

HERO'S JOURNEY™ PARTNERSHIP PILOT EVALUATION BRIEF

SPARK INSIDE

Established in 2012, Spark Inside runs coaching programmes in prisons across London and the South East. We are one of the first organisations to take life coaching to young people in prison.

Our Vision is that the futures of people affected by the criminal justice system should be determined by their potential, not their past and our Mission is to use coaching to unlock the potential of individuals and drive culture change in the criminal justice system so that rehabilitation is possible.

HERO'S JOURNEY™

Hero's Journey™ is our award-winning programme for young people aged 15-25 years old in prison and in the community.

Hero's Journey™ consists of group workshops, which are delivered across three sessions, each lasting two hours. Each workshop can be attended by up to eight participants. During group workshops, participants are encouraged to work with their own life experiences to: understand where they are in their life 'journey'; feel empowered to make positive change in their lives; successfully overcome challenges and struggles; see the opportunities that lie ahead; and to develop a plan for how to navigate their way forward.

After the workshops, participants receive up to eight sessions each of one-to-one life coaching. They choose which of the coaches they want to work with, and determine the frequency, duration and number of coaching sessions.



Spark Inside youth-work trained Service Delivery Managers engage young people on the wings before the programme and after completion, supporting them to engage with coaching.

Independent evaluations to date have shown that Hero's Journey™ has a statistically significant impact on young people's wellbeing, empathy and emotional intelligence, decision-making and resilience, confidence, and creates a positive future outlook.¹

In 2020 Spark Inside introduced Youth Outcomes Star² as a means of evaluating the impact of Hero's Journey™. Alongside Outcomes Star we will undertake qualitative interviews with young people, coaches and staff to determine our impact and increase our learning. We also review IEP status before and after programme completion.

¹ Based on 324 pre- and 201 post-intervention questionnaires completed by programme participants. The questionnaires utilised validated scales, including the Short Warwick-Edinburgh Mental Well-being, the Brief Resilience Scale, and the Journey to Employment Framework.

² Youth Star (2nd Edition) – Triangle (outcomesstar.org.uk)

PILOTING A PARTNERSHIP MODEL

From July 2021 to March 2022 Spark Inside will pilot a new model of delivering Hero's Journey™ by partnering with another organisation. This pilot forms part of our plans for growth as we expand our reach outside of London/South East and seek to do so by working with others.

We will commission an independent evaluation of the partnership pilot.

AIM OF THE PILOT

The overall goal is to test delivery of Hero's Journey™ via a partnership model in a prison outside London/South East. We will do this by partnering with a values-aligned organisation, Lincolnshire Action Trust, to deliver three programmes of Hero's Journey™ to young people in HMP Lincoln. The pilot will enable us to test a model whereby another organisation leads on the pre and post engagement with young people and the coordination and communication with the prison. Spark Inside will lead on delivery of the coaching programme itself.

There are five objectives for the pilot.

1. To test handing over pre and post Hero's Journey™ engagement work to a partner organisation's in-prison workers.
2. To trial working with partner organisation's existing prison relationships and that they take the lead with prison communications.
3. To establish an accurate picture of the resources needed from Spark Inside and the partner to deliver Hero's Journey™ in this way.
4. To offer a quality service to young people in HMP Lincoln that they value and that is impactful for them; and that we can demonstrate this impact.
5. To learn more about this model as a potential way to grow the reach of Hero's Journey.

We are seeking an evaluator who can test the five objectives outlined above, offering an evaluation that encompasses both process and outcomes.



METHODOLOGY

This is for the evaluator to propose, however we envisage a mixed methods approach. We expect a set of qualitative interviews with some of the young people from the programme, prison staff and LAT and Spark Inside coaches and team members. NB: it will not be possible to arrange before and after interviews with young people. It will only be possible to interview young people post workshops.

Our coaches are trained in using Outcomes Star and will undertake this work and upload Stars online. Spark Inside team can produce reports on impact and share with the evaluator. We envisage that the evaluator will review the Star results and input into any final report. The evaluator will also be given anonymised IEP status for participants before and after the programme.

The evaluator will need to undertake some interviews inside HMP Lincoln which we will facilitate and arrange. The evaluator will need to offer some flexibility on dates to go to HMP Lincoln to interview young people. Staff interviews may be possible to arrange virtually.

We would expect all interviews to be transcribed and for Spark Inside to have access to the full transcripts.

BUDGET AND TIMEFRAME

The budget for this work is up to a max of £10,000. We welcome proposals that are lower cost than this to deliver our aims.

The evaluation will be undertaken between July 2021 and April 2022. We anticipate the majority of interviews to take place with young people, staff and coaches between August and November 2021. We expect an interim evaluation report to be delivered by January 2022, and a final report for publication by May 2022. The final report will include further quantitative Outcomes Star data (and possibly qualitative data) from the final programme round.

PROPOSALS

Please submit proposals of no more than five pages in length by **Friday 9 July** to vicki@sparkinside.org. Proposals should set out:

- methodology and proposed data collection;
- day allocation and day rates of project team;
- the evaluator's experience in conducting evaluations that involve young people or young adults who may have experienced disadvantage or adversity, and how they will approach this;
- the evaluator's experience of conducting evaluations for not-for-profits working in the fields of criminal justice or social justice;
- two examples of relevant evaluations, including contract amount, timeframe and client;
- two named references we can approach.

If you would like an informal discussion about this project, please contact Spark Inside CEO Vicki Cardwell at vicki@sparkinside.org.

Who am I...

Funny
Looks neat
Fresh trainers
A good man
Loyal
Smart
Good example

Future

Family man
Kids
Mentoring
Businesses

Thank you

THANK YOU FOR YOUR INTEREST IN WORKING WITH US

To find out more about Spark Inside and the work we do, please visit our website below.

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