



Accessible rehabilitation services for people who have committed a sexual offence - Guide leaflet

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The aim of this thesis was to produce a guide leaflet highlighting the existing rehabilitation services in Finland for people who have committed a sexual offence, and who are released from prison. The goal was to create an effective and clear guide leaflet, which would present the names of the services, with a short introduction to the service offered, as well as the contact information. While the guide leaflet, and the thesis itself, were not done in collaboration with an individual organization, the guide leaflet was aimed to spark conversation within the organization in Finland, on the need for such guide leaflet.

This thesis was written using the developmental thesis method, with a developmental task of creating a guide leaflet. The theory framework focused on defining sexual offence, common profile characteristics of an individual convicted of sexual offence, different rehabilitation services and needs, and the impact of imprisonment on an individual. The information presented in the guide leaflet was collected from four professionals working daily directly, or indirectly, with people who have committed sexual offences, and the services were further researched through an online search.

The discussions with the professionals highlighted the need for more accessible services in the field for people who have committed sexual offences, as well as the urgent need for a clear guide leaflet on the accessible services. Recommendations for further research and development on the topic are regarding the reform of the legislation on sexual offences, as several new acts are considered as crimes from January 2023 onwards, as well as expanding the services to the new wellbeing service counties.

Keywords: guide, rehabilitation services, sexual offence, imprisonment, recidivism

Siiri-Matilda Maununiemi

Kuntoututtavat palvelut seksuaalirikoksesta tuomituille- Opaslehtinen

Vuosi

2023

Sivumäärä

57

Tämän opinnäytetyön tavoitteena oli tuottaa opaslehtinen, joka esittelee Suomessa olemassa olevia kuntoutuspalveluita seksuaalirikoksesta tuomituille henkilöille. Tavoitteena oli luoda toimiva ja selkeä opaslehtinen, jossa esiteltäisiin palveluiden nimet, lyhyt esittely tarjottavasta palvelusta sekä yhteystiedot palveluun. Opaslehtistä ja itse opinnäytetyötä ei tehty yhteistyössä yksittäisen organisaation kanssa, mutta opaslehtisen tarkoituksena oli herättää keskustelua tällaisen opaslehtisen tarpeesta organisaatiossa ympäri Suomen.

Tämä opinnäytetyö on kirjoitettu käyttäen kehittämismenetelmää, ja sen kehittämistehtävänä oli luoda opaslehtinen. Teoriakehityksessä keskityttiin seksuaalirikoksen määrittelyyn, seksuaalirikoksesta tuomittujen henkilöiden yhteisiin profiiliominaisuuksiin, erilaisiin kuntoutuspalveluihin ja tarpeisiin sekä vankeusrangaistuksen vaikutuksiin yksilöön. Oppaassa esitellyt tiedot kerättiin neljältä ammattilaiselta, jotka työskentelevät päivittäin suoraan tai välillisesti seksuaalirikoksiin syyllistyneiden kanssa, ja palveluita tutkittiin edelleen verkkohaun avulla.

Ammattilaisten kanssa käydyissä keskusteluissa korostui tarve helpottaa alan palveluiden saatavuutta seksuaalirikokseen syyllistyneille sekä pikainen tarve selkeälle opaslehtiselle saatavilla olevista palveluista. Suosituksia aiheen jatkotutkimukseksi ja kehittämiseksi koskevat seksuaalirikoslainsäädännön uudistamista, sillä tammikuusta 2023 alkaen uuden seksuaalilainsäädännön myötä useat uudet teot katsotaan rangaistaviksi, jonka lisäksi kuntoutuspalveluiden laajentamista uusiin hyvinvointipalvelumaakuntiin tulisi pohtia.

Avainsanat: opas, kuntoutuspalvelut, seksuaalirikos, vankeus, uusimisrikollisuus

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1 Introduction

In the year of 2021, the Finnish police forces received 501 500 reports of crime. Of these, 5400 were sexual offences, and out of these, more than half had a child victim (Sisäministeriö 2022). The number of sexual offences has been on the rise for the last few years, and the trend looks worrying. The increased usage of internet, especially during the COVID-19 pandemic, has exposed children and youth to more sexual offences than before (Latvala, Malin and Vauhkonen 2022). Additionally, the reform of the legislation regarding sexual offences in Finland, which came into force in the start of the year 2023, emphasizes everyone's right to sexual self-determination and the protection of personal integrity, toughening the sanctions for certain sexual offences and e.g., making sending unwanted nude pictures punishable (Oikeusministeriö 2023). This reform is expected to increase the number of inmates in Finnish prisons (Henriksson 2023), and therefore stresses the need for accessible services to meet the varying needs of people convicted of different sexual offences.

Crimes cost more than a billion euros annually in Finland (Hinkkanen 2007). One of the many tools used to decrease the number of resources spent on crimes, is rehabilitation programmes and services offered in both, prisons and after the imprisonment. The goal of rehabilitation in prisons, and after the imprisonment is to assist the individuals to establish new ways of life after the imprisonment, including life-, and social skills (Rikosseuraamuslaitos 2019). However, not everyone is allowed to access the same services, as people whose crime has had a sexual motive, can be banned of entry in certain services due to the nature of their crime, as well as for safety reasons (Ruckenstein and Teppo 2005).

While rehabilitation services, and other services supporting the life after prison, are offered around Finland, some of these services do not accept clients whose crime has had sexual motives (Kainulainen ja Saari 2021). Although the statistics of recidivism among people whose crimes have been sexually motivated are low, the strong, long-lasting negative affects these crimes have on the victims, highlights the urgent need for more accessible services (Canadian Resource Centre for Victims of Crime 2005).

This thesis aims to create a clear and informative guide leaflet of all the existing services in Finland, offered for people who have committed a sexual offence. The information used in the guide leaflet is based on information gathered from academic sources and professionals in the field, through inquiries of information, that took place via email and Teams in February 2023. An additional aim of this thesis is to give out developmental ideas for new services, that could meet the needs of the client group that the currently existing services for the mentioned client group do not yet meet. These ideas aim to also benefit from the new wellbeing service counties

in Finland. The knowledge the developmental ideas are based on is a mix of the information gathered through research on literature, and the discussions with the professionals.

Thorough research on literature was conducted, and the main concepts are introduced in the theoretical framework part of this paper. It is vital for the reader to first understand the concepts used in this paper to gain a deeper understanding of the topic, and the importance that the topic has. The planning phase and the implementation of the guide leaflet are introduced later on in this working paper, and lastly, the importance of research ethics, and the specific ethical questions considered in this study, finishing in the conclusion and discussion, including the suggestions for developmental ideas.

2 Background of the thesis

This section of this working paper firstly introduces the theory of the developmental thesis, followed by the aim and objectives of the thesis in question. A justification on the lack of working-life partner in this thesis is presented in the final subsection, and my personal evaluation is presented.

2.1 Developmental thesis

Developmental thesis is a research-based developmental approach, which combines practical implementation, theory, as well as the reporting of the implementation itself. As Vilkkä, Airaksinen and Kostamo (2021) state, research creates a foundation in a developmental thesis, which the developmental task is then built on. In the developmental thesis, the aim is to achieve the desired output to facilitate the concretization of knowledge into practice. The developed product could be, for example, a book, event, form of service, orientation guide or video (Vilkkä, Airaksinen and Kostamo 2021).

A developmental thesis can be done alone, with a pair, and in collaboration with a working-life partner or without one. Moreover, as Vilkkä, Airaksinen and Kostamo (2021) state in their guide for developmental thesis, it is beneficial to receive feedback on an unfinished product, as that allows the developer to consider the feedback before finalizing the product. Additionally, the writers of the guide recognize the importance of feedback from the working-life partner, as well as the target group of the final product, too.

This thesis study is a developmental thesis, where the information is gathered through a thorough search on literature, other academic sources, and information online. The data introduced in the literature sections of 3 and 4, is gathered through a thorough search on various articles, websites, books, and other publications related to the topic of the thesis. Additionally, information will be gained through inquiry of information from professionals in the field, to gain deeper and wider understanding of the existing services, as the information online is limited. A guide leaflet of the accessible rehabilitation services for people who have committed sexual offences will be created based on the gathered information.

There could have been an opportunity to create the guide leaflet in collaboration with a working-life partner, however, the guide leaflet in this thesis will be written without one. This is due to various reasons, but as the aimed developed product is a short but informative service guide leaflet including various services from different providers, I feel that there is not a strong need to work in collaboration with an individual working-life partner to create an effective guide leaflet. This therefore means that as a working-life partner is not viewed as necessary, the guide leaflet will be created for general usage rather than for a need of a specific organization, allowing also more freedom with the design. Additionally, I hope that the guide

leaflet which will be created as a part of this thesis could spark the interest of an organization, or at least be spread by word of mouth. This could then inspire an organization to create a similar guide based on the valuable information presented in it and even expand from that.

To create an efficient and informative guide leaflet, a certain criterion must be met. According to Rentola (2006), the main purpose of a guide is to teach its reader, and help the reader to act, as well as to increase knowledge and awareness of a certain chosen topic. To add, Vilkkä and Airaksinen (2003) state in their guide for writing developmental thesis, that a guide is always created to meet a need. This means that for the guide to be useful to its reader, the reader's needs must be considered. To illustrate the needs, it is essential to think about what the target group of the guide already knows, and what they would want to know.

This thesis is written using a developmental method, as I acknowledge the urgent need for a clear guide for accessible services for people who have committed sexual offences, as well as the lack of accessible, clear information online regarding the rehabilitation services for the mentioned client group. Because this thesis is written without a working-life partner, the final guide leaflet will not be evaluated by any individual organization. However, the professionals who provide information on the already existing services during the thesis process will be asked to comment on the finalized guide leaflet, as Vilkkä, Airaksinen and Kostamo (2021) stated, receiving feedback is essential in a developmental task. The unfinalized guide leaflet will be sent to the professionals via email, and they will be given two weeks to comment on the product. Their feedback will then be taken into consideration when finalizing the guide leaflet. As the topic of the guide leaflet can also be sensitive, and triggering, I do not see it as necessary, or expedient to seek out the feedback of the clients themselves as a part of this thesis process.

2.2 Aim and objectives of the thesis

The topic of a service guide for people convicted of a sexual offence has been chosen, as I got to know that the importance of these services has not yet received the needed attention and focus, despite the urgent need for them. This matter came up in several conversations with multiple experts and professionals on the topic, while I was working as a supported living counsellor in the summer of 2022 with people who had been released from prison. Additionally, when performing a Google search on the mentioned services, using only search words rather than names of any particular services, I felt stunned to find barely any clear information or guidance for the matter.

As writing a thesis in the field of social services offers a broad range of different topics, the topic of this thesis has been chosen as in Finland, several rehabilitative services for people with past in criminality exists, however, often these services, such as Aggredi in Helsinki, do not accept people who have committed sexual offences, as their clients (Aggredi 2023). This can

be due to various reasons, such as safety, inability to offer services that would meet the specific needs of this client group, or that the client group in mention is not a target group of the service.

The need for services for people whose crimes have been sexually motivated, however, is not any lower than for any other person being released from prison, and in many cases, the services received after the imprisonment can have a vital role in recidivism (Eduskunta 2022). Especially for those people, whose crime has had a child victim, the accessibility for support and services can play an extremely important role in reducing recidivism (Ruckenstein and Teppo 2005). While in Finland, the people who have committed a sexual offence can take part in the STEP-rehabilitation programme (Strength-Based Sex Offender Treatment Program) while in prison, this programme ends when the individual is released from prison (Rikosseuraamuslaitos 2018).

While the reoffending numbers for people whose crime has had sexual motive are low, at 1%, the impact that this type of crime has on the victim, their family and friends, the community, and the society, can be serious and long-lasting (National Sexual Violence Resource Center 2010), highlighting the need for accessible rehabilitation services.

