

## YSS THEORY OF CHANGE

### Our Mission

We walk alongside people with experience of the justice and care systems to rebuild confidence, purpose and independence. Through restorative, person-centred practice, we influence how services and systems respond.

### Our Purpose

We exist to change how people are supported — from crisis and compliance to care, trust and belief — enabling people to move forward on their own terms.

### The Challenge We Address

People involved in the justice and care systems often face disrupted relationships, low confidence, stigma, crisis-driven responses and limited long-term support. Services can be inconsistent, compliance-focused and not grounded in dignity, emotional safety or belief in potential.

### Our Approach

We walk alongside people, families, communities and partners to build confidence, stability and long-term capacity.

Our model combines:

- restorative relational support
- trauma-informed programmes
- family- and community-engaged approaches
- systems influence through research, learning and policy engagement

### What We Do (Our Pillars)

We deliver:

- Direct work that strengthens emotional wellbeing, identity and stability
- Family and community-engaged support to improve belonging, continuity and connection
- Influence & Insight that embeds restorative, long-term support models across systems

### What Changes for People

People develop:

- confidence and emotional stability
- stronger relationships and social connection
- a sense of purpose, agency and self-direction
- clarity in expressing needs and navigating services
- belief in their potential and a future they choose

### What Changes for Systems

Systems evolve to:

- respond with dignity, trust and belief rather than crisis and compliance
- commission services that focus on long-term progression and capacity-building
- share responsibility across sectors and communities
- adopt restorative, trauma-informed practice as standard

### Ultimate Impact

A society where every person has the confidence, support and freedom to make informed choices and shape the future they choose.

# Our Theory of Change



## Focus Area

Children & Adults  
(Direct Work)

Community  
(Relational  
Networks &  
Environments)

Influence &  
Insight (System  
& Policy Work)

Doing this.....

### Restorative One-to-One Support

Individual support plans are co-created and delivered through regular one to one sessions focusing on emotional wellbeing and practical stability.

### Emotional Wellbeing & Identity Programmes

Safe spaces are provided for reflection, confidence-building and emotional repair.

### Peer & Advocacy Support

Support delivered through peer mentoring and structured personal advocacy programmes, amplifying the persons voice, strengthening agency and increasing personal confidence.

### Trauma-Informed Behaviour & Change Programmes

Understanding trauma, behaviour and life experience through restorative learning and discussions.

### Family-Engaged Transition Support

Support that helps people stay emotionally steady and connected as they move through important life changes.

### Restorative Systems Thinking for Partners

Supporting partners to design and deliver services that are more caring, consistent and relationship-focused, using training, coaching and shared learning.

### Knowledge & Practice-Sharing Partnerships

Through partnerships and shared learning networks, we exchange evidence, insight and practice across VCSE and statutory sectors, strengthening collective understanding and improving support for people and communities.

### Insight-Led Research & Learning

We use what we learn from data, outcomes and people's lived experience to shape policy, commissioning and the way services are designed

### Policy & Practice Engagement

We work with commissioners, leaders and practitioners to help services adopt approaches that build confidence, stability and long-term progress

### Partnerships for Learning, Influence & System Change

We build strong partnerships locally, regionally and nationally to share learning, strengthen restorative practice and amplify lived experience. These relationships help create consistent support for people and drive system change based on emotional safety, trust and long-term progression.

Intervention Strategies

Ensures...

### Confidence, Stability & Capacity

Emotional and practical foundations are in place to support confidence, purpose and independence.

### Agency, Autonomy & Self-Direction

People make informed choices and take ownership of their own progress.

### Connection, Relationships & Participation

Relationships, community ties and social and cultural participation are strengthened.

### Navigation, Advocacy & Access

People can express their needs and are able to navigate services with clarity and confidence.

### Emotionally Safe & Restorative Systems

Systems create emotional safety, restorative practice whilst building trust through consistency and partnership-based approaches.

### Policy & Narrative Change

Commissioners and leaders shift toward restorative, belief-based approaches.

### Root-Cause, Restorative Culture

Systems prioritise addressing underlying causes, enabling long-term capacity-building and progression.

Intermediate Outcomes

Which is a  
pre-condition  
for....

### Equitable Progress for All

Everyone lives with the recognition, conditions and opportunities needed to define and pursue a meaningful life, regardless of background or circumstance.

### Transformative Justice & Care Systems

Justice and care systems centre dignity, equity and lifelong growth, grounded in understanding of human potential and social context.

### Progression-Driven Policy & Reform

Policies across sectors reflect a long-term commitment to personal direction, independence and sustainable progression beyond services.

### A Culture of Shared Responsibility

Belonging, trust and meaningful change are sustained through shared responsibility held across services, communities and society.

High-Level Outcomes

Which  
culminates in...

### Ultimate Impact/Change

A society where every person has the confidence, support and freedom to make informed choices and shape the future they choose.

CHANGE