



Psychological Therapies

Application workshops
April 2024

Introductions

Our strategy

Focus Areas

1. Diversion
2. Family support
3. Focused deterrence
4. Neighbourhood
5. Presence in school
6. Trusted adults
7. Therapies
8. Positive Activities

We will
FUND GOOD WORK



We will
FIND WHAT WORKS



We will
WORK FOR CHANGE

Agenda

- Purpose of today's session
- Definition of psychological therapies and what we're looking to fund
- Evidence and research
- Approach to evaluation
- Application and assessment process
- Q&A

Why we're here today

- To achieve our mission, **we need to work with you**. We're here today to:
- outline **what we're looking to fund**
- explain **our approach to evaluation**
- tell you more about **the application process**
- answer **your questions**

In practice this means:

- Give an overview of what we'll fund
- Share insights into YEF evaluations
- Talk through the application process
- Share our latest developments

Definition of Psychological Therapies

Psychological therapies are talking therapies, delivered by trained therapists, that aim to treat psychological and emotional problems. They may involve one-to-one, group, online and phone elements

What the evidence says

What do we already know about psychological therapies and violence prevention?

What the evidence says (from YEF toolkit)

Type	Definition	What the evidence says
Cognitive behavioural therapy	Talking therapy which helps people recognise and manage negative thoughts and behaviours	Potential high impact on crime and violence. Moderate confidence in this impact estimate.
Trauma-specific therapies	Specialist therapies which aim to support individual recovery from trauma.	Potential high impact on crime and violence. Very low confidence in this impact estimate.
Speech and language therapy (SaLT)	Therapy to help people with speech, language and communication problems and needs.	There is no evidence for the impact of SaLT on youth violence related outcomes. However, we know a large proportion of CYP involved in the youth justice system have speech, language and communication needs.
Play therapy	Therapy which uses play as a way of helping people understand and express their thoughts, feelings and experiences.	There is no evidence for the impact of play therapy on youth violence related outcomes. However a positive impact has been found on externalising behaviours.
Narrative therapy (NT)	Therapeutic approach that assumes people construct their life stories to explain themselves. Uses techniques to recognise, externalise and re-name the problems faced.	There is no evidence for the impact of narrative therapy on youth violence related outcomes.

The question we're aiming to answer:

Do **psychological therapies** implemented in an English and Welsh context lead to improved offending outcomes (or outcomes related to offending) for children and young people (primarily aged 11-18) who are at **high risk** of being affected by violence, offending and/or exploitation?

What will we fund through this grant round?

What are the eligibility criteria for this grant round?

What will we invest in?

What we'll fund

Core

Plus

Psychological therapy

Psychological therapy



Plus additional support such as positive activities

Delivered for up to 24 months

Qualified psychologists, psychotherapists or psychiatrists with a psychotherapist qualification.

We will support...

Young people (primarily aged 11-18) who have one or more of the following characteristics:

- They are demonstrating challenges with externalizing behaviors (such as aggression) as observed by the referrer.
- They have been excluded or suspended from school.
- They already involved in the youth justice system, either in custodial or community-based settings.
- They considered at risk of involvement in youth offending, due to:
 - individual, familial or geographical reasons (often referred to as youth violence 'hotspots')
 - being affiliated with groups involved in crime, violence & trafficking (referred to as gangs)
 - being affected by serious violence, criminal or sexual exploitation (as perpetrators and/or victims).

The change we want to make – primary outcomes

Primary Outcomes
Offending behaviour – violent crime
Offending behaviour – non-violent crime
Victim of crime
Behavioural difficulties
Drug and alcohol use
Other

The change we want to make – secondary outcomes

Secondary Outcomes
Ability to resolve conflicts
Building and maintaining relationships
Family conflict
Family relationships and support
Goals for the future
Positive and prosocial identity
Regulating and managing emotions
Resilience
Self esteem
Other



