

Problem Solving, Cognitive & Motivational Skills

Programme Aims:

To enable participants acquire, develop and apply a series of skills relating to social problem-solving, self-management and control, social behaviour/ interactions and to address individuals' values/beliefs and ways for attitude change.

To help participants understand their legal, social and moral responsibilities and the importance of adhering to on-going correctional and rehabilitation orders. Also to highlight the affect of convictions and sentences on their social development & career progression

To highlight individuals' capabilities and awareness in the use of strategies for managing difficulties, as well as enhance their consequential and alternative thinking particularly thoughts which help avoid anti-social behaviour and future offending.

To practice methods for dealing with cognitive distortions, self-efficacy expectations and to develop strategies & plans for improved self-esteem, interpersonal and integration skills.

Suitable For:

Group One: 16-21 year olds heavily affected by anti-social activities and/or on current ASBOs, YOS Orders or about to be released into the community from HMPs. It is also suitable for young people on New Deal and whose tendencies to re-offend does affect their progress into ETE.

Group Two: 21+ Adults who are ex-offenders and/or not on current community orders or licences, but unable to access correction or rehabilitation support. Also suitable for adults about to be released into the community from HMPs. Long-term unemployed adults and/or those on New Deal and whose tendencies to re-offend or past convictions does affect their self-esteem and motivation to identify suitable work.

Programme Delivery Styles: practitioners will negotiate cost & benefit analysis with learners as well as apply various psychological, psychotherapeutic & illustrative techniques

Programmes Delivery Methods: Programmes for learners include sessions delivered in both Group-work and One-to-One interactions.

Group-work Sessions: will consist of six-eight learners, having access to interactive styles for improved Cognitive & Problem Solving Skills, Consequential Thinking, Literature on the affect of criminal pathways, understanding of their positions within the law and their responsibilities as adults in the community. Also highlighting affect of offending on own career development, families, friends, victims, etc. One-to-One Sessions with Learner: who may have difficulties in learning, performing and/or functioning within a group environment.

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Programme Duration: over 12 weeks, including one session per week, each lasting up to 2 hours.

Programmes Frequency: each programme will last up to twelve weeks and will commence in the 1st week of Jan, April, July, and October of each year.

Programme Cost: £52.50 per learner on a group-work session/week, totalling £630 per programme. One-to One (catch up or main sessions) are charged at £72.50 per learner.

No. of Beneficiaries per year: a minimum of 24 learners on Group-work sessions and at least 4 learners on one-to-one sessions per programme type/year (within each area/district including Thanet, Dover & Deal). A total of 72 group work participants and min. of 12 participants on 1-1 interactions from the 3 areas.

Referrals System:

- 1) the Solicare tutors/practitioner may place a referral folder at each delivery location, enabling you to enter each potential learner on a pre-scheduled programme's date/time. or
- 2) submit your recommendations within a complete Solicare Referral Form for each learner, by e-mail or fax to Solicare UK (see contact details below)
- 3) The tutor(s) will arrange for an initial one-to-one meeting with all referred learners prior to the commencement of each programme.

Programmes Tutor & Practitioners:

Solicare programmes tutors are qualified and/or experienced practitioners in the fields of Advice, Counselling and Psychotherapy, with specialist knowledge in Offender Rehabilitation, Motivational Support and/or Behaviour Management.

Solicare programme leaders are nationally registered for delivering accredited Home Office programmes, as well as being members of recognised institutes in the UK such as the Institutes of Careers Guidance.

Solicare tutors are approved for work with children & young people of all ages, as they are CRB checked and work within the guidelines of a range of legal acts including those relating to work with Children, Offender Rehabilitation, Criminal Justice and Education.

**For Further Information,, please contact Carole Marek - Programmes at Solicare UK
via: Email: enquiries@solicare.co.uk, Tel: 07765895469 or Fax 01843 835557**