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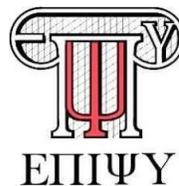
# Re:MIND

**Rehabilitative Engagement, Moral Insight & Neurodevelopment**

A dual-track, evidence-based rehabilitation model  
for Mild Youth Offenders



**HELLENIC REPUBLIC**  
MINISTRY OF JUSTICE



ΕΠΙΨΥ

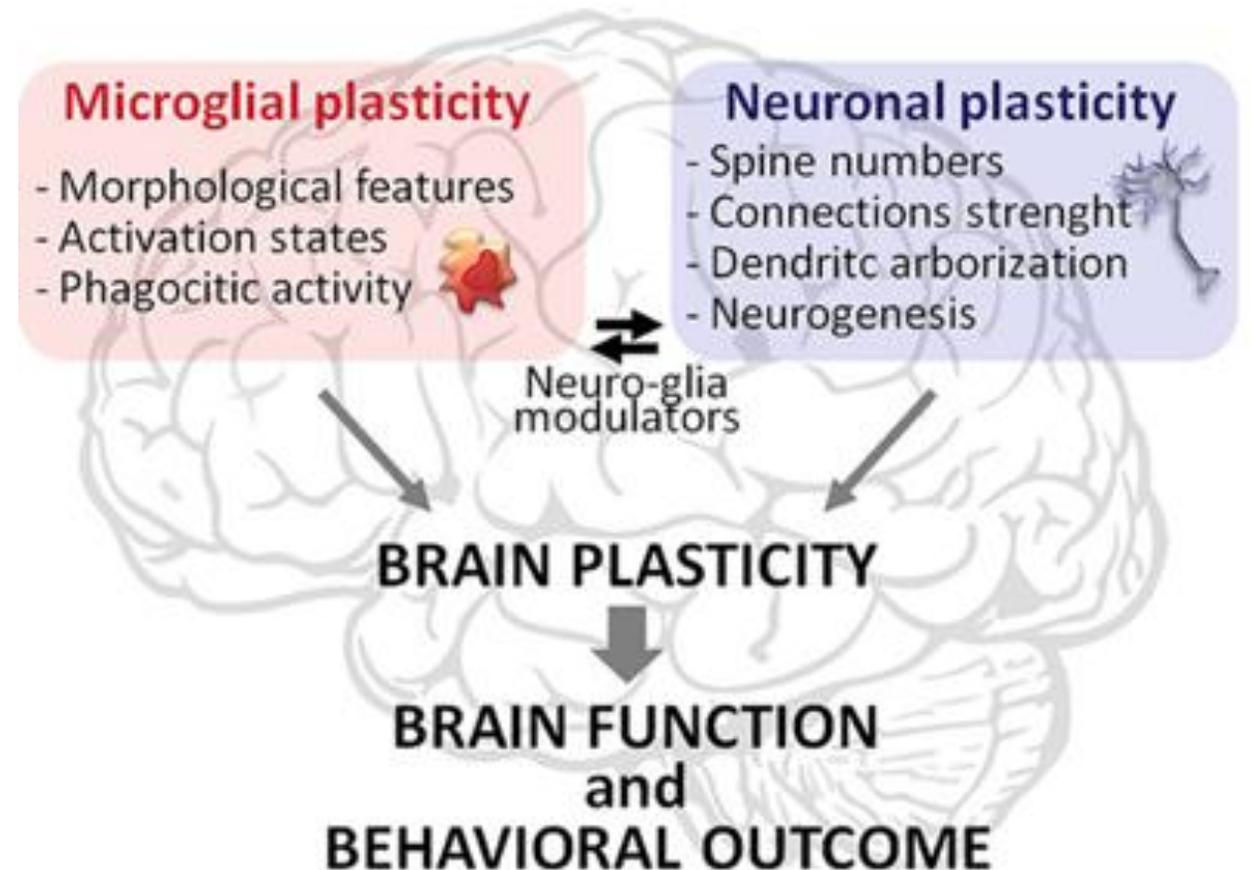


ΠΑΝΕΠΙΣΤΗΜΙΟ ΠΕΙΡΑΙΩΣ  
