

Your Choice

Introduction

Your Choice is a London-wide £12.5 million, 3 - year programme that at its core seeks to utilise CBT principles within current best practice in violence-reduction and related partnership approaches to effectively supporting children affected by extra-familial violence and related harms.



Your Choice seeks to fill a practice gap by moving beyond understanding why a child may behave in a certain way to providing tools and techniques to support their psychological health.

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. We have worked intensively with our 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 existing services.

What is the programme?

Your Choice builds on the existing therapeutic resources in multi-disciplinary adolescent services offered by each LA across London. Your Choice provides bespoke, cohort-relevant training in CBT techniques so that London LA's youth practitioners can enhance their practice with practical CBT tools, whilst working within each local authority's practice framework. These tools and techniques can be adapted to incorporate approaches to speech, language and communication needs (SLCN), autism spectrum disorder (ASD) and learning disabilities (LD).

CBT is recognised as an effective intervention for a range of emotional and behavioural conditions associated with the use of violence. The programme is testing whether making CBT techniques available to children most affected by violence, through enhancing the skills of practitioners who build therapeutic relationships with them, can lead to increased pro social behaviours and safety for these children.

Whilst traditional CBT has sometimes been seen by some to negate systemic, relational and trauma-based approaches, this programme seeks to work with these wider understandings of the child's personal / familial history and context and the systems of which they are a part.

Who is the Your Choice programme for and how is it accessed?

Any child aged between 11-18 years old who is assessed as medium or high risk of harm / vulnerability as a result of extra-familial harm and has been considered by a multi-agency panel (typically MACE / Pre-MACE).