

## DESCRIPTION OF UK INTERVENTIONS (as of May 2019)

### a. Currently active interventions (listed alphabetically)

Title	<b>Braking Bad</b> website (www.brakingbad.co.uk)
Delivered by	Professionals involved in the Youth Justice System
Funded by	Oxfordshire Youth Justice Service
Involved in EPPIC project?	Yes
Target group	Age 14-19
Aims/objectives	<ul style="list-style-type: none"> <li>• Provide a tool for professionals involved in the Youth Justice System working with young people to explore some of the risks around drug supply, exploitation and related vulnerabilities.</li> <li>• To engage young people in looking at some of the risks around drug debt and supply.</li> <li>• To raise awareness and highlight risks inherent in drug debt and supply for young people.</li> </ul>
Description	A group of young people from Oxfordshire Youth Justice Service created the website to support other young people to increase their knowledge and understanding around drug dealing and exploitation. The website can be used by practitioners to support 1:1 or group work with young people who are involved in drug supply or at risk of becoming involved. Can be flexible depending on content and which characters are discussed. Use the website to raise awareness and start conversations on difficult subject matters for example, risk of becoming involved in drug supply and risk from exploitation, grooming and other forms of abuse
Approach	<p>A multi-media and interactive approach.</p> <p>Empowering - this educational tool is produced with young people and for young people.</p> <p>Free to access</p>
Evaluation	None noted
Further information	<p>Youth Justice Board website</p> <p><a href="https://yjresourcehub.uk/effective-practice/practice-examples/item/105-braking-bad-where-s-the-harm-in-drug-debt.html">https://yjresourcehub.uk/effective-practice/practice-examples/item/105-braking-bad-where-s-the-harm-in-drug-debt.html</a></p> <p>Link to braking bad multi-media <a href="https://www.brakingbad.co.uk/">https://www.brakingbad.co.uk/</a></p> <p>Contact: <a href="mailto:tim.parkhouse@oxfordshire.gov.uk">tim.parkhouse@oxfordshire.gov.uk</a></p>

Title	<b>DECCA, Sandwell, Combined Offer featuring Project 12</b>
Delivered by	Sandwell YOT
Funded by	Local authority
Involved in EPPIC project?	Yes
Target group	<ol style="list-style-type: none"> <li>1) Young people (11-18) in schools through PSHE lessons</li> <li>2) Young people (11-18) in youth offending services</li> </ol>
Aims/objectives	Empowering young people's safety and avoidance of risk
Description	<p>The Youth Offending Team in Sandwell have been trained to deliver project 12 with some adaptations specific to their client-group. Key to adapting the model specifically for the CJS cohort is breaking the programme into smaller 'chunks' and working either on a one-to-one basis or in very small groups. In addition there is a focus on the impact of risk behaviour on offending. The DECCA team aim to offer the approach to all YOT clients who are at highest risk of offending and who are ISSP clients. ISSP is the most rigorous, non-custodial intervention available for young offenders. As its name suggests, it combines unprecedented levels of community-based surveillance with comprehensive and sustained focus on tackling the factors that contribute to the young person's offending behaviour.</p> <p>The package is designed to ensure young people receive 'the basics' in terms of keeping themselves safe, in an integrated way that covers a range of interlinked risk behaviours.</p> <p>There are two distinct 'products':</p> <ol style="list-style-type: none"> <li>1. A Programme for young people – a 5 session programme (with additional elements if capacity allows) with materials and resources, based around the concept of building resilience, that cover specific cross cutting issues and subjects that affect young people today; essentially a short focused programme that can be delivered over the course of one day or over a number of weeks</li> </ol> <p>These taught resources are supported by online content so young people can access more 'person centred' activities outside of a mainstream delivery</p> <ol style="list-style-type: none"> <li>2. Additional programme resources for adults – two separate resources have been created, one for professionals and one for parents/carers/guardians. This is to ensure a continuity of</li> </ol>

