



# Streetwork Social Impact Report

**The Wellbeing of  
Vulnerable Young People**

2022/23

Prepared by



**HUBER  
SOCIAL**



Huber Social acknowledges the traditional owners and custodians of country throughout Australia and their continuing connection to land, waters and community. We pay our respects to the people, the cultures and the elders past, present and future.



This report was prepared and written on the lands of the Gadigal and Cammeraygal people of the Eora Nation. Data was collected on GuriNgai, Darug, Gadigal and Cammeraygal country.



# Executive Summary

Since 1980, the team at Streetwork has been working with vulnerable young people in Sydney's north to turn their lives around. Regardless of the issues they face, specialist youth caseworkers seek to support young people through a focused, mentoring program that helps them to meet the clear goals they set for themselves to address their risk factors.

Streetwork is committed to ensuring that their work is as effective as possible and has been measuring the social impact of the Kickstart Mentoring Program for the past six years in partnership with Huber Social. The measurement system takes a holistic view of young people, measuring their overall wellbeing as well as progress against specific program outcomes. This year's findings are the most rigorous to date, and encouragingly, they are also some of the most positive results that have been recorded since Streetwork began measurement.

## 1. Kickstart Mentoring Program increases wellbeing

Young people who participated in the Kickstart Mentoring Program experienced a +35% increase in wellbeing on average - a clear positive impact.

## 2. Mental wellness and resilience are key to wellbeing for young people

Analysis was undertaken to understand which factors measured had the strongest relationship with overall wellbeing. Of the 53 factors considered, 11 were found to have a strong relationship and all corresponded to either mental wellness or resilience. This shows that these are key outcome areas for young people to take part in Streetwork programs, making the biggest contribution to overall wellbeing.



# +35%

increase in wellbeing  
for Kickstart Graduates

**"(My youth caseworker) has helped me get back on track and given me confidence in myself to overcome challenges I face."**



### 3. Kickstart boosts mental wellness and builds resilience

Importantly, Streetwork is having success in improving outcomes in these two areas. Young people saw positive shifts in all mental wellness factors including a 72% reduction in feelings of guilt, anger and shame, a 47% in liking oneself, and a 44% reduction in feelings of sadness. Similarly, young people saw positive shifts across resilience factors with a 52% increase in pride in one's accomplishments, a 47% increase in self-discipline and a 41% increase in the ability to handle many things at a time. These shifts show that not only is the Kickstart Mentoring Program working, but it is having an impact in the areas that matter the most to young people's wellbeing.

### 4. Kickstart builds life skills

The biggest improvements young people experienced were in life skills, a key area of focus for Streetwork. Young people experienced an 84% increase in their ability find and secure employment, a 51% increase in their ability to understand their education and employment options and a 46% increase in their confidence to complete their education. These findings indicate Streetwork is achieving their goal of building life skills in young people.

### 5. Young people value Streetwork

Qualitative analysis of open feedback showed that young people felt the Kickstart Mentoring Program had helped them to identify goals and built self-belief to achieve them. It was also identified that Streetwork were helpful in connecting young people with other services that existed in their local community they had not previously accessed. Importantly, young people also found the experience enjoyable and supportive.



#### Self-Acceptance

**+47%**

Liking who they are



#### Sense of Purpose

**+38%**

Increased sense that one's life has purpose



#### Pride

**+52%**

Increase in pride of one's accomplishments



#### Employment Skills

**+84%**

Ability to find, apply for and secure employment



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## Improving the Wellbeing of Vulnerable Young People

Since 1980, the team at Streetwork has been working with vulnerable young people in Sydney's Northern Region to turn their lives around. Regardless of the issues they face, the team of specialist youth caseworkers seek to support them through a focused, mentoring program that helps young people to meet the clear goals they set for themselves to address their risk factors.

Young people are referred due to a range of challenges, whether this be a mental health crisis, disengagement from school, homelessness, substance abuse, or crime. Through one-on-one mentoring and careful case management, Streetwork provides young people with the resources and capabilities necessary to create the positive change they wish to see in their own lives and overcome these challenges.

Streetwork is committed to ensuring that their work is as effective as possible and has been measuring the social impact of the Kickstart Mentoring Program for the past six years in partnership with Huber Social. The measurement system takes a holistic view of young people, measuring their overall wellbeing as well as progress against specific program outcomes.

In the past two years, Streetwork has revitalised its measurement implementation, leading to much greater engagement from young people in the process and in turn a richer dataset. Building on existing data, this 2022/23 Social Impact Report outlines the impact and outcomes achieved based on data collected from young people between 2017 and early 2023. This year's findings are the most rigorous to date, and encouragingly, they are also some of the most positive results that have been recorded since Streetwork began measurement.



**"Streetwork has been able to help rebuild my confidence in my social life and has encouraged me to be able to get a job and continue my education."**

