



**AVODP**  
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# **Comprehensive National Research Report**

## **Bulgaria**

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## 0. Executive Summary

The Association of Varna Organizations for Drug Prevention has been involved in the project “Health Promotion For Young Prisoners (HPYP)” since 2010. It is coordinated by the Scientific Institute of the Medical Association of German Doctors (WIAD), and is financed by EC. The main goal of the project is the promotion of health of young offenders in detention and imprisonment places by preparing and introducing a toolkit which will comprise a variety of health subjects – infectious diseases, mental health, drug use, etc.

To create an effective toolkit, applicable in detention and imprisonment places, means studying the needs and expectations of young offenders, as well as the experts opinions and views on health promotion. In this connection a research was carried out in Bulgaria as part of this project, using quantitative and qualitative methods for collecting information. The research took place between January and the beginning of June, 2011. Within the research, there were 25 in-depth interviews conducted with experts of the field, three focus group discussions with juveniles in custody as well as an anonymous questioning (the quantitative survey) carried out with 46 prison experts and 89 young prisoners.

In this way a clear picture was formed, displaying the respondents’ views on the concept of health, their expectations and comprehension of health promotion, the subjects that might interest them, the current good practices of health promotion in prisons. Apart from this, the respondents were asked questions about the obstacles in implementing health promotion, as well as the necessity for more specific health promotion activities and scopes of application.

The research results reveal that young offenders do not consider health a major priority at their age, and associate it mostly with socio-economic factors. Young prisoners are of a different opinion in respect to how imprisonment has affected them – positively or adversely. The representatives of minority and marginalized groups expressed, as a whole, greater satisfaction with the way the stay in prison has affected their health status. This correlates with the fact that, as a rule, these persons are not covered by the health-care system when out of prison, owing to the high level of unemployment and poverty among them. They lack health insurance, respectively.

The respondents shared, as a whole, that the hitherto prevailing health promotion activities had been oriented towards certain issues – drug use, HIV, infectious diseases, while other important (to their mind) issues had been ignored. It was established that young prisoners preferred, and were interested in oral health issues and healthy eating, while other subjects – like the use of condoms, were none too important or interesting to them.

As for the instruments and methods to be used during HP sessions, young prisoners and experts think that interactive methods should be preferred but lectures and didactic methods could also be effectively used under certain conditions.

In the respondents’ opinion those young prisoners in need of specific services and health promotion are the Roma, the drug addicts, those with prostitution issues, and the mental cases.

According to the respondents the main obstacles to effective health promotion in prisons are the lack of financing, the poor opinion of prison staff on the benefits of health promotion, the difficult access of external organizations.

The health promotion activities in imprisonment places in Bulgaria are rather limited. Many of the subjects, considered important by the respondents, are ignored – healthy eating, mental problems, oral health issues, etc. All this requires an integrated approach, targeting the respondents' real needs and expectations of health promotion in custody.

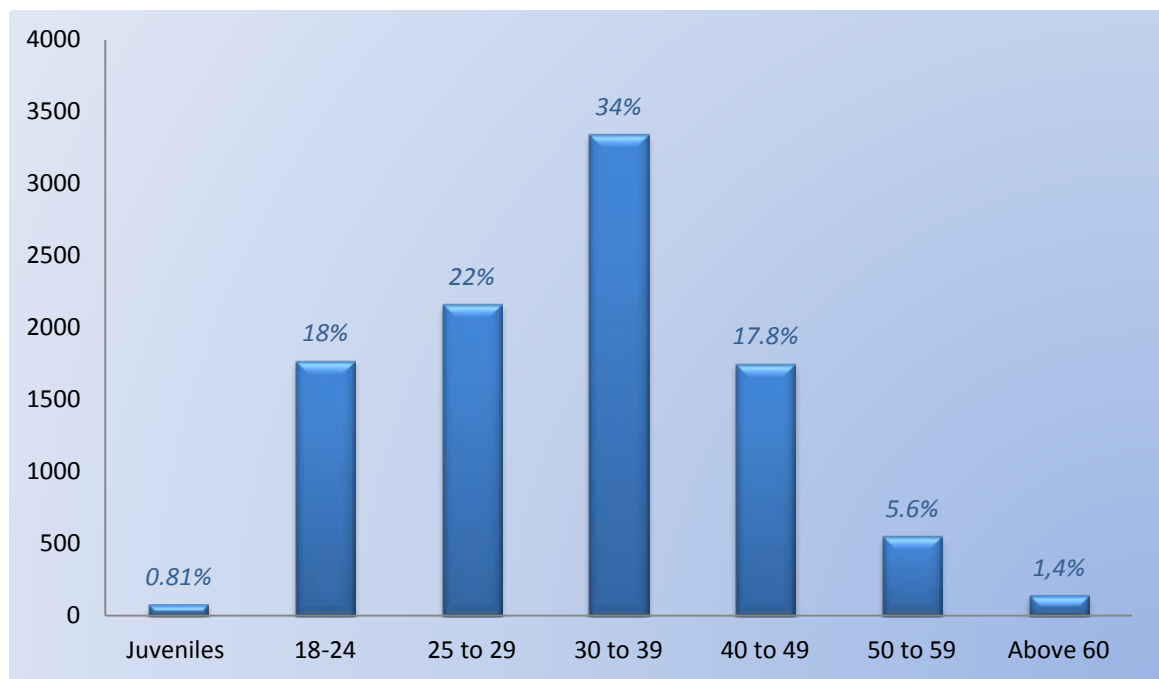
## 1. Introduction

The General Directorate "Execution of Sentences" and its units, the places of imprisonment, are part of the Ministry of Justice. Prison hostels of closed, transitional and open type can be set up at the prisons, and prison hostels of the transitional type - at the reformatory houses.

There are 13 prisons in Bulgaria, out of which 8 are prisons of the closed type for recidivists, 3 are of the closed type for non-recidivists, a women prison, a reformatory house for juvenile offenders. There are 20 separate prison hostels at the prisons (open, closed and transitional type).

In June 2011 the number of prisoners is 9810. The number of Roma prisoners is about 4000 as they constitute 40.8 % of the overall prison population. The number of female prisoners is about 300, which is 30.6 % of the prison population.

**Figure 1** Number of prisoners by age groups



The most numerous group is of prisoners aged 30-39. The number of juveniles is 80.

### *Prisoner health and health services in prison*

The most widely spread diseases and symptoms among the prisoners:

- High blood pressure;
- Gastro-enteric diseases;
- Headache.

The access of prisoners to treatment and medical services is formally guaranteed.

Every prison has its own medical unit with a multidisciplinary team, including psychiatrists, psychologists, doctors and social workers. Treatment of prisoners is funded entirely by the state. At entry of prison, every prisoner undergoes basic medical and psychiatric examination.

According to official data in Bulgaria the rates of smoking, alcohol use, hepatitis, psychiatric diseases, gastroenterological and dental problems are especially high among young offenders but due to the financial limitations there is lack of effective health promotion programs targeted at this vulnerable prison population. Other difficulties are related to the overcrowding, lack of enough space, etc.

## 2. Methodology, sampling procedure

### 2.1. Quantitative research (Questionnaires for prison staff and prisoners)

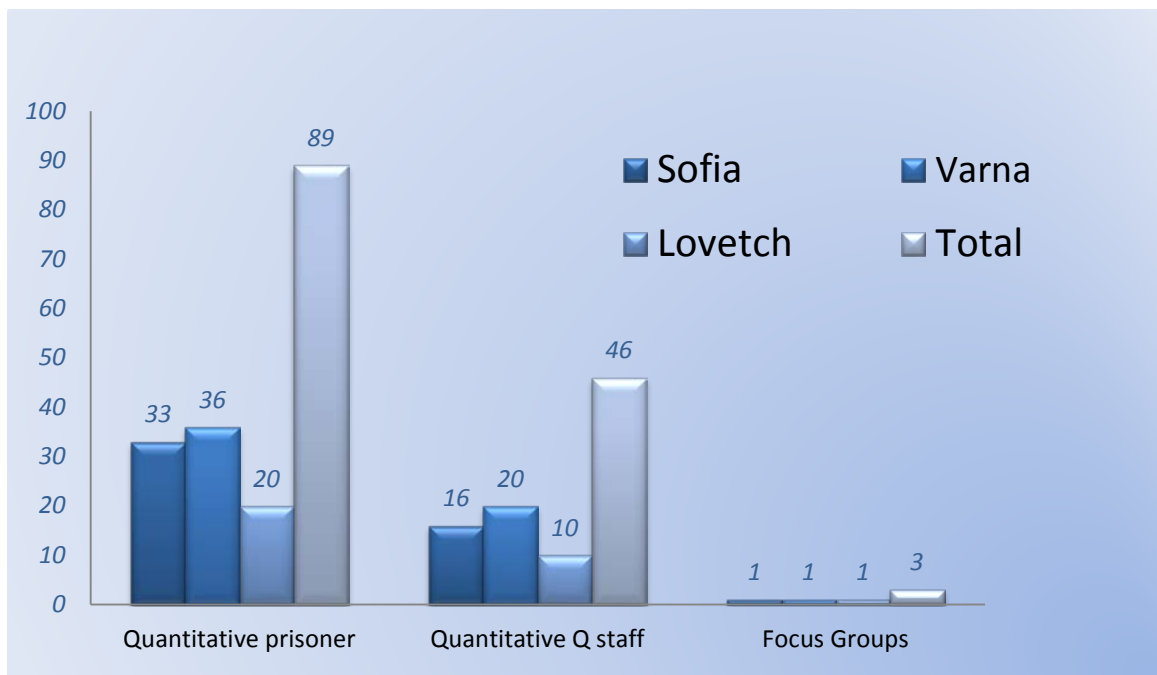
The survey was conducted in three prisons:

- 1) Prison of Sofia
- 2) Prison of Varna
- 3) Prison of Lovetch

The above prisoners were selected with the following criteria in mind:

- a) The prisons with highest proportion of young offenders;
- b) Representing young offenders with different background and origin;
- c) Representing prisons of different parts of Bulgaria;
- d) Taking into considerations the willing of prison staff to participate in the survey.