	<p>understanding between young people and the adults they interact with both personally and professionally</p> <p>Both of the above are a combination of new resources, created in consultation with experts in their field, young people and professionals, and by utilising some of the best resources already in existence.</p>
Approach	<p>2 underpinning principles of the 'Protective Behaviours' approach have been utilised throughout the Project 12 package:</p> <ul style="list-style-type: none"> <li>• 'we all have the right to feel safe all the time'</li> <li>• 'we can talk with someone about anything even if it's awful or small'</li> </ul> <p>A young person, through self-discovery facilitated by participation and practice in activities based around developing key skills and understanding, will learn and understand the concepts of actions and consequences, safety and risk avoidance/minimisation and 'own' them.</p> <p>The approach aims to support young people to be more resilience and develop coping skills to deal with the issues life may present them with, ultimately leading to the main aim of Project 12; empowering young people's safety and avoidance of risk.</p>
Evaluation	<p>A pre and-post programme assessment and evaluation (for each individual client) has been developed, that was put together in conjunction with Dr Richard Cook, a senior lecturer in behaviour change psychology at Aston University. Project 12 has been running since September 2016 and has not as yet been evaluated as a whole project.</p>
Further information	<p>Further details, contact numbers and resources are available at;</p> <p><a href="http://www.ourguideto.co.uk/">http://www.ourguideto.co.uk/</a></p> <p>and at;</p> <p><a href="http://www.ipwm.org.uk/DECCA/Pathway-Services/">http://www.ipwm.org.uk/DECCA/Pathway-Services/</a></p>

Title	<b>How Stuff Works</b>
Delivered by	Cumbria Specialist Youth Service
Funded by	Local authority

Involved in EPPIC project?	No
Target group	10 to 17 year olds with offending history and substance misuse behaviour
Aims/objectives	<p>The Young People Law and Order course Unit challenges a young person's offending behaviour</p> <p>The Drugs and Alcohol Misuses Awareness course unit provides basic information on the psychological and physical effects of alcohol and drug misuse</p> <p>To accredit young people with an entry level award in Skills for Employment, Training and Personal Development (Entry 3, QCF)</p> <p>To signpost to other agencies that may offer help and support with regards to drug and alcohol misuse and young people involved in the criminal justice system</p>
Description	<p><b>HowStuffWorks</b> is an Offending Behaviour and Drugs and Alcohol Awareness programme, developed by the Cumbria Specialist Youth Service (CSYS) and the 12 one hour sessions (an outline of each session is available via a link at the address below) are delivered by The CSYS Intervention Team.</p> <p>The County has three teams each consisting of one Intervention Coordinator (Internal Verifier) and two Intervention Support Workers (Assessors) these Teams were created to deliver Accredited Programmes of Interventions to Young People that are clients of the YOS, Targeted Youth Support (TYS) and Cumbria's Early Help Service.</p>
Approach	<ul style="list-style-type: none"> <li>• The Programme requires minimal resources - Internet access and stationery. So it can be delivered in a range of locations</li> <li>• Referrals to the programme are made by our YOS Case Managers and TYS Officers to the CSYS Team via Intervention Coordinators.</li> <li>• Intervention Support Workers deliver the programme on a 1-2-1 basis supporting each young person to complete a Portfolio of work.</li> <li>• They do this by providing opportunities, advice and support through each session with the aim of the young person gathering evidence that supports their understanding of the Assessment Criteria and subsequently enabling them to gain</li> </ul>

	the qualification
Evaluation	None noted
Further information	Further details and contact information can be found on the YJB website; <a href="https://yjresourcehub.uk/effective-practice/practice-examples/item/510-how-stuff-works.html">https://yjresourcehub.uk/effective-practice/practice-examples/item/510-how-stuff-works.html</a>

