Co-funded by Programme for Employment and Social Innovation (EaSI) of the European Union

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COPE

CAPABILITIES, OPPORTUNITIES, PLACES AND ENGAGEMENT

Preliminary Results

Key hightlights from UEL&UNL

COPE

Evaluation Framework

Phase I

Realist synthesis of reviews

To collect info about context, mechanisms and outcomes of young person in NEET situation inrterventions

Co-design workshop

To map local assets, understand young people with NEET profiles, engagement scenario, role playing etc.

Programme Theory

Phase II

Outcome evaluation

To assess changes in health and social outcomes of COPE participants

Survey: Baseline and 6 months with young people in NEET situations

Outcomes: mental well-being, psychological distress, use of public services, employment, training etc.

Process evaluation

Contextual factors and mechanisms underpinning COPE including sustainability

Semi-structired interviews with:

- n=28 NEET participants
- n=9 Interviews with COPE team
- n=13 link workers

Delphi study (sustainability)

Economic evaluation

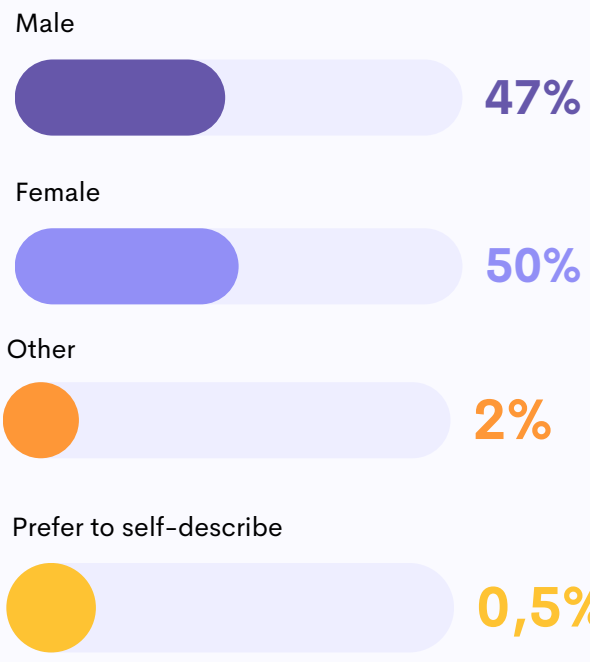
To assess cost-benefits of COPE and modelling future scenarios

Social Return on Investment: (€1:€?) mapping activities and outcomes with stakeholders; establish indicators and value change; understanding impact