**Figure 2** Prison sample



The questionnaires, developed by the WIAD and collaboration, were translated and adapted into Bulgarian language (Attachments 2-6). Questionnaire copies were distributed to the representatives of the particular prison by representatives of AVODP who asked the staff and young prisoners to fill in the questionnaires and put them in a box.



## 2.2. Qualitative research (Interviews with prison staff, NGOs and prisoner focus groups)

2.2.1. Within the survey, **in-depth interviews** were conducted with 25 experts of the field (list of the interviewees see in Table 1).

**Table 1** List of the experts interviewed

No	Name, family name	Institution and position
1.	Ana Pavlova	Association "SOS-family in risk", Director
2.	Boris Gochev	NGO "Better Mental Health", Social worker
3.	Dr. Cecka Simeonova	Bulgarian Prison Administration, Head of Medical Unit
4.	Emil Madzharov	Deputy Director of Bulgarian Prison Administration and Head of Training staff unit
5.	Valentina Karaganova	Bulgarian Prison Administration, Head of Social Unit and Probation office
6.	Jeni Shtereva	Varna Prison, Social worker
7.	Dr. Bistra Petrova	Varna Prison, Psychiatrist
8.	Uliq Dimitrova	Varna Prison, Psychologist
9.	Dr. I. Jordanov	Varna Prison, Head of Medical unit
10.	Marin Kalcthevski	Director of Lovetch Prison
11.	Dr. Totio Nedev	Lovetch Prison, Psychiatrist
12.	Kalin Borisov	Lovetch Prison, Medical Doctor
13.	Toni Toncheva	Sofia Prison, Psychologist
14.	Nadya Veleva	Sofia prison, Social worker
15.	Beloslava Velcheva	Sofia Prison, Medical Doctor
16.	Iliyan Rizov	NGO "Commitment", Director
17.	Georgiu Yanev	Ministry of Health, Department for Public Health Protection
18.	Genoveva Boteva	Centre for Social Services, Social worker
19.	Hristo Ganchev	NGO "Future without drug", Psychologist
20.	Valeriya Beeva	Association for equally access to health services, Medical doctor
21.	Mariq Uzunova	Ministry of Health, expert in prevention of infectious diseases
22.	Konstantin Rudarov	Program for substitution treatment (methadone program), Psychiatrist
23.	Dr. Zlatina Varcheva	University Hospital, Gastro-enteric unit, Medical doctor
24.	Velislav Parvanov	Ministry of Justice, Probation officer
25.	Boris Ginchev	Ministry of Justice, Head of Probation Office in city of Varna

The experts were selected for the interviews according to the following criteria:

- a) NGOs and community based organizations–involved with health issues in prisons;
- b) Prison experts – representing prisons having both juvenile and young adult offenders, as well as having worked with juveniles

Initially a contact with PA-General Director was established. At the same time the project was presented to the prison staff (respondents) of every prison where the interviews were conducted. This was a preliminary phase which facilitated the research process further.

To access as many respondents as possible snowball method was also used - colleagues of the interviewees were asked by them to participate in the research.

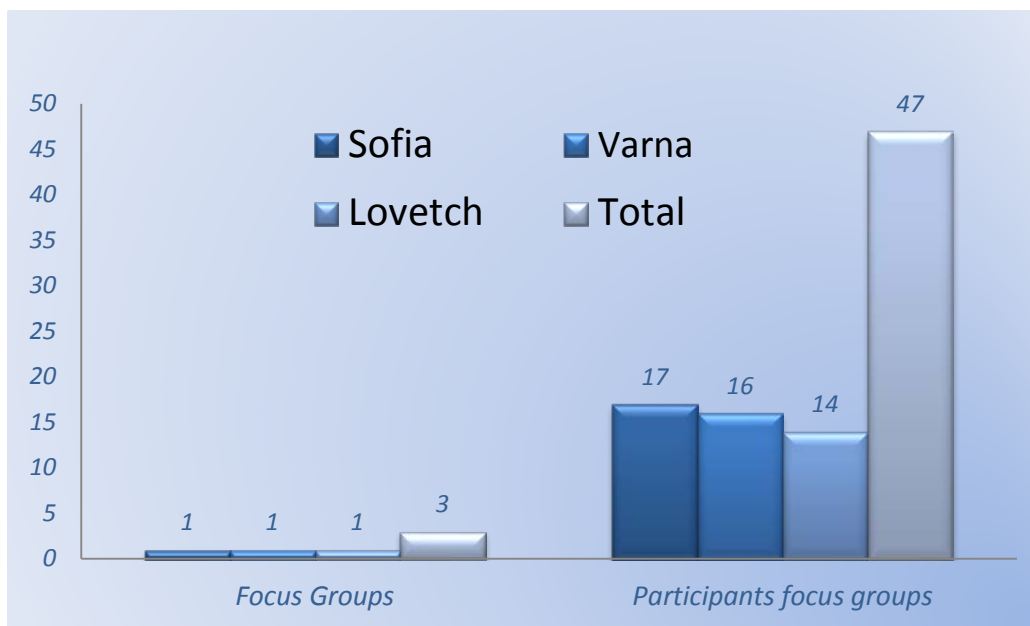
The interviews were based on two question lists developed by the WIAD and collaboration partners of HPYP:

- 1) Interview guidelines for interviews with prison staff – fifteen experts of penitentiary system were interviewed using this method;
- 2) Interview guidelines for interviews with NGOs – six professionals of NGOs and four representatives of governmental organizations were interviewed using this method.

Each interview was approximately an hour and a half long. Before starting the interviews all respondents were acquainted with the goal of the research and the methodology used for data collection. Some of the most important qualitative information among experts was gathered by face to face conversation at the respondents' place of work - as a rule they spoke freely on the subject then, without our having to use structured questions. Confidentiality of sensitive information was guaranteed.

**2.2.2. Focus groups** with the young offenders took place at three prisons (See figure 3)

**Figure 3** Division of the focus group participants by prison and number of participants



The prisons for conducting focus groups were selected according to the following criteria:

- Representing prisoners of different age and ethnical origin;
- Prisons with high proportion of young offenders;
- Representing different regions of Bulgaria (Sofia in the western part of Bulgaria; Lovetch in the central part of the country; Varna in the eastern part of the country).

The respondents (young prisoners) met the following criteria:

- Age of 17-25;
- Representatives of Roma community (the largest minority and marginalized group in Bulgaria);
- Young prisoners experiencing health problems.

Each discussion was approximately an hour long. A full explanation of the purpose of the research and the project on the whole was given at the start of each discussion. Concerning the interviews of Roma prisoners, peers and cultural mediators were used. Most of the Roma representatives cannot read, sign or speak Bulgarian, so the use of peers was significant. The discussions were based on the list of focus group discussion questions drafted by the WIAD and collaborated partners (see Attachment 3). Participation in the focus group discussions was voluntary and confidentiality of sensitive information was guaranteed.

Young prisoners (focus group) were identified and selected by social workers and medical staff in prisons. Informal leaders in some prisons were involved in the process of selecting young prisoners. It was widely used with Roma prisoners. After finishing the interviews they shared that the opinion of informal leaders convinced them to participate in the research.

In the preliminary phase (selection of prisoners) no coercion was used. All prisoners had the right and choice not to participate in the research - the focus groups and interviews were conducted after informing them and asking for their consent.

### 3. Sample description

#### 3.1 Quantitative research

During the period of April to June, 2011 the following number of questionnaires were collected:

- a) 89 questionnaires from prisoners;
- b) 46 questionnaires from prison staff.

##### 3.1.1 Prisoner survey

The average age of the respondents was 21.0 years. All of them were males as Roma represented 52% (n=46) of the respondents. 78 % (n=69) of the respondents were for first time in prison, 22% (n=20) were repeat offenders.

