



REDSNAPPER MANAGED SERVICES INTERVENTIONS HUB PREMIUM COURSE CATALOGUE

The Intervention Hub is an online platform that hosts our online CBT interventions which are designed to address thinking and behaviour. Widely used by Police forces as an Out of Court Disposal option, our brief interventions support participants to develop their knowledge and understanding on a variety of topics and utilise new skills to make positive changes. We work with Police forces and local support services, as well as accepting self-referrals, professional referrals, and referrals from friends/family of a person in need of support. All our courses (except from Domestic Abuse which is 16+) are suitable for those aged 13+, although under 18s may require additional support from an appropriate adult. All courses are free, have reading, audio, and visual presentations of information to suit different learning styles, and have the option to be translated into another language



ANGER MANAGEMENT HUB



- Understanding what anger is
- Exploring unhelpful thoughts
- Making changes to our thoughts
- Feelings surrounding anger
- Spotting anger signs
- Consequences of anger
- Handling conflict and criticism

RESPONSIBLE DOG OWNER HUB



- Dog behaviour, triggers and 'reactivity'
- Behavioural medication for dogs
- The impact of breed traits and genetics on behaviour
- The impact of dog health on their behaviour
- Dog owner responsibilities under the legal framework
- Considerations in relation to rescue dogs

IMPACT OF CRIME HUB



- Tools to challenge and change negative or harmful behaviours
- Understanding the Criminal Justice System
- Young people and crime
- The impact of crime on victims
- Sentencing and court outcomes
- Criminal Justice agency roles and support
- Identifying and changing negative/harmful behaviours
- Labelling and prejudice



CANNABIS AWARENESS HUB



- What is Cannabis and how does it affect us?
- The General Effects of Cannabis
- Cannabis and Mental Health
- Cannabis and Physical Health
- Cannabis, Addiction and Tolerance
- Cannabis and the Law
- Cannabis and Peer Pressure

THINKING SKILLS HUB



- Understanding what problems are
- Identifying problems
- Identifying strengths and qualities
- Generating options
- Developing resilience
- Weighing up the pros and cons
- Motivation to change and consequences of change
- Goal setting for the future

STRENGTHS BASED HUB



- Recognise strengths and skills and improve on these in order to develop and maintain a positive identity
- Recognising and increasing motivation levels
- Goal setting
- Exploring the impact of thoughts and belief
- Thinking about our identity
- Building a positive support network
- Perspective changing skills



COCAINE AWARENESS HUB



- Develop knowledge about cocaine and the impact of cocaine use
- Tools and facts to desist from cocaine use
- Understanding my use
- Costs and benefits of change
- Strengths, personal goals, planning for the future
- Well-being and safety tips
- Relapse prevention

DRUG AWARENESS HUB



- Develop knowledge about drugs and the impact of drug use
- Tools to desist and understand drug use
- Costs and benefits of change
- Strengths, personal goals, planning for the future
- Well being and safety tips
- Relapse prevention
- Impulsivity and decision making

SHOPLIFTING HUB



- Develop knowledge on the impact of shoplifting
- Increase understanding of the motivations for shoplifting
- Budgeting skills
- Support networks
- Signposting and awareness of advisory services
- Links between thoughts, feelings and behaviour
- Peer pressure and peer influence



MISOGYNY HUB



- Develop knowledge about misogyny and sexism and the impact of such behaviours on individuals and society
- Increase understanding of why and how misogyny is maintained in society
- Tools to desist from misogynistic behaviours and challenge thinking.
- Gender stereotypes
- Gender-bias in society
- Misogyny and domestic abuse
- Misogynistic behaviours
- Experiences of disadvantage

CAREERS HUB



- Developing your knowledge about different job types, qualifications, CV's and applying for jobs
- Gives you opportunities to test your understanding of the different topics
- Develop new skills to help you in your future job searching and careers

YOUTH IDENTITY HUB



- Adverse Childhood Experiences
- Risk (including gangs, grooming and substances)
- Hate Crime
- Victim Impact



ALCOHOL AWARENESS HUB



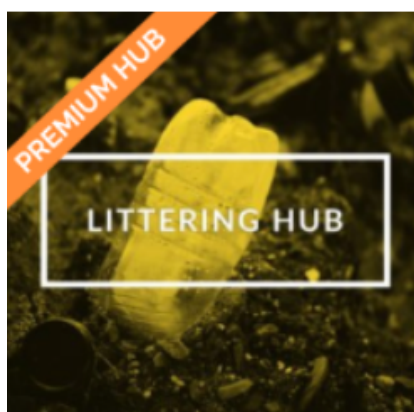
- Understanding the impact alcohol misuse can have
- Skills to address alcohol misuse
- Understanding triggers

VICTIM AWARENESS HUB



- Improve victim empathy
- Understand the link between thoughts feelings and behaviour
- Perspective taking
- What is a victim?
- Direct and indirect victims

LITTERING HUB



- Knowledge about littering and its environmental and social impact
- Challenge thinking



DOMESTIC ABUSE HUB



- Healthy relationships
- Unhelpful beliefs
- Male “privilege”
- Minimising, blaming and denial
- Intimidation
- Using threats
- Economical abuse
- Using children

EMOTIONAL WELL BEING HUB



- Worrying
- Low mood
- What is stress?
- Stressors
- Physical health
- Sleep
- Coping with negative thoughts

KETAMINE HUB



- Develop knowledge about ketamine and the impact of ketamine use
- Tools to desist from ketamine use
- Understanding my use
- Costs and benefits of change
- Strengths and personal goals
- Planning for the future
- Well-being and safety tips
- Relapse prevention



NITROUS OXIDE HUB



- Develop knowledge about nitrous oxide and the impact of nitrous oxide use
- Tools to desist from nitrous oxide use
- Understanding my use
- Costs and benefits of change
- Strengths and personal goals
- Planning for the future
- Well-being and safety tips
- Relapse prevention

HOME SECURITY HUB



- Understanding how to keep homes and possessions safe
- Door and window lock advice
- Door Security
- Window Security
- How safe is your flat?
- Checklist for securing your home when you leave it
- Protecting high value items
- Burglary
- Securing your garden

To make a referral, please visit [our website](#). For more information, contact us at: +44 (0) 203 119 3300 , hubportal@intervention-hub.com or email rsmsbedfordshireoocd@rsg.ltd for referrals for someone living in Bedfordshire.