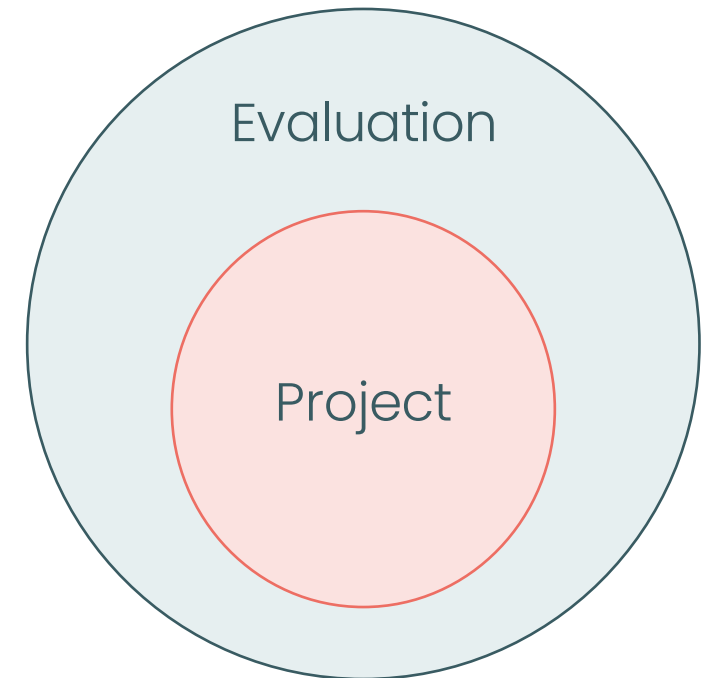
YEF evaluations

How will we learn from the projects we fund?

Evaluation of YEF funded projects

Each YEF project has two equally important elements. These elements are two parts of an indivisible whole

1. **A promising project** which we hope will help to prevent young people from being involved in violence; and
2. **An independent evaluation** of how effective the project is at achieving its intended outcomes.



Why evaluate?

Because providing the best care for children and young people means learning what works, for whom, when and how.



To evaluate whether programmes have the intended impact and check that programmes **aren't harmful**



To **support grantees** to improve programmes and make the case to children, families and potential funders

