

Four Real-World Randomised Controlled Trials Evaluating Innovative Programmes Designed to Prevent Children's Pathways into Crime

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The Social Research Unit (SRU)

- Specialist **research charity** based in Dartington, Devon, with offices in London and Glasgow
- **Mission:** to bring science and evidence to bear on policy and practice related to children and young people.



SRU's previous experience with RCTs

- **Intensive Supervision and Support Programme (ISSP)** for persistent young offenders
- **Youth at Risk programme** for young people displaying anti-social behaviour
- Atlantic Philanthropies (international foundation) – advised on evaluation strategy for Ireland → funded 20 RCTs
- Three RCTs for Birmingham City Council: **Triple P** and **Incredible Years** parenting programmes and school-based Promoting Alternative Thinking Strategies (**PATHS**) programme
- **KiVa** – school-based trial of anti-bullying programme in Wales



realising
ambition

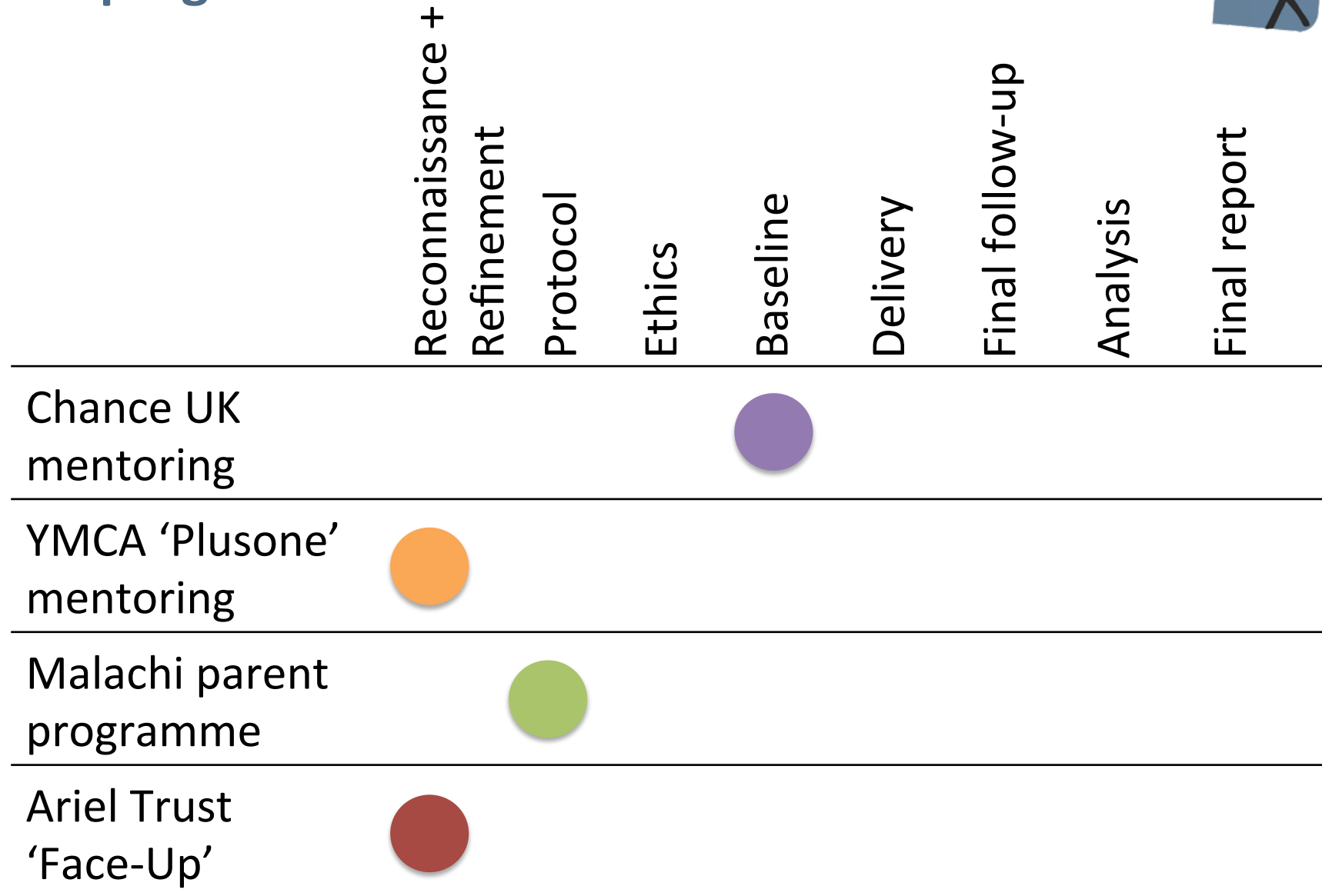


- Funded by the **BIG Lottery Fund** (£25m investment over 5 years)
- Building the evidence base for what works to **prevent youth offending**
- **Replication** of interventions with either proven or preliminary evidence of impact
- **25 interventions** designed to divert 8-14 year olds away from pathways into crime

