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**Subject:** Response to Inquiry into Tasmanian Adult Imprisonment and Youth Detention Matters  
**Date:** Tuesday, 7 March 2023 1:43:39 PM  
**Attachments:** [Anglicare Evaluation Report Freedom Arts 2 .docx.pdf](#)  
[Caroline Amos Submission to Commission March 23.docx](#)  
[Ian Wilkinson Speech Freedom Arts Open Day July 2022 \(1\).pdf](#)  
[2022 08 08 Magistrate Marron Letter \(1\).docx](#)  
[September Report Slide Show Freedom Arts .pptx](#)

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## Inquiry into Tasmanian Adult Imprisonment and Youth Detention Matters:

1. Factors influencing increases in Tasmania's prisoner population and associated costs;
2. The use of evidence-based strategies to reduce contact with the justice system and recidivism;
3. The provision of, and participation in, services for people in prison and leaving prison (health housing and legal services);
4. Training and support initiatives for corrective service staff related to increasing individual well-being, professionalism, resilience and reduced absenteeism;
5. Innovations and improvements to the management and delivery of corrective service that may be applied in Tasmania, including to future prison/detention centre design; and
6. Any other incidental matters.

I am submitting to this Inquiry as a practitioner working within the Justice system, both as a Literacy Coordinator and Art tutor with experience working with incarcerated offenders and those on justice orders with Community Corrections. I will address some of the reference points in my submission:

2. The use of evidence-based strategies to reduce contact with the justice system and recidivism;

I recently ran a program called Freedom Arts, in partnership with Community Corrections, Anglicare and Kickstart Arts, funded by the Tasmanian Community Fund. This was a four-year funded pilot arts-based program to assist with the reduction of recidivism and addiction related offending.

## Overall Project Aims:

1. Gain an improved understanding of themselves and the world around them.
2. Learn and practice new skills in creative thinking, creative arts and making techniques in a safe space
3. Gain opportunities to experience positive feelings of success and

achievement leading to improved self-esteem, self-confidence and greater self-efficacy

4. Improve the ability to form and maintain positive relationships.
5. Learn strategies for dealing with stress and recovery from addictive behaviours
6. Form pathways to engagement with the broader community, lifelong learning and social programs bringing new opportunities for positive social engagement and forming new friendship groups

With an over-arching aim to:

- 1.
2. Reduce Recidivism
3. Reduce Drug Use
4. Improve Health and Wellbeing
5. Improve skills, confidence and resilience
6. Improve connections and relationships with family and community
7. Create a sustainable model for the project to continue to provide opportunities for Tasmania

This program was deemed successful by Community Corrections, NGO's who supported clients to attend, and by those who attended. However, unfortunately there were other factors that contributed to the funding being withdrawn after two years of operation. The main factors that contributed to our closure were:

1. We did not make the numbers that we predicted in our grant submission, we predicted what we realised later was an unrealistic goal for the cohort we were working with, and the time it would take for new projects to gain traction within the justice system.

2. Relying solely on referrals through Community Corrections Probation and Parole officers for people on orders proved to limit the number of people who could attend, and relied solely on the individual officer's belief in the merit of the program and whether the client 'deserved' to be referred. This speaks to to Ref 4. Corrections Officers need to see Art based programs as more than 'soft options' that should not be offered to convicted offenders as they 'don't deserve them'. Their beliefs often limit programs to obligatory rehabilitation for drug and alcohol, family violence and gambling addictions. These are certainly essential, yet there are very few, if any, options for voluntary, social, creative programs that break the daily cycle of boredom, self-deprecation and reoffending.

3. A break down in the governance of Kickstart Arts' Board of Administration at that time, which led to a lack of confidence from the Funding Body that they would be able to continue to administer the funding. This has now been resolved, and Kickstarts new board of management are interested in auspicing a grant application for a revised version of Freedom Arts.

4. The inflexible nature of grant deeds with Tasmanian Community

Fund meant that there were limits to how we could change the delivery of the program and the numbers of participants the funding body deemed cost effective.

This program was independently evaluated by a Social Action Researcher from Anglicare and I will submit the final evaluation for the Committee to review. Whilst we did not reach the numbers within the expected time frame, it became clear that this kind of program is very effective, and if we had been given an extension of time and a new grant deed that supported a smaller program (at less cost!) we could have continued to grow the program with the ability to include a wider cohort of offenders who continue to need support but may not be on court orders.

As you will glean from the report, the vast majority of those who attended benefited greatly from the program, and whilst the quantitative data was low, the qualitative data supported the initiative's success. I will also submit letters of support from professionals who believed in the program and were sorry to see it axed before it really gained traction.

## 1. Factors influencing increases in Tasmania's prisoner population and associated costs;

I would submit that the anecdotal evidence from our participants supports the notion that they reoffend due to a variety of factors, (many of which fall into categories such as lack of stable housing;) yet a great contributor is their inability to 'fit into' society, to feel part of a community, to feel 'worthy,' and the lack of a 'safe' place they can go to move away from negative social circles, isolation, and repeat drug offending. There is a vicious cycle as there are few 'off ramps' that give offenders an opportunity to succeed at something and to break the cycle of identification as a criminal with no exit plan. Poor life skills to function outside incarceration, along with limited support networks often mean that recidivism becomes a survival tool for reincarceration; ultimately becoming their safety net.

Below are some testimonials from Freedom Arts Participants that support how the program contributes to more positive personal outcomes.

### Testimonials:

*My time at the Freedom Arts Program helped me so much. It reduced my depression, gave me something to do while I was on my order, taught me about self-esteem and value. I really enjoyed learning art, and discovered I could paint.*

*I now know the importance of showing my daughters how much they are valued so they can have good self-esteem. I would highly recommend this program to others in need.*

MW Home Detention Order - Hobart Community Corrections  
Attended Freedom Arts from July 2021 to January 2022

*Coming to Freedom Arts has built up my confidence to be around people. I am very isolated and don't see anyone but my Probation Officer and Drug and Alcohol Counsellor at Anglicare. Here I have someone to talk to who does not judge me, and I feel comfortable.*

*I have learned how to paint, and it's really helped with my communication with people and to overcome my anxiety. I feel like a different person, if I wasn't coming here I think I would be back on the gear.*

A.L. Supervision Order  
Probation Order Ends late 2022

LW Volunteer:

*It's nice to interact with different people, I like to help where I can. Coming here keeps me sane as I am very isolated in the community.*

Note; there are more testimonials in the attached evaluation report.

As we were moving forward to creating solutions around improving numbers and building relationships with prisoners pre-and post-release, our funding was axed.

Freedom Arts was looked on very favourably by those in the Justice system and the supporting organisations, with much interest generated in the arena of offender support. However, the main issue is there seems to be no money or commitment to support these kinds of programs.

My chief reason for submitting to this commission is to raise awareness of the efficacy of these programs and to advocate for departmental funding to support options for offender rehabilitation that may sit outside the current formats. Art is the by-product of what is essentially an overall wellbeing program that provides opportunity for connection within a safe and non-judgemental space.

I am passionate about the efficacy of Arts as an option for social rehabilitation and social reconnection. I am currently in talks with Ron Barwick Prisons General Manager John Pickering, and the Reintegration team about the possibility of running a pre and post release arts-based wellbeing program that I have proposed, if it is accepted by the Dept of Justice.

The evidence is there, what is needed is an ongoing commitment to run programs that, given time, can change the trajectory of reoffending. This is even more effective if offered when offenders are young. Working with positive mentors, both non offenders and peers with lived experience, on strength-based programs that provide opportunities for success, improved self-efficacy and self-esteem can show new pathways and create real and long lasting change.



I have also attached a Presentation to the Funding Body with images of some of the achievements of our participants.

Thank you for taking the time to read my submission.

Caroline Amos

[REDACTED]

**Caroline Amos- Artist**

[REDACTED]



**Evaluation of the Freedom Program**  
**Report on the first 14<sup>th</sup> months operation**  
**July 2021 to August 2022**

**Social Action and Research Centre**  
**Anglicare Tasmania**  
**September 2022**

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## 1. Introduction

The Freedom Program is an arts-based therapeutic justice program funded as a pilot for three years by the Tasmanian Community Fund (TCF) with co-funding provided by Kickstart Arts. The Program aims to break the cycle of reoffending and provide pathways for offender rehabilitation for those struggling with substance use and subject to community corrections orders. It is the first of its kind in Australia.

The Social Action and Research Centre at Anglicare Tasmania was contracted to undertake an independent evaluation of the Program as it develops to ascertain:

- How far participation in the Freedom Program has a positive impact on the factors which influence re-offending
- What are the mechanisms which deliver this change and how can they be developed into a good practice model for organisations engaged in arts/justice initiatives.

The Program aims, through a non-mandatory process of personal growth where offenders address the underlying personal and social factors which promote offending, to achieve 'freedom from within' at a crossroads in participants' lives. It particular it aims to:

- Reduce recidivism and divert people from the justice system
- Reduce drug use and learn new skills to manage addictive behaviours
- Improve emotional and mental health and wellbeing
- Improve skills, confidence and resilience
- Improve communications and relationships with family and community

Based on an exploration of previous evaluations of community arts for justice initiatives the evaluation employs a mixed methodology to ensure a multi-lens approach. This incorporates both quantitative and qualitative data collection and a strong participant voice including:

- Baseline data collection about the characteristics of those referred into the pilot and administrative data relevant to the individual journey of participants through the program
- Pre and post intervention measurement of change using a standardized and validated measurement scale (IOMI)
- Case studies illustrating positive (and negative) impacts gathered over the course of the pilot
- Semi-structured interviews with pilot participants, project staff, community corrections staff and other stakeholders
- Longitudinal tracking and measurement of the sustainability of change.