**UNIVERSITY OF PIRAEUS**

# From Neuroscience to Juvenile Justice: Neuroplasticity-Driven Rehabilitation

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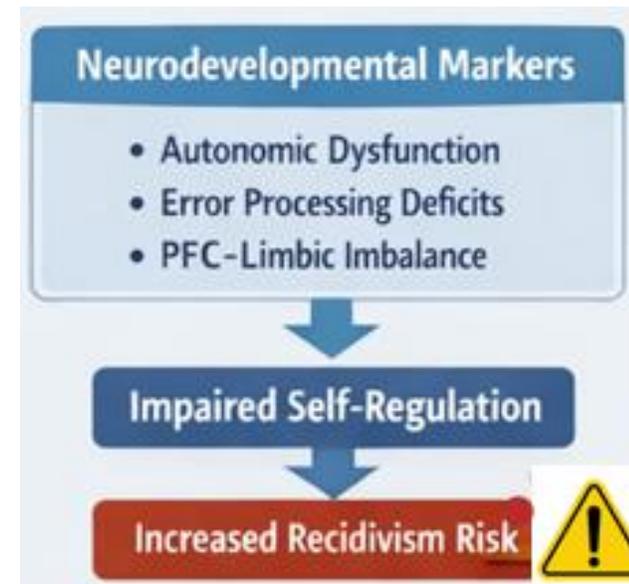
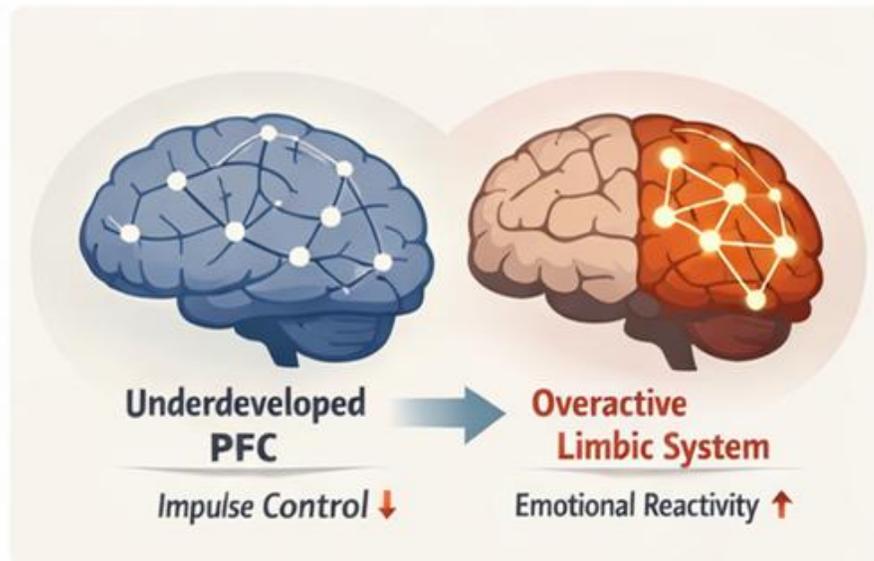
The intersection of contemporary neuroscience, psychology, pedagogy and juvenile justice offers **neuroplasticity as the essential principle** for effective rehabilitative programs targeting mild delinquent adolescents.



