REPORT ON THE PILOT PROJECT “MATTERS OF SUBSTANCE” CONDUCTED BY MORELAND HALL IN PORT PHILLIP PRISON

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Presented by
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Paper presented at the Best Practice Interventions in Corrections for Indigenous People Conference convened by the Australian Institute of Criminology in conjunction with Department for Correctional Services SA and held in Adelaide, 13-15 October 1999
Background to this report

This report completes a pilot study conducted in Port Phillip Prison over an 8-month period from February to September 1999.

The study involved prisoner participation in a computer based alcohol and drug education and skills development program called “Matters of Substance.”

An evaluation of the pilot has led to recommendations, which include recruiting a dedicated A&D worker to further integrate the program’s use into the wider prison population, including both inmates and staff. The recommendations also include advertising its potential value to corrections, drug rehab and educational facilities.

Turning the Tide

In March 1996, the findings of the Premier’s Drug Advisory Council (PDAC) were published in a document titled Drugs and our Community. The PDAC report stated that:

“The prison system attracts a population with substance abuse problems of a serious and lifelong nature. Some studies suggest up to 78 per cent of persons within adult prisons have a substance abuse disorder. This is particularly true of women in prison. The prison environment is simultaneously a difficult environment in which to deal with drug issues, and a valuable opportunity for people to confront their drug use, provided adequate treatment and support is available.”

The provision of funding for recommendations in Drugs and our Community was launched under the banner of Turning The Tide. In relation to one of the many new and innovative Turning The Tide programs, a press release issued by the Minister for Health and Aged Care, Mr. Rob Knowles, said:

“Victoria now adds to Australia’s progressive reputation with the establishment of innovative programs and the integration of the Government’s comprehensive new drug control and treatment policies under Turning The Tide.”

The Office of the Correctional Services Commissioner approved a package of fourteen innovative alcohol and other drugs programs in Port Phillip Prison under Turning The Tide. The development of the CD ROM Interactive Multimedia Alcohol and Drug Self Learning Package commenced on February 1st 1998, and includes the pilot study and on-going use and promotion throughout the prison.

Port Phillip Prison

Group 4 Securitas, together with partners and associates, delivers supreme standards of security in over forty countries, spanning five continents. Its global network is supported by a comprehensive range of products and services, from security guards and cash carrying through to electronic surveillance and prison management.

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1 Premier’s Drug Advisory Council (PDAC) 1996. Drugs and our Community. Melbourne, Victorian government; p.98
2 Tuesday 29 July 1997.
Group 4 Correction Services P/L commenced operation of Port Phillip Prison, a maximum security men’s prison in Laverton, Victoria, in September 1997.

Group 4 included in its programs, a range of alcohol and other drugs programs to inmates, and training on substance abuse issues to prison staff. Moreland Hall was contracted to provide these services. In February 1998, Turning The Tide funding provided for an increase in the range of alcohol and other drugs services in the prison.

Moreland Hall

Moreland Hall is an agency of the Uniting Church Australia. For more than twenty-five years it has provided leadership in the development and delivery of innovative and creative intervention and prevention services in the alcohol and other drugs field. It is recognised throughout the community for the high quality of its client care; its dedication to continual improvement of its services; the development of innovative preventative programs and for its high ethical and professional standards.

Moreland Hall is active in the community and fosters participation in advisory, consultative and advocacy forums. Its services, delivered in a range of community settings, reflect its commitment to delivering accessible and relevant services based on identified community needs. These services include counseling, residential, home based and outpatient drug withdrawal, education and training, youth services, medical and laboratory services, and justice services. Moreland Hall has delivered alcohol and drug services to five Victorian prisons, namely Bendigo, Tarrengower, Dhurringile, Beechworth and Port Phillip.

Programs in Port Phillip Prison

Moreland Hall provides a comprehensive range of alcohol and other drug interventions to inmates and staff of Port Phillip Prison, including:

• Drug Education;  • Pre-Release Groups;
• Relapse Prevention;  • Pre-Release Individual Counseling;
• Drug Treatment & Psychotherapy;  • Family Counseling;
• One to One Counseling;  • Ausmusic Program and Counseling;
• Individual Intensive Therapy;  • Music Therapy;
• Group Alcohol Program;  • Alternative Therapies Education;
• Staying Straight;  • Physical Therapy;
• Substance Abuse And Driving;  • Staff Training and Education Groups.

