



Your Choice: A Pan-London Approach to Violence Reduction

This briefing alerts members to the work of the Your Choice programme, a new pan-London approach to increase the safety of London's children and young people and reduce the level of violence in the capital. The programme is designed and managed by the London Innovation and Improvement Alliance on behalf of the Association of London Directors of Children's Services in partnership with the Mayor of London's Violence Reduction Unit.

Overview

Your Choice is an innovative pan-London approach to violence reduction that is being rolled out in each of the 32 boroughs from January 2022 onwards to support 11-17 year-old children at risk of violence. The programme will be delivered by specially trained and supervised local authority youth practitioners.

With just over £10 million of funding from the Home Office and Youth Endowment Fund, the three-year programme is based on the latest research findings of what works for children affected by extra-familial violence and related harms.

The programme is designed and managed by London Innovation and Improvement Alliance on behalf of the Association of London Directors of Children's Services (ALDCS) in partnership with the Mayor of London's Violence Reduction Unit (VRU). The roll-out of the programme in every London borough reflects the shared commitment of the VRU and ALDCS to increase the safety of London's children and young people and reduce the level of violence in the capital.

What is the programme?

The programme will provide bespoke training and clinical supervision in Cognitive Behavioural Therapy (CBT) techniques to London local authorities' youth practitioners (Your Choice Coaches) to use in their work with the most vulnerable of young Londoners, within each local authority's existing practice framework. It is called Your Choice because it is an empowering model that seeks to reduce the cycle of youth violence through positive activities and behavioural tools for children and young people to use.

CBT is recognised as an effective intervention for a range of emotional and behavioural conditions associated with the use of violence. Your Choice will make CBT techniques available to children most affected by violence, through enhancing the skills of practitioners who build therapeutic relationships with them.

Your Choice reinterprets the use of CBT principles within current best practice in violence-reduction. It builds upon existing therapeutic resources in adolescent services and complements trauma-informed, restorative and systemic approaches already utilised in London local authorities. Children are supported to identify and make progress in their personal goals whilst at the same time learning practical exercises to better manage difficult situations and intense feelings. The innovative training programme reflects the importance of cultural humility and pursuing a child first approach.

If successful, this ambitious programme will influence national and international practice and the programme therefore requires a robust evaluation mechanism to measure impact and outcomes of the approach. LIIA and the VRU have been working intensively with the evaluators (the Anna Freud Centre and the Institute for Fiscal Studies) to devise a proportionate randomised control trial of the programme, which does not distort practice or deny access to services.

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Author: Ben Byrne, Strategic Lead, London Innovation and Improvement Alliance (LIIA)

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Links:

[Your Choice \(LIIA website\)](#)

This member briefing has been circulated to:

Portfolio holders and those members who requested policy briefings in the following categories: Children and Young People; Crime and Public Safety