

JUSTICE BROCHURE

2025

We deliver
innovative,
results-driven
services that
empower
individuals and
create lasting
impact

ABOUT US

At The Better Health Generation, we create real change within the justice and social care systems, helping individuals rebuild their lives, break the cycle of reoffending, and thrive. We understand the profound impact of trauma, mental ill health, and neurodiversity.

Our belief in second chances, combined with skilled, evidence-based interventions, empowers individuals to achieve lasting success.

OUR SERVICES

We provide person-centred, evidence-based support from custody to community reintegration, focusing on:

- **Behaviour Change Programmes:** Managing challenging behaviours and building emotional regulation.
- **Specialist Trauma-Informed Support:** Sensitive, person-centred care addressing trauma.
- **Mental Health Support:** Targeted interventions to improve wellbeing, resilience, and engagement.
- **Neurodiversity Support:** Helping individuals understand themselves, embrace their strengths, and set a positive direction for growth.
- **PowerUp+ Programmes:** Group and one-to-one sessions tackling life challenges, boosting motivation, and removing barriers to work.
- **Community Links:** One-to-one support connecting individuals to meaningful activities, relationships, and opportunities to build lasting networks for rehabilitation and safer communities.
- **Education, Training & Employment:** Equipping individuals with skills and opportunities to build a purposeful future.
- **Victim Services & Restorative Justice:** Promoting healing and resolution through restorative practices.

OUR WORK

WHO WE WORK WITH

We support young people and adults in custody and the community, delivering services for the Ministry of Justice and HMPPS, including delivering nationally within CFO Evolution Activity Hubs. Our trauma-informed, neuro-inclusive approach enables meaningful change, reduces reoffending, and builds safer communities.

STAFF TRAINING

We provide Neurodiversity Awareness Training for Probation Staff, enhancing their ability to achieve improved outcomes for individuals with ADHD, Autism, and other neurodiverse conditions. We also support Leadership Teams with guidance on managing neurodivergent staff and provide compassionate leadership training modules. Our bespoke training equips staff with practical tools to create an inclusive and understanding environment for both staff and service users.

OUR APPROACH

Holistic, Compassionate, Evidence-Based

We combine clinical expertise with compassion, focusing on the whole person. Our approach includes:

- One-to-one coaching, tailored workshops, and group interventions.
- Building resilience, emotional regulation, communication, and stress management.
- Supporting individuals to strengthen relationships, handle daily pressures, and prepare for employment.
- Evidence-based interventions, such as Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, and mindfulness techniques.

OUTCOME

95% of referrals are assigned to a 'matched' clinician **within 48 hours.**

85% of service users attend their first appointment **within 10 days**, with 100% developing a personalised plan in their first session.

87% **of service users achieve set goals**, supported by consistent engagement with the same clinician throughout.

36% **increase in motivation to return to work with tailored support** enhancing ex-offenders to overcome barriers and pursue sustainable employment.

34% **rise in confidence including ex-offenders who report feeling better equipped to rebuild their lives** and contribute positively to society.

30% **improvement in sleep, exercise and stress management** helping ex-offenders develop healthier routines that support long-term stability and wellbeing.

OUR EXPERTISE

Our delivery team is made up of a highly experienced multidisciplinary group of clinicians, combining lived experience with professional expertise across prisons, probation, and forensic mental health. They provide trauma-informed and risk-responsive support, offering holistic and effective care customised to complex needs through their broad perspectives and expert abilities.

By removing barriers and facilitating meaningful change, we not only improve individual outcomes, but also help to build safer communities and stronger, more inclusive societies.

For further information, please get in touch.



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