



BEHAVIOURAL INTERVENTIONS AND PROGRAMS FOR YOUTH AT RISK



REINFORCING THE POSITION OF VULNERABLE YOUTH AND YOUTH AT RISK

For youth at risk the chances to a successful independent existence are still small. The Foundation 180 believes that many development opportunities for these youth are not used.

We are convinced that the (special) teaching activities and healthcare and welfare can achieve more results, when the organisations in question strive actively and out of the box for behavioural changes in these youth. Thinking from the youth's perspective and solutions throughout the chain will increase the effectiveness. In addition the focus has to be even more emphatically on prevention.

Searching for connection and quality

We aspire to connect as many institutions as possible, to bundle forces and let all work (together) with our opportunities for vulnerable and at-risk youth. To that end we distribute and develop behavioural interventions and evidence-based programs. In addition we make existing programs suitable for a broader use.

Apart from that we advise and support organisations in the implementation of interventions and programs, in the enlargement of the skills of the youth's counsellors or teachers as well as in measuring the results.



Connecting science to practice

In order to realise our ambition, our organisation has been set up to systematically improve interventions and programs and their quality and to extensively distribute the corresponding material. We do this in consultation with the users in practice as well as in close cooperation with science. 180 actively keeps contacts to, for example, organisations for (judicial) youth care, youth work and (special) education, to science and to developers of behavioural interventions. 'What works' principles and 'evidence-based working' are only optimally effective when these are combined with the lessons and hands-on experience of inspired professionals.

The importance of transnational cooperation

Based on many years of experience we know that sharing knowledge over the national borders has an enormous added value. It stimulates thinking out of the box. We acquire knowledge and can offer other countries much knowledge as well. That is why transnational cooperation is one of our structural areas of special attention.

In that way we contribute to the improvement of the opportunities, skills and positions of vulnerable and at-risk youth in society. We do this with passion, professionalism, enterprising and developing, connected and with respect.

Irma van der Veen
Managing Director Foundation 180



WE CONNECT THE FIELDS OF
EMPLOYMENT, YOUTH CARE,
EDUCATION AND THE JUDICIARY.

SERVICES BASED ON EXPERTISE AND EXPERIENCE



The broad package of services of 180 starts with the development of new interventions, programs and methods and ends with the set-up of knowledge networks from science and practice with regard to vulnerable youth and youth at risk. In between we offer courses and training programs for professionals who work with young people, we support organisations with the implementation and quality execution of the programs and interventions, and we help them to measure and improve the results. Finally, from our broad expertise and large experience we give advice on varied themes and practical situations.

Development of interventions, programs and methods

The range of products and services of 180 includes a large number of (approved) interventions, programs and methods developed by us ourselves or managed for third parties. The best-known are Work-Wise and YOUTURN and a number of behavioural interventions managed for the National Agency of Correctional Institutions. But our range also includes products such as a training for Motivational Interviewing, Psychopathology or Free Time Assessment. For our clients we are continuously on the look-out for new programs and products that can improve the position of young people. We develop these ourselves or by order of third parties, or we develop new variants of existing programs for specific target groups or specific situations, for instance in a municipality or educational establishment.

Courses and training programs for professionals

An important factor of success in the improvement of the position of young people is the group of skilled counsellors and teachers. The courses and training programs we offer are all focussed on that. They are directly connected to our interventions or programs or focus on the improvement of specific expertise. 180 develops the courses and training programs itself and makes these to measure for the client organisation. Our coaches have a close connection to the client's primary process and work on the basis of expertise and large experience in the field of working with vulnerable and youth at risk.

Quality and management focussed on a successful performance

We monitor the quality of content and execution for our own interventions and programs as well as for the interventions managed by us for third parties. Our activities differ per client. In this aspect it is important that we do not see management as a static order but as a question to proactively ensure a successful performance of a program or intervention. Our package of services includes, for example:

- Quality test and improvement of content, wherever possible on the basis of scientific studies;
- Supervising and keeping up to date of databases of trained professionals and participants;
- Testing the program integrity (by way of audits), for instance on the basis of developed or to be developed quality marks and quality frameworks.



Independent advice based on our broad expertise

On the basis of our broad expertise and large experience we advise the authorities and organisations that are involved in dealing with vulnerable youth and youth at risk. Our advice includes tools and programs or interventions that can be used as the most effective ones for lessening the risks and improve the situation of young people in specific situations. Our advice is not focussed on organisational aspects but in particular on the interaction between organisations and professionals on one hand and young people on the other.

