

DIVERSION PROGRAMMES



Western Cape
Government

Social Development

BETTER TOGETHER.

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DIVERSION PROGRAMMES 10 - 12 YEARS

PLAYING THROUGH THE FOREST SELF DEVELOPMENT (LIFESKILLS) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social worker

Programme Description: This programme empowers children between the ages of 10 -12 years with essential abilities that help to promote mental-wellbeing and competence in children as they face realities. With these skills, the participants will be able to explore alternatives, weigh up the pros and cons and make rational decisions to help solve each problem or issues as it arise. It also entails being able to establish healthy interpersonal relationships with others.

Theoretical Grounding: The approach of this life skills programme is an interactive and educational methodology that focuses in transferring knowledge, aims to shape attitudes and develop interpersonal skills. The goal of the life skills approach is to improve the children's ability to make healthier decisions, resist negative pressures and avoid risk behaviour.

Art based programmes: Teaching methods used are child-centered, gender-sensitive, interactive, and participatory, promoting positive development and highly empowering and transforming. The most common of which involve working in groups, experiential learning through games, storytelling and participating in discussions.

Programme content: The diversion programme's emphasis is on Creative Arts which aims to teach children valuable skills, such as logic, organisational team work and patience and incorporate that failure is a critical element of discovery and learning.

Programme Outline (Themes covered): Communication, social skills, emotional management, creative and critical thinking, self-image, values and sense of purpose, assertiveness and decision making

Age group: Children 10 - 12 years old

Group size: 8 - 10 participants

Duration: Minimum 3 months. Maximum 6 - 12 months. Ten sessions are art- and life skills based programme.

Level of Intervention: This programme has been designed to be used during intervention level 1 to 4 (Prevention, Early Intervention, Statutory, After Care/ Re-integration) and should be sustained through the 'Planting Hope' aftercare programme.

Programme Delivery: Designed to be used as a group therapy programme for children 10 to 12 years. One probation officer and one assistant probation officer should facilitate a 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.

I AM ME (SEXUAL OFFENDER) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social worker

Programme Description: The purpose of the 'I am Me' Sexual Offender programme is to teach the participants to break the cycle of deviant thoughts and sexual behaviour for them to become children again, leaning towards more age-appropriate behaviour. To eradicate the negative exposure as much as possible, and replace this with contentment of being a child.

Programme content: The diversion programme emphasis on cognitive Behavioural Interventions based on the principles of risk, needs and responsibility. Play therapy is utilize as an approach in which games, toys, mediums such as clay, drawings and painting.

It helps the child to express their emotions, thoughts, wishes and needs. It helps the children to understand their muddled feelings and upsetting events that they not had the chance or skills to sort out properly.

Programme Outline (Themes covered): Self-image, relationships, boundaries, victimization, personal hygiene, sex education personal violence, understanding wrong and right, dreams and coping skills.

Age group: Children 10 – 12 years old

Group size: 6 - 8 participants

Duration: Minimum 3 months. Maximum 6 – 12 months

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.

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, minimizing the problems that exist in their everyday life. The programme will help the child to externalize problems and react or deal with it in a more productive method.

STOP TO START (ANTI SUBSTANCE ABUSE) PROGRAMME- Continued

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 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.

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DIVERSION PROGRAMMES 13 - 17 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 learned 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 level 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 office 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.

RHYTHM OF LIFE (LIFESKILLS) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social Worker

Programme Description: The “Rhythm of Life” Personal Development programme aims to provide children with a set of life skills that could help them with successfully overcome the challenges of life. The programme addressed the ‘hard’ topics, stimulate thought and develop skills in order to help children to know and protect themselves and dream of a bright future for them.

Programme content: The diversion programme is emphasis is on creative Art Therapy to improve a person’s physical mental and emotional well-being. It will help the participants to manage their behaviours, feelings, reduce stress and improve self-esteem and awareness.

Programme Outline (Themes covered): Secrets of happiness, to understand and to be understood, positive peer pressure, emotional intelligence, time management, goal setting and triggers.

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 intervention level 1 to 4 and should be sustained through “Mind the Gap” aftercare 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.

IN THE MIRROR (SEXUAL OFFENDER) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social Worker

Programme Description: The most important goal of the “In the Mirror” programme is to assist the sexual offender in refraining from committing sexual offences in the future.

Programme content: The diversion programme emphasis is on Cognitive Methods to assist the sexual offender addressing the challenges the person is facing. Cognitive behavioural interventions focus on risks, needs and responsibility.

Programme Outline (Themes covered): Self-awareness, Sex education, behavioural control, victim impact, managing emotions, building relationships, relapse intervention and effective integration.

Age group: Children 13-17 years old

Group size: 8 - 10 Participants

Duration: Minimum 3 months. Maximum 6 - 12 months

Levels of Intervention: This programme has been designed to be used during the intervention level 3 (Statutory) and should be sustained through the “Mind the Gap” aftercare programme.

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

MIND THE GAP (AFTER CARE) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social Worker

Programme Description: The purpose of this aftercare programme is to reinforce the teachings of the previous programme(s), to have the information reiterated and at the same time help the children to believe that they have internalized the skills such an extent that it is safe for them to take leave of the group and to function independently as a member of society.

