

In this "Hot off the press":

- "De Piste In (On track)": a review and a taste of the atmosphere.
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Happy reading!

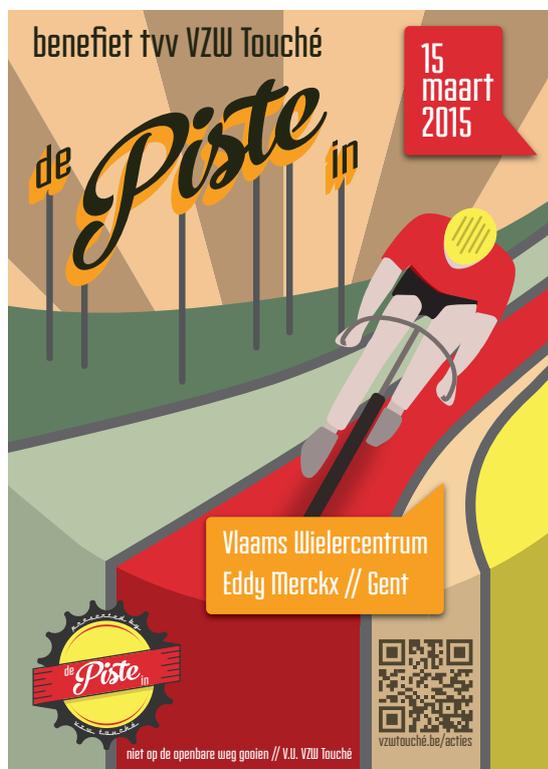
PS "Like" our [Facebook page](#) and stay informed about our activities and doings.

For those absent on 15 March.

A dull day and a deadline. That is all our group of mortal souls needs to organise fantastic events.

On 15 March we managed to gather some hundred enthusiasts to cycle to the death for the good cause, namely our organisation. They cycled until they saw stars, but luckily they could quench their thirst and get rid of any sickness at the popular bar with all kinds of strong and less strong drinks.

Do you want to see yourself shine again, or do you want to make your mouth water with regret, you want to be green with envy and get a "why did I miss all this" feeling, then we have the appropriate solution: click here for the [aftermovie](#).



Insight Inside: The educational session is ready and you can sign up from now.

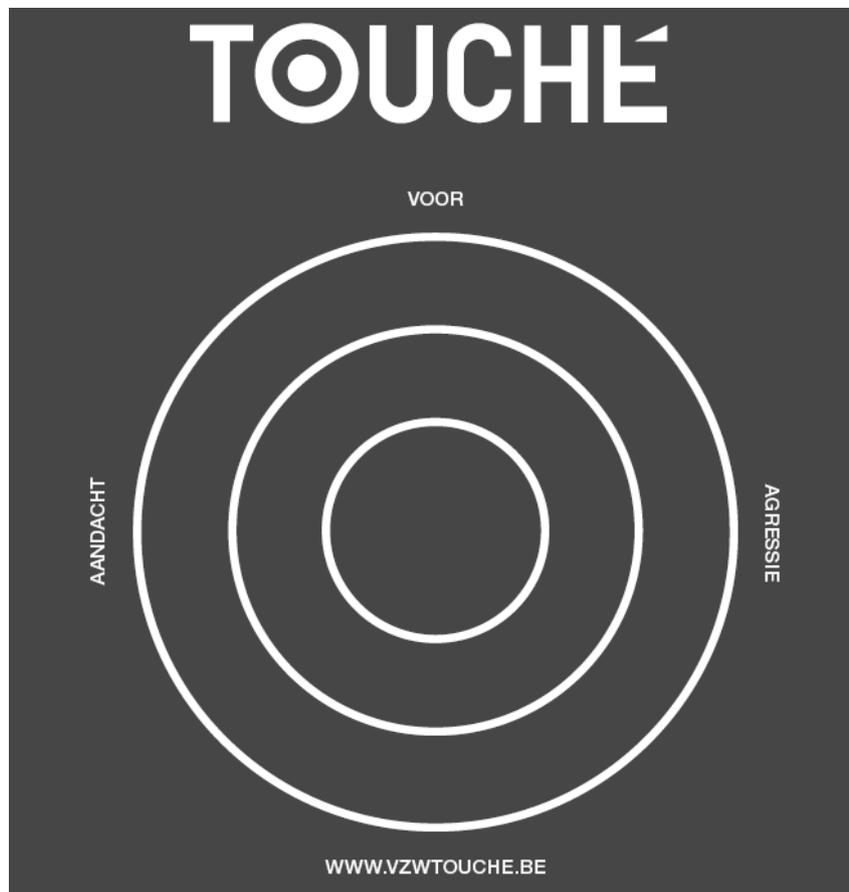
To cite John Nash: "All you eager young minds" are anxiously looking forward to participate in the educational sessions about the movie "Insight Inside".

