Young people in the criminal justice system in Scotland

Young people involved in (or at risk of) offending behaviour are likely to have multiple complex needs, often arising from the risk factors identified by Audit Scotland (2001, p13):

- Poor housing standards
- Drug/alcohol misuse by the young person or their family
- Low income
- Health, personality and behavioural problems
- Family breakdown
- Low educational achievement
- Socialising with offenders.

In recognition of this, the Cabinet Secretary for Justice launched the Whole System Approach. This approach for children and young people who offend is “based on strong evidence which shows that the long term outcomes for young people involved in offending behaviour could be better served by diverting them away from statutory measures, prosecution and custody and instead implementing early intervention and robust community alternatives” (MacQueen and Mcvie, 2013). Evaluation findings from the Whole System Approach pilot initiatives (various authors, 2012), including Sacro’s Aberdeen Assertiveness Outreach Service and the Young Women’s Project delivered by Up-2-Urs, can be found on the Scottish Government website.

This Whole System Approach builds on the Preventing Offending by Young People Framework (Scottish Government, 2008) which sought to put a focus on prevention, early and effective intervention, high risk and transitions group, victims and community confidence and planning and performance improvement.

There is a growing body of evidence which identifies good practice in relation to reducing offending amongst young people and highlights the need for high quality, age appropriate support and interventions. Recent research in this area includes:

- A systematic review looking at European evidence around reducing reoffending with young offenders, which found that, “Behavioural and cognitive-behavioural treatments were more effective than other types of treatments” (Lösel et al, 2011, p5).
- A study into youth violence in Scotland (Fraser et al, 2010, p53), which found that “For young offenders in general, the most successful interventions make use of family, school, community etc. in innovative ways to support individual change (for example through peer mentoring), working with the needs
and motivation of offenders to enhance change.”

- A review of what works to reduce reoffending by Sapouna et al (2011, p11) highlighted findings from the Edinburgh Study of Youth Transitions and Crime: "the deeper a youth is carried into the formal processing system, the less likely he/ she is to stop offending. The authors argue that the most significant factor in reducing offending is minimal formal intervention and maximum diversion to programming that does not have the trappings of criminal processing”

- A Diversion from Prosecution Toolkit (Scottish Government, 2011)
- Guidance around good practice within reintegration and transitions for young people under 18 who offend (Scottish Government, 2011).

A number of voluntary sector organisations offer support and services for young people in Scotland in line with recognised good practice for reducing offending behaviour. This paper discusses the role of the voluntary sector in reducing (re)offending amongst young people and provides examples of the range of voluntary sector services that support young people within a community setting.

### The role of the voluntary sector in supporting young people involved in offending

The voluntary sector provides a broad range of high quality, evidence-based services which can help to reduce reoffending amongst young people. The Robertson Trust (2012) identified five characteristics that make the third sector particularly effective in reducing reoffending:

- Responsiveness and flexibility;
- Innovation;
- Connectivity and community assets;
- Partnership working;
- Trust and relationships.

The Framework for Action around Preventing Offending by Young People (Scottish Government, 2008) also notes the important role of the third sector, observing that "The third sector brings particular skills and experience to this agenda in terms of engaging with and championing children, young people, families and communities.”

### Accessing information about services

Identifying appropriate services to signpost young people to can be a challenge. At present, there is often a lack of awareness about what is available and the extent to which each service may be appropriate and effective for different individuals.

In an attempt to address this information barrier, the Scottish Government is currently further developing its web-based ‘national directory of services for offenders’. This directory will contain details of services which are available for individuals across custody and the community.

In the meantime, Criminal Justice Voluntary Sector Forum (CJVSF) members have supplied examples of the range of services they offer that support young people, often as part of a community sentence. In addition to these case studies, we are also aware of a number of other relevant services provided by voluntary sector organisations and have included a list of these as well. It is, however, important to note that this briefing does not attempt to provide a fully comprehensive directory of all voluntary sector services for young people involved in offending behaviour. What it does offer is a flavour of the types of services available at both a national and local level which can contribute to a reduction in reoffending amongst this group.
Other sources of information which may be helpful include:

- Scottish Drug Services Directory
- Community Justice Authorities e.g. South West Scotland CJA Service Directory
- Local Authority Directories, e.g. Falkirk Council Youth Justice Service Directory, Renfrewshire Youth Justice Resource Directory
- Pathways to Employment Database
- ALISS (A Local Information System for Scotland)

Examples of services supporting young people in the criminal justice system

Nationwide services

**Cornerstone’s Partnership Project**

Cornerstone’s Partnership Project works with individuals with learning support needs who are at risk of offending or sentenced to community disposals. The service reduces the likelihood of reoffending and aims to deliver positive outcomes in relation to employability, training and housing support. It does this by:

- Supporting individuals to maintain their own tenancies by providing assistance with household chores, shopping and budgeting
- Providing a structured support timetable to reflect an individual’s personal requirements and level of need
- Facilitating ‘one to one’ support and organised group activities
- Supporting access to professional support
- Providing a safe home and working environment with 24 hour staff support
- Providing emotional and behavioural support.

The service is available across Scotland.

