# Answers to the query from EuroPris on Psychological Interventions to People in Custody

**Background information**

The Prison and Probation Services in Denmark are organized into four administrative regions, each with a Regional Office, that are subordinated to the Department of Danish Prison and Probation Service.

The four regions all have administrative autonomy in the sense that they exhibit a relative degree of freedom in their implementation, for instance of psychological treatments. This imply that there may be regional differences in regard to psychological interventions and treatments and whether the regions have in-house hired psychologists or not.

To answer the query the Department of Danish Prison and Probation Service has made a hearing in the 4 Regional Offices.

**Applying to closed-, open and remand prisons nation-wide:**

Upon arrival in either closed-, open or remand prison all inmates, including people who are put into custody, will go through an arrival conversation within 24 hours of their arrival which includes a psychiatric screening focusing primarily on self harming behaviours. Although the psychiatric screening has to be effected within 48 hours it is usually made in continuation of the arrival conversation, thus within 24 hours. Typically this screening is performed by the prison officers, or in some cases a nurse or a social worker, and includes questions about prior contact with mental health services and earlier events of self harming. In connection to this screening the need to see healthcare professionals (nurse, doctor, psychologist or psychiatrist) will be assessed.

Furthermore all inmates, including people who are put into custody, will also go through a health screening conducted by a healthcare professional within 72 hours of arrival to one of the before mentioned institution. This screening will also adress psychiatric features.

At all times prison officers and other staff are paying attention to the behaviour and state of mind of inmates, including people in custody. If suspicions about an individuals state of mind arise healthcare professionals will be contacted for further assessment of the issue.

If it is deemed nessesary either a doctor or psychiatrist can prescribe medicine following an individual and specific assessment.

In cases where psychological aid is granted it will most often consist of a series of individual consultations with a psychologist.

**Specifically for the Prison and Probation Service for Greater Copenhagen**

The Regional Office in Copenhagen has replied that screenings concerning anxiety and depression are made by a special psychologist by the use of ICD-10 and other rating scales.