

# YOUR CHOICE AND LONDON VANGUARD

## Two programmes working together to provide a systemic approach to tackle youth violence in London



Each programme is borne out of a belief that we must change the current paradigm in which children and young people most at risk of experiencing violence - those in most of need of therapeutic interventions - are least likely to access them.

### Overarching shared objective

Bring the proven power of evidence-based therapeutic interventions to improve the life chances of young Londoners at risk of violence

### Our shared determination

As articulated in the Therapeutic Intervention for Peace report, September 2020, Power the Fight.

“Facilitate trauma-informed systems and multiagency working which enables vulnerable children and young people at risk or affected by violence to thrive.”

Area	Your Choice CBT-enhanced practice	London Vanguard: Community Multi Systems Violence Reduction Model
Target cohort	11-18 year olds most at risk of extra-familial harm.	0-25 years who are affected by violence directly or indirectly.
Referral pathway	32 x Multi Agency Child Exploitation Panels (MACE) or pre-MACE or equivalent to assess eligibility.	Multi sources of referral - referral pathways may vary depending on how the ICS's propose to implement the London Vanguard.
Geographical coverage	32 London boroughs.	13 London boroughs across North Central, North East and South East London ICSs. Coverage of all components of the London Vanguard model varies from borough to borough, and is based on evidenced need.
Funding amounts	£12.5 million.	£12.2 million (subject to agreement).
Programme timescale	3 years (October 2021-December 2024).	4 year pilot up to end of September 2025.
Funding agency	Home Office, Youth Endowment Fund and London Violence Reduction Unit.	NHS England (Health and Justice and Mental Health Programme).
Accountable body for funding	London Violence Reduction Unit (Mayor's Office).	NHS England (Health and Justice and London Violence Reduction Programme).
Delivery organisation/s	32 London boroughs.	3 ICS pilots (joint delivery between health services, LAs and voluntary and community sector organisations).
Delivery model	Embedded within local authority existing service environment and based on Child First principles, working towards personal goals and building a pro-social identity. The programme offers key additionalities: trained practitioners (Your Choice Coaches) are provided with regular specialist Clinical Supervision and are part of a Your Choice Network; the Coaches work with children (3 contacts a week) using CBT-informed tools and techniques including those from third-wave CBT. The intervention lasts 12-18 weeks. At the end of the programme, the young person is linked into their communities where they can continue their journey of personal development.	The model aims to implement the framework for integrated care, using local organisations and partnerships. Case workers act as key advocate for the YP building trust, providing advocacy, coordinating services, pathway navigation, working with the network, managing risks and attending relevant meetings alongside individuals if necessary. The case worker is ideally fully embedded in the community, and has access to appropriate clinical supervision. The clinical case management is delivered by clinicians.

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Area	Your Choice CBT	London Vanguard: Community Multi Systems Violence Reduction Model
<b>Delivery location</b>	Where the child is - e.g. youth centre.	Will vary depending on what components of the model are being delivered. Key ethos is that services are embedded within local communities.
<b>Recruitment requirement</b>	Additional qualified youth practitioners to provide extra capacity and/or mental health practitioner-supervisor, according to local need.	Case workers and wider staff psychologist, OT, Family therapist, SLT, access to specialist resource within Children' or Adult's Mental Health Service, Local Authorities or Social Care.
<b>Training/ supervisory requirement</b>	Existing youth practitioners trained and supervised to deliver their support enhanced by the Your Choice programme of CBT-informed practice.	Training and supervision will vary across the team. Trauma informed approaches, AMBIT, NVR, attachment based models, working with health, social and race inequalities, promotion of positive practice models which support thriving and diverse workplaces, CBT informed practice, CBT, counselling skills, case management skills, goal setting and care planning, strength based approaches, risk management, boundaries, safeguarding, training to support the delivery of low intensity interventions.
<b>Training organisation</b>	LIIA and other specialist organisations including NHS provide organisational training to LAs which is then cascaded down to the youth practitioners. This allows a local, culturally competent iteration of the programme.	Mix between NHS/VCSE/Local Authority.
<b>Intervention</b>	New intervention designed by specialist LIIA team and delivered by LA. The intervention draws together best practice from across health and social care sectors and is based on CBT (including third-wave CBT) tools & techniques tailored for this cohort.	Prevention, Intervention (including CBT informed practice, CBT, AMBIT and compassion focused approaches) and Case Management.
<b>Evaluator/s</b>	Anna Freud Centre and IFS (Evaluation Lead). Programme evaluated using a randomised control trial (RCT).	Anna Freud National Centre for Children and Families.
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