Sociodemographic Profile

Gender

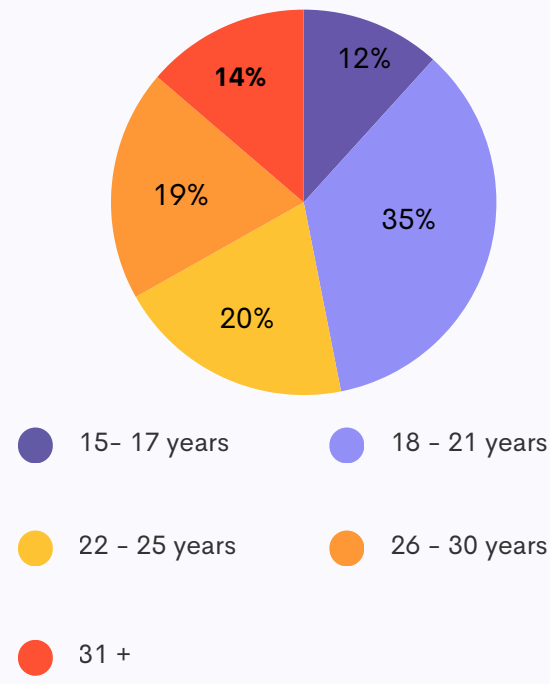
n=216



Source: Data obtained from the Individual Action Plans

Age Group

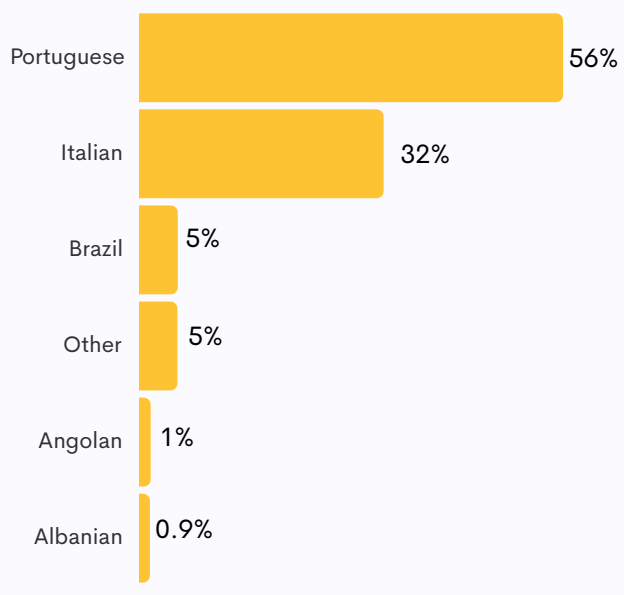
n=416



Source: Data obtained from Red Cap

Nationality

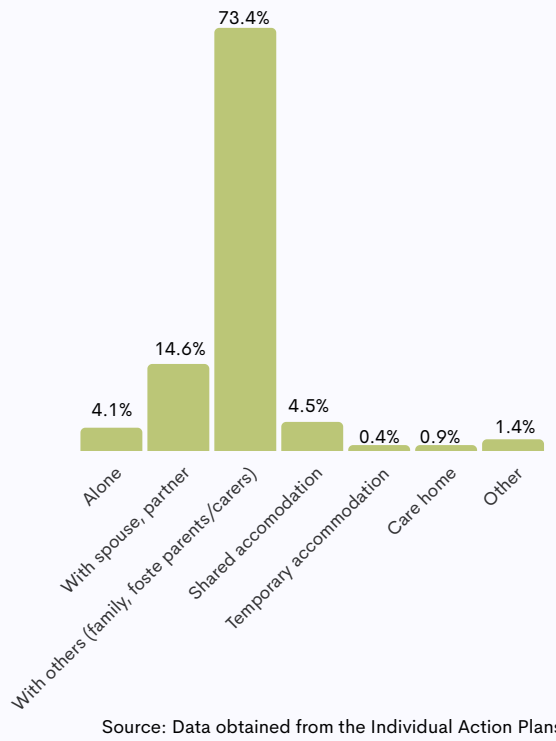
n=218



Source: Data obtained from the Individual Action Plans

Living Status

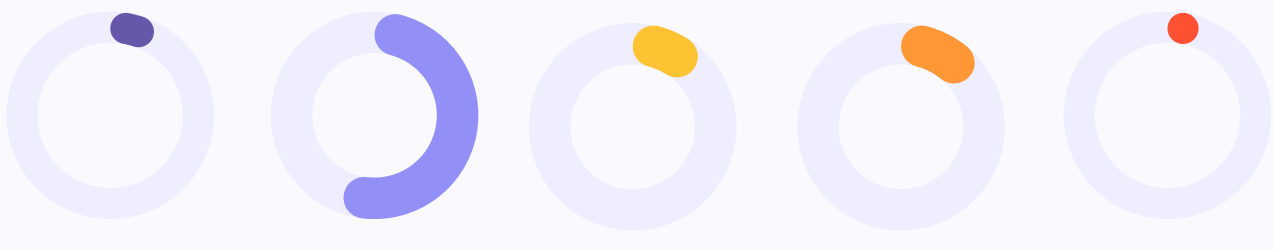
n=219



Source: Data obtained from the Individual Action Plans

Location

n= 328



Rural Area: less than 5000

Town and suburbs: 5000 - 50 000

Small City: 50 000 - 100 000

Medium City: 100 000 and 250 000

Large City

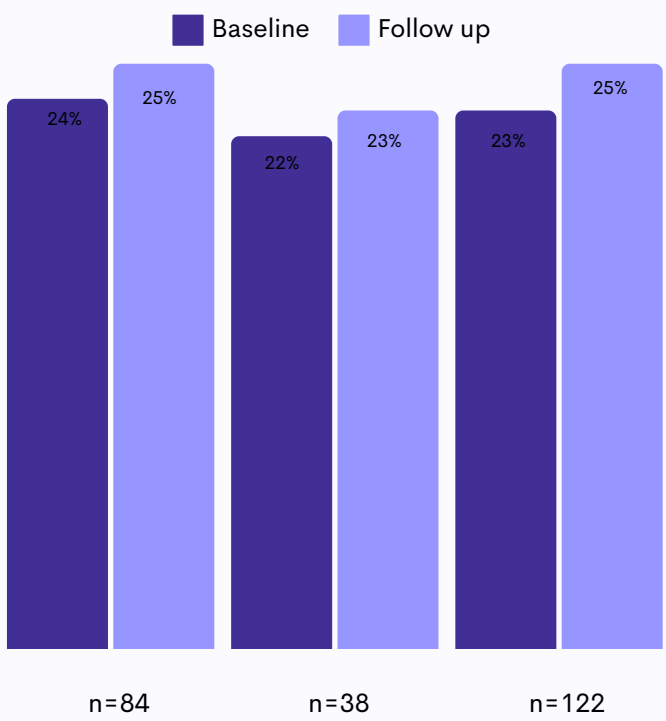
Source: Data obtained from the COPE managment team

Phase II: Outcome Evaluation

Change in Mental Wellbeing

Short Warwick Edinburgh Mental Wellbeing Scale

Mean change in mental wellbeing by country



Key Findings

- Statistically significant mean positive change in mental wellbeing was 2 points (23-25) at , 95% ($p<0.05$)*. Median: 20.7 to 21.5
- Young people in Italy had worse MWB to start with (21.9 vs 23.5)
- Greater mean change for Portugal than Italy (1.85 vs 0.97)
- Italy not stat significant (small sample overall)

