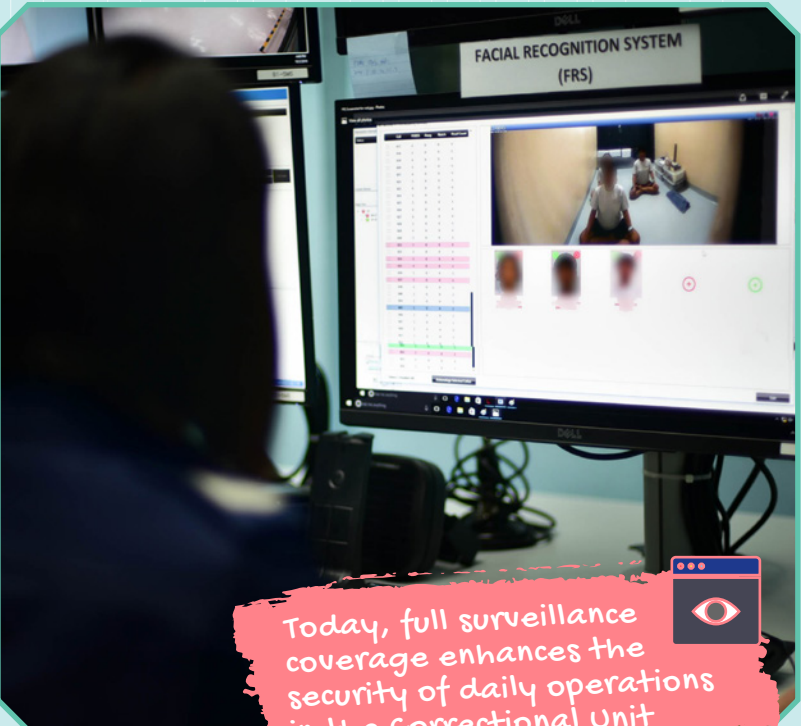
Gone are the days where surveillance relied predominantly on the direct supervision of inmates' activities



Advanced Video Analytics To detect Abnormal behaviour (AVATAR) in action. AVATAR enhances the officers' operational capabilities and ensures the safety of inmates in our custody



CCTV before (top) and after (bottom) Project Dragonfly



Today, full surveillance coverage enhances the security of daily operations in the Correctional Unit

And that's not all! Complementing Project Dragonfly is **AVATAR (Advanced Video Analytics To detect Abnormal behaviourR)**, an intelligent system that takes surveillance to the next level. AVATAR leverages advanced video analytics and machine learning to monitor real-time footage for any signs of abnormal behaviour, such as fights or self-harm. The moment something unusual is detected, AVATAR promptly alerts officers, enabling immediate response and intervention.

Think of it as having a **digital sentinel**, tirelessly watching over and safeguarding the environment. This technology not only improves safety but also allows officers to focus on other tasks, knowing that the surveillance system is an ever-vigilant ally. With Project Dragonfly and AVATAR, SPS has redefined security, ensuring a safer, more secure environment for both inmates and officers.



Enhancing Tactical Capabilities

The Shift from PR-24 to SEB

Visualise the shift from a classic baton to a sleeker, more impactful option. For more than 2 decades, prison officers were equipped with the PR-24 baton, known for its effectiveness in blocking, striking, and jabbing an assailant. The baton was replaced by the more agile Straight Extendable Baton (SEB) in 2022, designed for greater impact and ease of use.

The SEB extends automatically when drawn, thanks to its ambidextrous holster, providing officers with a quick and powerful response tool. During assessments, the SEB demonstrated 1.42 times more impact than the PR-24 baton. **This transition marks a significant upgrade in an officer's tactical readiness.** By adopting the SEB, SPS hoped to enhance our ability to manage confrontations and maintain safety within the prison environment.



Streamlining Techniques for Effectiveness

Integrated Defensive Tactics (IDT)



Think about training that's not just effective, but instinctive and intuitive. That's the essence of the Integrated Defensive Tactics (IDT), which streamlines and enhances the training of uniformed officers. Building on the Close Quarter Defensive Techniques (CQDT) reviewed in 2021 and the transition to the SEB in 2022, IDT equips officers with streamlined, easy-to-remember techniques. These tactics ensure officers can swiftly and effectively counter close-quarter assaults, maintain control, and ensure that they are prepared to manage contingencies and maintain security.



Embracing the Future

The Singapore Prison Service's journey of technological and operational advancements highlights a relentless commitment to progress. From humble beginnings of manual record-keeping to current sophisticated systems like PORTS, smart surveillance tools such as AVATAR, and the tactical evolution embodied in the SEB and IDT, SPS continues to push boundaries. **Each step forward not only enhances operational efficiency but also contributes to a safer and more rehabilitative environment for inmates.** As we look to the future, we can expect even more exciting developments that will redefine the future of corrections.

Join us as we look ahead with anticipation, celebrating strides we've made and the innovations yet to come. The future of SPS is not just about keeping pace with change; it's about leading the journey towards a more secure and conducive environment for inmates' rehabilitation and reintegration.



Reported by RO2 Jolene Ngo and RO2 M Saddiq

Singapore Prison Service Annual Statistics Release 2023

→ During the Annual Statistics Release, panelists highlighted the importance of community support in desistance and shared key findings on desistance research. Let us hear from our very own desistors on the challenges they faced in their rehabilitation journey, and how they found the motivation to succeed!



The Annual Statistics Release was held on 14 February 2024. Panelists consisted of (from left to right) SUPT 1A Ong Choon Yong (Senior Assistant Director, Community Partnership & Family Policy Branch), HTS 10 Cheng Xiang Long (Senior Assistant Director, Correctional Research Branch), DAC Gr 9 Soh Yen Li (Director, Corporate Communications and Service Division), AC Gr 9 Karen Lee (Director, Community Corrections Command) and Ms Karen Tan (Director of Careers, YRSG).

Azlinda

Provide a brief introduction of yourself and your experience with drug addiction.

Azlinda: I first consumed drugs at the age of 12 due to curiosity and peer pressure. I took drugs discreetly as my parents were strict when I was schooling. At the age of 18, I tested positive for Hepatitis C but continued to ignore it until I started working. I was first incarcerated at the age of 25 and again in 2019, but I have desisted from drug use since my last release. As of February 2024, I have been sober for 4 years 4 months!

What were some challenges you faced during and in-between incarcerations?

Azlinda: While incarcerated, one challenge I faced was adapting to the enclosed environment. I spent time reading a lot of motivational books, reciting religious books, and pre-planning my future goals.

In-between incarcerations, the first challenge I faced was bumping into other supervisees when reporting for urine supervision. As much as possible, I made arrangements to attend these sessions on my own to prevent meeting other supervisees who might have a negative influence on me.

What helped you to overcome these challenges?

Azlinda: I applied the refusal skills and new thinking skills which I learned in the Think for Change (T4F) programme while I was in prison. Till today, I apply the skills I learnt to my daily routine and decision making, as they have helped me stay away from drugs. I also made an effort to boost my support system. I changed my circle of friends, and actively avoid meeting old friends as they could trigger my drug-taking behaviour. I also actively avoid places where I used to take drugs.

Azlinda is currently a Peer Leader with Singapore Anti-Narcotics Association (SANA)



What are your core duties as a Peer Leader with SANA?

Azlinda: My first sharing of my recovery journey was at Suntec Convention Centre during the Asia Pacific Forum Against Drugs 2024. I have participated in mentoring and sharing for the Youth Empowerment Programme at Muhammadiyah Welfare Home, and I am currently attending the Continued Care Support Group (CCSG) programme. As a Peer Leader, I advocate the harms of drugs and motivate other recovering desistors through support group and sharing preventive drug education skills.

Thomas

Provide a brief introduction of yourself and how long you have desisted from crime.

Thomas: My name is Thomas, I am 45 years old. I have been incarcerated 6 times. My last incarceration was from 2010 – 2016 and I have desisted from crime since 2016.

What were some challenges you faced during your incarceration?

Thomas: During my last incarceration, my ex-wife divorced me. Hence, I was not able to see my children, who were very young then. I was lost and hopeless because I had lost everything overnight, and that was a devastating and challenging period. Looking back, I am thankful that I did not allow the situation to destroy me. Instead, I came out stronger and better.

What were some challenges you faced in between incarcerations?