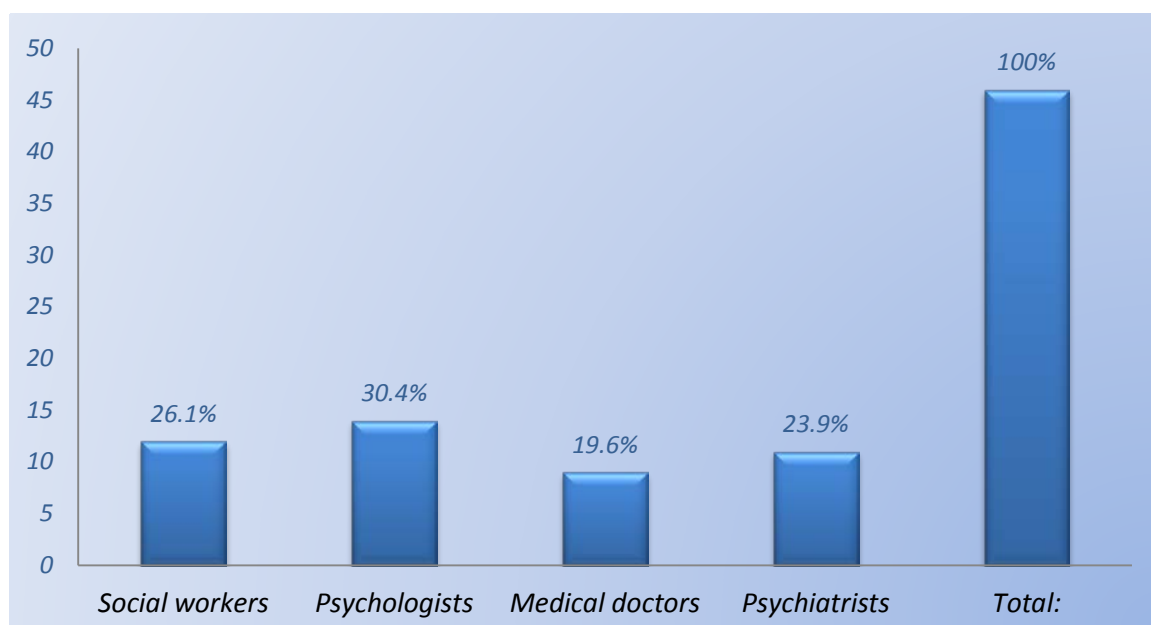
**Table 2** Prisoner sample

Average age	Males	Roma	First time in prison
22.0 years (18-24 )	89 % (n=79)	52% (n=46)	78% yes 22% no

##### 3.1.2 Prison staff survey

65% (n=30) of the prison staff participating in the survey were male and 35% (n=16) were female. The average length of service of the staff was 8.2 years.

**Figure 4** Division of respondents by their professional position



## **3.2. Qualitative survey**

### **3.2.1. In-depth interviews**

During the period of January to April 2011, twenty five in-depth interviews with different experts were conducted. Six of the experts were representatives of NGOs, fifteen –representatives of penitentiary system and probation, and four of the experts were representatives of community-based hospitals and clinics.

The majority of the experts interviewed (20 of 25) admitted to be working with prisoners of all ages including juveniles. Only three experts indicated to be working only with juveniles.

### **3.2.2. Focus groups**

In April and May 2011, there were three focus group discussions held in three prisons. In total, there were 47 youngsters of the age of 17 to 25 participating (the average age of the participants was 22 years) in the discussions.

*Main characteristics of young prisoners (focus group):*

- High number from the most marginalized group - Roma community;
- Illiteracy;
- Lack of basic knowledge on health issues;
- Before imprisonment most of them have had limited (if any) access to health services;
- Most of the interviewees have used some illegal drug in the past.

All the youngsters participating in the discussion were convicts and on average, the juveniles had spent in custody 16.2 months of their life.

The young offenders had indicated the following reasons for being in custody:

- Theft, robbery (n=31);
- Drug storage and trafficking (n=14);
- Murder committed (n=2)

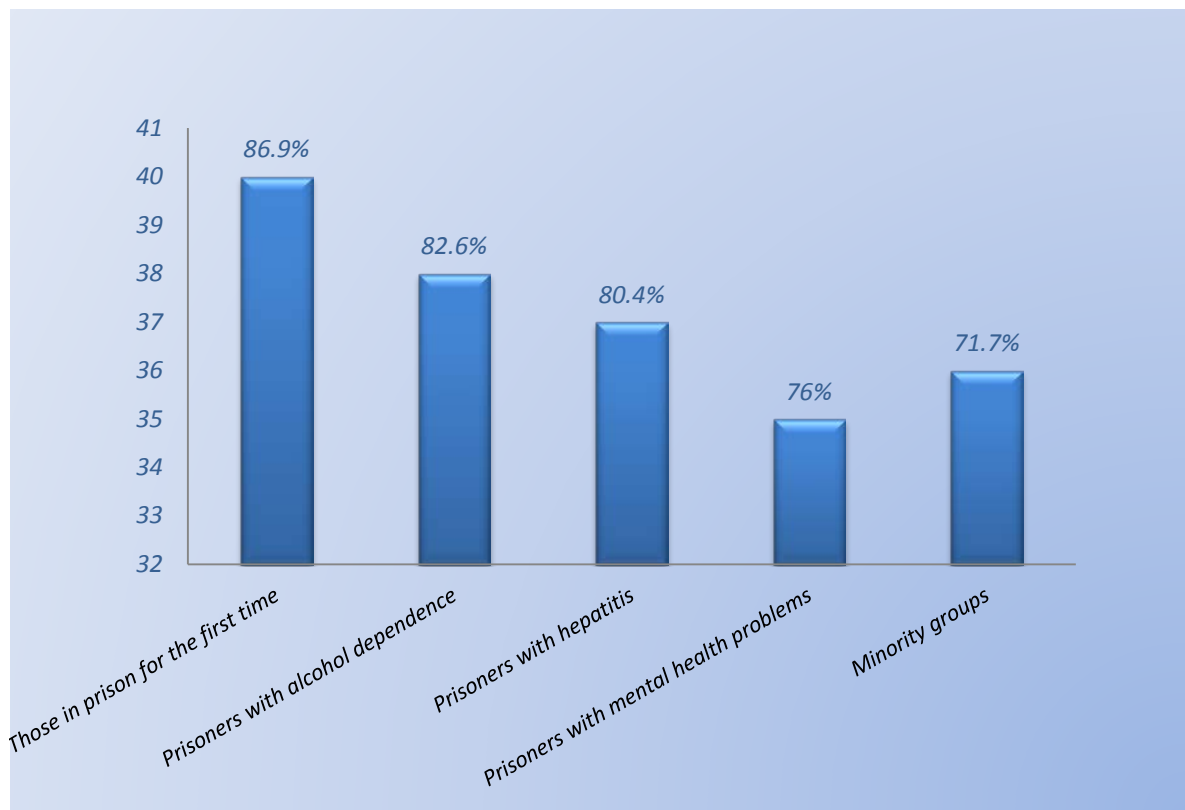
## 4. Results

### 4.1 Results from quantitative approaches (questionnaires for prison staff and prisoners)

#### 4.1.1. Prison staff survey

At the beginning of the questionnaire prison employees were asked about **prisoners with specific needs** (See figure 5). The majority of prison experts (86.9%) admitted that those for first time in prison most are most vulnerable and need specific activities, those with alcohol dependence were on the second place (82.6%) and prisoners with hepatitis (80.4%) were on the third place.

**Figure 5** Prisoners with specific needs



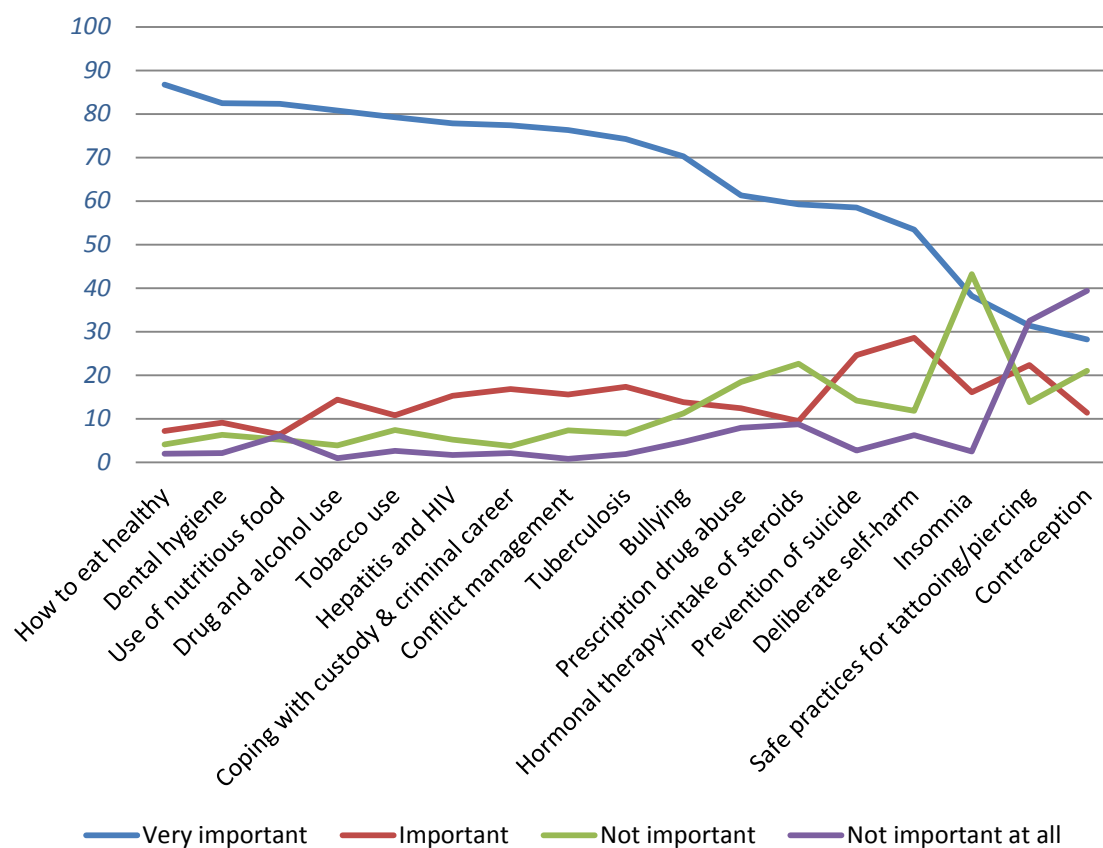
Further in the questionnaire, prison experts indicated the topics on which there is information provided for the young offenders. Almost all experts (93.4%) admit that youngsters in custody are being informed about tuberculosis, HIV/AIDS is on the second place (89.1%) and hepatitis comes to the third place (86.9% of the prison staff think that juveniles receive information about the topic). All employees indicated that there are many important topics on which there is not information provided in prison (See table 3 ).

