

## European Crime Prevention Award (ECPA)

### Annex I

Approved by the EUCPN Management Board in 2018

Please complete the template in English in compliance with the ECPA criteria contained in the Rules and procedures for awarding and presenting the European Crime Prevention Award (Par.2 §3).

#### General information

1. Please specify your country.

Estonia

2. Is this your country's ECPA entry or an additional project?

ECPA entry

3. What is the title of the project?

SPIN-programme

4. Who is responsible for the project? Contact details.

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5. Start date of the project (dd/mm/yyyy)? Is the project still running (Yes/No)? If not, please provide the end date of the project.

Programme started on January 7<sup>th</sup> 2015 and it still running.

6. Where can we find more information about the project? Please provide links to the project's website or online reports or publications (preferably in English).

[www.spinprogramm.ee](http://www.spinprogramm.ee)

We have two videos introducing programme and they include different partners' opinions about our cooperation. Please look at them [here](#) (What is SPIN) and [here](#) (partners about SPIN). We suggest to watch video we've made being nominees in Be Inclusive EU Sports Awards 2017 year competition. Please look at video [here](#).

7. Please give a **one page** description of the project (**Max. 600 words**)

SPIN-programme aims for developing opportunities and reducing antisocial behaviour among young people. SPIN targets young people living in areas with poorer opportunities with a sports-based programme consisting of two thirds of training and one third of development of social skills in a strategically planned set of workshops. The long-term aim is to reduce youth crime, to lead youngsters out of the justice system, to build stronger communities with youth engagement, to lower the drop out from education and to increase the number of young people with better skills on the labour market.

SPIN targets young people aged 10-18 and five criteria should be met: living in at-risk circumstances according to the police or the local governments social workers' database; having trouble in school (including bad behaviour, low grades, target or agent of bullying); having had run-ins with the police; being socially rejected and having few opportunities for recreational activities; spending time among other young people that act anti-socially.

To intervene, SPIN holds three 1.5 hour long sessions (two football trainings, one social skills workshop) each week with two coaches working with a group of around 10-15 young people, assuring highly personal engagement of the target group young people.

SPIN seeks out young people that fit the described criteria at least in part through a wide range of partners involving schools, law enforcement and the local government agencies and child services. The young people who fit to the target group of the SPIN-programme are then given information about the programme and an invitation to join through dedicated contacts within those schools and agencies. By extension, SPIN also reaches the families of these young people. While this is not a strategic objective *per se*, SPIN keeps contact with the parents of the participants, among other things providing them with bi-annual overviews of the development of the programme. Also engagement of either police or social worker who have sent youngster to the programme is regular – they visit regularly trainings and working sessions (depending from the group, but either on weekly basis or 2 times per month).

SPIN intends to intervene in the social patterns of the identified regions, giving new development possibilities to the target group youth and provide them with incentive and skills to become well-functioning members of the community and good citizens in general. The longer term aim of the SPIN-program is to build a strong community with high level of young people participating in the education system and entering the labour market. The short-term aim is to provide the participants with a strong sense of important values in life (including teamwork, tolerance, openness, positive attitude etc.) as well as development in their social skills for acting successfully in the community (including managing one's emotions, developing an ability to set oneself goals for the future etc.).

**I. The project shall focus on prevention and/or reduction of everyday crime and fear of crime within the theme.**

8. How does the project contribute to crime prevention and/or the reduction of crime or the fear of crime? Does it focus on raising citizens' awareness or does it apply other mechanisms? (**Max. 200 words**)

Firstly, SPIN provides young people at risk the possibility to spend their time in active and fun way and consume their energy in a productive way. Secondly, the programme influences cognitive behaviour, as it intervenes into youth social patterns aiming to teach them news skills and values in order to reduce risk behaviour and become more active in the community in a positive way. Thirdly, the value is in cooperation with local police force, who regularly attend the sessions to promote healthy relations within the community and to build trustful relationship between law enforcement and the youngsters.

