

Promising, purposeful and positive : making a difference to practitioners and young people affected by violence

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What to look forward to today



- An introduction to Your Choice.
- How Your Choice is making a purposeful and positive difference to young people, their services and practitioners in London.
- In conversation with **Nana Bonsu- Director of Relational Practice, London LA.**
- An opportunity to try it for yourself with **Mark De Lisser....**

In memoriam



- Chima Osuji • Tyler McDermott • Wazabakana Elenda Jordan Kukabu • Renell Charles • Khaled Saleh • Victor Lee • Leonardo Reid • Andre Salmon • Rahaan Ahmed Amin • Claudyo Jauad Lafayette • Stefan Valentine Balaban • Yusuf Mohamoud • Anis Omar Zen • Max Moy Wheatley • Elianne Andam • Taye Faik • Tafari Thompson- Mintah • Simarjeet Singh Nangpal • Ilyas Habibi • Harry Pitman •

TIME FOR CHOICE

Children and young people most affected by violence are the ones who most need therapeutic support but are currently the least likely to get it.

This is what Your Choice aims to change.

The Your Choice framework.



A new framework developed for local authorities, which supports their youth practitioners to deliver CBT tools and techniques to their most vulnerable young people.

This framework is rooted in:

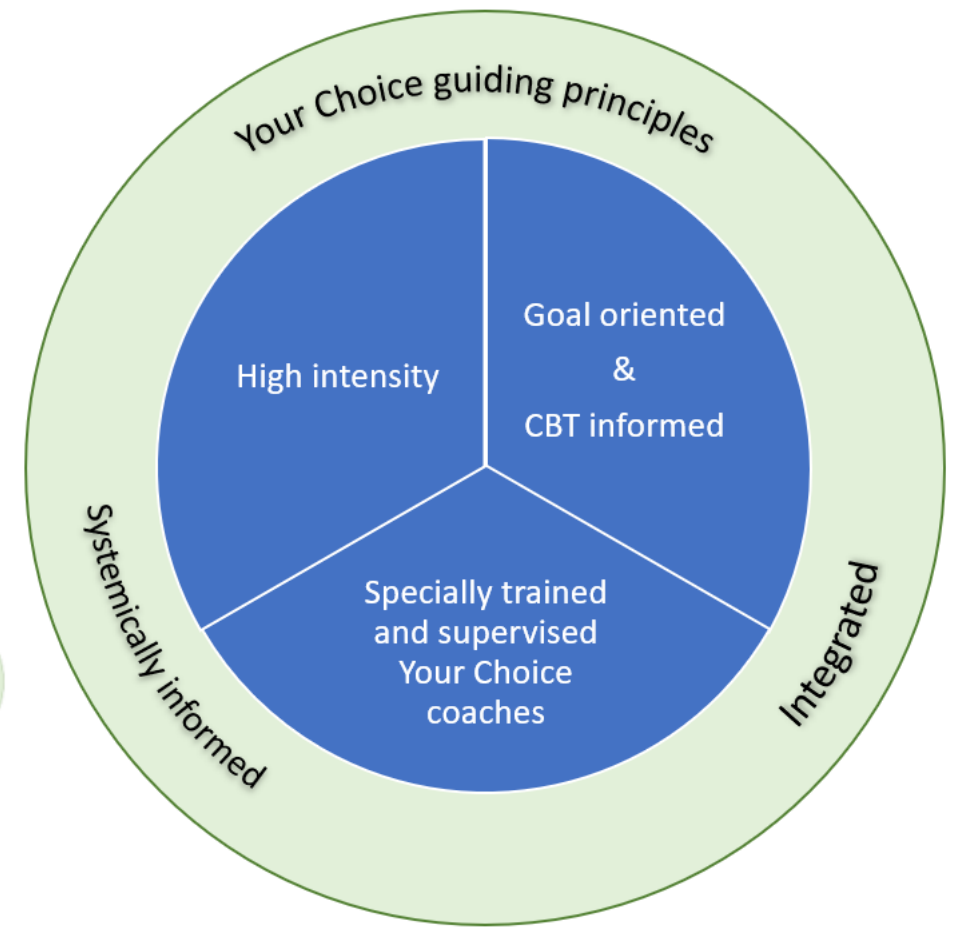
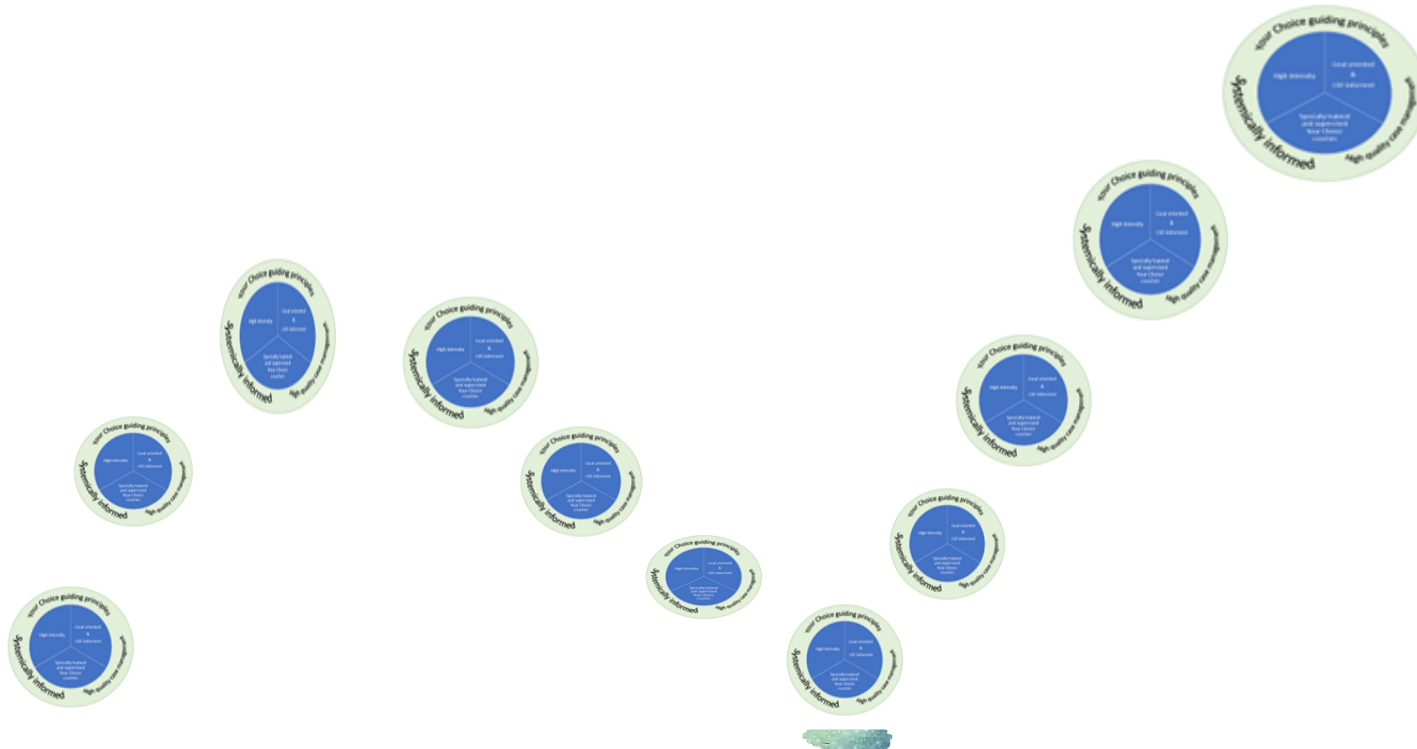
- **Multi-agency** working practices (e.g. referral routes).
- **Current best practice** in adolescent safeguarding, using a **public health approach**
- **Response to current presentation**, not a requirement to wait until fit criteria
- **Upskilling practitioners & young people alike**; to take young people on journey of “guided discovery” and equip them with tools and techniques that can be useful in overcoming a range of psychological challenges
- **Range of psychological theory** including developmental, trauma and neurological theory and **best practice** in relation to adolescent safeguarding.

The “Your Choice” approach to CBT.



- Your Choice seeks to;
 - Maximise the engagement skills embedded within adolescent services to increase access to the “Therapeutic **approach**”, which puts goal setting at the heart of the “Your Choice” programme
 - Activate behaviour by identifying the young person’s “hook” and working towards goals that are meaningful to them
 - Get alongside young people in order to help them to understand and appropriately manage cognitive processes that that may be getting in the way of them achieving their goals.

