

1.8 Crisis Management and Security Protocols

LEARNING OUTCOMES	<p><i>This module will focus on the crisis "Suicide and Self-Harm in Prison" and refer to Suicide Prevention Measures as security protocols.</i></p> <p><i>By the end of this module, learners will be able to:</i></p> <ol style="list-style-type: none">1. Explain the "Pains of Imprisonment" and their impact on inmate mental health.2. Understand the risk factors for self-destructive behavior (self-harm, suicide attempts, and suicide).3. Recognize inmates at high risk of suicide.4. Distinguish between myths and realities about suicidal behavior.5. Reflect on and revise personal perceptions, stereotypes, and biases.6. Understand what to do and what to avoid when dealing with a high-risk inmate.7. Identify when, where, and how suicides happen in prison.8. Develop and implement effective suicide prevention policies and intervention strategies.									
LEARNING ACTIVITIES	<table border="1"><tr><td data-bbox="466 1334 784 1581">Activity 1.1: Introduction to the Course</td><td data-bbox="784 1334 1197 1581">Overview of suicide and self-harm in prison, learning objectives, relevance to correctional settings.</td><td data-bbox="1197 1334 1324 1581">15 min</td></tr><tr><td data-bbox="466 1581 784 1850">Activity 1.2: The Unique Nature of Prison: Legal and Psychological Impact</td><td data-bbox="784 1581 1197 1850">Understanding the legal and psychological impact of incarceration on mental well-being.</td><td data-bbox="1197 1581 1324 1850">15 min</td></tr><tr><td data-bbox="466 1850 784 2023">Activity 1.3: Effects of</td><td data-bbox="784 1850 1197 2023">Examining how prison conditions contribute to mental health disorders.</td><td data-bbox="1197 1850 1324 2023">15 min</td></tr></table>	Activity 1.1: Introduction to the Course	Overview of suicide and self-harm in prison, learning objectives, relevance to correctional settings.	15 min	Activity 1.2: The Unique Nature of Prison: Legal and Psychological Impact	Understanding the legal and psychological impact of incarceration on mental well-being.	15 min	Activity 1.3: Effects of	Examining how prison conditions contribute to mental health disorders.	15 min
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Incarceration on Mental Health		
Activity 1.4: Suicidal Behavior in Prisons – Cry for Help vs. Cry of Pain	Identifying different motivations behind self-harm and suicide in inmates.	15 min
Activity 2.1: Total Institutions – Goffman & Foucault's Prison Theories	Theoretical discussion on the concept of total institutions and how they shape inmate behavior.	90 min
Activity 2.2: Impact of Imprisonment on Mental Health	Understanding how isolation, deprivation, and lack of autonomy impact prisoners.	120 min
Activity 2.3: Gendered Impact of Incarceration (Women in Prison)	Exploring the unique challenges faced by women in prison.	120 min
Activity 2.4: Vulnerable Populations in Prison	Identifying special groups at higher risk of self-harm and suicide (e.g., LGBTQ+, migrants, mentally ill, elderly, youth).	120 min
Activity 2.5: Overcrowding, Idleness, and Prison Conditions	Examining the relationship between poor prison conditions and increased suicide risk.	30 min
Activity 3.1: Introduction to Suicidology – Definitions,	Examining common misconceptions about suicide in prison.	120 min

	Myths, and Prejudices		
	Activity 3.2: Identifying High-Risk Inmates: Risk & Protective Factors	Recognizing inmates at risk of suicide, identifying protective factors.	150 min
	Activity 3.3: Indicators of Suicidal Behavior: Ideation, Depression, Time & Place	Understanding warning signs and situational triggers for suicide in prison.	150 min
	Activity 4.1: Intake Screening & Early Detection	Learning how to screen inmates for suicidal tendencies upon entry.	90 min
	Activity 4.2: Staff Training & Suicide-Proof Cells	Exploring the role of correctional staff in preventing suicide.	120 min
	Activity 4.3: Regular Monitoring, Communication, & Timely Intervention	Learning effective inmate monitoring, communication strategies, and intervention techniques.	120 min
	Activity 4.4: The Role of Art & Education in Suicide Prevention	Using creative expression as a rehabilitation strategy.	120 min
	Activity 4.5: Final Reflections and Policy Recommendations	Summarizing key takeaways and proposing solutions.	30 min

Activity 1.1: Introduction to the Course

 **Description:** Overview of suicide and self-harm in prison settings, learning objectives, and relevance to correctional environments.