Using data collected via the mechanisms listed above, this report describes the first 14<sup>th</sup> months operation of the Freedom Program.

## 2. History

The first referrals to the Program in late June 2021 were proceeded by 8 months of implementation work. This entailed:

- **Project management.** Setting up protocols and procedures including MOUs with partner agencies, referral processes, data sharing and governance through the Steering Committee. Exploring how to establish a more consistent support base and more collegiality for the lead artist.

- **Establishing a multi-functional participatory arts space** including occupancy permit, purchasing art materials and equipment, creating a friendly, open and comfortable safe space.
- **Funders.** Re-evaluating the deed with TCF to respond to an adaptive management process
- **Developing partnerships** and effective working relationships with a large government department and with other service providers to increase referrals into the program and engagement with it.
- **Program promotion** via presentations to Corrections teams, Risdon prison, other service providers, magistrates. Exploring the potential to use current/ex participants as champions of Freedom and to raise awareness of its work.

This work has continued as the Program became operational and a gradual development and tailoring of the model was anticipated with time required to build relationships and safety for participants. The adaptive management approach allowed Freedom to learn from experience in managing participants and their journey through the Program and to adjust the model and infrastructure accordingly. Most recently, and in response to lower than anticipated levels of referral from community corrections, the target group has been expanded to include those on probation, parole and in home detention.

Throughout the history of the Program Covid has been a factor impacting on its development. At times Covid has affected the willingness of referrals to participate and slowed responses from partners and other service providers. This has meant that establishing Freedom and networking has taken longer than anticipated.

An Open Day in August 2022 to showcase the work attracted an audience of over 40 people and a number of new referrals into the Program.

### 3. Referrals, Engagement and Participation

Over a period of 14 months Freedom has received 40 referrals from CCOs. The majority of these (88%) have a history of offending relating to drug use and ranged across a number of order types:

**Table 1 Legal Status - Referrals and Participants**

Legal Status/Order Type	Referrals	Participants
Court Mandated Diversion	14	6
CCO Supervision	11	8
Parole	6	3
CCO – CS	4	3
Other, including Home Detention	5	2
<b>Total</b>	<b>40</b>	<b>22</b>

CCOs recorded a number of reasons for their clients' interest in being referred into Freedom. These included wanting some kind of creative outlet (28%), having somewhere to unwind, countering boredom and lack of occupation, wanting to learn new skills and meet new people, wanting to maintain recovery from addiction.

Amongst referrals there were 11 women and 29 men ranging in age from 20-65 years with an average of 39 years. The women referred were slightly younger on average than men. Six referrals

identified as ATSI and approaching one third (30%) were identified as having literacy and/or numeracy issues by their referrer.

Once people had been referred there was a high engagement rate with the Program – 55% of those referred then participated. This engagement rate has been increasing over the life of the Program - from 52% as measured up to March 2022. Although numbers are small it appears that engagement rates differ between men and women with women being less likely to engage than men – a rate of 45% among women compared to 59% among men.

However, 18 of those referred either never attended or attended only once and never returned. Those who did not engage did not differ significantly in terms of their characteristics to those who did, although they were likely to be slightly younger (average age of 39 compared to 42 amongst the engaged). Where known, the reasons for non-engagement were numerous. They included being incarcerated, physical injury and mobility issues, ending of the order, securing work, parenting and other commitments and responsibilities. However, they also included mental health issues and anxiety and nervousness about attending. As some participants identified, attending on site had been a significant barrier for them to cross and required support from other services they were engaged with.

Although initially Freedom offered a 10-week program held on consecutive weeks, adapting the model to better fit the cohort has meant devising individually tailored programs often spread over a number of months. There has been variety in patterns of attendance for those who engage. Some attended once or twice and ‘dipped their toes into the water’ but did not become regular attenders until some months later when their lives had stabilized or other commitments had been dealt with. Others attended regularly from the beginning for a period of 3 or 4 months and then returned for infrequent visits at a later date.

**Table 2. Attendance – July 2021 to August 2022**

Month	Number of participants	Number of attendances
July 2021	6	19
August	6	21
September	7	15
October	3	7
November	6	16
December	5	11
<i><b>Program suspended until January 25<sup>th</sup> due to Covid</b></i>		
January 2022	3	4
February	4	14
March	5	19
April	7	28
May	8	39
June	8	44
July	8	48
August	7	44

Those attending regularly were doing so over periods of four or more months and in two cases over a period of 10 months. But attendance was often disrupted by circumstances like a return to prison, being unwell and medication issues and family crisis. A number of regular attenders were struggling

with health issues, court processes and personal commitments which affected their attendance levels.

Table 2 demonstrates how the number of participants and attendances have been steadily growing over the evaluation period with increasing numbers of regular attenders.

#### **4. The Views of Participants**

The views of participants on the Program were gathered through questionnaires and semi-structured face-to-face interviews with the evaluator. Participants were asked about their expectations about Freedom, activities they were involved in, any challenges they had encountered and the impact of participating on how they thought about themselves and their lives. When they reported changes over their period of participation they were asked what they felt accounted for those changes and what would have happened if they had not experienced the Freedom Program.

Although some said they 'did not know what to expect' on referral to Freedom, others described feeling apprehensive, shy and nervous initially but the welcoming atmosphere had quickly reassured them. As two said:

I was a bit nervous to start with because I'm a sort of hermit person. I stay at home and don't socialize. But since I've been coming here it's opened up a whole new world for me, it's been amazing. It gave you a sense of welcome and warmth, a feeling that you could be in a place where you were comfortable.

I had low expectations but was quickly and pleasantly surprised.

They described involvement in numerous activities – leatherwork, woodwork, sculpture, drawing and painting and excursions:

Art I thought would be just like painting but there have been multiple different things I've done, a good variety. It did scare me to start with. I'd never picked a paint brush up in my life. Caroline is an amazing teacher. I had never done things like this before and I wanted to give it a go. I'd never done painting like shading work and drawing but Caroline got me into it, mixing paints and helping me blend paints. We painted the [signal] box blue. That was really fun that was. We got to do flowers on one side, a plant growing out of the cracked soil and put Freedom on it. People stop in the street and say woah. They drive past and then come back to have a look and jump out and say what a good job you're doing. When we grew up graffiti was a bad thing but now it's street art.

Basically, I started paintings myself at home and when I showed it to my parole officer she said maybe you would like to do this and I said okay. When I came here Caroline said have you ever tried acrylics and I hadn't. Basically, I've been doing acrylics ever since. Also, woodwork to mainly make frames for my paintings. I made the bench seat in the courtyard. It was my idea. Last week I made a belt and I had never worked with leather before.

When asked what challenges they had faced in attending the Program, a key issue was transport and getting there. But as one person said: 'only challenging myself with the projects I have taken on'. Some described how they had welcomed the challenges posed by Caroline:

I like being pushed a bit. There have been quite a few times when I've thought I've finished a painting and Caroline has come back and said no you could just do a little bit more here,

there and they've turned out so much better. Caroline will give me challenges to overcome. She will do something, the outline and then she makes me do the colouring, shading. So she sets challenges. I have been watching drawing with charcoal. I prefer to watch three or four times before doing it. Caroline has a good variety of things that we do'

Participants were asked to describe the impact on them of participating in the Program and whether they had noticed any changes in themselves. These changes are known to be directly or indirectly associated with reductions in re-offending and turning lives around:

**a) *Learning new skills***

Participants commented on learning 'different skills and aspects of art'. One described how he had practiced skills like self-control during his attendance at Freedom:

I've never done this before. This is the first belt I've ever made. I dyed this one. I done the plait too, That's intense to do. Its pretty cool and put buckles on.

This guy here whose making belts, he is always go, go, go. I have been helping him do his belt. He is on the edge all the time. Being with Caroline sort of calmed me to not get aggressive with him and take the time with him. The other day he was putting his stake holes in and it's got to be 10mls. I said just calm down, relax, just go with the flow mate. There is no need to be getting stressed out over something so little. Then Caroline said you're doing a great job. She gave me ways of not getting angry with him so that was another help as well.

**b) *Self confidence***

All participants who fed back noted improvements in their self-confidence. As one said 'my self-confidence has definitely improved, all with the ability to express myself.' As another said:

It's mainly my depression. I have bad depression. It opened up expression because there's a lot of stuff I talked to Caroline about. Its more like it gave me self-confidence. It really. really did, just to approach people and stuff like that. Caroline doesn't judge, she just listens and she helps you talk. Just being here my self confidence and to approach people and talk to people it went from here to here.

It boosted my confidence. I wouldn't have known I could paint like that beforehand, so it's certainly done a lot for me.

**c) *Relationships with other people***

Although some said this had not been an issue for them, others commented that it had improved their relationships with others 'because my self-confidence has grown and you can communicate a lot better'. As another said, it had been important to have 'supportive peers and enjoy being able to build relationships with people of a similar background':

It's even helped back home. I now know the importance of showing my daughters how much they are valued so they can have good self-esteem.

**d) *Ability to cope with recovery from addiction***

Some participants described how isolated and alone they felt. Freedom's ability to provide occupation, distraction and a different peer group had been valued highly by participants:



It gives me a distraction to lengthen my episodes of drinking. If I wasn't here I would be drinking.

I had already recovered but it has helped maintain my sobriety.

