

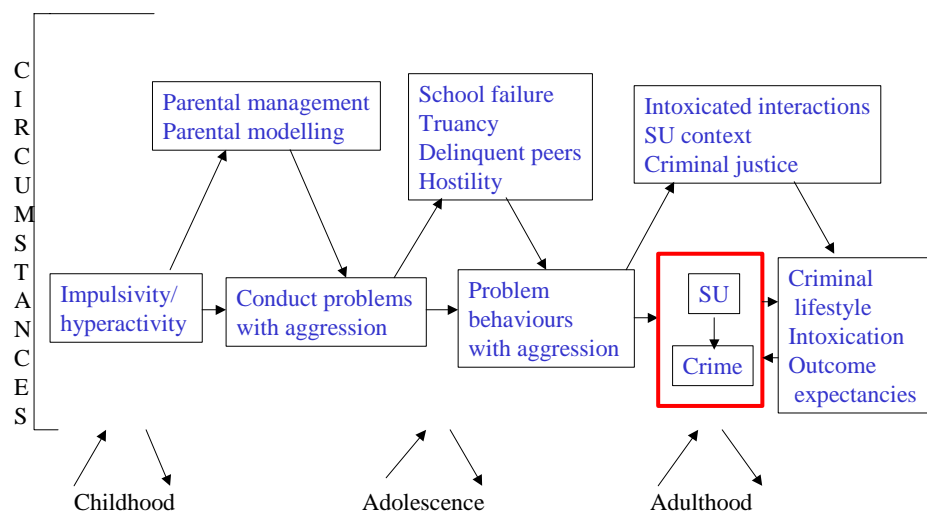
# ASRO (S)

## **What is ASRO?**

ASRO stands for 'Addressing Substance Related Offending' and is a 20 x 2 hour structured, cognitive-behavioural, group treatment programme. The ultimate aim of ASRO is to reduce offending behaviour by targeting the important factor of problematic substance misuse. ASRO is a community based programme. ASRO-S is an adaptation for use in a secure setting.

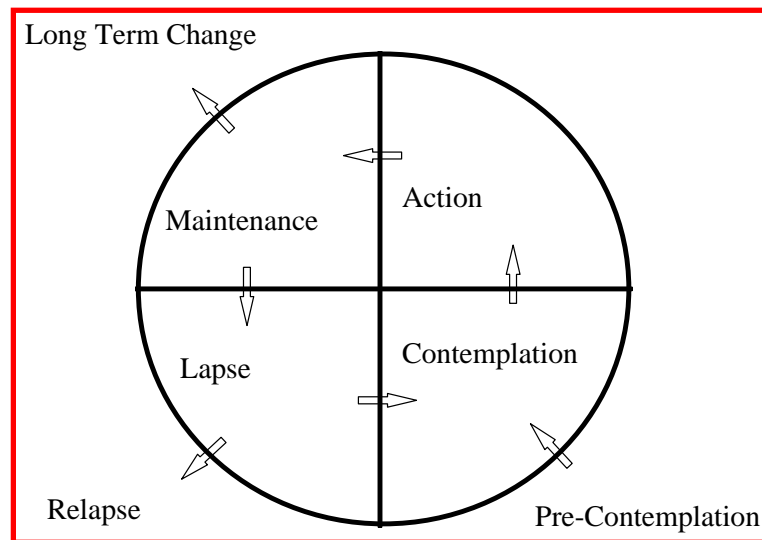
ASRO is a theory-based intervention, incorporating evidence that problematic substance misuse has a significant influence on increasing the likelihood of offending behaviour beyond the use of illegal substances themselves.

ASRO uses a developmental risk factor model to describe some of the potential factors in an individual's life history that might influence their involvement in a cycle of substance use and crime.



McMurrin., M. (2002). *Alcohol, aggression, and violence. In J. McGuire (ed.) Offender rehabilitation and treatment. Chichester: Wiley*

ASRO then identifies and works upon the skills needed for an individual to initiate and maintain changes in lifestyle that will help them cease or reduce their substance use and in turn reduce the likelihood of continued offending. In doing so it draws on Prochaska and DiClemente's model of change and associated motivational interviewing techniques.



### ***Who is ASRO aimed at?***

ASRO is aimed at repeat offenders whose offences are substance use-related. ASRO is aimed at participants in a community setting where there is a presumption that they will have potential access to substances of choice. ASRO-S is provided for use with participants in a secure setting. ASRO also has potential with participants where the target is problematic substance use itself, rather than related offending.