**Table 3** List of topics according to the proportion of positive answers („activities are available in the prison I am working in and „not yet but will be provided soon”),

Topic	Available		Under development	
	n	%	n	%
Tuberculosis	43	93.4	0	0
HIV/AIDS	41	89.1	0	0
Hepatitis	40	86.9	0	0
Drugs	39	84.7	0	0
Conflict management	36	79.1	0	0
Prevention of suicide	33	71.7	0	0
Coping with custody & criminal career	29	63	0	0
Alcohol	28	60.8	0	0
Smoking	28	60.8	0	0
STI	27	58.6	0	0
Bullying	0	0	0	0
Condoms	0	0	0	0
Dental/ oral hygiene	0	0	0	0
Prescription drug abuse	0	0	0	0
Deliberate self-harm	0	0	0	0
Healthy nutrition	0	0	0	0
Safe drug injection	0	0	0	0
Contraception	0	0	0	0
Safe practices for tattooing/piercing	0	0	0	0
Body changes during puberty	0	0	0	0



**Figure 6** List of the topics according to their level of importance (“How important do you think it is to provide the following for youngsters”)



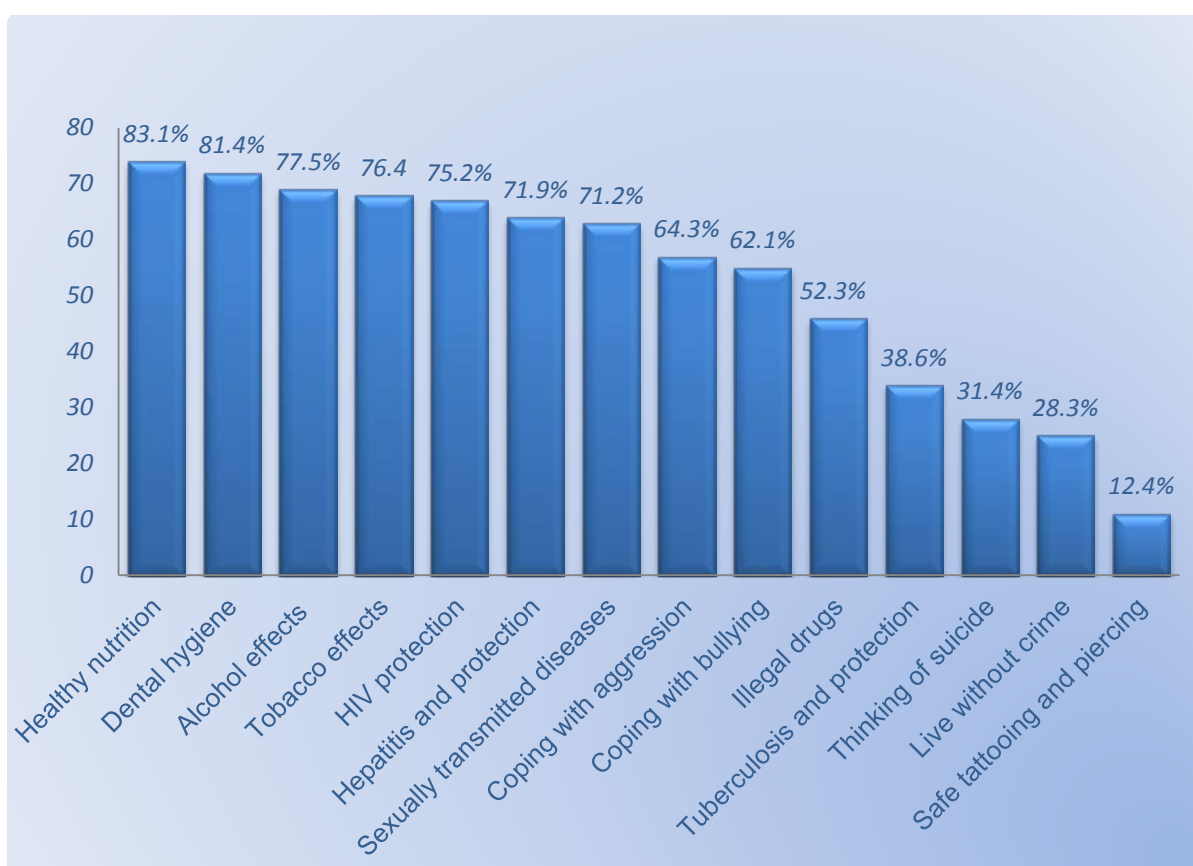
The prison employees were also asked to evaluate the importance of ensuring activities for juvenile offenders on the particular topic. The most important topics were: *how to eat health* (86.7%), *dental hygiene* (82.5%) and *use of nutritious food* on the third place (82.3%) related issues and the least important topics mentioned were *safe practices for piercing/tattooing* (31.4%) and *contraception* (28.2%) (See figure 6).

It can be concluded that prison experts identified the lack of important information on specific health topics in prisons and the necessity of introducing of more information on the issues. Some topics importance is underestimated as it is related to the limited information that prison experts have on these topics.

#### 4.1.2. Prisoner survey

In the questionnaire the most frequent positive answer was given concerning healthy diet (83.1% juveniles indicated they were willing to know more about the topic), dental hygiene (81.4% juveniles), and concerning alcohol effects (77.5%). See Figure 7 with detailed list of topics.

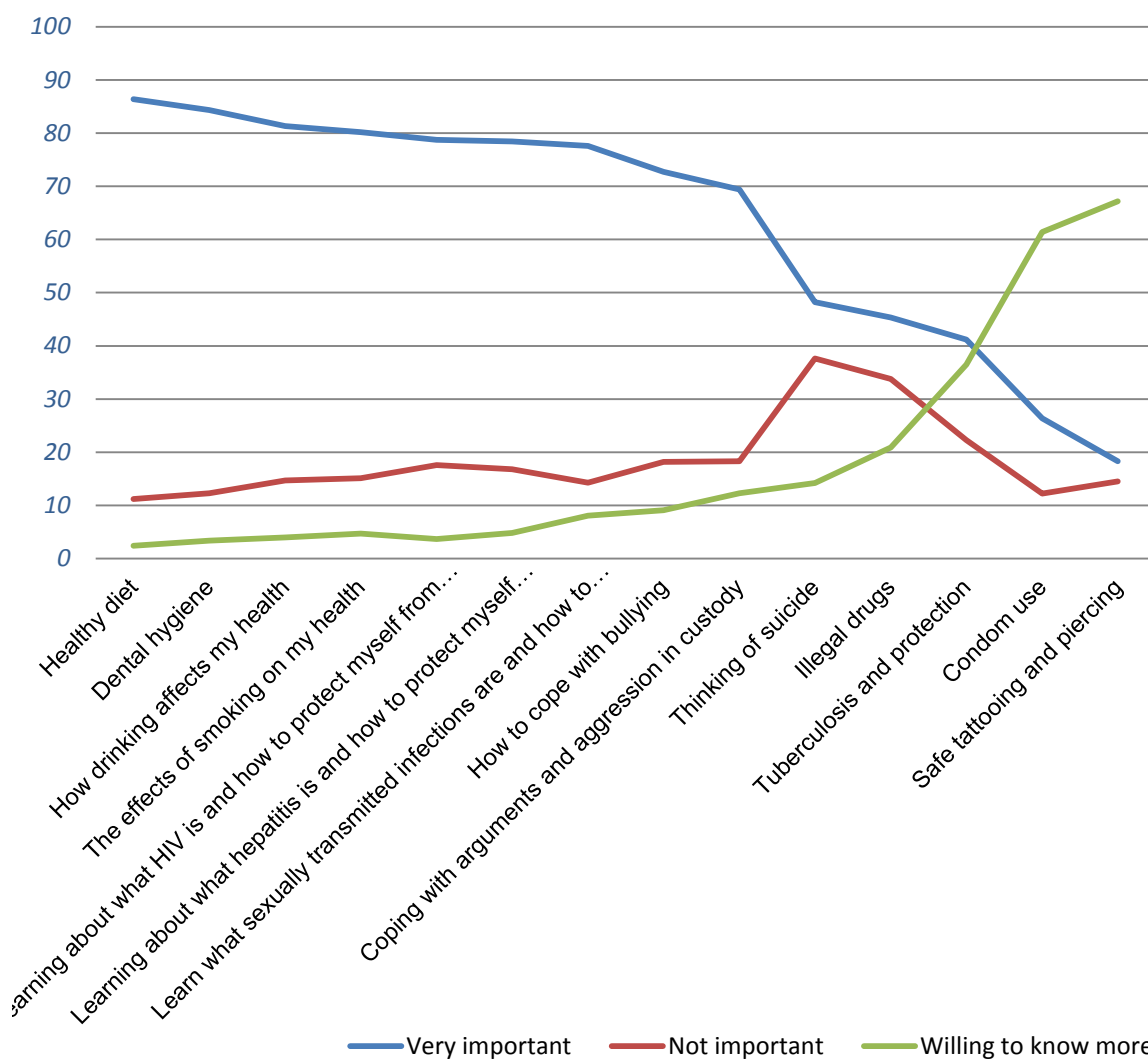
**Figure 7** List of the topics according to positive answer („Yes, I would like to know more about the topic“)



The list of topics found of particular interest was different for juveniles from Romma community. For them dental hygiene issues were at the top (86.8%), hepatitis was in the second place (82.4%), and in the third place-alcohol effects (79.3%) and healthy diet (78.2%).