As mentioned above, the objective of this thesis is to create a clear and informative service guide for people who have been convicted of sexual offences, in a form of a guide leaflet. By doing this, the above-mentioned client group could easily find the services that exist, which meet their needs, and in which they are welcomed to. The need for this guide leaflet rises from the reality, that people who have committed sexual offences are not able to enter as many services after the release, as people whose crimes had no sexual motive. Reasons for this vary, but mostly this is said to exist for their own safety, as the other people taking part in the services could be violent towards them due to the nature of their crime. This safety risk is taken into account in the prison environment too, as people whose crime has had sexual motive, are in many cases placed in a different section of the prison (Ruckenstein and Teppo 2005).

2.3 Evaluation

A challenge arises regarding the evaluation of the effectiveness of this thesis, and the developed guide leaflet, as it will be written without a working-life partner. This means that the thesis process and the development process of the guide leaflet will be done very independently, on my own. To still be able to evaluate the effectiveness and whether the aim of my thesis has been met, an evaluation metric created by Innokylä (2023) will be used. The Innokylä evaluation metric, which can be only found in Finnish, and can be found in the appendices 1, is aimed at developmental tasks and processes. Additionally, as the metric has been created to be used for self-evaluation, or peer-evaluation, I will utilize it for my self-evaluation in the developmental process of the guide leaflet.

Innokylä evaluation metric has nine statements regarding different topics to consider in the developmental process. The metric can be used to check that all necessary perspectives have been taken into account as a part of a developmental process. The nine statements are regarding the needs, the aims, the participation, description of the solution, whether the solution meets the aims, trial, evaluation, resources, and implementation (Innokylä 2023). However, not all of the given statements will be used, as not each of the statements are relatable to my developmental task.

Additionally, the four professionals who will be contacted in a form or inquiry of information, mentioned in the above subsection, as well as four additional professionals working within the field, directly or indirectly with people who have committed sexual offences, will be asked to give feedback on the unfinished guide booklet. Their comments will be taken into consideration when making changes to the guide leaflet in the finalizing process. I will base my own evaluation on whether this thesis met its aim on the Innokylä evaluation metric, as well as on the feedback of the professionals, as they would be the people using the guide leaflet with their clients, and I perceive their feedback and expertise as greatly valuable.

One idea to ensure the effectiveness, and whether the aim of the thesis was met, would be to send the finalized guide leaflet to the professionals who will comment on the unfinished guide leaflet, and request comments on the finalized product after their recommended changes would be made. However, I do not see it as expedient to send yet another request to the busy professionals. This feedback collection process highlights a downside of creating a thesis without a working-life partner, as the feedback cannot be guaranteed. However, I have great amount of appreciation towards the professionals and experts who take the time to provide feedback on my creation.

The feedback and suggestions given by the professionals and experts are presented in subsection 6.3, with my own evaluation using the Innokylä evaluation metric.

3 Crime

This section introduces the key concepts linked to the topic of the thesis. The definition of sexual offence is given, and the impacts that crime can have on a convicted person, are presented. Lastly, the common profile characteristics of a person committing a sexual offence are gone through, using both statistics, and literature.

3.1 Sexual offence

Sexual offence is defined as a crime which violates the victims' right to sexual self-determination. It has been stated in the Criminal Code 1889/39 that every individual has the right to decide on their sexual behavior, as long as they do not infringe on the sexual self-determination of others. Children and minors are protected by special regulations, to take into account the effect of a child's immaturity on their ability to make independent decisions.

The nature of sexual offence varies. These offences, based on the Finnish legislation Criminal Code 1889/39, include sexual harassment, sexual abuse, coercion into a sexual act, rape, aggravated rape, exploitation of a person subject to sex trafficking, profiting of prostitution, sexual abuse of a child and aggravated sexual abuse of a child. Possession or dissemination of images depicting children sexually are also punishable acts (Poliisi 2022). The sanctions differ greatly between the above-mentioned crimes, from fines to years of imprisonment (Minilex 2023).

As of January 2023, the new reform of the Sexual Crime Legislation came into force. This reform strengthens everyone's right to sexual self-determination and the protection of personal integrity. The reform of the legislation includes the changes in the definition of rape, as it is now based on consent. Additionally distributing a sexual image without permission is now punishable. With the reform, the punishments for sexual offences will be tougher and crimes against children are classified as more serious than before (Oikeusministeriö 2023).

Additionally, it has been estimated that only a small portion of all the acts of sexual violence come to the attention of the authorities (Fagerlund and Malin 2021). Fear and shame play a vital role in the hesitation of reporting, as does the relationship between the victim and the person doing the sexual violence act. While the number of sexual harassment and sexual abuse cases taking place online increase, it has been speculated that people might view these acts as common, not realizing they have been a victim to a crime (Poliisi 2022).

As statistics show, while generally men are more likely to be a victim of a crime, women make up majority of the victims regarding certain crimes, such as sexual offences (Mallicoat 2018). The statistics show that in Finland 99,2% of people who were convicted of rape during the years of 2018-2020 were male, and 0,8% were female. However, the victim statistics are reversed as

96% of the victims of rape were female and 4% male. Majority, 65%, of the people convicted of a rape are under the age of 35 (Fagerlund and Malin 2021).

3.2 The impact of imprisonment and sexual offences

Being convicted of a crime changes the life of the convicted person, as well as the life of the people close to them. One's freedom is taken away, and they are taken away from their everyday life, sometimes for years, depending on the crime, and the country of conviction. It is common that already existing mental health issues worsen, as one is removed from society and disconnected from family. A prison sentence can feel as if the convicted person has lost their autonomy and their purpose, which can lead to negative, long-lasting change in the individual (Jones and Quandt 2021). Prison sentence, especially longer one, can also lead to institutionalization of the prisoner, as the prisoner can be shaped and transformed by the institutional environment in which they live in, as a natural adaption to the unnatural and abnormal conditions of prisoner life (Haney 2001).

Additionally, after a prison sentence it can be challenging for an individual to get back to work for many reasons. While having a criminal record can worsen one's employment opportunities in the future, as a clean criminal record is mandatory for many jobs, a convicted person can also struggle to fit in the workplace, follow directions or demonstrate self-efficacy, especially after a long prison sentence (Harper 2011). The challenge with finding employment with a criminal record or having challenges in working in a certain work environment can lead to lowered economic independency and create insecurity for many, having to rely on governmental benefits after the imprisonment. This again can have an effect on one's mental health, and their individual needs regarding that can increase (Harding, Wyse, Dobson and Morenoff 2014).

Another impact that imprisonment can have on the convicted person is related to family and other people close to them. When a person is convicted of a crime, the punishment varies from fines to prison sentence (Minilex 2023). Being convicted to a prison sentence can change the dynamic of the relationships the convicted person has had prior to the sentence. Having contact with people outside the prison can be restricted, and if meetings are allowed, they happen mostly under surveillance in a prison setting. This can place a great strain on the prisoner's relationships, which can seriously damage, or even end some of the existing relationships prior the incarceration. (Harman, Smith and Egan 2007). Additionally, a different type of strain is placed on the relationships of the convicted person, if the victim of the committed crime was a person close to them, such as family member (Rape, Abuse & Incest National Network 2023).

When it comes to sexual offence, it is a crime that has long-lasting effects on the society, the community, the victim, their relatives, and friends, as well as the convicted person and their loved ones (Canadian Resource Centre for Victims of Crime 2005). Especially sexual offences,

and crimes against children are commonly viewed as triggering. In prison, people convicted of sexual offences are viewed as the lowest in the prison hierarchy, and for their own safety, they are usually located in a separate unit within the prison (Kainulainen ja Saari 2021). Research has also found that people who are convicted of a sexual offence experience less feeling of safety, and more feeling of fear while in prison. The placing to a separate section of the prison is well argued, but in the worst case could also have negative affects due to prisonization, where an individual could learn new ways of committing a certain crime.

Sexual offence, especially with a child victim, has a stigma to it, which can affect the life of a person convicted of this nature of a crime, and cause secondary stigma to the people close to the convicted person (Brown 2018). Living with this type of stigma can have a negative effect on integration to the society after imprisonment, finding employment or housing, difficulty in accessing certain rehabilitative services, and decreasing the level of feeling of safety if the nature of the crime is known within the society or community (Tewksbury 2011).

For a person who has been convicted of a sexual offence, and if it is made known e.g., through media outlets, or by word of mouth, in society or community, finding accommodation, or returning to the old neighborhood can be challenging. Although accommodation could be found, the way people in the neighborhood might treat someone who knowingly has committed sexual offence, especially crime with a child victim, can be very negative, and have crucial effects in the life of the individual (Her Majesty's Inspectorate of Probation 2020).

3.3 Theories and unifying factors of people convicted of sexual offence

To be able to create effective services that meet the wide range of needs of the clients, one must first understand the crime that has been committed, as well as the common factors behind the crime, and in the life of the person who committed a sexual offence. The range of rehabilitation needs of the people who have committed a sexual offence are presented in the section 5, followed by the currently existing services in Finland, to meet those needs. In a study conducted in 2021, the Youth Research Network and the Institute of Criminology and Legal Policy of the University of Helsinki, investigated the risks related to the backgrounds of the people who have committed a sexual offence, the situational factors affecting the occurrence of sexual crimes, and suggested measures for the prevention of sexual offences and highlighted the importance of understanding the risk factors and behavioural patterns linked to the backgrounds of those who commit sexual offences (Vauhkonen, Kaakinen and Hoikkala 2021).

Studies show that no single factor explains sexual offences. The reasoning for sexual offences has been researched for centuries, and several different theories have emerged, both, single factor theories and multifactor theories. These theories include, but are not limited to, biological theory, evolutionary theory, personality theory, cognitive theory, behaviour theory, social learning theory, Finklehor's Precondition Theory and Marshall and Barbaree's Integrated

Theory (Faupel 2015). Additional theories that must be investigated when looking into the unifying factors of people convicted of sexual offences are gender theory and feminist theory.

Research have shown that men and women commit different types of crimes. Statistics also highlight that gender is the best predictor of criminal behaviour, as majority of crimes committed have been committed by men (Tilastokeskus 2023). As mentioned in a subsection above, vast majority, 99,2% of people convicted of rape are male (Fagerlund and Malin 2021). This is also highlighted in the Figure 1 below, which showcases the division between male and female in those suspected of being guilty of the investigated crimes in the year 2020 in Finland (Tilastokeskus 2023).

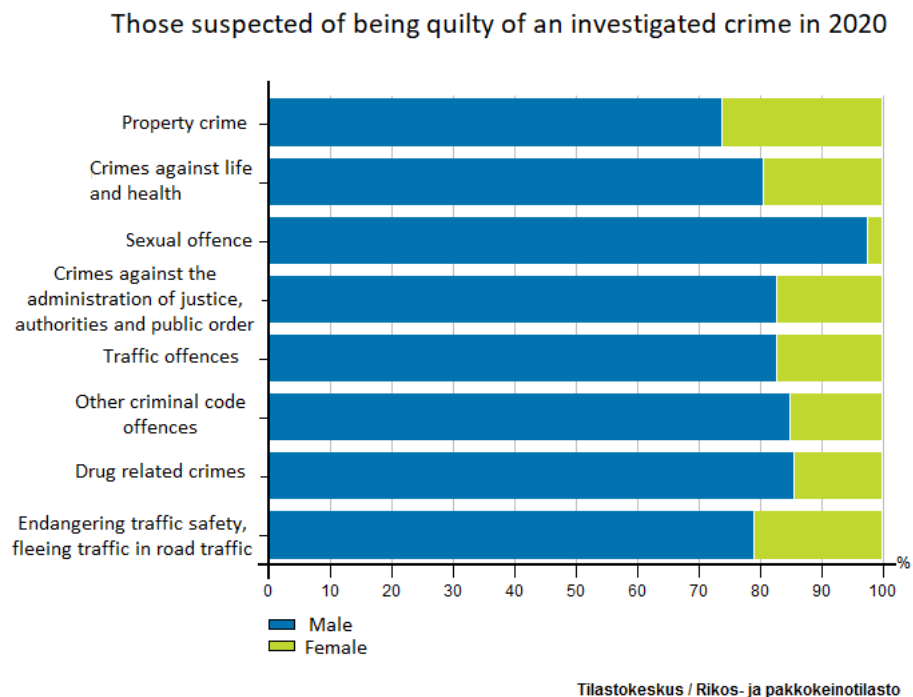


Figure 1 Those suspected of being guilty of an investigated crime in 2020 (Tilastokeskus 2023).