Core components



Your Choice- emerging impact

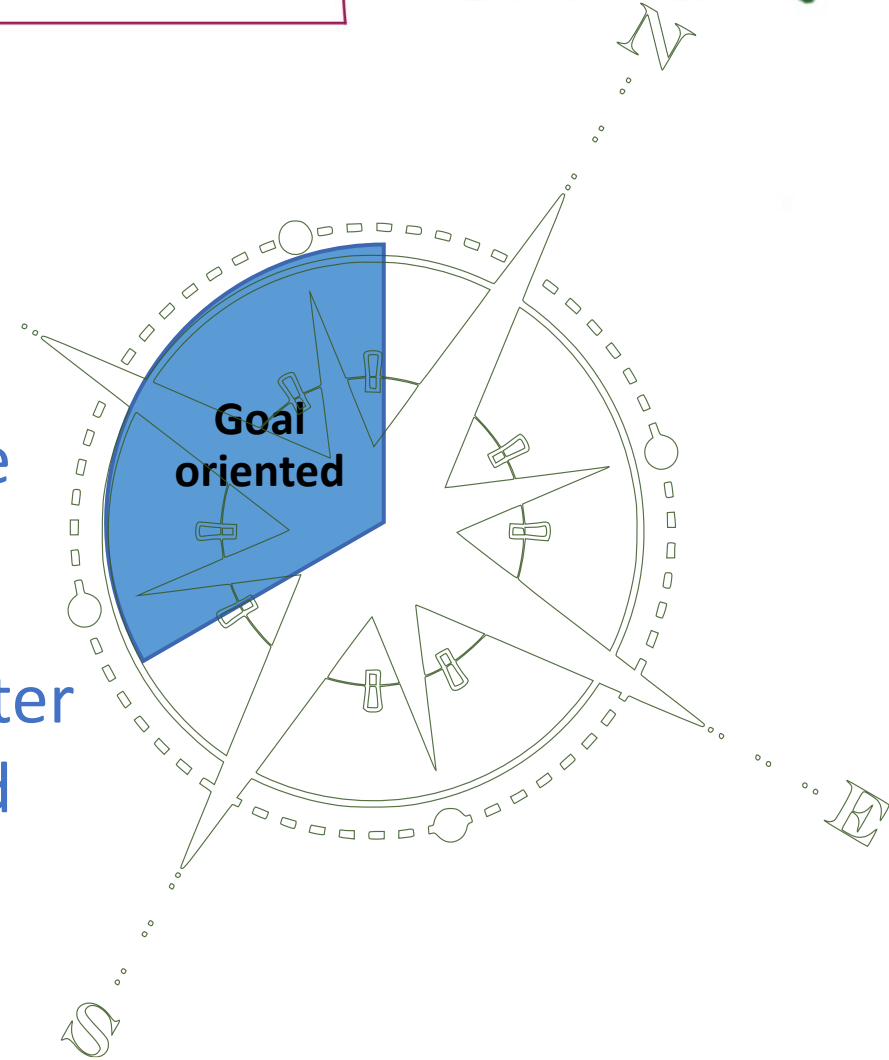
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“Giving young people something to work towards that is meaningful to them has helped to engage those who haven’t engaged with other services”.

“Young people report feeling happier, more positive and purposeful”.

“Helping young people understand themselves better has helped those around them and led to improved relationships”.

“It has supported young people back into ETE”.



Your Choice- emerging impact



“Seeing young people frequently has helped us to get to know each other better”.

“Now that we have found the young person’s passion, he is asking for more sessions each week”.

