

**Your Choice:
Intervention Description**

Item	Description
1. BRIEF NAME	Your Choice
2. WHY	Young people who get involved in violence (those most at risk) are those in most of need of therapeutic support, but most unlikely to receive it. We need to shift how we offer support to young people, by shifting the offer, so they can access it within their community, within a broader context of support and behavioural change. This can be delivered best through a holistic, community model delivered through all relevant partners.
3. WHAT	<p>Upskilling practitioners</p> <ul style="list-style-type: none"> • 5 days of training for youth workers (delivered in a cascading model) • Monthly clinical supervision • Regular peer supervision • Handbook and resources to support delivering sessions <p>Work with children and young people</p> <ul style="list-style-type: none"> • 3 x weekly meeting with trained youth practitioner for 12 weeks • Accessible clinical intervention, including emotional literacy, emotion regulation, understanding cognitive processes, and strategies for managing intense feelings • CBT informed tools and techniques, such as goal setting (using Goal Based Outcome Tool) and practical support with activities to achieve these goals • Build authentic and trusting relationship – safe space where young people can grow • Coach to guide self-understanding • Understanding and formulating young people's needs •
	Young people assessed with medium or high risk by multi-agency risk panels will be referred to Your Choice.

4. WHO PROVIDED	Youth practitioners: youth workers, social workers, youth justice worker, gang workers, etc
5. HOW	Individual or work with the family (e.g., psychoeducation for parents/carers)
Item	Description
6. WHERE	Range of locations, accessible to the young person, so they are engaged in the places they want to be engaged; mainly community settings such as youth centre, cafes, gyms, etc
7. WHEN and HOW MUCH	3 x a week for 12 weeks (calls, meetings, going to the gym, working with parent/carer for psychoeducation); 45-60 mins (poss. longer)
8. TAILORING	To facilitate sustainability and meet local needs, it is important that Local Authorities own Your Choice; it will build on existing services and delivery for this cohort of young people, which will vary between different Local Authorities
9. MODIFICATIONS	To be determined based on the pilot
11. HOW WELL	To test fidelity monitoring during the pilot

Hoffmann T C, Glasziou P P, Boutron I, Milne R, Perera R, Moher D et al. Better reporting of interventions: template for intervention description and replication (TIDieR) checklist and guide BMJ 2014; 348 :g1687 doi:10.1136/bmj.g1687