

Dan glo ac wedi'u cloi allan: cyfathrebu yw'r allwedd



“Mae'n rhaid i mi gyfaddet yn yr holl flynyddoedd y bŵm yn edrych ar garchardai a thriniaeth troseiddwyr, nad wyf erioed wedi gweld unrhyw beth a all wneud cymaint i gynifer o bobl am gynn lleied o gost â'r gwaith a wnaiff therapïddion lleferdd ac iath.”

Arglwydd Ramsbotham cyn brif Arolygydd Carchardai (Hydref 2006)

Gwerth therapï lleferdd ac iath mewn atal troseidd a gostwng ailroseddu

Mae gwella sgiliau cyfathrebu troseiddwyr drwy ddarparu therapï iath a lleferdd wedi'i dargedu yn gostwng yn sylweddol y risg o ailroseddu.

Mae costau economaidd sylweddol mewn methu yn ein dyletswydd i blant gydag anawsterau iath, lleferdd a chyfathrebu. Os na chaiff y problemau eu trin yn gynnar, mae'r dreoli anfantais yn dyfnhau.

Er bod y Llywodraeth yn ymroddedig i wella sgiliau llythrennedd a darparu cyrsiau rheoli dicter ac adsefydlu defnyddwyr cyffuriau, dengys astudiaeth fod bron ddau-draean troseiddwyr yn methu cael mwy o raglenni hyn oherwydd eu sgiliau iath gwael.

- 1 Fynd i'r afael â diffyg darpariaeth gwasanaeth therapï iath a lleferdd o fewn y system cyfiawnder troseiddol yng Nghymru ar hyn o bryd.
- 2 Cynhyrchu cynllun gweithredu i sicrhau darpariaeth ddigonol o therapï iath a lleferdd wedi'i integreiddio drwy bob rhan o'r llwybr cyfiawnder troseiddol
- 3 Cyuno ar fodol gwasanaeth therapï iath a lleferdd ar gyfer system cyfiawnder troseiddol Cymru yn seiliedig ar arfer gorau

Geilw'r RCSLT ar Lywodraeth Cynulliad Cymru i:

- 4 Sicrhau hyfforddiant digonol i bob gweithiwr profesiynol a staff cefnogaeth yn gweithio o fewn y system cyfiawnder troseiddol i gefnogi'r rhai gydag anghenion lleferdd, iath a chyfathrebu
- 5 Gosod proses ar waith sy'n dynodi anghenion lleferdd, iath a chyfathrebu mewn pob troseiddwr newydd neu ailroseiddwr
- 6 Sicrhau yn y tymor hir y bydd pawb o fewn y system cyfiawnder troseiddol yn derbyn asesiad o'u sgiliau lleferdd ac iath

I gael mwy o wybodaeth, yn cynnwys rhestr lawn o gyfeiriadau, cysylltwch ag Alison Stroud, Swyddog Polisi Cymru RCSLT

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- Aesu a diagnosis anawsterau cyfathrebu
 - Rhaglenni therapi un-i-un, grŵp ac ar y cyd
 - Hyfforddiant a chefnogaeth staff, i gynyddu eu hymwybyddiaeth o anawsterau cyfathrebu a'r effaith a gaiff hyn ar reolaeth troseddwy'r ifanc
- Yn yr astudiaeth, rhoddwyd cefnogaeth therapi lleferdd ac iath ym meysydd:
- Dynodwyd fod gan bron ddau-draean y troseddwy'r ifanc a eth drwy broses sgrinio anawsterau gyda lleferdd, iath a chyfathrebu.
 - Dangosodd astudiaeth dwy flynedd werth therapi lleferdd ac iath mewn sefydliadau troseddwy'r ifanc.
- ### Sut mae therapi lleferdd ac iath yn helpu

- **mynegi** eu teimladau a'u hemosiynau mewn modd addas, ee medrant ddefnyddio trais yn lle geiriau i fynegi eu hunain
 - **cofio'r** wybodaeth a roddir iddynt
 - **gwrando** ar yr hyn a ddywedir wrthynt
 - **deall** y gair llafar neu ysgrifenedig, iath y corff ac edrychiad wryneb
 - **mynegi** eu hunain drwy siarad, ysgrifennu neu gyfathrebu aneirioi
 - Mae troseddwy'r ifanc gyda phroblemau cyfathrebu yn cael anhawster yn:
- ### Mathau o anawsterau cyfathrebu

Oherwydd bod therapi lleferdd ac iath yn pinbwntio anghenion cyfathrebu penodol troseddwy'r ifanc, medrant ddatblygu eu sgiliau iath mewn cyfnod byr a gostwng yn sylweddol eu risg o ailrosedd.

- Wella iath corff a sgiliau aneirioi
- Datblygu sgiliau iath ar gyfer bywyd bob dydd
- Cymryd rhan mewn sgwrs, drwy werthfawrogi cymryd eu tro
- Datblygu eu geirfa a'r ffordd y rhoddant frawddegau ynghyd
- Defnyddio technegau i fynegi eu teimladau a'u hemosiynau
- Delio gyda'r sbardunau sy'n tanio ymddygiad gwrthgyrmdethasol
- Cantod ffyrdd i oresgyn problemau cof tymor-byr yn gysylltiedig â chyffuriau
- Delio gyda ffigurau mewn awdurdod, ee ymdopi mewn cyfweiliad
- Deall a chael eu deall gan staff carchar
- Goresi bywyd mewn carchar, ee defnyddio lluniau i gefnogi dealltwriaeth o'r gair ysgrifenedig

Mae therapi lleferdd ac iath yn helpu troseddwy'r ifanc i:

Yr Arglwydd Ramsbotham
cyn Brif Arolygydd Carchardai
(Hydref 2006)

“Pan es i sefydliaid troseddwy'r ifanc yn Palmont roeddwn yn cerdedd gyda'r llywodraethwr. Dywedodd wrthyf pe byddai drwy ryw anhap yn gorfod cael gwared a'i holl staff, mai'r un olat allan o'r gilydd fyddai ei therapdd lleferdd ac iath.”

