

CASE STUDY -

The Breakout Programme



Alex*, 16

Alex, a 16-year-old young person, has been frequently absent from school and has been involved in incidents of anti-social behaviour in his local area. Alex displayed signs of vulnerability to gang recruitment and had been exposed to drug use within his community and at home. Alex's school identified him as a high-risk individual who would benefit from the Breakout Programme.

Throughout the programme, Alex participated in classroom-based sessions that provided him with the knowledge about the risks and consequences of gang involvement and drug use, especially county lines.

He engaged in discussions about the negative impact of these activities on individuals, families, and communities. Alex also attended sessions delivered by professionals from drug and alcohol services to better understand the dangers of substance abuse.

The Breakout Programme showed Alex the real-life consequences that could happen because of his behaviour and actions, giving him the knowledge and tools to be able to make more positive decisions and set goals for his future.

Alex developed a stronger sense of personal responsibility and learnt practical skills to resist negative influences. Through mentoring sessions, Alex received ongoing support and guidance to navigate challenging situations. By the end of the programme he showed increased school attendance, improved behaviour and the school felt he had a reduced risk of involvement in gangs and drug-related activities.

**For further information on The Breakout Programme
please email office@action4youth.org**



*Name changed to protect identity