Feminist movement in the 1970's started the social change and highlighted the issues related to sexuality, legal inequalities, reproductive rights, and patriarchy (Mallicoat 2018). The feminist at the time claimed that criminal behaviour was affected by learned gender assumptions, where sex was viewed as a conquest of man, rather than being a biological trait. These feminists also highlighted the actual experiences of the females, rather than their husbands' and fathers' experiences, which had been considered before, as a female was seen as a property of either their husband, or father. Before the change in the society, and later in the legislations, the females' sexual history was seen as relevant when in the legal process of sexual offences (Canan and Levand 2019).

The work of the feminists in the 1970's resulted in rape been recognized as a power move, and as a crime, rather than an act of sex. This meant that females started to report the sexual offences that they were victims of, and the number of reported sexual offences rose greatly (Canan and Levand 2019). However, in Finland, rape in a marriage was not considered as a crime, as a female was considered as the property of a male until the year of 1994, when the legislation regarding sexual offences was reformed (Criminal Code 39/1889).

While no singular reasoning cannot be identified for why someone would commit a sexual offence, it is rather a sum of many things, as mentioned earlier. However, research has found that the unifying characteristic factors among people who commit a sexual offence are weak problem-solving skills, impulsivity, emotional regulation problems, low self-esteem, anti-social behaviour, and emotional identification with children, in cases where the victim has been a child. Additionally, it has been found that an individual who commits a sexual offence against children commonly has difficulties with emotion regulation and impulse control (Vauhkonen, Kaakinen and Hoikkala 2021).

Often a sexual offence takes place at a time of life where there is very little pleasure in life, and the person is experiencing a long-standing pressure such as divorce, long-term unemployment, or poverty and such (Vauhkonen, Kaakinen and Hoikkala 2021). Additionally, mental health problems, as well as substance abuse, commonly play a role in the convicted person's life prior the crime taking place. It has also been estimated, that 55% of people convicted of sexual offences have a sex addiction (Hall 2013). However, it must be made clear again, that not everyone who commits a sexual offence have any type of mental health issue (McCartan and Richards 2021).

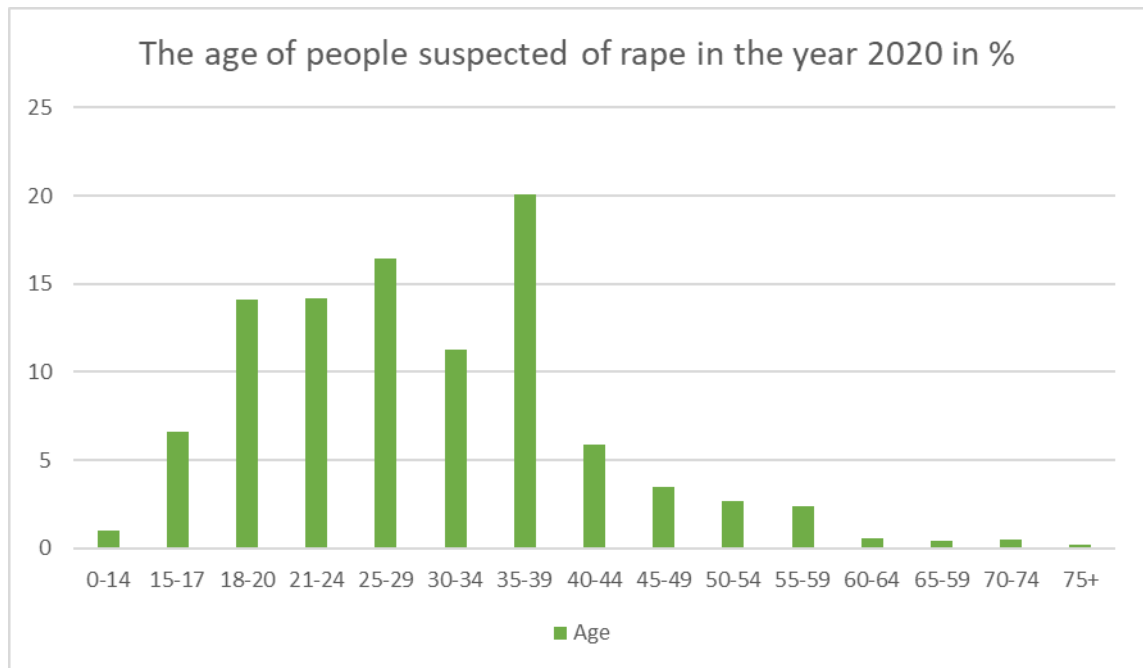


Figure 2 The age of people suspected of rape in the year 2020 in % (Vauhkonen, Kaakinen and Hoikkala 2021).

Based on the statistics, a person who commits a sexual offence is most likely an under 30-year-old male. However, this varies depending on the type of the sexual offence. The figure 1 above showcases the ages of the people suspected of rape in the year 2020 in Finland, in percentages. The median age for those convicted of rape against an adult is 31. Below, the figure 2 indicates the ages of the people who were suspected of sexual abuse of a child in the year of 2020 in Finland. In sexual abuse cases against a child the median age is 26, and in sexual abuse and rape cases against a child, the median age is 24 (Vauhkonen, Kaakinen and Hoikkala 2021).

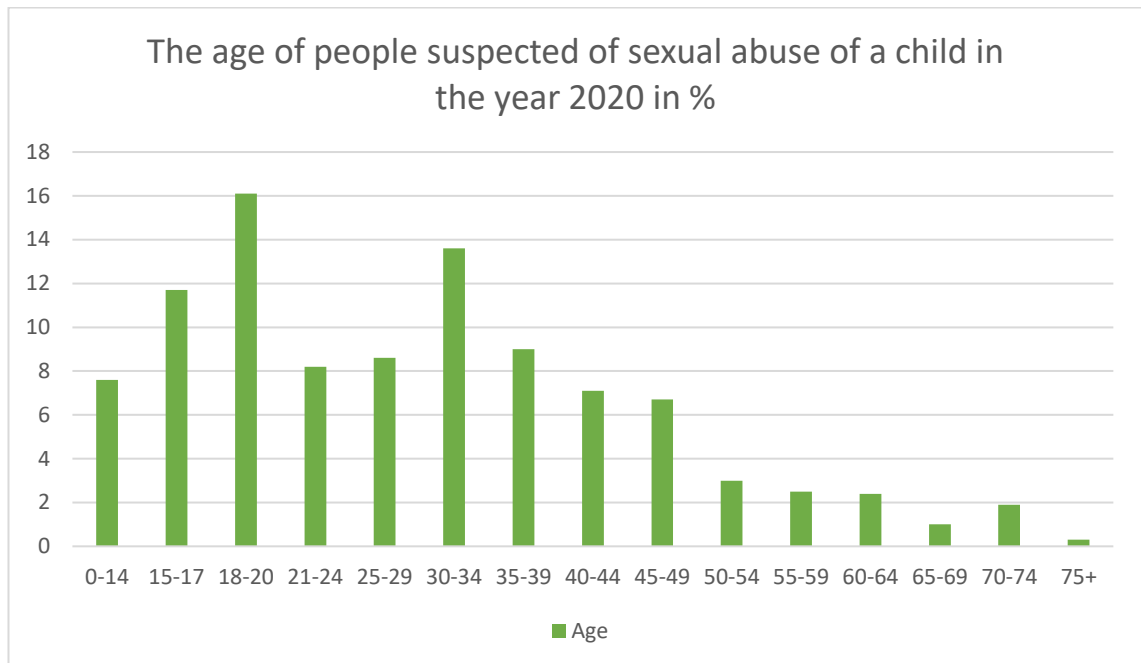


Figure 3 The age of people suspected of sexual abuse of a child in the year 2020 in % (Vauhkonen, Kaakinen and Hoikkala 2021).

Additional statistic highlights include the following facts: first-generation immigrants are overrepresented in sexual offence statistics, especially in rapes against adults. Additionally, despite the general assumption, a large proportion of men who commit sexual abuse of a child do not have a special pedophile or hebephile tendency (Vauhkonen, Kaakinen and Hoikkala 2021). It has also been found in much research that people who were physically or sexually abused, or neglected as children, are at higher risk for criminal behaviour than people who were not maltreated (Travis 1995).

Anyone who has committed a sexual offence has crossed the boundaries, as they have not recognized their own, and other people's boundaries clearly enough. In addition, they have also lacked respect for another person's right to self-determination and inability to think about the long-term effects of the act on both, for themselves and for the victim. According to research, people who have experienced so-called sexual trauma at least in some form during their own life, usually during their childhood, are at higher risk in committing violent offences and sexual abuse (Hukkanen 2004, Flora and Keohane 2013). This could be considered as a risk factor when looking into the unifying factors among people who have committed sexual offences, as a sexual trauma in one's own childhood could have blurred or changed the view on boundaries, and what is right and what is wrong (Cashmore and Shackel 2013). This would also be something that should be paid great focus on when a child's sexual trauma comes to the knowledge of professionals, as psychological support with such trauma can play a role in crime prevention for the child's adult life.

However, many sexual offences go unreported for several reasons, meaning that these listed profile characteristics are based on the people who have been convicted, leaving out the people who have not been convicted, or even reported (Vauhkonen, Kaakinen and Hoikkala 2021). This means that as the legislation of sexual offence evolve and reform, the old, common image of a terribly abnormal monster being the only person committing this type of crimes is less likely to be true today (McCartan and Richards 2021). Therefore, it is important to understand that even though unifying factors can be found among people who have committed a sexual offence, it is impossible to create an accurate, always true, profile of a person who would commit, or has committed, a sexual offence. As with any crime, some factors can be linked to a higher risk of committing a crime. Everyone is an individual, and therefore the client group of people who have committed sexual offences is also heterogeneous. As the legislation regarding sexual offences changed in January 2023, it highlighted the variety of different sexual offences (Oikeusministeriö 2023). So as the crimes vary greatly, so do the people committing them.

4 Prisonization and rehabilitation services

This section introduces the term prisonization, followed by the objectives of imprisonment through law and sentence planning. Additionally, different rehabilitation services are described and introduced, and the term rehabilitation continuum is presented.

4.1 Objectives of imprisonment through law and sentence planning

Although the reasons for imprisonment circle around punishment, and limiting an individual's freedom, the objectives of the imprisonment include various aspects considering the individual's time in prison. It is stated in the Imprisonment Act 767/2005, that the objective of the imprisonment is to increase the readiness of an individual in prison to live a life without crime and support them in gaining the ability to manage their own life after the imprisonment. This is usually done through rehabilitative services offered in prisons, and outside the prison environment. These activities together aim to promote reintegration to the society and through that, decrease the chances of reoffending (Imprisonment Act 767/2005).

Additionally, it is stated in the Imprisonment Act 767/2005, that a sentence plan must be created together with the individual sentenced to prison, and their opinions and views must be considered when possible (Kriminaalihuollon tukisäätiö 2021). The sentence plan specifies the prison where the individual will be sentenced, and it is created together with an official. The individual has the opportunity to voice their concerns, wishes, and goals for the imprisonment regarding matters such as work, education, and substances. The sentence plan highlights the prisoner's aim for the prison sentence, which could include goals such as rehabilitation for substances, taking part in work and education activities within the prison setting, or improving personal relationships (Rikosseuraamuslaitos 2022).

While the objectives of imprisonment aim to support the rehabilitation of the prisoners, there are also negative effects that imprisonment can have on an individual. These include factors that can increase the individual's participation to crime e.g., stigmatization, prisonization and negative effects on family and the financial situation of the individual. These are also factors that can negatively affect the individual's participation to rehabilitation activities while in prison, but also afterwards, and therefore affect their rehabilitation continuum (Aaltonen, Danielsson, Kivivuori, Näsi and Suonpää 2018).

