

1 Introduction

1.1 Overview

This is a local area supplement to the national MEAM Approach evaluation report. It presents analysis of information about people experiencing multiple disadvantage who have been supported by work developed using the MEAM Approach in Cambridgeshire. The supplement includes analysis of:

- The profile of people supported by work developed using the MEAM Approach.
- Outcomes for people supported, as measured by Homelessness Outcomes Star (HOS) and New Directions Team Assessment (NDTA) data.
- Accommodation.
- Service use.
- Frequency of support and services accessed.

This supplement is based on data provided to the national MEAM Approach evaluation via the Common Data Framework (CDF). The data was provided to the evaluation on a quarterly basis over years 1 to 5 of the evaluation (April 2017 to March 2022, i.e. quarters 1 to 20).

The CDF dataset does not necessarily include all people supported by work developed using the MEAM Approach in a local area. Reasons for people not being included in the CDF dataset include people not consenting for their data to be used, people having started support before the beginning of the evaluation period (1 April 2017), or the local area's limited capacity for data collection.

1.2 People supported in the area

As of 31st March 2022, this area had supported 95 people. CDF data has been provided for 44 of these people. 15 of these were still receiving support at the end of year 5.¹

¹ In cases where no quarter 20 data were received for a person and no end of support data reported, this analysis assumes the person was still receiving support at the end of quarter 20.

1.3 Description of people supported

Start and duration of support

The first person included in the CDF dataset to receive support from interventions developed using the MEAM Approach started receiving support in July 2017. The average duration of support is 18 months.²

Age

Figure 1: Age at start of support

Age	Number of people	% of people
18-20	0	0%
21-25	3	7%
26-30	11	25%
31-35	9	20%
36-40	7	16%
41-45	3	7%
46-50	5	11%
51-55	0	0%
56-60	1	2%
60+	5	11%
Valid total	44	100%
Unknown	0	-
Grand total	44	-
Average (mean) age	43 years	

Gender and transgender identity

Information related to gender was available for 40 people from the CDF cohort. Of these, 25 people (63%) identified as male and 15 people (38%) identified as female. 1 person identified as transgender.

² This is not the same as the average total length of support, because support was still ongoing at the time of analysis for some people (see section 1.2 above).

Sexual orientation

Information related to sexual orientation was available for 40 people in the CDF cohort. Of these, 38 people (95%) reported being heterosexual, 1 person (3%) reported being bisexual, and 1 person (3%) reported being "Other".

Ethnicity and nationality

Information related to nationality was available for 40 people in the CDF cohort. Of these, 40 people (100%) reported being British.

Figure 2: Ethnicity

Ethnicity		No. of people	% of people
Asian / Asian British	Bangladeshi	0	0%
	Indian	0	0%
	Pakistani	0	0%
	Any other Asian background	0	0%
Black / African / Caribbean / Black British	African	1	3%
	Caribbean	0	0%
	Any other Black/African/Caribbean background	0	0%
Mixed / Multiple ethnic groups	White and Asian	0	0%
	White and Black African	0	0%
	White and Black Caribbean	1	3%
	Any other Mixed/Multiple ethnic background	0	0%
White	English/Welsh/Scottish/Northern Irish/British	37	93%
	Gypsy or Irish Traveller	0	0%
	Irish	1	3%
	Any other White background	0	0%
Other ethnic group – Any other ethnic group		0	0%
Valid total		40	100%
Missing data		4	-
Grand total		44	-

2 Outcomes

2.1 Overview

This section looks at changes in people’s outcomes between the start of support and 12 months later, as measured by HOS and NDTA. The eligibility criteria for people to be included in the analysis are described in Figure 3 below.

We have used a different approach to HOS analysis from the main evaluation report for this data type. This is to maximise the size of the sample available for analysis.