I was an addict. Cold turkey is the end of that story. I don't want to go back to that life style. Being here, because a lot of them are in the same boat as me. That has been amazing too. It gives me a reason to be somewhere, to feel wanted because I have no family or friends. Being here really helps and you can talk about all different things.

#### ***e) Dealing with stress***

Providing occupation and a safe and welcoming environment had improved anxiety levels and resilience:

Being here, painting and working with Caroline has made my stress level go from there to there. I know it's a place that don't judge you. It removes you from the life outside that I did know and puts you in a whole other world which is what I need at the moment. Some days I get bad anxiety and bad stress and I just get on the phone or talk to Caroline about it. No medication, no nothing. The anxiety is slowly coming down. I can slowly interact with more people and stuff like that. I am a lot more confident.

I know there is a support network that understands.

It reduced my stress. Before this all I could do is be at home depressed. I had nothing to do but think about what's happening back home. But coming here gave me something else to think about.

#### ***f) The way you think about yourself***

Participants described increasing feelings of self-worth and communicating better with others.

I think more of myself and feel more confident in the things I do and reacting with different types of people.

I feel like I'm a whole new person, a new leaf, turned a new leaf, started a new chapter in the book.

#### ***g) Being part of the community***

Overcoming isolation and engaging with new people had been important:

A community of peers of similar experience, being accepted. Its good to be connected.

#### ***h) Plans for the future***

Participants talked about how Freedom had opened up new pathways for them. They were now contemplating doing a community service qualification, improved job prospects, working on their literacy skills, learning computers, doing more art and gaining the motivation to lead a better quality of life:

I want to be a better person in my life. I've done some wrong things. I've done some bad things and I want to give back or try to give back to community more or less what I've done wrong. I think it's the only right thing to do.

I don't feel confident enough to go back into the workforce yet and that's where this program comes really, really handy.

They all expressed an interest in keeping in contact with Freedom and/or in continuing to develop the skills they had learnt on the Program including the possibility of working with other arts-based organisations. Two expressed some interest in peer work which had been generated by their experiences and one person said 'I will be here as long as they are here. I will even come after my order'.

When asked what accounted for these changes in themselves participants were keen to identify the safe and welcoming environment at the Program, relationships with staff and the ability of staff to work with them.

It starts with Caroline's welcoming nature and her confidence building ability. It's because of the environment which exists at Freedom.

It's everything. They make you get involved. It's good all round.

They were also asked what might have happened if they had not got involved with Freedom. Participants described negative outcomes and possible reoffending; that without Freedom many people would be back in the justice system:

I would of felt lost not having a workshop and something to do. I would of more than likely be back in jail by now.

I would be back using definitely. I would be back living the life I was. Coming here in myself it gives me a reason to be here. I would recommend this program to anybody who wants to escape the same life I had, to get involved in programs like this. Its been life changing. It really, really has worked for me. I need this not to go and use again and fall back into the rut I was in before.

It definitely helps improve our lives. It works. It has given me so much opportunity.

When asked what changes they would like to see to the way in which the program operates, most expressed the view 'for it to continue'. There were comments that it was hard to get to and that it was 'a bit out of the way' but overall participants were happy with the model offered:

It's great, keep going. It's certainly providing opportunities for people, they just need to get more people involved. It saves a lot of money for the government. But with the amount of funding available I don't think it's possible. But from my own personal experience you will never do it in 12 weeks [turn people around]

A clear message was that addressing the underlying causes of re offending was not necessarily something which could be achieved during a 10-week program.

## 5. Measuring Change

The evaluation entailed pre and post intervention measurement of change using a standardized and validated measurement scale. The Intermediate Outcome Measurement Instrument (IOMI) was commissioned by the UK Ministry of Justice in 2013 to provide an instrument to measure change or intermediate outcomes directly or indirectly associated with reductions in reoffending. It was designed to be used by community organisations delivering short-term arts interventions to adult offenders both in prison and in community settings. IOMI tracks change against baseline data in seven domains. These are self-efficacy/agency, hope, impulsivity, motivation to change, resilience, interpersonal trust and wellbeing as measured by answers to 21 questions. IOMI also incorporates a validated measure of practical problems or eight questions about whether the subject is experiencing difficulties with housing, drugs, drink, relationships, gambling, money, employment and health. This allows scores from key domains to be put into the broader context of other challenges in peoples' lives.

Those who engage with Freedom complete a pre-intervention assessment in their first weeks with the Program. The assessment is then repeated as they exit the Program. It is intended that the assessment will be repeated nine months after exit to ascertain the sustainability of any change. To date, results are available for 7 participants who had completed both a pre and post intervention assessment over a period which varied from 3 to 8 months.

Although two participants demonstrated no change, five demonstrated positive changes in their scores for some or most of the dimensions.

**Table 3. Pre and Post Intervention Scores – Percentage Change**

Participant	Percentage change in scores in seven dimensions						
	Self-efficacy %	Hope %	Impulsivity %	Motivation %	Resilience %	Trust %	Wellbeing %
1	0	+ 22	+ 85	+ 85	+ 75	- 13	- 17
2	0	0	- 33	0	0	0	0
3	+ 11	+ 65	- 55	0	+ 20	+ 5	+ 23
4	+ 52	+ 66	0	+16	+ 66	+ 25	+ 23
5	0	0	+ 10	- 16	0	+ 5	0
6	0	- 8	0	0	0	0	0
7	- 12	0	0	+ 8	+ 14	+ 9	0

For example, participant one attended 9 times over a four-month period. She had been looking for a creative outlet and somewhere to help her unwind. Despite a difficult housing situation and problems with transport and family crises she had increased her score in four dimensions – hope, impulsivity, motivation and resilience.

Participant 4 attended four times in late 2021 and then started to attend regularly in February through to May. Overall, he attended 44 times over a 7-month period and increased his score in five dimensions. He described how attending Freedom 'has just been 100% live changing for me. I feel like a whole new person'. In May he returned to prison for matters prior to his involvement with the Program. But he has reported that his time at the Program had helped him cope with prison and that he now has renewed hope for his future life without drugs and using his newly acquired art skills.

How far can these short term or intermediate changes be sustained in the longer term?

Ex-participants will be asked to complete the IOMI scale nine months on from exiting the program.

## 6. The Views of Community Corrections Officers

Twenty CCOS had referred into the Program between July 2021 and June 2022. They were asked to complete a survey monkey questionnaire at six-monthly intervals about the referral process and any feedback they had from clients attending Freedom. Half (10) responded. They commented on a total of 29 referrals made to the Program. Of these 15 had gone on to engage and four CCOs described how they had been directly involved in facilitating that engagement by attending for an initial visit with their client.

When asked about non-engagement amongst referred clients they were able to provide little feedback beyond commenting on high levels of anxiety and a lack of confidence among clients which operated as barriers to attending. In two cases clients had been returned to custody.

Once engaged CCOs were asked whether their clients faced any challenges in participation. Beyond changing circumstances, the most common challenges identified were transport, access issues and psychological barriers:

The main barrier is lack of transport. If they could be collected from home or a pick-up point or given taxi vouchers or bus tickets this would facilitate attendance. This is especially so with limited incomes and also anxiety and mental health issues.

Psychological, professed anxiety, poor self-motivation.

As both CCOs and participants themselves reported, the psychological barriers were significant for a number of clients and supported the case for warm referrals and where possible escorting clients to initial visits.

What kind of impact had attendance had on their client? Although some CCOS community said they had not had enough contact to assess, others felt that 'for the right participants it is a fantastic program'. They described how a number had gained significantly from the experience in terms of self-esteem and confidence, pro-social modelling, providing a creative outlet, offering meaning and purpose, and mitigating anxiety. One CCO described it as 'an amazing and inspiring program':

The Program was a large contributor towards the client's positive mental health during the order. It gave him a sense of purpose and ultimately pride in being able to complete artwork

My client says he enjoys it and looks forward to going each week. He has advised me it gives him a boost of confidence as he feels appreciated by others as well as the staff in the project.

It is positive and he is responding very well to Caroline. He tells me he feels cared for and very comfortable talking with her. It is assisting in growing self-confidence.

The lack of restrictive intake requirements meant clients could engage quickly whilst the informal nature of the program made it feel like something they wanted to do rather than something they were directed to do. As CCOs pointed out this distinguished Freedom from other programs and aided participation rates.

When asked whether they would like to see any changes made to the Program, a number of suggestions were made including:

- increasing the ability to provide additional support to access the program; for example, with the cost of transport, by providing food as an additional attraction, or running sessions from the community corrections office on a regular basis.
- more promotional work to further develop the relationship with community corrections and increase awareness of the work
- opening up assessment and referral to a wider cohort and offering pre-release ‘tasters’ to encourage engagement.
- offering options for participants to obtain TAFE qualifications; for example, picture framing, visual arts certificates.

Had attendance at Freedom contributed to the work of Corrections and their own service delivery? As a couple of CCOs stated, traditional counselling was not suitable for many of their clients so engaging with arts and group activities was considered more effective and appropriate. It helped participants to have a sense of purpose which then transferred to other areas of their lives. This meant they were more motivated to make positive change and to actively work towards rehabilitation and reintegration. It also aided Corrections to work with their clients in a different way by seeing them from a more holistic perspective. As one CCO commented it helped to prepare them for group therapy environments.

## **7. The Views of Other Community Service Organisations**

The evaluation strategy requires an annual survey of other organisations whose clients have been referred into Freedom via community corrections and who are supporting them in the Program. Key informants from three organisations gave feedback on 11 of their clients who had been introduced to Freedom. Seven of these went on to attend regularly.

