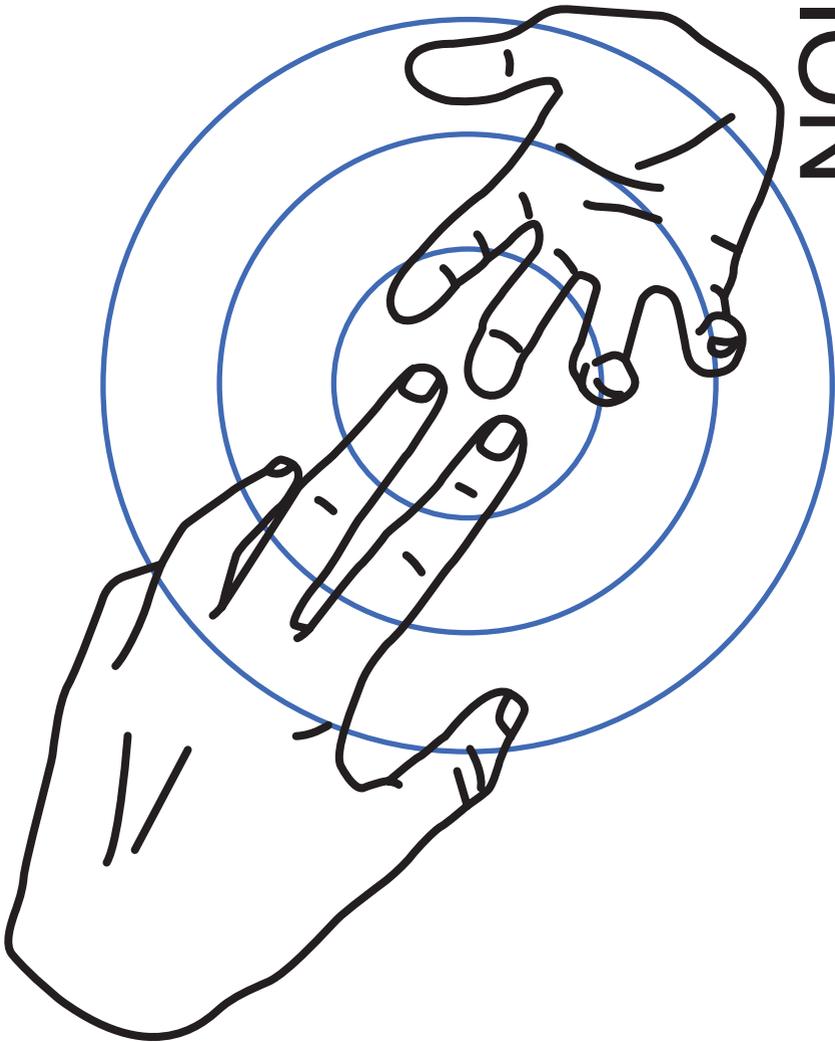


POWER

N



TENSION

TOUCHÉ

## CONTENT

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# TOUCHE DEVELOPS ACTIVITIES TO MAKE OUR RELATIONSHIP WITH AGGRESSION MORE CONSTRUCTIVE AND SUSTAINABLE.

## (REACTION TO) VIOLENCE = DAMAGE & LOSS

### Aggression

- 1 out of 3 women is a victim of violence in her lifetime.
- Each day 4,000 people die as a consequence of violence.
- Each day 120,000 people end up in hospital due to violence.
- The Belgian economy spends 20 billion euro, or 1,829 euro per person, on violence every year. On a global level, the expenditure is 14.3 % of GDP. The global economic impact of violence has increased by 15 % since 2008.

### Repression

- 57.6% of Belgian inmates relapse into criminal behaviour.
- Prisoners cost society a lot of money. The Belgian state's daily average cost for each prisoner is 217 €, or 79,205 € per year.
- Currently, Belgium's prison system holds about 11,500 inmates. That means 100 out of 100,000 inhabitants. This number significantly exceeds that of Scandinavian countries, the Netherlands

and Germany and is similar in France, Luxembourg and Great-Britain.

- The Council of Europe and the European Court of Human Rights and the UN have repeatedly sentenced Belgium for violations of human rights, overcrowding and inhumane treatment in the prison system.