Title	<b>Prison NPS Toolkit</b>
Delivered by	Public Health England
Funded by	Public Health England and National Offender Management Service
Involved in EPPIC project?	Yes
Target group	Staff working with 18+ age group
Aims/ objectives	To provide staff with information about NPS, how to address NPS use and what treatment/ support is available
Description	<p>In response to the growing concern about NPS use in prisons, Public Health England (PHE) and the National Offender Management Service (NOMS) published the <a href="#">NPS Toolkit</a> (PHE, 2016) which, was supported by a national rollout of training for staff. Following the publication of the New psychoactive substances (NPS) in prisons toolkit in January 2016, there have been significant developments in this area including the enactment of the Psychoactive Substances Act, high profile reports from HM Inspectorate of Prisons and the Prisons and Probation Ombudsman and the roll-out of a national training programme. The toolkit has now been revised and updated to provide a resource that takes into account the learning and additional information that is now available.</p> <p>It was designed for use by all staff in prisons, including Young Offenders Institutions. It was designed for use with staff working with adult (18+) prisoners initially; however, it is currently being adapted for use with younger prisoners. It covers what is known about the prevalence of NPS use; challenges to staff dealing with prisoners; categories of NPS and the law relating to them; their effects, side effects, potential associated health and behavioural problems; and what support and treatment is appropriate. Key points are that it is essential that every establishment has an integrated response, involving custodial, health and psychosocial care staff jointly managing the problems associated with synthetic cannabinoids. The overriding principle in dealing with NPS issues is that staff should respond in a proportionate and relevant way to the presenting behaviour or symptoms,</p>

	<p>irrespective of whether prisoners are suspected to be under the influence of NPS (Abdulrahim &amp; Bowden-Jones, 2015).</p> <p>The training events, held in various locations nationally, gave an opportunity to embed and discuss the toolkit, but also to hear from staff about their hands-on experience and understanding of NPS use. A report on the key themes and learning that emerged from the training programme with a view to supporting and informing frontline staff, prison service managers and policy makers as they address the challenge presented by NPS has been published and is available on the UK government website (below)</p>
Further information	<p>The toolkit and additional information can be found here:</p> <p><a href="https://www.gov.uk/government/publications/new-psychoactive-substances-toolkit-prison-staff">https://www.gov.uk/government/publications/new-psychoactive-substances-toolkit-prison-staff</a></p>

Title	<b>Problem Solve Approach</b>
Delivered by	Blackburn with Darwen Youth Justice Service
Funded by	Local Authority/Youth Justice Services
Involved in EPPIC project?	No
Target group	Age 10-17. Primarily those attending youth court
Aims/ objectives	Provision of support through early intervention to prevent further offending, reduce re-offending
Description	<p>In August 2014 members of Her Majesty's Courts and Tribunals Service (HMCTS) held a "problem solve" with young people. The aim was to look at improving the service we offer to them. When a young person appears before the Youth Court, the court will deal with the offence committed and, if the young person is found guilty, will impose a sentence.</p> <p>It may take some weeks for the sentence to be passed and in the interim Blackburn Youth Justice Service and HMCTS have set up a Problem Solving Approach for the young people and their parents coming to Blackburn Youth Court.</p> <p>This problem solving scheme gives young people and their parents the chance to tackle the problems that may be affecting them by putting them in touch with the following organisations able to help them, who attend on a weekly basis -</p> <ul style="list-style-type: none"> <li>• Crime Reduction Initiatives</li> <li>• Local substance misuse project</li> <li>• Nightsafe (supporting accommodation needs)</li> <li>• Supporting Families Project (for unemployed, parents with children</li> </ul>

