

# Your Choice: CBT- enhanced practice



*We must change the current paradigm in which children and young people most at risk of experiencing violence - those in most of need of therapeutic interventions - are least likely to access them.*



## Why is this needed in London?

Research undertaken by LIIA noted:

- 2021/22 is likely to see a peak in serious youth violence in London
- 3290 young people in London identified in County Lines exploitation in 2019 –the unidentified remain unqualified
- London has double the number of children in custody compared to the national average
- Young (under 25) African-Caribbean male knife crime victims make up 41% (31 of 73 victims) of London knife homicides in 2017 (excluding terrorist & domestic) yet only make just 1.4% of the London population.
- 90% of London children remanded in custody are Black, Asian and minority ethnic

## The project partners

- ▶ Children and young people
- ▶ NAVRG Violence Reduction Unit
- ▶ Family Psychology Mutual
- ▶ Brandon Centre
- ▶ Parent Champions
- ▶ Haringey Gold
- ▶ Youth Justice Service
- ▶ Schools

## Your Choice - CBT

- ▶ £10 million to support London's children and young people at most risk of serious violence
- ▶ 2 ½ year project
- ▶ Jointly funded by Home Office and Youth Endowment Fund
- ▶ Reducing involvement in violence through high intensity therapeutic based intervention
- ▶ Delivered by local authority services
- ▶ All 32 London boroughs invited to take part
- ▶ Project formulation commenced in November 2021 (training & briefing of practitioners)
- ▶ Evaluation by Anna Freud Centre and Institute for Fiscal Studies

## The Requirement and Resource

£5 million year one funding from Home Office (7 months)

- ▶ £5m over years 2 & 3 from YEF
- ▶ 15 Tier 1 LAs to receive £200K in year one
- ▶ 17 Tier 2 LAs to receive £100K in year one
- ▶ Year 2 and 3 funding allocation (£5m YEF funding) to be reviewed after year 1
- ▶ Year 1: Tier 1 = 20 interventions : Tier 2 = 10 interventions
- ▶ Year 2 &3: Tier 1 = 40 intervention pa : Tier 2 = 20 interventions pa

## Adolescent services and Your choice: CBT-enhanced practice

- ▶ Children and young people most at need of high intensity therapeutic services are least likely to access them in a clinical setting
- ▶ Builds upon existing multi-disciplinary adolescent services
- ▶ CBT-enhanced practice will allow young people to access services within a broader context of support and behavioural change.
- ▶ 20 practitioners across the children and young people services from Haringey will undergo 5 days training in CBT principles
- ▶ Programme designed with NHS Violence Reduction Programme

## Referral pathway

- ▶ Those most at risk of violence and exploitation
- ▶ 100 young people age 11-17 targeted in year 1
- ▶ Referred through Edge of Care and aligned with the Pre Mace-Exploitation Prevention Panel
- ▶ Identification through schools and alternative provision will support education settings
- ▶ Aligned to the Youth at Risk Strategy, Early Help Strategy & Edge of Care approach

## Intended long term outcomes for this cohort

- Reduction in repeat serious violence
- Reduction in knife crime and serious injury and loss of life
- Reduction in the disproportionate impacts of serious youth violence and involvement in the youth justice system for Black, Asian and Minority Ethnic children and young people.
- Reduction in racial disparities in access to therapeutic interventions
- Reduction in substance Misuse
- Improved opportunities for young people who have displayed increased risk of involvement in serious violence to engage constructively and positively within their communities

## **Children, young people and their families will have the tools to positively change patterns of thinking and behaviour, leading to:**

- Reduction in vulnerabilities
- Improved emotional and mental health
- Reduction in re-offending
- Improved social and emotional skills
- Improved engagement with young people's services
- Improved engagement with family and community
- Improved education and employment opportunities

Haringey families/carers will also be able to access these tools, which will lead to

- Reduced likelihood of extra familial harm pull factors for siblings
- Amelioration of family and environmental issues causing behavioural problems
- Improved parenting/carer capacity and ability to safeguard children experiencing extra-familial harm and exploitation

# What young people say about Your Choice

- ▶ 'I smoke every day, as it helps my stress I would like to talk and learn how to deal with my stress without smoking .'
- ▶ 'Emotions are pointless' , so I smoke weed 6/7 times a day to help with stress I would meet with my worker if they helped me to cope with what I am dealing with'
- ▶ 'What is the point of me talking to someone - I won't hear from again'
- ▶ 'I am worried about how much power the psychologist from CAMHS has in my life and how the information is used .'
- ▶ 'I am refusing CAMHS intervention because I thought this was mandatory and when speaking to other children they have all regretted it.'
- ▶ 'I feel repeatedly frustrated and angry especially towards my parents, I feel that they don't trust me and I don't know how to talk to them. '

## What do we need from CSP

- ▶ Ensure multi-agency risk panels are fully on board – Your Choice Pledge to be signed
- ▶ Enable practitioners to fully participate in training and clinical supervision
- ▶ Ensure data collection and reporting requirements are resourced
- ▶ Promote the programme within all relevant services
- ▶ Partners including the police to support the identification of young people