They commented on an easy and relaxed induction and engagement process where the key element was building a relationship with Freedom staff. Participants ‘experienced immediate benefits from the program and from Caroline’ to the extent that they were then able to engage on their own without further support. In some cases they had accompanied their client for a first visit to the site to explain the Program and discuss eligibility with staff. This then led to asking a community corrections referral to proceed.

Again, any challenges with engagement and participation were firstly about transport. As one respondent said ‘transport is the biggest barrier for potential referrals’. Like other commentators, they also identified the mental health of their clients, social anxiety and order suspensions or sanctions as barriers to engagement.

Commenting on the impact on clients of attending the Program, it was described as ‘overwhelmingly positive’. As one said: ‘it works because the person is allowed to express themselves rather than being compliant or restricted on parole or a drug order’:

He thoroughly enjoys having meaningful activity in a weekly routine. He has relayed that he feels calmest on Freedom days as he was able to focus and think on nothing but what he is painting or working on. He feels as if this has been the most beneficial therapeutic support to date.

He has maintained abstinence with confidence. The location of Freedom was triggering to begin with and he crossed paths with past friends. But discovering the pros to using community-based support gave him strength and courage to work through uncomfortable triggers and cravings so much so that new associations became of greater value than past experiences. His

self-confidence and worth increased through finding strengths in particular areas of art as well as an eagerness to learn and develop new skills quickly. He is proud to show his individual work and involvement in public based creations.

CCOs described how they had witnessed friendships being made, personal development and a growth in confidence, improved mental health and wellbeing and breaking down the effects of stigma and institutionalization. Therapeutic programs for those on orders are few and far between. Freedom offered benefits beyond other therapeutic programs and did not open up past trauma like counselling or psychology. They watched as individuals began to foresee future pathways away from the justice system as well as possible peer mentoring roles.

The participation of their clients was also having a positive impact on their own service delivery where they could be confident in knowing services were complementary and their client would benefit from the support whether they were interested in arts or not but alongside showing them the importance of creative outlets. It had led some to consider the value of offering more creative outlets in their own services. Staff were key and acting as triggers by providing a comfortable, non-judgmental and safe environment where people felt understood and were given opportunities for achievement.

It is the most successful community support because clients voluntarily engage. Caroline provides a safe place for them to feel themselves. Knowing someone has an understanding of court matters without this being the primary focus allows them to rebuild self-care, love and worth.

We have seen a huge benefit from Freedom pushing us towards wanting to provide people with a similar therapeutic style. It is very beneficial to people that engage. Having seen the impact we would like to offer more creative outlets on site for all residents, not just those on orders.

{Freedom} shares similar goals to ourselves, supporting clients to find new identities, maturation and social bonds. We share primary goals which are complementary – building motivational support to reduce the likelihood of reoffending via networking, relationship building.

When asked what changes they would like to see to the Program they had few comments on the model itself but they did comment on Freedom's demonstrated ability to work with some of the most traumatized individuals who had long histories with the justice system and with substance use. They also commented on the substantial need for therapeutic programs given the lack of capacity amongst CCOs to assist. The gradual nature of rehabilitation and reintegration processes where the trigger for change is emotional connection with others and with occupation in a positive environment with appropriate mentors was clearly demonstrated by the Program. They saw a pool of potential referrals and wanted to see a more proactive approach to increasing referrals into the program from the Freedom Steering Committee and from other community service organisations.

## **8. In Summary**

In its first 14 months of operation, the Freedom Program has demonstrated its ability to offer a legitimate referral option for those in the justice system. Devoting time and resources to building a solid foundation, establishing a referral process and in developing relationships with community corrections, other community organisations, magistrates and with participants has led to an

arts-based therapeutic justice program which can demonstrate success in beginning to address the underlying drivers of reoffending and recidivism.

The Freedom Program to date has been successful in:

- Achieving a high engagement and participation rate (55%) among a cohort of offenders who are often notoriously difficult to attract into therapeutic programs.
- Generating positive changes in participants which can be both qualitatively and quantitatively measured over time in the key dimensions driving reoffending and substance use. These include changes in self-confidence/self-efficacy, hope, impulsivity, motivation, resilience, trust and wellbeing demonstrating a genuine potential to turn lives around.
- Complementing the service delivery of other organisations – community corrections, community service organisations, the courts – by providing a space actively promoting reintegration and rehabilitation and giving other services a more holistic perspective and greater understanding of their clients.

The key elements of the developing model which have been instrumental in being able to achieve these successes are:

- Individually tailored programs to fit the needs and interests of participants and which challenge them to improve their skills
- an adaptive management process which can deal with the volatile circumstances of peoples' daily lives and the resultant fluctuating attendance levels over a period of weeks and months
- relationship based service delivery and the creation of a non-mandatory, safe, non-judgmental and welcoming environment where participants feel supported, understood and which can foster interactions and pathways beyond the justice system to 'break the cycle'.

Freedom is beginning to meet the milestones identified by the TCF for those who engage with the Program, including increasing attendance. However, it has not been able to attract the number of participants anticipated in the original Deed – working with 100+ participants per annum. This has not been due to the capacity of the model to work with growing numbers but rather to dependence on referrals from community corrections which have consistently remained below those anticipated. Questions need to be asked about how realistic the original participation targets are given the characteristics of this cohort, the numbers of potential participants circulating in the system at any one time and the complexity and long-term nature of working with and challenging the underlying causes of crime and recidivism.

Strategies to improve referral and engagement are proposed and being implemented. They include strengthening and promoting existing relationships with community corrections, prison and with community service organisations, extending the model of referral to other stakeholders, expanding the target cohort and exploring more focused workshops to meet the interests of a broader cohort. including an exclusive women's workshop.

This report recommends continuing to build on the Program's successes and further develop the model as numbers and diversity grow. This should include a focus on:

- increasing engagement levels by recognizing and addressing both the practical and psychological barriers for some potential participants in attending and becoming a participant. Working in partnership with other community service organisations will be key in addressing these issues.

- o offering a wide range of activity and continuing to explore women only sessions as a way of countering lower engagement rates amongst women. The recent partnership which has been developing with SASS may be instrumental in furthering this goal.
- o Boosting referral and participation rates by extending promotional activity to potential participants themselves rather than reliance on CCOs. This might include developing a flyer with current participants to promote the Program in a way and using language that appeals and is understood by this cohort.

It is apparent that the Program has been able to begin to 'turn around' the lives of a number of those who have fully engaged. This includes individuals spread across different referral sources. This is a major achievement – even a few lives changed is enormously beneficial in reducing reoffending and breaking the cycle. Of course, the sustainability of these changes has yet to be determined and will need to wait for longer term measurement once participants have exited the Program.

Nevertheless, the fact that the Program to date has only been able to work with limited numbers due to low referral rates is threatening its continuation and raises questions about the original target participation figures projected in the TCF Grant Deed. Community Corrections have had problems in determining the numbers of potential referrals across referral pools at any one time. This means it is challenging to identify realistic and achievable numbers for the Program in order to revisit target figures quoted in the Deed.



## Inquiry into Tasmanian Adult Imprisonment and Youth Detention Matters:

1. Factors influencing increases in Tasmania's prisoner population and associated costs;
2. The use of evidence-based strategies to reduce contact with the justice system and recidivism;
3. The provision of, and participation in, services for people in prison and leaving prison (health housing and legal services);
4. Training and support initiatives for corrective service staff related to increasing individual well-being, professionalism, resilience and reduced absenteeism;
5. Innovations and improvements to the management and delivery of corrective service that may be applied in Tasmania, including to future prison/detention centre design; and
6. Any other incidental matters.

I am submitting to this Inquiry as a practitioner working within the Justice system, both as a Literacy Coordinator and Art tutor with experience working with incarcerated offenders and those on justice orders with Community Corrections. I will address some of the reference points in my submission:

2. The use of evidence-based strategies to reduce contact with the justice system and recidivism;

I recently ran a program called Freedom Arts, in partnership with Community Corrections, Anglicare and Kickstart Arts, funded by the Tasmanian Community Fund. This was a four-year funded pilot arts-based program to assist with the reduction of recidivism and addiction related offending.

### Overall Project Aims:

1. Gain an improved understanding of themselves and the world around them.
2. Learn and practice new skills in creative thinking, creative arts and making techniques in a safe space
3. Gain opportunities to experience positive feelings of success and achievement leading to improved self-esteem, self-confidence and greater self-efficacy
4. Improve the ability to form and maintain positive relationships.
5. Learn strategies for dealing with stress and recovery from addictive behaviours

6. Form pathways to engagement with the broader community, lifelong learning and social programs bringing new opportunities for positive social engagement and forming new friendship groups

With an over-arching aim to:

- 1.
2. Reduce Recidivism
3. Reduce Drug Use
4. Improve Health and Wellbeing
5. Improve skills, confidence and resilience
6. Improve connections and relationships with family and community
7. Create a sustainable model for the project to continue to provide opportunities for Tasmania

This program was deemed successful by Community Corrections, NGO's who supported clients to attend, and by those who attended. However, unfortunately there were other factors that contributed to the funding being withdrawn after two years of operation. The main factors that contributed to our closure were:

1. We did not make the numbers that we predicted in our grant submission, we predicted what we realised later was an unrealistic goal for the cohort we were working with, and the time it would take for new projects to gain traction within the justice system.
2. Relying solely on referrals through Community Corrections Probation and Parole officers for people on orders proved to limit the number of people who could attend, and relied solely on the individual officer's belief in the merit of the program and whether the client 'deserved' to be referred. This speaks to Ref 4. Corrections Officers need to see Art based programs as more than 'soft options' that should not be offered to convicted offenders as they 'don't deserve them'. Their beliefs often limit programs to obligatory rehabilitation for drug and alcohol, family violence and gambling addictions. These are certainly essential, yet there are very few, if any, options for voluntary, social, creative programs that break the daily cycle of boredom, self-deprecation and reoffending.
3. A break down in the governance of Kickstart Arts' Board of Administration at that time, which led to a lack of confidence from the Funding Body that they would be able to continue to administer the funding. This has now been resolved, and Kickstarts new board of management are interested in auspicing a grant application for a revised version of Freedom Arts.
4. The inflexible nature of grant deeds with Tasmanian Community Fund meant that there were limits to how we could change the delivery of

the program and the numbers of participants the funding body deemed cost effective.

