

## MIND THE GAP/ AFTER CARE PROGRAMME

### Programme Content:

The diversion programme focusses on Cognitive Behavioural Therapy. It addresses dysfunctional emotions, maladaptive behaviour and cognitive processes and contents through goal orientated explicit systematic procedures to ensure effective re-integration.

### Themes covered:

Introduction to the Mind the Gap programme, self-image, time management, coping with negative emotions, stress management, career assessment, goal setting and building better relationships.

**Group size:** 8-10 participants.

**Duration:** Minimum of 3 months, maximum of 6-12 months.

## RESTORATIVE JUSTICE PROGRAMME: REVERSE YOUR THINKING

### Programme Description:

The diversion programme provides a platform for those harmed by crime and those responsible for the harm in the community, in order to open a channel of communication.

The purpose of bringing all parties involved together, is to enable the affected persons to play a role in repairing the harm and finding a positive way forward. Victims play an active role in the process and offenders take meaningful responsibility. The programme is facilitated by a probation officer or social worker.

### Programme Content:

The training course is divided into six units: restorative justice, victim offender mediation, victim offender mediation model, family group conferencing and community mediation.

**Group size:** 8-10 participants.

**Duration:** Minimum of 3 months, maximum of 6-12 months.

## Who to contact

For more information on diversion programmes and services rendered by the Department of Social Development contact:

**Toll-free: 0800 220 250**

**Or a DSD office closest to you:**

**Metro East Region:  
021 812 0980**

**Metro North Region:  
021 483 7689**

**Metro South Region:  
021 763 6200**

**Cape Winelands Overberg Region:  
023 348 5300**

**Eden Karoo Region:  
044 814 1687/1650**

**West Coast Region:  
022 713 2272**



**BETTER TOGETHER.**



**Diversion  
Programmes  
13 - 17 years**

By sharing the responsibility,  
we can make the Western Cape  
**BETTER TOGETHER.**

# What is Diversion?

Diversion is the process of diverting a child in conflict with the law away from the formal court procedures towards a more constructive and positive solution. The Department of Social Development offers the following diversion programmes for children who are in conflict with the law.

These programmes empowers children between the ages of **13-17 years** with essential abilities to promote mental well-being and competence as they face realities of life. With these skills, the participants will be able to explore positive alternatives, consider the consequences of their actions and enable them to make rational decisions to help solve each problem or issue as it arises. It also equips them with the skills to establish healthy interpersonal relationships with others. The programmes are facilitated by a probation officer or social worker and/ or assistant probation officer.

# Why Diversion?

Diversion is based on the principles of restorative justice, which requires that offenders accept responsibility for the crime committed, make amends for their misdeeds and initiate a healing process for themselves, their families, the victims and the community.

There is the concern that children who enter the official criminal justice system will be disadvantaged with a criminal record for the rest of their lives and are more likely to resort to criminal activities in the future. By intervening at an early stage with self-development skills training, this trajectory can be avoided.

# How does the diversion process work?

A probation officer must assess a child who has been arrested and, if the child is a suitable candidate for diversion, make this recommendation at a preliminary inquiry.

A child can also be diverted by a prosecutor after the child is given a diversion order, a probation officer is responsible to ensure that the child adheres to it.

If a child fails to comply with any condition of the diversion order, the probation officer must notify the court, and a warrant of arrest/ summons for the child may be issued, to determine reasons for non-compliance.

# Diversion programmes offered by the Department:

## LIFE SKILLS PROGRAMME: RHYTHM OF LIFE

### Programme Content:

The emphasis of the diversion programme is on creative Art Therapy and Play Therapy to improve physical, mental and emotional well-being.

It will help the participants to manage their behaviour, feelings, reduce stress and improve self-esteem and awareness.

### Themes covered:

Secrets of happiness, to understand and to be understood, positive peer pressure, emotional intelligence, time management, goal setting and triggers.

**Group size:** 8-10 participants.

**Duration:** Minimum of 3 months, maximum of 6-12 months.

## SEXUAL OFFENDER PROGRAMME: IN THE MIRROR

### Programme Content:

The emphasis of the diversion programme is on cognitive methods to assist the sexual offender. Cognitive behavioural interventions focus on risks, needs and responsibility.

### Themes covered:

Self-awareness, sex education, behavioural control, victim impact, managing emotions, building relationships, relapse intervention and effective re-integration.

**Group size:** 8-10 participants.

**Duration:** Minimum of 3 months, maximum of 6-12 months.

## ANTI-SUBSTANCE ABUSE PROGRAMME: WAKE UP CALL

### Programme Content:

The emphasis of this diversion programme is on Cognitive Behavioural Therapy in maladaptive behavioural patterns like substance abuse and to correct learned negative behaviour. Participants will be taught how to correct problematic behaviour by applying a range of skills to stop substance abuse and to deal with other problems that often occur simultaneously.

### Themes covered:

Understanding adolescent behaviour, drug information, binge drinking versus responsible drinking, how to stop using drugs, positive peer pressure, dealing with suspicions of drinking and drugging and family group conferencing.

**Group size:** 6-10 participants.

**Duration:** Minimum of 3 months, maximum of 6-12 months.