Thomas: I believe the biggest challenge is myself because the first 5 times when I was released from prison, I would always return to my old friends and acquaintances. I felt that was where I belonged. The sense of familiarity and comfort had overridden my decision to stay away from them. I believe it was me that did not want to make the change because change can be painful and uncomfortable.

How did you overcome your challenges and what are some words of wisdom you wish to provide current inmates and desistors in the community?

Thomas: I think there is no other challenge that is greater than the painful experience of losing everything overnight during my last incarceration. A quote from Einstein, “Insanity is doing the same thing, over and over again, but expecting different results”. After experiencing five failures, I told myself that I needed to do something different, and I did. From the day I was released in 2016 till now, I have not contacted any of my old friends and acquaintances. I believe this is what has helped me the most.

How has your volunteering experience at The New Charis Mission been?

Thomas: I enjoy my work at The New Charis Mission. My core responsibility is to conduct prison-related programmes. I spend most of my working hours in prison institutions. I like to share my stories with inmates because I believe it brings hope to them.

What are some future goals you wish to achieve?

Azlinda: After I was released from my second incarceration, I continued my studies and obtained a Master of Science in Construction Project Management. I have also been working as an Assistant Project Manager for almost a year. I have published a motivational book to share about my self-healing process throughout my recovery. Now I am looking into giving back to society by advocating publicly to share my transformation and achievement to motivate others. I want to challenge myself to become an anti-drug advocate on the international level.

What are some future goals you wish to achieve?

Thomas: I have just completed a Bachelor’s degree in Social Work and I would like to pursue a Master’s degree in the near future. In the past, I was not interested in studies – I left school at 13 years old. Now, I realise that education helps in many ways. It has broadened my worldview and enabled me to look at life differently. I believe this has contributed to my changed life.

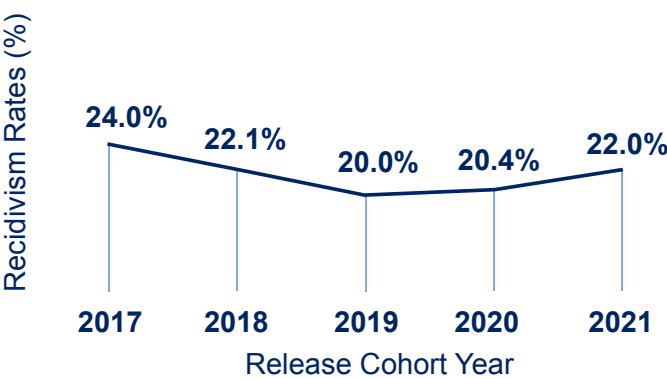


Thank you to our desistors
for sharing their experiences and contributing to SPS and YRSG’s efforts to motivate inmates in their journey to abstain from crime! Collaboration between SPS, volunteers and community partners will always play a significant role in supporting inmates and their families throughout the reintegration journey.

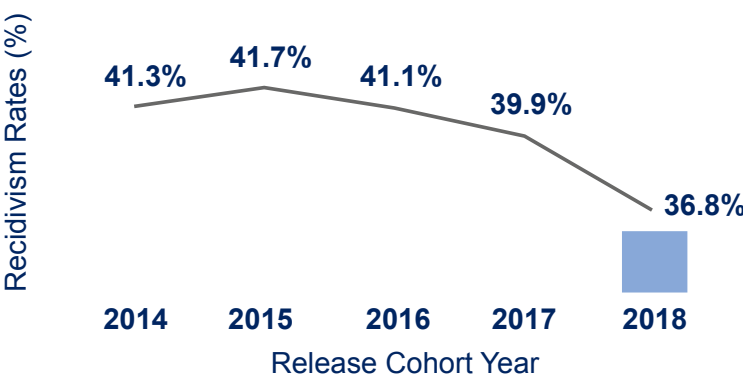
Key Statistics for 2023

KEEPING **RECIDIVISM LOW** AND
CONTRIBUTING TO A
SAFE AND SECURE SINGAPORE

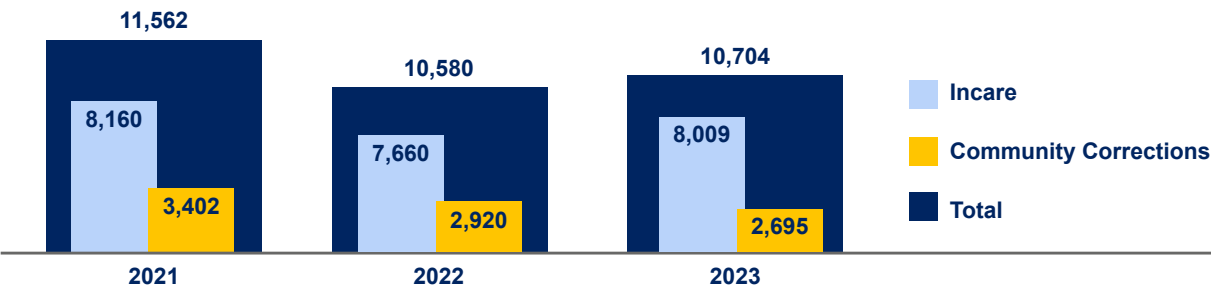
Low Two-Year Recidivism Rate



Lowest Five-Year Recidivism Rate

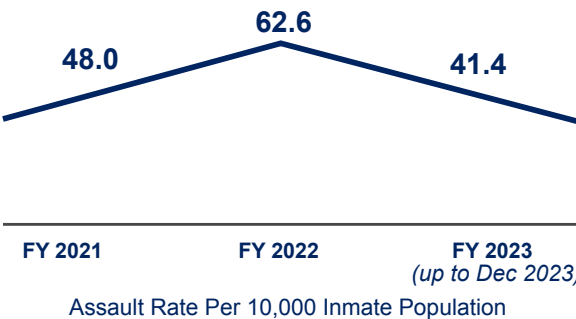


Total Offender Population in Prisons and in the Community



Major Incidents

0 Escape Rate
Per 10,000
Inmate Population

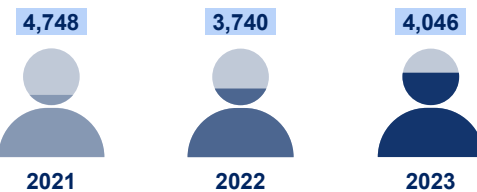


Upskilling of Inmates

Average Number of Training
Hours per Inmate Trained per Year

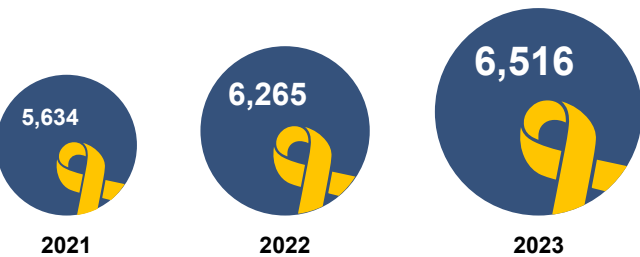


Number of Inmates Trained

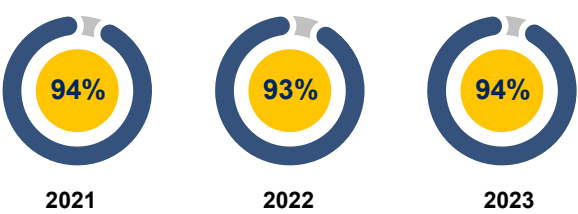


Employment Assistance

Number of Employers that Support the
Hiring of Ex-offenders



Percentage of Inmates who Secured a Job
Prior to Release Upon Referral to YRSG



Reported by RO2 Melvin Ng

Celebrating Our Staff

SPS Awards Ceremony 2023, Commissioner of Prisons Award (Team)

→ SPS Awards Ceremony 2023 was held at Singapore Expo, Max Atria, on 18th January 2024, to celebrate and recognise the achievements of our Captains of Lives. Over 800 awards were given this year to recognise the excellent work and contributions of individuals and teams in various areas of work. In this issue, we speak to two teams who received the Commissioner of Prisons Award (Team) and highlight their outstanding accomplishments and dedication across different domains!

Project Team: Developing Comprehensive and Accessible Tactical Training Aids



Project members ASP1 Syed Jufri Bin Omar (left) and CW2 Muhamad Gazali Bin Yazid (right) reviewing the effectiveness of the video

How did this project idea come about?