As each of the four aftercare programmes have different focus points, the aftercare programme comprises of topics that incorporate and compliment the gist of the different programmes, rather than repeating the information that has been covered in previous programme(s).

Programme content: The diversion programme focusses on Cognitive Behaviour therapy. It addresses dysfunctional emotions, maladaptive behaviours and cognitive processes and contents through goal orientated explicit systematic procedures.

Programme Outline (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.

Age group: Children 13-17 years old

Group size: 8 - 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 1 to 4 and was specifically developed as an aftercare and reintegration programme.

Monitoring and Evaluation: Two different types of assessments are incorporated as part of this programme: Programme and Facilitator Assessment and DSD Tracking Tool.

REVERSE YOUR THINKING (RESTORATIVE JUSTICE FOR CHILDREN) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer, Social worker or Assistant Probation Officer

Programme Description: Restorative justice brings those harmed by crime or conflict and those responsible for the harm into communication, enabling everyone affected by a particular incident to play a role in repairing the harm and finding a positive way forward. Restorative practice can be used anywhere to prevent conflict, build relationships and repair harm by enabling people to communicate effectively and positively. Restorative Practice is increasingly being used in schools, children services, workplaces, hospitals, communities and the criminal justice system.

Programme content: This Restorative Justice Training Manual is on the Theory of Justice. Restorative justice is an approach to justice that personalizes the crime by having the victims and the offenders mediate a restitution agreement to the satisfaction of each, as well as involving the community. This contrasts to more punitive approaches where the main aim is retributive justice or to satisfy abstract legal principles. Victims play an active role in the process.

Meanwhile, offenders take meaningful responsibility for their actions, seizing the opportunity to right their wrongs and redeem themselves, in their own eyes and in the eyes of the community. In addition, the restorative justice approach aims to help the offender to avoid future offenses.

The approach is based on a theory of justice that considers crime and wrongdoing to be an offense against an individual or community, rather than the state. Restorative justice that fosters dialogue between victim and offender has shown the highest rates of victim satisfaction and offender accountability.

Programme Outline (Themes covered): the training course is divided in six units: Restorative Justice, victim offender mediation, victim offender mediation model, family group conferencing and community mediation.

Age group: Children 13-17 years old

Group size: 8 - 10 Participants

Duration: Minimum 3 months. Maximum 6 - 12 months

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

PLANTING HOPE (AFTERCARE) PROGRAMME

Therapeutic Programme facilitated by – Probation Officer or Social Worker

Programme Description: The purpose of the aftercare programme is to reinforce the teachings of the previous programme(s), to have the information reiterated and at the same time help the children to believe that they have internalized the skill to such an extent that it is safe for them to take leave of the group and to function independently as a member of society. As each of the four different programmes have different focus points, the aftercare programme comprises the topics that incorporate the complement the gist of the different programme, rather than reporting the information that has been covered in previous programme(s).

Programme content: This programme is grounded in Cognitive Behavioural Therapy (CBT) and Mutual aid Theory. CBT is a psychotherapeutic approach that addresses dysfunctional emotions, maladaptive behaviours and cognitive processes and contents through a number of goal-oriented, explicit systematic procedures. The name refers to behavioural and cognitive therapy as well as therapy based upon a combination of basic behavioural and cognitive principles and research. Mutual Aid Theory as group technology can be understood as an exchange of help wherein the group member is both the provider as well as the recipient to help in these services of achieving common group and individual goals. The rationale for cultivating humanistic values and the following propositions: 1) members have strengths, opinions, perspectives, information and experiences that can be drawn upon to help others in the group; 2) helping others helps the helper, a concept known as the helper-therapy principle which has been empirically validated; 3) some types of help, such as confrontation, are better received when emanating from a peer rather than the worker.

Programme Outline (Themes covered): The following themes are covered in the programme: self-respect, friendship, effects of positive thinking, self-control, making good choices, using your five senses, learn to be passionate and appreciative, taking responsibility and general etiquette for life.

Age group: Children 13-17 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 the intervention levels 1 to 4 and was specifically developed as an aftercare and reintegration 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.

CONTACTS

Toll-Free Number : 0800 220 250

Department of Social Development offices are open from:
07H30 to 16H00

OFFICE	AREAS	CONTACT NUMBER
Metro East	Eerste Rivier; Khayelitsha I, II and III; Kraaifontein; and Somerset West	021 812 0915
Metro South	Athlone; Fishhoek; Gugulethu; Mitchells Plain I and II; Philippi; Retreat; and Wynberg	021 763 6206
Metro North	Atlantis; Bellville; Cape Town; Delft; Elsies River; Langa; and Milnerton	021 483 7673
Eden-Karoo	Beaufort West; Bitou; George; Hessequa; Kannaland; Knysna; Laingsburg; Mossel Bay; Oudtshoorn; and Prince Albert	081 484 6794
West Coast	Bergrivier; Cederberg; Matzikama; Saldanha Bay; and Swartland	022 713 2272
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