4.2 Prisonization

The term prisonization was first developed by Clemmer in 1940. He created the term to explain the adaption of prisoners to the prison conditions, and culture. Prisonization as a term includes possible deepening of already existing social exclusion and getting accustomed to the prison lifestyle as well as the criminal lifestyle (Clemmer 1940). Additionally, change in identity

towards identification as a criminal plays a part in prisonization, as well as adopting the values and norms of a criminal. This could, in the worst case, lead into adapting a career in criminality, as an individual can learn new ways of committing crimes from the other prisoners and create contacts during their imprisonment (Laine 1991).

Prisonization has been found to be different to individuals who are serving a short-term sentence, instead of a long-term one, as short-term sentence lessens prisonization (Äärelä 2012). Additionally, factors that can have a lessening effect on prisonization include relationships outside of prison, stable personality, denying or not having the ability to join prison groups as well as not adapting the values and norms of the prison culture (Laine 1991).

4.3 Rehabilitation

Rehabilitation is a service meant for any individual who needs support with either a physical, or mental illness, or impairment which affects their ability to live an independent live, including work or study (Kela 2022). Rehabilitation can also be offered for an individual who is long-term unemployed, disabled, or in prison. The length and type of the rehabilitation varies, as the service is customized to individuals' needs (Kela 2022). However, the main aim stays intact, as the goal of any rehabilitation service is to maintain or enhance the individual's functional capacity and work ability (Sosiaali- ja terveystieteiden ministeriö 2022a).

The rehabilitation services offered in prisons include eg. rehabilitation for substance abuse, social rehabilitation, and rehabilitation for people who have committed sexual offences (Imprisonment Act 767/2005, Kriminaalihuollon tukisäätiö 2018). These services all together aim to give the necessary tools for the prisoners to feel empowered, and support their life after imprisonment, with the goal of successful rehabilitation decreasing the chances of reoffending (Kriminaalihuollon tukisäätiö 2018). The rehabilitation services in prisons can also be offered together, as eg. substance rehabilitation services can be provided together with mental health support (Rikosseuraamuslaitos 2019).

4.4 Social rehabilitation

Social rehabilitation is a social service, which is part of a rehabilitation system that works in collaboration with medical-, professional-, and educational rehabilitation (Sosiaali- ja terveystieteiden ministeriö 2022b). Social rehabilitation aims to identify the individual needs of a person, to support them to achieve a higher level of social functioning. This can include support and rehabilitation for mental health, and substance abuse problems, as well as other necessary services (Rikosseuraamuslaitos 2019).

These supporting services can be provided individually in groups or through peer support. The services vary from individual to individual, as people need social support for different reasons,

including unemployment, elderly care, or life after imprisonment (Sosiaali- ja terveysministeriö 2022b). The main goal for social rehabilitation is the same regardless of the reason; it is a way to support one's functional abilities and participation, as a member of the society they live in (Terveyden ja hyvinvoinnin laitos 2015).

For prisoners, social rehabilitation aims to serve and assist the people to establish new ways of life after the imprisonment (Rikosseuraamuslaitos 2019). This includes life skills, as well as social skills, and guiding the prisoners to take part in studies or work while in prison when possible, and after imprisonment. Social rehabilitation in prison also includes support for substance and crime free future through several different activities the prisoners can take part in (Rikosseuraamuslaitos 2019). Prisoners with children are also offered activities supporting their parenthood throughout their imprisonment.

While social rehabilitation services in prisons aim to assist the people to gain valuable life and social skills to benefit from after imprisonment, Bain and Parkinson (2010) question whether the services do enough to encourage and support self-worth, empowerment and motivation to change. These are important factors to consider in the social rehabilitation services offered in prisons, and services offered for people after the release, as it has been argued that getting back to the society after imprisonment can be overly challenging solely due to the label that a person with a past in prison can have (Bain and Parkinson 2010).

4.5 Rehabilitation continuum

Rehabilitation continuum in the context of prisons refers to the continuity of rehabilitation that has started before the imprisonment or in prison, and which continues to the time after imprisonment (Kaurala and Kylämattila 2010). This can include various services, as mentioned earlier in this paper, as prisoners can get rehabilitation for substances as well as social rehabilitation. Parts of these services also include support and training for life after imprisonment, as well as support for living conditions after imprisonment and health care as a whole (Kaurala and Kylämattila 2010). The earlier mentioned STEP-program (Strength-Based Sex Offender Treatment Program) for people who have committed a sexual offence is included in this type of services.

Rehabilitation continuum differs too between individuals, as for some it solely considers the time in prison and after imprisonment, whereas for some it considers the time before the imprisonment, in a closed facility, time in a rehabilitation facility, time in an open facility, and then time after the prison sentence. As the prison path differs, it is vital that the rehabilitation continuum is supported throughout the prison sentence, and after it too. The main aim of the rehabilitation continuum is to ensure that the rehabilitation process continues after the imprisonment, so that the individual could get back to the society through work, study, rehabilitation or other supporting services (Kaurala and Kylämattila 2010).

Rehabilitation is one of the main aims of prison services in Finland, and as the Imprisonment Act 767/2005 states, the inmates have the right to rehabilitative services while in prison. This includes services that are offered in the prison setting, but also services offered outside the prison. These services also vary from social rehabilitation to rehabilitation services regarding one's physical and mental health (Imprisonment Act 767/2005).

Unifying factor among majority of the rehabilitative services that are offered post-prison is that they are offered by NGOs, rather than the government, or the wellbeing service counties. This means, that the professionals working with the individuals in prisons are responsible in guiding the inmates to the services after the imprisonment, and these mentioned NGOs are therefore responsible for the rehabilitation continuum by producing and offering quality services after the imprisonment.

The guide leaflet created as a part of this development-based thesis aimed to create a clear guide for the people who have been convicted of sexual offences, in one aspect to support the rehabilitation continuum, if one has already taken part in some rehabilitation services during their prison sentence, such as the STEP-program, or other programs.

5 Rehabilitation services for people who have committed a sexual offence

The specific needs of people who have committed sexual offences are presented in this section, followed by a thorough list of the services existing to meet these previously mentioned needs of the client group, that exist and are offered in Finland.

5.1 The specific needs of people who have committed a sexual offence

Services, needs and motives vary based on the type of crime, and the individual themselves (Burgess, Commons, Safarik, Looper and Ross 2007). As mentioned earlier on in this thesis, there are several different types of sexual offences. This means, that the needs of the people who commit a sexual offence varies, as do the people and the types of crime. Identifying the specific needs of the people who have committed sexual offences, can be challenging, but necessary, in order to create services that meet these offense-specific needs.

It must be first acknowledged, that people who have been convicted of sexual offences can have also been convicted of something else, and their life situations can vary greatly from living alone to having a family, challenges with mental health or substance related matters, as well as matters related to employment and finances. This means, that the needs of someone whose conviction also includes e.g., drug trafficking, can vary greatly from someone who is convicted of the rape of their wife. This stresses the importance of encountering every client as an individual with varying needs for services, when assessing their needs in a professional setting. Additionally, the intensity of the treatment for people who have committed sexual offences must be evaluated with care, based on the level of risk of recidivism, as evidence shows that performing treatment at high insensitivity for people who have a low risk of recidivism could actually slightly increase their recidivism rate (Andrew and Bontan 1994).

Research on the needs of people who have specifically committed sexual offences, combines the research on psychology, criminology, politics, health, public health, and policy studies. In addition to that, McCartan and Richards (2021) describe sexual offence as a community issue, as well as an individual issue, and therefore they suggest that it would need an integrated, miscellaneous community response. This could mean, that creating a multidisciplinary team of professionals to support the rehabilitation of an individual who has committed a sexual offence, would be essential to ensure the low threshold accessibility to the necessary services decreasing the recidivism risk (U.S. Department of Justice 2023).

As the nature of a sexual offence, and especially sexual offence with a child victim, can be viewed as triggering by many people (Kainulainen ja Saari 2021), option to seek for help, and enter services anonymously can be seen as vital. Additionally, due to the triggering nature of the crime, an individual who has been convicted of a sexual offence can be put in “other” category in the society, which makes it more difficult for them to feel and see themselves as a

part of the society, and community they live in, which can then decrease their sense of self-worth and therefore willingness to seek for help. For this reason, strength-based approach in rehabilitative services is viewed as beneficial for people who have committed sexual offences, as it aims to emphasize that a person is more than the crime that they have been convicted of, and that they too have strengths and deficits (McCartan and Richards 2021). Strength-based approach aims to identify individuals' resources and strengths to lay basis to address challenges resulting from problems (Marshall 2016).

People who have committed sexual offences can have various needs, but one of these includes the need for psychological services. Especially people with pedophilia, or hebephilia tendencies, meaning people who are sexually or romantically attracted to children or teenagers, could greatly benefit from talking to a professional. Cognitive-behavioural psychotherapy has been found to be the most effective for people with pedophilia and people with hebephilia tendencies. Cognitive-behavioural psychotherapy is a psychological treatment used for people whose problems are partly based on faulty or unhelpful ways of thinking, or on learned patterns of unhelpful behaviour, therefore aiming to change thinking patterns (American Psychological Association 2023). In the treatment of people with pedophilia, correcting thought distortions, taking responsibility for one's actions and increasing one's own internal control to prevent new actions, can be considered essential. Pedophilia nor hebephilia are crimes on their own, but rather illnesses, whereas acting on the desires on the other hand is (Hukkanen 2004).

Common matter seen as positive and beneficial for someone convicted of a crime, and sexual offence too, and who is aiming to retreat from crime, is peer support. While professionals have the knowledge on the theoretical side of the crime, others who have committed crimes of similar nature and retreated from further committing crimes, have the valuable experience on the topic (Nylund 1999). As mentioned earlier on in this thesis, someone who has been convicted of a crime, and who has been given a prison sentence can experience of loneliness and being cut out from the society they used to live in (Jones and Quandt 2021). As mentioned several times in this working paper, a sexual offence can have a serious stigma to it, making it even more difficult to access services and to get back into the society (Tewksbury 2011). Peer support and seeing others who have gotten back to the society, and who have retreated from crime after their prison sentence, can increase the motivation to retreat from recidivism, and to seek further help (Mikkonen 2009). This is the case for anyone who has either experienced something serious themselves, such as been a victim of a crime, or who has e.g., committed a crime. While peer support can be beneficial for many, it is vital to ensure that in offering peer support services, especially for people who have committed sexual offences, that the service does not give the convicted person new ideas or encourage them to commit further crimes. Therefore, it is essential to ensure that the people sharing their own experiences, as an expert by experience, have retreated from committing crimes (Terveiden ja hyvinvoinnin laitos 2023).

Additionally, a health-related need, which is also a crime prevention method, can also be one of the many needs of someone who has committed a sexual offence. Especially if the crime has been of serious nature, or if the crime has been repeated, medical treatment of sort can be offered. In Finland, voluntary antihormonal medical treatment, Salvacyl, is available for individuals convicted of sexual offence, who agree to it (Kirsi 2020). The medical treatment's aim is to decrease the testosterone levels of the individual, and to help them to control the compulsiveness of their sexual desire and actions. This antihormonal treatment is given as an injection, and it has been referred to as medical castration too by many (Kirsi 2020). Stated in the Legislation on Supervised Parole (629/2013), a person who has been convicted of a sexual offence, and who is requesting to be moved to supervised probation from prison, is required to agree to the antihormonal medical treatment. The need for the medication is evaluated in the health care services of a prison, as the antihormonal medical treatment is not necessary nor beneficial for everyone, as again, the variety and severity of sexual offences vary greatly.

Lastly, financial support is commonly a need of an individual being released from prison. KELA (Social Insurance Institution eng.) plays a key factor in many people's lives who are released from prison, as the governmental benefits are applied to through their services. These mentioned benefits include, but are not limited to, housing benefit, basic social assistance, unemployment benefits, student financial aid, as well as rehabilitation benefit (Kela 2023). Additionally, TE-Employment service and their specialized staff (Työ- ja elinkeinotoimisto 2023) can be a service also used by many people who have been convicted of sexual offence as mentioned in section 3, it can be challenging to find employment with a criminal record in general.