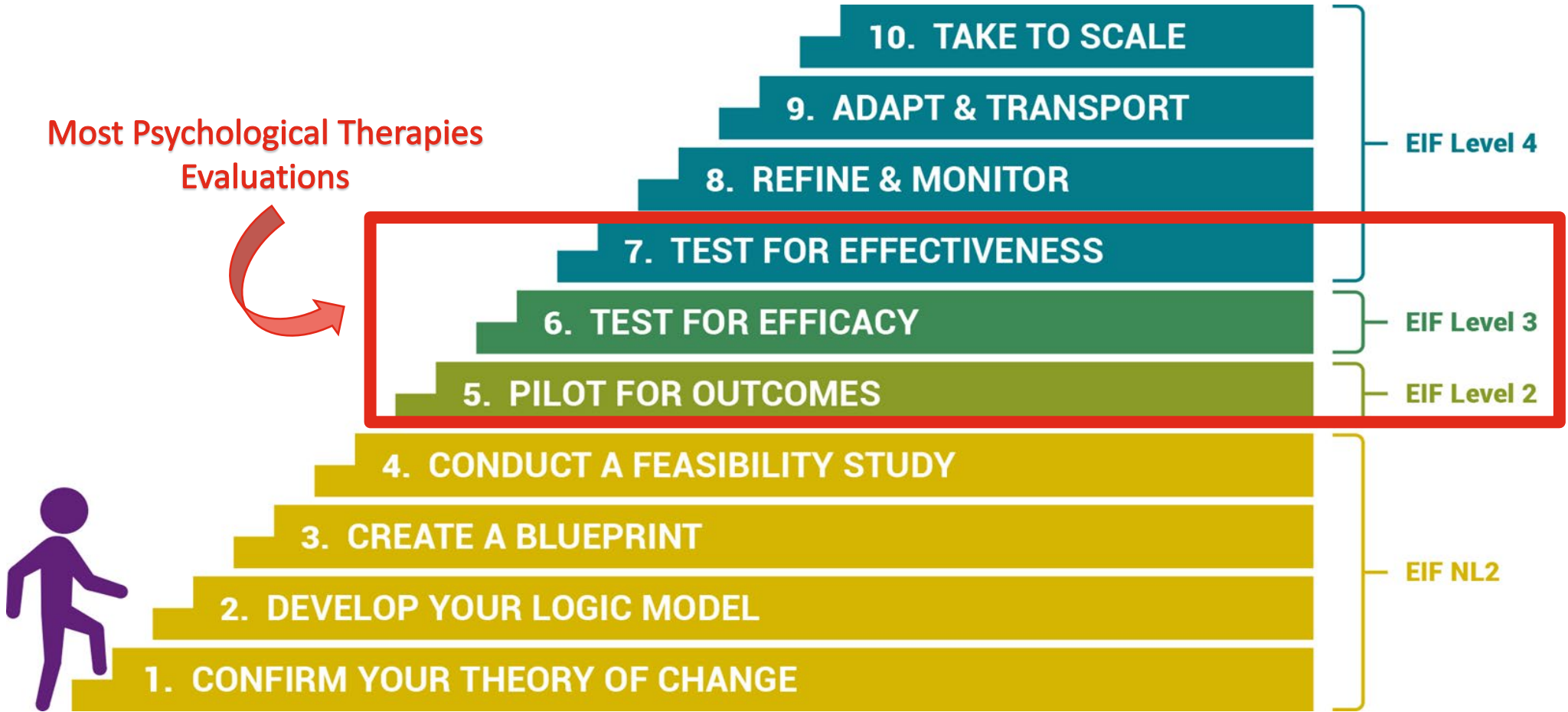


To make sure we're building the **evidence base**



To share best practice, scale what works and **make the case for change**

We expect most projects in this grant round to be ready for an impact evaluation or an earlier stage pilot study



Source: <https://www.eif.org.uk/resource/10-steps-for-evaluation-success>

Principles of YEF evaluations

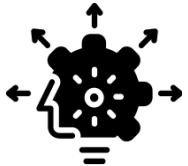
YEF takes a common approach to evaluation across all funded projects



Robust – Random assignment to the project (via a Randomised Control Trial) with baseline, interim and follow-up measures of the outcome



Reliable – Use standardised measures of outcomes with proven validity (e.g., SDQ or SRDS)

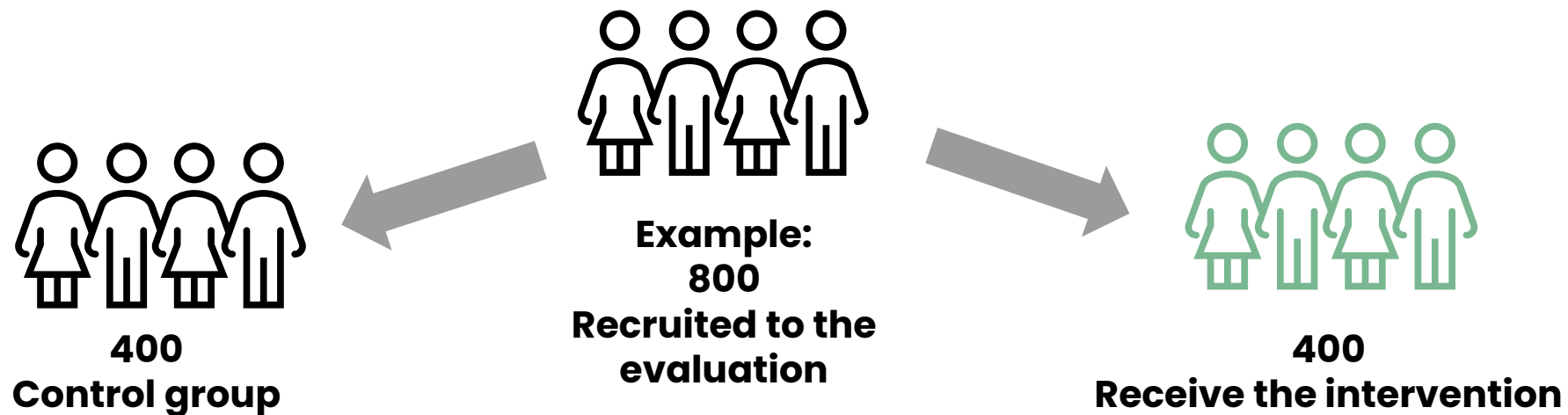


Rigorous – Produce valuable findings for the Grantee, tracking change over time through long-term follow-up through YEF's Data Archive

Scale of YEF projects and evaluations

For projects measuring **offending outcomes** between **700** (for those involved in the youth justice system) to **1,980** (for those not involved)

For projects measuring **all other outcomes** between **350** (for those involved in the youth justice system) to **800** (for those not involved)



Projects in youth custody settings

The unique requirements of evaluating in a youth custody setting

Smaller sample size – The size of the population of CYP in youth custody at any one time (approximately 450)

Appropriate primary outcomes – Unlikely to be offending within the project itself, since CYP remain in youth custody for ≥ 18 -months on average

