



DIVERSION PROGRAMMES

CHILDREN BETWEEN THE AGE OF 13 – 18 YEARS

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 internalised the skills 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 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.