### Even more violence

- Recidivism is highest among violent offenders. 75% of them relapse into crime after being released.
- Each year about 5,000 people are released from prison after a detention period during which they stand a 33 % chance to develop a drug abuse habit, 50 % to develop an aggression-related problem and 90 % to develop psychosocial problems. For these problems they are offered no kind of care or guidance whatsoever.

AGGRESSION



MORE AGGRESSION

## ATTENTION TO AGGRESSION, ANXIETY & DETENTION

### Consider aggression in a different way

- 1 Aggression is part of human nature.
- 2 Aggression is manageable and aggression-related problems can be solved.
- 3 The power under aggression can be used in a positive way and we can benefit from it.

We should approach punishment more re-integration- and solution-focused.

**Touché** seeks to integrate people

with aggression-related problems, among whom (ex-)prisoners. We do this by changing the way in which we as a society deal with aggression and fear in a sustainable way.

Treating people in a humane way can create a safe society. If we teach people how to deal with their feelings of aggression, we can make our society a better place to be. Helping people to apply their power in a positive way in their lives, leads to a more talented society with more well-being.

We are building a safe, positive, respectful world in which people are realizing constructive goals with their aggressive energy.



Scene from the film Tango Libre.



Training Creative with aggression, prison of Oudenaarde, EDM'

## TOUCHÉ PROJECTS

In order to achieve social impact, Touché's method is built on 3 cornerstones reinforcing one another:

- 1 **A curative and restorative therapeutic practice**, consisting in support focused on aggression, with individual and relational impact;
- 2 **Preventive work**, to raise public awareness and to inspire policy-makers in order to produce an effect at community and society level;
- 3 **Actions to transform the justice policy**, for the realization of small-scaled, community and differentiated detention houses.

### A THERAPEUTIC PROGRAMMES

Touché's activities consist of **individual counselling and group sessions for all those who struggle with aggression-related problems**. We work both in and outside prisons. This is a way to guide people on their path to reintegration **beyond walls** and to support both ex-prisoners and other people to deal with their feelings of aggression in a different way.

At the request of the (ex-)prisoners we give special attention to young people. This resulted among other things in the project B(l)ink, which involved easily accessible, individual and solution-focused guidance for youngsters on aggression.

All therapeutic processes are focused on recognizing, controlling and managing aggression and eventually using the power of aggression in a constructive way. We distinguish

5 possible stages in the guidance process:

- 1 **Establishment of a barometer:** in this stage people learn how to recognise and acknowledge their own thoughts, feelings and behaviour, and the inciting factors of and physical signs connected with aggression.
- 2 **Operation of your personal thermostat:** in this stage people learn how to control and steer their own aggression, how they can provoke calming thoughts and actions, and they are taught new ways of establishing peace and safety.
- 3 **Ecology:** during the coaching process, we also pay attention to the social environment of our clients (family, friends, colleagues, other care takers or social workers, etc.) Dealing with traumatic experiences can be part of the counselling sessions.
- 4 **Devising a constructive plan for the future:** in this stage people

learn how to harness the power of aggression to draw up solution-focused plans.

- 5 **Reintegration:** people learn how to deal with crises and relapse, they learn how to stumble without falling, how to reinforce their resilience and sometimes they try to find solutions to other people's problems.

*"I was a street kid fighting with everyone. Touché taught me how to manage my frustrations in order not to bother other people with my problems anymore. Then I learned how to persist, to grow, positively and to think about my future. I have struggled to pass exams, and eventually I graduated!"* \*

\* Testimonial from a prisoner'.



Training Creative with aggression, prison of Oudenaarde, EDM'

## B AWARENESS, PREVENTION AND RESTORATION

It takes at least two parties to be able to work on (re-)integration. Beside aggression and (ex-)prisoners, society is an indispensable player. Therefore, one of Touché's main cornerstones is developing activities that have an impact on public attitudes.