	<p>displaying anti-social behaviour, problems with school attendance and of course, displaying offending behaviour)</p> <ul style="list-style-type: none"> <li>• Fast 4wd Project (supports adults with alcohol or substance misuse problems)</li> <li>• Carers' Service (for partners, parents, family members affected by another person's addiction)</li> <li>• New Directions (supporting young people back into education, training or employment) The work has been recognised with a Youth Justice Award from Children and Young People Now.</li> </ul>
Approach	<ul style="list-style-type: none"> <li>• Substance use as part of a wider approach.</li> <li>• Early intervention with a multi-agency approach to provide young people and their family with support (includes parents and siblings).</li> <li>• Partnership working to ensure a coordinated and proactive approach.</li> <li>• Various support options available to both young person and family including referrals covering training, education, learning disabilities, substance misuse, debt counselling, mental health issues and advice and guidance on effective parenting.</li> <li>• Quarterly reviews through the Court User Group and/or Youth Problem Solve Review Group which is made up of all stakeholders involved in the process</li> <li>• Young people are included in the process through regular feedback sessions and on-going consultation and a formal review process</li> </ul>
Evaluation	None noted
Further information	<p>Further details and contact information can be found here:</p> <p><a href="https://yjresourcehub.uk/effective-practice/library-of-effective-approaches/item/237-problem-solve-approach-at-blackburn-youth-court.html">https://yjresourcehub.uk/effective-practice/library-of-effective-approaches/item/237-problem-solve-approach-at-blackburn-youth-court.html</a></p>

Title	<b>RISKIT-CJS</b>
Delivered by	Addaction – specialist drug workers
Funded by	Evaluation funded by NIHR, led by University of Kent
Involved in EPPIC project?	Yes

Target group	Adolescents in the CJS age 12-17
Aims/ objectives	To reduce substance use and risk-taking behaviour in adolescents in the Criminal Justice System
Description	<p>The RISKIT intervention was developed in consultation with, and with the participation of, young people who expressed a preference that rather than focussing on eradication of risk, the focus should be on how the level of risk can be reduced and negative outcomes minimised.</p> <p>The RISKIT intervention is empirically validated (Stevens et al., 2014). Multiple components of the intervention include: knowledge/education; cognitive and learning skills; whilst instilling self-efficacy and motivation in the recipients.</p> <p>In the initial pilot study 32% of the intervention group (non-CJS) had reduced their risk-taking behaviours to a point that they were no longer a concern, and the impact of the intervention led to a greater reduction in substance use than the control condition.</p> <p><b>The RISKIT-CJS</b> intervention has been adapted from the original, for CJS community settings. The sample will be drawn from YOTs, and some early intervention schemes (low level offending, diversion from YOTs) not custody. All YOT clients will be offered the intervention if they meet the criteria i.e. they have an asset score of 2 or more. This is quite a low threshold which means the person uses substances, and their use might be linked to their offending. It is a voluntary intervention aimed at 12-17 year olds.</p> <p>The concept of RISKIT is to use lots of different approaches, some will work with an individual and some won't. As it is very difficult to match approaches to people's needs – it is best to deliver a range of approaches in the hope that some of the approaches will meet the needs and have a positive effect. There is an element of peer support within the group work however this is not expected to extend beyond the intervention. The content of the group work draws on the experience of the group (e.g. NPS use) and the group facilitators enable the young people to use their own knowledge and experience to think about ways to reduce risks or harms. Each client starts with a 1:1 motivational interview, to initiate change and the motivation to engage. There is another 1:1 MI session at the end, which is tailored to the individual and what they have learnt through the intervention and to motivate them to engage with support and local services and networks.</p> <p>Feasibility studies in the target settings have shown potential.</p>
Approach	Based on a social development model. This model suggests that even if there is no change in the young person's 'health ecology', support in developing socio-emotional and cognitive skills can help reduce or prevent risk-taking behaviour. RISKIT combines this approach with the facilitation of connections between young people and organisations which promote pro-social learning and opportunities.