Evaluation design – New setting, therefore internal pilot or feasibility study highly likely

Eligibility

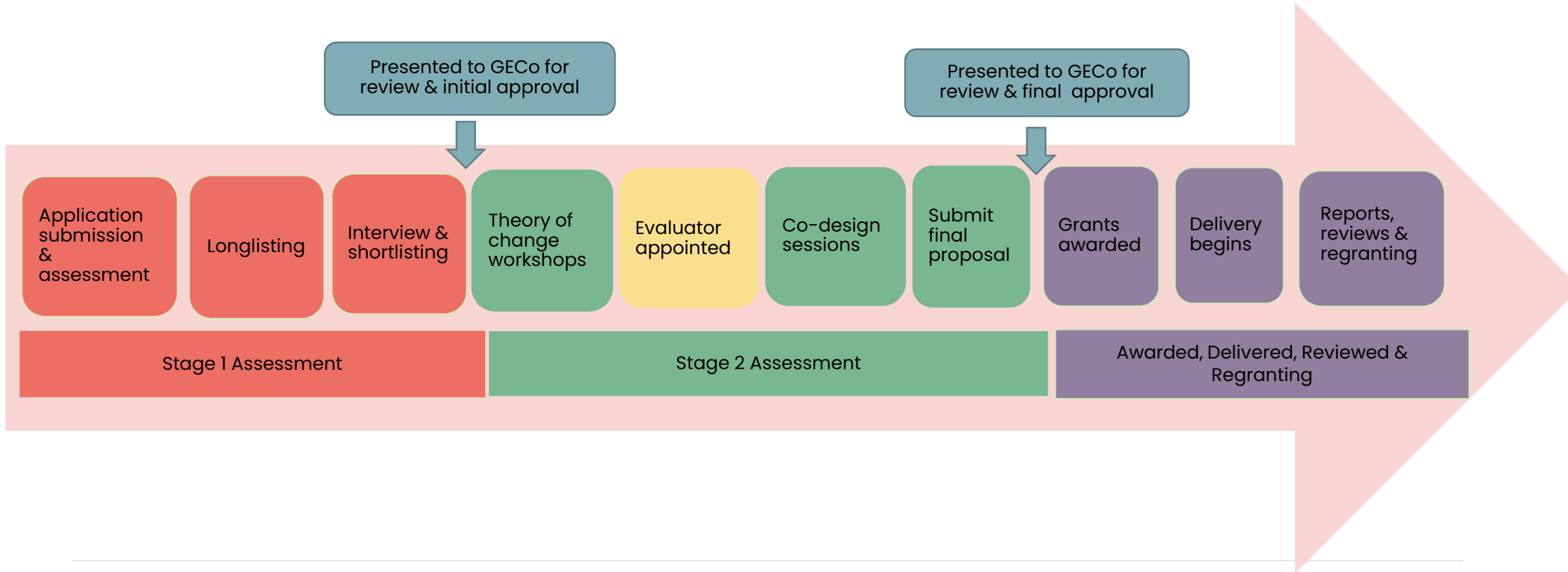
- ✓ Your programme is operating in England and/or Wales
- ✓ The lead organisation of your project is a **registered organisation or statutory body**
- ✓ The majority of the children and young people you work with will be between **11 and 18**
- ✓ Your project is **delivering psychological therapies** either as standalone, or with additional support
- ✓ Your project is directly working towards impacting at least one of our **child and young person outcomes** identified for this round
- ✓ You **already delivering** your project to children and young people.
- ✓ You have the potential and capability to **reach at least 350 young people**
- ✓ You are committed to working with an **independent evaluation partner**, chosen by us, to gather data and evaluate your project



Questions?