# Neurodevelopmental Vulnerabilities in Delinquent Youth

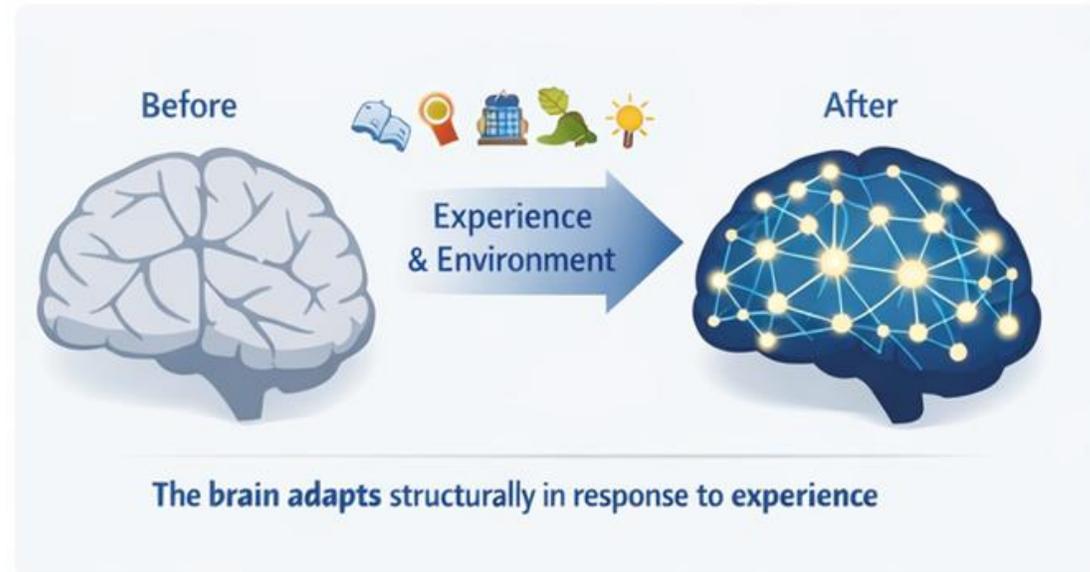
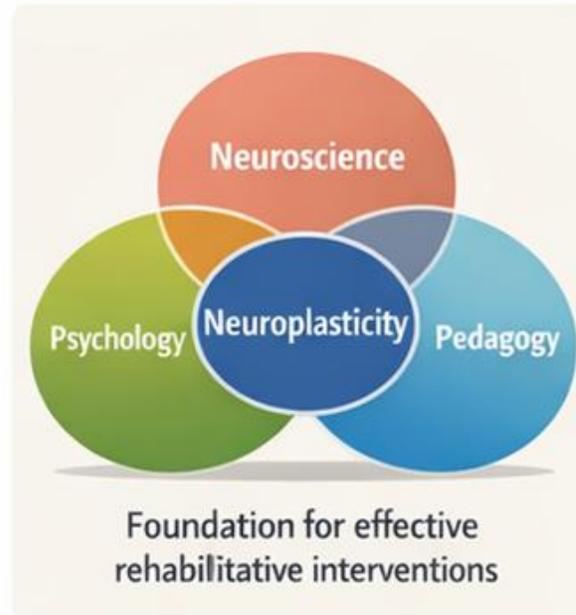
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Key neuroscience findings highlight **adolescent brain immaturities** in the *prefrontal cortex (PFC)* and *limbic system*, which **impair impulse control, risk assessment, and emotional regulation**, making youth more susceptible to peer influence and poor decisions.