Evaluation	A rigorous large-scale evaluation of outcomes is being initiated which looks at effectiveness, cost-effectiveness and participant/staff experience of the intervention. (Evaluation protocol is described in Coulton et al., 2017.) The evaluation using this protocol was planned between March 2017 and August 2019. (Funded by NIHR). It is expected that if the research emulates the original RISKIT results it will have a significant effect primarily on substance use, which will improve engagement with society and reduce criminal activity.
Further information	This project is listed on the YJB website and can be found here; <a href="https://yjresourcehub.uk/our-community/resources-for-sharing/item/412-riskit-cjs-pragmatic-randomised-controlled-trial-to-evaluate-the-effectiveness-and-cost-effectiveness-of-a-multi-component-intervention-to-reduce-substance-use-and-risk-taking-behaviour-in-adolescents-involved-in-the-criminal-justice-system.html">https://yjresourcehub.uk/our-community/resources-for-sharing/item/412-riskit-cjs-pragmatic-randomised-controlled-trial-to-evaluate-the-effectiveness-and-cost-effectiveness-of-a-multi-component-intervention-to-reduce-substance-use-and-risk-taking-behaviour-in-adolescents-involved-in-the-criminal-justice-system.html</a>  Project website, including project team contact details, can be accessed here; <a href="https://www.kent.ac.uk/chss/research/docs/current/2016_03_03_riskit.html">https://www.kent.ac.uk/chss/research/docs/current/2016_03_03_riskit.html</a>

Title	<b>Southampton offending behaviour programme</b>
Delivered by	Southampton Youth Offending Service
Funded by	Partnership funding – Local Authority and Grant Funding (e.g. Safer Communities)
Involved in EPPIC project?	No
Target group	Age 10-17
Aims/ objectives	Support young people to learn various new skills and knowledge through a diverse programme. Support young people to develop victim awareness and empathy. Support and facilitate community re-integration of young people.
Description	The Southampton Offending Behaviour Programme is flexible and allows young people to attend those sessions that are most appropriate and relevant to them. Sessions can contribute to Intensive Supervision and Surveillance (ISS) requirements of either a Youth Rehabilitation Order or Bail Supervision programme. The purpose of the programme is to support young people to maintain their engagement throughout the Intensive Supervision and Surveillance element of their Order and ensure that minimum national standards are met. A group management plan is put in place, which ensures that young people can access all elements of the programme.  The programme covers the following areas:

	<ul style="list-style-type: none"> <li>• Kri-8 Arts programme</li> <li>• Victim impact and risk taking behaviour group work</li> <li>• Weapons awareness and knife crime</li> <li>• Substance misuse awareness</li> <li>• Education, Training and Employment engagement sessions</li> <li>• ‘Have Your Say’ service user involvement sessions</li> <li>• Early intervention group</li> </ul> <p>There are clearly defined learning outcomes for each component of the programme and young people are encouraged to feedback on their learning. Young people also participate in the arts programme steering group.</p> <p>In times of limited resources, the programme offers a clear opportunity for partnership working and local partners contribute funding to support elements of the programme. The Hampshire Police and Crime Commissioner supports ‘Have Your Say, ‘Kri-8 Arts’ and the victim impact and risk taking behaviour group through Safer Communities grant funding. Young people are referred onto the programme by their case manager, following a full assessment.</p> <p>Young people can be referred onto different components of the programme, depending upon their needs/areas of risk.</p> <p>Southampton Youth Offending Service has a designated officer that supports all the partnerships as well as ensuring timetabling of those partners.</p> <p>In sessions were there are partner agencies available, the content of the session should be led by that organisation</p>
Approach	Flexible. Alternative to custody. Substance use as part of a wider support programme.
Evaluation	No formal evaluation mentioned. The Youth Offending Service (YOS) assess that opportunities afforded by the programme contributed to a reduction by providing sentencers with a robust, local alternative to custody.
Further information	<p>More information on the service and contact details are available on the YJB website;</p> <p><a href="https://yjresourcehub.uk/effective-practice/practice-examples/item/325-southampton-offending-behaviour-programme.html">https://yjresourcehub.uk/effective-practice/practice-examples/item/325-southampton-offending-behaviour-programme.html</a></p>

