

What our clients say:

I've learnt that I'm capable of change and that negative behaviour patterns can be overcome

I've changed in the way I think and how I react

What will happen next?

Once a referral is received individuals will be offered structured sessions to provide support, insight, and practical solutions to help improve and build on partner and/or family relationships and dynamics.

The sessions will focus on building self-awareness, exploring thoughts, feelings and behaviours and support to better manage emotions going forwards in order to build support and trust back into relationships.

Contact us:

Telephone:

York, Selby, Harrogate and Craven: 01904 557491
Scarborough, Ryedale, Hambleton and Richmond: 01723 361100

Email:

foundationdapp@foundationuk.org

Secure Email:

DAPerpetratorProgramme@foundation.cjsm.net

Website:

www.foundationuk.org
search for 'Positive Choices'

Social media:

Instagram: @choicesdapp
X: @ChoicesDAPP

Police and Crime
Commissioner
North Yorkshire



Registered Charity: 515517
Company Limited by Guarantee: 1829004

+Choices

Building respect and healthy attitudes towards relationships

FOUNDATION

Inspiring independence. Transforming lives.

Respect

Accredited

What is +Choices?

Positive Choices is a voluntary service for people who want to build healthier relationships.

The aims are to reduce risks to those involved and support people causing harm to reduce the opportunity for a repeat incident to occur.

The programme is typically provided over six months and during that time a variety of tools and techniques are used to help identify the behaviours that are causing concern and look at ways to create positive outcomes.

Who is the service for?

The service is available for anyone, aged 16 years and over, who wish to voluntarily address their behaviour in their relationships.

An individual can self-refer or be referred by another professional or service.

What we offer:

- Non-judgemental support and a bespoke journey, which meets individual needs and guidance through the various stages of the behaviour change programme.
- Triage and short-term pathways to access help and support, which can involve sign-posting and referrals to other services.
- One-to-one motivational interventions and an opportunity to feel listened to and heard.
- Support to plan for next steps and sustaining positive change and outcomes.
- Partners, ex-partners and/or other family members can also access our integrated support service offer and be supported during the programme.

Referrals:

Referrals can only be accepted where explicit consent has been obtained from the individual who recognises a need to change their behaviour and is ready to engage.

Referrals can be made via the online form. Scan the QR code to be directed to the webpage:



www.foundationuk.org/choicesreferral