For further information, please contact:

**Lynn Jolly**
Community Justice Service Manager
Cornerstone
07825 050 017
lynn.jolly@cornerstone.org.uk

**Living Wild – ‘Chance for Change’**

This national programme, delivered by Venture Trust, supports young people (aged 16-30, male and female) who are involved in the criminal justice system. Participants are experiencing a complex range of factors including substance misuse, social deprivation, housing instability, negative peers and unemployment which all contribute to their risk of re-offending.

Venture Trust’s cognitive behavioural approach uses experiential learning techniques to unlock potential and boost participants’ confidence, motivation and core life skills to enable participants to make long-term changes in their lives, focusing on working towards positive crime-free futures. The programme encompasses three broad phases (outreach, wilderness journey & fostering community links), combining intensive personal development experiences in wilderness areas of Scotland with up to 12 months of community-based support.

After 12 months of monitoring, 75% of participants were showing behaviours and circumstances likely to reduce the risk of reconviction. Participants are also asked to provide feedback on their experience, which is used to shape future programme design and delivery.

Referrals can be made directly by Sheriffs, who can request a Venture Trust assessment and make participation in the programme an integral part of the Community Payback Order or through criminal justice/youth justice social work teams (to complement a CPO or other orders such as DTTOs, HDCs) or other agencies (e.g. Job Centre Plus, third sector partners). A recent survey of referrers to Venture Trust criminal justice programmes found that 96% of respondents indicated that there would be a “gap in provision available” if the intervention did not exist.

For further information, please contact:

**Venture Trust**
0131 228 7700
info@venturetrust.org.uk
www.venturetrust.org.uk
New Routes

New Routes is a national public social partnership (PSP) offering a mentoring service to young male prolific offenders (16-25 years old). The mentors provide throughcare support to help individuals to reintegrate back into the community and reduce their risk of reoffending. The service model provides in custody, pre-release, on release and post-release support.

The PSP is led by The Wise Group and also involves Sacro, Apex Scotland, Turning Point Scotland, Circle, YCSA, Families Outside, SAMH, Community Justice Authorities (CJAs), Scottish Prison Service (SPS), Association of Directors of Social Work (ADSW), the National Prisoner Healthcare Network and the Department for Work and Pensions (DWP). SPS staff and prison based New Routes mentors are responsible for identifying young men in prison who are eligible for mentoring support. Support is available for a total period of 12 months, with the initial offer of support being made up to six months pre-release. Mentors can also work with those on Home Detention Curfew.

The mentors provide practical and emotional support to the young men around a range of issues, which may include housing, debt, benefits, addictions and family relationships. The mentors work with them to develop their independence and social skills, explore aspirations, identify goals, link them in to appropriate services and put in place achievable steps to improve their quality of life. The key to achieving outcomes for individuals is the quality and strength of the mentoring relationship and its impact on the behaviours and attitudes of each individual. Individuals are supported on a journey of desistance by creating a new sense of self and the social networks and social capital that will allow them to develop and sustain their desistance and transition to a new non-criminal identity. The New Routes approach builds on evaluated evidence in delivering mentoring interventions and uses best practice approaches.

For further information, please contact: The Wise Group 0141 303 3131 fiona_benton@thewisegroup.co.uk www.thewisegroup.co.uk

Examples of other services available nationally

<table>
<thead>
<tr>
<th>Plus one mentoring</th>
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</thead>
<tbody>
<tr>
<td><strong>Organisation</strong></td>
<td><strong>YMCA Scotland</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Brief description</strong></td>
<td>Mentoring support to help divert young people away from the criminal justice system and to encourage them to engage in more positive activities and behaviours.</td>
<td></td>
</tr>
<tr>
<td><strong>Target group</strong></td>
<td>Young people aged between 8 and 14 who are on the verge of entering the criminal justice system</td>
<td></td>
</tr>
<tr>
<td><strong>Further details</strong></td>
<td><a href="http://www.ymca.scotland.org/our-work/programmes/youth-justice/">www.ymca.scotland.org/our-work/programmes/youth-justice/</a></td>
<td></td>
</tr>
</tbody>
</table>

Sheriffdom of Glasgow and Strathkelvin

218 service

The 218 Service in Glasgow, run by Turning Point Scotland and Glasgow Addiction Service, was opened in response to growing concerns about the needs and treatment of women in the criminal justice system. The service helps women offenders to address the complex range of needs which they may have including substance misuse issues, physical and mental health, housing and childcare.

An independent evaluation of the 218 service found that those engaging with the service reduced their levels of offending by 31% following contact with the service and evidenced the delivery of a range of interim outcomes including reductions in sexual/injecting risk behaviour, improvements in mental and physical health and improvements in self-esteem and family relationships.

For further information, please contact: Turning Point Scotland 0141 331 6200 info@218.org.uk www.turningpointscotland.com
Includem Intensive Support Service

Includem has a strong track record in delivering direct alternatives to custody, providing services for the most vulnerable and challenging young people who pose the highest risks to themselves, others and their communities. The services exclusively target those who have exhausted the resources of other agencies, who live chaotic lives, and where engagement and sustaining contact is difficult. Current delivery areas for this service are Glasgow, Fife, Clackmannanshire, Dundee, Stirling and West Dunbartonshire, with some additional spot purchases from other local authorities.