Project Team: The decision to initiate this project was primarily triggered by the transition from the PR24 baton to the Straight Extendable Baton (SEB). The team recognised the need to develop comprehensive SEB training resources that are easily accessible to ground staff. We developed a training video to allow officers to learn the techniques through visual learning. Using simplified training materials segmented into digestible portions, the training utilises dynamic and illustrative methods to aid comprehension and retention. Its primary goal is to prevent overloading officers with information.

To ensure the highest standard of training, Singapore Prisons Emergency Action Response (SPEAR) force and senior tactical trainers were actively consulted throughout the development process. This collaborative effort facilitated a seamless transition while optimising operational proficiency.

How did this project improve the quality of training provided to staff?

Project Team: The video enabled our staff to acquaint themselves with SEB techniques prior to the practical training, thereby streamlining the learning process. Trainers also experienced the advantages of an alternative delivery method, surpassing the conventional show-and-tell approach. Positive feedback from participants indicates the efficacy of this approach and has encouraged us to produce more of such tactical training videos. The success of this initiative has ignited our trainers' enthusiasm for developing even more purposeful training resources for our staff in the future!

What is your key takeaway from this project?

Project Team: The primary lesson gleaned from this project is the importance of passion for one’s profession, propelling innovation, and an ongoing pursuit of enhanced training methods. Cluster A is renowned for fostering a proactive training ethos, consistently introducing fresh methodologies, techniques, and procedures over time. This dedication not only bolsters internal capabilities but also enriches the broader training community and the overall efficacy of the department. It serves as a testament to a commitment to perpetual advancement and collective prosperity within the Singapore Prison Service (SPS)!



The team collaborated with SPEAR and senior tactical trainers to produce the videos

Project Team: Recallee Regime @ A2

What prompted the initiation of this project idea?

Project Team: We noticed an increase in the number of supervisees being recalled to prison after being emplaced on Community-based Programmes (CBP). We felt that more could be done to engage them during their recall to prison, and therefore, it would be useful to have meaningful interactions to understand their struggles in keeping crime free. This approach aimed to help them process and understand why they had committed the infractions leading to their recall, reflecting on how they could have improved their behavior, and think of action plans on how to avoid similar pitfalls upon re-emplacement.

How did this project offer positive support to the recallees prior to re-emplacement?

Project Team: This project allows recalled inmates to demonstrate readiness before approval for re-emplacement on CBP. To be deemed “ready”, recallees are required



Team members (not all pictured) from left to right: DSP2 Tan Kah Chyoon, RO1 Chai Kuo Fatt, MX11A Chua Zhiren



Team members discussing the structure of the regime

to actively participate in group discussions, a cornerstone of the programme. This shift has resulted in those re-emplaced on CBP exhibiting improved consequential thinking, having been guided in a similar manner throughout the programme. Thus, re-emplaced recallees were more prepared to transit back into society.

What contributed to the success of this project?

Project Team: The amazing teamwork between Correctional Unit Officers (CUOs) and Correctional Rehabilitation Specialists (CRSes) and their commitment to wanting the best for the recallees were key to the success of this project!

Featuring Our Captains of Lives

Reported by RO2 Justine Mok

→ The SPS INSPIRE Award recipients embody our SPS core values of Synergy, Vigilance, Integrity, and Care, showcasing a commitment to excellence that aligns with our Vision and Mission. In this edition, we highlight more Captains of Lives (COLs) who have achieved this Award and their motivations driving their work.

Rehabilitation and Reintegration Division

Celebrating Team Efforts and Inspiring Excellence – Synergy and Care



ASP2 Chua Shi Qin

“ I am a Staff Officer at the Rehabilitation and Reintegration Division (RRD) and have been with SPS for close to 20 years. I am deeply humbled to receive the INSPIRE Award, which affirms the work of the team. Personally, I am thankful to be part of the planning committee where I had the opportunity to work with colleagues from other branches within RRD to co-host a Leadership Circle in 2022. It allowed us to better understand one another, and share the good work undertaken by different institutions on how they are making a positive difference in inmates’ lives.

To my fellow staff members, I share the 3Ps – People, Process, and Perseverance. The nature of our work is often challenging, but it’s the people around us who make the difference, making work enjoyable and rewarding. Maintain a positive mindset and always strive for the best.”

Staff Development Division

Conceptualisation and Realisation of the PRISHealth Initiative – Synergy and Care



DSP2 Lin Zhiye

“ I joined service in 2012 with postings at Prison School, Transformation and Technology Division, and Staff Development Division. Witnessing PRISHealth grow, from concept to reality, was a unique experience. Without a dedicated committee, the Well-Being and Personnel Branch took charge, and I had to learn on the job. I am especially grateful for supportive colleagues who were always willing to lend a hand, especially during PRISHealth Active Day, where the team played a crucial role

in setting up and running the event. The INSPIRE Award, to me, is a dedication to everyone involved in making the event a success. My advice to fellow staff members is simple: don’t hesitate to seek help when needed; it’s the collective effort that propels us forward.”

Transformation and Technology Division

Fostering an Innovative Culture and Improving Work Processes – Synergy and Care



MX12 Lin Wenyang

“Currently based in the Transformation and Technology Division, Technology Services, my primary role involves supporting and facilitating the implementation of Robotic Process Automation (RPA) initiatives. I was nominated for the INSPIRE Award for fostering an innovative culture in SPS, building RPA awareness, and collaborating closely with users in developing RPA Bots, enhancing staff work productivity. Additionally, I assisted my department in streamlining repetitive and time-consuming tasks, allowing them to focus on more strategic and value-added work. I am honored and humbled by the nomination, and collaborating with passionate COLs has been an extraordinary learning experience. I extend my gratitude to supervisors and colleagues for their support. One piece of advice to fellow COLs: Don't be afraid to ask! And look out for me if you have any potential automation projects!”

Community Corrections Command

Fostering Collaboration and Efficiency – Synergy



MX11 Lim Congyu

“I am currently a Senior Correctional Rehabilitation Specialist (CRS) and Team Leader in the Community Corrections Command – Community Corrections (Halfway House/Home Detention). I have been in service since 2013 and was initially in the DRC team before my current posting in 2020. I received the INSPIRE Award for jointly leading the review of our monthly case sharing. Collaborating with a fellow CRS colleague, we engaged both officers and civilian managers to identify challenges and opportunities to enhance staff efficiency. We successfully reduced the time required for review and proposed changes through collective efforts, moving away from individual contributions. My advice to fellow COLs is to actively seek opportunities for collaboration with colleagues. This fosters positive relationships and enhances the overall working environment for everyone.”

Cluster B

Celebrating Team Efforts and Inspiring Excellence – Synergy and Care

SGT3 Muhuthan Munusamy

“As a Correctional Unit Officer at Institution B1, I manage the Violence Intervention Programme inmates. One afternoon, a situation occurred during the inmates’ dayroom activity, involving two agitated inmates. Thanks to our staff’s vigilance and swift response, especially from the Correctional Unit Control Center (CUCC), we controlled the situation, preventing severe injuries. Responding promptly, I intervened to ensure the safety of the involved inmates. The incident also highlighted the importance of teamwork and safety in managing crises effectively. I remind fellow COLs to stay vigilant, acknowledging the potential uncertainties in our work. Swift action is crucial, and continuous learning strengthens us in these challenging environments.”

SGT1 Muhammad Mansur Bin Jani

“I have been in service since 2016, currently managing students in Institution B1. In a recent incident during the inmates’ activities, I detected a potential threat as an inmate approached another with an item in his hands. Stationed in the CUCC, I swiftly activated the duress alarm, coordinated the assistance and response from officers and provided real-time updates to the Institution Control Centre. I also took immediate measures to secure the environment to prevent further secondary threats. My advice to fellow COLs would be to maintain a consistent, firm, and fair approach with every inmate, ensuring equitable treatment for all under our care.”



CW2 Reminor Bin Salimin

“As a SPEAR Detachment Officer currently deployed at Institution B1, I swiftly responded to an incident involving two agitated inmates grappling inside the dayroom area. Despite repeated warnings, they refused to cease. This led me to utilise my force options, the MK-3 Oleoresin Capsicum Delivery System, to de-escalate the situation. This incident underscored the importance of teamwork and the need to always be vigilant, observant, and act decisively on the ground. My advice to fellow colleagues is to remain alert and observant, which are essential qualities for effectively responding to incidents and maintaining a safe environment.”