In addition to the above services, Moreland Hall staff will promote the CD ROM program throughout Port Phillip Prison during the 1999-2000 operational year. It is currently conceived that the CD ROM program will gain its own momentum among prisoner peer educators, the listening scheme, and library and computer training room facilities.
The Developer of the “Matters of Substance” Program

Moreland Hall sub-contracted Sanctum—Centre for Personal and Corporate Wellbeing, to develop the “Matters Of Substance” CD ROM program.

Portions of the content material were drawn from the highly successful State wide motivational alcohol and other drugs programs and strategies which improve on general adult learning principles and methods such as active participation, hands on exercises, small group processes and the use of audio/video resources.

The materials, methods and strategies used within this program were based on empirical research and practice, and current approaches in the area of accelerated learning. The CD ROM package was designed to target outcomes in learning, computer skills, and alcohol and drug issues. It is notably valuable for those individuals who do not wish to engage in group or individual clinical contact.

Prisoner Participation

Permission was obtained from Group 4 to bring into Port Phillip Prison the equipment necessary to film some of the video portions of the CD. The equipment included a Sony Video 8 camcorder and film, tripod, microphone, cables and carry case.

The final CD ROM program contained the comments of 6 prisoners who were detained in Port Phillip Prison during filming in November 1998.

The process of obtaining the footage involved an invitation to participate in the video filming that was extended to twenty-four prisoners in 6 units, including Asian and Koori populations. All of the prisoners who were approached were known to the Co-ordinator of Moreland Hall in Port Phillip Prison as having participated in one to one counseling. It was estimated on that basis that they would be more approachable and comfortable, than other prisoners, about sharing their comments on alcohol and drug related issues before the camera.

Those who declined the offer to participate in the filming included all of the Asian prisoners who were approached. The predominant reason given was that, despite Sanctum’s view to the contrary, they felt that their English language was not up to standard. A few Koori and other mainstream prisoners also declined the offer to participate, citing reasons largely around not wanting to discuss their personal views or experiences on camera.

A dozen prisoners were enthusiastic to participate in the filming. Several of them made excellent contributions and looked good on the playback, however problems with the sound production made the footage unusable. Those prisoners who made it into the final cut include Craig, Darren, Glen, Keith, Les and Will. The production team are however, grateful to all of the prisoners involved for contributing so much to the video portions of the program.

Each participating prisoner was asked to read, understand and sign a disclaimer form, see Attachment 1.
Each prisoner was shown and asked a standard set of seven questions:

1. Why did you start using drugs?
2. What are some of the effects you experienced as a result of using alcohol and/or drugs?
3. What are some of the problems you experienced as a result of using alcohol and/or drugs?
4. What would you advise someone who is thinking about using drugs?
5. If you are talking to a friend about using drugs safely, what would you say?
6. What are your goals when you leave prison?
7. What are some of the activities/things that you can do to prevent relapse?

The video clips that made it into the CD ROM comprised edited exerts from the prisoners’ answers to all seven questions.

**About the “Matters Of Substance” Program**

Port Phillip Prison, with its "Turning The Tide" program, aims to provide a well balanced blend of:

1. Additional well established A&D programs currently in operation; and
2. New and innovative programs that are either new to Victorian corrections or have been practiced on the fringe of the correctional or A&D systems.

The CD ROM Interactive Multimedia Alcohol and Drug Self Learning Package is one of the innovative components of the "Turning The Tide" program.

