

### **Box 4. Aftercare in Canada**

In response to the high levels of drug abuse among women offenders in Canadian correctional services, the Women Offenders Substance Abuse Program was established in 2003 to provide treatment and support during and after imprisonment. The treatment programme consists of 4 modules: education and engagement; intensive therapeutic treatment; relapse prevention and maintenance; and community relapse prevention and maintenance (CRPM). The first 3 models are offered to women during imprisonment while CRPM is offered after release, while under supervision in the community.

Women who participated in the CRPM module had significantly better outcomes than those who only participated in the modules in prison. Only 5% of women who had participated in CRPM had returned to prison 1 year later, compared to 38% of those who had no exposure to CRPM. The reasoning for this approach is that offenders in prison are sheltered from many of the environmental factors that trigger offending and drug abuse and continuing therapy after release can be particularly helpful in preventing relapses.