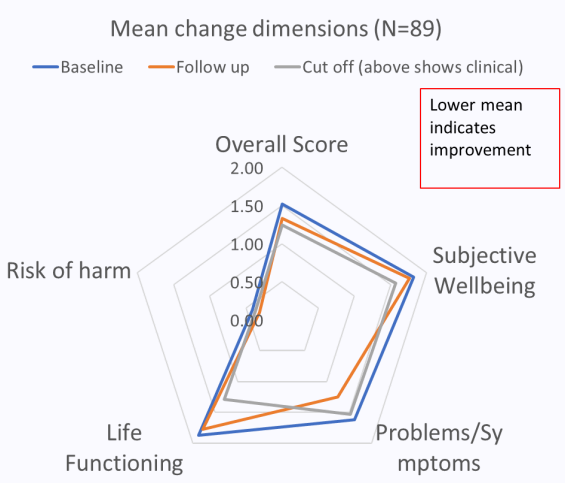
*Wilcoxon Signed Rank Test

Psychological Distress and Wellbeing

Clinical Outcomes in Routine Evaluation – Outcome Measurement

Mean change dimensions

n=89



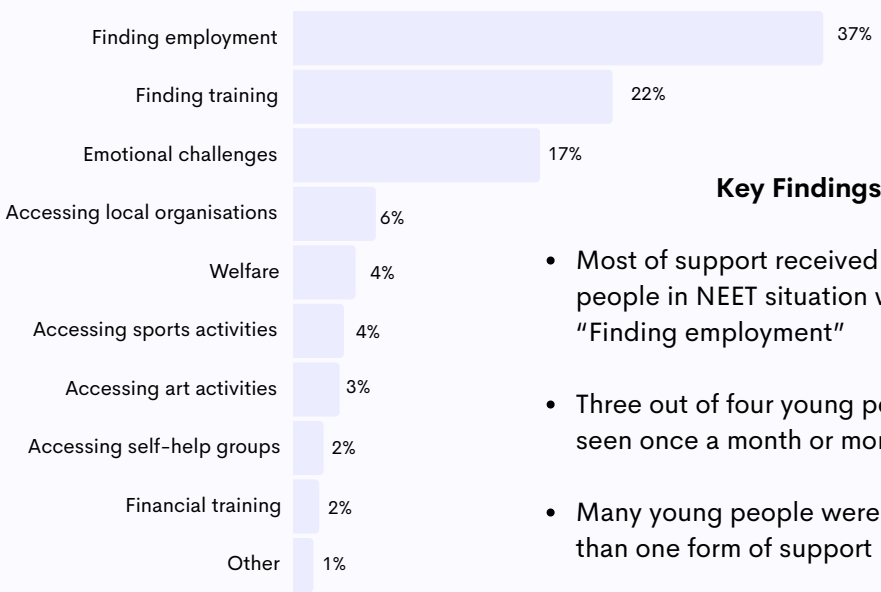
- **Subjective wellbeing:** feeling ok, optimism
- **Problems/symptoms:** depression, anxiety, physical, trauma
- Life functioning: ability to cope, social relationships, close relationships
- **Risk of harm:** e.g. suicidal ideation
- **All dimensions improved:** follow up indicates means that are smaller than baseline
- **Cut off point:** if line/shape is contained in cut off, it means shift from clinical to non-clinical (e.g. Problems/symptoms or risk of harm)

Key Findings

- Participants with problems of depression, anxiety, physical and trauma and participants at risk of harm (e.g. suicide ideation) showed clinical values at baseline but improved to non-clinical values at follow up
- Mean comparison between baseline and follow up showed a statistically significant decline in psychological distress (Wilcoxon Signed Rank Test)

Type of Support Provided

n=282



Key Findings

- Most of support received by young people in NEET situation was related to "Finding employment"
- Three out of four young people were seen once a month or more
- Many young people were provided more than one form of support

Phase II: Process Evaluation

Lara Ferreira | young person in NEET situation | Portugal

> Now after this project I have found my own ways... now I have a job. I'm doing my driving licence. And I'm going back to school

Young person in NEET situation | Italy

Increased Employment Opportunities

Filipa Luz | Link Worker | Portugal

> I have acquired tools that have helped me in job interviews... they help with CVs and job offers

Young person in NEET situation | Portugal

Improved Socio-professional Skills

Lara Ferreira | young person in NEET situation | Portugal

> always pointed out my strengths. And they always saw a strength in me, even when I didn't see it because I was a bit down

Young person in NEET situation | Italy

Increased Self-esteem and Self-Confidence

Improved Social Capital and Mental Well-being

Paulo Guimarães| Link Worker | Portugal

Filipa Luz | Link Worker | Portugal

> Simply the fact that I work every day, leave the house even physically is good for me and then from a mental point of view

Young person in NEET situation | Italy

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