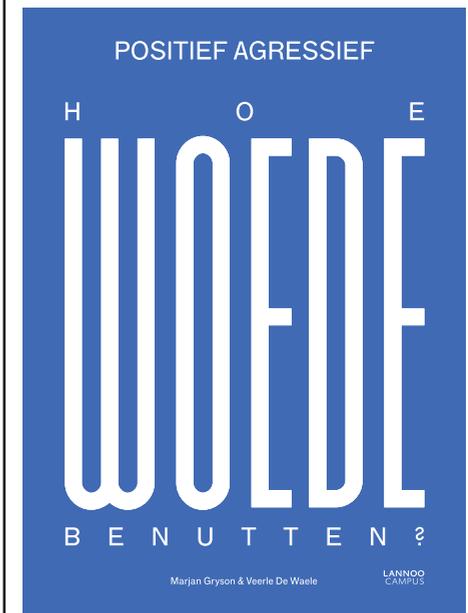
**We focus on target groups who share and support our mission, as well as on actions that bring different target groups together. In that way we multiply our social impact. Examples of our actions are:**

- Artistic and sports events that focus on violence and detention and that appeal to a broad audience.
- **Media events**, to stimulate the public debate on aggression and detention.
- **Educational sessions on aggression for professionals in the social sector.** These sessions are based on our solution-focused methodology.
- **Educational sessions on aggression and detention for youngsters by experts by experience (i.e. ex-prisoners).**
- Publication and presentation of the book 'Positive aggressive. How to utilise anger.'

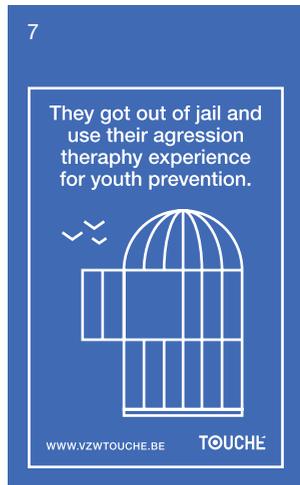
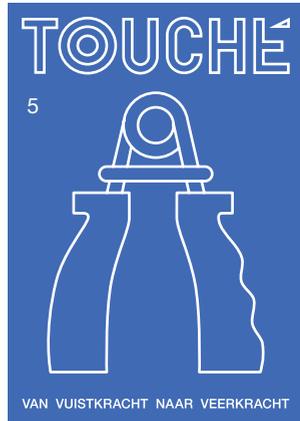
*"We also look back at a very interesting and gripping session. Some days later, the students told me that it was one of the most interesting educational sessions they had ever had in their entire school career. It*

*is a good mix of theory and practice that 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 well as I could."* \*

\* A teacher's evaluation after an educational session by Touché, May 2015.



Cover of the book 'Positive aggressive. How to utilize anger?', published by Lannoo Campus, 2017'



- 1 Poster 'Café Touché' / Vooruit Gent, 2016
- 2 Exhibition 'Aggression / Detention' © Dieter Telemans
- 3 Poster Touché
- 4 Image video Touché for Gingo / Ismael Abdul
- 5 Poster Touché
- 6 Marijn Devalck for 'Houses on Tour'
- 7 Poster Touché
- 8 Feedback card Touché
- 9 Press conference 'The Houses' with Koen Geens @ Ashoka
- 10 Nic Balthazar on the moviepremière of 'Binneninzicht'
- 11 Stressball designed by inmates
- 12 Movie poster Binneninzicht

## C REFORMS IN THE ORGANISATION OF DETENTION: THE HOUSES

Touché contributes to the realisation of small-scaled, community and differentiated detention facilities. We want to create a detention system that allows a personal approach of the prisoners and that shortens the way to reintegration.

### Small scale: bad boys, small classes

The thirty or forty large-scale prisons should be replaced by **hundreds of small detention houses**, organised by region. All the prison programmes should be developed within these regions: from open to closed, from basic programmes to intensive guidance within prison walls. Each prisoner is assigned a **Personal Planning Coach** who follows the detention and rehabilitation plan throughout all stages.