The service offers planned, structured one-to-one support, help to access public services and encouragement to comply with court orders and community sentences as well as 24/7 crisis response for young people and their carers. Includem’s ‘Framework of Intervention’ is rooted in relevant theory and evidence based practice, with a community based model of flexible and intensive work, persistence in engagement and an expectation of chaos and crisis in personal and family situations. In 2013, the Care Inspectorate awarded the service a Grade 5 (Very Good) for Quality.

Referrals are made primarily by local authorities. The service also receives direct referrals from Police Scotland for young people who have been identified as being on the periphery of, or involved in, gang violence. This builds on the successful Gangs Pilot Project – A partnership between Includem and Police Scotland – which saw offending rates fall by 90%. An evaluation of the project found, “a sustained reduction over time for all young people in regards to the severity of their offending behaviour” and “The holistic approach of Includem’s model of intervention was evidenced by the progress made on a range of softer indicators for all young people, as well as clearly meeting the expected outcomes of reducing the levels of violence and number of victims in a geographical area.”

For further information, please contact:
Includem
enquiries@includem.co.uk
0141 427 0523
www.includem.org

Glasgow Community Safety Services

In early 2010, Community Safety Glasgow (CSG) and Apex Scotland joined forces to create an innovative approach to the delivery of the unpaid element of the Community Payback Order (CPO). Playing on the strengths of both agencies, a service was then incorporated, the main aims of which were: Progressing CPO attendees into positive destinations; reducing reoffending and promoting effective and lasting rehabilitation.

Delivery of the model combines the effective management of the statutory order with an individually tailored and needs-based focus on learning, skills development and, ultimately, employment – offered non-mandatory. Apex Scotland works with the Community Service Order (CSO) team to help identify those who are attending CSO and who may benefit from Apex involvement. Apex’s role is to build confidence and introduce individuals to the world of work and the skills they gain on a Community Service Order. Apex completes an employability assessment and agrees an action plan with each individual. The plan focuses on a series of personal and employability goals and includes a programme tailored to individual need. Social Work case managers are able to credit CPO attendees with time spent in training/ education against the ‘other activity’ component of the Order. This has multiple benefits, including incentivisation, higher completion rates and up-skilling of the workforce.

CSG offers clients who have successfully completed their CPO to take the next step towards employment by providing volunteer opportunities. Apex Scotland staff work in parallel with CSG staff; identifying development needs, up-skilling, carrying out skills-match assessments, linking clients into relevant opportunities, taking feedback from clients, reviewing progress, offering advice and guidance and reporting to stakeholders.

For more information, please contact:
Apex Scotland
admin@apexscotland.org.uk
0131 220 0130
www.apexscotland.org.uk
**Side Step**

Side Step is an early intervention and diversion service delivered by Action for Children. It is aimed at 12-16 year olds who are at risk of becoming significantly involved in serious criminal activity. The service operates from a base in Govan; however, project staff work with the young people in their own localities using local community resources. There is a large element of motivational work, supporting young people to recognise that they have opportunities in front of them other than a life of crime.

For further information, please contact:  
**Action for Children**  
0141 445 1132

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**Sacro’s Community Payback Service**

Sacro’s Community Payback Service provides unpaid work placements for individuals on a Community Payback order in Glasgow and Aberdeenshire. This is a positive way for individuals to make amends by providing a service to those in the community who have difficulty in getting small jobs done around their home.

For further information, please contact:  
**Sacro Glasgow Office**  
0141 248 1763  
infoglasgow@sacro.org.uk  
http://www.sacro.org.uk

**Sacro Aberdeen office**  
01224 560550  
infoaberdeen@sacro.org.uk  
http://www.sacro.org.uk

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**Examples of other services available in Glasgow and Strathkelvin**

**Dick Stewart Service**

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Crossreach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brief description</td>
<td>Provides residential supported accommodation for offenders. Service users are supported to develop independent living skills including budgeting, housekeeping and self-care. They are also supported and encouraged to take part in community programmes to help address their offending behaviour.</td>
</tr>
<tr>
<td>Target group</td>
<td>Individuals within the criminal justice system (aged 18 years and over). Referrals should be made through Glasgow’s criminal justice social work.</td>
</tr>
<tr>
<td>Further details</td>
<td><a href="http://www.crossreach.org.uk">www.crossreach.org.uk</a></td>
</tr>
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**Theatre Nemo Community Group**

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Theatre Nemo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brief description</td>
<td>Theatre Nemo has provided creative workshops in HMP Barlinnie since 2004. This work supports the men to gain the all important social skills. By participating in the arts prisoners find new ways of communicating, new skills which help them find new paths into education leading to better employment opportunities and the chance of a better more productive life.</td>
</tr>
<tr>
<td>Target group</td>
<td>Individuals affected by mental health</td>
</tr>
<tr>
<td>Further details</td>
<td><a href="http://www.theatrenemo.org">www.theatrenemo.org</a></td>
</tr>
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**YCSA support services**

<table>
<thead>
<tr>
<th>Organisation</th>
<th>YCSA (Youth Community Support Agency)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brief description</td>
<td>YCSA provides a range of services including: a throughcare service for ethnic minority prisoners (16-25 years) to support their reintegration in to the community, youth development and employability support for young people at risk of offending, a drug and alcohol outreach service, a literacy and numeracy project and youth counselling.</td>
</tr>
<tr>
<td>Target group</td>
<td>Young people</td>
</tr>
<tr>
<td>Further details</td>
<td>0141 420 6600</td>
</tr>
</tbody>
</table>
### Passport programme (Prison Leavers)

