

# RESPECT

Case study

## RESPECT YOUNG PEOPLE'S PROGRAMME

### About the project

**Funding awarded:** £789,419

**Duration of funding:** 4 years

**Number of beneficiaries:** 562 young people aged 10 to 15

**Areas of delivery:** Sunderland, York and North Yorkshire, Stockport, Halifax, Knowsley and Durham

[Respect](#) is a national agency that tackles domestic abuse by providing expert advice, training, development support, phone lines and quality-assurance to improve the service delivery of other organisations. The [Respect Young People's Programme](#) (RYPP) targets those who use aggressive or abusive behaviour in the family. It focuses on adolescent violence against parents, which is often a precursor to other forms of criminality and offending behaviour. RYPP consists of structured sessions with the young person, with parents or carers and whole-family sessions. Within Realising Ambition, Respect supported the delivery of the programme by external partners.

### Lessons learnt

**Respect's experience highlights the large amount of investment required by developers to ensure that external partners deliver programmes with fidelity. It also demonstrates that delivery organisations can be vulnerable to external factors, such as funding cuts, but delivery through multiple partners can offer solutions to this challenge.**

The Realising Ambition replication of RYPP was based on a social franchise model and Respect spent a lot of time developing resources to enable the franchisees to deliver RYPP in their own areas. It worked closely with Dartington Social Research Unit (SRU) to manualise the programme, setting out clear and specific job descriptions and skill profiles to identify the staff best suited to deliver RYPP faithfully and effectively. Respect also undertook a robust due diligence process with the franchisees, a core aspect of which was to ensure that there were policies and processes for staff development and supervision. Additionally, franchisees attended five days of training, one day on setting up RYPP and four days on delivering it.

Regarding vulnerability to external factors, the replication of RYPP was planned for six delivery organisations, but one franchisee withdrew in the first year, leaving five organisations to deliver it – a youth offending service and four voluntary, community and social enterprise (VCSE) organisations. High levels of staff turnover and redundancies due to cuts in statutory funding placed further strain on one franchisee's delivery, forcing it to withdraw from the programme in the third year. Respect, however, ensured that the remaining franchisees almost met the programme's overall delivery targets by increasing the number of young people that they delivered to and incentivising them with a payment by delivery approach. A strength of social franchising can be having multiple delivery partners – sudden gaps in provision can be filled by remaining partners.

### Five key ingredients of successful replication

**The Realising Ambition consortium has mapped each project's journey against our five key ingredients of successful replication. The key points from this follow below. [Find out more about these ingredients.](#)**

 **A tightly defined and replicable service:** Respect worked with Dartington SRU to develop a well defined logic model and manual. While the core components of the programme are clearly defined, RYPP was delivered with a range of adaptations so that it was effective with different sized statutory and VCSE delivery organisations in diverse areas and with various beneficiary groups.



**That is effectively and faithfully delivered to those that need it:** Ensuring fidelity across a diverse range of franchisees was a constant struggle for Respect, but it ensured that adaptations consistently aligned with the core of the programme. The programme's manual was key to achieving this. **Evidence is used to learn and adapt, as required:** Respect has worked hard to understand the replication process. As a consequence, it has developed more robust approaches to service level negotiations for franchise agreements with potential delivery organisations. These centre on ensuring fidelity and requiring franchisees to use monitoring and performance management systems agreed prior to service delivery. **There is confidence that outcomes have improved:**



Outcomes data collected during the Realising Ambition funded replication indicates that RYPP led to an overall improvement in mental health and behaviour of young people, alongside other positive outcomes. (See below.) **The service is cost-beneficial and sustainable:** Respect is receiving additional support outside of Realising Ambition to help it assess its unit costs and produce a cost per child analysis. This is part of the model it is developing for social impact bond funded service delivery. Respect considers RYPP to be one of its core programmes and is committed to replicating it further.



## Outcomes for beneficiaries

**Each organisation has sought to monitor the outcomes of children and young people prior to and after service delivery. Find out more about outcome measurement in Realising Ambition.**

Respect supported the delivery of RYPP to 562 young people. The Strengths and Difficulties Questionnaire (SDQ) from the Realising Ambition Outcomes Framework was administered to 70% of young people at the outset of service provision, and to 38% of these at the end of service provision. The number of responses to the parent version of the SDQ were lower, with 60% of parents completing the pre-intervention survey and 22% the post-intervention survey. As such, some caution is necessary in the interpretation of these results.

Analysis of these outcomes indicates **a statistically significant improvement in nearly all areas, including of emotional wellbeing, conduct, pro-social behaviour, and overall mental health** – with only hyperactivity and peer relationships showing no change according to children's self report, but positive change according to parent-report. Of particular note is the overall improvement in mental health and behaviour of young people, which two thirds of parents reported as being improved by the end of the programme. Additionally, **parent reported scores within the "high need" threshold range of mental health and conduct problems reduced by 23% and 27% respectively**, which is particularly positive given the focus of the programme on addressing children's violence against their parents.

According to the reports of children and young people receiving the programme, they were experiencing relatively high levels of relationship problems with peers at the beginning of the programme, and unfortunately this had not changed by the end of the programme, with 86% of the respondents' scores remaining in either the "borderline" or the "high-need" thresholds. Although, parent SDQs were more positive on these measures. Despite this, the overall results of this analysis are an encouraging start for RYPP.

## What next

Since Realising Ambition, RYPP has been recommissioned in York, North Yorkshire and Stockport, and six new organisations have taken on licenses to replicate it. Respect is engaged in further discussions with potential funders to scope out the level of interest in future investment in the programme, exploring replication through a social impact bond. It is also strengthening its capacity to support the delivery of RYPP by multiple franchisees.

## Find out more

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