“Matters of Substance” is a new and exciting package with a catchy and playful design to attract people with all levels of computer literacy. Designed for the prisoner and the educator in the correctional, educational and drug rehab environment, it covers the full spectrum of issues around drugs and alcohol and other substances of misuse, such as:

- Why people use and misuse substances
- The effects of drugs
- Habits and addiction
- Drugs and crime
- Alcohol deaths
- Anger and violence
- Family abuse
- Standard drinks and blood alcohol levels
- Women and alcohol
- Sobering up
- HIV/AIDS and hepatitis
- Harm minimisation
- Relapse and prevention
- Physical exercise and diet
- Peer group pressure
- Building an exciting future
- Finding meaning in what you do
- Goal setting and resourcing
- Identifying obstacles to solutions
- What you believe about yourself
- What your body feels like
- What actions you take
- Where to from here?
- A&D Services Resource Directory
In Port Phillip Prison, “Matters Of Substance” is currently (1999) installed on Moreland Hall owned computers, and Group 4 computers in the prison library, computer training room and on 2 portable trolleys. The program is available to all prisoners in Port Phillip Prison with the exception of those in the Management unit, Charlotte, for whom provision is planned.

Accompanying the CD ROM program is a substantial participant’s manual and a facilitator’s manual. Often it is sufficient for the facilitator to provide the participant with a photocopy of relevant sections of the participant’s manual. Users of the program “Matters of Substance” are able to use the computer program and the documented manual: both are recommended in order to maximise full exploration of what the program has to offer. Once familiar with the program on disk, participant’s tend to explore the participant’s manual more thoroughly, or simply play the program on disk without further reference to the manual.

Launching “Matters of Substance”

Funded under the Kennett State Government’s "Turning The Tide" initiatives, “Matters of Substance” was officially launched by the Parliamentary Secretary for Justice, Dr. Robert Dean on 24th March 1999. To the press, Dr. Dean is reported as saying:

“We are never going to have drug-free prisons, but this program is the start of that process. Prisoners can use the program in a personal way by researching their own experiences. If this program can start someone on the process of self-realisation then it has had some success.”

The Aims of the Pilot Program

The aims of the pilot program were to establish “Matters of Substance” in Port Phillip Prison as both a facilitated and a stand alone program accessible to all prisoners and to derive participant evaluation of the program.

How the Pilot was Facilitated

Moreland Hall staff conducted the pilot program from February to September 1999.

The CD ROM program was installed onto five Pentium computers. Headsets and external speakers were provided for participant use. The computers were all located in the Programs Building. This building accommodates the library, the computer training room and the class rooms in which Moreland Hall conduct the majority of their group interventions.

Participant access to “Matters of Substance” was facilitated in the following ways:

• Posters that advertised the nature and availability of “Matters Of Substance” were displayed in each unit;
• Mention of the program was made during each “Drug Awareness” induction group;
• Mention of the program was made during one to one counseling and in all of the Moreland Hall facilitated groups; and
• Word of mouth advertising was carried by prisoners and Group 4 unit staff.
Identifiable populations in the prison, such as prisoners with an “identified drug user” status, non-English-speaking-background, Indo-Chinese, Youth, alcohol users, heroin users and prison staff, were all indiscriminately involved in the pilot study.

In addition, a targeted study of the Koori population’s response to “Matters of Substance” was conducted. Twelve Koori prisoners participated and provided written evaluations of the program: the twelve represented 57% of the current Koori population. The findings of the pilot study and the Koori participation will be presented at the “Best Practice Interventions in Corrections for Indigenous People” conference being jointly facilitated in Adelaide through 13-15\textsuperscript{th} October 1999 by the Australian Institute of Criminology and the Department for Correctional Services SA.

Moreland Hall staff incorporated “Matters Of Substance” into one to one counseling sessions, staff training sessions, and group sessions involving Drug Education Programs and Relapse Prevention Programs.

A survey of the evaluations submitted by fifty prisoners who participated in the pilot study accompanies this report.

**Findings**

To date, indications from prisoners, facilitators and prison staff are that “Matters Of Substance” has been very well received across the board.

The highlights of the findings have been:

- The fact that the program is on computer;
- The detailed information available on a full range of subjects; and
- How entertaining and interesting it was to use.

The pilot involved the following:

- Unassisted use of the program by a single prisoner;
- Assisted use of the program involving a single prisoner and a staff facilitator;
- Assisted use of the program involving a group of prisoners and a staff facilitator in settings involving:
  - One prisoner per computer, and
  - Multiple prisoners per computer.