Juveniles were also asked about the level of significance concerning each topic. Most of the juveniles found the following issues of great importance or important enough: healthy diet (86.4%), dental hygiene (84.3%), and alcohol effects (81.3%). See Figure 8 for the proportion of respondents having indicated to be willing know more about the particular subject, as well as the proportion of juveniles considering a particular topic either important or very important.

**Figure 8** Proportion of respondents willing to know more on a particular topic and considering a particular topic of importance



Romma indicated the following topics as most important: dental hygiene (89.2%), hepatitis ranks second (86.3%) and third - alcohol effects (81.4%). Safe tattooing and piercing were the least popular topic among all respondent.

Both scales for the evaluation of health topics (most interesting, most important) are associated – topics found more interesting are found also to be more important and less interesting to be less important.

## 4.2. Results from qualitative approaches (Interviews with prison staff, NGOs and prisoner focus groups)

### 4.2.1 In-depth interviews with prison experts

At the beginning of the interview the experts were asked about health promotion programs in the Bulgarian prison system and how it is organized.

All experts admitted that health promotion programs in the prison system are very poorly developed:

*“Yes, we have to develop health promotion programs but there are many obstacles and concerns...It is not very easy. Currently there are not any specific health promotion activities for young prisoners”. (Expert No3 )*

*“There are some programs for health promotion but they are for the overall prison population. I am not very well acquainted with these activities. (Expert No5)*

Further in the interview the experts identified different obstacles to health promotion:

1. Financial reasons,
2. Lack of understanding and capacity how to make effective programs for HPYP,
3. Misconception that HPYP is someone else's responsibility,
4. Regime and equipment considerations (resistance of security staff, availability of space and rooms, staff, etc.)

*“There is not enough space in the prisons for these activities”. (Expert No 9)*

*“Someone should pay it...we do not have budget for it.” (Expert No 4)*

*“External experts have to do it-they have experience and capacity.” (Expert No 24)*

*“I am not sure if it (health promotion) really works... lessons, intervention or something else. How to measure the impact?” (Expert No 25)*

*“Every prison should use its own approach to meet young prisoners' needs of more specific health services. I am not sure if one strategy or approach for health promotion works - every prison has its own internal specification, subculture, needs.” (Expert No4)*

Later in the interview the experts was asked about the contact between prisons and external organizations. All experts declared that formally they allow access to organizations providing health promotion programs:

*“We usually allow access of external organizations on prison territory but they should consider our rules and norms.” (Expert No10)*

*“If they work correctly no one will stop them and they will not experience any problems to access the prisoners.” (Expert No12)*

*“No one will stop NGO to come here and work with prisoners but usually we rely on experts from governmental organizations-hospitals, clinics, etc.” (Expert No8 )*

Further in the interview prison experts were asked if imprisonment does affect seriously (negatively) the health of young prisoners. The prevailing view among the representatives of the Prison Administration is that in prison youngsters have no difficulties to access medical doctors:

*“Here they can use health services for free any time” (Expert No11)*

*“Most of the prisoners do not have health insurance and access to health care but in prisons they often undergo medical examinations” (Expert No12)*

*“Every prison has its own medical unit, so prisoners do not experience serious problems regarding medical treatment.” (Expert No15)*

Later in the interview the prison experts were asked about the topics of health promotion in prison. All admitted that health promotion for young prisoner should cover different topics:

1. Drug use
2. Mental health
3. Infectious diseases
4. Dental health
5. Conflict management

*“We have young prisoners with drug use, others are diabetics, others have infectious diseases and gastroenterological problems - HPYP should include different topics emphasizing the most widely spread health risks and problems among younger prisoners - drug abuse, infectious diseases, mental problems, smoking, etc.” (Expert No6)*

*“Every prison has prisoners with different background, needs - cannot say that one problem should management prevail over others...Of course there are some “urgent” problems: drug abuse, infectious diseases, dental problems, conflicts management, gastro-enteric problems ”(Expert No14)*

Further in the interview the prison experts were asked about the most widely spread problems young prisoners experience in the prison. Prevailing view among the prison experts is that young prisoners experience wide range of problems:

1. Problems with adaptation,
2. Violence,
3. Lack of regular contacts with their coevals and friends

*“Prison has its own subculture and youngsters have problems with adaptation-they need more time and attention in comparison with elder prisoners”. (Expert No8)*

*“They need more regular contacts with their girlfriend, close friends-in that way it is easier for them to overcome the difficulties here”. (Expert No7)*

Later in the interview prison experts admitted that all above adverse factors are related to further negative consequences:

1. Psychological stress
2. Depression
3. Anxiety
4. Anger
5. Problematic drug use
6. Suicides
7. Suicidal attempts
8. Mental diseases

*“Young prisoners are susceptible to depression and other adverse psychological symptoms...They need support to overcome them.” (Expert No11)*

*“They are young and experience everything in a different way, they are more sensitive and vulnerable to extreme moods.” (Expert No15)*

*“To tackle with depression or aggression here some YP start using drugs.” (Expert No13)*

*“Here (in prison) some attempt suicide-especially those having problems with adaptation, depression” (Expert No14)*

Later in the interview the prison experts were asked about their experience with young prisoners' motivation to participate in health promotion programs. All experts admitted they have problems to motivate prisoners (especially these from Romma community) to participate in health promotion activities:

*“Romma think the programs are designed for the rest but not for them. They think they are not vulnerable.” (Expert No7).*

*“We have to use cultural mediator/peer to peer approach to promote the programs, services for Romma prisoners. Some of them do not speak and read in Bulgarian. They expect experts to discriminate them. “ (Expert No6)*

During the interviews, the experts were also asked to identify the main obstacles to introducing and effectively conducting health promotion activities for juveniles in Bulgarian prisons. The prevailing view among the prison experts is that there is a variety of obstacles:

1. Young prisoners are not separated as a specific group with special needs related to health promotion.

*“There are not specific activities for health promotion targeted at young prisoners...everything is organized for the prison population as general.” (Expert No15)*

2. Lack of motivation and interest among prisoners

*“They are not interested in such activities. They ignore them.” (Expert No13)*

*“They think because they are youngsters they are not susceptible to health risks. Health is not a value for them-it is something they do not touch and see.”( Expert No12)*

3. Concerns with stigmatization among young prisoners

*“Sometimes they refuse help because of concerns with stigmatization? If you visit health promotion programs for infectious diseases does it mean you have HIV or hepatitis? ” (Expert No7)*

4. Lack of funding

*“It is not priority in our system and we have no resources to organize health promotion.” (Expert No11)*

Further in the interview, the experts were asked to give some **suggestions for more effective health promotion for young prisoners**. The main suggestion was to increase the state funds for the prison system but they gave some suggestions which could promote juvenile health in custody

1. Use of differentiated and individually oriented approaches:

*“We need specific approach but not the usual campaigns in the community. Young prisoners have completely different needs in comparison with their coevals outside the prison”. (Expert No14)*

2. Distribution of leaflets with updated information on different health issues:

*“There are not any materials with updated health information in prison. If the prisoner wants to know more about some health topic he should ask some of the medical staff. We need leaflets and brochures with health information in prison” (Expert No15)*

3. Close cooperation between external organizations and prison experts:

*“We do not regular contacts with external organizations to provide health promotion. They come here but not very often-they just ask us to allow them access but without giving us opportunity to do it together, in partnership. “ (Expert No6)*

*“External experts should consider and our views and opinion. We have a clear idea what is going on in prison.” (Expert No8)*

4. There is a necessity of trained narcologist and psychiatrist in prison because the current problems with addicted prisoners could not be solved by the staff.

*“We usually have serious problems and difficulties with drug addicted prisoners. It is because we have shortage of trained experts in drug issue.” (Expert No4)*

5. Introducing of some incentives for youngsters

*“We can think about using of incentives for youngsters-more opportunity for sport, visit from friends and relatives, etc.” (Expert No3)*

#### 4.2.2. In-depth interviews with external experts

Firstly the experts from external organizations were asked about the health programs they provide organize and provide. All experts admitted three main topics that they cover in prison:

1. Prevention of tuberculosis
2. Prevention of HIV/AIDS
3. Sexually transmitted diseases

*“We have some topics we usually cover when we visit prisons. Usually these are the most serious health problems that prisoners experience.” (Expert 17)*

*“We provide information in prison on drugs, infectious diseases, alcohol and prison staff never asked us for something different topics”. (Expert No 20)*

*“I think prison staff should start setting up strategies and programs for health promotion and what topics to cover...they have reliable information about the situation in their prison and the prisoners’ needs and can use this as an effective tool”. (Expert No23)*

Later in the interview the experts were asked about the health promotion needs of young offenders.