Well, we can proudly present the sessions now.

Do you want to sign up for a session on aggression and solution-oriented practice with an expert by experience? Please contact us at info@vzwtouche.be.

But there is more! The first schools have already signed up and the first session has taken place with the assistance of an expert by experience. Sint-Paulus (a general education school in Ghent) has enjoyed the session and the teachers wrote the following evaluation:

*"We also look back at a very interesting and gripping session. Some days later, the students admitted that it was one of the most interesting educational sessions they had ever had in their entire school career. It is a good mix of theory and practice which stimulates their empathic and critical capacities. They did not feel very comfortable about their feelings of sympathy for **** though, because he committed a serious offence after all. I have tried to put it in a broader perspective as much as I could."*



Scientific research: touché has to own up!

The first part of the scientific research touché conducts in cooperation with Antwerp University into the effectiveness of solution-oriented work in aggression-related situations, is completed. The researchers conducted in-depth interviews with clients and a focus group assembled.

The results will be part of the input for the longitudinal quantitative research that is starting at this very moment.

For reasons of neutrality, vzw touché is only an “observer” of the process and, just like you, we are anxious to know the results of the research!

To be continued.

Our editorial staff received a plea.

In search of adequate help, a prisoner from a Flemish prison sent us the following letter. We could not refrain from publishing it entirely, though anonymously and without any reference to real people and situations.

May this be a call to all policy makers to tackle the problem of lack of mental health care during detention.

Dear madam/sir

*Please allow me to introduce myself and my situation briefly; my name is ****, born on **** in ****. My current place of residence is **** prison. I have been deprived of my freedom since ****. I am guilty of a number of criminal and violent offences. I have deservedly been punished for that. During detention my behaviour has not always been exemplary or irreproachable. This can partly be attributed to the young age at which I was confronted with the prison structure.*

*Throughout the years I have learned to take responsibility and in this way I try to work on a new future. Before my transfer to **** I used to pay off my debts to the victims monthly, I tried to make use of all the educational possibilities in prison and tried to do my utmost to get a new chance in society. Today I served more or less **** months of my punishment of **** months.*

*When I was a minor the juvenile court already referred me to what then was called GGZ (mental health care service) in **** for empathy training, aggression regulating training, depressive feelings/lack of self-confidence and social skills training. Now, almost thirteen years and a couple of convictions later, I still receive no help, although I am asking for it for years, especially in view of preparing my return to society. I recently learned that the Mental Health Care Service –within the framework of the Strategic Plan- offers prisoners the opportunity to get acquainted with and make use of mental health care. The offer seems to be noncommittal and can be continued after release as part of forensic help. Unfortunately, CGG **** or CGG **** does not offer counselling within prison walls. NAME, CGG ****, referred me to your organisation.*

*Mid-February the psycho-social service of **** prison applied at GGZ in **** for counselling AFTER detention in view of my rehabilitation. However, to date I have not received any response. Personally, I think it is expedient to start with counselling while I am still imprisoned, hence my question to your service. In this way, I can learn to cope with aggression and I can receive help to structure my life before my release, in order to avoid recurrence of the vicious circle I was in before. My chances to be successful in my attempt not to lapse into recidivism and to start a new life are likely to be higher.*

Looking forward to receiving your reaction, I would like to thank you for your time, effort and sympathy!

Research into recidivism in Belgium: it touched the lyrical chord...

We knew from the same sources as you did, dear reader, that a research report on recidivism in Belgium has been published. The news covering this subject stirred some dust but showed little nuance. That little that it left a sour taste, we would like to express by means of the impression below. Because we are not afraid of aggression and connecting with people, we take each contact with us and we shortly locked ourselves up in the imaginary freedom of the prisoner.

But first the link to the relevant article in [Journaal](#), and to the [research project](#).

To stop or to continue?

I am a child,

Born early,

I missed out.

There was never enough warmth

To satisfy my hunger.

I had too little,

And still feel that gap.

I pursue satisfaction,

Quick and without remorse.

What punishment is for you, means warmth to me.

Your concrete does not frighten me,

It protects me, against you,

Against myself.

But this does not satisfy my hunger,

For more and better,

For being better than you,

For the thing you are punishing me for.

Your beating and locks throw me

Into the dungeon I knew before,

Against which I fought,

And still fight against.

You make me better than I already was,

But worse than I would have liked to be.

Call-out: Pay attention to good solutions to aggression

We are always looking out for stories of people who coped with their own aggression in a certain situation in a clever, smart or creative way. Are you one of these internal fire-eaters or do you know someone who can channel his aggression better than a Roman aqueduct builder? Please contact us at info@vzwtoche.be or on our Facebook page.