It has been found that a brief introduction to the program should be given to a person who wishes to use the program unassisted, in order to maximise full exploration of what the program has to offer. Some prisoners who used the program unassisted, later suggested to a facilitator that they felt they would have derived more value from the program if they had been able to discuss their personal issues with the facilitator whenever they found relevant items and prompts on the screen.

Facilitators indicated that it worked very well to have three or four people sitting around the computer and using it with assistance from a facilitator.
Facilitators reported that the majority of participants employed the program for the sake of enhancing their drug education knowledge and their relapse prevention skills and that they also enrolled for ongoing one to one counseling.

Many of the participants commented positively on the use of prisoners in the video footage. None have reported negatively on the use of prisoners in the video footage. One prisoner light-heartedly commented that he was glad it wasn’t him in the video footage—a sentiment that in fact caused some prisoners to decline involvement in the CD ROM production.

In operational terms, one person per computer was found to work the best. This enabled the person to engage with the program at their own speed and exercise their own preferences over the content.

The participant’s manual was very popular. Many of the participants sought opportunities to thoroughly explore the written material. They also sought to ensure that they were completing their written responses to the manual’s curriculum correctly and to discuss their issues.

Facilitators noted that the program was found to be particularly useful with participants who have difficulties with literacy or for whom English is a second language.

As mentioned above, a targeted study of the Koori population’s response to “Matters of Substance” was conducted. Twelve Koori prisoners participated and most provided written evaluations of the program: the twelve represented 57% of the current Koori population. The seemingly slow rate of interest in computers from the Koori population had previously led to the thinking that they would be apprehensive about looking into “Matters of Substance”. After appropriate orientation however, they all responded well—so well, in fact, that the first prisoner to complete the puzzle program in “Matters of Substance” was a Koori. One member of Group 4 was approached by a Koori participant in the yard, who expressed considerable excitement about his experience of the program. On the day he completed the program, another Koori prisoner invited three of his cousins to do it. Suddenly, it seemed, previous staff apprehensions became illusions as the Koori population came out of the woodwork with much enthusiasm for both the program and computer use.

Participant evaluations

All participants in the pilot study were given the opportunity to complete a written evaluation form. A survey of fifty-six completed forms is attached.

The evaluation form focussed on the participant’s computer skills and drug related matters in a format comprised of nine questions, as follows:

1. Has this program increased your knowledge and skills in dealing with drug-related issues within the prison system?
2. Has this program increased your knowledge and skills in dealing with computers?
3. How much of the information was new to you?
4. How easy to understand was the program?
5. How helpful was the program to you?
6. How much did you feel the program involved you?
7. What were the most useful aspects of the program?
8. What were the least useful aspects of the program?
9. Are there any other comments, criticisms, suggestions etc you would like to make about the program?

Recommendations

“Matters Of Substance” has applications suitting a number of other service providers including:

- Other prisons;
- Adult corrections facilities;
- Juvenile corrections facilities;
- Alcohol and drug education and treatment providers;
- Youth services;
- Educational facilities; and
- Home education.

“Matters Of Substance” would be well suited to occupying a place on a prisoner computer network for access by individual prisoners at their own leisure. Similarly, prisoner peer educators could become skilled facilitators of the program in order to introduce prisoners to the program and assist them with discussion of their personal issues.

“Matters of Substance” should remain an integral component of Moreland Hall programs. Of particular value will be the introduction of a dedicated Moreland Hall worker who will build the program’s momentum among the prisoner population. The worker should also target Youth, Indo-Chinese and other specific populations, and advocate its use in Peer Support Programs.

It is not unreasonable to recommend “Matters of Substance” to prisons world wide.

Acknowledgements

“Matters of Substance” and its pilot study have been a success, thanks largely being due to:

- Port Phillip Prison—for requesting innovative programs, and by allocating funds through the Turning The tide initiative to make this program possible.
- Moreland Hall—for implementing the program and providing a much needed service.
- Sanctum—Centre for Personal and Corporate Wellbeing, and in particular Kurtz Snelleksz and all the support consultants—for providing their commitment and expertise to this program.
- Group participants—for trialing and providing valuable feedback during the developmental phase of the program.
- Prisoners, in particular Craig, Darren, Glen, Keith, Les and Will (and those few prisoners whose video footage didn’t make it onto the final product)—for contributing so much to the video portions of the program.
**Attachment 1—Disclaimer form**

**PERMISSION TO USE VIDEO CLIPS**

Thank you for agreeing to participate in this project. As you would have been informed, the project is a computer based drug and alcohol program that will be used initially within Port Phillip Prison and possibly within the wider prison/community system.