Figure 3: Inclusion criteria for analysis sample

Data type	Criteria for inclusion in analysis sample
Homelessness Outcomes Star (HOS)	<p>People who have been supported during at least four quarters, with the following HOS available:</p> <ul style="list-style-type: none"> • Time 1: HOS is dated between two months before and three months after start of support (“start”). • Time 2: HOS is dated 10 to 14 months after start of support (“12 months”).
New Directions Team Assessment (NDTA)	<p>People who have been supported during at least six quarters, with the following HOS available:</p> <ul style="list-style-type: none"> • Time 1: HOS is dated between two months before and three months after start of support (“start”). • Time 2: HOS is dated 10 to 14 months after start of support (“12 months”). • Time 3: NDTA is 16 to 20 months after start of support (“18 months”), and 4 to 8 months after the time 2 NDTA.

2.2 Homelessness Outcomes Star (HOS)

The Homelessness Outcomes Star (HOS) is a tool used to measure, track and support progress towards a range of identified goals. It is completed by the coordinator in consultation with the person they are supporting and with partner agencies also working with the person. The points on the scale indicate the person’s current position on the ‘Journey of Change’, from ‘stuck’ to ‘self-reliance’. The scores increase as the person progresses in relation to each outcome area.

2.2.1 Description of the valid sample

17 of the 44 people in the CDF cohort met the criteria for HOS analysis described above in Figure 3.

2.2.2 Count of HOS scores

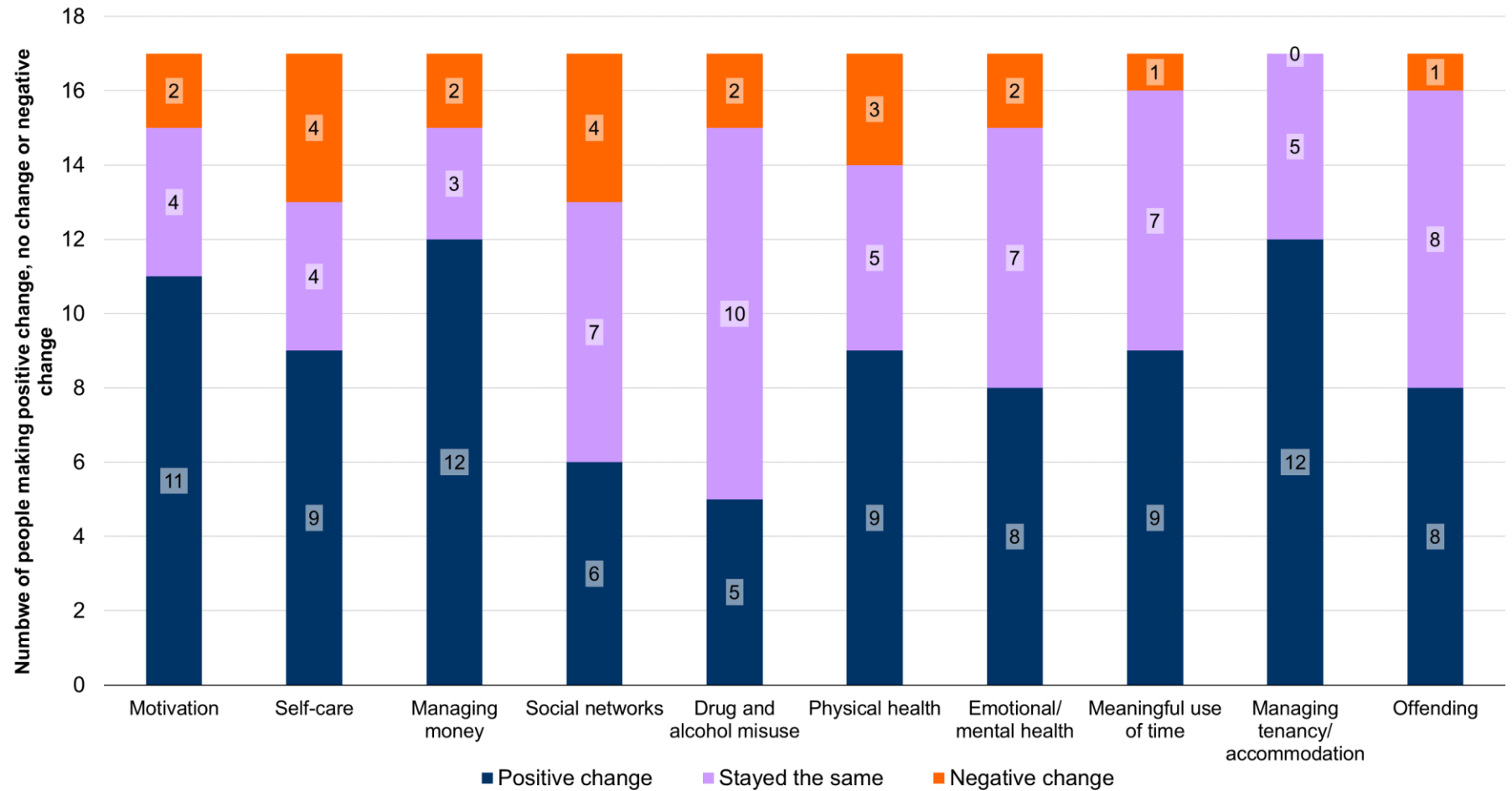
Figure 4: Number of people at each stage of the Journey of Change at start of support and 12 months, and change since start of support (n=17) (darker shading indicates higher proportion of cohort scored at this stage when compared to other outcome areas)