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Access to Industry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brief description</td>
<td>An employability service which supports young people to gain the self-confidence, skills and qualifications they need to get a job or move into further education.</td>
</tr>
<tr>
<td>Target group</td>
<td>Young people moving on from prison</td>
</tr>
<tr>
<td>Further details</td>
<td>See case study under Lothian &amp; Borders</td>
</tr>
</tbody>
</table>

### Circle’s FABI Team

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Circle Scotland</th>
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</thead>
<tbody>
<tr>
<td>Brief description</td>
<td>The organisation provides assertive outreach support to whole families in their homes</td>
</tr>
<tr>
<td>Target group</td>
<td>Children, young people and families involved in the criminal justice system.</td>
</tr>
<tr>
<td>Further details</td>
<td>See case study under Lothian &amp; Borders</td>
</tr>
</tbody>
</table>

### Sheriffsdom of Grampian, Highland and Islands

#### Assertive Outreach Service

Sacro provides an [Assertive Outreach Service](#) in Aberdeen. The service offers a support service for young people up to 18 years of age, who have been involved in persistent offending or anti-social behaviour, and are disengaged from core youth services.

The service staff directly engage with young people referred to the service (and their families where appropriate) and build a relationship of trust. The service assesses the needs and issues of each individual young person and the level of support they need. Young people are then referred to the appropriate specialist services that will help support their needs.

Referrals can be made by Youth Justice Social Workers, Intensive Community Support and Learning Service, Police Scotland, schools and third sector partners.

For further information, please contact:  

**Sacro Aberdeen Office**  
 infoaberdeen@sacro.org.uk  
 01224 560 550  
 www.sacro.org.uk

### Court Support Service

Sacro provides advice, support and guidance to those under the age of 18 who are attending Court in Aberdeen.

For those who have been held in custody, the Court Support Worker will visit the young person in Court in the morning and will explain and clarify the Court process, stressing the significance of attendance at all dates that are set by the Court. The Court Support Worker can identify areas of need, signpost the young person onto partner agencies, set up initial appointments and support the young person to attend these. The Court Support Worker will also write or text the young person reminding them of their court dates, any actions required and continue to offer support.

No referrals are required to access this service. Social workers, partner agencies, defence agents or the Procurator Fiscal’s office should advise the Court Support Worker in advance of any young person attending Court to allow contact to be made at the earliest opportunity.

For further information, please contact:  

**Sacro Aberdeen Office**  
 infoaberdeen@sacro.org.uk  
 01224 560 550  
 www.sacro.org.uk

### Young Person’s Supported Accommodation

Sacro provides [supported accommodation](#) to vulnerable young people (aged 16-24 years) in the Moray area who do not have a fixed abode and are in need of additional support to manage a tenancy. The service enables young people to successfully maintain their own accommodation in their community by helping them gain independent living skills and learning how to maintain a home.

Young people are provided with supported occupancy and help to focus on areas including: social, emotional and behavioural support; managing finances and budgeting; preparation for further education, training and employment; and support for...
the transition to independent living. Referrals for the service are made through the local authority.

For further information, please contact: 
**Sacro Moray Office**
01343 552 938
infromoray@sacro.org.uk
www.sacro.org.uk

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**Aberdeen Intensive Support Service**

A partnership (consisting of Apex Scotland, Sacro, Barnardos and Foyer) provides an Intensive Support Service (ISS) for young people in Aberdeen City who are considered to be at high risk of re-offending and/or a risk of harm to themselves and the community and at risk of being sent to residential schools or secure care. The ISS service aims to reduce offending by young people, reduce the number of young people going out-with the city to residential care and secure care and to support young people to remain in their community.

Using the Scottish Government funding for the 'Whole System Approach' a number of third sector partners worked together to design the service using a multi-agency delivery model. The key components that were identified were: offence focussed work; family support; life-skills and recreational activities; evening and weekend support; 24/7 crisis response service; respite and time out; one to one learning and counselling and mental health support. Each partner delivers on different aspects of ISS:

- **Apex** – Life-skills and recreational activities
- **Barnardos** – offences focused and family support
- **Sacro** – 24/7 crisis response and respite
- **Foyer** – one to one learning.

ISS has been proven to have a positive effect on reducing re-offending for the majority of the young people who have accessed this service. For example, taking the last 8 young people whose cases have been closed, all have reduced offending and 6 have had no new offences. Between all 8 young people they had over 500 offences between them, however since they have been closed off on ISS they have only committed 2 offences between them.

For further information, please contact: 
**Helen Chamier-Tripp**
Apex Scotland
helent@apexscotland.org.uk
or
Sacro Aberdeen Office
01224 560550
infoaberdeen@sacro.org.uk
www.sacro.org.uk

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**Youth Justice Restorative Services**

Sacro’s Youth Restorative Justice Services work with anyone who has been harmed or affected by the offending or anti-social behaviour of young people (8-17 years old). The police cases are reported to the Children’s Reporter, or are passed to a multi-agency group. The service can accept cases as an alternative to, or from, a Children’s Hearing as well as from anti-social behaviour teams, social workers, schools, Procurators Fiscal or any other multi-agency group. These services are available in: Aberdeen, Dundee, Stranraer, Kirkintillock, Falkirk, Kirkcaldy, Perth, Dumbarton and Dumfries.

