

Think First

Information for you

After reading this leaflet, if you have any questions
please talk to a member of staff



National Probation Service for England and Wales

This programme has been accredited by the Correctional Services
Accreditation Panel (CSAP) for use in England and Wales (2000).



NATIONAL PROBATION SERVICE
for England and Wales

Enforcement, rehabilitation and public protection

Think First

Aims of the programme

Think First is about getting you to look at how you react to problems and other people. Learning a new approach to the way you think and solve problems will enable you to stop offending.

How long is the programme?

Think First consists of 22 main sessions, with up to 4 additional sessions before and up to 6 after. The main sessions are 2 hours each.

What happens on Think First?

The tutors will work with you to help you learn new ways of tackling problems and difficult situations. As the programme goes on you will get involved in a number of exercises. This work will enable you to learn to stop and think before acting - and to think about how other people might feel as a result of your actions.

What you will have to do

Turn up on time and take an active part in each session. You must not be under the influence of any drug including alcohol. You must not behave in a racist or sexist way.

- If you miss one session you will need to do a catch-up session before re-joining the group.
- If you miss more than two sessions but have reasons that are acceptable to the Probation Service you may have to start the programme again.
- If you are absent twice without a reason that is acceptable to the Probation Service, you will have broken the conditions of your order and will be taken back to court.

Use of video

Think First sessions are recorded on video tape. The tapes are used to ensure that the programme is being delivered in the right way. The tutors will explain more at the start of the first group session.