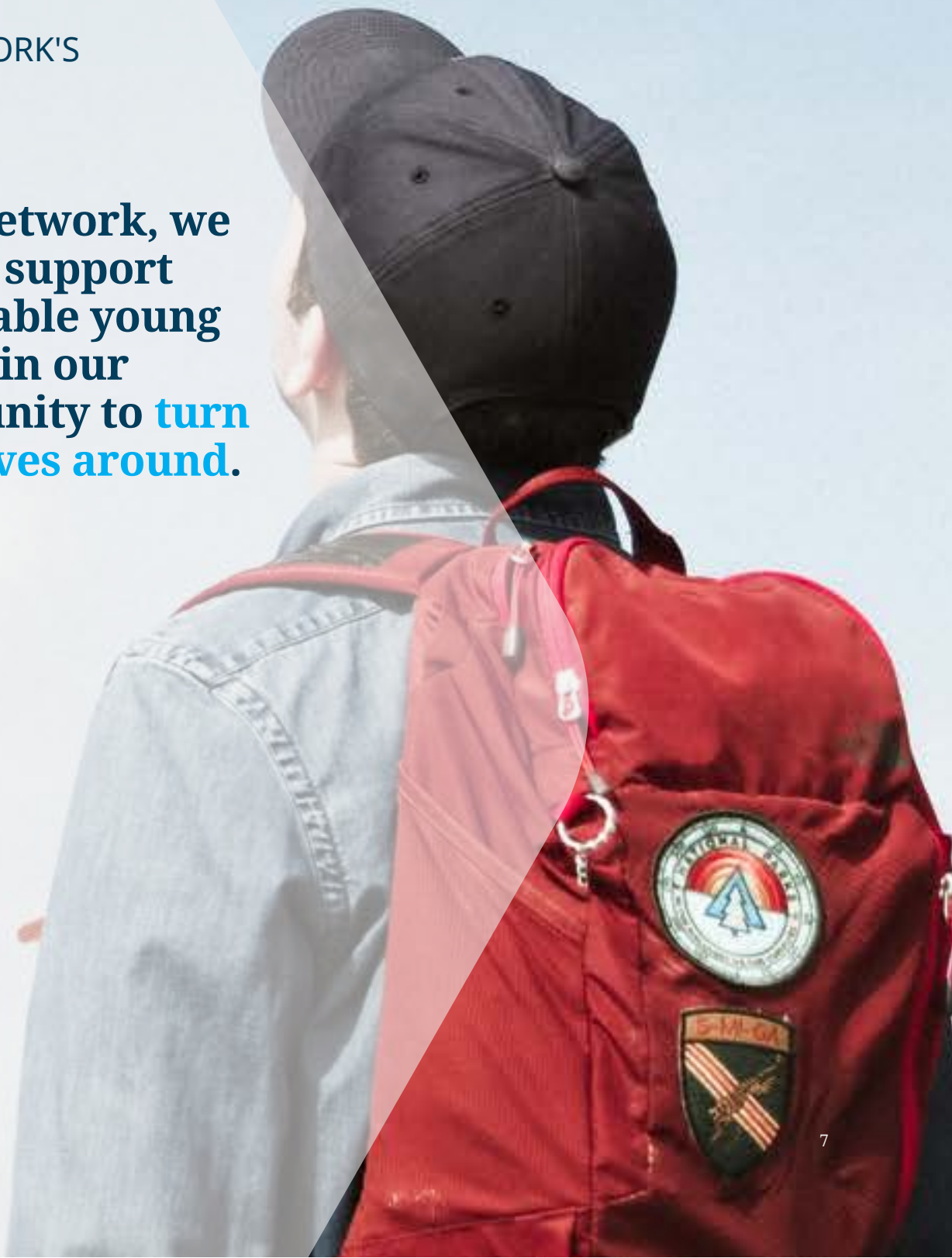
*- Streetwork Participant  
(not pictured)*





## STREETWORK'S MISSION

**At Streetwork, we seek to support vulnerable young people in our community to **turn their lives around.****





# Why Measure Social Impact?

Huber Social has been engaged to measure the social impact of Streetwork's Kickstart Mentoring Program on the wellbeing of participating young people. The goal is twofold, to better understand the program's areas of strength and to identify opportunities for Streetwork to better direct its resources so that the program can maximise its impact on the wellbeing of vulnerable young people.

## 1. Measure

To measure the impact of Streetwork, Huber Social measures the shift in overall wellbeing and outcomes for enrolled young people.

Measurement provides a data-driven approach for Streetwork to articulate their social impact to their partnering stakeholders and funders and to contribute data about priority needs of vulnerable young people and effectiveness of interventions within this space.

### Why Wellbeing?

*Measures overall progress and supports the systematic solving of social issues*

Ultimately, the goal of all social impact is to put people in the best position to fulfil their potential and achieve wellbeing. It is important to measure wellbeing to ensure that overall, programs are having a positive impact. To measure social impact, Huber Social therefore measures a shift in overall wellbeing and the specific program outcomes that contribute to it.

Taking a wellbeing approach also provides a whole-of-life understanding of a person's needs. Instead of starting with the issue at hand, which tends to focus on the crisis end of a problem and place artificial limitations on the needs of people, strengthening wellbeing supports building a person's capability and opportunity to fulfil their potential, thus working to systematically address social issues.

## 2. Maximise

Beyond a focus on outcomes, Huber Social's approach considers the holistic needs of a person to be in the best position to fulfil their potential.

Through this measurement approach, opportunities are identified for improved resource allocation to maximise the potential impact that Streetwork can have on vulnerable young people's overall wellbeing.







# The Kickstart Mentoring Program and the Streetwork Approach

Recognising that the root causes of disadvantage and destructive behaviours are individually unique, Streetwork supports vulnerable young people with individually-tailored support services.

## The Kickstart Mentoring Program

The Kickstart Mentoring Program is a one-on-one mentoring approach where strategically-matched youth caseworkers support participating vulnerable young people to discover and address the deeper issues that underlie their challenges and crisis. Our approach puts the young person in charge of the goals, as they are the only ones who can make the change required. Our mentoring model adopts a youth work approach to case management, where building rapport with the young people is the key to success.

### Individualised Mentoring Plans

Tailored to support a young person's specific needs, these plans could include:

- **Issues management:** supporting family relationships, anger management, mental health, drug and alcohol dependency.
- **Personal development:** upskilling with fitness programs, skill building, developing personal strength, and self-empowerment
- **Practical support:** finding employment, housing, legal assistance, and returning to school

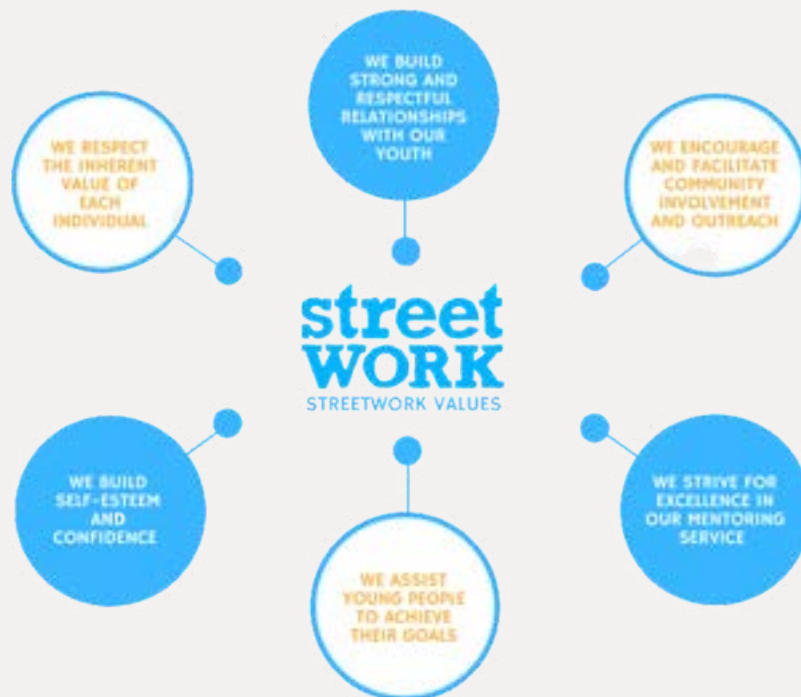


Figure 1: Streetwork Values

### Additional Support Services

To address collective challenges, Streetwork also provides wrap-around support services, including skills-building courses and outreach programs. These services rely on youth caseworkers engaging with at-risk youth in the community (outreach) who are in need of help who may require additional steps to seek this support. Upon graduation from the Kickstart Mentoring Program, Streetwork provides Aftercare support to aid the transition into a new independent life for young people.