This program was independently evaluated by a Social Action Researcher from Anglicare and I will submit the final evaluation for the Committee to review. Whilst we did not reach the numbers within the expected time frame, it became clear that this kind of program is very effective, and if we had been given an extension of time and a new grant deed that supported a smaller program (at less cost!) we could have continued to grow the program with the ability to include a wider cohort of offenders who continue to need support but may not be on court orders.

As you will glean from the report, the vast majority of those who attended benefited greatly from the program, and whilst the quantitative data was low, the qualitative data supported the initiative's success. I will also submit letters of support from professionals who believed in the program and were sorry to see it axed before it really gained traction.

1. Factors influencing increases in Tasmania's prisoner population and associated costs;

I would submit that the anecdotal evidence from our participants supports the notion that they reoffend due to a variety of factors, (many of which fall into categories such as lack of stable housing;) yet a great contributor is their inability to 'fit into' society, to feel part of a community, to feel 'worthy,' and the lack of a 'safe' place they can go to move away from negative social circles, isolation, and repeat drug offending. There is a vicious cycle as there are few 'off ramps' that give offenders an opportunity to succeed at something and to break the cycle of identification as a criminal with no exit plan. Poor life skills to function outside incarceration, along with limited support networks often mean that recidivism becomes a survival tool for reincarceration; ultimately becoming their safety net.

Below are some testimonials from Freedom Arts Participants that support how the program contributes to more positive personal outcomes.

Testimonials:

*My time at the Freedom Arts Program helped me so much. It reduced my depression, gave me something to do while I was on my order, taught me about self-esteem and value. I really enjoyed learning art, and discovered I could paint.*

*I now know the importance of showing my daughters how much they are valued so they can have good self-esteem. I would highly recommend this program to others in need.*

MW Home Detention Order - Hobart Community Corrections  
Attended Freedom Arts from July 2021 to January 2022

*Coming to Freedom Arts has built up my confidence to be around people. I am very isolated and don't see anyone but my Probation Officer and Drug and Alcohol Counsellor at Anglicare. Here I have someone to talk to who does not judge me, and I feel comfortable.*

*I have learned how to paint, and it's really helped with my communication with people and to overcome my anxiety. I feel like a different person, if I wasn't coming here I think I would be back on the gear.*

A.L. Supervision Order  
Probation Order Ends late 2022

LW Volunteer:

*It's nice to interact with different people, I like to help where I can. Coming here keeps me sane as I am very isolated in the community.*

Note; there are more testimonials in the attached evaluation report.

As we were moving forward to creating solutions around improving numbers and building relationships with prisoners pre-and post-release, our funding was axed.

Freedom Arts was looked on very favourably by those in the Justice system and the supporting organisations, with much interest generated in the arena of offender support. However, the main issue is there seems to be no money or commitment to support these kinds of programs.

My chief reason for submitting to this commission is to raise awareness of the efficacy of these programs and to advocate for departmental funding to support options for offender rehabilitation that may sit outside the current formats. Art is the by-product of what is essentially an overall wellbeing program that provides opportunity for connection within a safe and non-judgemental space.

I am passionate about the efficacy of Arts as an option for social rehabilitation and social reconnection. I am currently in talks with Ron Barwick Prisons General Manager John Pickering, and the Reintegration team about the possibility of running a pre and post release arts-based wellbeing program that I have proposed, if it is accepted by the Dept of Justice.

The evidence is there, what is needed is an ongoing commitment to run programs that, given time, can change the trajectory of reoffending. This is even more effective if offered when offenders are young. Working with positive mentors, both non offenders and peers with lived experience, on strength-based programs that provide opportunities for success, improved self-efficacy and self-esteem can show new pathways and create real and long lasting change.

I have also attached a Presentation to the Funding Body with images of some of the achievements of our participants.

Caroline Amos



I'd like to begin by acknowledging the traditional owners of the land on which we meet today, and pay my respects to elders past and present.

Welcome ladies and Gentlemen to The Freedom Kick- Start arts project; supporting men and woman for rehabilitation and reintegration on court orders for drug-related offences.

I'll begin by citing a quote from Pablo Picasso.

**"Learn the rules like a pro, so you can break them like an artist."**

As you have just heard I began my journey in the field of criminology ten years ago; studying criminology at the University of Tasmania. Along with like-minded peers we collaborate for change, working to reduce reoffending and criminogenic need.

I work with the Salvation Army to deliver a holistic intensive case management program for men and women reintegrating from prison into the community. This program is called Beyond the Wire. Approximately nine months ago I was introduced to the Kick-start program through a colleague at Community Correction.

Kick-start is a program that has inspired my curiosity in understanding how and why people desist from addiction and crime.

I have met many knowledgeable and inspirational men and women with lived experience and passion for this work over the years. One area that continues to captivate me is the nuisances of the desistance paradigm and 'How change works'.

A common argument of the distance paradigm is how the specific events in ones' life journey work for people desisting from criminal and addictive behavior.

One area of research deduces the age crime curve is a natural process and for desistance to be effective one must change one's environment, identity and social connection. We know imprisonment is a general waste of life; it does not provide a positive environment for the maturation process or create an environment for positive social bonding, or attribute to a pro-social identity.

The Kick-start program is unique, because it's foundation as a well-being rehabilitative program are aligned with the Desistance paradigm. Beyond the Wire is unique because our primary goal is reintegration supporting our clients to find new identities, maturation and social bonds, therefore, both programs complement

each other, supporting men and women in rediscovering their new identity, or strengthen their social networks. However, we are challenged by systems of pervasive and coercive control. Kick-start and Beyond the Wire asks “what would you like to do”, opposing systems of compliance, punitive measure and social precarity.

Academics and researchers in the field of desistance conclude that the interplay between positive social bonds, personal identity and maturation implies change. The process of rehabilitation and reintegration is gradual, and over time social connection and cognitive change happen through emotional connection with others and to their work.

We collectively support a cohort in self-discovery and self-expression, whereby one can be distracted from criminal behavior and abstinence from addiction when exposed to a positive environment and appropriate mentors.

Building longer continuity with the community for individuals to grow in confidence does not happen in isolation. Our Program's complement a strength based approach in delivering motivational support to reduce the likelihood of reoffending. Through networking and relationship building, we can achieve this.

We know incarceration interrupts individual belonging to the community.



And yet the meaning of pro-social connection may be a foreign concept for many who's environmental exposure with dysfunctional family upbringing, poor decision skills, drug and alcohol use, low employment histories, the CJS, mental health issues and exposure to physical and sexual abuse; lead many to learn maladaptive behaviors from their traumatic past. We are breaking these barriers down.

Caroline Amos the facilitator of Kick Start has welcomed many Beyond the Wire clients over the past nine months. I have faith in this site because it offers individual development, peer mentoring and trauma care; this is distinguished as primary desistance, of achieving an offence-free period. Rebuilding citizens with new identities through strong social bonds is important because often this cohort has experiences marginalized and stigmatization.

Their narrative, past demons or economic challenges are tangible barriers to desistance, however, through our capacity for building strong professional bonds we can break these barriers down.

One beyond the Wire client stated,

“Artisans work to create; it's something in you, to bring my true self to the community, to show my efforts for others and to release the pressure off the day-to-day stresses”.

When we begin to break-down the effects of institutionalization, stigma and marginalization this can lead to secondary desistance, an underlining achievement of change in one's narrative, self-identity and citizenship.

Another beyond the Wire client stated,

“To have an adult conversation made me feel relaxed; it was nice to feel normal from the usual horrible prison talk”.

The future of the Kick -Start foundation is strong, because of the environment Caroline has created. I have witnessed friendships being made; individual accomplishments, personal development and confidence grow in their work. Building new threads within the brain is rehabilitation and it helps with their reintegration side by side individuals with lived experience.

I foresee future pathways from prison and possible mentoring roles. Kick start is a through-care approach from incarceration to this space where one day a cafe operating from the old bakery may utilize the open space and function as a meeting place for the community at large.

The sale of individual works to allow this site to become self-funded is not out of the impossibility. It's up to the men and women to be part of their journey in exploring these new horizons.

All of the artworks around us are examples of personal achievements and we are proud of the artists.

We have a lot of work ahead of us; however, clients will find their new identity and narrative as we continue to forge ahead in assisting men and women desisting from addiction and criminal behavior.

Thank you, to the Kick-Start team and Caroline Amos for being a great listener, accepting others, sharing her wisdom and talents and affiliating this unique program with clients from the Beyond the Wire program. We can expand each other programs capacity, to coordinate for our clients in exploring a new narrative in a safe and rewarding environment.