The Services use restorative principles to address behaviour in a way which empowers the people harmed, those responsible and the wider community members in order to resolve issues in a constructive way. The Services include:

- **Restorative Justice Conferencing** – young people, their families and the people harmed actively address the harm caused by an offence.
- **Face to Face Meetings** – bring together a young person and the person they have harmed so that the harm caused can be actively addressed.
- **Shuttle Dialogue** – parties do not meet face to face but the harm caused is actively addressed by Sacro passing information between them.
- **Awareness Programmes** – parties do not meet however the young person has discussions with Sacro staff about their own choices and actions and the effects of their behaviour on the person harmed.
- **Reparative Tasks and Programmes** – part of the agreement arising out of an intervention above might include the young person undertaking a reparative task such as voluntary work to benefit the person.
harm or the community in which they live. The young person might also take part in a relevant programme to address issues associated with their offending behaviour e.g. alcohol misuse.

For further information, please contact: Sacro Aberdeen Office 01224 560550 infoaberdeen@sacro.org.uk www.sacro.org.uk

Examples of other services available in Grampian, Highlands and Islands

<table>
<thead>
<tr>
<th>Moving On Service</th>
<th>Organisation</th>
<th>Action for Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brief description</td>
<td>A holistic voluntary throughcare service to break down the barriers that young people coming out of prison face, to help them successfully integrate back into the community.</td>
<td></td>
</tr>
<tr>
<td>Target group</td>
<td>Young males aged 16-21 years, who will be returning to their local communities from HMYOI Polmont.</td>
<td></td>
</tr>
<tr>
<td>Further details</td>
<td>See case study listed under North Strathclyde.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aspire 2 Be</th>
<th>Organisation</th>
<th>Birchwood Highland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brief description</td>
<td>Aspire 2 Be supports young people towards the core values of the organisation of independence, inclusion and recovery. Interventions include: - 1:1 support and group work - Wellness Recovery &amp; Personalised Action Planning - Signposting and support to access other services - Activity based programmes</td>
<td></td>
</tr>
<tr>
<td>Target group</td>
<td>Young people in the community who are, or are at the risk of offending and are experiencing mental ill health and/or chaotic behaviours.</td>
<td></td>
</tr>
<tr>
<td>Further details</td>
<td><a href="mailto:info@birchwoodhighland.org.uk">info@birchwoodhighland.org.uk</a> <a href="http://birchwoodhighland.org.uk/">http://birchwoodhighland.org.uk/</a></td>
<td></td>
</tr>
</tbody>
</table>

Sheriffdom of Lothian and Borders

Caledonia Youth support service

Caledonia Youth offers one-to-one support for young people who are particularly vulnerable to exploitation, abuse and risk-taking behaviour. The service aims to improve resilience, healthy behaviours and personal and family relationships by:

- improving knowledge and skills to be able to identify inappropriate and risky situations and how to deal with these
- improving knowledge and skills which allow the young person to make informed, responsible decisions about their family and personal relationships
- developing skills to support resilience and improve emotional wellbeing
- increasing awareness of other appropriate specialist support and the confidence to access these services.

Referrals can be made by parents, schools, social work teams, police and third sector organisations. An initial referral will involve a detailed assessment of each individual’s circumstances and needs. Staff will then work with the young person to agree a set of goals and develop an intensive, individualised programme using a range of materials and resources that are age and educational stage appropriate. The support focuses on issues that are impacting on the young person’s ability to adequately cope and deal with the transition to adulthood. Issues may include: relationships; risk taking and inappropriate behaviour; boundaries; internet safety; bullying; managing feelings (including loss and anger); emotional wellbeing and sexual health. The one-to-one support sessions take place weekly (usually over a 10 week period although this is flexible, given the often complex nature of the issues) and are delivered by a professionally skilled, experienced and qualified worker allowing the development of a supportive and trusting relationship.

For more information, please contact: Caledonia Youth 0131 229 1402 information@caledoniayouth.org www.caledoniayouth.org
**Passport Programme (young people)**

The Passport programme works with young offenders and young people who are leaving care. The service works with young offenders within Polmont YOI who are from across the central belt of Scotland (Edinburgh; Glasgow; North and South Lanarkshire; and Forth Valley) and works with them on liberation within their local communities. It also works with young careleavers (16-21 years of age) within the City of Edinburgh.

The service provides structured, one-to-one support for young people to help them break down the barriers they face, build their self-confidence, enhance their employability skills and help them aspire to become responsible citizens. The support can include bespoke training sessions, accredited qualifications and access to work placements, employment and education opportunities.