**II. The project shall have been evaluated and have achieved most or all of its objectives.<sup>1</sup>**

9. What were the reasons for setting up the project? Was this context analysed before the project was initiated and in what way (How, and by whom? Which data were used?)? In what way did this analysis inform the set-up of the project? (**Max. 150 words**)

The target group and their social problems were analysed in detail by the Ministry of the Interior before setting up the programme and this has continued throughout the program, it is asked also by the evaluation criteria for the initial funding given from the European Social Fund. For the purpose of finding the most suitable target group for the intervention, occurrences of youth crime and run-ins with the police were considered and this was one of the behavioural criteria to be considered in the selection of young people.

10. What were the objective(s) of the project? Please, if applicable, distinguish between main and secondary objectives. (**Max. 150 words**)

The main aim of the SPIN-programme is to provide development opportunities and reduce antisocial behaviour amongst young people, improving their social skills. The secondary aim is to motivate them to remain in education, prepare them for entering the labour market and reduce crime.

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<sup>1</sup> For more information on evaluation, see Guidelines on the evaluation of crime prevention initiatives (EUCPN Toolbox No.3): <http://www.eucpn.org/library/results.asp?category=32&pubdate>

11. Has there been a process evaluation? Who conducted the evaluation (internally or externally?) and what were the main results? Which indicators were used to measure the process? Did you make changes accordingly? (**max. 300 words**) - for more information on process evaluation, see EUCPN Toolbox No.3, p.9-10 & part 2 - section 2A

The process evaluation is mostly conducted according to the project goals and indicators set by the European Social Fund, with the main targets being: 1) the number of participants and 2) the number of participants that have attended the programme for at least 70 hours. By September 2018, there are 725 participants, which has fulfilled this indicator. The indicators set have been met so far for all periods. Program is administrated by the steering committee, who has the obligation to follow the effectiveness of the program and to keep an eye on process evaluation. So, it can be said, that process evaluation is conducted internally and confirmed by a steering committee attended by the key partners of the programme. The committee also proposes changes for the programme which have been taken into account and acted upon.

12. Has there been an outcome or impact evaluation? Who conducted the evaluation (internally or externally?), which data and evaluation method were used and what were the main results? Which indicators were used to measure the impact? (**Max. 300 words**) - for more information on outcome or impact evaluation, see EUCPN Toolbox No.3, p.7-9 & part 2 - section 2A

At the start of 2018, a thorough impact report on SPIN was published, conducted by social scientists from the University of Tartu. The impact report shows that: among the young people that have participated for a full season there is an 8% improvement of results at school, a 6% improvement in behaviour. The coaches also reported a 19% improvement in activity, participation and discipline during the sessions. Over two years, the report shows a 12% improvement in self-control with decreases of 16% in impulsiveness and 18% in readiness to engage in risk behaviour.

Chart of the results of the programme



16%	18%*	12%*
Less impulsiveness for those who are 2 years in the programme	Less risk behaviour for those who are 2 years in programme/ not valid in the region Narva*	Better self-control for those who are 2 years in programme/ not valid in the region Narva*

**III. The project shall, as far as possible, be innovative, involving new methods or new approaches.**

16. How is the project innovative in its methods and/or approaches? (**Max. 150 words**)

Firstly, the programme is innovative for its ambition to bring together relevant stakeholders to the network in order to support youth at risk. Secondly, the programme is innovative for combination of sport activities and educational purpose through the mentoring and counselling. Thirdly, SPIN is innovative for its aim and continuous action for proving to become scientifically proven programme regularly and methodically the program.

**IV. The project shall be based on cooperation between partners, where possible.**

18. Which partners or stakeholders were involved in the project and what was their involvement? (**Max. 200 words**)

SPIN bridges various actors, including schools, law enforcement, child protection services, local sport clubs and other actors, in order establish a strong network that exchanges information thus improving cooperation within a community to tackle the problems associated to youngsters at risk. Each partner have their special role. The Ministry of the Interior and local governments help with finding the areas for escalation of the programme, the schools are key partners for recruiting young people, the local football clubs provide coaches, the Estonian Football Association helps by hosting the tournaments and providing strategic knowledge, multiple private sector partners help with funding and/or equipment.