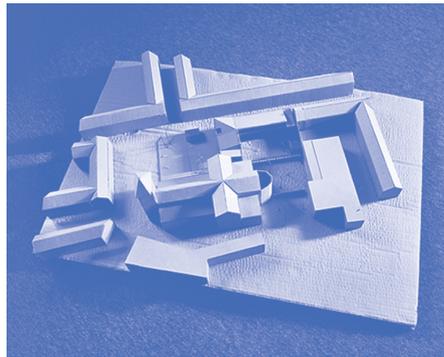
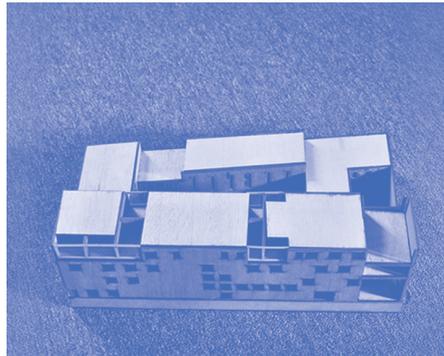
### Differentiation: detention fits in better with the prisoner's life

Each detention facility has its own security plan, detention programme and way of coaching. At the moment of the sentence a **solution plan** (detention and rehabilitation plan) should be made, mapping out a **track** through different types of detention facilities.

### Nearness: 'community detention'

Detention facilities should fit in with the neighbouring community. Starting from the **restorative idea**, they

play an economic, social and cultural part in the neighbourhood. They make use of assistance that exists in the surrounding environment to carry out the individual plans. This will stimulate mutual engagement and responsibility from the prisoners and society. 'Community detention', or **detention that is closely interwoven with society**, fits in much better with the Basic Law objectives.



Detention takes place in separate detention houses. There will be living about 10 inmates in each house.

## ORGANISATION: TOUCHÉ

### Executive committee

4 people - 1.25 fte run the **organisation, fundraising, communication, coordination and coaching** daily management, actions and campaigns

### Practice team

11 people- 2 fte  
1 employee + 7 freelancers + 6 volunteers  
**therapeutic programmes** for people who got into problems because of aggression

### Supporters

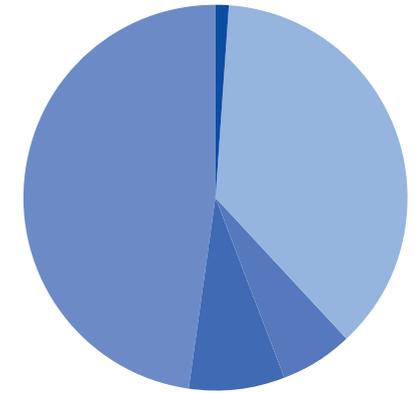
pro bono consultants + coaches + volunteers + foundations  
organisation of actions, events and campaigns; supporting the executive committee in daily organisation, businessmodels, communication, impact, strategy  
eg. Ashoka, Koning Boudewijnstichting, Accenture, McKinsey, JP Morgan

### General Assembly & Executive Board

14 members  
define and monitor the organisation's **policy**, supervise the daily **management** and take care of the organisation's **health and continuity**  
voluntary commitment

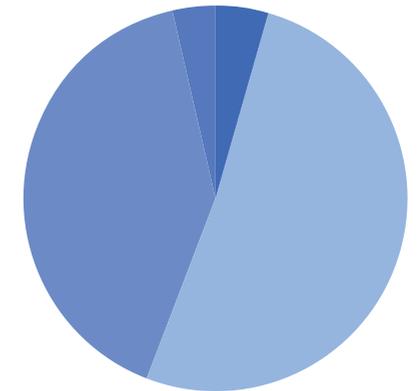
## Costs & revenues

Costs 2018 = 196 001 €



■ other = 1.3%  
■ projects, activities excl. salaries = 36.9 %  
■ fundraising costs excl. salaries = 8.3 %  
■ general costs excl. salaries = 7.8 %  
■ salaries, social ins. and pensions = 47.9 %

Revenues 2018 = 216 323 €



■ governmental subsidies = 4.7 %  
■ don. from individ. and companies = 51.2 %  
■ activities, sponsoring or actions = 40.6 %  
■ services to beneficiaries = 3.5 %

## PARTNERS IN CRIME

In order to have a real social impact, we need a solid network:

### 1 Partners with a similar social mission

**The Houses:** realisation of an alternative detention system

**Bond Zonder Naam:** actions and campaigns in prisons

**League for Human Rights:** a more useful and humane penal system

**Zijn:** movement against violence

### 2 Academic institutions

Our cooperation with academic institutions holds different objectives: i.e. sensitise students and encourage them to take action in the field of our subjects of interest; have trainees do thorough research related to our topics and work out activities and new products, put our vision and methodology on the curriculum and develop trainings for our employees and co-workers.