5.2 The existing services for people who have committed a sexual offence

Offense-specific services for people who have committed a sexual offence are commonly developed to reduce the risk of recidivism (McCartan and Richards 2021). While in Finland the services offered for people who have committed sexual offence are of great quality, they are limited too. Below, I go through all the existing services for the client group in question, which are offered in Finland, or that are accessible in Finland. These services are listed in the guide leaflet too, but here they are expanded on, as only a brief introduction of each service could fit in the guide leaflet.

An already existing rehabilitative service, provided by Rikosseuraamuslaitos, and meeting the need of psychological aid, is the STEP-programme that is offered in Riihimäki prison. This service is aimed at people who have committed a sexual offence and it is led by a psychologist. The program is aimed at people who are classified as high or moderate risk of recidivism, as the program aims to decrease recidivism among the client group (Rikosseuraamuslaitos 2022). The STEP-programme includes 87 meetings, that are held within a six-month time period. This

service meets the need for service in prison for people who are seen as to be in high, or moderate recidivism risk. As mentioned, this client group has been proven to benefit from the rehabilitation services the most (Andrew and Bontan 1994).

Additionally, the Legislation on the Enforcement of Community Sanctions 400/2015 states that if a person who has committed a sexual offence at least twice, is released on parole, and their recidivism risk is seen as high, they are placed in parole supervision. This means that although they are released from prison, they must attend scheduled meetings with the official in the parole services. The nature, and the number of meetings vary based on the individuals' needs and the other activities they take part in during their parole period. This means, that an individual who has committed a sexual offence could also receive rehabilitation through individual discussions with their designated parole official.

The table 1 below showcases all the accessible services post-prison that state people who have committed a sexual offence as one of their main target client groups. These presented services are introduced in more detail below the figure, and the information is also included in the finished guide leaflet. The names of the service providers also work as hyperlinks to their websites, allowing anyone coming across this thesis to effortlessly access the mentioned services' websites.

Service provider	Who is the service for	Services offered
<u>SeriE-project</u> <i>Face to face services offered in Helsinki, but a wide SeriE-network allows accessing services from other cities too.</i>	<ul style="list-style-type: none"> Individuals who are sexually or romantically interested in children. Also, services for people who are worried about the sexual thoughts or behaviours of someone close to them. 	<ul style="list-style-type: none"> Individual work Support group <p>Services are free of charge, confidential, and they can be accessed anonymously.</p>
<u>Seritatyö</u> <i>Face to face services offered in Oulu, but online services available for other areas.</i>	<ul style="list-style-type: none"> Individuals who have committed a sexual offence or who are worried that their sexual actions could change to illegal or who generally need support with these matters. Also, services for people who are close to someone who has been convicted of a sexual offence. 	<ul style="list-style-type: none"> Individual work <p>Services are free of charge, confidential, and they can be accessed anonymously.</p>
<u>Välitä!</u> <u>seksuaaliväkivaltatyö</u> <i>Face to face services offered in Tampere, but online services available for other areas.</i>	<ul style="list-style-type: none"> Individuals who have committed a sexual offence, who have been victims of sexual offence, and to the people close to these individuals. 	<ul style="list-style-type: none"> Individual work Crisis help Support group <p>Services are free of charge, confidential, and they can be accessed anonymously.</p>
<u>ROAD-project</u> <i>Face to face services in Helsinki metropolitan area, and online services available for other areas.</i>	<ul style="list-style-type: none"> Individuals of immigrant background, who have been convicted of sexual offences. 	<ul style="list-style-type: none"> Individual work <p>Services are free of charge and confidential. Services are offered in prisons and in community sanctions offices.</p>
<u>Mielenterveystalo</u> <i>Fully online service</i>	<ul style="list-style-type: none"> Individuals who are concerned for their sexual interest towards children 	<ul style="list-style-type: none"> Self-help program
<u>Virtuous Pedophiles</u> <i>Fully online service</i>	<ul style="list-style-type: none"> Individuals who recognize that they have pedophilia tendencies, and who are motivated to retreat from acting on their desires 	<ul style="list-style-type: none"> Online support group

Table 1 Services and the service providers based on the research done (references to services below).

As the world changes, digital services improve, and as some people in need of services can live in the most rural areas of Finland, some services are also offered online. Existing fully online based services include Mielenterveystalo, where a self-care regime for people who have sexual interest in children is offered. This self-care regime is targeted at individuals who feel sexual attraction towards children and are worried that they would go from thoughts to actions (Mielenterveystalo 2023). As the self-regime is targeted at people who recognise these thoughts and attractions in themselves, aiming to reduce the risk of desires turning to action, rather than being a service directly targeted at people already convicted of sexual offence, this service was still seen as valuable by all the professionals talked to in this thesis process, as it provides valuable information, and can guide an individual to other necessary services.

Additionally, an online forum, Virtuous Pedophiles, offers an online support group for people with pedophilia, who acknowledge themselves having sexual interest in children and who do not, and who wish not to act on their attraction. It has been estimated that in Finland, 2% of the 5.5 million population, are people with pedophilia (Uusinoka 2019). This statistic emphasises the importance of low-threshold services, aiming to support people with pedophilia in withholding from committing any sexual crimes. The group's aim is for the members to support each other in trying to lead normal lives, while not committing sexual offences, although having romantic and sexual thoughts about children (Virtuous Pedophiles 2023).

While the previous services were either offered online, or in a prison setting, in Finland majority of the existing rehabilitative services for the client group in question are offered in the third sector. These services include the SeriE-project (hanke), Vältä!-seksuaaliväkivaltatyö, as well as Seritatyö. Each of these three services use the New Direction-method (Uusi Suunta), which is a structured individual rehabilitation method used with individuals who have committed a sexual offence. The method's aims include increasing the individual's understanding of their own act, and to give them the skills to avoid committing sexual offences in the future, to help the individual to identify the factors that have made them strive for a meaningful and good life through unfavourable means, as well as to help the individual to find the skills to achieve positive goals setting and achieving goals (Nurminen and Taivaloja 2020). Common factor in all the mentioned NGO services, is the anonymous accessibility of the services, which is seen as a necessity as mentioned in the earlier section. Additionally, all of the mentioned NGO services are free of charge, and confidential.

Additional service offered nationwide, is ROAD-project (hanke), which offers services face-to-face in the prisons and parole offices in Helsinki and Uusimaa area, and in the rest of the country remotely. An individual can also receive services after the imprisonment and parole. ROAD-hanke aims to prevent recidivism of people with a foreign background in Finland, who have committed sexual offences. The goal of the project is to prevent recidivism of the client group by influencing the thought and behaviour patterns underlying the sexual criminal

behaviour, through the methods of sexual education, therapy, and individual rehabilitation (ROAD-hanke 2023).

Moreover, some of the people who have committed a sexual offence can also struggle with homelessness, substance abuse, or mental health issues, as already mentioned in this paper. There are no specific services for people who have committed sexual offences and have challenges with the above-mentioned matters. However, multi-professional network can, and should be created by seeking help for the necessary matters regarding accommodation, substances, and health from the designated social care professionals in the individual's wellbeing service county, and if the individual agrees, these professionals then working together with the person who has committed a sexual offence, and for example the NGOs listed in this section.

Unifying factor among majority of the services listed in this section is that they are offered by NGOs, rather than the government, or the wellbeing service counties. As the major change from municipalities to wellbeing service counties happened in Finland in the start of 2023 (Soteuudistus 2023), it could create a great opportunity for even more people who have committed sexual offences, and even from the most rural areas of the country, to access the rehabilitation services. Some of the NGOs offer online services too, making some parts of the service accessible for anyone with an internet connection, anywhere.

6 Guide leaflet of existing services and a developmental idea

This section focuses on giving the reader a thorough view of how the guide leaflet was first planned and then implemented. Lastly the feedback from the professionals is introduced, followed by my own evaluation on how well the guide leaflet met the aim of the thesis.

6.1 The planning process of the guide leaflet

The planning process started when I first became interested in writing a developmental thesis. The reasons for writing a developmental thesis included the interest in creating something concrete and doing something I had not done before, at least on such a scale. I decided to write the developmental thesis without a partner, nor without a working-life partner, due to time managing matters, and to have more freedom on the design myself. I also decided early on that as I did not work in collaboration with an individual working-life partner, I would request feedback from professionals in the field, working with people who work directly, or indirectly with people whose crimes have had sexual motive, to ensure the effectiveness, practicality, and usefulness of the guide leaflet.

When deciding on the topic of this developmental thesis, a discussion was held with one of the thesis supervisors, who suggested that as I had noticed the lack of services for this client group, I should work with that topic, as it was visible that I had great interest in it. The topic of services available for people who have committed sexual offences was first brought to my attention in my first placement. I decided to create a service guide, as that would aim to give a clear cut through of all the services offered in Finland for an individual convicted of a sexual offence.

To create a guide leaflet of the rehabilitation services available for people who have been convicted of a sexual offence, a Google search was first done. The search was done in Finnish, as the thesis focused on the services offered in Finland. I used search words such as ‘Services offered for people convicted of sexual offence (palvelut seksuaalirikoksesta tuomitulle fin.), rehabilitation services for people convicted of sexual offence (kuntoutuspalvelut seksuaalirikoksesta tuomitulle fin.), sexual offence services (seksuaalirikos palvelut fin.), and help for a person convicted of sexual offence (apua seksuaalirikoksesta tuomitulle fin.). These search words were chosen as to see what could be found if someone in need of these services would try to find information online, without knowledge on any service providers. The results only provided me with several theses and some news articles, but no services for the client group came up. This showed, that if an individual is not familiar with any of the service providers previously, it would be challenging to find the services available.

When very limited amount of clear information was available, it was then decided that it was necessary to contact professionals working with the mentioned client group, or who otherwise

have valuable knowledge, to gain further information regarding the available services. Four professionals were contacted directly via email, to ask whether they would be able to give information on the existing services. I was familiar with two of these professionals prior to the thesis process, through my own work experience. However, the other two were recommended by lecturers in Laurea, due to the professionals' knowledge and expertise on the topic. These professionals were then contacted through email.

A topic analysis was conducted, specifying the objectives of the thesis, the method used, and the literature and knowledge that the thesis would be based on. The analysis was then presented to the thesis supervisors in Laurea, who approved the topic plan in December 2022. A thorough thesis plan was created after the approval of the topic, showcasing the different sections of literature and research that would be expanded on in the final thesis. The developmental thesis method was introduced, specifying that the aim was to create a guide leaflet for people who have committed a sexual offence. Additionally, the schedule was created, aiming to finish the thesis by the end of April 2023. This plan was accepted in February 2023, and suggestions were made on how to expand from the plan towards the final thesis.

The professionals working within the field were contacted in February via email, in which the topic of the thesis was introduced, and the reasoning for their participation was justified, as there was a lack of clear information online. One of the four professionals expressed their knowledge on the topic via email, and a Teams meeting was planned with the three other professionals. These discussions were held in February 2023. The professionals were asked whether they would agree to the conversations being recorded for my personal use in the thesis process, to which they all agreed. The recordings were saved to a password secured folder in my OneDrive account linked to my account from Laurea, and the professionals were told that the recordings would be deleted when the thesis process was over. The professionals were also told that they would remain anonymous in the thesis, and their places of work would not be mentioned either. This was not a requirement of the professionals themselves, but rather a personal preference, as I viewed it as not essential to point out who the professionals were, as the information given was regarding services, which I could find also online after the services were named in the Teams meetings, ensuring that the information was true. In the Teams meetings the professionals introduced the different services available for the client group in question, each professional adding some new service, or information on the topic or the services.