# Neuroplasticity as the Cornerstone of Youth Rehabilitation

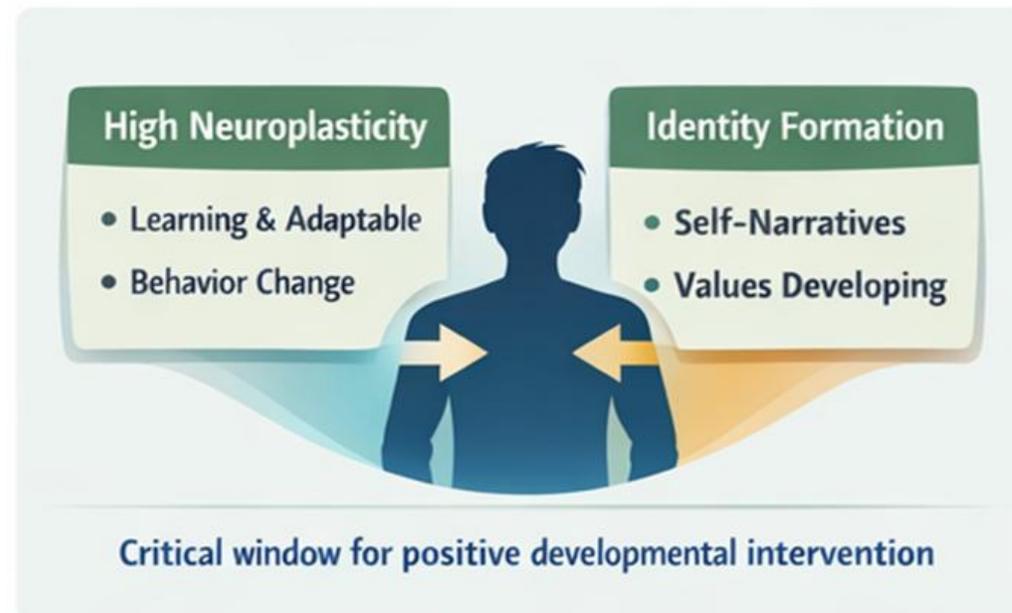
- **Neuroplasticity** refers to the brain's ability to reorganize itself by forming new neural connections throughout life.
- This **adaptability** allows neurons to compensate for injury, adjust to new experiences, or respond to environmental changes.



# Critical Windows for Positive Developmental Interventions

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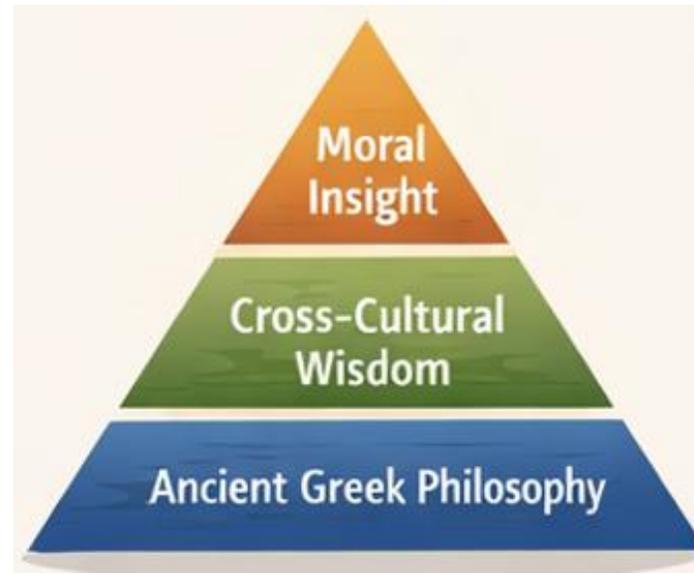
- **High neuroplasticity** means that:
  - **behavior and emotional regulation** are highly **modifiable through experience**,
  - while **identity formation** is **ongoing**, indicating that adolescents are **actively constructing self-narratives**.



# Using Cultural Narratives to Foster Moral Development & Adaptability

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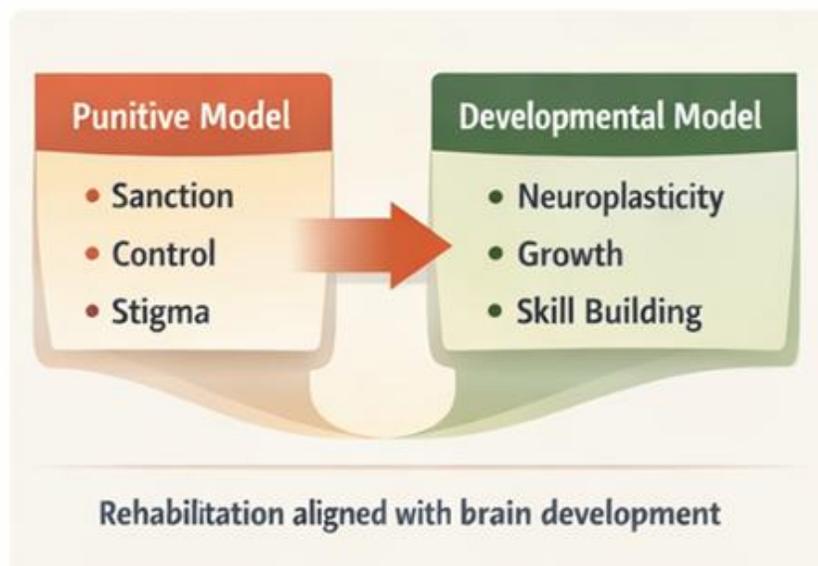
- Considering this evidence, we created a **rehabilitative procedure** aiming to provide developmentally appropriate **moral insight** to mild youth offenders using both
  - philosophical works of Ancient Greece and analogous works of other **cultural traditions**,
  - as well as aligned stories of **everyday life** to achieve adaptability.