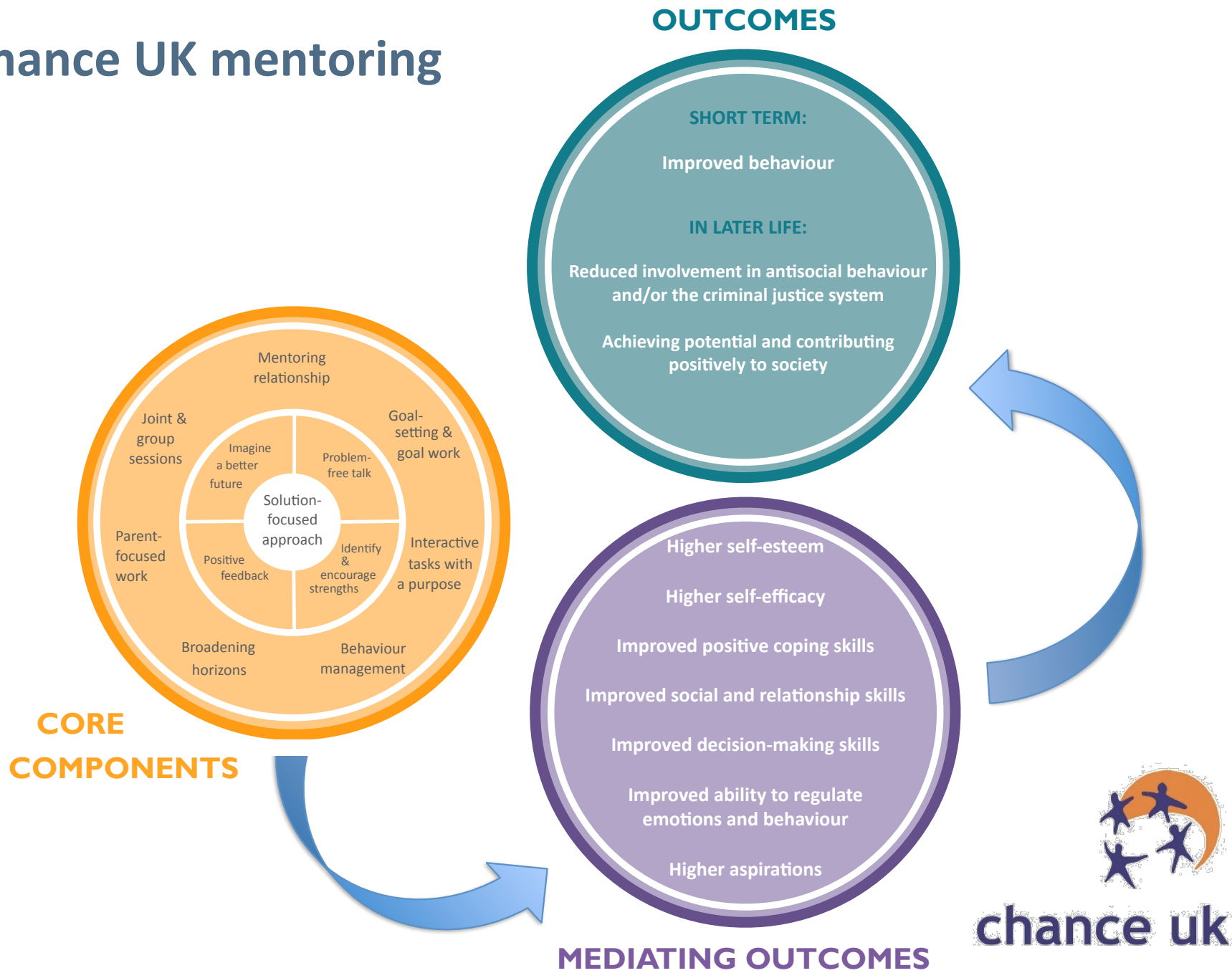
Four Real-World Randomised Controlled Trials

