

# Exploring the impact of mentoring-based throughcare: an update



*This analysis has been prepared by the Fraser of Allander Institute (FAI) at the University of Strathclyde. The technical analysis, methodology and writing of the results was undertaken independently by the FAI. This analysis was commissioned and supported by the Wise Group.*

The main aim of the New Routes programme is to reduce reoffending in Scotland by supporting individuals to reintegrate into their communities beyond their prison sentence and build a sustainable future through inclusion in society. The scheme provides mentoring and support six months pre-release and post-release from prison.

New Routes is offered to individuals serving short term sentences – under 4 years – which are not serious crime or sexual offence related.

Our analysis covers the period from 4th April 2021 to 19th May 2023, and analyses over 2,300 individual user journeys in this period.

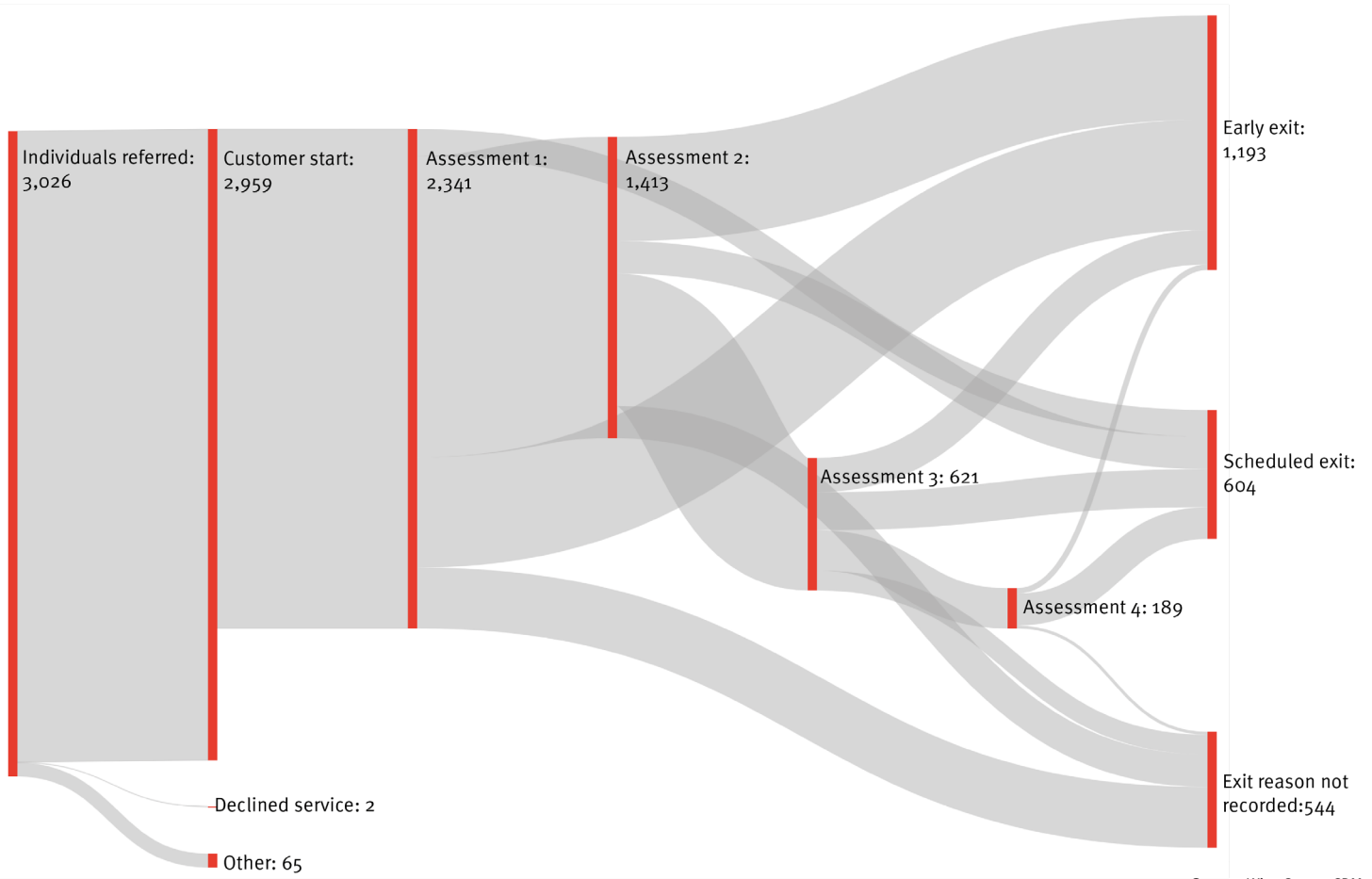
This research provided an update to our previous report, [Rehabilitating Scotland: Exploring the impact of mentoring-based throughcare](#), and uses the Wise Group's customer data to explore the numbers related to New Routes.

