

Youth Justice Reform Select Committee inquiry into youth justice reform in Queensland

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MANAGEMENT -KIDS AT HEART AUSTRALIA

The 'BREAKTHROUGH COMMUNITY YOUTH MENTORING PROGRAM- Prevention/Intervention

**Kids at Heart
Australia**

Community
Breakthrough
Youth
Mentoring

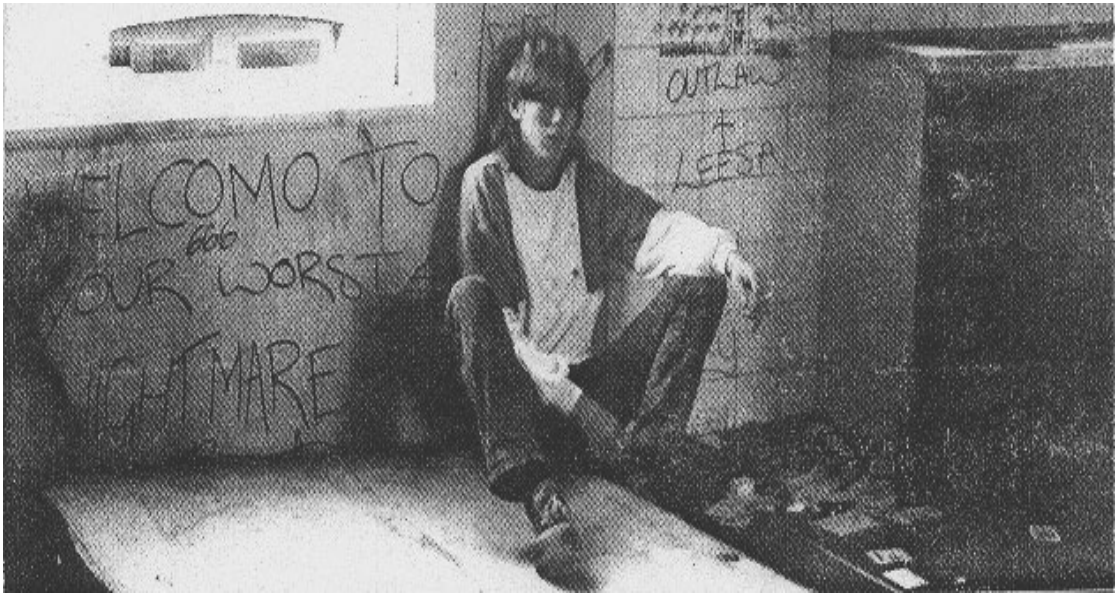
“ agencies working
together ”

“ the missing
piece ”

KIDS AT HEART AUSTRALIA

<https://kidsatheartaustralia.com>

Youtube: <https://www.youtube.com/@kidsatheartaustralia/playlists>



**They looked to have the world's sadness in their eyes,
I wish I knew what had happened to cause such pain.....**

....London Magistrate 1992

- The Breakthrough Program is a community based **therapeutic approach** to youth issues and has a global, proven, evaluated twenty-five-year history of success.
- First delivered in San Francisco as 'Prison Possibilities' in late 1980's
- Delivered in 26 cities in the US, 5 in the UK, currently in Antwerp, Belgium, London, NY,
- Developed in the UK resulted in the disbanding of the London "Sutton Posse" youth gang with organised crime, youth crime gangs in West Belfast and reduced youth crime in Portsmouth. (Highest juvenile crime rate in the UK)
- Train-the Trainer to local service managers, youth professionals, volunteers
- Community Development can be activated with 30 days.
- Proven record of success in reducing recidivism, drug dealing/using
- Can be translated into any language, culture, or community using local people of influence
- Community based, systemised, and funded locally, empowering community capital
- Works with existing programs and organisations using small and large group facilitation
- Provides mentoring for at least nine months in a local community
- Is culturally safe, includes all cultures in any given community

Despite the hopes and efforts of parents, teachers, counsellors, government, police, social workers and youth workers, service delivery agencies are struggling to maintain quality services in the face of increasing workloads and reducing budgets.

2024 - Programs currently delivering in London, New York, Phoenix, Denver, Sweden, Belgium

www.nyunlockingfutures.org

www.grit.org.uk

www.uncommonresults.com

www.yarvlaanderen.be

It is particularly effective with young people who have a long history of problems, associated with violence, drug and alcohol abuse, crime, unemployment, homelessness, truancy, sexual, emotional, or physical abuse, gangs and street life and focuses on family and community re-connection.

Participant entry points – some simultaneous

The program's selection criteria allow for the inclusion of a wide range of youth, all gender identities, aged between 15 and 17 years of age, selection is based upon community needs and on individual issues facing the young person. Local youth partnerships collaborate on the actual mix of cohorts.

Program Participation model 1 PREVENTION

High school, potential type cohort at years 11-14 that are at risk of being excluded from mainstream education. Local BREAKTHROUGH agency works in partnership with one or two high schools to design a program for up to 25 youth, teacher and parents over 9-month timeframe. (Denver, Phoenix, New York, London,)

Program Participation model 2 INTERVENTION

Older cohort base, Juvenile Justice Systems, 11–17yo to prevent criminal activity or recidivist behaviour or transition into the adult prison system or other emotional issues or local community issues. (NY, London, Glasgow, Antwerp, Kosovo)

Program Partnership model 3 'THE VILLAGE'

Large community-based program designed for large group and community capacity building.

