



NORTHUMBRIA
**POLICE & CRIME
COMMISSIONER**

violence
reduction
unit

Improving lives to prevent crime



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET



**NORTHUMBRIA
POLICE**

YOLO (You Only Live Once)

A collaborative approach to Early Intervention in the North East

What is YOLO?

A 1:1 mentoring programme aiming to divert young people from becoming involved in serious youth violence.

Who provides the programme?

The project is funded by the Northumbria VRU and delivered by the Newcastle United Foundation & Sunderland Foundation of Light

Programme Criteria

- Young people aged **8-14** years old
- **NO** previous convictions
- Has been involved in an incident (or has intel) relating to a **knife/serious crime**.
- **ACES**





Why is it important?

We have to understand and tackle the root causes of behaviour, YOLO isn't about enforcement, it is about educating and supporting young people on the periphery of serious violence to divert them away from the criminal justice system and improving life chances.

Who can make a referral?

- Police
- Education
- YJS
- Social Care

What happens to the referral?

All referrals are initially triaged by the YOLO SPOC at Northumbria Police. They review the criteria and conduct relevant background checks before requesting additional information from YJS. A risk assessment is then completed for the YP and the referral is submitted to the relevant Foundation.

Participant Journey

Referral received by relevant Foundation



Allocated by project coordinator to mentor



Mentor contact with parent/carer /referrer or education



Initial session arranged and conducted & 20 week process begins

Week 1-12: delivery of four 1-2-1 interventions from:

- Knife crime
- Social media & safety
- Exploitation / county lines
- Community cohesion
- Hate crime
- Drug / alcohol awareness
- Domestic abuse / CAPVA
- Goal setting

Week 12-16: consolidation, group interaction

Week 16-20: transition & exit to 3rd sector partners.

YOLO – How is the programme structured/monitored?

- Case Management – Conducted monthly
- Submission & receiving of intelligence
- Request for CCN submissions
- Outcome Webs
- Entry/Exit Questionnaires
- Exit Interview
- Parent/Carer Questionnaire
- Education Questionnaire





YOLO – Referral form – What information is needed?

- Basic referral information e.g. participants' details
- Why you think the young person is at risk of becoming involved in serious violence / knife crime.
- Family background (who they reside with)
- Education provision / history (if known)
- Offending history of siblings / closely connected adults
- Impact on community / influence of peers.

Outcomes

- Reduction in young people entering the criminal justice system
- Increase in school attendance
- Reduction in missing person episodes
- Increased confidence
- Increased resilience
- Increased feelings of safety
- Improved attitudes towards violence
- Reduction in young people & their families involved in Children Social Care
- Increase in young people involved in positive and diversionary activities



YOLO – Does it work?

Case Study ES (female).



YOLO – Does it work?

Case Study ES (female).

- ***Reasons for referral:***
- Reported as missing person
- ASB letter
- Concerning behaviour reported by intensive family support *e.g.* pierced her own tongue, pushing boundaries, negative peer influence, hiding knives in her room, easily led by peers
- Regular exclusions from school – missing a full year prior to GCSEs
- ADHD, mental health (depression & anxiety) and self-harm issues.

YOLO programme support provided:

- **1-2-1 Interventions completed;** Anger management, Knife crime, Laws and Consequences, Resilience, Conflict Management, Positive relationships, Goals and future Aspirations.
- Positive mentoring – open and honest conversations driven by ES.
- Further appropriate referrals *e.g.* to CNTW for more robust MH support.
- Resources/activity packs provided for ES and younger siblings throughout lockdown.
- Supported in phased return to full time education.
- First aid course.
- Go-karting.

Where is she now?

- ES is now back at school full-time and studying hard for her GCSE's having recently achieved a grade 6 in her English mock, 3 grades above her last grading.
- Step-dad has said *"her outlook has totally changed - it is like living with a different person, Ericka now talks more to us and although she still has her moments, does not smash the house up anymore!"*
- ES said she wants to concentrate on herself now and is happy to spend time with her new friendship group, have some fun and get her qualifications so she can start her own business in the future.
- ES does not self-harm on a regular basis now, mental health remains a concern and therefore, as an exit strategy, ES attends the Newcastle United Foundation 6 week mental health programme.

Testimonial email from the family of ES.

ES's mam and myself are very happy with the progress being made with her. The sessions are having a positive effect on her. After each session she talks to her mam about what has been discussed. The sessions seem to help calm ES down. And it also seems to be helping with her anxiety. Her mentor seems to have a calming influence on her.

When she started being seen she wasn't attending school, due to depression and anxiety. She is now back to school full time and doing much better. Her mentor has helped her understand how her ADHD affects her and how to try to deal with it. She also feels she can talk to her mentor and she confides in her.

The other thing is we believe her mentor has helped her become more street wise and aware of the dangers out there. All in all, we feel her mentor has made good progress with her in the time she has been working with her.

We feel ES is defo benefitting from the sessions and trusts her mentor. We also feel she will continue to improve by having further sessions.

Mam and I both would like to thank you for the work you have done with ES so far. And for the support you have provided.

Yours sincerely,