

Introducing Key4Life

Founded in 2011, Key4Life is a youth rehabilitation programme working with young men, aged 18-30 years old in prison or at risk of going to prison to reduce re-offending and support participants into sustainable and meaningful employment. Key4Life offers two programmes, following the same model, detailed below:

1. **A 6-month preventative community-based programme**, with at-risk young males who are NEET, to divert them away from offending and onto a positive path to employment.
2. **A 12-month ‘through the gate’ programme** to participants seeking a second chance post-release from prison, with support tailored to their needs

Programme in Detail

The programmes are based on a proven model that is based on 3 pillars:

1. **Emotional Resilience:** using activity based intervention and 1-1 personal development with trained Behavioural Change coaches.
2. **Employability:** support with writing CVs, interview preparation and a guaranteed 3-day work taster in an industry of the participant’s choice with one of Key4Life’s partner companies
3. **Ongoing Support:** monthly workshops

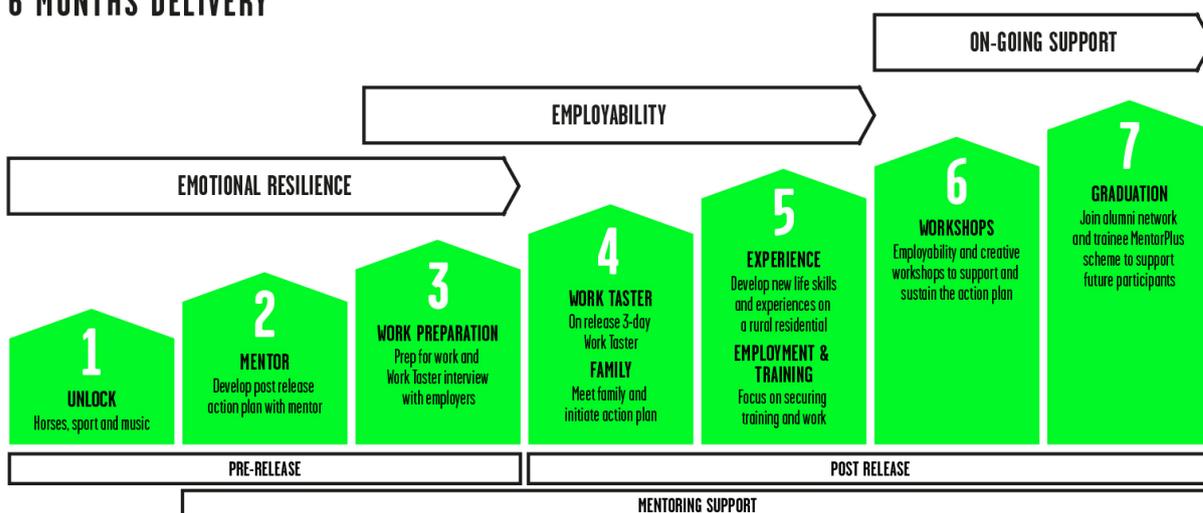
Starting with a registration afternoon (participation on the Key4Life programme is voluntary), participants undertake the following steps:

THE KEY4LIFE PROGRAMME

UNDERPINNED BY THREE PILLARS

**PRISON REHABILITATION PROGRAMME:
1 YEAR DELIVERY**

**‘AT RISK’ PREVENTATIVE PROGRAMME:
6 MONTHS DELIVERY**



STEP 1: UNLOCK

UNLOCK is a 2-day emotional resilience and behavioural coaching workshop to ‘unlock’ the negative behaviours that participants may exhibit – such as anger, sadness, guilt, fear and hurt – and to instill positivity and emotional resilience techniques to overcome current challenges and future setbacks.

This workshop focusses on activity-based intervention and incorporates: music, football and equine

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facilitated learning, proven to facilitate high levels of engagement, plus 1-to-1 conversations with qualified Behavioural Change Coaches and Key Mentors (alumni who have been through the programme and trained to support future cohorts overcome the same challenges they once faced).

STEP 2: MENTORS

Participants are matched with their own trained, volunteer mentor to create a wide support system for participants as they journey away from their old lifestyles. Mentors are matched to Mentees according to their personality, location and career background. The mentoring programme lasts 12-months and mentors receive weekly support from Key4Life through a dedicated Mentor Co-Ordinator.

STEP 3: WORK PREPARATION

Participants are introduced to the world of training and employment with 2 initial workshops: a 'CV Writing and Interview Techniques' workshop where mentors support participants to identify existing and transferrable skills that they have and a 'Meet the Employers workshop' where Key4Life's partner companies host 'speed-networking' style interviews with participants. Many organisations attending this interview workshop will go on to offer the young people a 3-day Work Taster or an interview for paid employment (post-release).

Key4Life arranges for each participant to take part in a 3-day Work Taster in an industry of their choice. With careful co-ordination from the Key4Life team and coaching from the young man's mentor, the Work Tasters often results in part-time work being offered, or invitation to join a training course.

STEP 4: FAMILY SUPPORT

Key4Life meet with the young person's next of kin to inform them of Key4Life and widen their support network.

STEP 5: EXPERIENCE

Participants are invited to revisit the activity-based intervention techniques that are offered in the UNLOCK stage. By taking participants on a 'rural residential' trip, some young people leave London for the first time, previous residential trips have taken place in Somerset, Dorset and Alladale, Scotland. These trips provide the opportunity for cohorts to regroup post-release (on the prison rehabilitation programme) and to have time for extended 1:1 interactions with trained Behavioural Change Coaches.

STEP 6: MONTHLY SUPPORT WORKSHOPS

Key4Life's partners host monthly workshops to maintain engagement with participants and facilitate peer-support amongst the young men who benefit from being around like-minded people committed to change.

STEP 7: GRADUATION

Participants celebrate achievements after 6 months (At Risk programme) or 12 months (prison rehabilitation programme) with a graduation ceremony in front of family and supporters. become Key4Life Alumni and continue to receive ongoing support for up to 2 years, albeit at a reduced rate such as: monthly calls, a transition period of engagement with their employer and family, and invitations to monthly support workshops.

Once participants have 'graduated', young men (18+) who have shown that they have a particular interest in 'giving back' to their community, have the opportunity to train as a Key Mentor. Key Mentors receive an accredited AQA Level 3 qualification in Leadership and Coaching and use these skills to help newer cohorts overcome the same challenges that they once faced.