If you want to find or discover self-determination and unleash your inner creativity at Kick Start. as Pablo Picasso said "Learn the rules like a pro, so you can break them like an artist",

Thank you.

A handwritten signature in black ink, appearing to read "For Mr. Hansen".

## Letter of Support for Freedom Arts. Magistrate R Marron

To Whom it may concern,

Freedom Arts is an arts-based therapeutic justice program for offenders in the justice system in Tasmania. Aimed at supporting individuals on court orders for drug-related offending, it is a partnership between Community Corrections and Kickstart Arts, and is the first of its kind in Australia. It provides a unique opportunity for participants to engage in art-making workshops as part of a broader suite of social services aimed at reducing recidivism and drug-related crime in Tasmania.

Freedom Arts differs from other justice support services in that it offers a non-mandatory program where individuals who are struggling with their mental health and drug-related criminogenic behaviours can participate in arts-based activities. It utilises a strengths-based approach, employing art as a means of supporting participants to learn new skills, develop positive social relationships and experience a sense of achievement through personal expression.

Currently, the court system in Tasmania is limited in its options for people who are trapped in a cycle of reoffending and relapse due to addiction and their relationship with drugs. Breaking this cycle can seem overwhelming for individuals and often ends in failure due to the challenges they face on a daily basis. By improving their lives through offering positive interactions with people beyond the criminal network and developing new pathways for social engagement, Freedom Arts contributes to breaking the cycle of offending.

Witnessing the results of the Freedom Arts program on the recent Open Day and reading the artist's statements has proven to me that this kind of program has a significant impact on the people who attend and genuine potential to turn people's lives around. Creative arts have a significant role to play in assisting individuals to improve their mental health, and engage in prosocial activities, positive reinforcement and diversion from negative influences.

Providing people with opportunities for success in an otherwise punitive justice system is a step closer to a therapeutic jurisprudence (*justice reform, which is more appropriate?*) model that Tasmania has been moving towards since the early 2000s. Whilst the program has been slow to build numbers, this is not surprising given the current climate of Covid-related staffing problems and isolation measures, and the very new nature of this program. Kickstart Arts and Community Corrections have invested a significant amount of time and energy in building a solid foundation for the program, establishing referral processes and stakeholder relationships with other support services such as Bethlehem House, and Anglicare who are conducting an external evaluation.

I not only endorse Freedom Arts as a legitimate referral option for those in the justice system, I look forward to seeing the ongoing results that it will afford those who attend. I recommend that it continue to be funded to realise its full potential.

# The Freedom Project

free to be me

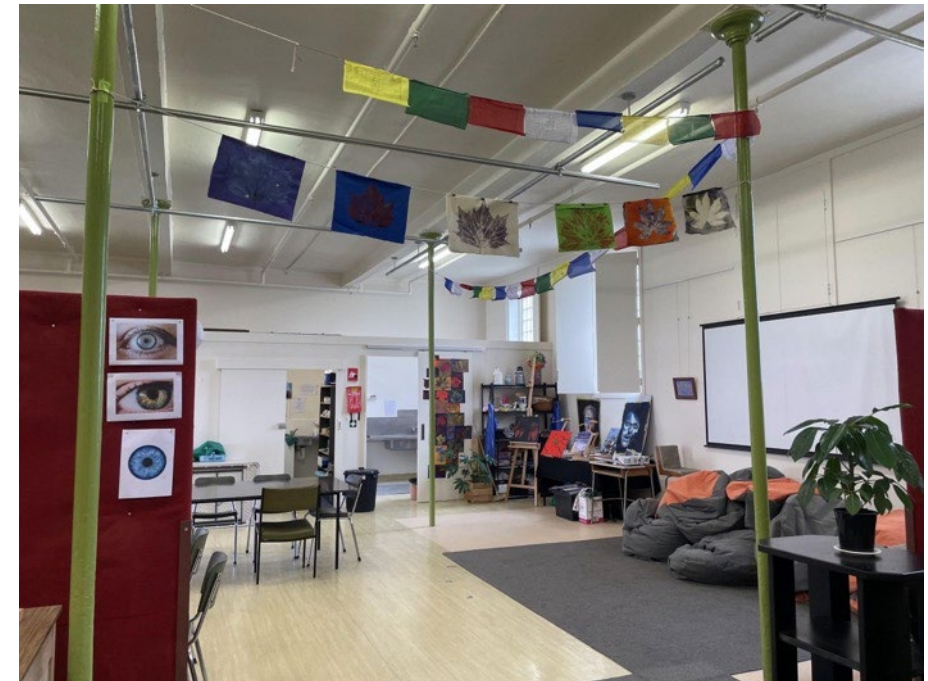
## Overall Project Aims:

1. Gain an improved understanding of themselves and the world around them.
  2. Learn and practice new skills in creative thinking, creative arts and making techniques in a safe space
- 
1. Gain opportunities to experience positive feelings of success and achievement leading to improved self-esteem, self-confidence and greater self-efficacy
- 
1. Improve the ability to form and maintain positive relationships.
  2. Learn strategies for dealing with stress and recovery from addictive behaviours
  3. Form pathways to engagement with the broader community, lifelong learning and social programs bringing new opportunities for positive social engagement and forming new friendship groups



# The Art Room

A safe and welcoming space



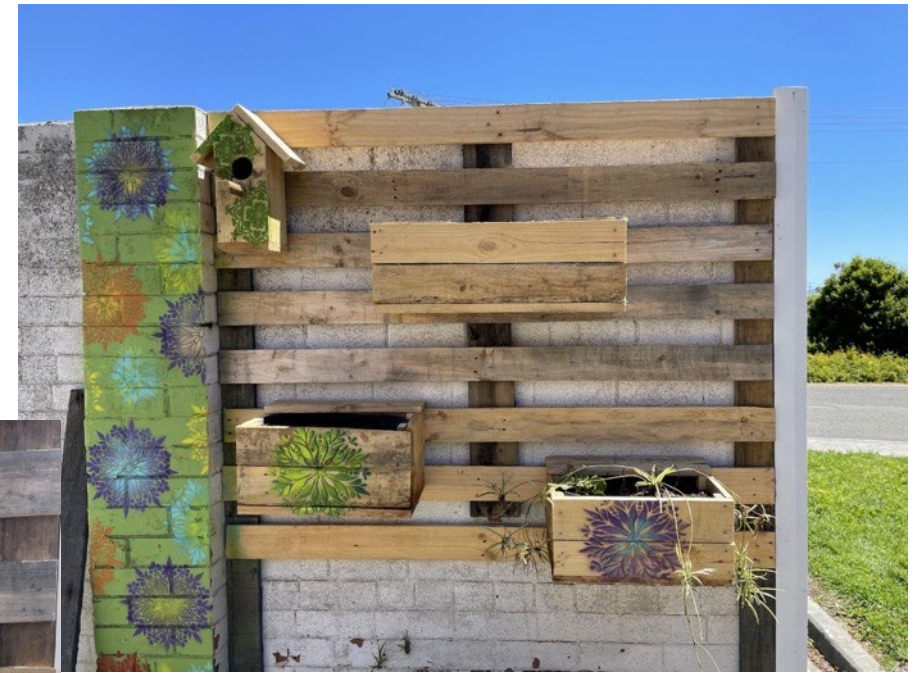
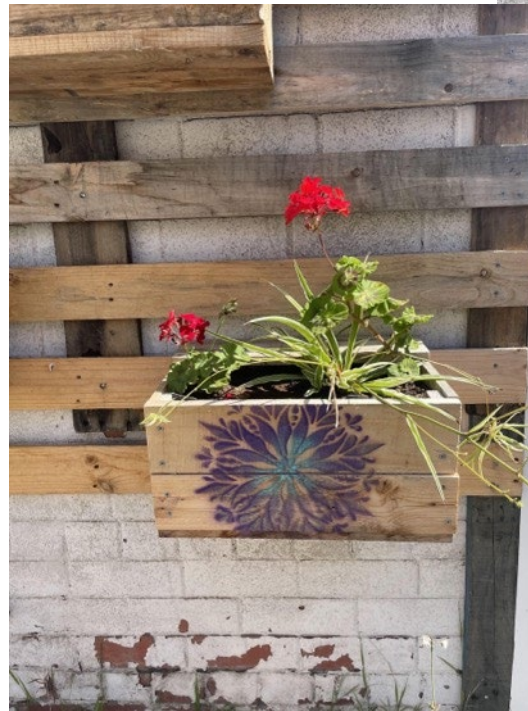