 **Instructor's Actions:**

- Present course objectives.
- Introduce statistics.
- Facilitate discussion on perceptions.

 **Learners' Actions:**

- Reflect on personal biases.
- Engage in discussion.

 **Connections:**

- **Learning Outcomes:** LO1, LO5
- **Educational Content:** Text based resources, e.g. course syllabus, introductory materials
- **Assessment:** Participation in discussion, reflection questions

Activity 1.2: The Unique Nature of Prison: Legal & Psychological Impact

 **Description:** Understanding the legal and psychological impact of incarceration on prisoners' rights and well-being.

 **Instructor's Actions:**

- Explain prison as a total institution.
- Discuss deprivation effects.

 **Learners' Actions:**

- Analyze cases of legal vs. psychological imprisonment.

 **Connections:**

- **Learning Outcomes:** LO1, LO2
- **Educational Content:** Text based resources, e.g. readings on prison law, psychology of incarceration
- **Assessment:** Reflection questions

Activity 1.3: Effects of Incarceration on Mental Health

 **Description:** Examining how prison conditions contribute to mental health disorders.

 **Instructor's Actions:**

- *Present research findings.*
- *Discuss psychological trauma in prisons.*

 **Learners' Actions:**

- *Discuss case studies.*
- *Relate findings to real-world prison conditions.*

 **Connections:**

- **Learning Outcomes:** LO2, LO3
- **Educational Content:** Text based resources, e.g. research studies on prison mental health
- **Assessment:** Case study discussion

Activity 1.4: Suicidal Behavior in Prisons – Cry for Help vs. Cry of Pain

 **Description:** Identifying different motivations behind self-harm and suicide in inmates.

 **Instructor's Actions:**

- *Discuss case studies of suicidal inmates.*
- *Show real-world examples.*

 **Learners' Actions:**

- *Engage in identifying behavior patterns.*

 **Connections:**

- **Learning Outcomes:** LO3, LO4
- **Educational Content:** Text based resources, e.g. psychological studies on suicidal intent
- **Assessment:** Reflection questions

Activity 2.1: Total Institutions – Goffman & Foucault's Prison Theories

 **Description:** Theoretical discussion on the impact of prison as a total institution.

 **Instructor's Actions:**

- Present key concepts.

- Facilitate debate.

 **Learners' Actions:**

- Engage in discussions.
- Analyze theories in prison settings.

 **Connections:**

- **Learning Outcomes:** LO1, LO2
- **Educational Content:** Text based resources, e.g. Goffman's *Asylums*, Foucault's *Discipline & Punish*
- **Assessment:** Group debate

Activity 2.2: Impact of Imprisonment on Mental Health

 **Description:** Understanding how isolation, deprivation, and lack of autonomy impact prisoners.

 **Instructor's Actions:**

- Presents data on long-term incarceration effects.

 **Learners' Actions:**

- Participate in a simulation exercise: "Surviving solitary confinement" (role-playing).
- Debrief discussion on emotional impact.

 **Connections:**

- **Learning Outcomes:** LO2, LO3
- **Educational Content:** Text based resources, e.g. WHO reports on prison mental health
- **Assessment:** Reflection questions

Activity 2.3: Gendered Impact of Incarceration (Women in Prison)

 **Description:** Exploring the unique challenges faced by women in prison.

 **Instructor's Actions:**

- Presents gender-specific statistics on prison mental health.

 **Learners' Actions:**

- *Review case studies of female inmates and their experiences.*
- *Discuss gender-sensitive approaches to inmate support.*

 **Connections:**

- **Learning Outcomes:** LO3, LO6
- **Educational Content:** Text based resources, e.g. research on female incarceration
- **Assessment:** Case study discussion

Activity 2.4: Vulnerable Populations in Prison

 **Description:** Identifying special groups at higher risk of self-harm and suicide (e.g., LGBTQ+, migrants, mentally ill, elderly, youth).