Outcome area	Stuck		Accepting help		Believing		Learning		Self-reliance	
	Start	12 months (change from start)	Start	12 months (change from start)	Start	12 months (change from start)	Start	12 months (change from start)	Start	12 months (change from start)
Motivation	5	2 (-3)	10	6 (-4)	2	6 (+4)	0	2 (+2)	0	1 (+1)
Self-care	4	4 (0)	8	3 (-5)	2	4 (+2)	2	4 (+2)	1	2 (+1)
Managing money	7	1 (-6)	7	5 (-2)	2	5 (+3)	0	5 (+5)	1	1 (0)
Social networks	3	3 (0)	7	7 (0)	4	3 (-1)	3	3 (0)	0	1 (+1)
Drug and alcohol misuse	6	5 (-1)	9	7 (-2)	1	1 (0)	1	3 (+2)	0	1 (+1)
Physical health	7	2 (-5)	5	5 (0)	3	7 (+4)	1	3 (+2)	1	0 (-1)
Emotional/mental health	3	2 (-1)	13	9 (-4)	1	2 (+1)	0	4 (+4)	0	0 (0)
Meaningful use of time	7	1 (-6)	7	8 (+1)	3	7 (+4)	0	1 (+1)	0	0 (0)

Outcome area	Stuck		Accepting help		Believing		Learning		Self-reliance	
	Start	12 months (change from start)	Start	12 months (change from start)	Start	12 months (change from start)	Start	12 months (change from start)	Start	12 months (change from start)
Managing tenancy/ accommodation	11	2 (-9)	4	5 (+1)	1	3 (+2)	1	4 (+3)	0	3 (+3)
Offending	4	3 (-1)	3	0 (-3)	7	6 (-1)	1	3 (+2)	2	5 (+3)

2.2.3 Movement between Journey of Change stages

Figure 5: Number of people moving between Journey of Change stages between start of support and 12 months (n=17)



2.3 New Directions Team Assessment (NTA)

The NTA was originally developed by a South West London mental health team for assessing adults facing chronic exclusion and is widely used by organisations working with people facing multiple disadvantage.

People are scored against 10 categories which are indicators of multiple disadvantage; these include engagement with frontline services, self-harm, risk to and from others, stress, social effectiveness, alcohol/drug use, impulse control, and housing. The NTA is scored out of a maximum score of 48. Two categories, risk from others and risk to others, are scored on a scale of 0-8, whilst the remaining categories are scored on a scale of 0-4. After the initial assessment, reviews are carried out quarterly where this is possible. A reduction in score indicates a reduction in the indicators of multiple disadvantage and represents positive progress.

2.3.1 Description of the valid sample

17 of the 44 people in the CDF cohort met the criteria for NTA analysis described above in Figure 3.