# Streetwork Impact Thesis

The Streetwork Impact Thesis outlines the hypothesized impact it aims to achieve for the wellbeing of young people in the Kickstart Program.

It provides the full picture of impact; starting from the long-term impact and working backward to explain how each interrelated level works together to achieve the overall impact goal. Through measuring each level of impact, Streetwork can use a data driven approach to demonstrate what works and what is needed to maximise impact and outcomes.

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**1. Impact**      The overall impact of the Streetwork Kickstart Mentoring Program is to contribute to the Wellbeing of 'at-risk' young people by putting them in the best position to fulfill their potential and live a life they value.

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**2. Outcomes**      The program achieves by building capabilities in:

- Resilience
- Life skills
- Mental and physical wellness

AND providing access to:

- Societal structures and services
- Relationships
- Self-development opportunities

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**3. Outputs**      The program delivers the following outputs:

- Engagement of young people in the program and program activities
- Formal graduation from the program / young people have achieved their stated goals
- Mentor relationships established and sessions delivered
- Events, classes and workshops held / attended
- Advocacy Support provided to young people / request for Advocacy Support from NSW Police
- Reduction in number of youth offending or re-offending
- Interaction with external service providers
- Referrals from external service providers
- Employment opportunities created

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**4. Activities**      The above outputs are achieved through:

- Mentor activities and workshops
- 24/7 police advocacy support
- Outreach (programs delivered in community)
- After-school BBQs
- Crisis response and management
- Referrals
- Skills building programs e.g. self-defense, art, dance & education programs
- Connecting with specialist youth services

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**5. Resources**      The above activities require:

- Youth caseworkers, administration and executive staff
- Funding
- Physical space
- Referral services and community partnerships

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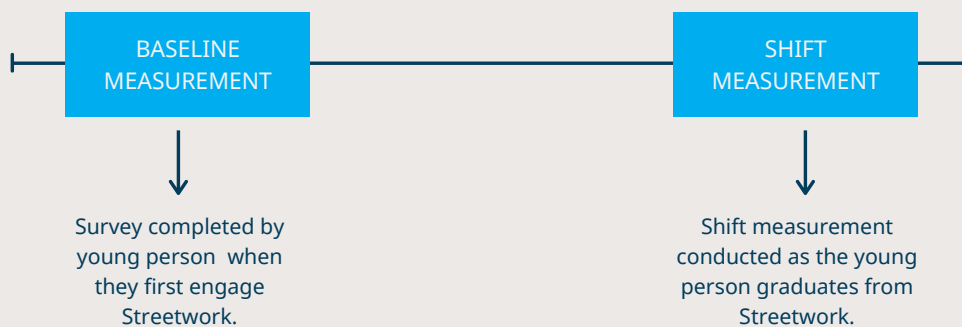
# The Measurement Approach

Huber Social has worked with Streetwork to measure the impact of the Kickstart Mentoring Program since 2017. This report includes findings based on all data collected to date.

The measurement system was built through a co-design process, where Huber Social and Streetwork identified the capabilities their program sought to build in vulnerable young people and the opportunities it hoped to provide. This work culminated in the Streetwork Impact Thesis which can be found on page 8. The measurement approach considers the 'shift' in the wellbeing and program outcomes of young people who take part.

To measure this shift, young people complete surveys when they start their mentoring journey and again when they finish. Streetwork recognises that an individual's wellbeing is not likely to be a linear improvement over the course of their time with Streetwork, however it seeks to increase the levels of capabilities and access to opportunities during the time in program, thereby contributing to an overall increase in wellbeing by graduation.

## The Kickstart Mentoring Program Measurement Plan



The measurement process has been revised and updated over the course of the six year partnership and as such, the sample sizes for individual factors may vary throughout the report.

As mentioned in last year's report, in 2021, Streetwork and Huber Social took steps to optimise the measurement approach. This included making the survey more enjoyable and engaging for young people as well as building it more clearly into processes for mentors. Encouragingly, this refreshed approach has been successful, leading to an increase in the number of surveys being completed by young people at Streetwork, and as such, more rigorous measurement of the program has been able to be undertaken. In past reports, shifts have been based on comparisons of group averages. In this report, all shifts are based on paired responses, where a young person completed both their baseline and shift measurement. This is a more robust measurement approach that gives greater confidence to the findings.

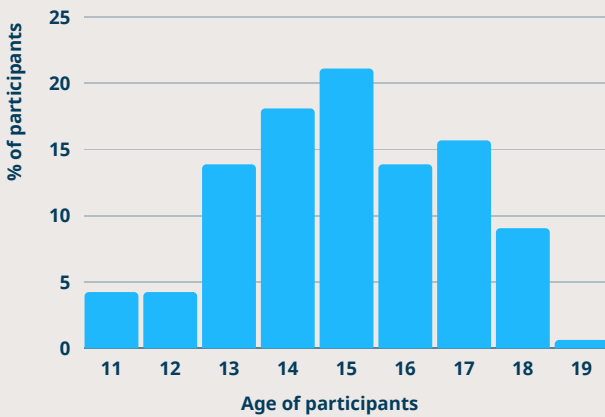


# Demographics of Kickstart Mentoring Program Participants

The baseline survey was completed by 169 young adults when they started the Kickstart Mentoring Program. Young people come from across the North Shore and Northern Beaches. The following graphs provide a snapshot of the demographic information of participants from baseline data 2021-2022.