 **Instructor's Actions:**

- *Presents case studies on vulnerable inmate groups.*
- *Facilitates a discussion on best practices for supporting vulnerable populations.*

 **Learners' Actions:**

- *Work in groups to analyze real-life case studies and propose solutions.*
- *Present findings and recommendations.*

 **Connections:**

- **Learning Outcomes:** LO3, LO6
- **Educational Content:** Text based resources, e.g. WHO reports on vulnerable inmates
- **Assessment:** Group discussion

Activity 2.5: Overcrowding, Idleness, and Prison Conditions

 **Description:** Examining the relationship between poor prison conditions and increased suicide risk.

 **Instructor's Actions:**

- *Presents data on overcrowding and prison idleness.*
- *Facilitates a wrap-up discussion on solutions.*

 **Learners' Actions:**

- Engage in a short debate: "Does overcrowding cause an increase in suicide rates?".

 **Connections:**

- **Learning Outcomes:** LO3, LO7
- **Assessment:** Participation in debate

Activity 3.1: Introduction to Suicidology – Definitions, Myths, and Prejudices

 **Description:** Understanding common misconceptions about suicide in prison.

 **Instructor's Actions:**

- Present myths.
- Provide real-world examples.

 **Learners' Actions:**

- Quiz-based reflection activity.

 **Connections:**

- **Learning Outcomes:** LO4, LO5
- **Educational Content:** Text based resources, e.g. WHO suicide prevention guidelines
- **Assessment:** Quiz

Activity 3.2: Identifying High-Risk Inmates: Risk & Protective Factors

 **Description:** Recognizing inmates at risk of suicide, identifying protective factors.

 **Instructor's Actions:**

- Presents real case studies of inmates with suicide risk.

 **Learners' Actions:**

- Develop risk assessment forms based on provided scenarios.
- Role-play: correctional officers assess an inmate at risk.

 **Connections:**

- **Learning Outcomes:** LO3, LO7
- **Assessment:** Discussion, Reflection questions

Activity 3.3: Indicators of Suicidal Behavior: Ideation, Depression, Time & Place

📌 **Description:** Understanding warning signs and situational triggers for suicide in prison.

Instructor's Actions:

- Presents statistics on prison suicide timing and methods.
- Facilitates a role-playing exercise: learners act as correctional staff identifying warning signs.

Learners' Actions:

- Analyze case studies and discuss patterns of suicide attempts.
- Discuss how to intervene based on the signs identified.

Connections:

- **Learning Outcomes:** LO3, LO7
- **Educational Content:** Text based resources, e.g. prison suicide reports
- **Assessment:** Indicators of Suicidal Behavior Rubric

Activity 4.1: Intake Screening & Early Detection

📌 **Description:** Learning how to screen inmates for suicidal tendencies upon entry.

Instructor's Actions:

- Demonstrates intake screening tools.

Learners' Actions:

- Practice mock screenings using role-playing.

Connections:

- **Learning Outcomes:** LO6, LO8
- **Educational Content:** Text based resources, e.g. suicide screening checklists
- **Assessment:** Discussion

Activity 4.2: Staff Training & Suicide-Proof Cells

 **Description:** Exploring the role of correctional staff in preventing suicide.

 **Instructor's Actions:**

- Explains de-escalation techniques.

 **Learners' Actions:**

- Practice crisis response strategies in groups.

 **Connections:**

- **Learning Outcomes:** LO6, LO8
- **Educational Content:** Text based resources, e.g. case studies on successful interventions
- **Assessment:** Discussion, Reflection questions

Activity 4.3: Regular Monitoring, Communication, & Timely Intervention

 **Description:** Learning effective inmate monitoring, communication strategies, and intervention techniques.

 **Instructor's Actions:**

- Introduces best practices for monitoring high-risk inmates.
- Provides feedback and discusses real-world application.

 **Learners' Actions:**

- Develop an intervention plan and present their strategy.

 **Connections:**

- **Learning Outcomes:** LO6, LO8
- **Educational Content:** Text based resources, e.g. WHO correctional guidelines, suicide intervention strategies
- **Assessment:** Discussion, Reflection questions

Activity 4.4: The Role of Art & Education in Suicide Prevention

 **Description:** Using creative expression as a rehabilitation strategy.

 **Instructor's Actions:**

- Presents documentary on art therapy in prisons.

