



DIVERSION PROGRAMMES

CHILDREN BETWEEN THE AGE OF 13 – 18 YEARS

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 to successfully overcome the challenges of life. The programme addresses 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's 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.