

THE CAMPAIGN

We believe that wellbeing support for young men in prison - particularly for young Black men - should be prioritised and should be tailored to meet their specific needs.

WHY IS THIS IMPORTANT?

Young people in prison have untapped potential, but have different needs to older people in prison, and are less likely to be able to access the support they need to flourish and build new lives.

In addition, psychological maturity is essential for young people's success in and after prison.

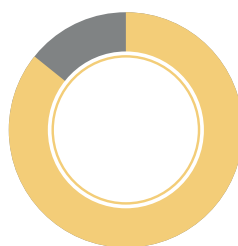
Therefore, we know that young people in prison have distinct needs that must be met to enable effective rehabilitation.

"Basically from day to day, as soon as you wake up in the morning your anxiety is through the roof because you've got no support, you're banged up like 23 hours a day."

- Unnamed prisoner, HM Inspectorate of Prisons [report](#)



Children who end up in custody are three times more likely to have mental health problems than those who do not.*



It is estimated that as many as 90% of people in prison have some form of mental health problem, personality disorder, or substance misuse problem.*

**Click the icon next to each statistic to visit the source.*

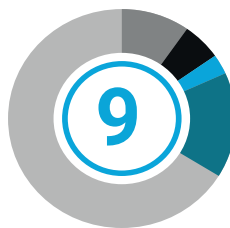


Furthermore, we know that young Black men, who are over-represented in the prison system, also face particular barriers to their rehabilitation.

This is due to their experiences of social and economic inequalities, institutional racism, and a lack of services that take into account different cultures and Black identity. Black men in prison suffer from worse outcomes and experiences than white prisoners.

COVID-19

The Covid-19 pandemic has exacerbated many of the challenges facing young people in prison, but with proper support from specialists working in prisons, young people make positive choices that lead to better rehabilitative outcomes and improved wellbeing, including better physical, mental and social health.



Young black people are nine times more likely to be locked up in England and Wales than young white people.*

“In many prisons, relationships between staff and BAME prisoners are poor. Many BAME prisoners believe they are actively discriminated against and this is contributing to a desire to rebel rather than reform. In the youth system, young BAME prisoners are less likely to be recorded as having problems, such as mental health, learning difficulties and troubled family relationships, suggesting many may have unmet needs. All this hinders efforts to tackle the root causes of offending and reoffending among BAME prisoners, entrenching disproportionality.”

- [Lammy Review](#)

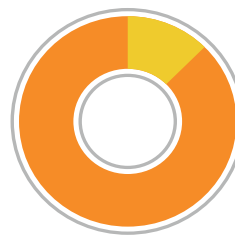


The Being Well Being Equal campaign is calling for urgent action from the Government, prison policy-makers and practitioners to:

- Prioritise wellbeing services in prisons for young men and young Black men;
- Tailor wellbeing services to take into account and meet the specific needs of young men in prison and young Black men in prison;
- Provide better support and guidance for professionals in prison working with and caring for young men and young Black men.

“The scale of the problem of mental health in prisons is not known, but without a doubt it is very significant in many of our establishments.”

- Prison Officers Association, [written evidence](#) to Justice Select Committee



Most prisoners have spent over 90% of their days behind their cell doors since the end of March 2020.*

“Many of us accept responsibility for our actions, which brought us here. We wish to be able to serve our sentences in a humane environment and to be able to return back into our communities and contribute to society. But if we leave prison disillusioned, downtrodden and mentally abused then all that occurs is the creation of angry men.”

– Unnamed prisoner, [Young Review](#)



What we are doing:

- We will be making noise about this important piece of work and joining others who are already doing this, to shine a light on this topic.
- We will be asking others to add their voice and help to make a change.
- We will be building an alliance with organisations and individuals to design the most effective solutions to this problem, refine the specific asks to government together, and help make change happen.
- We will be publishing a report, which will be launched in 2022, which aims to offer guidance and solutions.
- We will be measuring the impact of our own tailored life coaching programmes for young men (Hero's Journey) and for young Black men (Hero's Journey from a Black Perspective), and share our learnings with the sector.

What you can do:

- Take a look at the evidence on the campaign website (www.sparkinside.org/campaigns), as well as what young men are telling us about wellbeing in prison.
- Add your voice to the campaign now via the website and join us in calling for a commitment to for wellbeing for young men and young Black men in prison to be prioritised.
- Join the new alliance, who will lead on and drive this campaign forwards, helping to make change happen. Get in touch with us for an informal chat.
- Follow us on social media to keep up to date on the campaign activity (including events and progress on the report) and share the messages using [@Spark_Inside](#) [#beingwellbeingequal](#) [#itstime](#).

CONTACT US!

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