Application and assessment process

Application and assessment process

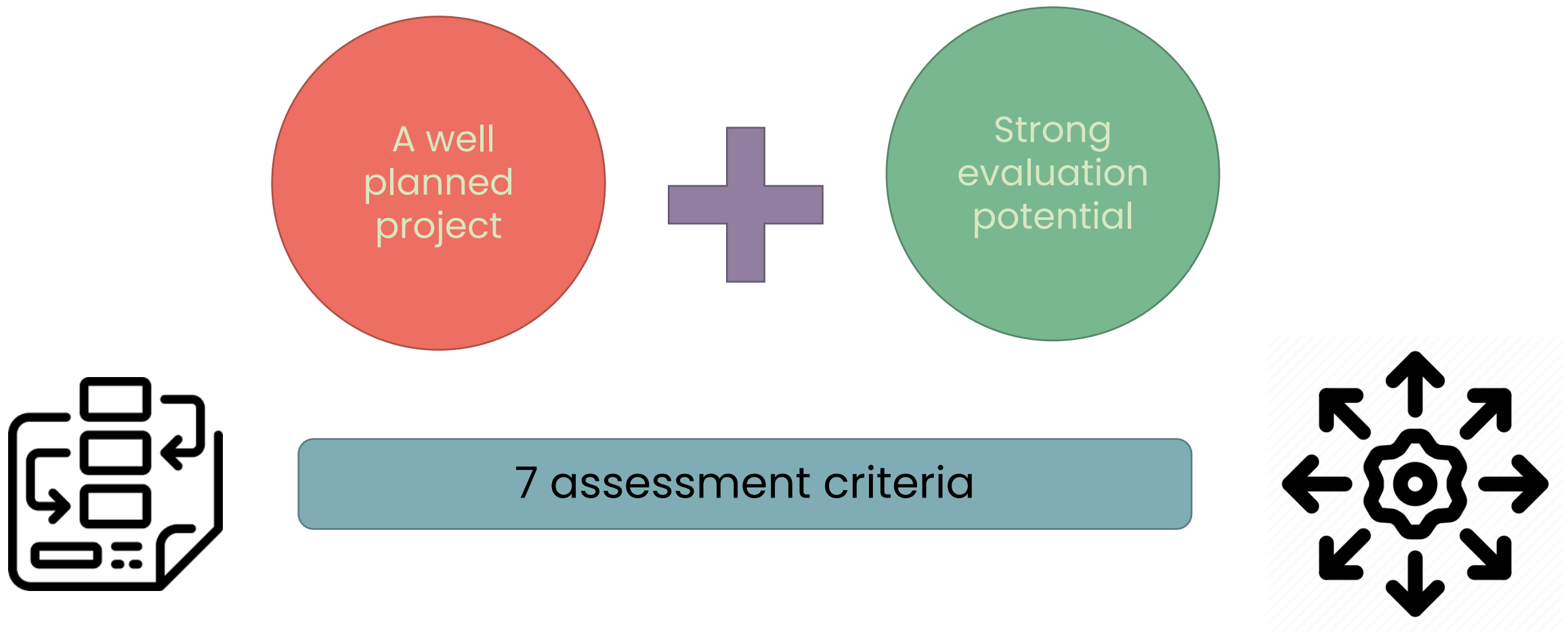




How to apply

What does a great application look like?

What does assessment look like?

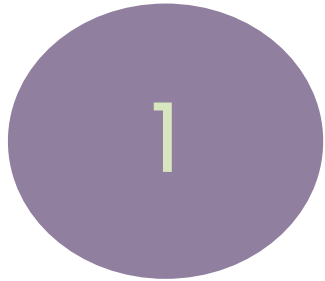




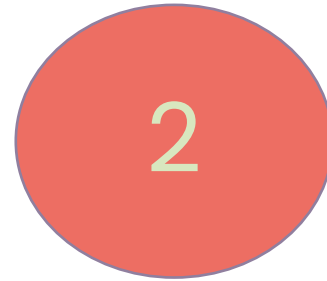
7 Assessment Criteria



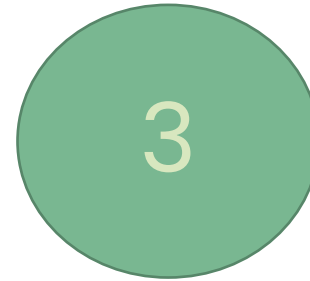
A great plan: assessment criteria



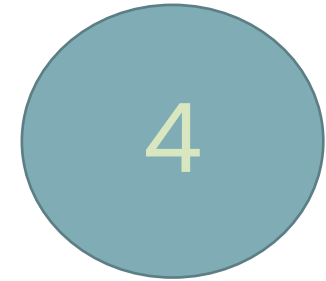
A
worthwhile
outcome



Able to deliver to
achieve proposed
outcomes



Able to engage
the right type of
young people



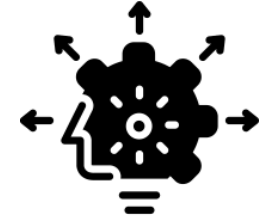
Able to deliver
at the required
scale



7 Assessment Criteria



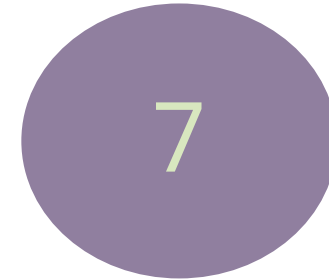
Strong evaluation potential :assessment criteria