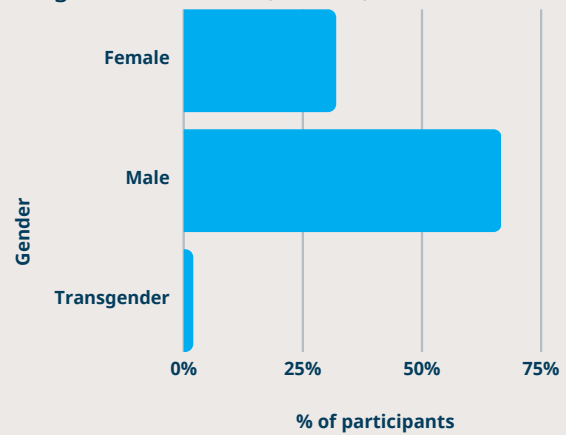
## Participants by Age

The average age of participants was 15 years old.



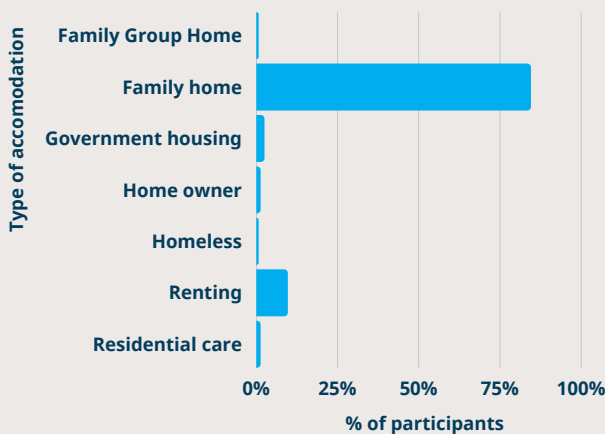
## Participants by Gender

The majority of young adults that participated in the Kickstart Mentoring Program were male (66.47%).



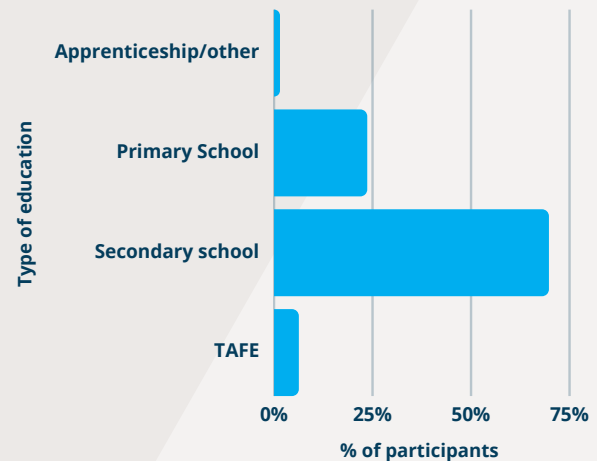
## Participants by Living Situation

The majority of young adults live in a family home (84.43%).



## Participants by Education

Most young adults had completed secondary school as their highest education level (69.46%).





## Key Findings

### **1. Kickstart Mentoring Program increases wellbeing**

Young people who participated in the Kickstart Mentoring Program experienced a **+35%** increase in wellbeing on average - a clear positive impact.

### **2. Mental wellness and resilience are key to wellbeing for young people**

Analysis was undertaken to understand which factors measured had the strongest relationship with overall wellbeing. Of the 53 factors considered, 11 were found to have a strong relationship and all corresponded to either mental wellness or resilience. This shows that these are key outcome areas for young people to take part in Streetwork programs, making the biggest contribution to overall wellbeing.

### **3. Kickstart boosts mental wellness and builds resilience**

Importantly, Streetwork is having success in improving outcomes in these two areas. Young people saw positive shifts in all mental wellness factors including a 72% reduction in feelings of guilt, anger and shame, a 47% in liking oneself, and a 44% reduction in feelings of sadness. Similarly, young people saw positive shifts across resilience factors with a 52% increase in pride in one's accomplishments, a 47% increase in self-discipline and a 41% increase in the ability to handle many things at a time. These shifts show that not only is the Kickstart Mentoring Program working, but it is having an impact in the areas that matter the most to young people's wellbeing.

### **4. Kickstart builds life skills**

The biggest improvements young people experienced were in life skills, a key area of focus for Streetwork. Young people experienced an 84% increase in their ability find and secure employment, a 51% increase in their ability to understand their education and employment options and a 46% increase in their confidence to complete their education. These findings indicate Streetwork is achieving their goal of building life skills in young people.





## Streetwork and the Wellbeing of Young People

Huber Social defines wellbeing as being in the best position to fulfill your potential and live a life you value.

Huber Social measures the overall impact of a program or intervention in terms of the wellbeing of participants. This is done using a globally recognised satisfaction with life scale.

The following pages outline the impact of the Kickstart Mentoring Program on the wellbeing of young people engaging in the initiative, as well as providing insights into the drivers of wellbeing for young people who engage with Streetwork.



## The Kickstart Mentoring Program Improves the Wellbeing of Young People

Huber Social measures wellbeing in terms of an individual's satisfaction with life. On average, young people taking part in the Kickstart Mentoring Program experienced a 35% positive shift in their life satisfaction.

This is a marked increase from the time of their baseline measurement when they initially engage with the initiative and the shift survey measurement when they graduate from the program.

This is the biggest positive shift in wellbeing observed since Streetwork commenced social impact measurement of the Kickstart Mentoring Program in 2017. Importantly, this is also the year that has seen the greatest rigour in the measurement process. This is an outcome of the optimised measurement approach that was implemented in 2021, which has been successful in increasing the number of young people completing both their baseline and shift surveys. It is impressive that as the rigour of the measurement has increased, so has the recorded positive impact of Streetwork.