Title	<b>Southwark young people’s health and wellbeing service</b>
Delivered by	CGL (Change, Grow, Live – a charity providing support for a variety of issues relating to health and wellbeing) and Brook (a sexual health

	charity)
Funded by	Local authority
Involved in EPPIC project?	No
Target group	Young people up to age 24, including referrals from CJS
Aims/objectives	Wrap around sexual health, substance misuse and health and wellbeing services
Description	<p>The service offers:</p> <ul style="list-style-type: none"> <li>• Holistic Health Assessment</li> <li>• Advice and Information on substance misuse, sexual health and health and wellbeing</li> <li>• Tier 1-3 Substance misuse service</li> <li>• Level 1/2 sexual health service <ul style="list-style-type: none"> <li>o STI testing and treatment</li> <li>o Pregnancy testing and advice on options</li> <li>o Emergency and routine contraception including LARC</li> </ul> </li> <li>• Access to C-Card through Come Correct</li> <li>• My Life programme for young people wanting support to effectively manage risks and improve their health and wellbeing</li> <li>• Training and support for professionals</li> <li>• All clients will be assessed and safeguarded throughout the service regardless of entry point</li> <li>• People over 25 or needing further support will be supported to access additional services within the borough.</li> </ul> <p>Universal drop-in provision will target identified high-risk groups of Southwark young people aged up to 25 years, providing signposting and support to access self-care for non-target clients, with additional support for target client groups aged 21-25.</p> <p>The service will be delivered using a mixed hub and outreach model. The Southwark hub site is currently being developed with pop up services already in operation. The service intends to develop a shared brand so that service users and stakeholders recognise they are using the integrated service regardless of location or access point. The service is</p>

	currently engaging with young people to develop a clear brand and stakeholders will be invited to a launch event of the new service in early 2018 complete with new branding and website.
Approach	Four offers are available from the new service – 1. Health assessment, advice and intervention, STI screening, C Card and Pregnancy testing 2. Substance misuse: Hep B & A vaccination, harm reduction, interventions and structured treatment programmes 3. Sexual health clinic: testing and treatment, emergency contraception, LARC, Hep C testing 4. Wellbeing support: My life intervention
Evaluation	None noted.
Further information	Further information on the service offered and contact details can be found here:  <a href="https://www.southwark.gov.uk/community-safety/drugs-and-alcohol?chapter=5">https://www.southwark.gov.uk/community-safety/drugs-and-alcohol?chapter=5</a>

Title	<b>Youth Ink: Peer support navigators</b>
Delivered by	Youth-ink, Southwark, London: charity
Funded by	Local authority (3 year pilot project)
Involved in EPPIC project?	Yes
Target group	Young men in CJS age 16-21
Aims/ objectives	The aim is to keep the young offenders purposefully occupied, 'upskill' them and provide an opportunity to 'give back' – thereby reducing their risk of reoffending.
Description	<p>Youth-ink are a charity founded in 2016 by an ex offender. 50% of the board of trustees are service-users, the other 50% come from criminal justice/youth offending/substance misuse/mental health backgrounds. There are 4 paid staff who train the peer navigators, alongside specialist professionals who train around issues such as mental health, trauma, personal wellbeing, speech &amp; language, substance misuse. Youth-ink employs young adult offenders who support other young people in the criminal justice system, to enable them to access local services without being dependent on the YOT to refer, and increasing the likelihood that young people will engage with and use the support available locally.</p> <p>The service is based around PSHE (personal, social and health education) needs of young people involved in CJS. It includes workshops around drugs but overall the focus is facilitating Young People to seek support from specialist services themselves.</p>

	<p>Navigators are volunteers (16-21) who go through a training programme, gain qualifications and 'shadowing' experience. Once this is completed they can undertake paid sessional work. Youth-ink also encourage and promote attendance at colleges or training for further skills or alternative employment opportunities (e.g. apprenticeships). The aim is to keep the young offenders purposefully occupied, 'upskill' them and provide an opportunity to 'give back' – thereby reducing their risk of reoffending. Navigators receive accredited qualifications in peer mentoring and youth and community work</p>
Approach	<p>The approach taken is highly participative and engaging, involving young offenders in consultation processes to understand why they are using drugs, and what support they need. Providing training to young people so they can communicate and feel confident to talk to commissioners on what they can offer in the community to help address the issues. Service users can be a part of the Board of Trustees for a year.</p>
Evaluation	<p>Not so far. Evaluation possibilities are being discussed.</p>
Further information	<p>Further details and information can be found at;  <a href="http://www.youth-ink.org.uk">www.youth-ink.org.uk</a>            Contact: <a href="mailto:info@youth-ink.org.uk">info@youth-ink.org.uk</a></p>

