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**YOUTH DEVELOPMENT FORUM MEETING MINUTES**

**31st October 2018**

**Camp Joy**

**9:30-11:30**

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**PRESENT:** Lezel Molefe (SOS), Siphephile Ndlovu (SOS), Tamlin Antonie (Camp Joy), Brenda Skelenge (Sweet Pea Youth), Nomonde Kondile (Sweet Pea Youth), Washiela Behardien (SOS), Clint Wilderman (Camp Joy), Alois Aloo (SOS), Mzule Makwetu (SOS), David Cunninham (Camp Joy), Maggie Villeit (YMCA), Edwina May (FCRC), Arthur Cornelissin (Camp Joy), Beyonifer McGee (Private), Charmaine Fisher (Private), Bobby Chetty (St Theresa Aftercare), Cheryl Harper (We Can Change), Jasmine Bailey (PCSN), Xavier Mwtambanasie(Village CC), Candice Domingo (Village CC), Carl Arison (Camp Joy), Achmat Abrahamse (Camp Joy), David Cunningahm (MCSA), Kenneth (Camp Joy), Clint wilderman (Camp Joy), Enslin Williams (Camp Joy), Craven Engel (FCRC), Wemmick Plaatjies (Camp Joy), Igshaan Adams (Camp Joy), Dean Ramjoomia (Nehemiah Call Initiative), Erefan (Camp Joy), Martina Martin (FCRC), Nadeem Williams (Camp Joy), Matthew Kapot (Camp Joy), Janice King (WCSCF), Megan Michaels (Camp Joy), Chavano Williams ( Camp Joy) Colleen Brookes-Gain (WCSCF)

**APOLOGIES**: Watson Moyana (Adonis Musati Projects), Laverne **Jones (Adonis Musati Project), Mymoena Scholtz (Where Rainbows Meet), Zenobia Louw (DSD)**

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1. **Welcome & Introductions.** Colleen welcomed everyone. Introductions went around the room and thereafter the meeting was handed over to the hosts at Camp Joy. With Camp Joy participants present, the hosts decided that, for greater impact, the session would be interactive and practical.
2. **Topic: BEHAVIOUR MODIFICATION PROGRAM**

**FIRST COMMUNITY RESOURCE CENTRE (FCRC)**

**Martina Martin and Cravel Engel**

**“Looking at what Behaviour Change is, how it works and how we can incorporate it into programs in communities”.**

**Martina Martin: Background and Programs of Campy Joy:**

Camp Joy originated in August 2009 as a project from FCRC in Hanover Park. FCRC wanted to help youth-at-risk, those lost in the environment and lost in substance abuse. They were previously using the facilities of John Power (across from Camp Joy) where they had a 6-week camp site. When they moved into Camp Joy, it was broken down and it seemed hopeless.

As lives have been restored…so Camp Joy has been restored.

…and they are going from strength to strength.

They work with both genders across the Metropole, with organizations and churches as far as Kuruman. They found that a Behavior Change program has been most effective with substance abuse - hence their 6-week program.

They find that once the participant sees the tangible difference in their lives, they then want more of that change.

When the participants complete the program, they fall into the net of FCRC’s extensive network partners. FCRC also runs Support Groups within communities for those affected by and those coming out of substance abuse.

There are 2 programs currently running at Camp Joy.

1. a 6week **IN HOUSE** Behaviour change program.
2. If after the 6 weeks, the family is not ready to accept the participant back or the participant isn’t ready to go home yet, then they move the participant into the **”LIVE WORK”** program.

In this program, CV’s are updated, skills development is offered, and job readiness and opportunities are made available to the participant. They are still in a program but they work, earn a wage, become sustainable, pay their way and take responsibility for their own life and their own environment. Camp Joy gradually re-integrates them back into their communities.

**Craven Engel:**

**NB:** “To lift up the spirit of a speaker, we always applaud as a sign of acknowledgement and affirmation of that person. That helps our participants, they do something right we affirm and we give them a hand.”