# +35%

**increase in wellbeing  
for Kickstart Graduates**

*Based on paired responses from 55 young people. This shift is statistically significant to a 99% confidence level.*

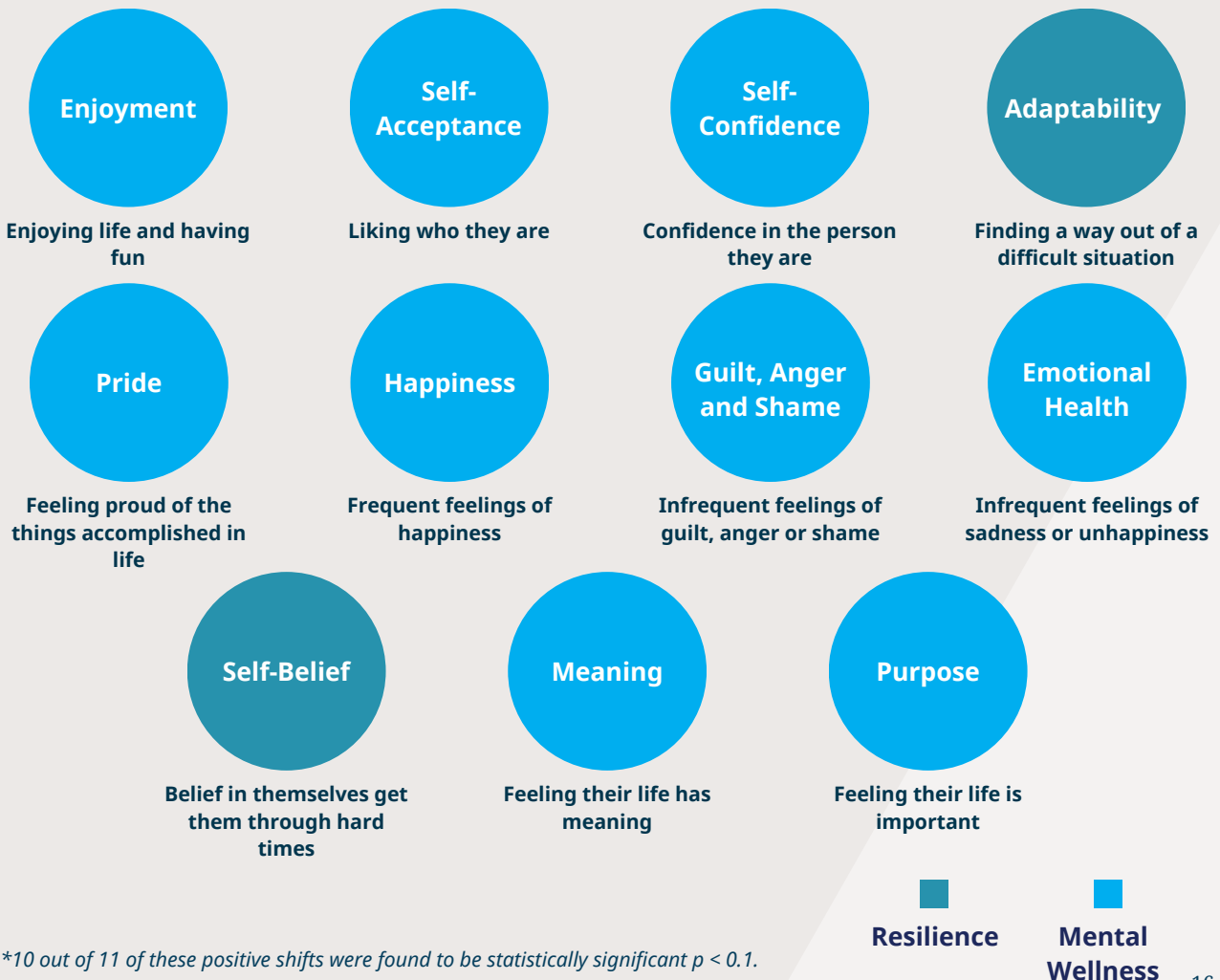


# Mental Wellness and Resilience Factors Drive Wellbeing

Huber Social has identified which of all 54 factors measured have the strongest positive relationship with young people's wellbeing. A positive change in these factors is statistically more likely to lead to an increase in overall wellbeing as compared to factors which do not have a strong association with wellbeing.

In 2022/23, 11 factors were found to have strong correlation with increased wellbeing in Streetwork's young people. These factors were found to clustered around factors relating to 'Mental Wellness' and 'Resilience' outcomes. Notably, each of these 11 factors saw positive shifts\* during young people's time with the program indicating that Streetwork isn't just achieving program outcomes but is specifically meeting the needs most important to the wellbeing of its young people.

**The following are the top 11 factors identified as the strongest predictors of wellbeing for 2022 measurement participants (for all Predictors of Wellbeing, see Appendix 4):**







## Mental Wellness is a Priority Need

A priority need is a factor that has a statistically strong correlation with overall wellbeing (see previous page), but which scored low amongst respondents. This need is therefore not being satisfied, and can be considered a priority need which when improved upon, is more likely to lead to an increase in overall wellbeing.

Of all factors measured, two mental wellness factors met the criteria of being predictors of wellbeing, scoring low amongst respondents:



### Feelings of Sadness

**3.95**  
out of 5



### Feelings of Guilt/Anger/Shame

**3.87**  
out of 5

These mental wellness factors are reflective of the context in which Streetwork engages with young people, who are frequently at a crisis point in their lives. Addressing these priority needs is therefore a critical focus in supporting young people on their journeys toward optimal wellbeing. In positive news, Streetwork is having a positive impact on these factors, as described on page 18.





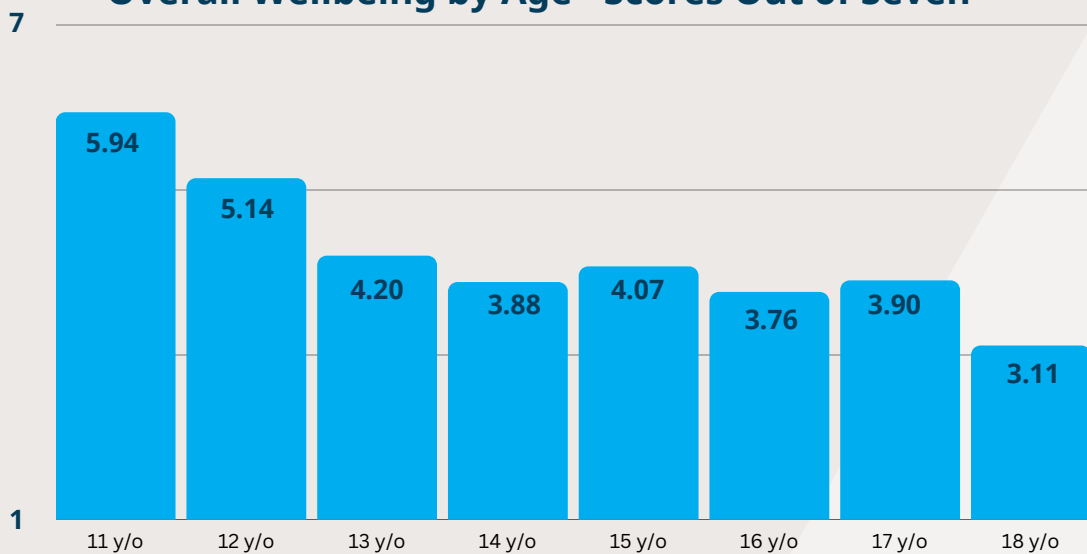
# Younger Age Groups Experience Higher Levels of Wellbeing