As all of the professionals talked to have experience and expertise working with the client group in question in this thesis, they all had some insights on the services. The first professional I talked to mentioned the psychiatric services offered in Aurora hospital, that some of her clients were patients in, however this service was not included in the guide leaflet, as it is a health service that an individual would be referred to through health services and is not an accessible

rehabilitation service as such. The second professional I had a discussion with mentioned the wide network that SeriE-project has nationwide, including several professionals in different cities offering psychiatric services, although the SeriE-project services as such are mainly offered in Helsinki.

The third professional I had a discussion with had valuable expertise in the New Direction-method, and they added that majority of the rehabilitation services offered by NGOs utilize the mentioned method in their work, meaning that the professionals working there have received the education for the method. The last professional added information on the Virtuous Pedophiles website, unsure whether it would be a service I would like to add in the leaflet, as the website is currently only offered in English. Additionally, although the discussion was only regarding the concrete services, three out of four professionals mentioned the fact that all of the accessible services for the client group in question are offered by NGOs, and that this is something that could be developed in the future, as public social and health care could offer some service too, which I found interesting.

With the information gained from the research online, and received from the professionals, I felt ready to start the creation process of the physical guide leaflet. I planned on presenting the information on the services in a clear matter, each with a short introduction to the service with the contact details when possible. Additionally, as I have experience in creating guide leaflets with PowerPoint, I decided to challenge myself and use an online design tool Canva. I familiarized myself with the use of the design tool and planned to pay attention to the design of the guide leaflet, to create a calm feeling, as well as keeping in mind the topic of the leaflet, focusing on making the design discreet. With all this in mind, I felt ready to start the design process and the implementation of the guide leaflet.

6.2 Implementation of the guide leaflet

As the guide leaflet was aimed at people who have committed a sexual offence, the nature of the topic had to be kept in mind when deciding on the design of the physical guide leaflet, especially regarding the photos and the size of the text used. I decided that the leaflet design should not use imagery that could link it straight to the topic of the leaflet, or crime whatsoever, as that would decrease the level of discreteness, and making it more obvious what the leaflet was about. Therefore, a neutral green base was selected from Canva design tool. Marketing studies show that green color is generally linked to feeling of relaxation, survival, and change among many others, which I found to be fit for the purpose (Wharton 2019).

The guide was then built on the already existing leaflet base found in the design tool Canva, and a neutral photo of a person on a mountain was chosen to implicate the sense of freedom that entering the listed services, and getting a professional to talk to, could give the person. I also ensured to use a website, Unsplash, that provides copyright free photos, to prevent any

copyright violations (Unsplash 2023). Although copyright did not exist for the chosen photo, I personally think that talented people should be given praise for their work, so I mentioned the name of the photographer on the final page of the guide leaflet.

When researching the services mentioned by the professionals, and found online, I contacted some of the service providers whose websites had not clearly highlighted whose contact details should be included in a guide leaflet, such as the one in creation in my thesis process. I received responses from the organizations I contacted, and altered the contact information sections to fit the responses of the organizations themselves. Although this thesis, and therefore neither the guide leaflet, were done in collaboration with working-life partner, I viewed it as important to make the leaflet as correct as possible, regarding the information presented in it, as the thesis would be published online, and someone looking for the information could receive the information from the leaflet presented in this working paper.

Additionally, I did not want to include any unnecessary information in the leaflet, but rather have short introductions to the available services with contact information, when possible. A brief introduction to each service was thought to be enough as the person interested in, or in need of the services would be able to seek further information from the given contact detail, or websites. Contact information would also be provided under every presented service, including the phone number, email address and a physical address, all when possible.

When creating the guide leaflet, a vital part of the process was that the guide leaflet should be produced both, in English, and in Finnish. The need for an English guide leaflet came from the language of the thesis, but also from the needs of a multicultural client group, that is highlighted e.g., in the ROAD-project (hanke), mentioned earlier on in this thesis. Additionally, the Finnish version of the service guide leaflet was created, as the guide leaflet was aimed to be used with either inmates who have been convicted of a sexual offence and are in need of the listed services after release, and other people in need of the services in Finland, and as clear majority of the presented services are offered in Finnish. The guide leaflet could easily be translated to other languages if needed, but I did not see the importance of that in this thesis process.

When thinking about the name of the guide, I kept in mind the discreetness of the leaflet. I named the guide leaflet as *'Service guide'*, *'Palveluopas'* (fin.), as the title would be in bigger font, and the first thing someone would see besides the discreet photo. The text under the title provides the reader with more information on what the guide leaflet is about. However, no mention of sexual offence was made on the front page, but rather the wording of *'worrying sexual thoughts or desires'* was used, as one of the professionals interviewed stated: *"The people who need a guide with this information, will know what it is about. There is no need to expand more on that on such leaflet"*. I personally agreed with this thought, and I also think

that by not mentioning crime on the first page, the leaflet could attract a wider range of people who need the information presented on the leaflet.

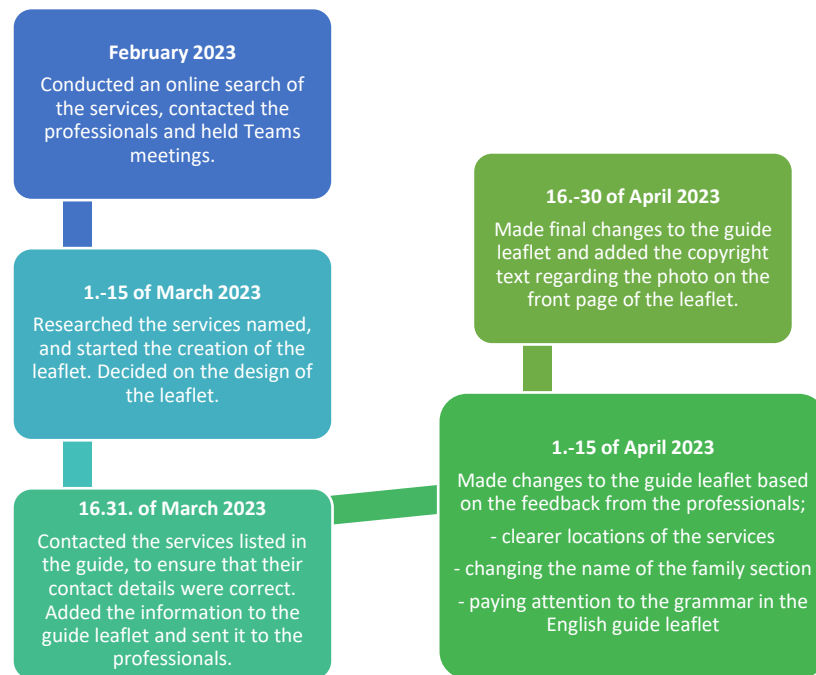


Figure 4 Process outline of creating the guide leaflet.

The process of creating the guide leaflet is presented above in figure 3. Creating the actual guide leaflet did not take long, and the changes recommended by the professionals, mentioned in the next subsection, were small. However, the guide leaflet evolved with the phase of my thesis writing, and as I took some small periods away from the thesis writing, the time spent creating the guide leaflet also expanded.

Moreover, I would also think that it would be beneficial to have the guide leaflet as a PDF version, as well as a printed version, so the version I created for this thesis is printable, as well as available in PDF format. With an online version, an individual looking for information online could find it easily online, whereas the printed version could be hung on a corkboard in an office or placed at the waiting room of health care service offices. The ready guide leaflet in English is presented below, while the Finnish version can be found in the appendices 2.



Välitä!- seksuaaliväkivaltatyö

Välitä! offers crisis help, support groups and service guidance for sexual violence victims, offenders, and their relatives.

☎ 045 279 8090

🌐 www.seksuaalivakivalta.fi

📍 Nalkalankatu 12 G, 2. krs
33200 **TAMPERE**



Support services for the people close to the convicted person

Kriminaalihuollon tukisäätiö
www.krits.fi/laheiselle

ROAD-Hanke (resursseista riippuen)
road@siltavalmennus.fi

Välitä! seksuaaliväkivaltatyö
www.seksuaalivakivalta.fi/

SeriE- hanke
www.serie.fi



Picture copyright: Joshua Earle

Service guide

If you worry about your own sexual thoughts or actions, this guide can offer you information on the services that could guide and help you, and your close ones and family.

SeriE- hanke

SeriE-hanke provides support for people in Finland who experience sexual or romantic interest in children. SeriE support services can be accessed **anonymously**. SeriE-hanke also provides an emergency helpline once or twice a week.

🌐 www.serie.fi

📍 Sexpo säätiö
Kinaporinkatu 2 E 41
00500 **HELSINKI**



Serita

Serita provides low threshold service to prevent sexual offences by offering opportunities for discussion on how to prevent troubling situations in the future.

Serita offers **anonymous**, free of charge possibility to talk about one's current situation, and the stage of their life with professionals. An opportunity to talk through a chat service weekly.

🌐 www.seritatyö.fi

📍 **OULU**



ROAD- hanke

ROAD-hanke has been developed for the prevention of recidivism of people with a foreign background who have committed, or who are suspected of sexually motivated crimes. The project support the development of the clients' crime-free identity, everyday management and attachment to basic services in society.

✉ road@siltavalmennus.fi

🌐 www.siltavalmennus.fi/toiminta/road

📍 **HELSINKI, VANTAA and ESPOO**
or remotely

Mielenterveystalo

Mielenterveystalo offers self-help programs online for people who worry about their mental health, or matters related to that. Currently only one program is in English - ReDirection is an anonymous rehabilitative self-help program which aims to help an individual to adopt a lifestyle without Child Sexual Abuse Material (CSAM). The program teaches how to take control of emotions, thoughts and behavior in order to 'ReDirect' an individual from using CSAM.

🌐 www.mielenterveystalo.fi



Virtuous Pedophiles

Virtuous Pedophiles -online forum operates a support group for pedophiles who are committed to avoiding having sexual contact with children. The forum's mission is to improve the lives of pedophiles, but never at the expense of the welfare of children. **Anonymous service.**

🌐 www.virped.org

Figure 5 The service guide leaflet in English

While creating the guide leaflet, talking to professionals in the field, and going through the service providers websites, I also realized that the guide leaflet would also provide information for anyone who has worrying sexual thoughts or desires, and anyone close to someone who has committed a sexual offence, or who has worrying sexual thoughts or desires, as all the services offered by NGOs also offer services for the people close to the mentioned group. Although this was not the aim of my thesis, nor my guide leaflet, I view this as a positive thing, as the information could be valuable for a larger group of people. Therefore, this was taken into consideration when finalizing the guide leaflet, so professionals working with people who have committed a sexual offence, people who have worrying sexual thoughts or desires, or relatives or people close to these clients could also benefit from the guide leaflet presenting the available services.

6.3 Feedback and evaluation

The first plan to present the feedback and evaluation was to have them in one section. However, as these two sections include a lot of information, and as they are very different in nature, I decided to split them into two. The first part introduces the feedback that I received from the professionals throughout the guide leaflet process, and the second part introduces my own evaluation of how well the thesis, and the created guide leaflet meet their aims.

6.3.1 Feedback from professionals

As this thesis was written with no working-life partner, the feedback would not been given by a certain organization or named person. However, the four professionals in the field who were contacted through the inquiries of information had agreed to comment on the unfinalized guide leaflet. Additionally, I could luckily also benefit from the valuable knowledge of the contacts in the organization where I worked the previous summer, as four professionals there agreed to comment on the finalized guide leaflet too. This resulted in eight professionals and experts in the field to give feedback on the guide leaflet in process. I sent the unfinalized Finnish guide leaflet, meaning a leaflet that already had all the necessary information on the services and design on it, but was still editable, to the professionals could go through it and give recommendations or suggestions for changes, and feedback on it. A Finnish guide leaflet was sent, as all the eight professionals were native Finnish speakers, and they would utilize the Finnish guide leaflet in their everyday work. All the suggestions for changes, improvement ideas, as well as general feedback that were taken into consideration when finalizing the guide leaflet are listed below.