#### **b. INTERVENTIONS NO LONGER ACTIVE**

Title	<b>Breaking Out</b>
Delivered by	Mentor Scotland with HMYOI Polmont, Scotland
Funded by	Charities: Comic Relief, The Gannochy Trust, and The Robertson Trust.
Involved in EPPIC project?	Yes
Target group	Males, 16-21 in a Young Offender Institution
Aims/ objectives	<p>The overall long-term aim is to reduce offending behaviour and harm caused by alcohol misuse by providing a sustainable peer led programme. This will enhance and improve practical and personal development skills and reduce risk taking behaviour.</p> <p>To meet the overall aim, the objectives are to:</p> <ul style="list-style-type: none"> <li>• increase the skill, knowledge, and experience of peer educators</li> <li>• increase awareness of alcohol and drug misuse and its impact on behaviour</li> <li>• increase awareness of risk, personal safety and healthy lifestyle choices</li> <li>• increase self-confidence and self esteem</li> </ul>

	<ul style="list-style-type: none"> <li>• increase future ambitions and opportunities for positive lifestyles</li> <li>• increase re-engagement of educators with education, training, volunteering or employment</li> <li>• promote peer education as an effective model for engaging young people in their own health and social development</li> </ul>
Description	<p>Breaking Out is a peer education-based alcohol awareness programme for young offenders in custody. Developed by MENTOR (charity)</p> <p>Breaking Out was launched in June 2012 with the aim of reducing risky behaviours and harms caused by alcohol amongst young offenders. Offenders are supported to develop their own initiatives, by providing a rolling 12-week programme of training focusing on peer education, alcohol issues and personal development. It builds on Mentor's previous peer education projects.</p> <p>Participants who complete the training are invited to join a development group. The role of this group is to develop peer education and mentoring as a model of addressing alcohol and offending behaviour. Participation gives young offenders the opportunity to develop their knowledge, skills and resilience to alcohol, risk taking and offending behaviour.</p> <p>The project also introduced the Youth Achievement Awards as a means of providing a recognised form of accreditation for those young offenders who join the project as peer educators.</p>
Approach	<p>Staff and young offenders agreed that a peer model approach would provide a fresh approach to examining links between offending and alcohol/drug misuse. Young offenders felt that hearing the experiences of others could have more of an impact rather than simply learning about the health effects of alcohol. Many admitted that they used alcohol to forget their problems, so Breaking Out, which focuses on problem solving, could break this cycle.</p>
Evaluation	<p>Pilot project has been completed and is being evaluated to inform the development of the peer education model as a sustainable tool and production of a toolkit for use in other establishments</p>
Further information	<p>Mentor website blog;  <a href="https://mentoruk.org.uk/programmes/breaking-out/">https://mentoruk.org.uk/programmes/breaking-out/</a>  Contact: <a href="mailto:gez.james@mentoruk.org">gez.james@mentoruk.org</a></p>

Title	<b>Deal or No Deal</b>
Delivered by	Hillingdon YOT
Funded by	n/a

Involved in EPPIC project?	No
Target group	14-18 year olds, convicted of possession with intent to supply
Aims/ objectives	<ul style="list-style-type: none"> <li>To reduce the likelihood of re-offending by helping young people to understand the range of consequences of drug dealing in the longer term and presenting education, training and employment as a viable alternative.</li> <li>To highlight the dangers of drug dealing in regards to the risk to the young person and their family</li> </ul>
Description	Deal or No Deal is a 1:1 programme based on one hour a week session for six weeks that looks to tackle the issues surrounding drug dealing at street level. Each session, looks at different parts of drug dealing. Primarily it focuses on; the effects of young people's actions and the impact on others.
Approach	Programme reinforces positive messages regarding engagement with employment, education and training with an emphasis on the negative aspects around the reality of drug dealing.
Evaluation	None noted
Further information	<p>Information on this intervention are available on the Youth Justice Board website:</p> <p><a href="https://yjresourcehub.uk/effective-practice/practice-examples/item/67-deal-or-no-deal.html">https://yjresourcehub.uk/effective-practice/practice-examples/item/67-deal-or-no-deal.html</a></p> <p>Contact details and information are still available but the person listed as the contact no longer works at Hillingdon YOT and as per personal correspondence the programme is no longer running.</p>