The wellbeing of young people was measured using a globally recognised satisfaction with life scale, which asks five standard questions.<sup>1</sup> The survey data from Kickstart Mentoring Program Mentees follow a consistent pattern of wellbeing across the life course.<sup>2</sup> After a period of high wellbeing in childhood, the teenage years see a downward trajectory in levels of wellbeing, as young people navigate the complexities of adult life and their identity.

The 35% positive shift in life satisfaction that was observed on average for young people who graduate from the Kickstart Mentoring Program is therefore commendable since this goes against expectations. This speaks to the benefits of Streetwork's early intervention approach both in terms of engaging with young people before a crisis situation eventuates and outreach to younger age groups. The program can equip young people to maintain optimal levels of wellbeing throughout their teenage years, by enabling them to identify positive behaviours and coping strategies.



## Overall Wellbeing by Age - Scores Out of Seven



This statistical analysis was conducted using 167 baseline responses from Streetwork young people.

1. Diener, E., Emmons, R., Larsen, R. & Griffin, S. (1985).

2. Qu, L. & de Vaus, D. (2015).





# Top Program Outcomes

To understand how Streetwork creates its positive social impact, young people's wellbeing as was assessed across 54 factors measuring six key program outcomes.

This section dives into the specific program areas where young people are making the most progress. The results can be clustered around three main outcomes: mental wellness, resilience and life skills.





# Streetwork Improves the Mental Wellness of Young People

The Kickstart Mentoring Program seeks to develop young people's capabilities across mental and physical wellness, resilience and life skills, and provide access to opportunities for self-development, engagement with community services and structures, and positive relationships.

Out of all of the program target outcomes that were measured, factors associated with mental wellness saw almost universal positive shifts. This indicates that Streetwork is achieving its hypothesised impact in this domain. As previously shown, mental wellness is integral to young people's holistic wellbeing. All of the factors below saw statistically significant shifts, meaning we can have greater than 95% confidence they are not due to chance.



## Self-Acceptance

**+47%**

Liking who they are



## Sense of Purpose

**+38%**

Increased sense that one's life has purpose



## Increase in happiness

**+32%**

Increase in frequency of feeling happy



## Decrease in guilt/anger/shame

**-72%**

Reduced frequency of experiencing guilt/anger/shame



## Decrease in sadness

**-44%**

Reduced frequency of feeling sad or unhappy



## Decrease in anxiety

**-37%**

Reduced frequency of feeling anxious



# Streetwork Strengthens Resilience

Young people experienced a positive shift across the majority of factors relating to resilience. As a key predictor of wellbeing, a positive shift in resilience supports the findings of an increase in the overall wellbeing of young people. These outcomes further reflect the goals of the Kickstart Mentoring Program in wanting to develop resilience in young people. This demonstrates the appropriateness and effectiveness of the program in producing its desired outcomes.

The following six factors relating to resilience saw the greatest positive shift for young people who work with Streetwork. In addition to the factors listed below, it should be noted that participants also experienced a positive shift in determination (+40%), problem-solving (+21%), and adaptability (+20%). All of these shifts were statistically significant, meaning we can have greater than 95% confidence they are not due to chance.



## Pride

**+52%**

Increase in pride of one's accomplishments



## Self-Discipline

**+47%**

Increase in self-discipline



## Coping

**+41%**

Ability to handle multiple things at a time



## Purpose

**+40%**

Increase in feeling their life has meaning



## Perseverance

**+38%**

Reduction in feeling discouraged from setbacks



## Self-Belief

**+38%**

Belief in self to get through the hard time



# Streetwork Builds Life Skills in Young People

The greatest shifts in any of the outcomes was seen within factors relating to life skills. Participants experienced a positive shift in all life skills factors with 7 of the 19 factors showing statistical significance. These results show that Streetwork is having success in improving the broad range of life skills they aim to support.

**The following six factors relating to life skills were seen to have the greatest positive shift for young adults.** In addition to the factors listed below, it should be noted that participants also experienced a positive shift in work ethic (+8%). All shifts are statistically significant, meaning we can have greater than 95% confidence they are not due to chance.



## Housing Security

**+112%**

Ability to secure stable and long-term accommodation



## Employment Skills

**+84%**

Ability to find, apply for and secure employment



## Managing Finances

**+69%**

Ability to pay back borrowed money on time



## Education & Employment Knowledge

**+51%**

Ability to understand one's education and employment options.



## Confidence to Complete Education

**+46%**

Ability to complete one's education



## Health Management

**+25%**

An understand of how lifestyle, including sleep, hygiene and exercise, affects one's health





**"Streetwork has helped me heaps with my confidence. I feel like Jim Carey in the mask when he found it at the river. Streetwork has been my mask. It has really helped me bring out the person that has been hiding inside of me and my confidence, self-belief in general.**

**They have showed me as long as I have the connections anything is obtainable. I just need to want it, work toward it, and set goals accordingly but above all they have made me feel loved and appreciated which has gone a long way."**

*- Streetwork Participant  
(not pictured)*





## Qualitative Feedback from Streetwork Participants

As well as responding to questions about specific factors, mentees were also given the opportunity to describe in their own words, the impact of the program on their life. Content analysis of the 43 responses determined notable themes.

Aligned with the program outcomes, respondents commonly described how the Kickstart youth caseworkers had worked with them to determine personalised goals, providing them with the motivation and self-belief to get their lives back on track. Graduates from the program felt equipped with strategies to cope with everyday challenges and better decision-making in challenging circumstances. Reference was made to how the program provides sign-posting and connection to organisations that can assist young people with mental health concerns, and opportunities for meeting other young people in their local community.

The program was regarded as providing an enjoyable, happy, and supportive environment, where they felt more comfortable learning to voice their vulnerability and needs. These findings resonate with the mental wellness and resilience factors that were determined as the strongest predictors of wellbeing through the quantitative analysis (see page 14).