Knowledge networks bring practice and science together more closely

As a result of our broad circle of clients and users, our network has a lot of practical experience. We bundle this experience in so-called knowledge networks. That is the reason why all our programs and interventions have user groups that meet in order to exchange knowledge and experiences and thus to improve the programs and to enlarge everybody's expertise. We also set up knowledge networks for specific themes and open these for our clients and users. In addition at 180 we have set up a scientific advisory committee in order to be able to bring practical knowledge and science together in a structurally better manner.

NOVEL FROM A SCIENTIFIC AND FIELD-TESTED BASIS

180 aims to bring about a connection between practice and science as well as between the organisations involved among themselves. For instance, we wish to continuously increase the effects of the programs and interventions. Further development takes place from the compiled results and effect assessments.

Scientific advisory committee

In order to realise this ambition, we have set up a scientific advisory committee consisting of prominent scientists from the fields of youth, employment, healthcare and education.

The scientific advisory committee feeds the organisation with the latest insights and keeps us sharp with regard to the quality of current and future products. In consultation with the advisory committee we initiate new developments and possibly new scientific research. We share the results with our clients and other interested parties. In this way we also always endeavour to have the programs and interventions we offer accredited by the various accreditation commissions.

Users platform

Apart from the scientific advisory committee, our users platform also functions as an advisory body for 180. Larger clients, principals and cooperation partners, such as the National Agency of Correctional Institutions, organisations for (judicial) youth care and educational institutions participate in this users platform that meets three times a year.

Transnational cooperation

Thanks to our knowledge networks and the continuous scanning of the market and social developments, we are able to respond to actual issues and offer novel solutions. We anticipate future questions and needs in order to be the first to be able to come with a reply to this question and to be able to be the first to meet the client's needs.

WE ALWAYS ENDEAVOUR TO HAVE THE PROGRAMS AND INTERVENTIONS OFFERED BY US ACCREDITED.

That is why we literally look across the borders. Because what happens in the countries surrounding us can be of valuable importance to the Dutch target groups. And vice versa, with our experience and tested products we have a lot to offer to other countries too. Therefore transnational cooperation is one of our structural areas of special attention.

LIST OF PRODUCTS AND SERVICES OF 180



All products and services of 180 are focussed on improving the position of vulnerable youth and youth at risk in society. Our offer includes interventions, programs and methods that are directly intended for these youth, as well as a large number of courses, training programs and tools that increase and support the expertise of the professionals working with these youth.

180 has the user's rights of the interventions and programs mentioned below and in this context offers courses for the implementers, provides the materials and keeps these up to date. In addition we initiate or support any further developments, we compile data for scientific research and we test the program integrity of the interventions.

'Work-Wise gets you started!'

Work-Wise does all that is necessary to ensure that vulnerable and at-risk youth finish training programs, get jobs and also keep these jobs. They do so successfully. No less than 80% of the young people who have completed their Work-Wise routing have jobs or follow training programs.

The Work-Wise routing is offered by all Judicial Custodial Institutions for Juveniles and a number of Youth Care Plus Institutions throughout the Netherlands. These institutions apply the Work-Wise system, which has a HKZ quality mark. Work-Wise is also offered more and more often outside Youth Care Institutions. Municipalities, educational institutions and provinces use the integral approach of Work-Wise and the extensive experience with Individual Routing Counselling for young people for their vulnerable youth.



Individual Routing Counselling is the major success factor of a Work-Wise routing. To that end, 180 offers the training program Individual Routing Counsellor of youngsters with a judicial or civil measure. Users of Work-Wise have a service-desk for Individual Routing Counselling, a Routing Information System, the Motivation Monitor and a network of companies at their disposal.

Program about responsible thinking and acting

The program teaches young people to take responsibility for their own thoughts and actions. It aims to equip young people to help each other and to learn from each other. They work on adjusting from a negative group or street culture towards a culture in which they show consideration for others. The program provides young people as well as their counsellors with a common language. As a result inconsiderate actions and their underlying thoughts can be discussed more easily.

The program has been developed for young people of both sexes between 12 and 23 years of age with antisocial and/or delinquent behaviour and is used in both residential and ambulant settings. In addition a preventive educational variation is available intended to prevent or drive back problem behaviour in secondary education students.

YOUTURN. Basic method in Judicial Custodial Institutions for Juveniles

We manage the basic method YOUTURN for the National Agency of Correctional Institutions, which method has been used by all Judicial Custodial Institutions for Juveniles since 2010. In YOUTURN everything concerns learning to take your own responsibility. With the method, pedagogic professionals and teachers in all Judicial Custodial Institutions for Juveniles can approach and treat the youth in an unambiguous and clear way. In order to push back the risk of recidivism and prepare a successful resocialisation, the time spent 'inside' is optimally used.

