



DIVERSION PROGRAMMES

CHILDREN BETWEEN THE AGE OF 13 – 18 YEARS

WAKE UP CALL (ANTI SUBSTANCE ABUSE) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social worker

Programme Description: The Wake Up Call programme equips children with the knowledge and skills to face the challenges arising from substance use, abuse and dependence in South Africa.

Programme content: The diversion programme focusses on Cognitive Behavioural therapy in development of maladaptive behavioural patterns like substance abuse and correcting learned behaviour. Participants will be taught how to correct problematic behaviour by applying a range of skills used to stop drug abuse and address a range of other problems that often occur.

Programme Outline (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.

Age group: Children 13 - 17 years old

Group size: 6 - 10 participants

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

Levels of Intervention: This programme has been designed to be used during the intervention levels 2, 3 and 4 and should be sustained through the 'Mind the Gap' 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.