Remain alert and observant to effectively respond to incidents

Corporate Communications & Service Division

Unleashing Creativity and Embracing Opportunities – Care

MX13 Suriyani Binte Abdul Rahman



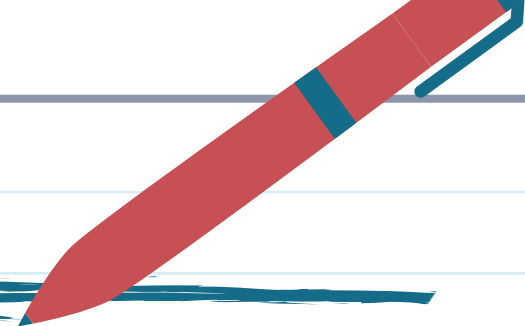
A mindset of viewing challenges as opportunities for learning and growth can propel us to greater heights

“In service for 6 years, with 5 years in the Infrastructure Development Branch (IDB) and nearly 2 years in the Corporate Communications Media team. I initially found the transition to a new portfolio daunting. However, in my current role, I discovered the impactful utilisation of my creative abilities. For this INSPIRE Award, I took on the challenge of creating farewell gifts for former Deputy Commissioner (DC) Daniel Tan and former Director of Corporate Communications and Service Rafidah Suparman.

Crafting a DIY scrapbook highlighting DC Daniel’s contributions to SPS branding and a custom farewell cube for Director Rafidah, I explored scrapbooking and custom gifts for the first time. With support from colleagues, I successfully led both projects, expanding my artistic capabilities and creating memorable, personalised gifts. This opportunity allowed me to explore craft areas beyond my current job scope.

My advice to fellow staff members centres around mindset. Shifting from a perspective of potential failure to viewing challenges as opportunities for learning and growth can propel us to greater heights. We should always be appreciative of every opportunity to learn and consistently seek improvement. I am blessed to have a wonderful team that I learn from daily, and the excitement of working towards the best version of myself keeps me motivated.”

Research Highlights



→ The Singapore Prison Service (SPS) is committed to continuously conducting research to showcase significant advancements in correctional practices and to ensure that its interventions are evidence-based. By engaging in rigorous research endeavors, SPS aims to enhance its understanding of offending behaviour, rehabilitation methods and interventions, striving for continual improvement in offender reintegration into society. By embracing innovative approaches and leveraging empirical evidence, SPS is constantly seeking new avenues to improve its rehabilitation efforts and fulfil our vision towards a society without re-offending. In this feature, we share with you some of the impactful research that SPS has conducted to deepen our understanding of the population we work with and enhance the rehabilitation and reintegration experiences of our offenders.

Research by Sarah Lavinia Joseph

Leaving Gangs Behind

Inmates’ Perspective of Why, What Helps and What Hinders

AIMS AND FINDINGS

This qualitative research was undertaken by the Learning Lab on Gang Renunciation. They shared about some of the motivators and barriers that impact inmates’ renunciation from their gangs, as well as inmates’ perspectives of the support needed to desist from gangs.

The **key motivators** for renouncing were

- Family
- Having a shift in values
- Social support

The **internal and external barriers** they faced in renouncing the gang were

- Attachment to gang
- The fear of ‘losing face’
- Losing certain benefits
- The negative perceptions and perceived repercussions surrounding renunciation

RECOMMENDATIONS

Areas for improvement identified for **gang-related initiatives** included

- Increasing prosocial support
- Enhancing programming and its publicity
- Leveraging on renouncees to influence other inmates

This presentation aimed to encourage staff and stakeholders such as community partners to undertake individual- and organisation-level efforts in supporting inmates’ desistance from gangs.

Research by Loh Eng Hao

“Greying” Offenders

Who are They and Exploring Why Do They Offend at an Older Age?

INTRODUCTION

This research was presented at the CARE Network Summit (2021), where the summit’s theme was “The Next Horizon”. CARE Network Partners come together to share ideas and conversations to foster relations and seed new opportunities in the Aftercare sector. Mr Loh was invited to present research on elderly offenders at the session on “Understanding Ex-offenders’ Profiles: Youths, Elderly and Person with Mental Health Issues.”

RECOMMENDATIONS

To facilitate a discussion amongst the participants and stakeholders on how we can work together to improve the outcomes of elder ex-offenders, Mr Loh proposed the following questions for CARE Network’s consideration:

- How can we work together to continue to monitor trends of elderly in prison and community?
- How can we be sensitive to the needs and responsivity issues of elderly offenders?
- How can we reinforce community engagement in preventive efforts?

Discussions emphasised the importance of research to guide policy decisions and approach towards elderly offenders, addressing the mental health needs and concerns of elderly offenders, having more targeted efforts towards reintegration concerns of elderly offenders (i.e., finances and employment), and the need to ensure social engagement and support.

KEY FINDINGS

- Proportion of older offenders in Singapore has increased gradually over 10 years, but those above 65 years old remains low.
- Majority of elderly offenders are lower in risk.
- Some elderly offenders presented with mental health concerns.
- Elderly offenders reported concerns in financial needs and barriers to employment.
- Late-onset offenders have low risk of reoffending and their life stage circumstances led to the late-onset offending.

Research by **Shermaine Chionh, Abigail Lee and Shannon Lim**

Social Influences on Drug Use and Desistance

Who are the Key Influences for an Individual's Drug Abuse and Desistance?

An SPS research study found that different social actors influence a drug abuser at different stages of drug abuse.

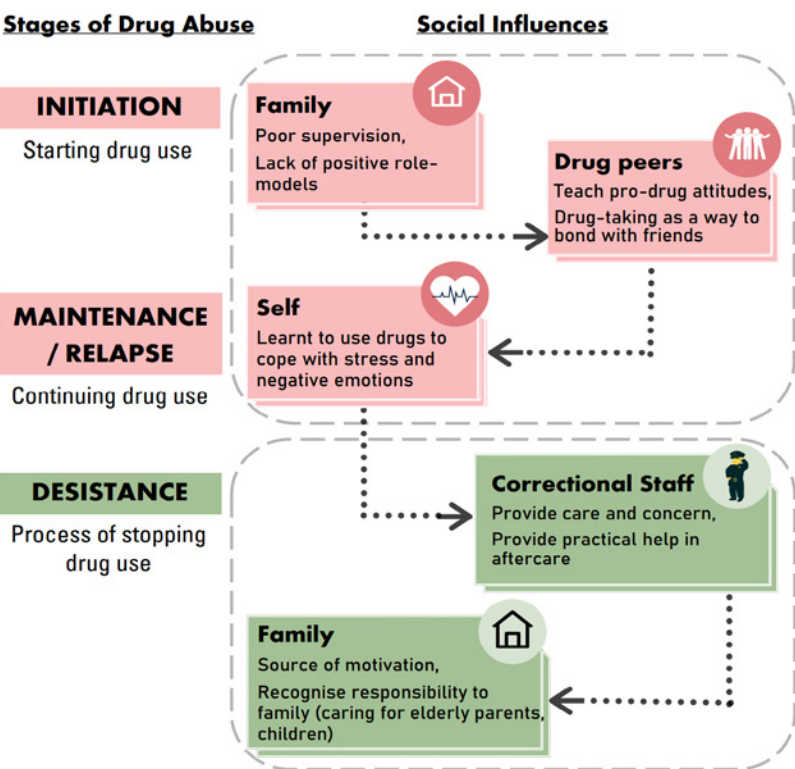
WHAT CHANGES OCCUR BETWEEN PERIODS OF DRUG-TAKING AND DESISTANCE?

Change in social circle

- Reduced time spent with drug peers
- Surrounded by prosocial support system

Change in self-identity and relation to others

- Recognise responsibility to family
- De-prioritise antisocial peers



WHAT CAN WE DO TO POSITIVELY INFLUENCE INDIVIDUALS TOWARDS DESISTANCE?