Characteristics of YOUTURN are the recorded entry stage with screening tools, the attention paid to parent participation, making the living environment safer by way of group sessions, frequent talks between mentor and youngster about the behaviour within the group and measurable learning targets. Group workers have the role of group leaders, mentors and trainers and they are counselled in that aspect by a method coach.

Aggression Management Made to Measure

Aggression Management Made to Measure uses a cognitive behavioural approach with drama therapeutic techniques in which continuously attention is paid to motivation. It intends to improve the self-regulation of young people with considerable aggression problems.

Brains4Use

Brains4Use is a cognitive behavioural intervention based on the trans-theoretical model of Prochaska&DiClemente. The aim of Brains4Use is to push back the use of drugs and alcohol, decreasing the dropout rate at school or work as a result of substance abuse and preventing detrimental consequences for the social emotional well-being and health of the young people. The emphasis is on looking together with the young people to what works for them and to frequently train skills in role plays.

InControl

InControl is based on training social skills, cognitive behaviour therapy and aggression management and relaxation training. InControl contributes to a less egocentric and negative way of interpreting situations by training with changing perspectives (i.e. seeing a situation also from someone else's point of view), changing unrealistic automatic thoughts into positive helpful thoughts and by training in thinking out and carrying out assertive social skills. This increases the chance that young people start to use social behaviour instead of aggression as a solution to situations.

Learning from Offences

Learning from Offences is a cognitive behavioural intervention. The aim is preventing young people to again commit (violent) offences. Subtargets are getting an insight into their own chain of offences, having less unrealistic thoughts, hostile attributions and cognitive distortions, taking responsibility for their own behaviour and the consequences thereof and expanding the repertoire of behavioural and social problem-solving skills.

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ABOUT 180, THE ORGANISATION

The Foundation 180 | behavioural interventions and programs youth at risk came into being after a merger of the foundations Work-Wise and Equip and including the temporary administrative organisation Behavioural Interventions for Youth. 180 is a knowledge and network organisation that has the object to improve the social position of vulnerable and at-risk youth. 180 is a foundation and an independent non-profit organisation.

180 means high-grade quality. This applies to the internal organisation, the contact and relationship with a client as well as the range. A range that consists of – briefly put – behavioural interventions and programs, training programs, advice, audits, result measurements and data compilation. We work with quality standards and we offer a high-grade service level. In addition we are closely connected to prominent scientists, users and interested parties so as to develop and innovate and for the program integrity and quality of the interventions and programs.

180 focuses on the connection between science and practice, on offering and maintaining evidence-based programs and interventions and realising meaningful working relations between the parties in question. We connect the fields of employment, youth care, education and the judiciary. For only by cooperating with our chain partners, relevant authorities and science, we really can contribute to solving the existing social issues with regard to young people.

More information

For more information please contact us by telephone: +31(0)88 8800300, or by email, info@180.nl.



Social Skills Made to Measure

In this intervention a cognitive behaviour therapeutic approach is used, in which extra attention is paid to the motivation and increasing the belief in your own possibilities. We work on cognitive reorganisation by exchanging dysfunctional thoughts with functional thoughts. Attention is paid to learning to observe carefully and to increase the problem-solving skills by finding alternatives for behaviour by means of various situations.

Out of the Circle

Out of the Circle is a training program for young sexual offenders and aimed at decreasing recidivism. During the training the sexual offender learns to get a grip on the chain of events, thoughts, feelings and actions that lead to the sexual offence. The training is given in groups.

A Sound Base for the Future

This cognitive behaviour therapeutic intervention for girls consists of the sub-modules “Me and Myself”, “Me and Relationships” and “Me and Society”. The girls are stimulated to apply the learned and desirable behaviour to various areas of life. The aim is to increase the feeling of self-respect in girls and to improve their social skills.

Working on your Future

Working on your Future consists of two modules: “Who am I, how am I doing” and “Employees skills”. “Who am I, how am I doing” works on increasing the insight in the own motivation and the way of thinking about school and work. “Employees skills” works on pushing back non-helpful thoughts, on reasoning in a discerning way and basic skills are trained for finding and keeping a school or job.

C(r)ash, Handling Money

C(r)ash gives young people an insight into their own financial situations and teaches them to manage their own budgets and take responsibility for the way they handle finances. Suitable for all students in secondary, vocational and special education.

Free time Me time

Free time Me time is an assessment that helps young people in finding a good way to spend their free time. Suitable for all students in secondary, vocational and special education.

Other expertise-furthering programs for professionals

Apart from training programs in the aforementioned interventions, 180 offers the following training programs for professionals, among others: Training Program Motivational Interviewing, Training Program Intercultural Counselling and Training Program Psychopathology.



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