Respondents also expressed how the program had developed their communication skills, built their confidence, and enabled them to 'get out of the house' and connect with other young people in an informal and relaxed way. More positive attitudes towards attending and completing school or TAFE, finding employment, and improved relationships with authority figures such as teachers and the police were also noted.

**"Became way wiser, not as angry as I used to be, being in more control of my emotions"**

**"(My youth caseworker) has helped me get back on track and given me confidence in myself to overcome challenges I face. It has helped me connect with people who can help me and I am very happy I got to work with"**

**"Streetwork has been able to help rebuild my confidence in my social life and has encouraged me to be able to get a job and continue my education"**



## Help Turn Young Lives Around

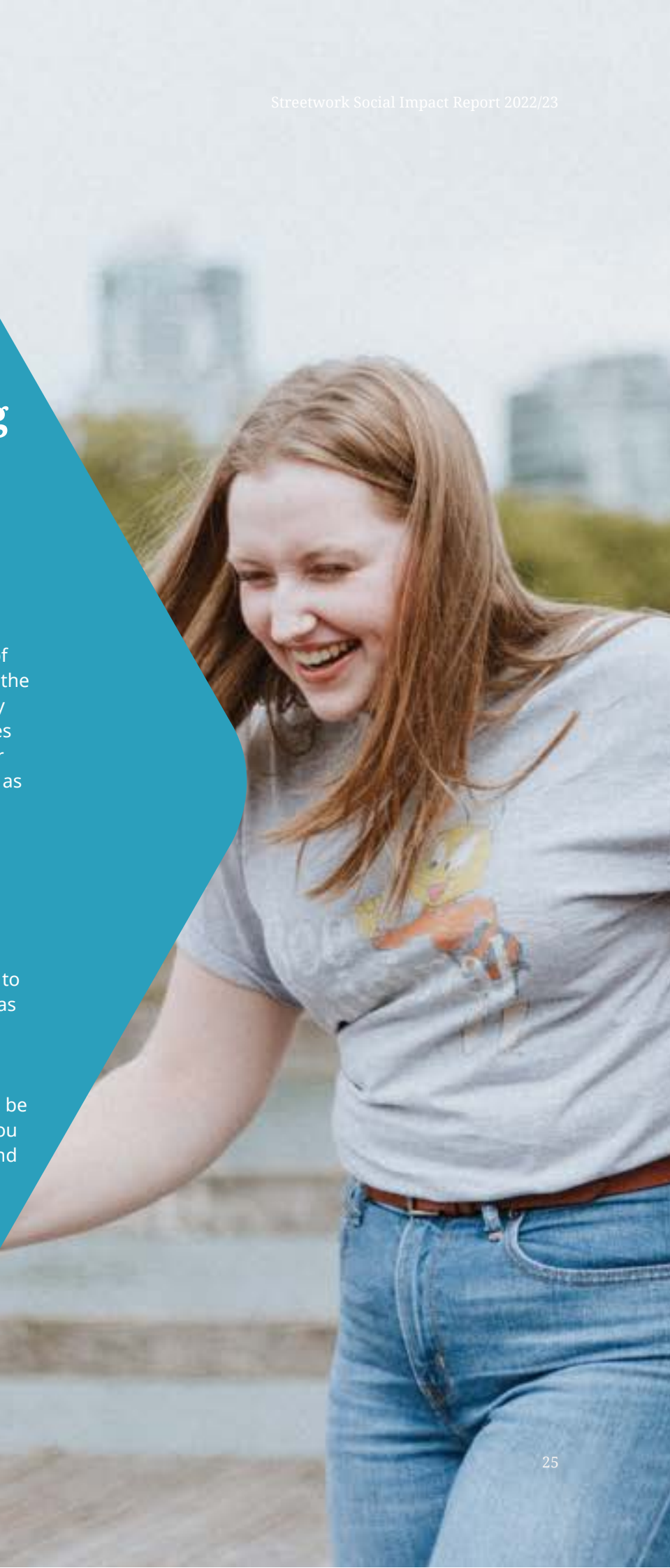
### DONATE

This is the fifth Annual Social Impact Report that tracks the progress of Streetwork as it aims to contribute to the wellbeing of all the young people they work with. This measurement provides evidence of the wellbeing impact your donations are used to achieve as well as optimising the programs so your donations are directed for greatest effect.

### VOLUNTEER

Streetwork also welcomes volunteers to help change the lives of youth at risk as police advocates or to assist running Streetwork events.

Details of how you can contribute can be found at [www.streetwork.org.au](http://www.streetwork.org.au) or you can find and follow us on Facebook and LinkedIn.





## Get in Touch



### Streetwork

+61 2 9419 7559  
info@streetwork.org.au  
www.streetwork.org.au



**HUBER  
SOCIAL**

### Huber Social

Huber Social is an independent third party and expert in social impact measurement. Recognising the goal of all social impact is the wellbeing of people, Huber Social has developed a universally applicable framework that measures not only overall wellbeing but also the driving factors to maximise it.

info@hubersocial.com.au  
www.hubersocial.com.au





## Report Appendices

1. Huber Social Wellbeing Measurement Framework
2. Data Transparency Page
3. Predictors of Wellbeing
4. Significance Tables
5. Reference List



# 1. The Huber Social Wellbeing Measurement Framework

For society to achieve collective wellbeing we require a universal measure of wellbeing that is holistic enough to account for each of our unique needs, but that can also be applied in practical terms. To answer this call, Huber Social has developed the Huber Social Wellbeing Measurement Framework.

To be able to fulfill their potential and achieve wellbeing, each individual needs to have the capability and the opportunity to do so. Everyone has different needs within these categories depending on their context.

When it comes to measuring the social impact of a service, Huber Social measures the 'shift' the service creates in terms of wellbeing and the specific programs outcomes achieved to create this. Results are then consolidated at a sector, community and global level.

Longitudinal measurement monitors effectiveness of programs to meet these needs; ensuring resources are directed to have the greatest impact. The vision is a wellbeing measurement system that delivers us the whole picture, to put each of us in the best position to achieve Wellbeing and leave no one behind.

**The goal for each of us is the same; wellbeing. The part that differs, are our individual needs.**

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## IMPACT

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# Wellbeing

To be in the best position to fulfil your potential and live a life of value. The overall goal for all services working with people.