Existing evidence



Evaluatable



Likely to lead to change

Our commitment to equality

- Children and young people from marginalised backgrounds are significantly overrepresented in Youth Justice System
- Our funding needs to be used in a way that reaches and represents the children we are here to serve
- When making our decisions, we'll make sure we meet our commitment to equality
- This is something we'll take into account through our assessment process

Using our online portal

Application tip

We'd recommend writing your responses in a document that you regularly save and then copy your responses into our form when you're happy with them. That way, if there are any technical issues, you won't have lost your work.



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Step one: find the form

Click this link which will take you to our online portal. We recommend using [Google Chrome](#) as your browser if you can.

Step two: enter your information

Start filling in the information. We've got step-by-step guidance on how to respond to each question in this guidance – [see How to apply: how to respond to our questions – a step-by-step guide](#).

When you're writing, please **don't** use the forward and back buttons on your browser, as you could lose your work. Instead, use the **Next** and **Previous** buttons to move through the form.

Step three: save and come back to your work

Save as you go along. You can save your work at any stage and return to it later, by clicking the **Save** button on each page. When you save, you'll be sent an email that includes a password. You can use the password to return to the form and pick up where you left off.

Step four: send us your application

When you've completed the form, don't forget to click **Submit!** If you don't, we won't receive your application.

When you've sent us your finished form, you'll receive a confirmation email from us. You'll also be able to save and download your application, so you can use it for your personal records.

Welcome

We are a charity who are passionate about building a world where no child or young person becomes involved in violence. Our small part in this is to find what works and build a movement to put this knowledge into practice. Everything we do is intended to help us fulfil this mission. This includes the way we use our funding. We're a ten year project and, in the later years of our life, we'll use our funding to scale things up, to spread great practice and to look to change the system. Right now, we're at the start of our journey. We're using our funding to build a consensus – from the grass-roots to the government – on what works best to support young people. We believe that every child deserves the very best research on what works and for everyone to get behind what will make the biggest difference.



Q&A

Other resources and next steps

What resources do the YEF have to help you apply?

What happens next?

Key dates and timeline

Applications
open
3rd April 2024

Applications
close
24th May 2024

Shortlist
applicants
informed
July 2024

Shortlist
interviews
Mid to late
July 2024

Initial
approval –
August 2024

Theory of change
workshops – Oct
2024 – Jan 2025

Final approval
Feb 2025

Delivery
March 2025

Guide to evidence and evaluations




Further info about evaluation with YEF

Guide to evidence and evaluation

This video explains our approach to evaluation and outlines our two-stage application process.



Watch on  YouTube

The YEF Toolkit



Summarise research and make it accessible and actionable



Support professional decision making with 'best bets'



Create a foundation for YEF's change and advocacy work

YEF Toolkit

An overview of existing research on approaches to preventing serious youth violence.

Find out more about the toolkit

Filter by:

Search

SORT BY: A-Z

EVIDENCE QUALITY

1 2 3 4 5

IMPACT

HARMFUL LOW MODERATE HIGH

COST

? £ ££ £££

Hide approaches with 'insufficient evidence of impact'

ADVANCED FILTERS

THEMES

PREVENTION TYPES

SETTINGS

OUTCOMES

After-school programmes Programmes which take place after school and involve academic support, enrichment, or social skills development.	COST £ £ £	EVIDENCE QUALITY Q Q Q Q Q	ESTIMATED IMPACT ON VIOLENT CRIME LOW
Anti-bullying programmes School-based programmes designed to reduce bullying	COST £ £ £	EVIDENCE QUALITY Q Q Q Q Q	ESTIMATED IMPACT ON VIOLENT CRIME LOW
OTHER OUTCOMES			
MODERATE Reduction in Bullying perpetration			Q Q Q Q Q
Boot Camps Military-style boot camps for young people who have been convicted of an offence	COST £ £ £	EVIDENCE QUALITY Q Q Q Q Q	ESTIMATED IMPACT ON VIOLENT CRIME HARMFUL



Keep in touch

grants@youthendowmentfund.org.uk