The prevailing view among external experts is that the health promotion should cover different topics:

1. Drug use,
2. Alcohol use,
3. Smoking tobacco,
4. Infectious diseases,
5. Mental health;

*“Young prisoners are usually involved in different risk activities - drug use, excessive alcohol use, sexual intercourse...we have to pay attention to these factors.” (Expert No 18)*

*“The imprisonment affects YP and results in very negative consequences - depression, aggression, anger, serious mental problems.” (Expert No16)*

Later in the interview experts were asked about **the main barriers** to implementing health promotion for young offenders as they showed two main barriers:

1. Resistance of prison staff to select young prisoners for the programs,
2. Young prisoners ignore health programs;

*“There are lots of security considerations for implementation of health programs...usually security staff limits our time and access to these who need more help...” (Expert No22)*

*“Very often YP think they are not prone to health problems - they say: we are young, we can cope easier with diseases...” (Expert No21)*



*“Usually we have problems with security staff not with prison experts - medical doctors, psychologists, social workers...” (Expert No1)*

*“Security staff is concerned with the prison regime and it is difficult to cooperate with them for implementing social and health programs...it is also difficult for prison experts to cooperate with them...” (Expert No2)*

*“The prison director sometimes says it is difficult for him to order security staff to cooperate...”(Expert No19)*

### 4.2.3 Focus group with young prisoners

At the beginning of the discussion young offenders was asked to describe their understanding of health. The youngsters gave different associations in relation to the concept of health:

**Table 4** The associations of the focus group participants in relation to the concepts of „a healthy person” and „an unhealthy person”

Health/healthy person	Unhealthy person
Job	Unemployment
High income	Loneliness
Friends	Bad luck
Good spirits	Poverty
Home	Poor neighborhood
Healthy food	
Respect	

As shown in the table health concepts of youngsters are related to positive socio-economic factors as the unhealthy person is someone who experience negative socio- economic factors.

*“If I do not have a job and money, so I cannot take care of my health...”*

*“I have no qualification and job - how to pay for health insurance outside, I have no access to doctors...”*

*“We need job and money, then we will be ok, health is not my main concern now...;*

*“OK, I will be in good health condition, but if I have no job I will not be able to take care of my health...there are more important things to think about...”*

Further in the discussion youngsters asked about **whether their being in custody has influenced their health.**

The youngsters gave different answers as there were differences of opinion between minority groups (Roma) and the others. The prevailing view among young Roma prisoners was that imprisonment did not seriously affect their health (worsen) and indeed improve it. They indicated that due to the lack of access to health service outside the prison and health insurance.

*“Here I can use some medical services, outside I did not have opportunity...”*

*“I have not health insurance but in prison it does not matter - the state pays...”*

*“If I feel sick here I just go to the doctor and tell him.”*

The prevailing view of other prisoners is that imprisonment has worsen their health. Reasons for that:

- Unhealthy food:

*“I could not eat healthy here...”*

- Lack of good sports facilities:

*"I cannot engage in sports here as outside..."*

- Overcrowding and lack of fresh air:

*"Too many people in the cells and there is not fresh air here..."*

Later in the discussion young prisoners admitted that in prison they are vulnerable to:

1. Drug use,

*"Some prisoners start using drugs here to feel better and to go through all difficulties"*

2. Infectious diseases,

*"Having sex with others inmates is popular in prisons...I think many prisoners have hepatitis, and other diseases..."*

*"If you are drug users or have sex with other inmates you can become sick, .It is more risky to do some things here than out of prison...."*

3. Conflict with other inmates.

*"You can be enforced to have sex here by older inmates and informal leaders..."*

Further in the discussion, the young prisoners were asked to the health promotion related **topics** they would like to know more about. The topics are:

1. Dental hygiene
2. Healthy food
3. Alcohol effects
4. Smoking effects

Later in discussion the youngsters admitted the necessity of training on how to tackle the negative consequences of deprivation of liberty - psychological stress, anger, depression, anxiety, aggression.

*"I feel depressed here and I need support to tackle it..."*

*"I feel internal anxiety...I will explode"*

*"Sometimes I want to kill someone or commit a suicide, I do not know what is happening with me".*

Later in discussion youngsters were asked about the methods of receiving information about the topics. The juveniles have different opinions about the methods of receiving information. Youngsters from Romma community gave preferences to lectures and visual materials. The other youngsters found effective group discussion and individual counselling.

*"I prefer listening, then I feel comfortable."*

*"Film is good option-you will see and listen it".*

*"Individual counseling is perfect-I can say something that do not want to share with others."*

Further in the discussion the youngsters were asked **about their suggestions to improve health in prison**. Youngsters admitted variety of factors to improve their health in custody:

1. Healthy food
2. More open space for sports
3. More gyms and sports equipment
4. More space in cells

*"I used to keep fit regularly before imprisonment and I was self-confident and in good condition...If I get more nourishing food in prison and do the same exercises as outside I will feel good and healthy..."*

*"Yes, I can go in for sports here but I cannot have some kinds of food I had outside for keeping fit..."*

*"There are lot of people in the cell...It is a problem-if someone is ill you get infected too."*

Young prisoners from the Roma community are more satisfied with the food than the rest of the prisoners. Those who used to engage in sports before imprisonment are most unsatisfied with the opportunities for sports in prison. All youngsters pointed out the serious problem with overcrowding and lack of space in cells.

Later in discussion youngsters were asked **what could help them to be healthier here and after they leave prison**.

The prisoners' view is that the variety of measures could help them stay healthier in prison and afterwards:

1. Access to health care
2. No smoking
3. Abstinence from alcohol
4. Physical activity
5. Good diet

*"I want to visit the doctor when I am sick outside..."*

*"Me and others smoke too much here. If we quit we will be ok."*

*"Drinking of alcohol and smoking are very popular among me and my friends. I have problems with my stomach-the doctor said it is because of too much drinking outside..."*

*"Sport, sport, sport-it is the main prescription to feel healthier. You can smoke and drink but if you keeping fit or jogging-you will be ok."*

*"It is very important what you eat-eating of food with additives, etc. is very dangerous...I want to can afford buying of quality food".*

## 5. Conclusions

### 5.1. Prisoners' questionnaire, focus group discussions with juvenile offenders:

- Health concepts of youngsters are related to positive socio-economic factors as the unhealthy person is someone who experience negative socio- economic factors.
- Youngsters admitted variety of factors to improve their health in custody: healthy food, more open space for sports, more gyms and sports equipment, more space in cells.
- Youngsters need to be asked about the topics and method of introducing of health promotion.
- The prisoners have different opinions regarding positive or negative influence of custody on their health. The prevailing view among young Roma prisoners was that imprisonment did not seriously affect their health (worsen) and indeed improve it.
- Due to the stigma concerns young prisoners abstain from participating in health promotion programs targeted at HIV, drug abuse and hepatitis.
- The youngsters find the issues of healthy nutrition and dental hygiene of high priority.
- The respondents would like to have educators from external organizations.
- Young prisoners from the Roma community are more satisfied with the food than the rest of the prisoners.
- Those who used to engage in sports before imprisonment are most unsatisfied with the opportunities for sports in prison.
- All youngster s pointed out the serious problem with overcrowding and lack of space in cells.
- The youngsters gave different answers as there were differences of opinion between minority groups (Roma) and the others. The prevailing view among young Roma prisoners was that imprisonment did not seriously affect their health (worsen) and indeed improve it. They indicated that due to the lack of access to health service outside the prison and health insurance.
- The youth in custody also think that their health could be improved by ensuring availability of consultations of different specialists. They also would like to have training on how to tackle the negative consequences of deprivation of liberty - psychological stress, anger, depression, anxiety, aggression
- The juveniles have different opinions about the methods of receiving information about the topics. Group discussion and individual counselling are considered most effective.

## **5.2. Prison staff questionnaire, in-depth interviews with experts:**

- All experts admitted that health promotion programs in the prison system are very poorly developed.
- Prison experts admitted the necessity of integrated approach for health promotion in prison.
- Health promotion programs are usually delivered for the overall prison population but not specifically for youngsters.
- The experts identified different obstacles to health promotion. Most serious are lack of funding and regime and equipment considerations.
- The prevailing view among the representatives of the Prison Administration is that in prison youngsters have no difficulties to access medical doctors.
- All prison experts admitted that health promotion for young prisoner should cover different topics: drug use, mental health, infectious disease, dental hygiene, conflict management.
- The prevailing view among prison experts is that different methods of delivering of information about the topics can be used. Due to the different backgrounds of the youngsters different methods should be used.
- All experts admitted that for health promotion are responsible external organizations.
- All health promotion activities are carried out thanks to the goodwill of external experts and prison staff.
- Experts admitted that belonging to marginalized groups (minority groups) and other socioeconomic factors (early school dropouts, broken families, low income, unemployment) correlates to less information on health issue.
- Both parties of experts view admit that external organization formally have access to prison but have problems with security staff.
- Prison experts think the juveniles have enough possibilities to do sport.
- Prevailing view among the prison experts is that young prisoners experience wide range of problems: difficult adaptation, violence, lack of regular contacts with their coevals and friends.
- All experts consider combination of different methods (group work, individual counselling, lectures, role plays) as most effective for health promotion.
- Prison experts identified different obstacles to introducing and effectively conducting health promotion activities for juveniles in Bulgarian prisons-lack of funding; young prisoners are not separated as a specific group with special needs and the fact that health is not among the priorities of the juveniles in custody.
- Prison experts' main suggestion for effective health promotion in prison was to increase the state funds for the prison system and other some suggestions as distribution of leaflets with updated information on different health issues and use of differentiated and individually oriented approaches.
- All experts admitted three main topics that they cover in prison: prevention of tuberculosis, prevention of HIV and STD.

- NGO' representatives identified two the main barriers to implementing health promotion for young offenders: resistance of security staff and lack of interest among youngsters.
- Prevailing view among prison staff is that health promotion activities should be provided by medical staff.
- All experts admitted that health promotion in prison is delivered without evaluation of impact and monitoring.
- Both parties of experts admitted that some health promotion topics are ignored: mental diseases, smoking, diabetes, gastro-enteric and heart problems.
- Prevailing view among prison expert is that community based campaign for health promotion are not effective for prison.
- All prison experts identified the lack of actual and updated health information in prisons.