# Why a Pluralistic, Dialogical, Restorative Approach Works

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- These Psycho-educational **methods** inspired by **Socratic inquiry** and **cross-cultural storytelling** encourage:
  - critical thinking,
  - empathy, and perspective-taking,
  - while restorative concepts of justice promote accountability without stigmatization.



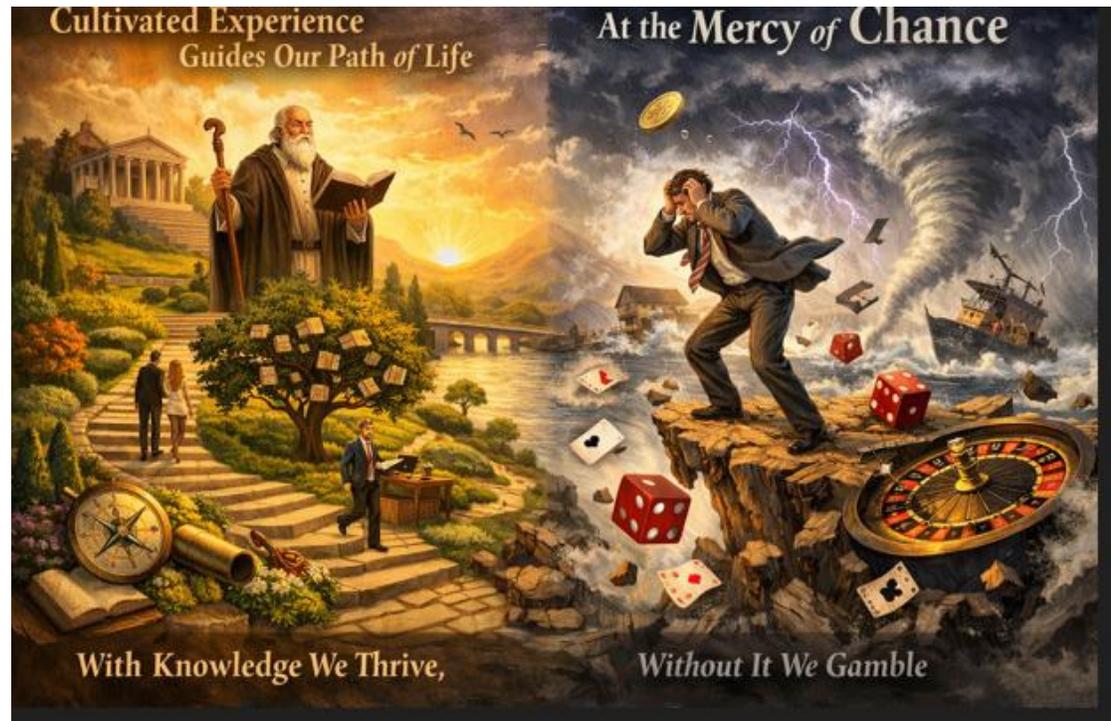
# From Chance to Cultivated Experience A Developmental Model of Rehabilitation

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Taken together, the evidence and the “unwritten doctrines” point to a simple claim:

**“Cultivated Experience enables our span of life to proceed successfully, whereas**

**lack of Cultivated Experience leaves us at the Mercy of Chance”.**





## Rehabilitative Engagement: Moral Insight & Neurodevelopment Assessment

*A child-friendly, evidence-based rehabilitation programme.*

Target group: **young people aged 12–20** with *mild offending behaviour*.