Provide a supportive social circle for change

Build on day-to-day moments to reinforce their application of skills outside of incare programme sessions, or when in the community

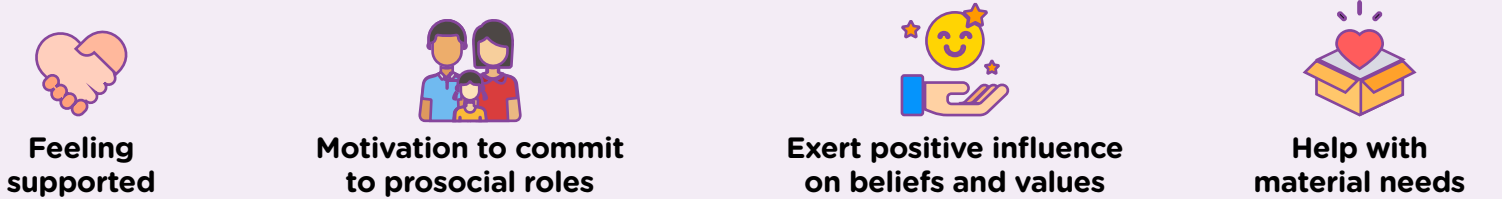
Reinforce their prosocial identity

- Facilitate their cost-benefit-analyses and reflection of actions on loved ones
- Remind them about their goals for family and work beyond prison and aftercare supervision, towards the future lives they hope to lead

Research by **Gwendaline Ng and Loh Eng Hao**

Visitation and Family Relationships

Healthy relationships foster a hope for the future and enhance social capital. Fruitful visits can help offenders build healthy relationships with family members.



FAMILY VISITS CAN POSITIVELY IMPACT OFFENDERS AND PRISONS

- **Coping in Prison:** Buffer offenders from depressive symptoms due to isolation and adjustment to prison life.
- **Reduce Offender Misconduct:** Consistent visits significantly reduce misconduct in general and major violent acts of misconduct
- **Rebuild Support Networks:** Allocated time for offenders to reconcile and improve relationships with family. The quality of relationships between offender and family is an important consideration to rehabilitative outcomes.

A CASE STUDY ON VIDEO VISITS: PROJECT HOPE

Project Hope is an initiative in collaboration with two secondary schools to **facilitate more meaningful conversations** between children and incarcerated parents with the help of school counsellors or teachers.

Guided communication by the counsellors/school teachers can help parents effectively establish more concrete prosocial roles and involve parents in their children's growth. However, video visits should aim to complement in-person visits and not replace them.

SOME FOOD FOR THOUGHT ABOUT FAMILY VISITS

Is family contact time sufficient?

- Can we leverage technology to increase family contact time? E.g. Voice recorded messages to children.

How can we improve visitation experience?

- Provide guidance to facilitate reconciliatory conversations and interactions between family visitors and offenders. E.g. Informational brochures, daily conversations.
- Provide a child-friendly environment and prepare children for what to expect when interacting with parents during visits. E.g. Informational videos on what to expect during visits.

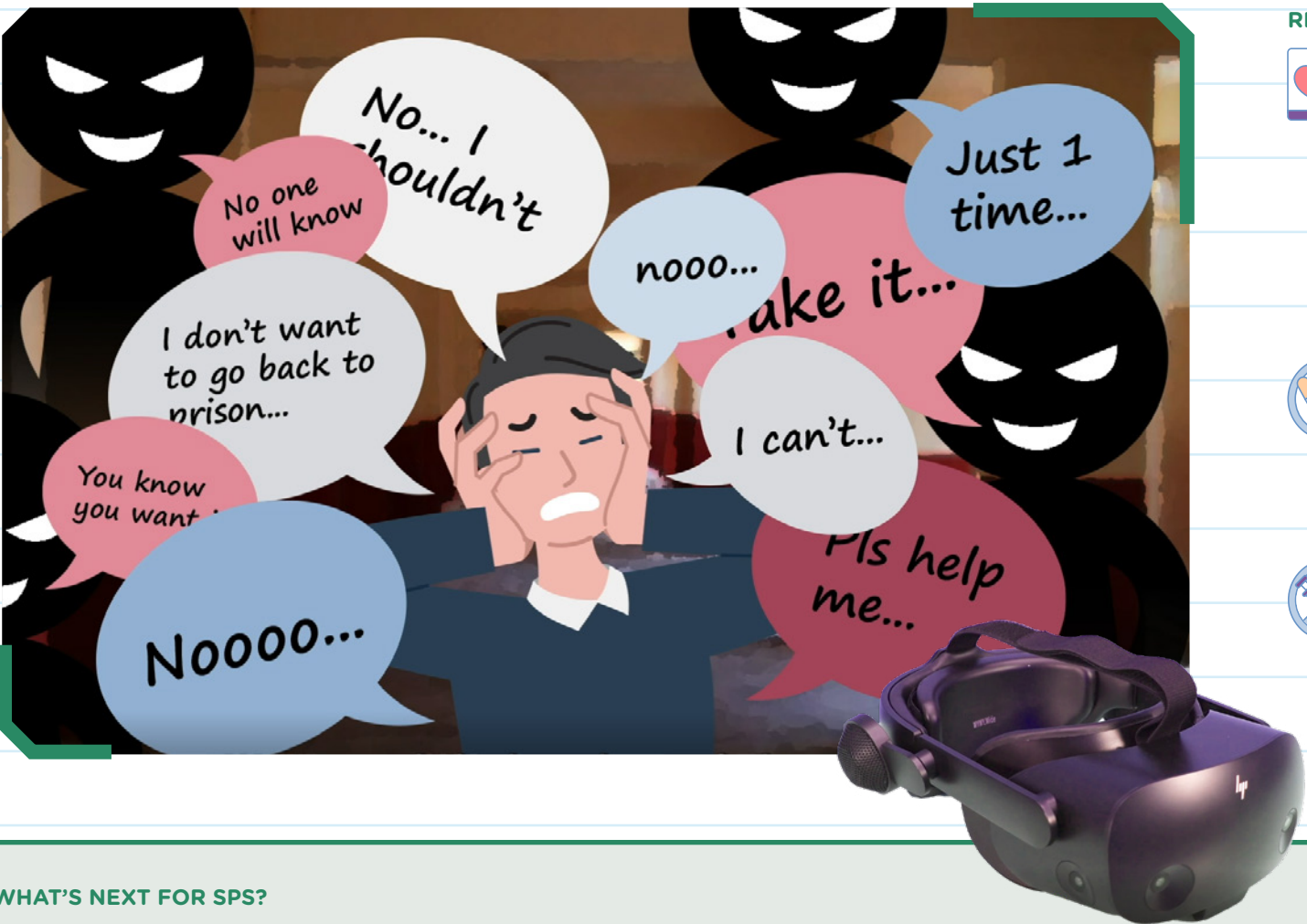
Reported by HTS12 Charmaine Chng

Leveraging Virtual Reality (VR)

An ongoing research by PCRD

Drug abusers who had relapsed, cited a crucial difficulty in applying the skills learnt at the Drug Rehabilitation Centre (DRC) after their release. This was due to differences between the DRC and the real-world environment, which affected their ability to manage triggers in the community.

Learning from novel rehabilitation approaches in other jurisdictions and tapping on the capabilities of the Home Team Science and Technology Agency (HTX), SPS's Psychological and Correctional Rehabilitation Division (PCRD) sought to leverage the synergy of psychology and technology. VR was utilised for cue exposure therapy, enabling DRC inmates to engage in immersive skills practice to bridge the differences cited.

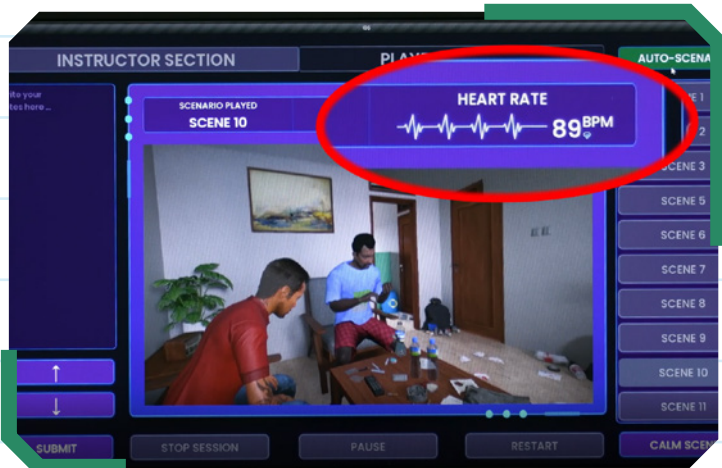


HOW DOES VR INTERVENTION WORK?