# Stencil Art





# Pallet recycling





# Collage Boxes





# Painting - from beginners to experienced

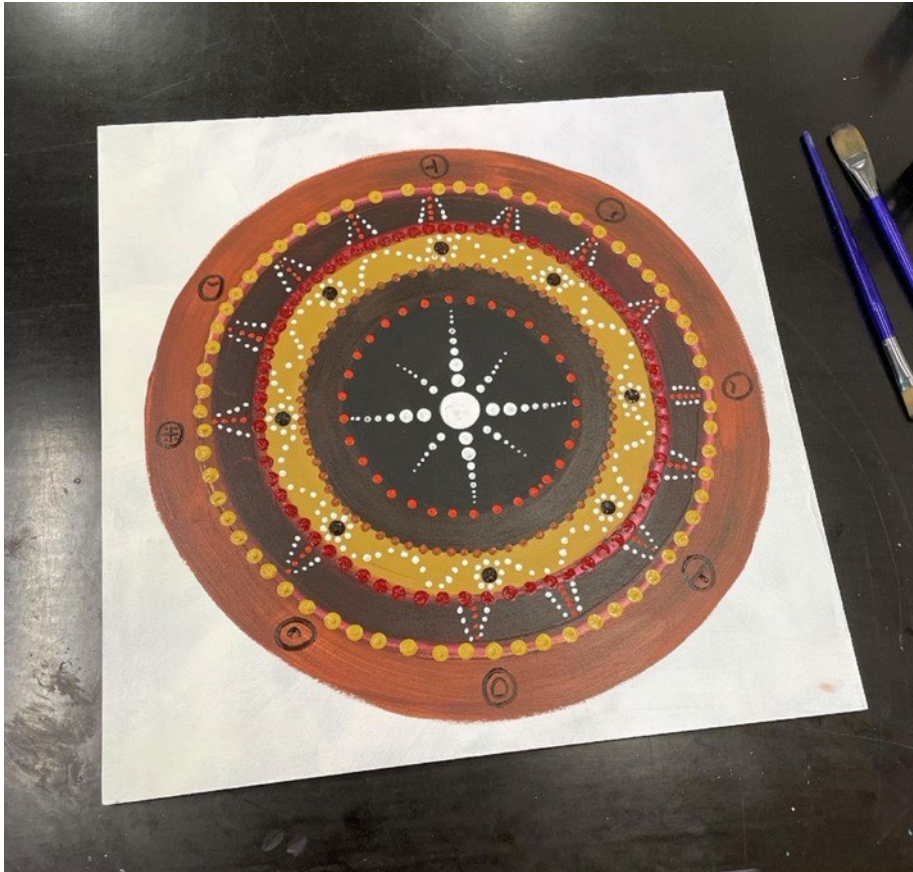


This participant had only worked with watercolour before.



Second attempt at painting by a client under a Home Supervision Order who used to keep tropical fish, working with something familiar is a great way to start.





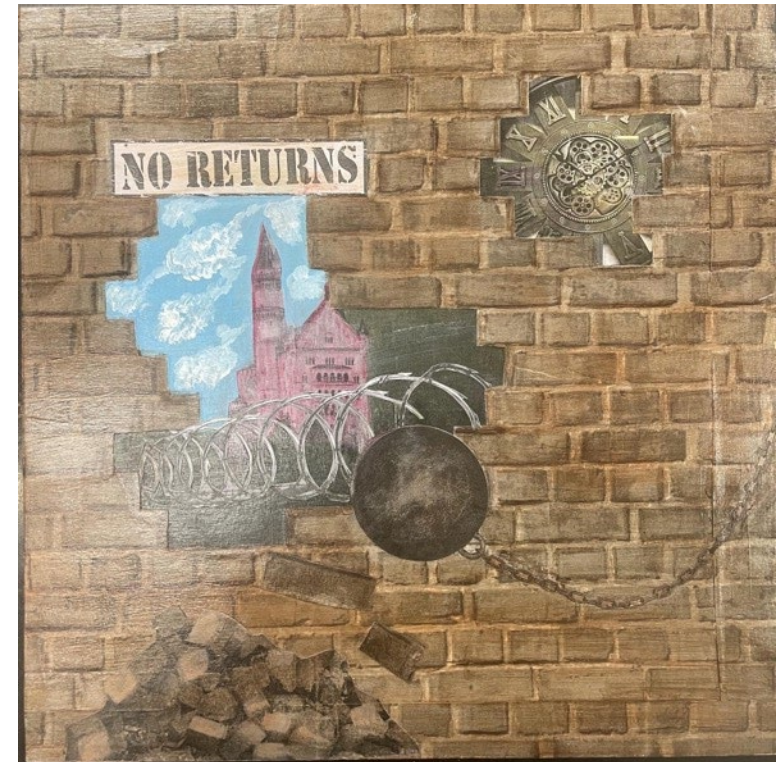
Indigenous woman's work, (currently re-incarcerated but waiting to come back to Freedom Arts)



Framing - using recycled palettes



# Collage works for Artists with Conviction Exhibition 2021



Theme: Unbuilding the Walls

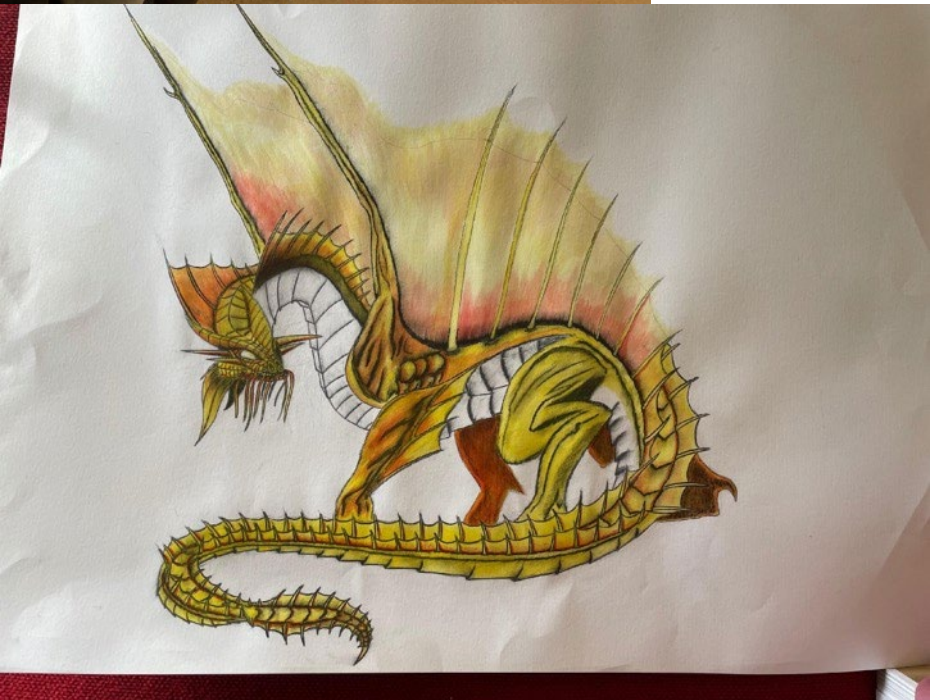
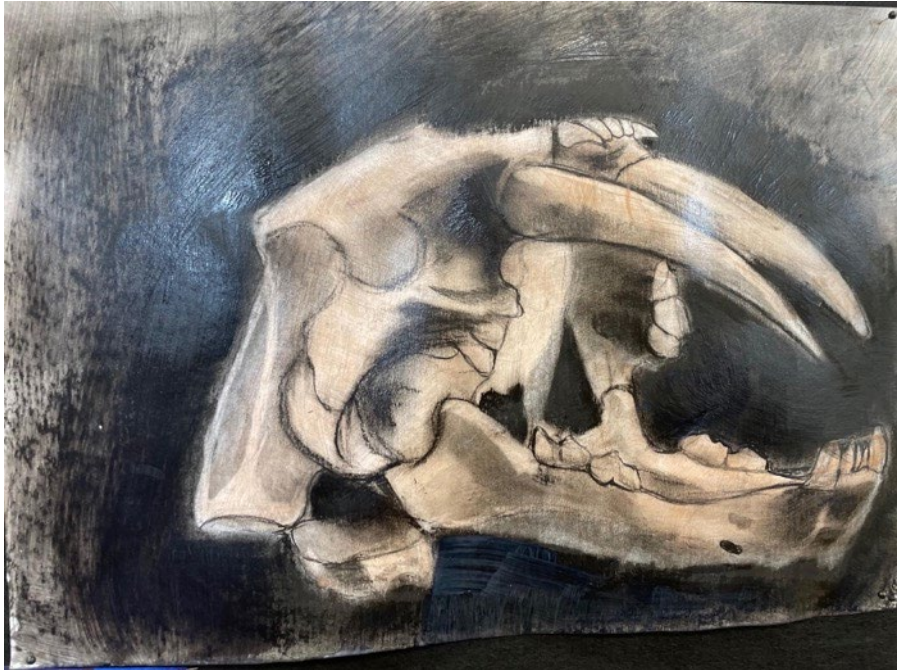


# Charcoal and Acrylic



First time using this method of drawing!