2.3.2 Mean NDTA scores

Figure 6: Mean NDTA scores at start of support, 12 months, and 18 months (n=17)

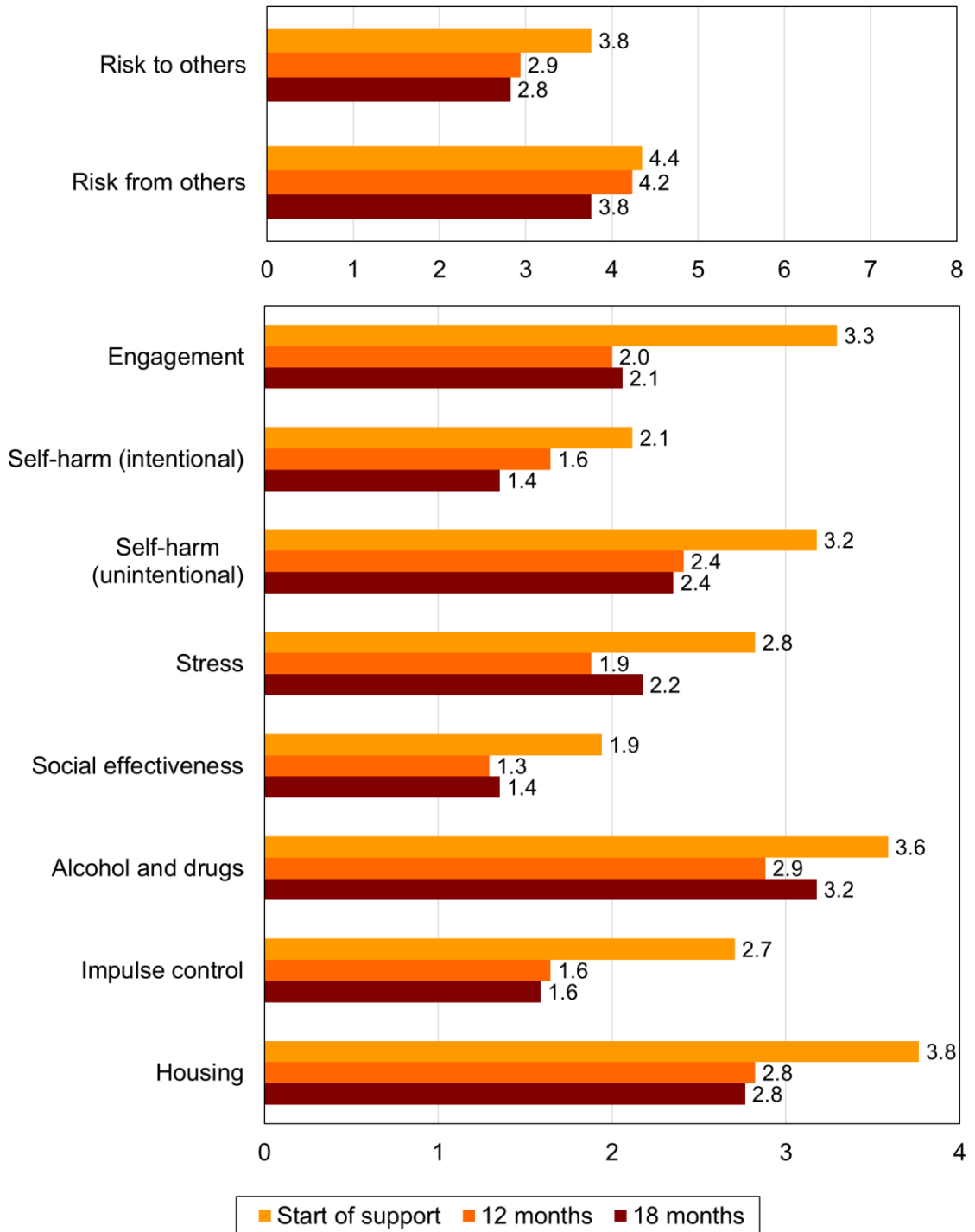


Figure 7: Mean NDTA scores at start of support, 12 months, and 18 months (n=17)