- Inmates are exposed to drug triggers and cues in increasing intensity across 6 sessions
- An example scenario involves drug peers inviting the participant to engage in drug abuse while on urine supervision
- Sessions are facilitated by a Correctional Rehabilitation Specialist to process scenario and responses with participants. Specialists are crucial to the intervention as they provide psychological assistance to the participants when they are triggered

RESEARCH AIMS

-  To ascertain the **utility of VR as a platform to increase cravings** of drug abusers in the initial sessions examined through **physiological** (i.e., heart rate and eye gaze) and **subjective data** (i.e., responses on drug craving scales)
-  To evaluate if VR-cue exposure intervention is **effective in reducing the amount of craving** experienced across the 6 sessions
-  To ascertain if the use of VR-cue exposure intervention is **effective in increasing participants' self-confidence** in avoiding drugs, by comparing between a treatment and control group



A SNEAK PEEK INTO WHAT HAS BEEN DONE SO FAR ...

- A pilot of the virtual reality-cue exposure intervention has been **completed with 20 participants** from DRC 3 and DRC 4 regimes
- Data has also been collected from participants from a control group. Analyses are in progress and findings are expected to be shared in **second half of 2024**
- Based on preliminary feedback, the **VR scenario is effective in triggering participants** on the condition that the type of drug abused in the scenario is relevant to their drug consumption pattern

WHAT'S NEXT FOR SPS?

 Pilot findings will allow us to **examine the effectiveness and identify areas of improvement** of using VR to provide a more realistic environment for drug abusers to practice skills and be more confident

 VR intervention could also be **expanded to other populations** such as general violence, sexual violence and psychiatric inmates

 With advancements in technology, **virtual realism can be enhanced** by incorporating tactile and sensory aspects



Yellow Ribbon Project 20th Anniversary

Reported by **MX12 Dylan Lee & ASP1 Muhamad Asfadly**

→ The Yellow Ribbon Project (YRP) has been raising awareness of the need to give second chances, generate acceptance of ex-offenders and their families in the community and inspire community action to support the rehabilitation and reintegration of ex-offenders into society since its inception in 2004. Let us bring you through the exciting events lineup this year and reminisce previous YRP achievements, made possible with the support and hard work from staff, volunteers, strategic partners and desistors.

31
Jul 2024

Moving HeARTS in the City

Get ready to immerse yourself in a journey of creativity and community spirit as the Yellow Ribbon Project (YRP) presents 'Moving HeARTS in the City'! Starting from July 31, 2024, **a roving art truck will traverse the streets** of Singapore, showcasing the artistic talents of inmates and desistors. Over five weekends, experience **music performances** by the Yellow Ribbon Performing Arts Centre Alumni Band, a **merchandise sale**, and **interactive art activities** for the public to participate in. To top it up, the art truck will also make stops at schools to facilitate sharing and engagement sessions by staff and desistors.

As a visual symbol of the strong community support for the YRP over the years, YRP aims to enter the Singapore Book of Records by breaking the standing record for the largest patchwork blanket. This blanket is a collaborative effort between inmates, desistors, families of the incarcerated, YRP partners and supporters, as well as members of the community, symbolising the unwavering support of the community towards YRP.

Back to where it all started – the very first Yellow Ribbon Arts Exhibition in 2007

The theme of YRP in 2007 was to 'Give Back' to society. Inmates and ex-offenders were encouraged to look beyond their mistakes and use their talents and interests to make meaningful contributions to society.

In line with the theme of giving back, the first Yellow Ribbon Arts Exhibition showcased inmates' artistic talents and provided them with a platform to express their commitment to giving back to their families and to society.

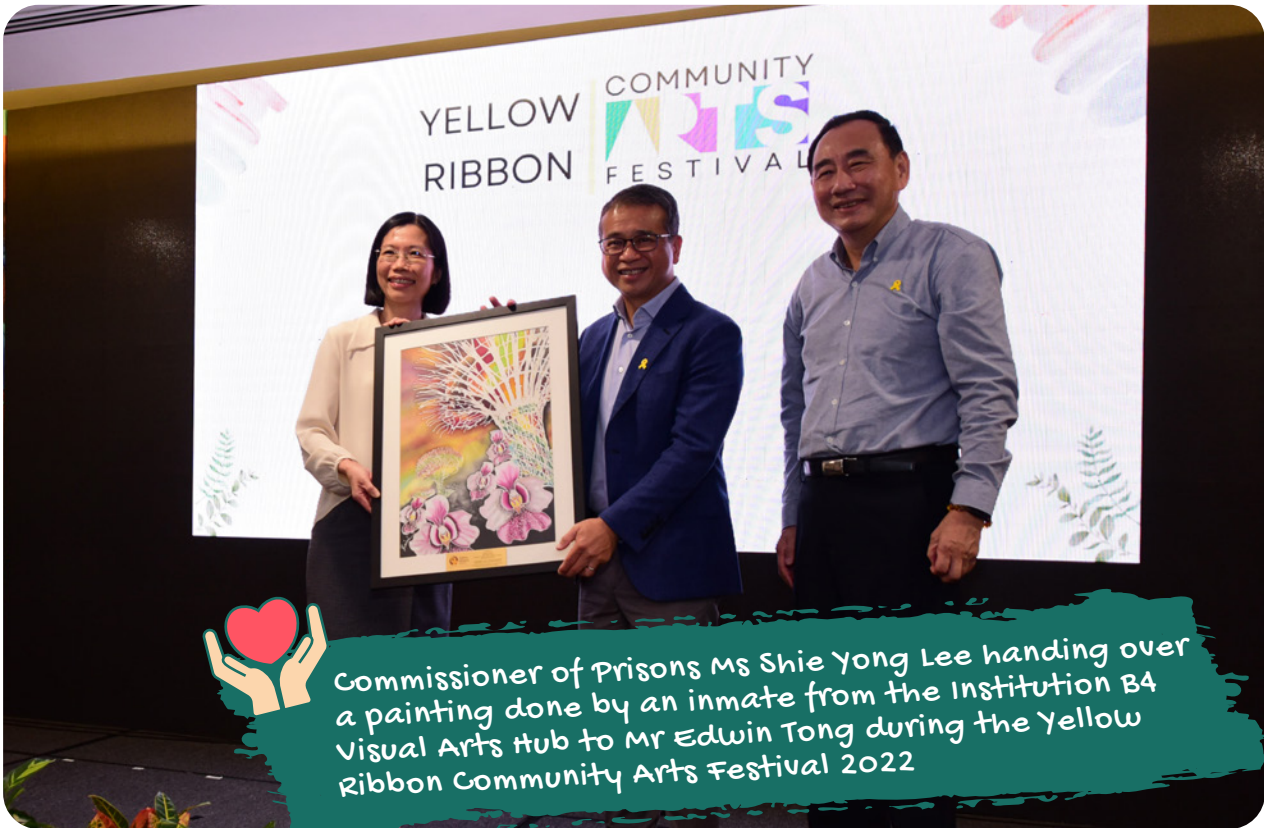


Then Minister of State for National Development, MS Grace Fu, attending the Arts Exhibition in 2007