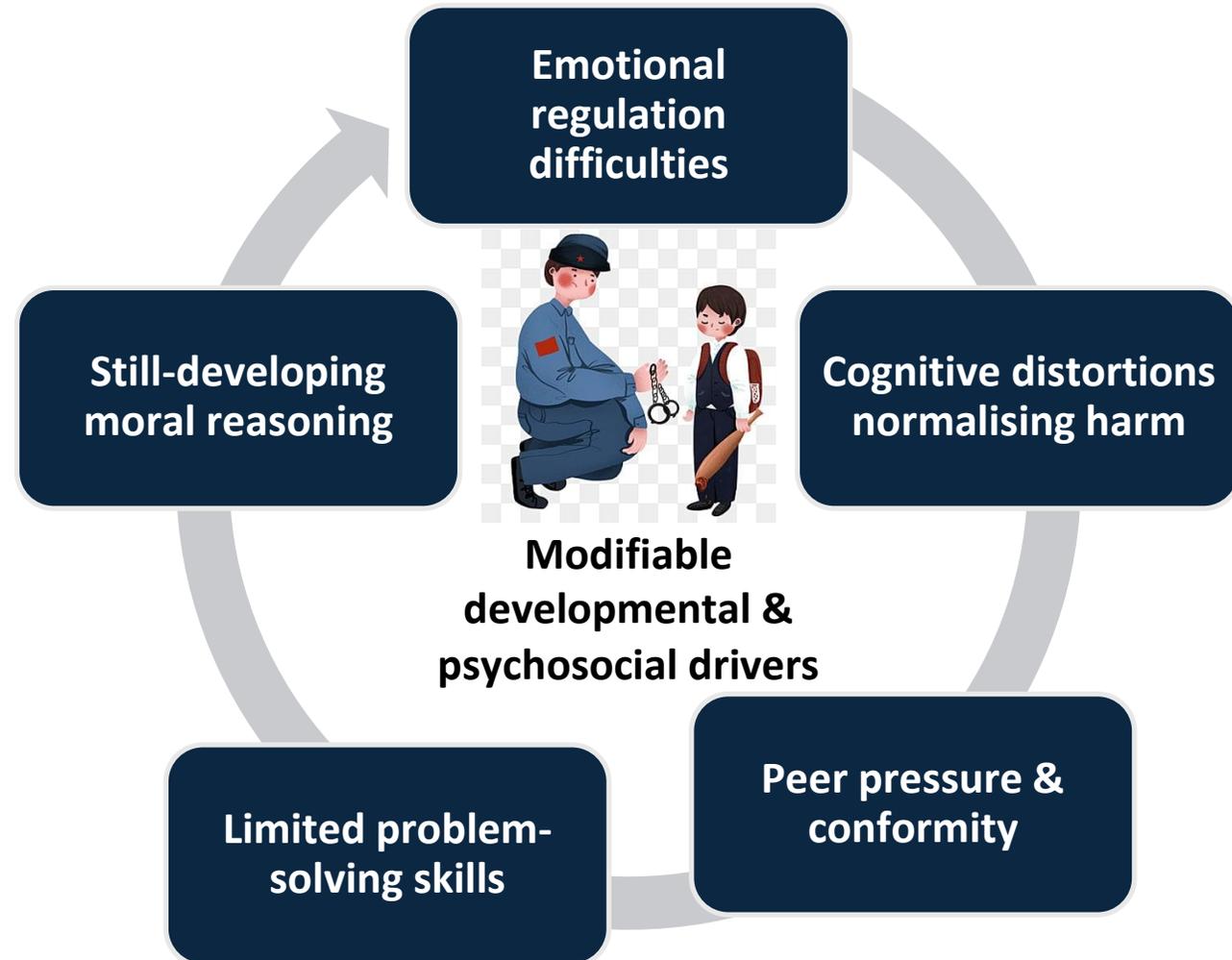
Fully aligned with **European child policy values**.