Our key findings include:

- There were just over 3,000 individuals referred to New Routes over the past two years, of which **98% agreed to start the programme**.
- 80%, or 2,341 of these individuals conducted a first stage baseline assessment, with 1,413 completing a second, 621 a third, and 189 a fourth assessment.
- **1 in 5 individuals** who opted to participate in new routes left the programme with a scheduled exit; 2 in 5 left the programme early, with the remaining 20% having no exit type recorded.
- Similar to our previous analysis, **Employment and Finance** were the most identified needs for individuals on New Routes.
- When comparing individuals need score between their first and last assessment, those with a finance need improved the most (38%), with addictions second highest (28%).
- Increasing pro social attitudes, networks and non-criminal identity (S3) was the most worked towards outcome in recent years, with a **77% achievement rate**.
- Increased motivation to engage with interventions (S2) had a near **100% success rate**.
- Reintegration/acceptance into social networks and community was the most worked towards medium term outcome, with 56% of individuals achieving M3.

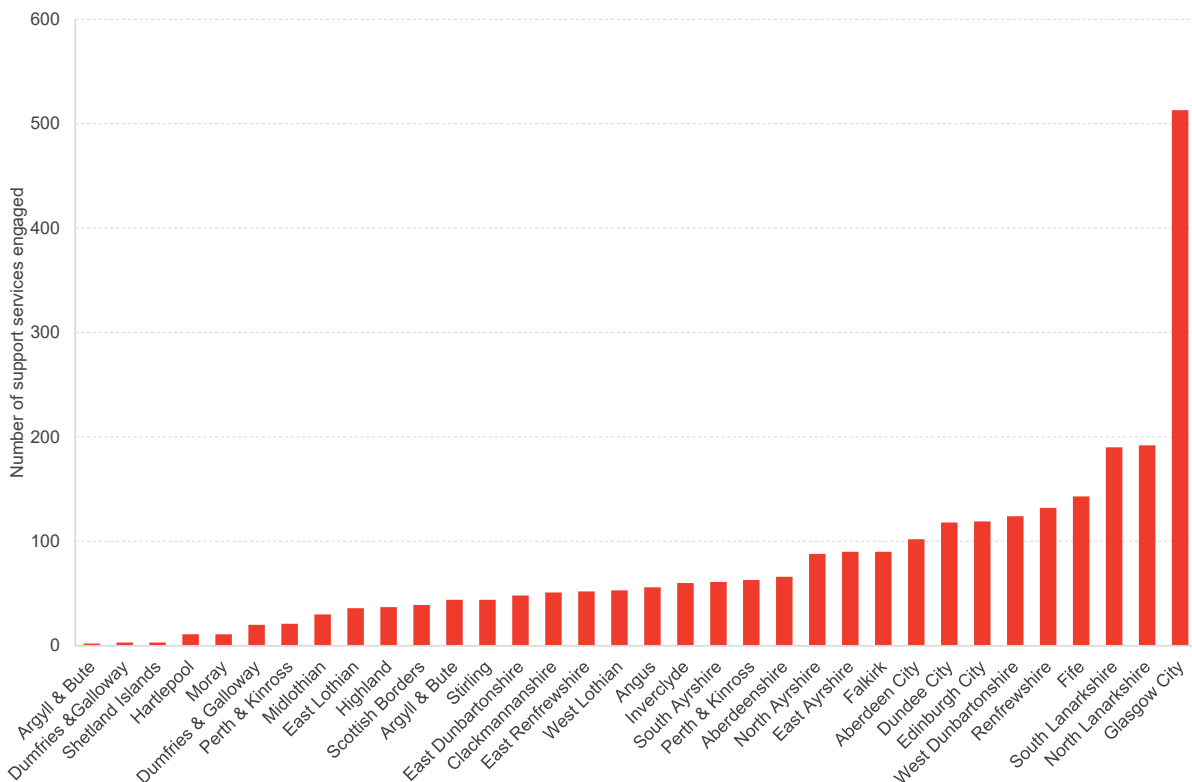
# NEW ROUTES IN NUMBERS 2021 - 2023

Chart 1: Number of user journeys, 2021-2023



Source: Wise Group CRM

Chart 2: Number of support services engaged with by local authority, 2021 - 2023



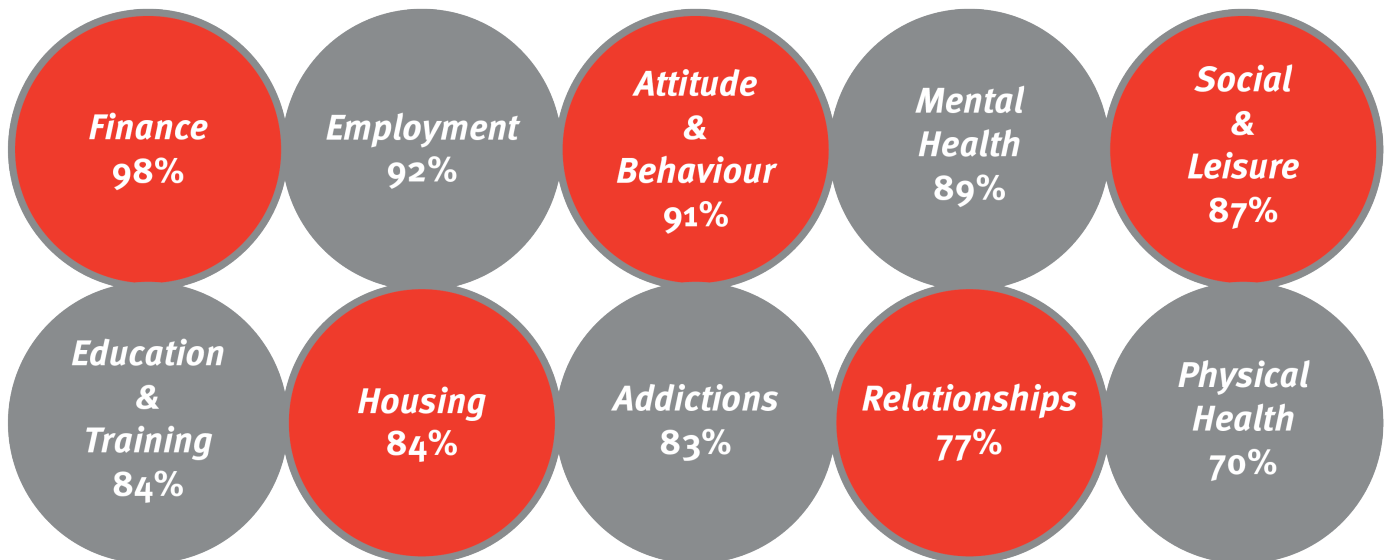
Source: Wise Group CRM

**Chart 3:** Number of user journeys by pre conviction local authority, prison and liberation local authority, 2021 - 2023



