

What benefits will it have?

The Evolution Team want participants to be a large part of the pilot. From their feedback and views, we hope to amend the programme to make it a fully beneficial and enjoyable course.

On completing the course, participants will receive a portfolio demonstrating the skills they have developed which have helped them achieve their potential.

Through using these skills in everyday life it is hoped that the young people will be further enlightened, and future education / career development opportunities will open for them.

The course leaders understand that this may be challenging for those who participate and will provide support and encouragement throughout the course.

During an Award Ceremony held at the end of the course, participants will be able to invite guests, to see how they have developed over the duration of the course.

Notes

Instructors

Andy Balfour: has worked extensively for the fire service and childcare sector; as a qualified practitioner he has worked in various settings including outreach, project management and development, supported housing, training, and as an assistant manager of a residential therapeutic behavioural unit, delivering cognitive solutions based on the resilience model.

Liz Warren: coordinator of Evolution, has used her community media degree to creatively consult in various settings; residential youth homes, homeless hostels, within the travelling community and with alcohol / substance misusers. She is also qualified to psychometrically test candidates.



Contact Details

ROYAL BERKSHIRE FIRE AND RESCUE SERVICE

Royal Berkshire Fire and Rescue Service
103 Dee Road, Tilehurst, Reading, Berkshire
RG30 4FS

Email evolution@rbfrs.co.uk
Phone 0118 932 2046 (Youth Team)
Web www.rbfrs.co.uk



REF: Evol-Case-DL260209. Design and copyright ©2008 RBFRS. All rights reserved.



Information for Caseworkers

Evolution: Youth Offender Project

ROYAL BERKSHIRE
FIRE AND RESCUE SERVICE

PREVENTING PROTECTING RESPONDING

What is Evolution?

Evolution is a youth offender project aimed at rehabilitating young adults (13-18 year olds) who are known to the Youth Justice System for having been involved in offending of an anti-social nature.

It is based on cognitive behavioural techniques which aim to reduce the frequency and severity of offending by teaching young people effective skills to challenge inappropriate thought patterns. These interventions will take the form of both interactive group theory sessions and practical activity days (fire service tasks, drama, role play, outdoor activities and games).

The Aims of Evolution

The course aims to encourage the young people to identify with new skills associated with pro-social living, view the potential benefits of these skills, and throughout the course, learn and improve upon them. These skills have been well researched and are known to be effective.

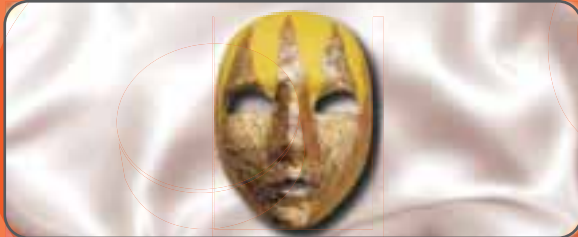
The Evolution Team makes the learning of these skills fun and exciting by incorporating activities that many young people will not have experienced before.

Course Content (continued)

Further key elements:

- **Conflict Resolution**
Learning effective ways to successfully resolve conflicts.
- **Values Enhancement**
Learning to understand and appreciate pro-social values.

These skills will be supplemented by practical reinforcement and demonstrations of the skills through forum theatre / drama, fire service activities,



Referrals will be solely taken from the Youth Offending Service (YOS) and Intensive Supervision and Surveillance Programme (ISSP).

Course Content

The Reasoning and Rehabilitation II (R&RII) theory programme key elements are:

- **Interpersonal Problem Solving**
Problem definition, alternative solutions, consequences (for both self and others), and effective solution implementation.
- **Social Skills Training**
Learning to think and behave in skilled ways and recognising how one's own action affects others.
- **Rational Thinking**
Encouraging logical and objective thinking.
- **Emotional Competence**
Learning to recognise and manage one's emotions - especially anger.

problem-solving tasks and pro-social modelling. The course will run over a four week period and participants will be required to attend three full days a week of theoretical and practical input.

Following the course participants will be asked to attend a recap session within a three-month period, where they will be reminded of the skills taught and will participate in similar activities.