# The Policy Challenge

- Mild youth offending often stems from **intertwined vulnerabilities**.
- Unaddressed risks become **cumulative**:
  - Marginalisation
  - Persistent behavioral problems
  - Re-offending
  - Disengagement from education, institutions and society.

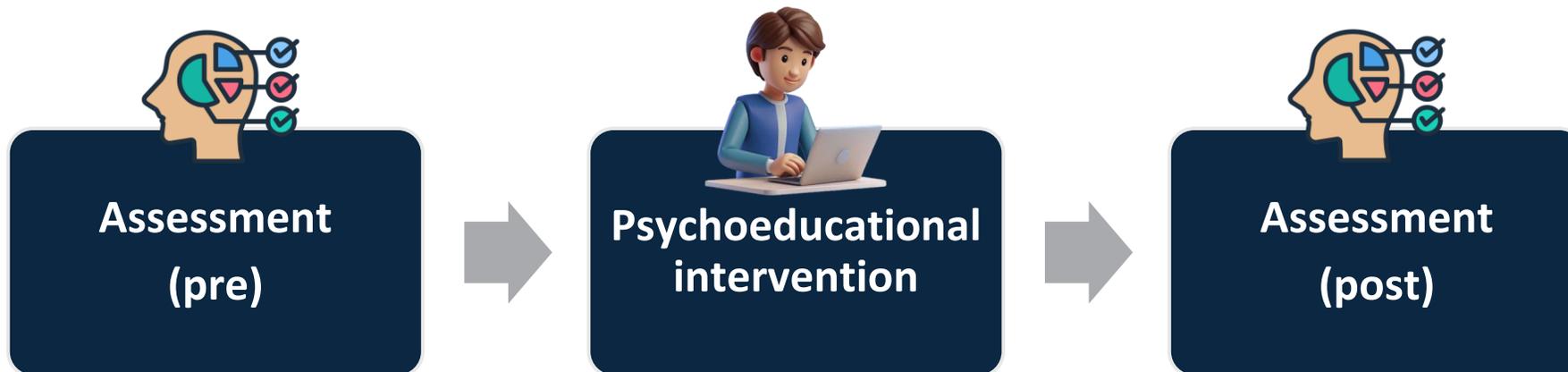
Early, developmentally informed intervention is **strategic** to redirect these youths toward **healthier trajectories!**



# The RE:MIND Model

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- Dual-track, 6-month programme grounded in neurodevelopmental & moral science.
- **Assessment + psychoeducation**
  - **Assessment** profiles behavioural & emotional risk
  - **Intervention** builds reflection, regulation & ethical reasoning.
    - Illustrated, interactive moral storytelling & youth-created narratives.
    - Responsibility · Virtue · Rights · Freedom
- Secure, youth-friendly **digital delivery** (\*demo)



# Narrative Foundations Cultural Inclusion



## *Homo Narrans*

- Storytelling predates formal law & schooling as a **universal educational tool**.
  - Teach through **metaphor, not judgement!**
  - Especially effective for **young people in crisis**.
- Draws on **a wide narrative ecosystem**:
  - From Classical philosophy & myth to European literature and Global moral storytelling
- **Culturally adaptable**: shared structure, localised content.
  - Supports ethical growth **through familiar cultural frames**.



# Reflective Dialogue

- Narrative work paired with **structured Socratic dialogue**.
  - Prioritises **reflection over instruction**.
  - No “right answers” to memorise.



- Fully compatible with **CBT-style guided discovery** supporting durable **behavioural change**.