This Behaviour Change program was developed when working with shooters in the Ceasefire Program, aimed at helping participants change high-risk behaviour.

***NB: A Behaviour Change Program isn’t a one size fits all*.**

The principle they work on is:

Every behavior is a LEARNT behavior and can be de-learnt; nobody is born rude, violent, or an addict etc.

In 21 days- a learnt behavior (a habit) can be un-learned and a new behavior can be learnt.

(eg. If you want to stop smoking; it can be done in 21 days.)

They have adapted programmes for:

* A specialized program for ‘shooters’ (who have been in gangs where the gang tells the shooter to shoot someone for no reason).
* A behavior change program for substance abusers.
* A behavior change program for youth at risk; (eg. They currently have a high school participant: His parents have a problem with him and so does the school. Camp Joy extracts him and over 7 days they work to alter his behavior from disrupting the school to ‘normal’ behavior. His parents are happy with his behaviour change but it will be tested at school to see whether or not he disrupts the school again.

**Craven did a group exercise they include in their programmes:**

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| **TASK 1. WHAT DO YOU SEE?**  Everyone gets a blank a4 page.  The question is asked “what do you see?”  Looking at the page, one’s first impression would be to say “I see nothing”. But as the group is encouraged to look deeper, responses that come are: | |
| * + 1. The page is white     2. It is blank     3. Has 4 corners     4. Corners are sharp     5. Is a rectangle | * + 1. Is creased     2. It’s a printable page     3. Has 2 short sides     4. Has 2 long sides     5. Paper has a shadow that comes and goes |
| **Conclusion:**  When you see a person before you, and are tempted to think there’s nothing of worth there…DON’T EVER SAY YOU SEE “NOTHING”. Look at the person, see how the person is dressed, speaks, whether he/she is nervous or not nervous, courteous, respectful, how does he/she carry himself etc.  Giving such a person a sincere compliment immediately gives that persons spirit a lift and you will see a change immediately in the demeanor and body language.  When you have to help a derailed substance abuser, you need to ask yourself “**what is his/her potential?”**  You need to extract their potential. “You want to recruit him to alter his own behavior”. | |

As a program facilitator; If you are an angry/ impatient person etc. that makes an angry/ impatient individual. It rubs off. So it’s important that you also have undergone behavior change to enable you to assist someone coming into the program.

**The Behaviour Modification program is a 9 tier program.**

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| **RECRUITMENT POTENTIAL**  Asking the question “what have you done before coming here”   |  |  |  | | --- | --- | --- | | **Aptitude** | **Attitude** | **Altitude**  **(how does he carry himself,; does he want help** |   = **PRODUCTIVITY** (2 weeks’ assessment) |
| **FOLLOW ME**  **MENTORING (PHASES**)   |  |  |  | | --- | --- | --- | | **Observe** | **Understand** | **Imitate** |   **=CREDIBLE MESSENGER** |
| **MAKE YOU**  **TRANSFORMATIOM**   |  |  |  | | --- | --- | --- | | **Transformation** | **Transportation** | **Transfer Skills** |   = **BROKEN WHOLENESS** |

**NB: The program works within Academic frameworks AND is evidence based.**

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| **TASK 2: Broken wholeness**  Practical aspect: the same A4 blank page; folded numerous times as per instruction and then bits torn off as per instruction; then opened flat. By rights, everyone’s page should look the same; have the same number of holes and empty spaces where the pieces were torn off. **That is program methodology.**  But in real life (evidence of the pages) it doesn’t look like that; some are the same, some have one hole, some have too many holes. Holes are different sizes.  **Question 1:**  What are those holes, what do they represent in life?  Those holes are the traumatic events that has occurred in life; parents divorced, being abused, stealing which lead to a criminal record, first hit of TIK etc  **Question 2:**  **Can the page be put back to look exactly the way it was before?**  No….it can’t, that’s called wishful thinking and many parents fall in this category thinking the person using substance will come out of the program exactly the way they were before they succumbed to substances.  There’s no program that can fix you and make you look like you were before…. but… those holes can be healed.  **NB: Those pieces that were torn out/off can be fixed onto the page again…. but with tape…the page will be whole; but it will look scarred**.  That is what is termed as; **broken wholeness** |