By participating in this project, you are helping other people learn from your experience as well as helping to provide a valuable teaching resource.

**PERMISSION**

I ___________________________ give Moreland Hall permission to use the clips that will be used as part of a drug and alcohol problem. I understand that the program will initially be used at Port Phillip Prison and possibly within the wider prison/community system.

**DISCLAIMER**

I understand that Port Phillip Prison, Moreland Hall, or Sanctum and any of its agents or bearers will not be held liable for damages in any way or form.

In any event, I understand that the clips will not be used in a damaging way in their presentation.

**YOUR NAME** (Please print)  
____________________________

**YOUR SIGNATURE** (Please sign)  
____________________________

**DATE**  
____________________________

**THANK YOU**
Attachment 2—Participant evaluation responses and statistics

The responses to the evaluation forms were as follows:

<table>
<thead>
<tr>
<th>QUESTION</th>
<th>REPLY</th>
<th>NO.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1. Has this program increased your knowledge and skills in dealing with drug-related issues within the prison system?</td>
<td>Very much so</td>
<td>12</td>
<td>21%</td>
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<tr>
<td></td>
<td>A little</td>
<td>26</td>
<td>46%</td>
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<td></td>
<td>A lot</td>
<td>16</td>
<td>29%</td>
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<td></td>
<td>Not at all</td>
<td>2</td>
<td>4%</td>
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<tr>
<td>Q2. Has this program increased your knowledge and skills in dealing with computers?</td>
<td>Very much so</td>
<td>9</td>
<td>16%</td>
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<td></td>
<td>A little</td>
<td>31</td>
<td>55%</td>
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<td></td>
<td>A lot</td>
<td>8</td>
<td>14%</td>
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<tr>
<td></td>
<td>Not at all</td>
<td>8</td>
<td>14%</td>
</tr>
<tr>
<td>Q3. How much of the information was new to you?</td>
<td>Most of it</td>
<td>6</td>
<td>11%</td>
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<td></td>
<td>A lot</td>
<td>18</td>
<td>32%</td>
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<td></td>
<td>Some</td>
<td>30</td>
<td>54%</td>
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<td></td>
<td>None</td>
<td>2</td>
<td>4%</td>
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<tr>
<td>Q4. How easy to understand was the program?</td>
<td>Excellent</td>
<td>14</td>
<td>25%</td>
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<td></td>
<td>High level</td>
<td>18</td>
<td>32%</td>
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<td></td>
<td>OK</td>
<td>24</td>
<td>43%</td>
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<tr>
<td></td>
<td>Low level</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Q5. How helpful was the program to you?</td>
<td>Excellent</td>
<td>15</td>
<td>27%</td>
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<td></td>
<td>High level</td>
<td>15</td>
<td>27%</td>
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<td></td>
<td>OK</td>
<td>25</td>
<td>45%</td>
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<td></td>
<td>Low level</td>
<td>1</td>
<td>2%</td>
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<tr>
<td>Q6. How much did you feel the program involved you?</td>
<td>Excellent</td>
<td>10</td>
<td>18%</td>
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<td></td>
<td>High level</td>
<td>24</td>
<td>44%</td>
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<tr>
<td></td>
<td>OK</td>
<td>17</td>
<td>31%</td>
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<td></td>
<td>Low level</td>
<td>4</td>
<td>7%</td>
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<tr>
<td>Q7. What were the most useful aspects of the program?</td>
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<td></td>
<td>The replies fell into the following groups:</td>
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<td></td>
<td>• Computer based; Interactive; spoken information; sound; quizzes.</td>
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<tr>
<td></td>
<td>• Drug Education over a variety of drugs; side effects of drugs</td>
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<td></td>
<td>• Easy to use; easy access to various topics;</td>
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<td></td>
<td>• Health, family matters; Hepatitis A,B, C and HIV; safer sex.</td>
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<td></td>
<td>• Learning about new goals and why I use drugs.</td>
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<td></td>
<td>• New and helpful information and statistics;</td>
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<td></td>
<td>• Other prisoners' experiences with drug problems discussing their cases.</td>
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<tr>
<td></td>
<td>• Relapse prevention</td>
<td></td>
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</tr>
</tbody>
</table>
Q8. What were the least useful aspects of the program?