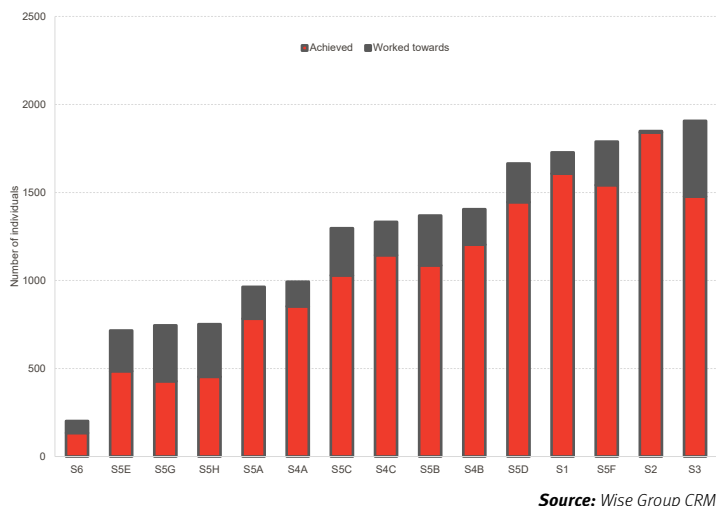
Source: Wise Group CRM

**Chart 4:** Share of individuals with need identified, 2021 - 2023



Source: Wise Group CRM

**Chart 5:** Number of individuals working towards and achieving short-term outcomes, 2021-2023



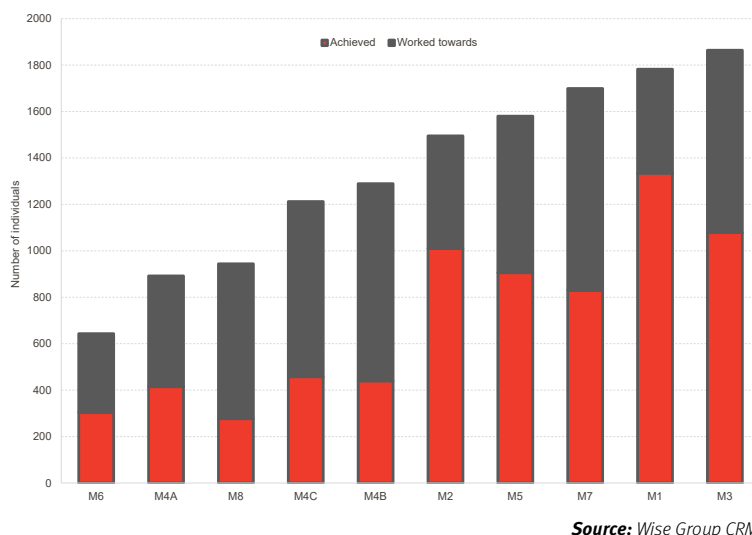
## SHORT-TERM OUTCOMES

- **S3:** Increase pro social attitudes, networks and non-criminal identity was the most worked towards outcome in recent years, with a **77%** achievement rate.
- **S2:** Increased motivation to engage with interventions had a near **100% success**, with most individuals achieving this outcome when working towards it.
- Where an individual had a planned exit from the programme recorded, on average, achievement rates across all outcomes was **78%**, compared to **72%** for those with an early exit.

## MEDIUM-TERM OUTCOMES

- The most worked towards medium term outcome was **M3: Reintegration/acceptance into social networks and community**.
- **M1: Sustained engagement with service and motivation to change behaviour** was the second highest most worked towards outcome but had the highest achievement rate, with **75%** of individuals achieving M1.
- Individuals with a recorded planned exit from the programme achieved outcomes **50%** of the time, compared to those with an early exit who achieved outcomes **33%** of the time, on average.

**Chart 6:** Number of individuals working towards and achieving medium-term outcomes, 2021-2023



**Table 1:** Share of programmes where an individual with identified need improved on need score by last assessment stage, 2021-2023

	# of individuals with identified need at initial assessment	% improvement
<b>Accommodation</b>	1991	38%
<b>Addictions</b>	1981	28%
<b>Attitude and Behaviour</b>	2174	26%
<b>Education and Training</b>	1997	15%
<b>Employment</b>	2206	16%
<b>Finance</b>	2364	38%
<b>Mental Health</b>	2119	27%
<b>Physical Health</b>	1652	22%
<b>Relationships</b>	1833	22%
<b>Social and Leisure</b>	2076	22%

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