Home is where the heART is” – Yellow Ribbon Community Arts Festival 2022



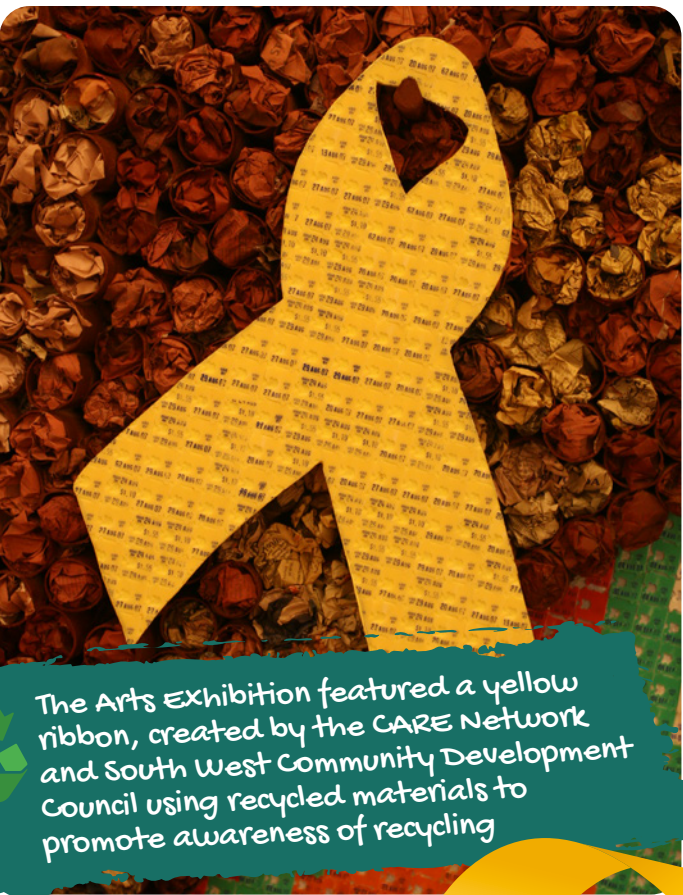
Inmates were given a platform to express their hopes for the future through art



Commissioner of Prisons Ms Shie Yong Lee handing over a painting done by an inmate from the Institution B4 Visual Arts Hub to Mr Edwin Tong during the Yellow Ribbon Community Arts Festival 2022



Aligned with the theme of "home is where the heART is", the artwork expressed inmates' desire to reconnect with their loved ones and to be given a second chance upon their release from Prison



The Arts Exhibition featured a yellow ribbon, created by the CARE Network and South West Community Development Council using recycled materials to promote awareness of recycling

Today, art is still a form of expression for inmates and an avenue for them to rally the community to support second chances.

Themed "Home is where the heART is", the most recent Yellow Ribbon Community Arts Festival in 2022 offered a glimpse into inmates' expression of what 'home' means to them through their artwork and poems. Members of public were encouraged to adopt the art pieces and poems at the festival, and the proceeds from the adoption were channelled to the Yellow Ribbon Fund to support a variety of programmes and services for inmates, ex-offenders, and their families.

01
Sep 2024

#Throwback: Runners sharing their motivation to run for 2nd chances during the 2011 Yellow Ribbon Prison Run



Runners formed a giant human yellow ribbon during the 2013 Yellow Ribbon Prison Run



#Throwback: Mr K Shanmugam, Minister for Home Affairs and Minister for Law, with happy participants during YRPR 2016!

Yellow Ribbon Prison Run 2024

Prepare for the return of the Yellow Ribbon Prison Run 2024, themed “A Nation Beyond Second Chances.” As the flagship event of YRP, the run embodies the **spirit of inclusivity and support** for ex-offenders and their families on their journey of reintegration. Join us at the iconic end-point carnival, where food trucks, game booths, and informative displays await. The art truck from “Moving HeARTS in the City” will also be featured as a grand finale to the art exhibition. Plus, the inclusivity and invitation to play a part extends to the young with the addition of an inaugural Kids Dash category! We hope to inspire the next generation in building a more inclusive society that gives ex-offenders second chances and beyond.

To mark the special occasion of the YRP’s 20th Anniversary, this year’s run will continue to involve inmates and they will aim to achieve a walking or running distance of 20,000km over a period of 20 weeks, starting from April 2024! This will contribute towards fundraising efforts for the Yellow Ribbon Fund, as \$5 will be pledged for each kilometre clocked. Inmates from Art Behind Bars will produce handmade crochet souvenirs, redeemable as carnival prizes during the event.

This year’s run also coincides with the **International Corrections & Prisons Association (ICPA) Conference 2024**, hosted by the Singapore Prison Service. We are excited that the conference delegation from all over the world will be joining us for the run this year!

Did you know?

2024 will mark the first time that the International Corrections and Prisons Association (ICPA) Annual Conference has been held in Asia since 2011, and SPS is proud to play a part in hosting the conference! Do look out for the reveal of **one of the volumes** of the commemorative e-publication during this event!



ICPA delegates pose for a photo opportunity in front of the mural of a lighthouse in Tanah Merah Prison back in 2011



ICPA delegates touring a prison institution in Cluster A/B in 2011

Blast from the past!

The inaugural Yellow Ribbon Prison Run, held in 2009, attracted over 6000 runners to support second chances. Let's take a look at what happened during the very first run!



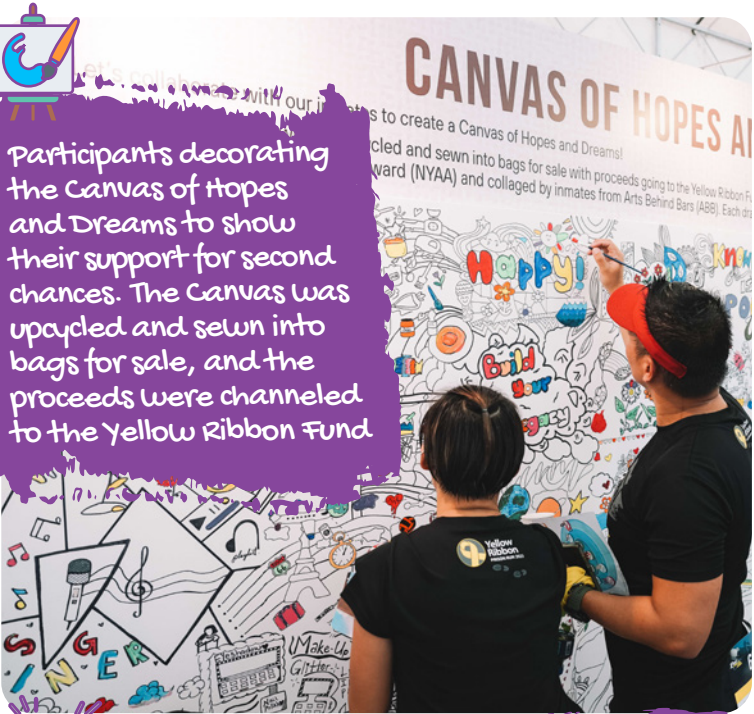
Some runners opted to run in fancy wigs and attire



Guest-of-Honour, Deputy Prime Minister Teo Chee Hean flagging off the Yellow Ribbon Prison Run 2009

Travelling to the future

Over a decade later, the Run still remains fun for all! Let's check out the various activities available at the carnival of YRPR 2023 in the photos below!



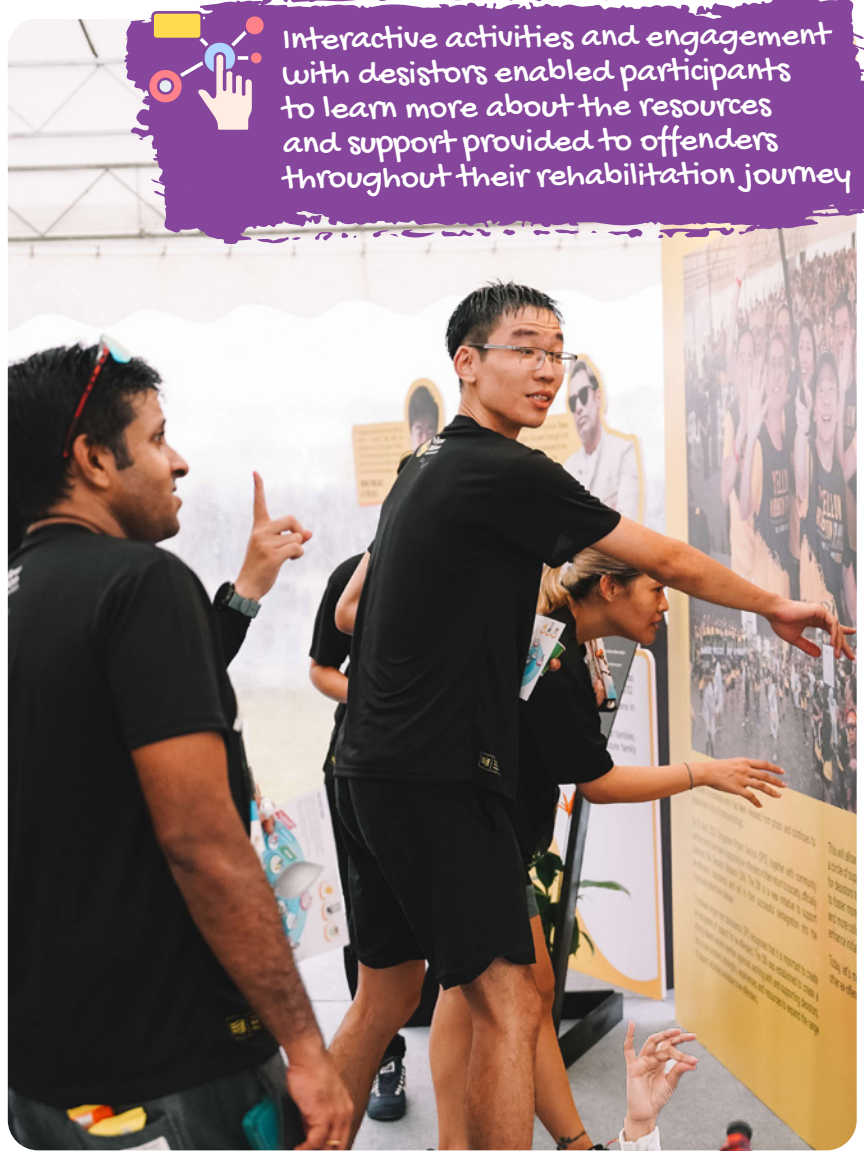
Participants decorating the Canvas of Hopes and Dreams to show their support for second chances. The Canvas was upcycled and sewn into bags for sale, and the proceeds were channeled to the Yellow Ribbon Fund