### 5.3. Health promotion and Roma – problematic areas

- Some of the concepts and criteria for health are sometimes understood in a different way by the Roma minority. Therefore there is also need to determine whether the terms employed are understood in a similar way by participants from minority groups.
- Methods for data collection adapted to Roma. Standard questionnaires and methods do not always work. Roma cannot read, sign and speak in Bulgarian.
- HPYP that are implemented in a culturally relevant way and targeted at needs of specific ethnic groups may increase their potential for success.
- Some of the reasons why Roma are overrepresented in prison and health services relate to such factors as poverty, marginalization and unemployment, then all efforts need to address these issues in a systematic way.
- Relatives of prisoners with Roma origin usually refuse to visit them in prison. It is because the Roma community stigmatizes prisoners and their relatives.
- Imprisonment for the first time - before imprisonment the majority of Roma never visited health services. *“Here I can use some medical services, outside I did not have the opportunity...”; “I have no health insurance but in prison it does not matter - the state pays“*



## Attachments

### Attachment 1 List of abbreviations

AIDS	Acquired Immunodeficiency Syndrome
EC	European Commission
HIV	Human Immunodeficiency Virus
HPYP	EU project "Health Promotion for Young Prisoners"
NGO	Nongovernmental Organization
STI	Sexually transmitted infections
WHO	World Health Organization
WIAD	Scientific Institute of the Medical Association of German Doctors

## Attachment 2

### Questionnaire for prison staff (Bulgarian)



## Въпросник за служители на места за лишаване от свобода

### Проект за промоция на здраве сред млади правонарушители-цел и философия?

Финансиран от ЕС, проекта “Промоция на здраве сред млади правонарушители” (ПЗМП) се реализира съвместно с партньори от седем страни членки на ЕС-България, Чехия, Естония, Германия, Латвия, Румъния и Великобритания. Целта на проекта е да се доразвие и подобри промоцията на здраве сред младите правонарушители/лишени от свобода. Специфичната цел на проекта е да се създаде и реализира наръчник за промоция на здраве в места за задържане и лишаване от свобода.

### Какво се има предвид под промоция на здраве в местата за лишаване от свобода?

Промоция на здраве представлява набор от дейности и програми, които са насочени към повишаване на познанията и развиване на умения за превенция и поддържане на физическо, емоционално и психично здраве на отделния индивид и групите като цяло в местата за лишаване от свобода. Това включва определен набор от дейности за промоция на здраве, които могат да бъдат провеждани в местата за лишаване от свобода-редовно спортуване, провеждане на дискусии и лекции за младите затворници относно употребата на дроги, алкохол и тютюн, обучения за поддържане на адекватна устна хигиена, промотиране на психично здраве, превенция на суицид, както и обучения за управление на конфликти.

*ПЗМП е финансиран от ЕС, за да се проучи промоцията на здраве в места, където има млади правонарушители. Въпросника е напълно анонимен. Всичката информация ще бъде конфиденциална и нито един отговор няма да бъде предоставен на управлението на местата за лишаване от свобода. Молим учтиво, всеки един, който ще бъде интервюиран да попълни формата за информирано съгласие.*

1. Моля, посочете своя пол:  Мъж  Жена

2. Моля, посочете кое от посочените най-добре отговаря на вашата професия:

- |   |  |
|---|--|
| <input type="checkbox"/> Охранителен състав     | <input type="checkbox"/> Администрация |
| <input type="checkbox"/> Социален работник      | <input type="checkbox"/> Психолог      |
| <input type="checkbox"/> Медицински персонал    | <input type="checkbox"/> Лекар         |
| <input type="checkbox"/> Друго, посочете: _____ |  |

3. От колко време работите с млади правонарушители: \_\_\_\_\_ години

4. Моля посочете възрастовия обхват на младите правонарушители, с които работите?

от \_\_\_\_\_ до \_\_\_\_\_ години

**5. Моля, посочете ако някоя от следните дейности се извършва в мястото, където работите**

	Да	Не
Младите затворници/правонарушители могат да спортуват на открито?	<input type="checkbox"/>	<input type="checkbox"/>
Младите затворници/правонарушители могат да спортуват в спортен салон?	<input type="checkbox"/>	<input type="checkbox"/>
Младите затворници/правонарушители имат на разположение най-малко един час за упражнения на открито?	<input type="checkbox"/>	<input type="checkbox"/>
Младите затворници/правонарушители имат възможност за преглед при доктор винаги, когато се чувстват болни?	<input type="checkbox"/>	<input type="checkbox"/>

**6. Моля, посочете, ако някоя от следните дейности за промоция на здраве се реализират в мястото, където работите и как се предоставя информацията (брошури, листовки, групови сесии, консултации, др.)**

Посочете колко важно е според вас да се реализира всяка една от дейностите насочени към млади правонарушители, докато те изтърпяват лишаване от свобода?

Дейност по промоция на здраве относно:	Налично			Ако съществува как се реализира						Колко важно е, че въпросната дейност се реализира в мястото за лишаване от свобода?  (от 1 "въобще не е важно" до 5 "много е важно")
	Налично	Не е налично	В момента се създава	Брошури	Печатни материали	листовки	Индивидуални консултации	Групови дискусии	пиъри	
Здравословно хранене/хранителни добавки	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Телесни промени през пубертета	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Устна хигиена	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Употреба на алкохол	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Тютюнопушене	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Употреба на предписани лекарства	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Употреба на незаконни дроги	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Инфекциозни болести СПИН	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Хепатити	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Туберкулоза	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Безопасни практики за татуиране и поставяне на пиърсинг	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Безопасни практики за инжекционна употреба на дроги	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Превенция на суицид	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Превенция на самонараняване	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Сексуално преносими	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5



**10. Други коментари**

**Благодаря Ви, че попълнихте въпросника!**

## Attachment 3

### Interview guidelines for focus groups (bulgarian)



### Наръчник за провеждане на фокус-група

#### Проект за промоция на здраве сред млади правонарушители-цел и философия?

Финансиран от ЕС, проекта “Промоция на здраве сред млади правонарушители” (ПЗМП) се реализира съвместно с партньори от седем страни членки на ЕС-България, Чехия, Естония, Германия, Латвия, Румъния и Великобритания. Целта на проекта е да се доразвие и подобри промоцията на здраве сред младите правонарушители/лишени от свобода. Специфичната цел на проекта е да се създаде и реализира наръчник за промоция на здраве в места за задържане и лишаване от свобода.

#### Какво представлява като стратегия промоцията на здраве в местата за лишаване от свобода?

Промоция на здраве представлява набор от дейности и програми, които са насочени към повишаване на познанията и развиване на умения за превенция и поддържане на физическо, емоционално и психично здраве на отделния индивид и групите като цяло в местата за лишаване от свобода. Това включва определен набор от дейности за промоция на здраве, които могат да бъдат провеждани в местата за лишаване от свобода-редовно спортуване, провеждане на дискусии и лекции за младите затворници относно употребата на дроги, алкохол и тютюн, обучения за поддържане на адекватна устна хигиена, промотиране на психично здраве, превенция на суицид, както и обучения за управление на конфликти.

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#### Въпроси за фокус група

1. Когато чуete думата “здраве” и “благополучие” за какво се сещате? Какво означава за Вас здравето?
  - Разделете участниците на две групи и ги помолете да нарисуват картина “Как си представяте здрави нездрав човек?” и дискутирайте с групата.
2. Чувствате ли се здрави в момента? Как мислите, че лишаването от свобода повлиява вашето здраве - по добър или лош начин?
3. Какво би ви помогнало да бъдете по-здрави тук и след като се върнете в общността?  
За възможни отговори да се използва въпросника
  - Използвайте флипчарт/дъска, за да се напишат въпросите
  - Помолете участниците да посочат кои техни отговори са основен приоритет
4. Колко информация и познания имате за нещата, които написахме на флипчарта
5. За кои неща относно твоето здраве мислите, че бихте искали да научите повече?
6. Сещате ли се нещо друго, което би Ви помогнало да се чувствате по-добре?
7. Ако можехте да изберете три неща, които биха Ви помогнали да се чувствате по-добре тук, кои биха били те?
8. Има ли нещо важно, за което забравих да Ви попитам?

**Благодаря Ви!**

## Attachment 4

### Interview guidelines for interviews with NGOs/ service providers (bulgarian)



## Наръчник за интервюта на НПО и други, външни организации

### Проект за промоция на здраве сред млади правонарушители-цел и философия?

Финансиран от ЕС, проекта “Промоция на здраве сред млади правонарушители” (ПЗМП) се реализира съвместно с партньори от седем страни членки на ЕС-България, Чехия, Естония, Германия, Латвия, Румъния и Великобритания. Целта на проекта е да се доразвие и подобри промоцията на здраве сред младите правонарушители/лишени от свобода. Специфичната цел на проекта е да се създаде и реализира наръчник за промоция на здраве в места за задържане и лишаване от свобода.

### Какво се има предвид под промоция на здраве в местата за лишаване от свобода?

Промоция на здраве представлява набор от дейности и програми, които са насочени към повишаване на познанията и развиване на умения за превенция и поддържане на физическо, емоционално и психично здраве на отделния индивид и групите като цяло в местата за лишаване от свобода. Това включва определен набор от дейности за промоция на здраве, които могат да бъдат провеждани в местата за лишаване от свобода-редовно спортуване, провеждане на дискусии и лекции за младите затворници относно употребата на дроги, алкохол и тютюн, обучения за поддържане на адекватна устна хигиена, промотиране на психично здраве, превенция на суицид, както и обучения за управление на конфликти.

