

DLNR CRC Pathway Interventions

Pathway Intervention	Details
Anger Management	Targeted at Service Users who have anger management / temper control issues identified as relating to their offending behaviour. This 6 session intervention is designed for those with more reactive / impulsive anger management issues and works best as an awareness raising programme for those who are beginning to understand that their behaviour is leading to negative consequences.
Substance Misuse Brief Intervention (SMBI)	SMBI consists of 6 sessions which explore the effects of substance misuse with those who have demonstrated a desire to change their behaviour and is targeted at Service Users who have experienced issues with substance misuse that has led to offending behaviour. This will normally be targeted at those with lower level substance misuse issues (i.e. occasional or recreational use or “binge” usage) where this has been identified as a problem.
Pathway to Independence	This 6 session intervention is young adult males (18-24) and has been developed as part of the young adult work-stream in recognition of the evidence that informs us that young adulthood is a distinct developmental stage in life. It can be run alongside or in addition to the Fast Forward Intervention. Pathways to Independence consists of 6 sessions which explore various issues and areas of life associated with offending behaviour for the young adult target group
Foundations of Rehabilitation	Foundations of Rehabilitation focuses on the root causes of offending behaviour, utilising a range of evidence based tools and techniques. Service Users develop a personalised set of sustainable strategies which helps them build the recovery capital needed for longer term desistance from offending behaviour. This intervention is split into 3 modules (Connect, Grow, Thrive) and these can be delivered either separately depending on need (Connect for lower risk Service Users, Grow for medium risk and Thrive for those at a higher risk of re-offending or with additional needs) or as part of a larger, 18 session programme (each session consists of 6 core sessions).
Getting a Home, Keeping a Home	Getting a Home, Keeping a Home is delivered by our Housing and Welfare Team. It consists of a rolling programme comprising of 4 sessions. Your Housing Options (Lack of accommodation or homelessness). How to Maintain a Tenancy (Rights and Responsibilities). Benefits and Work (How it impacts on your housing options). Managing a Budget (The cost of not paying your rent).
Making Amends	Making Amends is a 5 session intervention, looking jointly at victim awareness and the principles and procedures associated with Restorative Justice.
Safer Choices	Safer Choices is a Pathway Intervention to address the behaviour of male perpetrators of domestic abuse. It is an 8 session closed group programme that aims to increase participant awareness of domestic abuse and reduce reoffending. This intervention is not for clients who are suitable for the Building Better Relationships programme and require more intensive long term work to address more entrenched patterns of behaviour and beliefs.
Education, Training and Employment	A range of workshop-style interventions are available through our commissioned ETE Service including: Changing Direction – To understand the process we go through when making changes (the Cycle of Change) and to understand comfort zones; the positive and negative effects and the impact this can have on a person’s ability to change. This workshop also explores the

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	<p>benefits of working and identifying potential barriers as well as strengths.</p> <p>Recognising Work Strengths – This workshop will help to recognise personal attributes and development areas. The Service User will assess their strengths and identify transferable skills, bringing to light all they have to offer to an employer.</p> <p>Disclosure – The aim of this workshop is to provide an understanding of what disclosure is, when it must be done and provide examples and advice on how to do this positively. It describes the different methods and levels of disclosure and what is meant by a spent conviction. It will also provide further help and advice on individual disclosures.</p> <p>Positive Communication – The workshop aims to give Service Users and understanding of the importance of creating a positive impression and identifies how to use body language to leave a lasting impression. It will also increase self-awareness and will help identify ways to improve communication.</p> <p>Interview Basics – Preparation for a range of different interviews such as telephone, group and panel interviews. This session will provide tips and advice on how to perfect interview techniques in order to be successful.</p> <p>CV Building – This workshop will outline the key structure of a CV and help create the perfect CV whilst recognising the importance of tailoring a CV for a particular job role.</p> <p>High Quality Application Forms – Service Users will learn how to complete an application form effectively, practice completing an application form and write a supporting statement which can then be used as a guide.</p> <p>Phone Confidence – Advice and support on how to be confident when using the phone. This will aid speculative calling to suitable employers and telephone interviews.</p> <p>Using Social Media to Job Search – An introduction to social media sites to help to increase the chances of securing employment through job search.</p>