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| TASK 3: **How a number controls life**  Practical aspect:   1. Forming groups of 5 2. then groups of 7 3. then groups of 9……   **Observation:**  Just when you get comfortable - life interrupts and change happens.  Everyone wants to be a part of an established group…. the high risk, substance abusers and the derailed persons, locks onto incomplete groups.  Some people don’t move, they remain stationary and they expect others to move to them, forcing them to move to his/her group…in life, people want to belong to groups.  **Example:**  The TIK group; EVERYONE slowly MOVES towards that group  The HERION group.  The GANGTERISM group.  **Conclusion:**  A weaker person will often get pulled into others systems…. if you look back at that TASK 2; at the stuff that broke you, you now feel the need to belong to a complete group. |

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| TASK 4: **Anthropology**….  Practical aspect: Groups of 3 people are divided into body, soul and spirit (representing 1 individual).  Spirit in the middle…. soul and body on either side.   * We know the spirit is connected to a higher power but with the body part - we want to please other people.   When one of the components is moved i.e.: the body needs to move to another institution ….in life some other bodies come to the scene, like a druggie body etc.  Lost soul……. things happen to us…. life pushes us around - you may think you have all aspects of life intact till you move and become lost.  At Camp Joy we detox the body, exercise the body, build up the body.  **When we get our act together, then we mobilize a community.** |

FCRC and Camp Joy use Public health in their Behavior Change Program as a Health Program can be measured. This is how it is measured:

In their work, they have identified 2 different ‘kinds of people’:

**Environmentally ‘contaminated’ human beings** & **Behaviorally ‘contaminated’ human beings**

* + - **Environmentally ‘**contaminated’ human beings are:

Those growing up in a community where there’s daily shooting, violence…. drugs being sold on every corner, constant loud talking, abuse …poverty, TB……100 shots going off in one day….

**(did you know: a single shot fired can traumatize 100 people?)**

Lastly…they didn’t make a choice to live in that environment.

* + - **Behaviorally** ‘contaminated’ human beings are those who:

Have high school, maybe some college, are working, have good parents, he/she decides to use drugs and sit with gangs…he/she made that conscious decision.

**Of the two groups, which group do you think will get better quicker within the behavior changing programs**?

Answer:

* + - The Environmentally ‘contaminated’ people…. when the opportunity is granted they take it with both hands… as the zeal is greater…because they have nothing to go back to.

**NB**: it’s rare that an Environmentally contaminated person comes back to the program…. more often than not it’s the Behaviorally contaminated ones who comes back to repeat the program.

**In Conclusion, the administration of the methodology needs to be different for each client…there ISNT A ONE BEHAVIOUR CHANGE PROGRAM that FITS ALL**, just as one CANNOT treat a TB patient with RV’s.

There are lots of people who try go into a community and do one program FOR Environmentally contaminated human beings, because they ASSUME that nobody had education, etc. The reason for their failure is that not all are ‘environmentally contaminated’.

FYI…………

Camp Joy is situated in Strandfontein at Number 2 Camp Drive on the beachfront.  
The restoration centre can comfortably accommodate about 50 inpatients at a time. It has a fully fitted kitchen, two dormitories and five living containers.  
The hall area is assigned for eating, classes as well as recreation, devotions and any other use during the rainy season.



**We applaud the work that they are doing as they truly live up to their motto…to serve!** Courtesy of the website [www.fcrc.org.za](http://www.fcrc.org.za)

1. **Next CNOYO meeting: TBA**