

01 P4T Background:

The Pause 4 Thought Programme is based on the 5 principles of the core components model of 'Becoming a Man' - (BAM)

Chicago USA.

<https://www.chapinhall.org › research>

Pause 4 Thought is funded by the Youth Endowment Fund (Oct 2019-Sept 2021) and delivered through the Pennine Lancashire Community Safety Partnership.

We work in partnership with Dartington Service Design Lab who have developed our underpinning Theory of Change Model and Independent Evaluation Plan.

<https://www.dartington.org.uk>

02 Who is P4T for?

Young people aged 10-14 years, who live in East Lancashire.

Who are at early risk of getting caught up in anti-social behaviour, crime & violence

Who struggle to regulate their emotions when angry or stressed

Who are not actively involved in any other therapeutic groups at the time of referral

Who are not under any statutory orders (Youth Justice Service).

03 P4T Referral & Screening Process:

Professionals & Parents can refer directly to the programme .

By completing A P4T Referral form (Risk Indication Checklist (RIC)

And Initial Consent form to agree to sharing information with P4T.

All referrals are screened by the P4T Team & all young people who meet the eligibility criteria are then assessed for the P4T groups.

04 P4T Assessment

Our trained & experienced facilitators undertake an assessment with the young person & their family.

Individual risk assessments & support plans are put into place to support young people to participate in the P4T groups.

And provide additional support & resources as needed.



07 Moving On

On the 12th Session of the P4T group, we offer a 1:1 meeting for each young person who has completed the programme.

Meetings with a P4T Lead Facilitator and Therapeutic Support Worker to ensure that support plans are in place in meeting the young persons needs following the group and transition plans are in place that promote 'safer endings' within the therapeutic Journey (self awareness, self responsibility & behaviour change)

06 P4T GROUP - 12 SESSIONS:



05 Community Groups:

All of our groups are offered across East Lancashire (Blackburn with Darwen, Hyndburn, Burnley, Rossendale & Pendle).

We offer safe virtual / on line groups or direct face—face groups in local community venues.

All groups consist of 12 core sessions and last for one hour .

P4T facilitators also maintain direct contact with young people and their families outside of the sessions.

All facilitators and Support workers undergo P4T training & access clinical group supervision & coaching sessions.

Useful Links:

www.pause4thought.org.uk
(referral & consent forms are accessed via website)

For all enquiries:
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