#### Education and coaching:

Korzybski Instituut / VDO / Ilfaro / Vlerick Business School / SFIO

#### Research:

HoGent - social work

Karel de Grote Hogeschool – Centre of expertise Strength-based Social Work / VUB - department of criminology / McKinsey - social impact

#### Development of new products:

Artevelde University College - graphical and digital media

#### Organisation of actions, events and campaigns:

Artevelde University College - event & organisation / Lannoo Cam-

pus - book(events)

### 3 Social entrepreneurs and organisations that want to change the world in their own way

In order to extend, deepen and broaden our social impact, Touché cooperates with organisations that aim at seeking a better world through social changes, amongst others through the Ashoka network.



Jurgen Delnaet for Gingo crowdfunding campaign for Touché'



## IMPACT

### Social benefit \*

#### 1 At an individual and relational level: (self-)respect

Balance, powerful calmness, well-being, (self)confidence, optimism, hope, knowing better how to deal with emotions and with others, being able to build up respectful relationships with one another.

#### Proven results:

Feedback of clients and close friends or relatives show an increase in **positive emotions, conflict resolution skills and durable relationships.**

#### 2 At social level: a (re-)integration & solution-focused justice system

Successful reintegration of people with aggression-related problems = more people that contribute to society in a constructive way, because of the growing focus on development and use of talent.

+

An open, constructive and solution-oriented public attitude towards aggression, detention and people who make mistakes = a solution-focused, humane, efficient, durable, restorative, forgiving penal system.

#### Proven results:

- **more prisoners get opportunities to reintegrate more quickly** both during their stay in prison (e.g. access some kind of education,

have the right to work, face less severe disciplinary measures, be less quickly subject to disciplinary transfers to another prison) and after their stay.

e.g. 3 out of 5 participants of the first project group were gradually released shortly after the project. e.g. Most of the clients sealed their educational career in prison with a certificate or degree.

- **less recidivism:** first raw estimates show that 83% of our clients is not convicted or imprisoned again for violent offences and that only 35% is imprisoned again for reasons other than violence (mostly because of violation of the conditions).
- **less aggression-related incidents:** there are less incidents and if there are incidents, they are less severe and they are inquired into, solved and restored faster.
- **influence on policy:** the current Minister of Justice includes pilot projects in detention facilities in his Justice plan.
- We won the **prize for Human Rights**, we were nominated as a candidate for the prize for Exclusion of Poverty and we received the 'European award for excellence in solution focused practice' from the EBTA. This shows that other people see and recognise the impact of Touché. Since the establishment of Touché, other organisations in welfare and justice are using elements of the solution we offer.

### Economic benefit for society

€ 1 invested in Touché = € 72 returned to society

#### 1 Our solutions are cheaper than the current offer

The **counselling** by Touché is a lot cheaper than confining people to prison: for the price of 2 to 3 imprisonments, touché offers guidance to 200 people. Comparing with the price the Flemish administration pays for assistance and services for prisoners, touché costs only 1/3 and serves 4 times as many clients.

**Detention houses** also are cheaper than the current large-scale prisons. They will cost 203 € a day per prisoner. That is a saving of 14 € a day per prisoner. During the first stage of the pilot project, there will be 100 prisoners living in detention houses. That means a saving of 511,000 € a year.

#### 2 Our solutions are more effective and therefore cost-reducing

**Less violence and recidivism** by people who followed a Touché-programme = € 8.342.500 a year.

#### 3 Our solutions will even yield profit for society

Our solutions will enable more people to be productive on the labour market. There will be more creative entrepreneurs. The knowledge and experience of people who made mistakes, will be transformed into skills for the next generation, ... By aiming at youngsters in particular,

