



The Integrate Model - Research and Evaluation

As we continue to develop our Integrate model, research and evaluation becomes crucial in supporting its future adoption by statutory services. We need to be ready for the next part of the MAC-UK journey by building the evidence-base for our approach.

Integrate uses a peer referral model meaning that young people join the project at different times. This presents a challenge for evaluation because at any given end point, young people have received varying quantities of intervention. Evaluation to date has happened on a rolling basis, taking snapshots in time based on a two-year lifecycle of the project.

Over the course of 2010-2012, the second phase of our founding project Music & Change was independently evaluated by the Mental Health Foundation. Some of the key findings from the evaluation are presented below.

Music & Change Project - Research and Evaluation

From the Mental Health Foundation Report - October 2010 – July 2012

Who we worked with

The Music & Change project reached its target of engaging a group of young people who had not previously sought help. They were offending were offending or at risk of offending, not in formal education, employment or training and experiencing multiple forms of social exclusion and deprivation.

In terms of resources, during this period the team consisted of only three full time staff, alongside a range of part time students on placement, short term interns and youth employees. We'd like to take this opportunity to thank such a small and dedicated team for their passion and commitment to engaging and working alongside young people.

All of the outcomes below are in the context of this significant achievement.

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The specifics...

- Core group of 28 young men and 2 young women all of whom are well known to the police and local authority
- All of them presented with complex needs including psychosis, trauma and depression often alongside extremely chaotic lifestyles, substance misuse and poor literacy and numeracy.
- All of them also come with big ideas, creativity, passion, opinions, hopes, dreams and talents. Some of the lyric-writing that we are lucky enough to hear in tracks is simply beautiful poetry. There are moments when we feel so incredibly privileged to be able to witness this.

What we achieved together ..

Making services accessible and effective

- 90% reached the highest level of engagement the charity records – ‘actively seeking out Music & Change staff for support for a range of needs’.

Streetherapy – flexible mental health delivery

- 90% of young people received interventions for their emotional wellbeing through a streetherapy approach. These included:
 - 30% percentage young people for low mood,
 - 27% for anger management
 - 27% for substance use,
 - 23% regarding their relationships,
 - 13% for stress management,
 - 10% for trauma,
 - 7% for psychosis
 - 3% for suicidal ideation
- 27% of young people have been bridged into appropriate statutory mental health services

Leaving the ‘road’ behind..

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Interviews with key partnership agencies who have a wide view of youth violence and gang related activity, such as Community Safety and the Metropolitan Police Force, suggest Music & Change contributed to a significant reduction in crimes (80%) related to youth violence in the Borough. Young people from the Music & Change project also self-reported drops in their offending behaviour as a result of joining the project.

Due to limitations of partnership agency resources, we were only able to track actual offending data of a small sample of young people involved in Music & Change. However, limited quantitative data were available on both number of offences and their severity (which was subject to data quality issues). For the small sample available, there appeared to be a trend towards lower and less severe offending when an outlier quarter was removed. However, the figures are small and difficult to disentangle.

With the addition of two new Integrate sites, the next longer term evaluation will track a larger number of young people's offending data and the hope is for over a longer period of time.

Bridging out – life beyond Music & Change

All young people participated in motivational interviewing and/or other therapeutic interventions in order to feel empowered to be ready for the workplace. This led to the following outcome:

- 90% participated in employment, education or training actions including:
 - Learning about the employment process
 - Reviewing employment opportunities
 - Creating & maintaining CVs
 - Job interview preparation
 - Job applications
 - Professional skills development

- 73% of young people became junior employees of Music & Change in a variety of roles including Youth Motivator, Youth Research Consultant, Youth Trainer and Consultant and Open Day Leaders. This provided young people with the opportunity to gain relevant and tailored work experience, professional skills and a live employer's reference.

- 73% required support from Music & Change to access relevant stability services such as housing, benefits, bank accounts, passports or a gp. In several cases this took years to achieve due to:
 - Having no fixed address
 - Having no form of identification e.g. birth certificate or passport
 - Beliefs that claiming benefits is 'sponging off the system'
 - Not being able to go job centres because of their location
 - Being in an area where young people do not feel safe due to gang allegiance
- 40% of young people 'exited' Music & Change through:
 - longer term employment (17%)
 - taking up and being bridged into other services and support

Other reasons why others did not exit within the timeframe of this research included:

- Joining the project part way through so completing their journey after this research phase ended
- Time spent in prison and youth offending institutes
- Time spent in hospital with physical or mental health needs
- Having sufficient mistrust of services that it took staff 18 months to complete any intervention beyond engagement
- Temporary re-location
- Young people feeling anxious about leaving the support of Music & Change

These young people will be picked up in the next phase of our research.

Those we lost along the way...

Whilst Music & Change project and the Integrate model have achieved a number of significant successes, it is not a magic answer to all the complexities of gangs and serious youth violence. There were a small number of young people who Music & Change was unable to engage during this phase of research, some of whom are in prison. A limitation of the research methodology is that it did not enable us to explore why this was the case. An aim of our future research is to further understand which bits of the model

work, why they work and for whom. We also hope to understand more clearly the difference in outcomes for young people who do not have access to an Integrate project versus those that do.