The project was established because there was a need for new interventions in the work with youngsters at risk and it was seen as one of the tools for community policing. With the funding of the European Social Fund it was possible to start up with the project. Throughout the years funding has been diversified, recently project is carried out with support from multiple local governments, British Council, private sector partners and other donors. Despite this, work is ongoing in assuring the long-term viability of the project through further diversifying the funding on the programme by multiple stakeholders.

**V. The project shall be capable of replication in other Member States.**

19. How and by whom is the project funded? (**Max. 150 words**)

The project is funded by the European Social Fund, the Ministry of the Interior, British Council, UEFA Foundation for Children, and Tallinna Vesi AS, the cities of Narva, Tartu, Kohtla-Järve and Rakvere.

20. What were the costs of the project in terms of finances, material and human resources? (**Max. 150 words**)

The main costs of the programme are wages for the coaches and assistant coaches, supervisions and training, equipment for the training sessions, materials and equipment for the workshops, organising summer camps and tournaments, impact assessments and administrative costs for the programme.

The medium cost for one group (up to 32 children) is 18 500 EUR per year, which includes the direct cost for salaries, rent and also trainings and mentoring. Tournaments and camps are extra cost.

21. Has a cost-benefit analysis been carried out? If so, describe the analysis, including how and by whom it was carried out and list the main findings of the analysis. (**Max. 150 words**)

While no cost-benefit analysis has been carried out specifically for SPIN-programme, Kickz programme (the model SPIN is based on), proved that each pound invested into the programme helped to avoid 7 pounds in various damages caused by youth crime and antisocial behaviour<sup>2</sup>.

22. Are there adjustments to be made to the project to ensure a successful replication in another Member State?

The programme is built in a way that is in its essence easily replicable both geographically and in terms of changing the activities. The key part of the programme is improvement of social skills, which in the workshops could be adjusted around any other team sport such as basketball, volleyball or possibly also in competitive dancing. Taking this into account, the concrete needs of the community and youth at risk in there may vary from region to region so a certain preparedness for flexibility needs to be considered.

23. How is the project relevant for other Member States? Please explain the European dimension of your project.

The programme targets social issues which appear in all the Member States and influences the social inclusion of the communities through multi-level

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<sup>2</sup> <https://www.sportengland.org/research/benefits-of-sport/social-value-of-sport/kickz-programme/>.

partnership. The programme also centres on values such as inclusion, integration and respecting differences. The values of democracy, freedom, equality, rule of law and human dignity are sewn into the core values, aims and principles of the programme, as well as articulated in practice during the workshops of the programme to install these values into the participants, improve their social skills and build stronger communities.

Please provide a short general description of the project (abstract for inclusion in the conference booklet – **max. 150 words**).

SPIN-programme is a successful sports-based intervention programme for 10-18 year olds from areas with less opportunities for young people and high levels of youth crime. The main aim of the programme is to provide development opportunities and reduce antisocial behaviour amongst participating young people. The long-term aim is to reduce youth crime, build stronger communities, lower the rate of falling out of education and increase the number of young people moving into skilled labour force.

The programme brings together multiple stakeholders that work with the same goals, but don't necessarily cooperate daily otherwise (schools, the police, the local government, football clubs, private sector companies), thus creating a network to ensure the fulfilment of the programme's aims, also creating safer communities and being one of the community policing intervention examples.

Each season of the programme lasts from August to June and consists of three sessions per week for the target group young people (both boys and girls). SPIN involves two thirds of training and one third of developing social skills in a strategically planned set of workshops. From 2015 to 2018 the programme has reached over 800 target group young people in 5 different cities (Tallinn, Kohtla-Järve, Narva, Tartu and Rakvere).

The impact report shows that among all the young people that have participated for a full season in the programme there is an 8% improvement of results at school, a 6% improvement in behaviour. Over two years, the report shows a 12% improvement in self-control with decreases of 16% in impulsiveness and 18% in readiness to engage in risk behaviour.