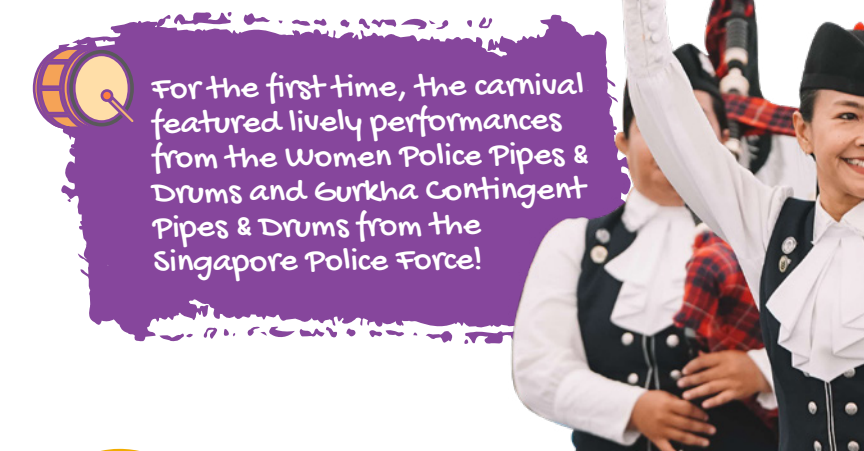
Participants cheering on the performers



Participants were also entertained by inmates from the Performing Arts Centre!



Interactive activities and engagement with desistors enabled participants to learn more about the resources and support provided to offenders throughout their rehabilitation journey



For the first time, the carnival featured lively performances from the Women Police Pipes & Drums and Gurkha Contingent Pipes & Drums from the Singapore Police Force!

17
Oct 2024

Celebrating 20 Years of 2nd Chances Concert

Closing off the YRP's 20th-anniversary celebrations would be the "Celebrating 20 Years of 2nd Chances Concert". The concert will bring together inmates, outstanding desistors, and prominent public advocates to galvanise the nation towards the Yellow Ribbon cause!

Be prepared to witness YRP's efforts of championing second chances in the community, current successes, and future vision of YRP while enjoying talents of inmates and ex-offenders through a series of specially curated skits and musical performances!

Did you know?

The first Yellow Ribbon Charity Concert was held in 2004, 20 years ago! Former president of Singapore Mr SR Nathan launched the Yellow Ribbon Project at this concert, and the rest is history.



Former President Mr SR Nathan attending the very first Yellow Ribbon Concert in 2004



Reformed inmates and local celebrities celebrating a successful concert!



The subsequent Yellow Ribbon Charity Concert, titled *New Hope, New Dreams* was held in 2006. The event was supported by local celebrities and ex-offenders coordinated performances surrounding the themes of hope, forgiveness and second chances. Over 50, 000 viewers watched the televised version of the concert on Channel NewsAsia!

Throughout
2024

Commemorative E-Publication

Learn about the impact created by the Yellow Ribbon Project over the past 20 years through a commemorative e-publication! The e-publication will be **broadcasted across three volumes** throughout this year at various SPS and YRP events. Discover the remarkable stories and achievements that have shaped the YRP's legacy of Championing 20 years of Second Chances. Do keep a lookout for the reveal of the three volumes on our social media pages!



Scan or click the QR code to watch the YRP 20th Anniversary Brand Film:



Appreciating our Volunteers

The Yellow Ribbon Community Project (YRCP) started in 2010, with the support of eight grassroots divisions and seventy-four volunteers. Today, **over ninety grassroots divisions** and **over one thousand volunteers** support YRCP's efforts to seamlessly reintegrate offenders back into society.

The new YRCP Logo and new YRCP Volunteer Pass were revealed at the YRCP Awards and Appreciation Luncheon 2023. The new pass aims to make it easier for ex-offenders' family members to identify YRCP volunteers. Awards were also presented to various divisions and volunteers for their 3-, 5- and 10-year contributions to YRCP.

Let us continue to galvanise community support for YRCP and work towards a society without re-offending!





CATEGORIES: 10KM / 5KM / KIDS DASH (700M)

CATEGORY

INDIVIDUAL CATEGORY*

(DISCOUNT OF 50% OFF 2ND TICKET)

PRE-EARLY BIRD RATES

(SIGN UPS FROM 28 MAY - 30 JUN)

5KM	\$30
10KM	\$45

EARLY BIRD RATES

(SIGN UPS FROM 1 JUL - 31 JUL)

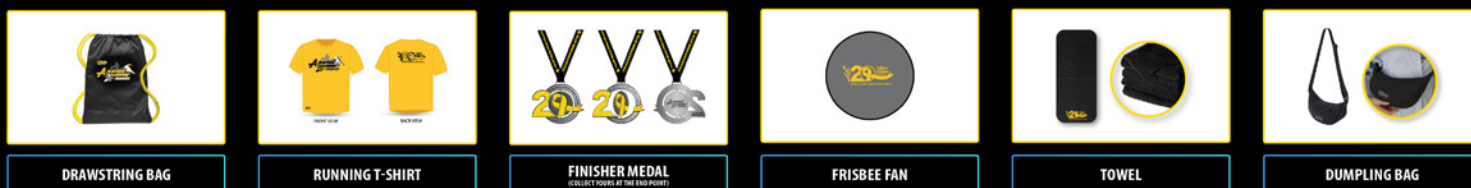
5KM	\$30
10KM	\$45

NORMAL RATES

(SIGN UPS FROM 1 AUG - 11 AUG)

5KM	\$38
10KM	\$55

RUN ENTITLEMENTS



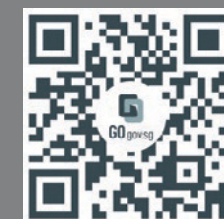
***50% Discount for Individual Category (Only during Pre-early bird)**
 1. Discount of 50% is only applicable for the 2nd purchase for "Individual Category". Subsequent tickets purchased will not be entitled to the 50%. Example, person A purchased 5 Individual Category 5km tickets. He will be entitled for the second ticket, but the remaining 3 tickets will be charged at the original price. The total price for the 5 tickets will be \$30 + \$15 + \$30 + \$30 + \$30 = \$135.

We take pride in rehabilitating offenders to learn from their wrongdoings and regain their footing in life. Ours is a job that calls for nerves of steel, but a lot of heart; a firm disciplining, but yet, gentle nurturing hand.

BE FULFILLED BEYOND THE ORDINARY.
 JOIN US IN A CAREER THAT TRANSFORMS LIVES.
 THEIRS AND OURS. FOR A SAFER SINGAPORE.



Scan these codes to watch our videos.
 Make your move now!



PART 1
Eighteen Steps



PART 2
Step Forward



PART 3
In His Footsteps



SINGAPORE
PRISON SERVICE

CAPTAINS OF LIVES
 REHAB • RENEW • RESTART