

Y2A Well-Being Service Interim Summary Evaluation

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Introduction

The Newham Y2A Well-Being service is a collaboration between East London NHS Foundation Trust, REIN, & Together for Mental Well-Being, which aims to improve the well-being, engagement, and maturity of young adults (YA) between the ages of 18-25 on probation. Each young adult is allocated either a Community Link Worker (CLW), Youth Worker (YW), and/or a psychologist to support their practical and psychological needs in their reintegration to the community.

This interim report describes service user demographics and provides an early indication of service effectiveness by investigating whether engagement with the well-being service improved attendance at statutory probation appointments.

The sample included all YAs who had at least one session with an allocated worker in the period between 15/03/2022 to 01/08/2022. These individuals were matched and compared to YAs from 3 other London boroughs in terms of their attendance at statutory probation appointments. The three comparison boroughs were Camden & Islington (CI), Tower Hamlets (TH), Barking, Dagenham & Havering (BDH), selected in line with a contemporaneous Ministry of Justice evaluation. We also included the wider Y2A HUB in Newham, excluding the well-being service, as an additional comparison group. We randomly selected 33 individuals from each borough, matched on age and recorded their attendance at statutory probation appointments (see appendix for demographics of comparison groups).

Table 1: Demographics of YAs within the well-being service between 15/03/2022 and 01/08/2022

Demographic Variables	<i>n</i>	%	M	SD	Minimum	Maximum
Age (years)	19		23.4	1.83	19	25
Gender						
Female	0	0	-	-	-	-
Male	19	100	-	-	-	-
Ethnicity						
Asian Bangladeshi	3	15.8	-	-	-	-
Asian Pakistani	2	10.5	-	-	-	-
Asian Other	1	5.2	-	-	-	-
Black African	5	26.3	-	-	-	-
Black Caribbean	3	15.8	-	-	-	-
Mixed Other	1	5.2	-	-	-	-
White British	4	21.1	-	-	-	-
			-	-	-	-
RoH (Community)						
Low	3	15.8	-	-	-	-

Medium	13	68.4	-	
High	3	15.8	-	
OGRS 1	-	-	34.5	22.2
OGRS2	-	-	46.4	25.4

Notes: SD=standard deviation; M=mean; N= number of young adults; RoH=Risk of Harm; %= percentage of YAs for each variable

Table 2 below shows Descriptive Statistics for attendance at statutory appointments by borough between 15/03/2022 and 01/08/2022. Missed Appointments were split by Unacceptable Absences and Acceptable Absences. Attendance at the Well-Being service was recorded from the date of first session with YAs (these dates vary between YAs) to 01/08/2022.

Table 2: Descriptive Statistics for Attendance at statutory appointments by borough between 15/03/2022 and 01/08/2022

Types of Attendance		Well-Being Service	Newham	Barking, Dagenham & Havering	Camden & Islington	Tower Hamlets
Attended	<i>N</i>	74	240	273	328	362
	%	90.2	78.9	78.2	77.5	81.5
Missed: Unacceptable Absence	<i>N</i>	4	21	47	57	54
	%	4.9	6.9	13.4	13.5	12.2
Missed: Acceptable Absence	<i>N</i>	4	43	29	38	28
	%	4.9	14.1	8.3	9.0	6.3

Notes: N= number of young adults; %= percentage of YAs for each variable

As shown in **Table 2**, young adults accessing the Well-Being service have the highest percentage of attendance at statutory appointments compared to other boroughs without YA Hubs, with Camden & Islington having the lowest percentage of attendance. This is also reflected in the percentage of Missed Appointments with the Well-Being service having the lowest percentage of unacceptable and acceptable absences compared to other boroughs. Camden & Islington have the highest percentage of recorded unacceptable absences and Newham (Wider Y2A HUB) have the highest percentage acceptable absences.

A one-way ANOVA analyses was conducted to assess whether there were any statistically significant differences in the means of different types of attendance. **Table 3** shows the results:

Table 3: Means, Standard Deviations, and One-Way Analyses of Variance of Types of Attendance by Borough (Rounded to 2.d.p.)

Type of Well-Being Attendance	Newham		BDH		C&I		TH		<i>F</i> (4, 146)	η^2		
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>				
Attended	4	4.33	7.27	7.22	8.27	6.14	9.93	6.52	10.97	7.20	4.24**	.104
Missed:												
Unacceptable Absence	1	1.07	0.63	1.39	1.42	2.17	1.73	2.05	1.64	1.98	2.65*	.068
Missed:												
Acceptable Absence	1	1.13	1.30	1.47	0.88	1.56	1.15	1.80	0.85	1.28	.654	.018

Notes: SD=standard deviation; M=mean; N= number of young adults; *F* (,) =variation between sample means; η^2 =effect size; * $p < .05$; ** $p < .005$; *** $p < .001$.