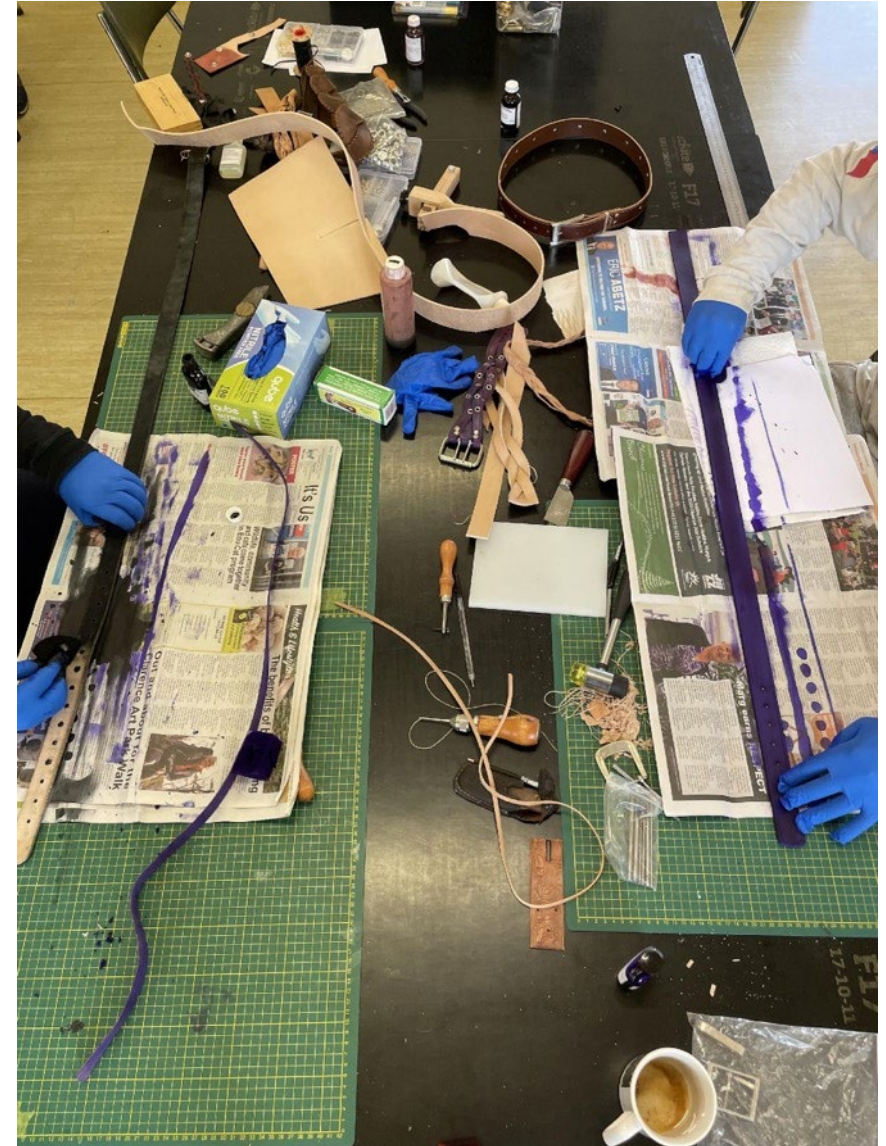






# Leatherwork

one participant mentoring others





# Leaf Printing





# Bethlehem House Mural





# Urban Smart Signal Box Project - Pirie St New Town





# Paper Machier and Cardboard





# Woodwork with Marcus Tatton

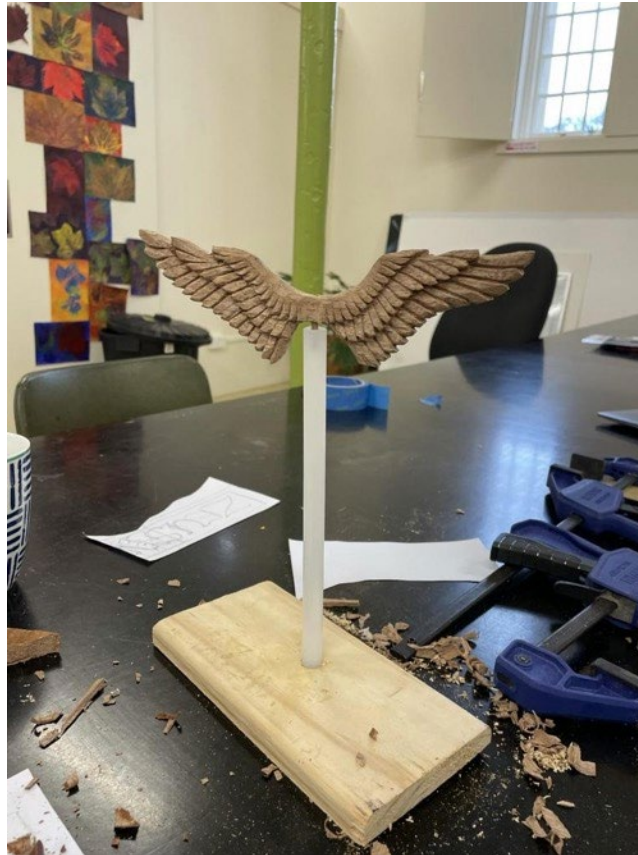




# Freedom Wings - A work in progress



A submission will be made to DoH to erect this sculpture at St Johns Park on the Creek Road Entrance.





Wood carving with Marcus Tatton





# Fabric Printing



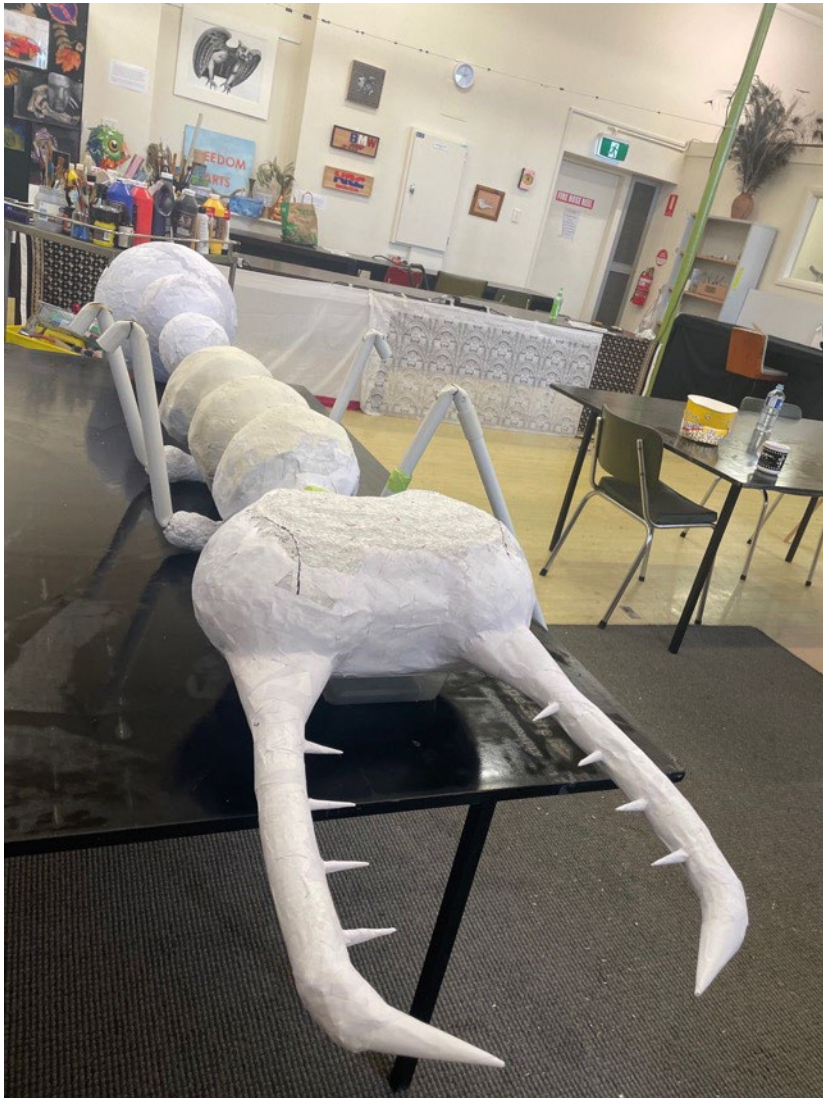




Free to Fly

Acrylic on  
Canvas





Paper Machie  
Jack Jumper



# Working with wood assemblage







Moto jigsaws – an enterprise initiative that is being explored by the participant, excited by the potential.





Building relationships with Corrections Staff to improve program referrals– workshop for staff as part of Artists with Conviction Exhibition to be held at Kickstart Arts November 2022

**Kickstart Arts invites you to the**

## **FREEDOM ARTS OPEN DAY**



**DATE: Tuesday, Aug 2nd, 2022**

**TIME: 10am-2pm**

**VENUE: The 'Art Room', Kickstart Arts Creative Living Park,  
1831 North Building, St John's Park Precinct, TAS.**

Freedom Arts is a partnership between Community Corrections and Kickstart Arts to support individuals in the justice system on court orders for drug related offending. It supports participants to:

- Be inspired to learn and practice new skills in creative arts
- Experience positive feelings of success and achievement
- Improve their ability to form and maintain positive relationships
- Develop pathways to engagement with the broader community and lifelong learning

Welcome to Country and Speakers will be from 10:30am.  
Morning Tea is provided.

**RSVP: [leanne@kickstart.org.au](mailto:leanne@kickstart.org.au) by 25/07/22**

**We look forward to welcoming you to this special event!**



# Testimonials

My time at the Freedom Arts Program helped me so much. It reduced my depression, gave me something to do while I was on my order, taught me about self esteem and value. I really enjoyed learning art, and discovered I could paint.

I now know the importance of showing my daughters how much they are valued so they can have good self esteem. I would highly recommend this program to others in need.

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Attended Freedom Arts from July 2021 to January 2022

Coming to Freedom Arts has built up my confidence to be around people. I am very isolated and don't see anyone but my Probation Officer and Drug and Alcohol Counsellor at Anglicare. Here I have someone to talk to who does not judge me, and I feel comfortable.

I have learned how to paint, and it's really helped with my communication with people and to overcome my anxiety. I feel like a different person, if I wasn't coming here I think I would be back on the gear.

A.L. Supervision Order

Probation Order Ends late 2022

LW Volunteer:

It's nice to interact with different people, I like to help where I can. Coming here keeps me sane as I am very isolated in the community.

# Corrections Testimonials

- The program was a large contributor towards the client's positive mental health during the order. It gave him a sense of purpose and ultimately pride in being able to complete artwork
- My client says he enjoys it and looks forward to going each week. He has advised me it gives him a boost of confidence as he feels appreciated by others as well as the staff in the project.
- An amazing and inspiring program
- He felt at ease and welcomed when he attended the program