63% (35) replied saying there were no least useful aspects. The remainder of the replies fell into the following groups:

- Alcohol problems because I don't drink
- Boring
- Computer freezing up
- Games
- Hep C and HIV
- Keyboard
- Puzzles
- Relapse prevention
- Sex education
- Small screen in group session
- Time taken

Q9. Are there any other comments, criticisms, suggestions etc you would like to make about the program?

61% (34) replied saying there were no comments, criticisms or suggestions. The remainder of the replies fell into the following groups:

- Alcohol Menu was great
- Don't be so technical on some answers
- Good program for Koories
- Good; a new way of looking at things
- I thought the program was very helpful
- It needs to deal with individuality
- More information on the treatments and their effects
- More on why people start using
- More personal stories
- Should be compulsory
- Thanks for not putting me on the CD ROM
- Thanks for the help
- The information good and I enjoyed talking in group it was good
- The program will assist other people in the future because it's very helpful
- There should also be one on one counseling
- Very good.
The responses to the first 6 questions from Koori prisoners were as follows:

<table>
<thead>
<tr>
<th>QUESTION</th>
<th>REPLY</th>
<th>NO.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1. Has this program increased your knowledge and skills in dealing with drug-related issues within the prison system?</td>
<td>Very much so</td>
<td>1</td>
<td>10%</td>
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<td></td>
<td>A little</td>
<td>1</td>
<td>46%</td>
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<td></td>
<td>A lot</td>
<td>3</td>
<td>29%</td>
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<td></td>
<td>Not at all</td>
<td>0</td>
<td>4%</td>
</tr>
<tr>
<td>Q2. Has this program increased your knowledge and skills in dealing with computers?</td>
<td>Very much so</td>
<td>2</td>
<td>20%</td>
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<td></td>
<td>A little</td>
<td>2</td>
<td>46%</td>
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<td></td>
<td>A lot</td>
<td>0</td>
<td>29%</td>
</tr>
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<td></td>
<td>Not at all</td>
<td>1</td>
<td>4%</td>
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<tr>
<td>Q3. How much of the information was new to you?</td>
<td>Most of it</td>
<td>1</td>
<td>10%</td>
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<td></td>
<td>A lot</td>
<td>2</td>
<td>46%</td>
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<td></td>
<td>Some</td>
<td>2</td>
<td>29%</td>
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<td></td>
<td>None</td>
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<td>4%</td>
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<tr>
<td>Q4. How easy to understand was the program?</td>
<td>Excellent</td>
<td>1</td>
<td>10%</td>
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<td></td>
<td>High level</td>
<td>0</td>
<td>46%</td>
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<tr>
<td></td>
<td>OK</td>
<td>4</td>
<td>29%</td>
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<td>Low level</td>
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<td>4%</td>
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<tr>
<td>Q5. How helpful was the program to you?</td>
<td>Excellent</td>
<td>2</td>
<td>20%</td>
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<td></td>
<td>High level</td>
<td>0</td>
<td>46%</td>
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<td></td>
<td>OK</td>
<td>3</td>
<td>29%</td>
</tr>
<tr>
<td></td>
<td>Low level</td>
<td>0</td>
<td>4%</td>
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<tr>
<td>Q6. How much did you feel the program involved you?</td>
<td>Excellent</td>
<td>1</td>
<td>10%</td>
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<td></td>
<td>High level</td>
<td>1</td>
<td>46%</td>
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<td></td>
<td>OK</td>
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<td>29%</td>
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<td></td>
<td>Low level</td>
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<td>4%</td>
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