The professionals were asked how useful and clear they see the guide leaflet, and how clearly did they think that the service information was presented. They were also asked to comment freely on the guide leaflet sent to them, and a two-week time period was given for that. The received feedback was then taken into consideration, and changes were made based on the

comments, as mentioned in the implementation section 6.2, to ensure the most well-fitting, useful guide leaflet for the existing need.

One of the professionals paid attention to the grammar used in the Finnish guide leaflet, as some of the sentences in the service description were not grammatically correct, or the vocabulary used was somehow misleading or wrong. This was thought, by the professional themselves, to be caused by the fact that the guide was designed in two languages, and the translations were not fully grammatically correct. This feedback was taken into consideration, and the mentioned sections were gone through and changed, to improve the clarity of the leaflet.

An additional development idea to the guide leaflet came from another professional, who suggested that the location of the service providers should be made clearer, and they should be somehow highlighted, so that a person going through the leaflet, would not have to read through the whole leaflet to find the services provided in their area. This was taken into consideration, and the locations were made clearer by writing the cities on caps lock, and making the font bold, to ensure an easy read.

Lastly, a development idea came from one of the professionals, asking for clarity for the title of the section introducing contact information to the people close to the person who has committed a sexual offence. This confusion was due to the fact that in the unfinalized guide leaflet sent to the professionals for feedback, the title of the section in question was 'Support services for loved ones'. I had originally meant the information in that section for the people close to the people who were convicted of the crime, not the loved ones of the victims, but the title was misleading. This was a valuable comment from the professional, which was taken into consideration, and the title was changed to 'Support services for people close to the convicted person' in English, and 'Tukipalveluja seksuaalirikoksesta tuomitun läheisille' in Finnish.

The comments received on the guide leaflet were all positive, and highlighted the clear structure of the leaflet, as well as the design, as it was described to create a "calm feeling" by many of the professionals. I thought that this comment was interesting to hear, as mentioned in the planning section, green has indeed been found to replicate relaxation (Warton 2019). Additionally, one of the professionals pointed out that the size, as a threefold leaflet, would be efficient to hang from a corkboard in their office, or for someone to place in their pocket discreetly if they would want to hide it from others. The positive feedback also included the importance of the guide leaflet, while highlighting the obvious lack of services, which many of the professionals found worrying, and troubling. Moreover, feedback was received from one the professionals who was talked to in information inquiry process in Teams. They expressed gratitude for creating the guide leaflet and explained how they had been able to utilize the

information given in the guide leaflet, when working in an expert role educating government officials on the topic of this thesis, and the guide leaflet. I found this to be a very valuable and reassuring comment, highlighting the need for this guide leaflet.

6.3.2 Evaluation

As mentioned in the section 2.4 regarding evaluation, my own evaluation is based on the knowledge in the field, and the knowledge on the needs of the client group itself, as well as the feedback of the professionals and the Innokylä evaluation metric. The Innokylä evaluation metric guided me through the evaluation of the development process and the achievement of the thesis' goal. While there are nine statements included in the Innokylä evaluation metric, not all of them were fit to my purpose, and case, as I developed a guide leaflet without a working-life partner. However, the metric made me stop and to evaluate each step, and whether changes were necessary, or whether I had reached the goal in each section. Two of the nine statements are showcased below, to showcase the different statements used in the metric.

Tarpeet	
Kehittämisen tulisi perustua tarpeisiin: ne kertovat miksi kehittämistä tehdään. Tarpeet ovat usein moninaisia ja ne voivat muuntua tilanteiden mukaan. Siksi on tärkeää tunnistaa haasteen kannalta merkitykselliset toimijaryhmät, toimintaympäristöt ja erilaiset tarpeet.	
	Tarpeita ei ole määritelty.
	Tarpeet on määritelty yksipuolisesti, epämääräisesti tai liian yleisiksi.
	Tarpeet on määritelty selkeästi, riittävän moninäkökulmaisesti ja niistä ilmenee miksi kehittämistä tehdään.
Perustelut:	

Osallisuus	
On tärkeää, että asiakkaat ja loppukäyttäjät sekä muut keskeiset toimijat (ammattilaiset, organisaatio, päättäjät, johto) osallistuvat kehittämisen eri vaiheisiin tarkoituksenmukaisella tavalla. Kumppanuudet tarjoavat yhteistä hyötyä asiantuntijuuden, tietojen, taitojen ja resurssien jakamisen myötä ja vahvistavat onnistumisen edellytyksiä, kun tarpeista, tavoitteista, kehitettävästä ratkaisusta, arvioinnista ja vakiinnuttamisesta on sovittu yhdessä.	
	Asiakkaat/loppukäyttäjät ja muut keskeiset toimijat eivät juurikaan ole osallistuneet kehittämistoimintaan.
	Asiakkaat/loppukäyttäjät ja muut keskeiset toimijat ovat osallistuneet kehittämistoimintaan satunnaisesti tai jossain määrin.
	Asiakkaat/loppukäyttäjät ja muut keskeiset toimijat ovat osallistuneet kehittämistoimintaan riittävästi sen eri vaiheissa.
Perustelut:	

Figure 6 Two of the used statements of Innokylä evaluation metric (Innokylä 2023).

The above showcased two statements regarding the needs that sparked the idea for the guide leaflet, as well as the participation of the clients or final users, were two of the six statements which I used to evaluate whether the thesis and the guide leaflet have reached their aims. I did not use the statements regarding resources, implementation, and trial as those statements are meant more for developmental work done in collaboration with a working-life partner. With the help of the evaluation meter, it was possible to assess whether the solution corresponds with the goals and whether the resources and implementation were successful.

From my perspective the guide leaflet is clear, discreet, and it presents the information necessary for someone who has committed a sexual offence, therefore meeting the need of the client, as it was aiming to. The professionals, who represent a part of the final users of the guide leaflet, were involved in the creation of the guide leaflet, and four professionals were talked to in a form of inquiry of information. These four professionals, with additional four professionals then gave valuable feedback which I am grateful for, as they work actively with the mentioned client group, and their needs. Therefore, I trust their judgement on the effectiveness and practicality of the guide leaflet greatly.

7 Ethical considerations

It is vital to consider ethics when conducting any research, as by not doing so could cause harm to the participants involved (Leichtentritt and Peled 2002). Several research ethics matters were taken into consideration in this research paper. These include honesty, objectivity, openness, carefulness, respect for intellectual property, and social responsibility (Tutkimusseettinen neuvottelukunta 2012).

When reflecting on the above-mentioned research ethics, a summary can be created, as the aim of the research was to do good by researching a topic that is important, and by creating an informative guide leaflet. The language used in the thesis, and the guide leaflet, had to be paid attention to, as the topic is sensitive, and insensitive vocabulary could cause harm. This meant that the language used in the guide leaflet was neutral, and the front page had no mention of crime, as to not push an individual in need of the services away from the leaflet, or to decrease the discreetness of the leaflet.

All the work produced in this thesis process is my own, and great attention was paid to the referencing too, to pay respect to the original authors of the texts. I ensured to give praise where it was due, so e.g., although the picture used in the guide leaflet did not necessarily need mention of the photographer, I added it to the guide leaflet. I also ensured that all the referencing was correct by checking through each reference carefully using the Find- tool of Word, and by following the reference guide of Laurea.

Additionally, to ensure the reliability of the research done in this thesis, the professionals in the field were contacted to gain reliable and true information, as the information online regarding the topic of this thesis is limited. The professionals work daily with the services that are researched in this paper, and as the information requested from them are regarding the practical information of the services, their personal opinions and views are excluded, leaving the possibility for bias rare. Although I chose to not present their places of work and their names in my thesis, these discussions were recorded to ensure the honesty in this working paper.

In the start of the discussions with the professionals, the permission to record the discussions was requested. The professionals were then informed, that the recordings would be deleted when the thesis process would come to an end. Additionally, the professionals were told, that they would stay anonymous throughout the process, and they could not be recognised from the thesis. This was all done to ensure the ethicality of the process.

8 Conclusion and discussion

The needs of people who have committed a sexual offence vary greatly, as do the types of sexual offences. This means that while unifying factors can be determined among people who commit sexual offences, such as the gender, age, with several characteristics' factors and the person's own sexual trauma, no clear profile can be created on who has committed a sexual offence, or who is in risk of committing one. It is necessary to recognise that the needs of someone convicted of sexual offence can differ slightly from someone convicted of a crime of different nature, but differences are also clear among people who have committed a sexual offence.

In Finland several services exist to meet the needs of people who have committed a sexually motivated crime, which are all offered by NGOs, or on online platforms. As no clear listing of these services, nor a clear guide had yet to be created, I produced a guide leaflet as a result of discussions with professionals, and a thorough search on literature and online sources. As the Finnish legislation regarding sexual offences reformed in the start of the year 2023, the number of people convicted of sexual offences is expected to rise, and therefore the needs of the client group in question can be expected to change, and expand, which can therefore increase the need for more accessible rehabilitation services for the people convicted of sexual offence of any nature.

The topic, and the interest towards the topic of this thesis rose in my first placement, and then summer job in an organization within the social services field, working with people with past in crime and substance abuse. I found it interesting, and ethically challenging professionally, that some people were given more access to certain rehabilitation services, although their crime was related to violence, whereas people who had committed sexual offences were made to retrain from these same services. The aim of this thesis was to create a clear guide to aid the people in need of the existing services for people who have committed sexual offence. It became clear while creating the guide leaflet, that also people who are concerned about their sexual thoughts or desires could benefit from the guide leaflet, as well as the people close to them. The guide leaflet was aimed at the clients, but at the same time also the professionals working with them could benefit from it, as to ease the process of mapping out the available services and their contact details.

While I understand that creating a guide leaflet without a working-life representative can be argued to be less useful than creating one for a specific organization's needs, I hope that the leaflet can work as an example for an organization in the field or highlight once again the need for such a product. I received feedback of the guide leaflet from eight professionals in the field, working directly or indirectly with the client group in question. The feedback was positive and

highlighted the need for a clear guide leaflet specifying all the accessible services, both for the clients, but also for the professionals to contact when in need.

It is vital that the existing rehabilitation services for the client group in question are collected in one place, in a clear manner, to ease the process of getting involved in the services. In the start of 2023, Finland changed from municipalities to wellbeing service counties being responsible for social and health care. These counties could have great opportunities to expand their services, and to reach even the clients in need, who are located in the most rural areas of the country. While NGOs currently offer all the rehabilitation services offered for the client group, the wellbeing service counties have widespread areas where they can operate, and offer services, where the service goes to the client directly. This could minimize the chances of stigmatization and recognition of a client in even the more rural areas of Finland.

For further research on the topic, several ideas came to mind when writing this thesis. It would be interesting to know, how big of an impact do the services that are listed in the guide leaflet, and which are offered in the prison, as well as in the probation services, actually have in the recidivism of the client group in question. Additionally, as the legislation regarding sexual offences was reformed in the start of 2023, numerous opportunities for research regarding these crimes open. It would be interesting to know what are the specific needs of the people who commit the different types of crimes, as mentioned earlier, these crimes vary greatly. Special interest would be in the needs of the people committing sexual offence related to photos, as there seems to not be much information on that yet, while the new legislation reform makes e.g., sending unwanted nude photos punishable.

As I aim to work with adults in the social services field, I have special interest in working with people who have experienced homelessness, committed crime, or who have had challenged with substance abuse. This thesis process gave me a great opportunity to gain deeper understanding and knowledge on the topic of the services that are offered in Finland, and especially for people who have committed sexual offences. This thesis process, and the discussions held with the professional in the field, also abled me to network with people I will possibly work together with in the future. It also allowed me to get valuable feedback, which was very positive.

I am very fond of learning new things, and this thesis was a continuous learning process on the topic itself, the methods used in Laurea, but also myself. I learned that I am truly eager to start my career, and that I feel passionately about the equal treatment of people, regardless their past actions.

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Appendix 1. Innokylä evaluation metric (in Finnish)

Innokylän arviointimittari

Innokylän arviointimittari on kehittämistoiminnan itse- ja vertaisarvioinnin työkalu, jonka avulla arvioidaan kehittämisprosessia ja kehittämisen tavoitteiden saavuttamista.