NDTA area	Start of support	12 months	18 months	Change from start to 12 months	Change from start to 18 months
Engagement	3.3	2.0	2.1	-1.3	-1.2
Self-harm (intentional)	2.1	1.6	1.4	-0.5	-0.8
Self-harm (unintentional)	3.2	2.4	2.4	-0.8	-0.8
Risk to others	3.8	2.9	2.8	-0.8	-0.9
Risk from others	4.4	4.2	3.8	-0.1	-0.6
Stress	2.8	1.9	2.2	-0.9	-0.6
Social effectiveness	1.9	1.3	1.4	-0.6	-0.6
Alcohol and drugs	3.6	2.9	3.2	-0.7	-0.4
Impulse control	2.7	1.6	1.6	-1.1	-1.1
Housing	3.8	2.8	2.8	-0.9	-1.0
Overall average score (/48)	31.5	23.8	23.4	-7.8	-8.1

3 Service use

3.1 Overview

This section looks at change in unplanned and emergency service use by people between the 12-month period prior to support and the fourth quarter of support. The eligibility criteria for people to be included in the analysis are described in Figure 8 below.

We have used a different approach to analysis from the main evaluation report for this data type. This is to maximise the size of the sample available for analysis.

Figure 8: Inclusion criteria for analysis sample³

Data type	Criteria for inclusion in analysis sample
Service use data	<p>Sample A</p> <p>People who have been supported for at least four quarters, with data for a specific service type for the 12 months prior to support and for their fourth quarter of support:</p> <ul style="list-style-type: none"> • Time 1: ¼ of 12 months preceding start of support • Time 2: Fourth quarter of support <p>Sample B</p> <p>People who have been supported for at least eight quarters, with data for a specific service type for the 12 months prior to support, their fourth quarter of support, and their eighth quarter of support:</p> <ul style="list-style-type: none"> • Time 1: ¼ of 12 months preceding start of support • Time 2: Fourth quarter of support • Time 3: Eighth quarter of support

3.2 Description of the valid sample

Figure 9 and Figure 10 below show the valid sample sizes according to the criteria for service use data analysis described above in Figure 8.

³ If a person ended support during the fourth quarter, we have instead used the third quarter of support as a proxy for fourth quarter. This is because full data has often not been available for people's final quarters of support.

3.3 Mean service use

Figure 9: Mean number of interactions with services per quarter per person (Sample A)

Service	Sample size	Pre-support	Fourth quarter	Change
A&E	9	2.0	3.0	+1.0
Non elective acute admissions	9	4.9	5.0	+0.1
Mental health admissions	32	0.6	2.3	+1.7
Arrests	31	0.7	0.5	-0.2
Nights in prison	31	5.7	14.7	+9.1

Figure 10 Mean number of interactions with services per quarter per person (Sample B)

Service	Sample size	Pre-support	Fourth quarter	Eighth quarter	Change from pre-to fourth quarter	Change from pre-to eighth quarter
A&E	0	-	-	-	-	-
Non elective acute admissions	0	-	-	-	-	-
Mental health admissions	19	1.0	3.9	0.6	+2.9	-0.4
Arrests	19	0.8	0.6	0.5	-0.2	-0.3
Nights in prison	19	4.4	16.2	3.2	+11.7	-1.3

4 Accommodation

4.1 Overview

This section looks at the change in accommodation used by people between their first and fourth quarters of support. The eligibility criteria for people to be included in the analysis are described in Figure 11 below.

We have used a different approach to analysis from the main evaluation report for this data type. This is to maximise the size of the sample available for analysis.

Figure 11: Inclusion criteria for analysis sample^{4,5}

Data type	Criteria for inclusion in analysis sample
Accommodation data	<p>People who have been supported for at least four quarters, with accommodation data for first and fourth quarters of support (all nights in quarter accounted for).⁶</p> <ul style="list-style-type: none"> • Time 1: First quarter of support • Time 2: Fourth quarter of support

4.2 Description of the valid sample

22 of the 44 people in the CDF cohort met the criteria for accommodation analysis.