Title	<b>Protective behaviours mentoring,</b>
Delivered by	Decca (Drug Education, Counselling and Confidential Advice) Team, Sandwell MBC
Funded by	Local authority
Involved in EPPIC project?	Yes
Target group	Any young person under 18 years
Aims/ objectives	Decca provide drug and alcohol treatment and education for young people in Sandwell and support the agencies working with young people, the PB mentoring scheme aims to provide individuals with the skills to help themselves and others to feel safe from harm and

	victimisation.
Description	<p>The DECCA service covers everything from education in mainstream schools, to education in the community all the way to working with someone who is experiencing issues with drugs such as alcohol, cannabis, tobacco, volatile substances and class A drugs.</p> <p>The key services the team offer are:</p> <ul style="list-style-type: none"> <li>• Advice and guidance &amp; training for young people and the professionals that work with them</li> <li>• Educational harm reduction resources and sessions for mainstream schools and community organisations</li> <li>• Policy and procedure development, and support in dealing with alcohol, drug and tobacco related incidents</li> <li>• Multi-media service - web sites, campaigns, social media etc</li> <li>• Smoking Cessation (Stop Smoking) Service</li> <li>• Targeted brief interventions focusing on harm minimisation for those using alcohol and/or drug(s)</li> <li>• Structured treatment for any young person using alcohol and/or drug(s), prescribing and therapies.</li> <li>• Protective behavior mentor training</li> </ul>
Approach	<p>A new approach has been piloted recently known as <b><i>Protective Behaviours Mentoring</i></b>, for which an accredited training programme is provided based on principles from the Protective Behaviour Consortium, and the Feeling Safe Foundation. The programme has been piloted in schools by DECCA and <b>the team intend developing the approach for use with young people in the CJS</b>. The Protective Behaviours Process provides individuals with the skills to help themselves and others to feel safe from harm and victimisation. Although Protective Behaviours (PB) has its origins in child abuse prevention the context for its use has broadened out and it is now used in many different countries by a variety of people in a range of different ways to reduce risk and build resilience.</p> <p>A PB Mentor, for the purpose of this project, is an individual that has agreed to learn how they can potentially assist others to make changes in their lives. For this to occur the Mentor will need to understand how they themselves function and what they may need to do to affect change in themselves.</p> <p>Essentially if the Mentor understands how they can affect change in</p>

	<p>themselves they are better able to assist others to do the same; simply put, they are leading others by example using skills they have used to help themselves to now assist others. Mentors can work with their peers and help deliver key messages, listen and support their peers with low level emotional wellbeing issues, sign-post them to further support where needed and act as a role model for others to aspire to.</p> <p>The PB Mentor is supervised and mentored, by a designated professional, to ensure they stay emotionally well and are not 'overburdened' in any way. Together they look at the needs of the Mentor, should there be any, to ensure they receive all the support they need to be the most effective Mentor they can be.</p> <p>For some Mentors, they may not be at the stage where they can Mentor others straight away, once they have completed their accredited training. For them the main benefit of the Mentoring process will be for themselves, at least initially, but the process would be bespoke for each Mentor.</p> <p>The aim is that the Mentors, when ready themselves, identify what their peers need to stay safe, well and flourish and achieve in life; because of their own experience, they are well placed to say what type of intervention/engagement is needed</p>
Evaluation	None mentioned
Further information	<p>Information is available on the Mentor website:</p> <p><a href="https://www.mentorlink.org.uk/protective-behaviours/">https://www.mentorlink.org.uk/protective-behaviours/</a></p>