For more information, please contact:

**Access to Industry**
0131 260 9721
mail@accesstoindustry.co.uk
www.accesstoindustry.co.uk

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**Passport Programme (Prison Leavers)**

The Passport programme (Prison Leavers) is an employability service delivered by Access to Industry, which supports people moving on from prison to gain the self-confidence, skills and qualifications they need to get a job or move into further education. Access to Industry works with:

- HMP Edinburgh, to support adult male offenders who are returning to Edinburgh
- HM YOI Polmont to support young offenders returning to Edinburgh, North and South Lanarkshire, Forth Valley and Glasgow.
- HMP Cornton Vale to support women returning to Glasgow and Edinburgh (under the PSP ‘Shine’ project)

An experienced caseworker is assigned to each individual to provide them with regular one-to-one advice, support and motivation. Each participant is supported to develop a personal action plan and given help to access relevant training programmes, work placements and other support services, upon liberation. Work can typically commence 4-6 months before a client’s liberation, followed by a similar length of community support offered by the same case worker.

For more information, please contact:

**Mark Phillips**
Passport Project Manager
Access to Industry
0131 260 9721
mark@accesstoindustry.co.uk
www.accesstoindustry.co.uk

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**Circle Support**

Circle’s FABI team support children and young people involved in the criminal justice system. Circle covers the Sheriffdoms of Glasgow and Strathkelvin, Lothian & Borders, North Strathclyde, South Strathclyde, Tayside and Central & Fife. Circle aims to support some of the most vulnerable children and families in Scotland. The organisation provides assertive outreach to whole families in their homes by skilled staff who are all trained in having a solution focussed, strength based approach which is framed within building a professional, trusting relationship with all relevant family members. Activities undertaken with the families reflect their particular needs and goals and takes cognisance of the nine offender outcomes and the SHANARRI wellbeing indicators. The FABI work has been externally evaluated since 2008 and provides evidence of meaningful voluntary engagement with 85% of service users and 72% engagement with statutory orders.

For more information, please contact:

**Circle Scotland**
0131 552 0305
www.circlescotland.org
Sheriffdom of North Strathclyde

Inverclyde Integrated Criminal Justice

A community service, run by Action for Children, is available in Inverclyde for Young Offenders. The service offers a constructive alternative to custody for 16 to 25 year-olds. It helps young people to challenge their offending behaviour and its consequences in terms of the emotional, financial and physical damage to victims. It also helps them to identify problem areas in their lives and empowers them to make better choices and decisions.

For further information, please contact: Action for Children
01475 723044
http://my.actionforchildren.org.uk/

Turnaround

Turnaround provides a community intervention service as an alternative to short term prison sentences for young men, aged 16-30, who have failed or are failing in other community-based alternatives, or who have had multiple remand or short-term prison sentences, and who may also be vulnerable due to substance misuse, mental health issues, homelessness, or a lack of coping/social skills. The service operates from four community bases in Irvine, Kilmarnock, Greenock and Dumbarton and also runs a residential unit in Paisley. It is a partnership service, managed and delivered by Turning Point Scotland.

Each service user is assessed in relation to criminal activity, accommodation status, substance misuse and social skills. Where necessary, service users are able to spend time in the residential unit to undertake work to address their offending and addiction issues and also to help stabilise their lifestyle. A holistic programme of interventions is developed to best suit the support needs of each individual. An independent evaluation of the Turnaround service (Frodimigoun et al, 2011, p27) found “The key to Turnaround’s successful delivery of service is its ability to nuance services to service users’ needs.”

The evaluation (Frodimigoun et al, 2011, p27) found that: “The programme is impacting positively on the lives of its service users and on their offending behaviours and addiction issues, and in supporting them into stable lifestyle patterns, as well as improving social and employability skills.” The evaluation (Frodimigoun et al, 2011, p57) also noted the value for money which the service offers, concluding that: “Turnaround provides a quality, cost-efficient alternative to the more traditional and costly short-term custodial sentences so characteristic of the service users’ history.”

For more information, please contact: Turning Point Scotland
01505 810 800
information@tpsturnaround.co.uk
www.turningpointscotland.com

Moving on Service

Action for Children’s Moving On service is available in Renfrewshire, Inverclyde, Ayrshire and the Highlands. It provides a holistic voluntary throughcare service for young males aged 16-21 years, who will be returning to their local communities from HMYOI Polmont. Staff work hard to create positive relationships with the young men while they are still in prison, helping to build relationships and create action plans for their release. The programme uses holistic support to break down the barriers that young people coming out of prison face, to help them successfully integrate back into the community.

An evaluation of the service (Nugent and Hutton, 2013, p15) found that, “The Moving On Project highlights that when young people want the support, and get the support that is needed; their potential futures can be very different to what may have been predicted. Two to four years on only 28% have returned to prison....This service offers a lot of learning of how things could be different and should be done; it is undoubtedly exemplary practice as highlighted in other reports (Audit Scotland, 2012; Scottish Government, 2011).”