⁴ Data from the second quarter of support were used as proxy baseline data for people who started support in the last month of a quarter but did not have accommodation data available until the second quarter of support.

⁵ If a person ended support during the fourth quarter, we have instead used the third quarter of support as a proxy for the fourth quarter. This is because full data has often not been available for people's final quarters of support.

⁶ Allowing for a leeway of +/- 2 days on the total number of days in each quarter.

4.3 Accommodation snapshot

Figure 12: Number of people in each accommodation type at start of support and end of fourth quarter, and the net change (n=22)⁷

Accom. grouping	First quarter	Fourth quarter	Change	Accom. type	First quarter	Fourth quarter	Change
Rough sleeping	12	3	-9				
Living with family/friends	3	4	+1				
In accommodation (temporary or license i.e. no tenancy agreement)	5	8	+3	Night shelter	0	1	+1
				B&B/private hostel	2	0	-2
				Emergency or assessment bed within a service	2	0	-2
				Supported accommodation (licence)	1	7	+6
In accommodation (long-term supported, with tenancy agreement)	0	0	0				

⁷ Accommodation groupings have been agreed with CFE Research to ensure that analyses of accommodation use within the national MEAM Approach and national Fulfilling Lives evaluations are comparable.

Accom. grouping	First quarter	Fourth quarter	Change	Accom. type	First quarter	Fourth quarter	Change
In accommodation (own or shared tenancy, with or without floating support)	1	4	+3	Own tenancy (social housing)	1	3	+2
				Own tenancy (private rented)	0	1	+1
				Own tenancy (owner occupier)	0	0	0
				Shared tenancy	0	0	0
Prison	0	3	+3				
Other	1	0	-1				
Not given	0	0	0				

4.4 Mean number of nights spent in different accommodation types

Figure 13: Mean number of nights spent in different accommodation types (n=22)⁸

Accom. grouping	First quarter	Fourth quarter	Change from first to fourth quarter	Accom. type	First quarter	Fourth quarter	Change from first to fourth quarter
Rough sleeping	46.2	13.5	-32.7				
Living with family/friends	16.1	19.8	+3.7				
In accommodation (temporary or license i.e. no tenancy agreement)	14.6	27.9	+13.3	Night shelter	0.7	1.2	+0.5
				B&B/private hostel	3.9	0.0	-3.9
				Emergency or assessment bed within a service	0.0	0.0	0.0
				Supported accommodation (licence)	10.0	26.7	+16.6
In accommodation (long-term supported, with tenancy agreement)	0.0	0.0	0.0				

⁸ Means are rounded to 1 d.p., which creates some rounding errors in the change column.

Accom. grouping	First quarter	Fourth quarter	Change from first to fourth quarter	Accom. type	First quarter	Fourth quarter	Change from first to fourth quarter
In accommodation (own or shared tenancy, with or without floating support)	3.9	16.5	+12.6	Own tenancy (social housing)	3.9	11.0	+7.2
				Own tenancy (private rented)	0.0	5.4	+5.4
				Own tenancy (owner occupier)	0.0	0.0	0.0
				Shared tenancy	0.0	0.0	0.0
Prison	10.5	13.4	+3.0				

5 Frequency of support

Figure 14 shows the frequency of contact with a MEAM coordinator during the first and fourth quarters of support.

The mean number of services involved in delivering support was 2.9 per person in the first quarter of support and 4.3 in the fourth quarter of support (n=23).

Figure 14: Frequency of contact with coordinator during their first and fourth quarters of support (number of people; n=23)

Frequency of contact with coordinator	First quarter	Fourth quarter	Change
4 or more times per week	0	0	0
2 to 3 times per week	4	3	-1
Once per week	3	3	0
Less than once per week but at least once per fortnight	5	6	+1
Less than once per fortnight but at least once per month	5	6	+1
Less than once per month	6	5	-1