Parhaimman hyödyn saat työkalusta, kun käytät sitä heti kehittämisen alusta alkaen. Voit hyödyntää mittaria useamman kerran kehittämisprosessin aikana ja kehittämisen päätyttyä. Voit esimerkiksi aikatauluttaa mittarin käytön osaksi kehittämisen vuosikelloa.

Näin käytät arviointimittaria

Työkalun avulla arvioit kehittämistoiminnan keskeisiä sisältöjä. Työkalu toimii liikennevalomallina: jos saat kriteeristä punaisen valon, on sinun syytä pysähtyä miettimään kyseistä kohtaa. Keltainen valo kehottaa kiinnittämään asiaan huomiota. Vihreällä valolla voit jatkaa eteenpäin. Väreistä saat myös suuntaa, mihin sinun tulisi kehittämistyössäsi pyrkiä: vihreä valo kertoo ideaalitalanteesta.

Pysähdy! Nyt on syytä miettiä tämä asia uudelleen.

Kiinnitä huomiosi tähän.

Hienoa, jatka samaan malliin.

Voit tulostaa mittarin ja kirjoittaa kunkin kohdan alle perusteluja tai huomioita. Voit myös käyttää mittaria tarkistuslistana kehittämistyön eri vaiheissa: "olenhan muistanut huomioida kaikki näkökulmat".

Huomioi myös, että uusien ratkaisujen kehittäminen ei ole yksisuuntainen prosessi, jossa edetään tietyn kaavan mukaan ja jossa siirrytään seuraavaan vaiheeseen edellisen valmistuttua. Kaikki palaset voivat muuttua kunnes kehittäminen on päättynyt. Muutos yhdessä sisällössä voi merkitä muutoksia muissa sisällöissä. Esimerkiksi jonkin palvelun kehittämisessä voidaan ottaa uusi suunta siten, että tarpeet ja tavoitteet joudutaan määrittelemään uudelleen.

Tarpeet

Kehittämisen tulisi perustua tarpeisiin: ne kertovat miksi kehittämistä tehdään. Tarpeet ovat usein moninaisia ja ne voivat muuntua tilanteiden mukaan. Siksi on tärkeää tunnistaa haasteen kannalta merkitykselliset toimijaryhmät, toimintaympäristöt ja erilaiset tarpeet.

Tarpeita ei ole määritelty.

Tarpeet on määritelty yksipuolisesti, epämääräisesti tai liian yleisiksi.

Tarpeet on määritelty selkeästi, riittävän moninäkökulmaisesti ja niistä ilmenee miksi kehittämistä tehdään.

Perustelut:

Osallisuus

On tärkeää, että asiakkaat ja loppukäyttäjät sekä muut keskeiset toimijat (ammattilaiset, organisaatio, päättäjät, johto) osallistuvat kehittämisen eri vaiheisiin tarkoituksenmukaisella tavalla. Kumppanuudet tarjoavat yhteistä hyötyä asiantuntijuuden, tietojen, taitojen ja resurssien jakamisen myötä ja vahvistavat onnistumisen edellytyksiä, kun tarpeista, tavoitteista, kehitettävästä ratkaisusta, arvioinnista ja vakiinnuttamisesta on sovittu yhdessä.

	Asiakkaat/loppukäyttäjät ja muut keskeiset toimijat eivät juurikaan ole osallistuneet kehittämistoimintaan.
	Asiakkaat/loppukäyttäjät ja muut keskeiset toimijat ovat osallistuneet kehittämistoimintaan satunnaisesti tai jossain määrin.
	Asiakkaat/loppukäyttäjät ja muut keskeiset toimijat ovat osallistuneet kehittämistoimintaan riittävästi sen eri vaiheissa.

Perustelut:

Ratkaisun kuvaus

Kehitettävä ratkaisu on hyvä jäsentää kehittämisprosessin kuluessa sanalliseksi kuvaukseksi, kaavioksi, kuvioksi tms., jonka avulla kokeilu ja toteuttaminen tehdään. Jäsennyksen ei tarvitse olla valmis kokeiluvaiheessa, vaan sitä voidaan jäsentää kokeilun tulosten perusteella ja koko prosessin ajan.

	Kehitettävä ratkaisu on vasta ideatasolla.
	Kehitettävästä ratkaisusta on olemassa alustava kuvaus, kuvio, kaavio tms.
	Kehitettävästä ratkaisusta on olemassa pitkälle viety tai valmis kuvaus, kuvio, kaavio tms. tai ratkaisussa hyödynnetään valmista ratkaisua, jota sovelletaan omaan toimintaan.

Perustelut:

Vastaako ratkaisu tavoitteisiin

Kehitettävällä ratkaisulla vastataan tarpeisiin ja tavoitteisiin: miten haaste ratkaistaan? Onko kehitettävä ratkaisu perusteltu tai riittävä tavoitteisiin nähden?

	Kehitettävä ratkaisu ja tavoitteet eivät liity toisiinsa.
	Kehitettävä ratkaisu ja tavoitteet liittyvät toisiinsa vain osittain.
	Kehitettävä ratkaisu ja tavoitteet liittyvät selkeästi toisiinsa.

Perustelut:

Kokeilu

Kokeilu on hyvä tapa suunnitella ja jalostaa ratkaisua. Toimiiko vai eikö toimi, jäikö jotain olennaista huomioimatta? Ketterä arviointi on olennainen osa kokeilua ja mahdollistaa ratkaisun korjaamisen. Riippuu kuitenkin ratkaisun luonteesta missä vaiheessa ja kuinka nopeasti sitä on mahdollista kokeilla. Myös muualla kehitettyjen ratkaisujen soveltamista kannattaa kokeilla.

	Ratkaisua ei ole vielä kokeiltu käytännössä tai kokeilu on keskeytetty.
	Ratkaisua on kokeiltu käytännössä, mutta kokeilu on kesken.
	Ratkaisua on kokeiltu käytännössä ja kokeilu on päättynyt.

Perustelut:

Arviointi

Arviointi kertoo saavutettiin se mitä tavoiteltiin. Tavoitteiden perusteella määritellään arviointikysymykset, joihin arvioinnilla yritetään vastata, sekä arviointikriteerit tai indikaattorit, joiden avulla seuranta tai arviointi tehdään. Arviointi voi kohdistua tavoitteista riippuen ratkaisun toteutukseen tai tuloksiin ja sitä voidaan tehdä ennen, aikana ja jälkeen toteutuksen. Lisäksi on hyvä seurata mahdollisia tahattomia muutoksia.

	Tavoitteiden saavuttamista ei ole arvioitu.
	Tavoitteiden saavuttamista on arvioitu, mutta tavoitteita ei ole (vielä) saavutettu tai ne on saavutettu vain osittain.
	Tavoitteiden saavuttamista on arvioitu ja ne on pääosin tai kokonaan saavutettu.

Perustelut:

Resurssit

Ratkaisun toteuttaminen ja vakiinnuttaminen vaativat onnistuakseen resursseja. Resursseja ovat esimerkiksi aika, raha, henkilöstö sekä riittävät tiedot, taidot ja välineet.

	Ratkaisun toteuttamisen tai vakiinnuttamisen resursseja (aika, henkilöstö, raha, osaaminen) ei ole olemassa.
	Ratkaisun toteuttamisen tai vakiinnuttamisen resurssit ovat puutteellisesti olemassa.
	Ratkaisun toteuttamisen tai vakiinnuttamisen resurssit ovat riittävästi olemassa.

Perustelut:

Toteuttaminen

Onnistunut kokeilu kannattaa vakiinnuttaa arkipäivän pysyväksi käytännöksi. Vakiinnuttaminen on sitä helpompaa, mitä vahvemmin ratkaisun kannalta keskeiset toimijat ovat osallistuneet yhteiseen kehittämistoimintaan. Toisinaan ratkaisu voi olla kertaluontoisesti toteutettava, jota ei tarvitse vakiinnuttaa osaksi arkipäivän toimintaa.

	Ratkaisun toteuttamista osana arkipäivän toimintaa ei ole vielä aloitettu tai se on keskeytetty.
	Ratkaisun toteuttaminen osana arkipäivän toimintaa on käynnissä.
	Ratkaisu on vakiinnutettu osaksi arkipäivän toimintaa tai toteutus oli kertaluontoinen.

Perustelut:

Appendix 2: The guide leaflet in Finnish



Välitäl- seksuaaliväkivaltatyö

Välitäl tarjoaa kriisiapua, tukiryhmiä ja palveluopastusta seksuaalisen väkivallan rikoksentekijöille ja heidän läheisilleen.

☎ 045 279 8090

🌐 www.seksuaalivakivalta.fi

📍 Nalkalankatu 12 G, 2. krs
33200 TAMPERE



Tukipalveluja seksuaalirikoksesta tuomitun läheisille

Kriminaalihuollon tukisäätiö
www.krits.fi/laheiselle

ROAD-Hanke (resursseista riippuen)
road@siltavalmennus.fi

Välitäl! seksuaaliväkivaltatyö
www.seksuaalivakivalta.fi/

SeriE- hanke
www.serie.fi



Etusivun kuva: Joshua Earle

Service guide

Jos olet huolissasi omista seksuaalisista ajatuksistasi, haluitasi tai teoistasi, tämä opas tarjoaa sinulle tietoa palveluista, jotka voivat ohjata ja auttaa sinua sekä läheisiäsi.

SeriE- hanke

SeriE-hanke tarjoaa tukea henkilöille, jotka kokevat seksuaalista tai romanttista kiinnostusta lapsia kohtaan. SeriE-palveluihin pääsee anonyymisti. SeriE-hanke tarjoaa myös päivityspalveluita kerran tai kahdesti viikossa.

🌐 www.serie.fi

📍 Sexpo säätiö
Kinaporinkatu 2 E 41
00500 HELSINKI



Serita

Serita tarjoaa matalan kynnyksen palvelua seksuaalirikosten ennaltaehkäisyyn tarjoamalla mahdollisuuksia keskusteluun siitä, miten huolestuttavia tilanteita voidaan ehkäistä tulevaisuudessa.

Serita tarjoaa anonyymien, maksuttoman mahdollisuuden keskustella yksilön elämäntilanteesta, sekä huolestuttavista asioista ammattilaisten kanssa. Mahdollisuus keskustella chat-palvelun kautta viikoittain.

🌐 www.seritay.fi

📍 Oulu



ROAD- hanke

ROAD-hanke on kehitetty ehkäisemään ulkomaalaistaustaisten henkilöiden uusintarikollisuutta, jotka ovat syyllistyneet seksuaalisesti motivoituneisiin rikoksiin, tai joita epäillään niistä. Hanke tukee asiakkaiden rikoksettoman identiteetin kehittymistä, arjen hallintaa sekä kiinnittymistä yhteiskunnan peruspalveluihin.

✉ road@siltavalmennus.fi

🌐 www.siltavalmennus.fi/toiminta/road

📍 Pääkaupunkiseutu tai etänä

Mielenterveystalo

Mielenterveystalo tarjoaa verkossa itsepuhujelmia mielenterveydestään huolissaan oleville henkilöille. Tällä hetkellä muiden ohjelmien lisäksi Mielenterveystalo tarjoaa Lapsiin kohdistuvan seksuaalisen kiinnostuksen omahoito-ohjelmaa, joka pyrkii antamaan tietoa siitä kuinka lapsista seksuaalisesti kiinnostunut henkilö pystyy hallitsemaan tunteitaan, ajatuksiaan ja käyttäytymistään.

🌐 www.mielenterveystalo.fi



Virtuous Pedophiles

Virtuous Pedophiles -verkkofoorumi ylläpitää tukiryhmää pedofiileille, jotka ovat sitoutuneet välttämään seksuaalista kontaktia lasten kanssa. Foorumin tehtävänä on parantaa pedofiilien elämää, mutta ei koskaan lasten hyvinvoinnin kustannuksella. Anonyymi palvelu.

🌐 www.virped.org