 **Learners' Actions:**

	<ul style="list-style-type: none"> • Create intervention plans incorporating education and art therapy. <p> Connections:</p> <ul style="list-style-type: none"> • Learning Outcomes: LO8 • Educational Content: Text based resources, e.g. research on rehabilitation programs • Assessment: Discussion, Reflection questions <p>Activity 4.5: Final Reflections and Policy Recommendations</p> <p> Description: Summarizing key takeaways and proposing solutions.</p> <p> Instructor's Actions:</p> <ul style="list-style-type: none"> • Facilitates final discussion. <p> Learners' Actions:</p> <ul style="list-style-type: none"> • Draft personal action plans for future implementation. <p> Connections:</p> <ul style="list-style-type: none"> • Learning Outcomes: LO5, LO8 • Educational Content: Text based resources, e.g. best practices • Assessment: Self-reflection report
EDUCATIONAL CONTENT/ RESOURCES	<ul style="list-style-type: none"> • Core material in pdf and ppts. (interactive material developed with RISE could also be included, based on availability) – available in all consortium languages. • Supplemental readings (in the language written by the authors): <ul style="list-style-type: none"> ○ Goffman, E. (1961). <i>Asylums. Essays on the social situation of mental patients and other inmates</i>. New York: Anchor. Μετάφραση στα ελληνικά: Κομνηνός Ξενοφών (Άσυλα. Δοκίμια για την κοινωνική κατάσταση των ασθενών του ψυχιατρείου και άλλων τροφίμων), Ευρύδαλος, Αθήνα, 1994. ○ Sykes, G. (1958). <i>A society of captives</i>. Princeton: Princeton University Press.

	<ul style="list-style-type: none"> ○ Themeli, O. (2006). Suicide in the Greek penal system and the problem of the various limitation in relevant studies. <i>Crisis: The Journal of Crisis Intervention and Suicide Prevention</i>, 27(3) σσ. 135-139. ○ Themeli, O. (n.d.). <i>The Horrors of Imprisonment. Suicides in Prison</i>. ○ Themeli, O., Mazanaki. S., Assimou, E., Stefa, M., Gilchrist, J. & Gilluley, M. (2021). <i>Self-destructive Behavior in Correctional Facilities: A Guide for Correctional Facility Staff</i>. Council of Europe. (in Greek). ○ Brent D.A. & Turecki G. (2016). Suicide and suicidal behavior. <i>Lancet</i>, 387, 1227-39. ○ Case studies in Themeli: <i>The Horrors of Imprisonment. Suicides in Prison</i> (pp. 36-39). (in Greek). ○ Reports from WHO, UNODC, and Council of Europe. <ul style="list-style-type: none"> ● <i>Online Videos (in the language created)</i>
UTILIZATION OF ICT	<ul style="list-style-type: none"> ● <i>LMS Integration: All materials and activities will be hosted on the PICTURES Learning Management System.</i> ● <i>Multimedia Digital Content.</i>
INSTRUCTIONAL METHODS	<ul style="list-style-type: none"> ● <i>Lectures & Presentations: Providing foundational knowledge on suicide risk factors and intervention techniques.</i> ● <i>Case Study Analysis: Examining real-life scenarios and formulating response plans.</i> ● <i>Role-Playing Simulations: Practicing crisis intervention.</i> ● <i>Scenario-Based Problem Solving: Applying learned concepts to dynamic correctional situations.</i> ● <i>Collaborative Learning: Group discussions and team-based projects.</i> ● <i>Self-Reflection: Encouraging learners to document personal insights and emotional responses.</i>

	<ul style="list-style-type: none"> • <i>Guest Speakers: Former correctional officers, psychologists, and experts sharing firsthand experiences (where and if applicable).</i>
DELIVERY MODE	<ul style="list-style-type: none"> • <i>Online/Self-Directed: Theoretical content and case studies.</i> • <i>Face-to-Face: Interactive exercises and simulations. (where and if applicable)</i> • <i>Work-Based Learning: Observation and participation in real correctional environments. (where and if applicable)</i>
ASSESSMENT METHODS	<p><i>Formative Assessments: Multiple choices quizzes, case studies discussions.</i></p> <p><i>Summative Assessments: Scenario-based evaluations, final presentation of suicide prevention strategies.</i></p> <p><i>Peer & Self-Assessment: Reflection exercises, discussion contributions.</i></p>