### ***ASRO Sessions***

ASRO is a comprehensively manualised intervention that consists of 20 sessions, as outlined below. Sessions last approximately two hours and can be run at a frequency best suited to the participant and the agency:

## ASRO Sessions

<b>1. Introduction to the programme and participants</b>	<b>11. Identifying high risk situations</b>
<b>2. The process of change</b>	<b>12. Coping with urges, SIDs, and lapses</b>
<b>3. Decision-making</b>	<b>13. Social problem-solving</b>
<b>4. Goal-setting</b>	<b>14. Managing moods</b>
<b>5. An introduction to enhancing self-control</b>	<b>15. Coping with conflict</b>
<b>6. Harm-reduction</b>	<b>16. Review of methods</b>
<b>7. Altering triggers</b>	<b>17. Changing self-image</b>
<b>8. Altering consequences</b>	<b>18. Changing social networks</b>
<b>9. Altering consequences</b>	<b>19. Health and happiness</b>
<b>10. Review of methods</b>	<b>20. Conclusion to programme</b>

### ***Is there evidence for the success of ASRO?***

To date, research indicates that successful completion of ASRO leads to significant reductions in both substance misuse and associated offending. The development of ASRO for use within the prison system has also shown significant benefits in terms of both preparation for release and improvements in participant behaviour within the prison environment itself. ASRO appears to aid participants in moving forward in their process of change from a substance driven, anti-social lifestyle to one where increased levels of self-control are experienced and a developing ability to develop more pro-social contacts. As part of this, ASRO has been shown to positively impact upon participants' sense of self-efficacy and to aid in developing problem-solving skills. This is vital, as research has shown, in helping participants both secure but most importantly maintain change thus aiding in the process of relapse prevention. Some evidence has also been shown in helping participants reduce their level of impulsive behaviour.

The ASRO documentation contains measures for use by facilitators within the programme itself to measure stages of change, self-efficacy, and problem solving. Results consistently show movement in the desired direction and have been shown to have important longevity affect in post programme assessments. As with all programmes, research consistently indicates the need for both effective targeting and ongoing organisational support for the programme.

### ***Who developed ASRO?***

The ASRO programme was developed by Professor Mary McMurrin and Philip Priestley for the National Probation Directorate, England and Wales.

Professor Mary McMurrin is both a Chartered Clinical Psychologist and a Chartered Forensic Psychologist, who has worked with offenders in a young offenders centre, a maximum security psychiatric hospital, a regional secure unit, and in the community. She is currently with the Division of Psychiatry at Nottingham University and Consultant Clinical and Forensic Psychologist at Llanarth Court Hospital. Her main research interests are in the assessment and treatment of alcohol-related violence, the treatment of personality disordered offenders, and motivating offenders to engage in therapy. She has published widely on offender treatment, and is the co-author of the accredited programme *Programme for Reducing Individual Substance Misuse (PRISM)* and author of *Control Of Violence for Angry Impulsive Drinkers (COVAID)*.

Philip Priestley has worked in the criminal justice system (prison, probation, voluntary sector, academic research, training) for more than forty years. He has degrees in sociology (MA, MSc) and criminology (PhD) and is author or joint author of twelve books including *Social Skills and Personal Problem Solving* (Tavistock, 1978), *Offending Behaviour: Skills and Stratagems for Going Straight* (Batsford, 1985) (both with James McGuire) and *Victorian Prison Lives* ( Pimlico, 1998). He is author or co-author of six offending behaviour programmes.

### ***Who is responsible for ASRO(S) training?***

The training programme designed to prepare practitioners for delivery of ASRO and ASRO-S was developed by Steve Delight of ***delight training services***. As an organisation, *delight training* works across the public and private sectors. Steve in his own work has concentrated particularly over the last ten years on work within the criminal justice system where he has worked alongside and developed nationally implemented training programmes for a range of accredited and non-accredited programmes<sup>1</sup>. These programmes have focused on a range of areas including general offending behaviour, substance misuse, and anger management, and are designed to be used within both group and one to one settings. As well as criminal justice contexts, work has also been undertaken in forensic mental health services and voluntary agencies across both the UK and also on a national basis in Norway and Sweden.

For information with regard to ASRO or ASRO-S training, please contact:

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<sup>1</sup> Currently: OTO (One to One-Priestley), PRISM (Programme for Reducing Individual Substance Misuse – Priestley and McMurrin), COVAID (Control OF Violence for Angry Impulsive Drinkers), TF (Think First - McGuire), STAR (Stop Think Act and Reflect - Priestley), PSST (Problem Solving Skills Training - McGuire), and ASRO