- SRU supports programmes by means of **intervention refinement** and **rigorous evaluation**.
- Four interventions selected for evaluation by **RCT**
- Contribute to **building the evidence base** of early intervention programmes in the UK

Trial progress



Chance UK mentoring



YMCA Scotland 'Plusone' mentoring



Formation and maintenance of a **positive relationship** between mentor and mentee, characterised by:

- A tight match;
- Trust;
- Fun;
- Consistency/reliability;
- Safe
- Strength-based

Activities



Fun, tailored activities

A vehicle for:

- *Goal setting and attainment;*
- *Focused conversations;*
- *Problem-solving.*

Motivation, Opportunities, Skills, Recognition* to promote these competencies:**

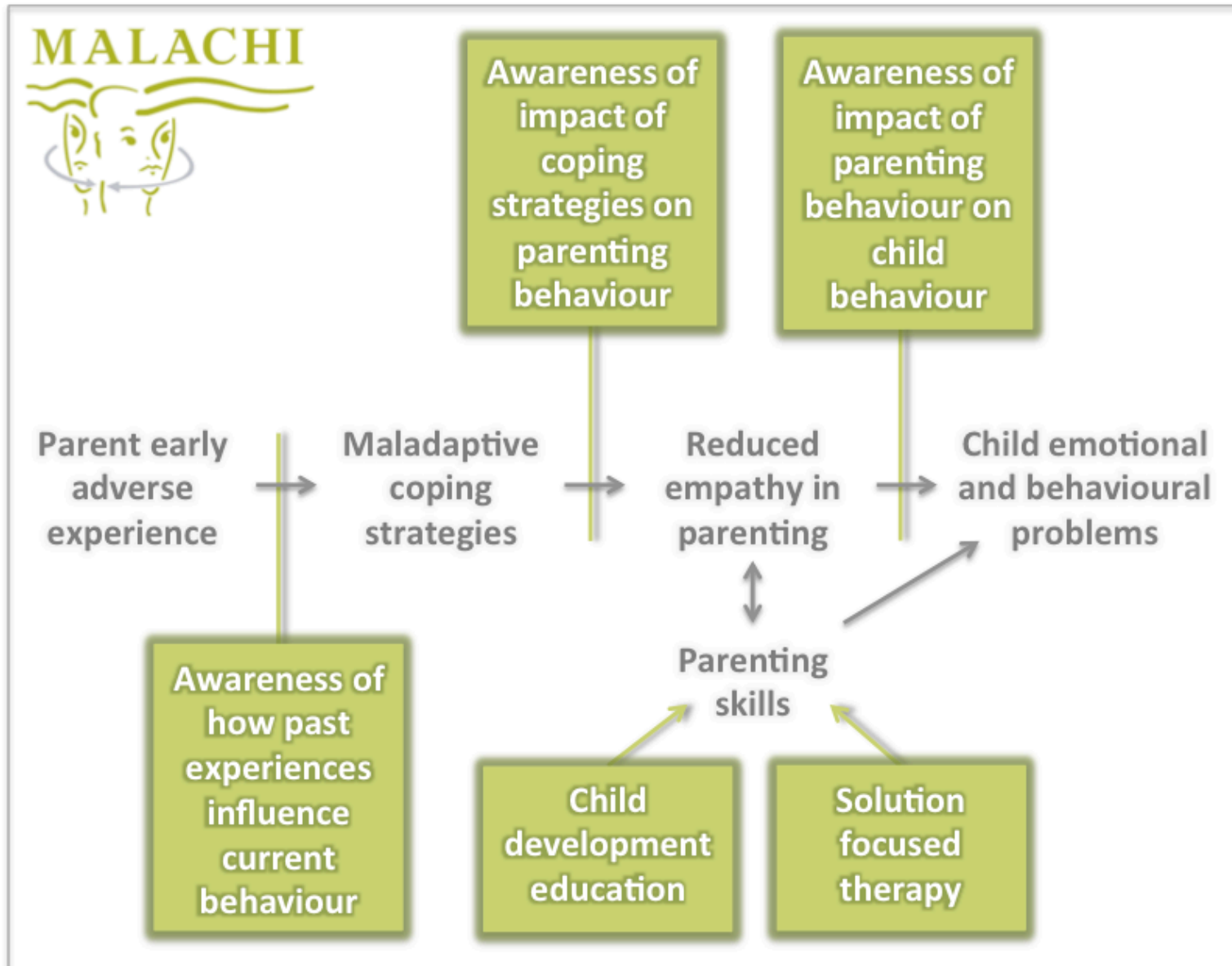


Outcomes

Improved behaviour

Engagement with School

Malachi Community Trust Parenting Programme

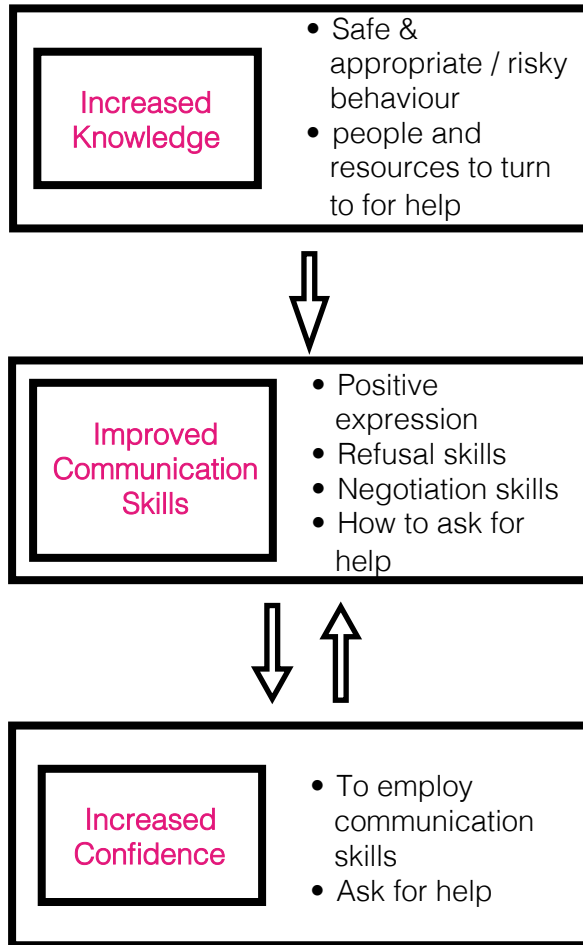


Ariel Trust 'Face-Up' school based programme

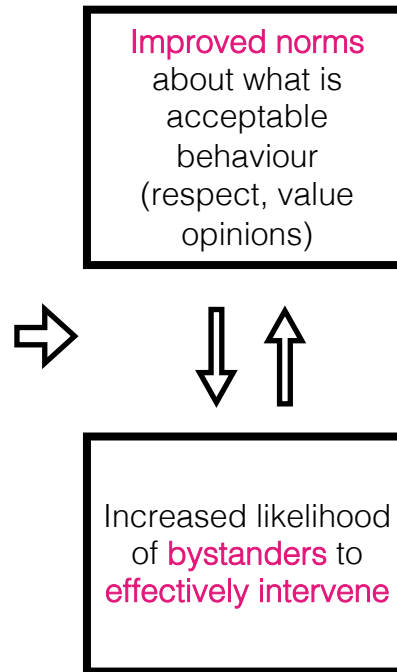
INOK Intervention Inputs

- Video exercises – analysis of unwanted behaviour
- Character profiles & videos – developing strategies to resist peer pressure
- Debate – Practicing skills associated with assertiveness
- Research / Presentation – where to get advice & support
- Character profiles & videos – developing strategies to resist peer pressure
- Debate – Practicing skills associated with assertiveness
- Ask Emma – minimising harm & reducing risk

Mechanisms



Intermediate Outcomes



Ultimate Outcomes



Workshops and webinars for charities



1. Developing Intervention manuals



2. Serving the right people



3. Developing a logic model



4. Defining Intervention Activities



5. Monitoring Intervention Fidelity



6. Specifying resources needed for intervention

Challenges and lessons from real-world trials

- Securing Buy-in
- Getting the logic model clear
- Refining the intervention
- Balancing the numbers
- Operational issues
- Managing expectations

The benefits of real-world trials

- Increase capacity to **replicate interventions** (manuals, logic models, fidelity tools, evidence-base of what works)
- Building knowledge and capacity of delivering **evidence-based interventions**
- Help to reach a **high standard of evidence** about the impact on young people's lives
- Attract **funding** to enable replication
- To ultimately **reach more children** and allow them to realise their ambitions!

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Websites:

- Social Research Unit: <http://dartington.org.uk>
- Prevention Action: www.preventionaction.org
- Journal of Children's Services:
<http://dartington.org.uk/projects/jcs>