Frank Flynn
Llywodraethwr Sefydliad Troseddwy'r Ifanc EM Werrington

“Mae therapi lleferdd ac iath yn ein galluogi i drin pryderon am leferdd a dealltwriaeth a gafodd yn y gorfennol eu cuddio yn unig oherwydd bod llanc yn ymddwyn yn wael. Gall atyfeirio llanc sy'n ymdangos nad yw'n deall yr hyn a ddywedir wrtho gael effaith gadarnhaol wrth wella ei ymddygiad yn y dyfodol.”

Alison Stroud
Swyddog Polisi Cymru RCSLT

“Mae therapi lleferdd ac iath yn helpu mynediad i raglenni adsefydlu a gynigir yn y system cyfiawnder troseddol. Mae'r rhaglenni hyn yn tueddu i gael eu cyflwyno'n llafar ac felly maent angen sgiliau cyfathrebu da.”

Locked up and locked out: communication is the key



“I have to admit that in all the years I have been looking at prisons and the treatment of offenders, I have never found anything so capable of doing so much for so many people at so little cost as the work that speech and language therapists carry out.”

Lord Ramsbotham former Chief Inspector of Prisons (October 2006)

The value of speech and language therapy in crime prevention and reducing re-offending

Improving the communication skills of offenders by providing targeted speech and language therapy significantly reduces the risk of re-offending.

There are significant economic costs involved in failing children with speech language and communication difficulties. If problems are not addressed early, the spiral of disadvantage deepens.

Although the Government is committed to improving literacy skills, and providing anger management and drug rehabilitation courses, studies show nearly two-thirds of offenders are unable to access these programmes because of their poor language skills.

A national study carried out in 2001- 2002 showed that the recidivism rates fell by as much as 50% for individuals who received targeted speech and language therapy to improve their oral language skills in their first year after release.

Half the UK prison population has been identified as having literacy difficulties and Home Office studies show around 35% of offenders only have speaking and listening skills at a basic level.

The RCSLT believes money would be better spent on providing speech and language therapy, so that young people can benefit from prison education programmes.

The RCSLT calls on the Welsh Assembly Government to:

- 1** Address the lack of current SLT service provision within the Wales criminal justice system.
- 2** Produce an action plan to ensure the adequate provision of SLT integrated throughout the criminal justice pathway
- 3** Agree a SLT service model for the Wales criminal justice system based on best practice
- 4** Ensure adequate training for all professionals and support staff working within the criminal justice system to support those with speech, language and communication needs (SLCN)
- 5** Set in place a process that identifies SLCN in all new offenders or re-offenders
- 6** Ensure that in the long term all people within the criminal justice system will receive an assessment of their speech and language skills

Lord Ramsbotham
former Chief Inspector of Prisons
(October 2006)

“When I went to the young offender establishment at Polmont I was walking with the governor, who told me that if, by some mischance, he had to get rid of all his staff, the last one out of the gate would be his speech and language therapist”

Frank Flynn
Governor HM YOI Werrington

“Speech and language therapy enables us to address concerns about speech and understanding that in the past have been masked because a lad was simply badly behaved. To refer a lad who appears not to understand what he is told can have a very positive effect in moderating his future behaviour”

Alison Stroud
RCSLT Wales Policy Officer

“Speech and language therapy helps improve access to rehabilitation programmes offered in the criminal justice system. These programmes tend to be verbally mediated and so require good communication skills”

Speech and language therapy helps young offenders to:

- Improve body language and non-verbal skills
- Develop language skills for daily life
- Take part in a conversation, by appreciating turn taking
- Develop their vocabulary and the way they put sentences together
- Use techniques to express their feelings and emotions
- Deal with the triggers that spark anti-social behaviour
- Find ways to overcome drug-related short-term memory problems
- Deal with authority figures, eg coping at interview
- Understand and be understood by prison staff
- Survive prison life, eg using pictures to support understanding of the written word

Because speech and language therapy pinpoints the specific communication needs of young offenders, they can develop their language skills in a short space of time and dramatically reduce their risk of re-offending

Types of communication difficulties

Young offenders with communication problems have difficulty:

- **expressing** themselves through speaking, writing or non-verbal communication
- **understanding** the spoken or written word, body language and facial expressions
- **listening** to what is being said to them
- **remembering** the information they are given
- **expressing** their feelings and emotions in an appropriate way, eg they may use violence instead of words to express themselves
- **relating** to others in socially acceptable ways

How speech and language therapy helps

A two-year study demonstrated the value of speech and language therapy in young offenders' institutions.

Nearly two-thirds of juvenile offenders who underwent a screening process were identified as having difficulties with speech, language and communication.

In the study, speech and language therapy support was provided in the areas of:

- Assessment and diagnosis of communication difficulties
- One-to-one, group and joint therapy programmes
- Staff training and support, to increase their awareness of communication difficulties and the effect these have on the management of young offenders

For more information, including a full list of references, please contact:

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