



### **STOP TO START (ANTI SUBSTANCE ABUSE) PROGRAMME**

Therapeutic Programme facilitated by – Probation Officer or Social Worker

**Programme Description:** The Stop-to-Start Anti Substance Abuse programme aims to empower children between the ages of 10 to 12 years with coping skills to withstand life's challenges and also to develop an understanding of substance abuse and its consequences.

**Programme content:** The diversion programme focusses on Narrative therapy, which entails separating the child from the problem. Assisting and encouraging the children to focus on their own strengths and skills, minimising the problems that exist in their everyday life. The programme will help the child to externalise problems and react or deal with it in a more productive method.

**Programme Outline (Themes covered):** Understanding drugs abuse, drug information, how to stop using drugs, emotional intelligence, identifying trustworthy people, problem solving and understanding how to support a child with a substance abuse problem.

**Age group:** Children 10 - 12 years old

**Group size:** 6 - 8 Participants

**Duration:** Minimum 3 months. Maximum 6 – 12 months

**Levels of Intervention:** This programme has been designed to be used during intervention level 1 to 3 and should be sustained through the 'Planting Hope' aftercare programme.

**Programme Delivery:** This programme has been designed to be used as a group therapy programme. One probation officer and one assistant probation officer should facilitate the programme.

**Monitoring and Evaluation:** Three different types of assessments are incorporated as part of this programme: Pre and Post Personal Assessment, Programme and Facilitator Assessment and DSD Tracking Tool.