For further information, please contact: Action for Children
0141 849 0049
http://hmy.actionforchildren.org.uk/
## Examples of other services available in North Strathclyde

### Time for Change

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Up-2-Us</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brief description</strong></td>
<td>One-to-one relationship based support, with high frequency contact and 24 hour access to service users in order that they have help when they need it most.</td>
</tr>
<tr>
<td><strong>Target group</strong></td>
<td>Young people up to the age of 21</td>
</tr>
<tr>
<td><strong>Further details</strong></td>
<td><a href="http://www.alternativeswd.org">www.alternativeswd.org</a></td>
</tr>
</tbody>
</table>

### Youth Justice Restorative

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Sacro</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brief description</strong></td>
<td>The Services use restorative principles to address behaviour in a way which empowers the people harmed, those responsible and the wider community members in order to resolve issues in a constructive way.</td>
</tr>
<tr>
<td><strong>Target group</strong></td>
<td>Anyone who has been harmed or affected by the offending or anti-social behaviour of young people (8 - 17 years of age).</td>
</tr>
<tr>
<td><strong>Further details</strong></td>
<td>See case study listed under Grampian, Highlands and Islands.</td>
</tr>
</tbody>
</table>

### Transitions to Employment

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Access to Employment (A2E)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brief description</strong></td>
<td>A personalised programme over a period of 6 to 9 months to build employability skills and support clients to access employment. Funded by Big Lottery.</td>
</tr>
<tr>
<td><strong>Target group</strong></td>
<td>Ex-offenders who are subject to Community Service Orders (CSOs) and Community Payback Orders (CPOs)</td>
</tr>
<tr>
<td><strong>Further details</strong></td>
<td><a href="http://www.acctoemp.org.uk/">www.acctoemp.org.uk/</a></td>
</tr>
</tbody>
</table>

### All 4 Youth (Young Persons Drug and Alcohol Project)

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Alternatives (West Dunbartonshire Community Drug Service)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brief description</strong></td>
<td>One-to-one support for young people aimed at building self-esteem, confidence, motivation and team working skills and behavioural change.</td>
</tr>
<tr>
<td><strong>Target group</strong></td>
<td>Young women (15-21 years of age)</td>
</tr>
<tr>
<td><strong>Further details</strong></td>
<td>See case study listed under South Strathclyde.</td>
</tr>
</tbody>
</table>

### Circle’s FABI Team

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Circle Scotland</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brief description</strong></td>
<td>The organisation provides assertive outreach support to whole families in their homes</td>
</tr>
<tr>
<td><strong>Target group</strong></td>
<td>Children, young people and families involved in the criminal justice system.</td>
</tr>
<tr>
<td><strong>Further details</strong></td>
<td>See case study under Lothian &amp; Borders</td>
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</table>

## Sheriffdom of South Strathclyde, Dumfries and Galloway

### Time for Change Young Women’s Project

**Time for Change** (TfC, delivered by Up-2-Us) is a service for 15-21 year old females. It aims to reduce time spent in custody and secure care, empower successful transitions and engagement in positive life plans, and build social and human capital to promote social inclusion and community reintegration. The service provides practical and emotional one-to-one support for young women in the prison system, secure accommodation and in the community. It is available across North and South Strathclyde. Young women are supported in individually tailored plans, with support ranging from visiting in prison, finding accommodation, transport & support to access work, college and other relevant services and supporting creative endeavours to being at the end of the phone when they need to hear a voice they can trust.

TfC was established in 2010 as a result of Up-2-Us’ awareness of the needs of a group of marginalised high risk girls and young women who are likely to slip through service gaps. It provides high frequency contact and 24 hour access so that service users have help when they need it most. The approach is gender informed and strengths led.
TfC offers long term and sustained support to motivate young women so that street activity and risky behaviours become irrelevant to their lifestyles. For service users who have worked with TfC for periods of up to three years, we can correlate a 62% reduction in offending in general, while over half of service users had improved mental health, decreased substance use, and improved stability in living arrangements. External evaluation (Burman & Imlah, 2011) shows that young women perceive the project’s support differently to other agencies in that they developed a bond with the whole organisation and knew that they had flexible access to support which was intensive and capacity led.

For further information, please contact:
**Up-2-Us**
01355 263358
enquiries@u-2-u.org
www.u-2-u.org

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**Examples of other services available in South Strathclyde, Dumfries & Galloway**

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Brief description</th>
<th>Target group</th>
</tr>
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<tbody>
<tr>
<td><strong>Turnaround</strong></td>
<td>A holistic programme of interventions is developed to best suit the support needs of each individual.</td>
<td>Young men, aged 16-30, who have failed or are failing in other community-based alternatives, or who have had multiple remand or short term prison sentences, and who may be vulnerable due to substance misuse, mental health issues, homelessness or a lack of coping/social skills</td>
</tr>
<tr>
<td><strong>Youth Justice Restorative</strong></td>
<td>The Services use restorative principles to address behaviour in a way which empowers the people harmed, those responsible and the wider community members in order to resolve issues in a constructive way.</td>
<td>Anyone who has been harmed or affected by the offending or anti-social behaviour of young people between 8 and 17 years old.</td>
</tr>
<tr>
<td><strong>Chance for Change</strong></td>
<td>An employability-focused mentoring programme.</td>
<td>Young people (aged 16-25 years) in the South Lanarkshire area who have been repeat offenders.</td>
</tr>
</tbody>
</table>

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**Procurator Fiscal Youth Diversion Project**

Sacro’s Procurator Fiscal Youth Diversion Project offers a diversion from prosecution for young people aged 16 and 17 years who are at risk of moving into the adult criminal justice system. The service is available in East, North and South Ayrshire.

