



Recovery Through Empowerment - A Restorative Practice Approach to Rehabilitation

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Overview

- **Introduction**
 - What does Awful Grace do?
- **Past Research on the Efficacy of Programmes (2023)**
 - What were the aims of carrying out research?
 - How was the research was carried out?
 - What were the results?
- **Ongoing and Continued Research (2024)**
 - Social Determination Theory
 - Self-Efficacy and Accountability

Awful Grace & “The Journey”



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Awful Grace & “The Journey”

- Awful Grace was founded in 2016, dedicated to reaching disenfranchised and marginalised communities in Singapore.
- We partner with individuals and organisations to honour dignity in ways that celebrate our common humanity.
- We align our programmes with Restorative Practices
 - Aim to inculcate a greater sense of belonging and connection as harm is repaired between offenders and their families, victims and communities

THE JOURNEY

TOKI FORMATION (TF)
10 sessions

1

PRE-AFTERCARE
Deployment of Befrienders

3

AFTERCARE (ONGOING REVIEWS)
Befriender Teams & SPS

5

2

KINTSUGI TRANSFORMATION (KT)
Case Management & Coaching
12 sessions

4

AFTERCARE
Befriender Teams

6

BEYOND AFTERCARE



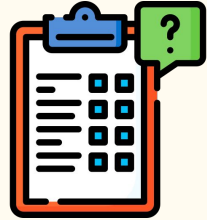
Research Goals and Question

“Does Awful Grace’s ‘The Journey’ contribute to reducing participants’ recidivism and if so, how?”

- **Aim(s):**
 - To understand participants’ perspectives regarding ‘The Journey’, assess the efficacy of Awful Grace’s intervention and devise strategies for enhancing its prospective influence
 - To address growing concerns regarding the underrepresentation of research conducted on people with experience(s) of incarceration (Chan, 2018; Collins, n.d.; Tay et al., 2020)

Research Methodology

- Study on 18 participants who took part in The Journey



Questionnaires



Semi-structured
Interviews

Quantitative Analysis - Questionnaires

Correlation for Main Variables

#	Variable	1	2	3
1	Total no. of sessions			
2	Thinking and Attitudes	.20		
3	Life Skills	-.009	.84***	
4	Overall Impact of Programme	.097	.96***	.96** *

- The way an individual thinks and his attitudes greatly shape and impact his life skills
- ‘The Journey’ **positively improved** participants’ **thinking and attitudes**
- ‘The Journey’ **positively improved** participants’ **life skills**

Qualitative Methods Channel Participants' Voices



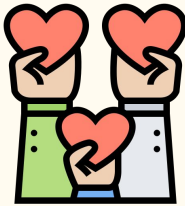
- Pottery pieces acted as a manifestation of their own feelings & characters
- I.e. One participant created a road to signify his journey and desire to depend on himself and “**walk straight**” out of prison, never to return



- Programme is “***Not all about pottery...it's about rebuilding***”
- I.e. Participants would share personal stories, where “***tears come out...a lot of sad stories here***” and “***you can see the joy, the tears in their eyes, the stories***”

Analysis - Interviews

- Overall, the analysis and coding of interview transcripts yielded key themes, and are as follows:



**Humaneness
in Practice**



**Relationships &
Communication**



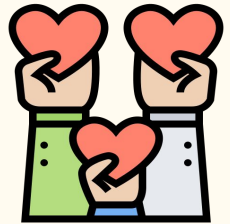
**Personal
Growth**

Key Themes from Qualitative Analysis

Humaneness in Practice

Could see “*eye to eye*” and facilitators were able to “*get our heart*”

- Personalised effort and genuine intentions in restorative human interaction
- Gestures such as casual conversations at the start of each session, offering a “listening ear”, extending birthday wishes or making efforts to “check-in” on sick relatives
- Participants felt equal to facilitators and volunteers



Key Themes from Qualitative Analysis

Relationships & Communication

The connection shared with fellow participants was on the “*same level*”, or even stronger, than some of his friends and family members

- Improved communication and fostering trust with their loved ones, reducing conflict
- Sharing vulnerably and finding resonance with each other, which fostered connection among them



Key Themes from Qualitative Analysis

Personal Growth

Given the chance to introspect
before “*striving for a brighter future*”



- Participants were given autonomy to cultivate greater empathy in their relationships and learn to better receive and value love from their loved ones
- Done through developing patience and shedding ego

Role of Kinaesthetic Modalities on the Individual

- **Increased sense of Self-efficacy:**
 - Pottery was a way to try and learn something new which in turn increased their self-efficacy
 - Participants expressed a sense of surprise that they could make something “*beautiful*”
 - A few described their pieces as “*art*”
- **Increased Self-confidence:**
 - One participant adds that pottery “*it’s like us you know, we can be beautiful too*”
 - The programme enabled participants to recognise their own humanity i.e., to see themselves beyond the label they receive as inmates
- **Increased motivation to learn other skills:**
 - After receiving positive feedback on their pieces



Limitations

- The questionnaire used was created internally, to answer the research question directly:
 - Variables were too broad and the reliability of the test was not established
 - Findings obtained through this quantitative analysis cannot be considered as fully accurate
 - More tests have to be run to determine the reliability and accuracy of the data
- Lack of a theoretical framework to direct both the quantitative and qualitative aspects of the study

Awful Grace's Ongoing and Continued Research

- Understand the efficacy of our programmes through the lens of Self-Determination Theory (Ryan & Deci, 2000)



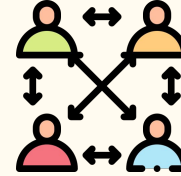
Competence

Do our programmes equip participants with the skills and knowledge necessary to thrive in society?



Autonomy

Do participants feel empowered to make choices about their reintegration journey?



Relatedness

Do participants feel a sense of belonging and connection within our programme and the broader community?

- Focus on Self-efficacy and Accountability
- Based on existing research, having a high Self-efficacy and a high Accountability reduces recidivism rates

Why is this work important to us?

The reality is that this work, especially for small to medium charities, relies on volunteers. Nevertheless, this is work Awful Grace remains committed to because:

- **Impact:** By analysing data on programme effectiveness, we can identify what works best for our clients and use their voice to improve our programmes.
- **Collaboration and Knowledge Sharing:** Data-driven evaluation becomes a powerful tool for collaboration with key stakeholders.
- **Transparency and Accountability:** Data allows us to be transparent with our donors, volunteers, and the public about the real-world impact of our work.

THANK YOU



For more updates on our events, programmes and stories, scan the QR code to follow us on Instagram @awfulgracesg!

Email us at: awed@awfulgrace.org