



AHP of the Year 2025

The winners of the annual Chief Allied Health Professions Officer Awards were celebrated at an in-person celebration event on Wednesday 26 November (London). The annual CAHPO Awards raises the profile of the Allied Health Professions (AHPs) and the vital contribution and impact AHPs make to improving care and wellbeing for people and populations. The AHP of the Year award is chosen from the [8 category winners](#). For 2025, Jenny Stickney, winner of the AHP Public Health award, secured the AHP of the Year award. Jenny is an Advanced Occupational Therapy Practitioner/Consultant Occupational Therapist at Dorset Healthcare University Foundation Trust.

Jenny is seconded into His Majesty's Prison and Probation Service (HMPPS) from the Offender Personality Disorder Pathway to explore what supports people in prison develop and sustain a healthy balanced lifestyle. As part of this work her and an OT colleague worked in partnership with HMPPS operational staff to develop a "Settlement Model" to support the settlement of prisoners during high-risk times during their custodial journey through entry to the prison, transitioning through prison and into release through the use of meaningful regime activity. To operationalise the Settlement Model two tools were developed - the This is Me (TIME) tool and a Personalised Regime Plan (PRP). These tools are currently being prototyped within prisons and early findings show that through this relational way of working prisoners feel genuinely listened to, prisoner officers feel more confident and competent in their roles as keyworkers and have greater job satisfaction and there is improved safety including reduction in incidents such as assaults on staff and use of force.

"I feel enormously proud of the progress made in this area of work, along with my colleague Emma Holmes, but even more passionate about what still lies ahead. Occupational therapy has a unique and powerful contribution to make in criminal justice —at clinical, strategic, and system wide levels. My hope is that this award will help raise the profile and importance of Occupational Therapy within all areas of criminal justice in custody and the community and support continued innovation and improved outcomes for the people we serve."



“Jenny’s work is a testament to the positive impact AHPs can have across diverse settings. Prisons are currently facing challenges of violence against staff and delivering rehabilitation to enable resettlement, and Jenny’s This is Me (TIME) tool and Personalised Regime Planning in Prisons (PRP) model offers innovative solutions that can be replicated across the country preventing reoffending and also reducing violence against prison officers.”

Professor Suzanne Rastrick, OBE
Chief Allied Health Professions Officer (CAHPO) for England

Find out more about the CAHPO Awards here:
<https://www.england.nhs.uk/ahp/chief-allied-health-professions-officer-awards/>