Program Partnership model 4 HIGHER EDUCATION

A three-day workshop for staff, students, and mentors at university level, prior to starting or wishing to continue after 'at risk' of 'dropping out'. (Nottingham, Cambridge, et al Universities)

PROGRAM OVERVIEW

This unique program extends over 12 months and has three major phases:

- 1) Start up: Community development; local development team gathered to work with an international training team.
Formation of a volunteer group made up of youth professionals, mentors, social workers, students, doctors, accountants, engineers, and community minded people.
They are trained to support the youth professionals produce the program.
- 2) Intensive Residential: 5–7-day (NON-BOOT) camp site course for 20-25 young people and about 50 volunteers and professionals.
Includes intensive, guided self-examination conversations in small and large groups along with fun and challenging outdoor activities.
- 3) Follow-Through: 1 year follow up consisting of monthly meetings of the entire community group with each young person having a one-on-one mentor.
Young people take on three personal goals and a major community project as a group

**ALL YOUTH, PROFESSIONALS, PARTICIPANTS, MENTORS
LIVE WITHIN 10KM OF EACH OTHER**

**BREAKTHROUGH COMMUNITY YOUTH PROGRAM
SEQUENCE OF EVENTS 3,5 or 7 DAY**

START UP - DESIGN & DEVELOPMENT (3-6 months)

Local feasibility study
Introduction and Video Presentations to Professionals in local Youth Network
and other stakeholders
Local design group formed
Local feasibility study/service audit of all youth services in the locality
Local Public meetings/launch.
Media Launch
Local office set up within an existing agency
Local Youth Professional Teams formed
Workshops for professionals
Training Workshops – mentors (Committed Partners), coaches, security, volunteers
Youth Enrolments (20-25)
Home visits/Parents Meeting

INTENSIVE - DELIVERY PHASE (3 months)

Medical Day
Pre-Course Event
1- or 2-day dress rehearsal
3,5 or 7-day Residential Course/Camp (not boot)
Parents Meeting
Welcome Home Major Community Event

FOLLOW THROUGH (9-12 months)

Fortnightly Committed Partner/Facilitator Meetings
Youth community contact- minimum, 12 hrs per week
(X12-15) – Tailored Follow Through Sessions on local issues, skills set, jobs,
school studies, career advice
Large community project
Participant personal goals (3)

CONSISTANT OUTCOMES

- YOUTH TAKE RESPONSIBILITY FOR THEIR CIRCUMSTANCES IN LIFE.
- YOUTH STOP ANTI-SOCIAL AND CRIMINAL ACTIVITY
- YOUTH GET ALONG BETTER WITH PARENTS, FAMILY, CARERS AND AUTHORITIES
- YOUTH COMMUNICATE MORE EFFECTIVELY
- YOUTH HANDLE UPSETS, ANGER AND DISSAPOINTMENT
- YOUTH IMPROVE THEIR SELF IMAGE AND ESTEEM
- YOUTH TAKE A STAND FOR THEMSELVES IN THE FACE OF PEER PRESSURE
- INCREASED SCHOOL ATTENDANCE AND COMPLETION
- SECURE GAINFUL EMPLOYMENT
- YOUTH DEVELOP GOALS AND ASPIRATIONS
- COMMUNITY PULLS TOGETHER MORE EFFECTIVELY
- PARENTS, ADULTS AND YOUTH REGARD EACH OTHER IN A DIFFERENT LIGHT
- YOUTH BECOME THEIR OWN POSITIVE PEER GROUP RATHER THAN NEGATIVE

EVALUATIONS

2022, Youth at Risk Flanders, Vlaanderen, Belgium, *Quality Report*,

An Evaluation of Youth at Risk's Coaching for Communities Programme, Dartington Social Research Unit: *The Howard Journal Vol 48 No 1. February 2009 DOI: 10.1111/j.1468-2311.2008.00540.x ISSN 0265-5527, pp. 60-75, Including Ethics Report- Dartington Social Research Unit*

'Turning Points and Turning Point Processes', a **three year follow up** project of young people from the Youth At Risk project in Borlänge, Sweden, (2007) *BRÅ Crime Prevention Board, PhD Stig-Arne Berglund Institution for Social Work, Umeå University, Nth. Sweden*

'Against All Odds' The West Belfast Youth at Risk Pilot Programme Transforming Lives - *Summary Report (1999) Dr. Heather Hamill, University of Oxford*

School absences dropped 28%, Grade point averages increased by 39%
Colorado Youth At Risk, 1998, OMNI Research & Training, Denver

YAR UK, Portsmouth **1996**, 23 participants, 7 found jobs, 6 in training schemes, 6 actively looking for opportunities, 1 attended college and 3 were unemployed. 21 of the 23 had ceased criminal activity, 10 were habitual users of hard drugs, stopped their habits. None re-offended.

Hampshire County Council, Report to Chief Probation Officer.

35% decrease in recidivism, 62% reduction in drug selling, 25% reduction in Marijuana use, 43% increase in grade point average.

Evaluation of New Haven YAR Program, 1990, Virginia Cartoof PhD, Cartoof Consulting, Dorchester, MA

An Evaluation of the Delinquency of Participants in the Youth at Risk Program, **(1986)**, *Delinquency Research Group, Center for Applied Social Research, Claremont Graduate School, California State University, CA.*