Clarify assumptions

Examine evidence

Consider  
consequences

Connect choices to  
values

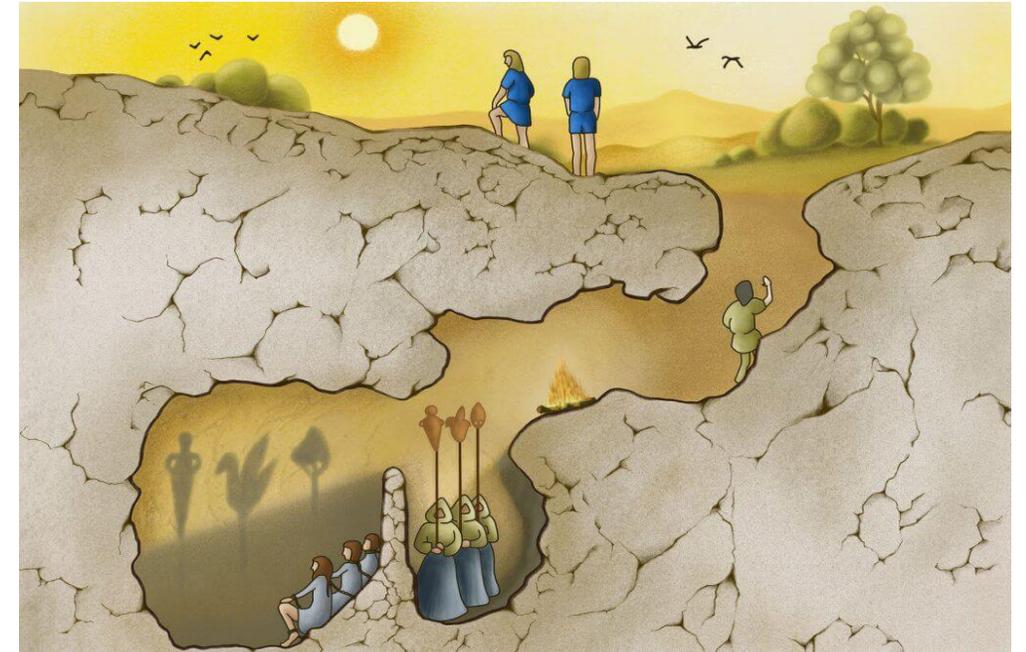
Reduces distortions:  
minimisation,  
externalising blame

Foster perspective-  
taking and  
responsibility

# Plato's Cave as a Developmental Metaphor



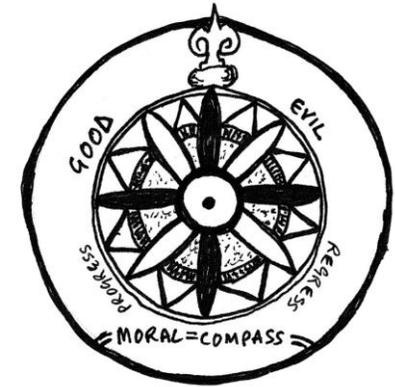
- Allegory of the Cave as a moral scaffold.
- A key developmental **transition**:
  - from **surface conformity**
  - toward **reflective insight and responsibility**.
- “Shadows”: automatic reactions & unexamined beliefs.
- Maps onto modern realities:
  - Peer pressure
  - Addictive patterns
  - Online misinformation or bubbles.
- **Rehabilitation as developmental growth**, not fear-based control.



# Measuring Impact

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- Targets **measurable psychological** and **moral change**.
- **Track shifts** in emotional, behavioural and moral outcomes:
  - **Strength and Difficulties Questionnaire (SDQ)**
  - **Revised Child Anxiety Depression Scale (RCADS-25)** (pre–post)
  - **Osgood Semantic Differential** (moral meaning)
  - **Kohlberg-based measures** (ethical maturity)
- Rehabilitation evaluated as **moral development**, not mere compliance.



Currently implemented in Greece's Juvenile Justice system, with **176 active users** completing the first trimester.

# European Added Value

## Integrates

- Developmental science
- Dialogue tradition & Moral education

## Strengthening **moral insight**

- Reduced re-offending
- Social cohesion
- Institutional trust
- Democratic resilience



Preventive

Rehabilitative

Digitally  
scalable

Culturally  
European

Ethically  
grounded