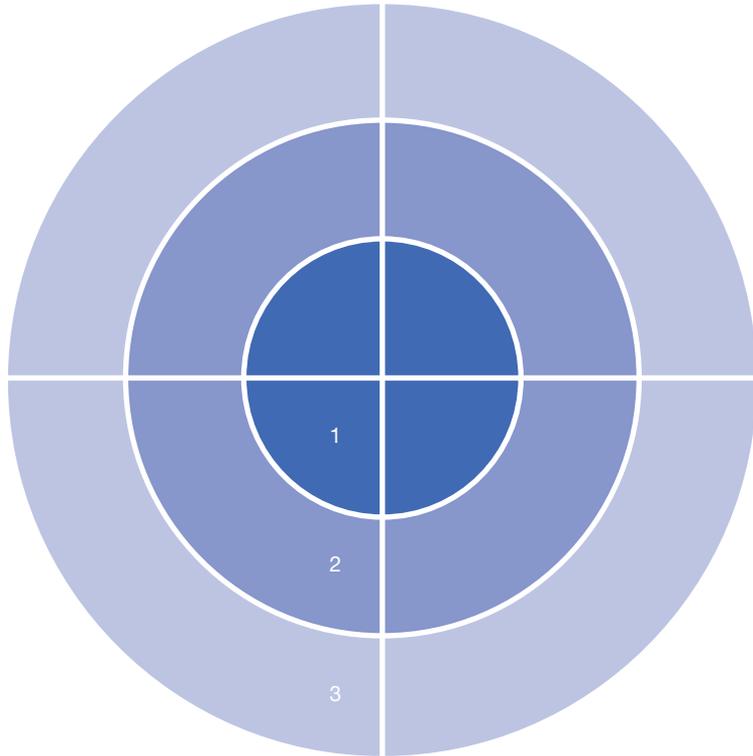
this amount will even rise in the next years = € 6.079.500 a year.

**Touché annually generates € 14,5 million in economic value in Belgium.**

\* Touché cooperates with several partners with expertise in impact measurement to continuously monitor the impact of our work. The social results named above are based on research by de Karel de Grote Hogeschool. The economic results mentioned above are based on an impact study about Touché by McKinsey & Ashoka. A practice based impact research of HoGent, with a special focus on the youngsters project, is running.

## AMBITION

In the years to come Touché will work in 3 domains: in counselling, in society and as an organisation, with the following strategic goals:



1 In general, people in our society will be more capable of recognizing their own anger, control and manage it and even use it in a positive way.

2 Our society will be sustainably safer, because the **penal system** will put more emphasis on solutions and therefore will be more humane, more useful and more efficient.

3 Touché is a recognized, sustainable and professional centre of expertise in aggression.

In order to achieve this, our plans for the next years are the following:

- 1 an extension of our **therapeutic programmes**, i.e. an increase in the amount of clients, more target groups, more prisons and more areas: we want to reach 1,200 (ex-)prisoners a year and at least the same amount of youngsters and about 500 professional workers with our educational sessions.
- 2 continuation and expansion of the **youngsters' programme**, in cooperation with our partners, including De Zande in Ruiselede.
- 3 guidance of the first **detention houses** and a European movement for small scaled detention.
- 4 further **formalisation of our method and effective factors** in the form of educational products and an app.
- 5 **expansion of our social activities**.
- 6 start up of concrete **co-creations with companies**.
- 7 further extension of our **team**, and attached to that further extension of a well-founded and strong **organisation** (financially and organisationally).

All our activities will be tested against the basic principles of our **charter** (respect, human rights, integrity, equality, dignity and solution-focused approach), and should be characterized by and lead to **integration**. Our weapons are innovation, professional quality, a substantive vision, eagerness, energy, militancy and stubbornness.

**WHAT CAN BE YOUR PART IN THIS STORY?**

Become...

- ... a **client** and learn how to recognise, control and manage your own aggression and use it even in a positive way.
- ... a **staff member/fellow worker** (as a volunteer, freelancer or trainee) to counsel clients and help us to further develop our therapeutic programmes.
- ... a **co-organiser** of activities and events and discover that aggression and detention are worth the investment.
- ... a **supporter** with your expertise or donation and help us to become stronger.
- ... a **customer** and appeal to our expertise for educational sessions or peer-to-peer coaching.
- ... a **participant** in one of our activities or events.
- ... an **ambassador** of our vision.

## INFORMATION

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## Colophon

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Design: Steve Reynders<sup>be</sup>



The Touché team.

IF YOU'RE  
NOT ANGRY  
YET,  
YOU'RE NOT  
PAYING  
ATTENTION.