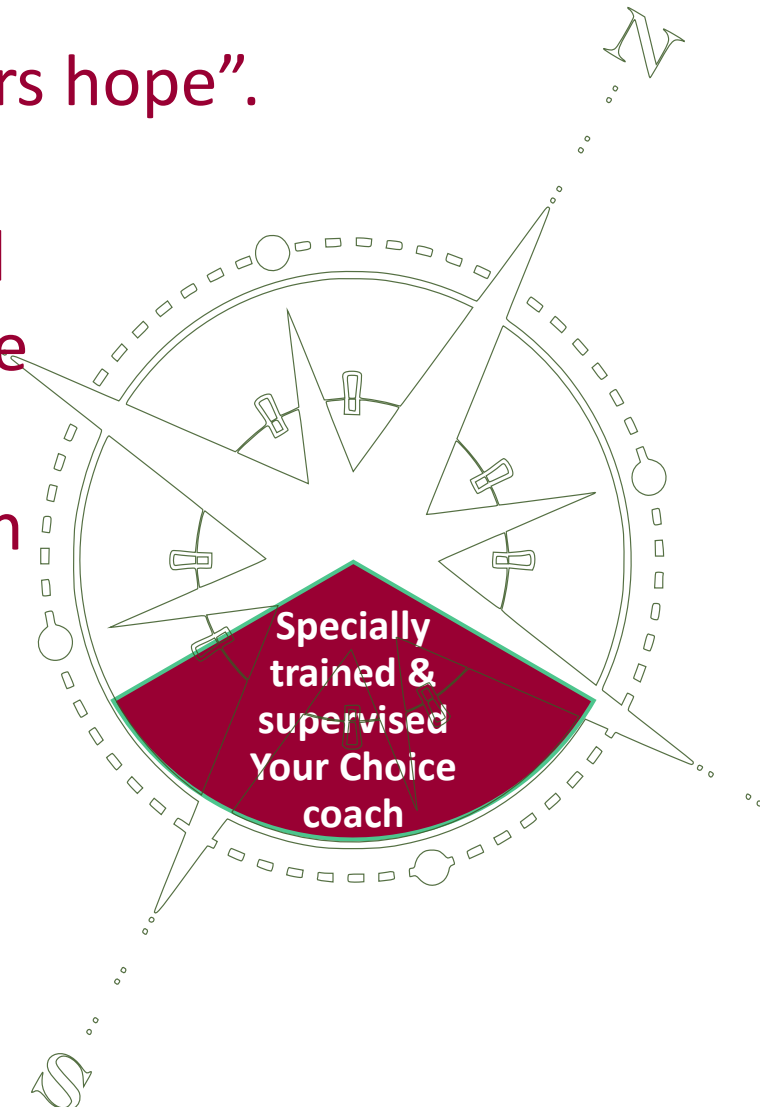
Your Choice- emerging impact



“Your Choice has given young people and my practitioners hope”.

“Regular clinical supervision has supported my personal and professional development and has helped me to see things from different perspectives. It has also helped to motivate me and give me perspective and support when things have felt draining or stuck”.

“Clinical supervision has helped us to think and talk about risk. This has led to cost savings due to reduced placement costs”.



The image features three bright spotlights shining down from the top, creating a dramatic, high-contrast scene against a dark background. The spotlights are positioned at the top left, top center, and top right, with their beams converging towards the center of the frame. The text is centered in the lower half of the image, appearing to be illuminated by the spotlights.

Your Choice- emerging impact
In conversation with Nana Bonsu.

The image features three bright spotlights shining down from the top edge of a dark, black background. The spotlights create a soft, glowing effect on the surface below, illuminating the text. The text is centered and reads: "Your chance to try out Your Choice with **Mark De Lisser**".

Your chance to try out Your Choice
with **Mark De Lisser**

We get it almost every night
When that moon is big and bright, It's a supernatural delight

Everybody's dancing in the moonlight

(SHORT DANCE BREAK)

Everybody here is out of sight
They don't bark and they don't bite
They keep things loose they keep it tight
Everybody's dancing in the moonlight

CHORUS

Dancing in the moonlight
Everybody's feeling warm and bright

It's such a fine and natural sight

Everybody's dancing in the moonlight

(SHORT DANCE BREAK)

We like our fun and we never fight
You can't dance and stay uptight
It's a supernatural delight
Everybody was dancing in the moonlight

CHORUS

Dancing in the moonlight
Everybody's feeling warm and bright

It's such a fine and natural sight

Everybody's dancing in the moonlight

(LONGER DANCE BREAK)

We get it almost every night
When that moon is big and bright

It's a supernatural delight

Everybody's dancing in the moonlight

CHORUS

Dancing in the moonlight
Everybody's feeling warm and bright

It's such a fine and natural sight

Everybody's dancing in the moonlight

DANCE (and sing) TO THE END

Thank you and get in touch!



Your Choice Inbox: yourchoice@londoncouncils.gov.uk