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### Въпроси

1. Моля посочете вашата професия
2. От колко време работите с млади правонарушители?
3. Какъв е възрастовия обхват на младите правонарушители, с които работите?
4. Какви дейности за промоция на здраве реализирате?
5. Какви мислите, че са основните нужди от промоция на здраве на младите правонарушители?
6. Съществуват ли определени уязвими групи, които са обект на специфични дейности за промоция на здраве?
7. Работите ли съвместно с място за лишаване от свобода? Как оценявате сътрудничеството си?
8. Ако има, кои са основните бариери за реализиране на промоция на здраве сред младите затворници?
9. Какви са вашите предложения за подобряване на промоцията на здраве сред млади правонарушители?
10. Какво най-много искате да промените относно промоцията на здраве за млади правонарушители?
11. Има ли нещо важно, което забравих да Ви попитам?

**Благодаря Ви!**

## Attachment 5

### Questionnaire for young prisoners (bulgarian)



### Въпроси за млади лица, лишени от свобода

#### Проект за промоция на здраве сред млади правонарушители-цел и философия?

Финансиран от ЕС, проекта “Промоция на здраве сред млади правонарушители” (ПЗМП) се реализира съвместно с партньори от седем страни членки на ЕС-България, Чехия, Естония, Германия, Латвия, Румъния и Великобритания. Целта на проекта е да се доразвие и подобри промоцията на здраве сред младите правонарушители/лишени от свобода. Специфичната цел на проекта е да се създаде и реализира наръчник за промоция на здраве в места за задържане и лишаване от свобода.

#### Какво се има предвид под промоция на здраве в местата за лишаване от свобода?

Промоция на здраве представлява набор от дейности и програми, които са насочени към повишаване на познанията и развиване на умения за превенция и поддържане на физическо, емоционално и психично здраве на отделния индивид и групите като цяло в местата за лишаване от свобода. Това включва определен набор от дейности за промоция на здраве, които могат да бъдат провеждани в местата за лишаване от свобода-редовно спортуване, провеждане на дискусии и лекции за младите затворници относно употребата на дроги, алкохол и тютюн, обучения за поддържане на адекватна устна хигиена, промотиране на психично здраве, превенция на суицид, както и обучения за управление на конфликти.

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1. Вие сте  мъж  жена
2. На колко години сте?  години
3. За първи път ли сте в затвора?  Да  Не
4. Вие сте  досъдебно  осъден?  
производство?



5. Желаете ли да научите повече по тази тема? (Моля, посочете правилния за вас отговор след всеки въпрос)	Да	Не	Не знам	Колко важна е за Вас посочената тема? (Моля, отбележете след всяка тема нейната важност)		
				Много важно	Важно	Не е важно
Как да се храня правилно?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как се променя тялото и теллото в пубертета?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да се грижа да имам здрави зъби?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как употребата на алкохол влияе на здравето ми?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как пушенето влияе на здравето ми?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как може да ми навреди употребата на предписани от лекар лекарства за друг човек?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как употребата на наркотици влияе на здравето ми?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Какво представлява ХИВ и как да се предпазя от заразяване?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Какво представлява хепатита и как да се предпазя от заразяване?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Какво представлява туберкулозата и как да се предпазят заразяване?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да се татуирам/поставям пиърсинг по безопасен начин?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Какви са вредите от инжекционна употреба на дроги?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да се справя с мислите за самоубийство?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да се предпазя и справя с желанието за самонараняване?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Какво представляват сексуално преносимите заболявания и как да се предпазя от тях?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да използвам правилно презерватив?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Различните методи на контрацепция?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да се справя с лишаването от свобода и негативните последствия от него?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Какви са алтернативите на криминалните прояви-какво да правя , за да не бъда отново лишен от свобода?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да се справя с скандалджийството и лошото поведение на другите?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Как да се справя с агресията в затвора?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Друго-моля, посочете	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....						

6. Имам ли конкретни неща-теми и дейности, които биха те накарали да се чувстваш по-здрав в затвора?

**7. Други неща, които желаете да спделите?**

**Благодаря Ви, че попълнихте анкетата!**

## Attachment 6

### Interview guidelines for interviews with custody staff (Bulgarian)



## Наръчник за интервюта със служители на места за лишаване от свобода

### Проект за промоция на здраве сред млади правонарушители-цел и философия?

Финансиран от ЕС, проекта “Промоция на здраве сред млади правонарушители” (ПЗМП) се реализира съвместно с партньори от седем страни членки на ЕС-България, Чехия, Естония, Германия, Латвия, Румъния и Великобритания. Целта на проекта е да се доразвие и подобри промоцията на здраве сред младите правонарушители/лишени от свобода. Специфичната цел на проекта е да се създаде и реализира наръчник за промоция на здраве в места за задържане и лишаване от свобода.

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### Въпроси

1. Моля посочете вашата професия
2. От колко време работите с млади правонарушители?
3. Какъв е възрастовия обхват на младите правонарушители, с които работите?
4. Какви дейности за промоция на здраве реализирате?
5. Какви мислите, че са основните нужди от промоция на здраве на младите правонарушители?
6. Съществуват ли определени уязвими групи, които са обект на специфични дейности за промоция на здраве?
7. Работите ли съвместно с външни организации? Как оценявате сътрудничеството си?
8. Ако има, кои са основните бариери за реализиране на промоция на здраве сред младите затворници?
9. Какви са вашите предложения за подобряване на промоцията на здраве сред млади правонарушители?
10. Какво най-много искате да промените относно промоцията на здраве за млади правонарушители?
11. Има ли нещо важно, което забравих да Ви попитам?

**Благодаря Ви!**

## Attachment 7

Questionnaire for the participant of the focus group discussion (Bulgarian)



### Фокус група за млади правонарушители

**Възраст:** \_\_\_\_\_ години      **Пол:**  мъж       жена

**Националност:** \_\_\_\_\_

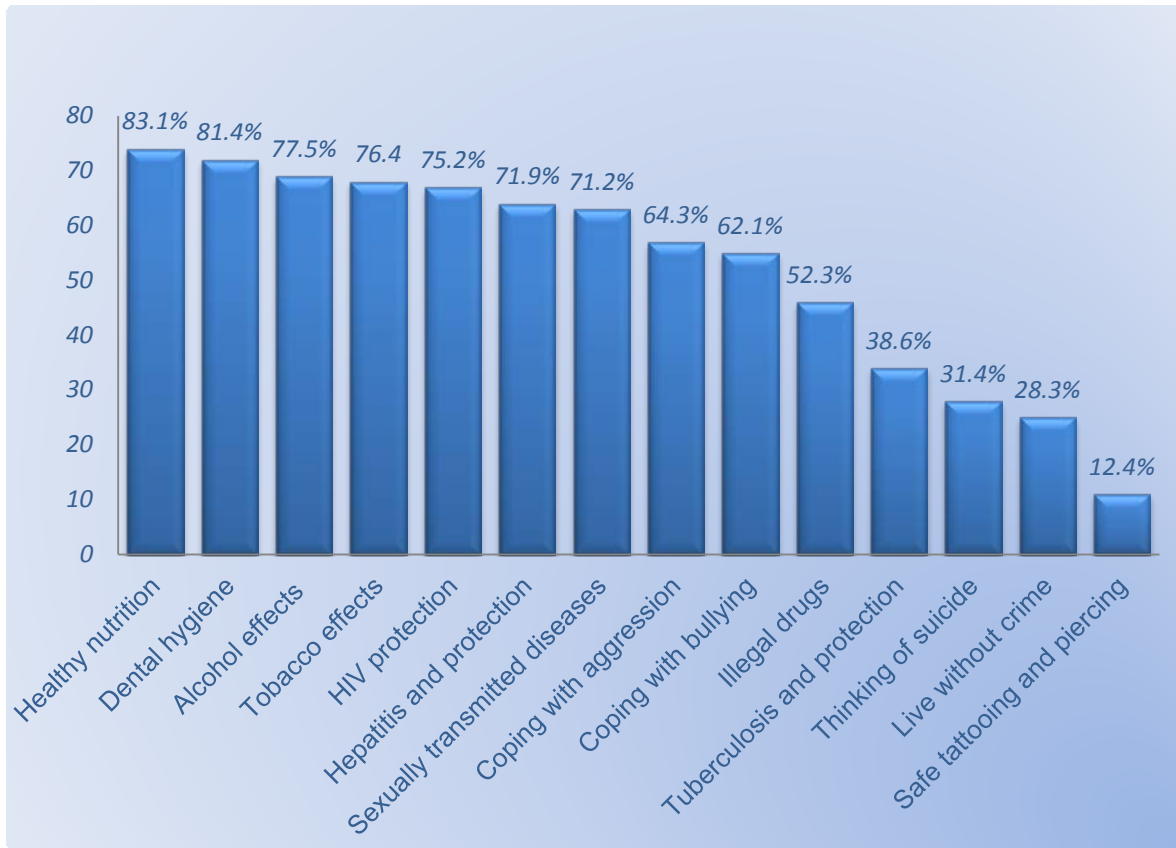
**Время на престой в затвора**

- За първи път ли сте в затвора?       Да       Не
- Вие ...  сте с досъдебно производство?       осъден?
- Досега през живота си съм излежал общо : \_\_\_\_\_ години \_\_\_\_\_ месеци
- В този затвор съм от:  
(до днес включително): \_\_\_\_\_ години \_\_\_\_\_ месеци

**Причина за присъдата:** \_\_\_\_\_

## Attachment 8

List of topics according to the proportion of positive answers (Yes, I would like to know more about the topic)



## Attachment 9

List of topics according to the proportion of positive answers (the particular topic is considered either very important or important)