The project provides individual and group sessions covering a variety of topics as an alternative to prosecution. The programme of work take around 3 months to complete and sessions include topics such as:

- looking at offending behaviour
- victim awareness
- drugs and alcohol awareness
- anti-social behaviour
- personal safety
- education and training

Referrals are made directly by the Procurator Fiscal on the basis of the nature of the offence. More serious offences or those which require further Court proceedings cannot be referred.

For further information, please contact:
**Sacro**
01563 525815
infoayrshire@sacro.org.uk
www.sacro.org.uk

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**Youth Justice Restorative**

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Further details See case study listed under Grampian, Highlands and Islands.

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**Chance for Change**

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<th>Organisation</th>
<th>Brief description</th>
<th>Target group</th>
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<tbody>
<tr>
<td><strong>A Public Social Partnership (PSP) between Voluntary Action South Lanarkshire, Routes to Inclusion (South Lanarkshire Council), Routes to Work South and the Community Justice Authority.</strong></td>
<td>An employability-focused mentoring programme.</td>
<td>Young people (aged 16-25 years) in the South Lanarkshire area who have been repeat offenders.</td>
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For further information, please contact:
**Sacro**
01563 525815
infoayrshire@sacro.org.uk
www.sacro.org.uk
Sheriffdom of Tayside, Central and Fife

Women Only Workshops
Apex delivers a programme in Fife and Forth Valley called Women Only Workshop (WOW). This programme aims to help women of all ages to build confidence, learn new skills and develop social networks.

The women who participate in the WOW service have multiple and complex barriers and the programme provides the opportunity to tackle the needs of the individuals involved and to put in place a flexible and person centred package of support that will help them progress in a sustainable way. The women have the opportunity to participate in a range of activities, including art activities, health focused activities, life coaching sessions and advice sessions.

Examples of the feedback gathered from participants:
"I have enjoyed each session. Some days I wasn’t wanting to leave the house but the thought of going to WOW group made me get up and go out."

"I have increased my skills in communicating with others."

"My confidence in myself and other people has increased. By attending this course I now feel more confident in getting out of the house, travelling on public transport and doing something for me."

"Before I started I had no confidence and walked about letting things go past me. Now I am more confident, learnt new things that I am willing to use in the future. I have a lot more respect for myself. I feel I can talk about my feelings more and what’s on my mind."

"The healthy eating has helped a lot with my weight. There’s not one thing I haven’t enjoyed about the course. Loved it"

For more information, please contact:
Apex Scotland
01259 725640
admin@apexscotland.org.uk
www.apexscotland.org.uk

Sacro’s Youth Group Work
Sacro delivers group work sessions for young people (aged 16 and 17 years) involved in low level crime in the Kirkcaldy area to help them look at their actions and the consequences.

Young people are invited to participate in group work sessions which cover a range of issues including: cause and consequence of offending, decision making, victim empathy, practical problem solving and perspective taking. The sessions also encourage the group of young people to consider the consequences of offending as individuals, including court disposals, convictions and the impact upon future employment. The service also provides home visits if the young person wishes to discuss issues on a one-to-one basis with the Sacro worker.

For further information, please contact:
Sacro
01592 593 100
infofife@sacro.org.uk
www.sacro.org.uk
Sacro’s one-to-one behavioural change programmes

Sacro provides one-to-one behavioural change programmes for young people in the Kirkcaldy area. These short term programmes are designed to encourage the young person to discuss and reflect on areas of their life and how small changes in their behaviour can reduce the likelihood of reoffending and improve their quality of life.

The programme consists of 2 or 3 one-to-one sessions. The length of each session will vary depending on the needs of the individual and usually involve around one hour of direct contact work. Examples of the topics covered in session plans include:
- Managing anger and aggression
- Alcohol and drug abuse
- Managing peer pressure
- Relationship skills
- Emotional intelligence and management
- Problem solving skills, socio-moral reasoning and decision–making
- Future choices – planning for education, training and employment.

For further information please contact:
Sacro
01592 593 100
infofife@sacro.org.uk
http://www.sacro.org.uk

Youth Justice Restorative Services

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Passport programme (Prison Leavers)

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<th>Organisation</th>
<th>Access to Industry</th>
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<tr>
<td>Brief description</td>
<td>An employability service which supports young people to gain the self-confidence, skills and qualifications they need to get a job or move into further education.</td>
</tr>
<tr>
<td>Target group</td>
<td>Young people moving on from prison</td>
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Examples of other services available in Tayside, Central & Fife

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</tr>
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About CJVSF

The Criminal Justice Voluntary Sector Forum (CJVSF):

- Supports voluntary sector providers to continuously improve their own criminal justice services through collaboration and sharing of good practice
- Assists voluntary sector providers to understand, navigate and influence the complex and changing environment in which they operate
- Promotes broader awareness of the activities, value and impact of voluntary sector services within criminal justice.

The CJVSF is hosted by CCPS (the Coalition of Care and Support Providers in Scotland) and receives financial support from The Robertson Trust and The Monument Trust. Further details about the Forum can be found at:

http://ccpscotland.org/policy/hot-topic-criminal-justice

CPCS is a company limited by guarantee registered in Scotland No. 279913, registered with the Office of the Scottish Charity Regulator as Charity No.SCO29199. The company’s registered office is at Norton Park, 57 Albion Road, Edinburgh. EH7 5QY.