Table 3 shows that Tower Hamlets has the highest mean number of attended appointments with the Well-Being service having the lowest mean number. Newham (wider Y2A HUB) had the lowest mean number of missed appointments: with unacceptable absences with the Well-Being service having a slightly higher mean. Newham had the highest mean number of missed appointments; Tower Hamlets had the lowest mean number of acceptable absences.

Results show that there was a statistically significant difference between boroughs as determined by one-way ANOVA for attended appointments ($F(4,146) = 4.239, p = .003$) and missed appointments: unacceptable absences ($F(4,146) = 2.654, p = .035$). However, there was no significant difference between boroughs for missed appointments with acceptable absences ($p = .625$).

A further Tukey post hoc test revealed that there was a statistically significant difference for attended appointments between the Well-Being Service and Tower Hamlets ($10.97 \pm 7.20, p = .002$) and between the Well-Being service and Camden & Islington ($9.93 \pm 6.5, p = .014$) with both boroughs statistically lower in attendance than the Well-Being service. There were no other significant differences between groups for attended appointments or for both types of missed appointments.

Discussion

The main findings show that the Y2A Well Being service users attend significantly more statutory probation appointments compared to YAs in other boroughs such as Camden & Islington and Tower Hamlets. Service users in the wider Newham hub attended more statutory probation appointments than the comparison boroughs, however this did not reach statistical significance. Taken together, the results suggest the general Newham Y2A hub improved attendance at probation, with the Wellbeing service improving this attendance further to a statistically significant level.

These findings provided a strong indication that the Well-Being service improved YAs access and engagement with the probation service. Engagement with YAs is considered a key barrier to achieving the justice select committees target to improve outcomes for this group (House of Commons, 2018); with attendance and engagement with probation and mental health services leading to subsequent improvements in well-being and risk (e.g., Phillips et al., 2020).

Whilst this is an early finding of the service, the sample size is small, and more time will be needed to assess whether these significant differences remain with larger numbers. It remains to be seen whether these improvements in attendance will lead to improved well-being and reduction in risk; and this will be evaluated by the Y2A Wellbeing service as the service matures. Despite these limitations, the statistical significance and multiple comparison groups indicates this is a meaningful positive result that the Wellbeing service supports YA engagement with probation.

Appendix

Table 4: Demographics of YAs in comparison boroughs between 15/03/2022 and 01/08/2022

Demographic Variables	<i>n</i>	%	M	SD	Minimum	Maximum
<u>Newham (wider Y2A HUB)</u>						
Age (years)	-	-	22.8	1.79	20	25
Gender						
Female	3	9.1	-	-	-	-
Male	30	90.9	-	-	-	-
RoH (Community)						
Low	0	0	-	-	-	-
Medium	20	60.6	-	-	-	-
High	13	39.4	-	-	-	-
OGRS 1	-	-	36.3	20.52	-	-
OGRS 2	-	-	50.4	23.19	-	-
<u>Barking, Dagenham & Havering</u>						
Age (years)	-	-	21.8	1.75	19	25
Gender						
Female	0	0	-	-	-	-
Male	33	100	-	-	-	-
RoH (Community)						
Low	7	21.2	-	-	-	-
Medium	21	63.6	-	-	-	-
High	5	15.2	-	-	-	-
OGRS 1	-	-	27.09	18.71	-	-
OGRS 2	-	-	39.76	23.11	-	-
<u>Camden & Islington</u>						
Age (years)	-	-	22.6	1.77	20	25
Gender						
Female	3	9.1	-	-	-	-
Male	30	90.9	-	-	-	-
RoH (Community)						
Low	6	18.2	-	-	-	-
Medium	20	60.6	-	-	-	-
High	7	21.2	-	-	-	-

OGRS 1	-	-	37.73	25.21	-	-
OGRS 2	-	-	50.15	28.98	-	-
<u>Tower Hamlets</u>	33	100				
Age (years)	-	-	23.09	1.83	19	25
Gender						
Female	0	0	-	-	-	-
Male	33	100	-	-	-	-
RoH (Community)						
Low	4	12.1	-	-	-	-
Medium	22	66.7	-	-	-	-
High	7	21.2	-	-	-	-
OGRS 1	-	-	38.60	22.45	-	-
OGRS 2	-	-	52.40	25.48	-	-

Notes: SD=standard deviation; M=mean; N= number of young adults; RoH =Risk of Harm; %= percentage of YAs for each variable; OGRS=Offender Group Reconviction Scale