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## OUTCOMES

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Through building

# Capability

- Resilience
- Life skills
- Wellness

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## OUTCOMES

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and providing

# Opportunity

- Resources
  - Self development
  - Societal structures
  - Relationships
-





## 2. Data Transparency Page

To ensure the integrity of findings always, Huber Social includes a Transparency Page for every project. This ensures both the rigour of evidence and rigour of analysis is clear for each project, across every stage of the data lifecycle.



Phase	Questions on the Treatment of the Data	Points allocated	Yes or No		
<b>Design</b>	SAMPLE	Everyone in the program included in the measurement	2	Y	
		OR Survey sample population designed to be representative of group	1	-	
	BASELINE	Control group (independent of the intervention)	3	-	
		Group baseline measured (pre -intervention)	2	Y	
		Baseline inferred from time in program (e.g. 1 vs. 3 years)	1	-	
EXCLUSIONS	Details of people excluded from the measurement: <i>All participants in the StreetWork program are asked to complete quarterly surveys. Participants may opt out.</i>	N/A	N/A		
<b>Data Collection</b>	DISTRIBUTION	Online surveys		Y	
		OR hardcopy surveys		-	
		Data collection supervised by Huber Social consultant	1	-	
		Translation or guidance provided		-	
	DATA SOURCES	Data Mining of other sources	1	-	
<b>Cleaning</b>	CLEANING	Data included from previous years/measurements	1	Y	
		Partial responses removed or no partial responses	1	Y	
		Details of any responses removed: <i>4 responses were removed as participants answered duplicate surveys. Most complete responses used in analysis. 1 survey removed as ID number could not be matched to a young person. 1 other survey removed due to being deemed invalid due to answering almost all 7s across the survey.</i>	N/A	N/A	
		SHIFT MEASUREMENT	Calculated on time in program		-
		Calculated on group average	1	-	
<b>Analysis</b>	TEST APPLIED	Calculated based on individual scores	2	Y	
		Basic analysis		Y	
		Statistical Correlation Test	2	Y	
	REPORTING	OR Multiple Regression or Lasso Regression Test	3		
		Details on analysis: <i>All shift measurements conducted using 55 individuals who had completed both baseline and shift surveys. Statistical analysis including correlation analysis was conducted using all 170 baseline responses collected to date.</i>	N/A	N/A	
<b>Reporting</b>	REPORTING	Client published Outcomes Report (prove)	1	-	
		Client received Social Performance Report (improve)	2	-	
		Client published full Social Impact Report	3	Y	
<b>RIGUOUR SCORE</b> LOW: 1-9; MED 10-14; HIGH 15-19		<b>13</b>	<b>MED</b>		



### 3. Predictors of Wellbeing

To inform the youth sector in how best to support the wellbeing of students, correlation analysis is used to identify which factors measured have a significant relationship with students' overall wellbeing; these are known as predictors of wellbeing.

The predictors of wellbeing can be found listed in the following table in order of statistical strength. The stronger the relationship between an outcome and overall wellbeing, the more confidence there is that a change in the outcome will correspond with a change in wellbeing.

Relationship strength is based on both the statistical significance (p-value) and beta coefficient value (r). All predictors listed are statistically significant to  $p < 0.001$  (unless otherwise noted), meaning there is 99% confidence that the relationship identified between the predictive outcome and wellbeing is true, rather than produced due to sampling error or chance. The beta coefficient (r) describes how closely each outcome and wellbeing are likely to move together in relation to each other.

For the purposes of this study, a strong relationship between an outcome and overall wellbeing is defined as any outcome with a beta coefficient value greater than 0.5; a moderate relationship is between 0.499 and 0.4; a weak relationship less than 0.399. Even though a relationship may be weak, there is still a significant association between the outcome and overall wellbeing.

The following page presents all predictors of wellbeing that have a significant relationship with overall wellbeing for all young people who completed a baseline survey.





## 4. Significance Tables

**Table 1. Predictors of Wellbeing for Kickstart Mentoring Program Participants**

Program Factor	Strength & Direction	Correlation Coefficient (r)
I enjoy life and have fun	Strong and Positive	0.741
I like who I am	Strong and Positive	0.648
I am confident in the person I am	Strong and Positive	0.624
When I am in a difficult situation, I can usually find my way out	Strong and Positive	0.587
I feel proud that I have accomplished things in my life	Strong and Positive	0.570
How often during the past month have you felt happy?	Strong and Positive	0.567
How often during the past month have you felt emotions of guilt, anger or shame?	Strong and Positive	0.536
How often during the past month have you felt sad or unhappy?	Strong and Positive	0.524
My belief in myself gets me through hard times	Strong and Positive	0.523
My life has meaning	Strong and Positive	0.515
My life has purpose	Strong and Positive	0.504
When I am confronted with a problem, I can usually find the right solution	Moderate and Positive	0.477
How often in the past year has your physical, mental, or emotional health stopped you from working at a job, doing work around the house, or going to school?	Moderate and Positive	0.468
I am able to form and maintain positive relationships (eg family, friends, boyfriend/girlfriend, professional) that have different boundaries	Moderate and Positive	0.468
I feel safe	Moderate and Positive	0.450
I feel I can handle many things at a time	Moderate and Positive	0.428
Setbacks do not discourage me	Moderate and Positive	0.425
I feel connected to my community	Moderate and Positive	0.424
I am determined	Moderate and Positive	0.415
I keep interest in things	Moderate and Positive	0.411
How often during the past month have you felt anxious?	Moderate and Positive	0.402



## 5. Reference List

1. Diener, E., Emmons, R., Larson, R., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49, 71-75. [online] Available at: [https://doi.org/10.1207/s15327752jpa4901\\_13](https://doi.org/10.1207/s15327752jpa4901_13)
2. Qu, L. & Vaus, D. (2015). Life satisfaction across the life course transitions (Australian Family Trends No. 8). Melbourne: Australian Institute of Family Studies. [online] Available at: [https://aifs.gov.au/sites/default/files/publication-documents/aft8-life-satisfaction\\_0.pdf](https://aifs.gov.au/sites/default/files/publication-documents/aft8-life-satisfaction_0.pdf)



[info@hubersocial.com.au](mailto:info@hubersocial.com.au)  
[www.hubersocial.com.au](http://www.hubersocial.com.au)