



# Reclink ActiVIC Program



## 77% of respondents reported a better outcome since participating with Reclink

The Centre for Sport and Social Impact at La Trobe University was commissioned to evaluate the ActiVIC program, which is funded by the Victorian Government Community Support Fund and is being delivered in 9 locations across Melbourne and Geelong. The Reclink ActiVIC program is a placed-based community program utilising sport and recreation programs to engage people experiencing disadvantage including alcohol and drug addiction, domestic violence, homelessness, long-term unemployment and mental health illness.

The program is designed to engage at-risk young people and those experiencing disadvantage including young people from the Horn of Africa and South Pacific Islander communities to:

- promote social inclusion,
- social cohesion,
- improved health and wellbeing, and
- education and employment outcomes.

The evaluation was designed in two stages to:

- Assess the impact of the Reclink Australia ActiVIC program on the lives of participants
- Explore the extent and nature of how the program contributed towards the Community Support Fund Objectives

Quantitative data analysis was conducted in stage 1 (the basis of this report), while qualitative data will be collected to inform stage 2.

In its first 12 months, the ActiVIC program has:

- Engaged at least 2,875 people experiencing disadvantage including 490 South Sudanese, 552 Somali, 160 Pacifica young people

- Delivered at least 36,000 sport and recreation participation opportunities
- Partnered with more than 115 community agencies
- Worked with at least 132 active volunteers who combined provided 1,625 volunteer hours

The evaluation sought to establish the proportion of participants who had experienced a 'better outcome' via their participation with Reclink, defined as those people who reported a positive change in at least one of seven life events since their participation with the ActiVIC Program.

### Of those who reported experiencing a life event in the 12 months prior to participating:

<b>63%</b>	accessed mental health services less
<b>73%</b>	spent less time in a drug or alcohol facility
<b>76%</b>	reduced their drug or alcohol use
<b>67%</b>	spent less time in a correctional centre
<b>84%</b>	had less involvement with police
<b>81%</b>	had more stable housing
<b>57%</b>	had a reduction in problem gambling

### In addition:

<b>28%</b>	had been able to get a job or increase the number of hours they worked
<b>35%</b>	had started or undertaken more skill or work-based training





## Since participating with Reclink

ActiVIC participants were asked about their life since participating with Reclink, across 6 dimensions related to their:

1. activity
2. confidence
3. wellbeing
4. social interaction
5. sense of belonging, and
6. awareness of support services.

For each dimension, participants were asked about their perception of themselves on a 5 point scale (from much more or much better than usual to much less or much worse than usual).

As demonstrated opposite, more than 7 in 10 participants, across each of the dimensions, reported that they were much or a little bit more/better since participating. In the following pages, these summary results are explored in detail, dimension by dimension.



**77%**

have been more **active** than usual since participating with Reclink



**71%**

have been more **confident** than usual since participating with Reclink



**72%**

have been feeling **better about themselves** since participating with Reclink



**80%**

have met **more people** since participating with Reclink



**73%**

have felt **more a part of the community** since participating with Reclink



**71%**

are **more aware of other support services** since participating with Reclink

# Life events before participation

Participants in the Reclink Australia ActiVIC program were asked to identify whether, in the 12 months prior to their participation, they had experienced any of the following:

- Accessed mental health support services
- Used drugs or alcohol frequently
- Had involvement with police
- Homelessness
- Spent time in a drug or alcohol facility
- Had a problem with gambling
- Spent time in a correctional centre

**55% reported experiencing at least one of the above life events, with 1 in every 3 Reclink participants reporting having had experience with two or more, indicative of the interdependence of many of these issues.**



**33%**  
(1 in 3)

respondents mentioned they had experienced **two or more** of the life events.

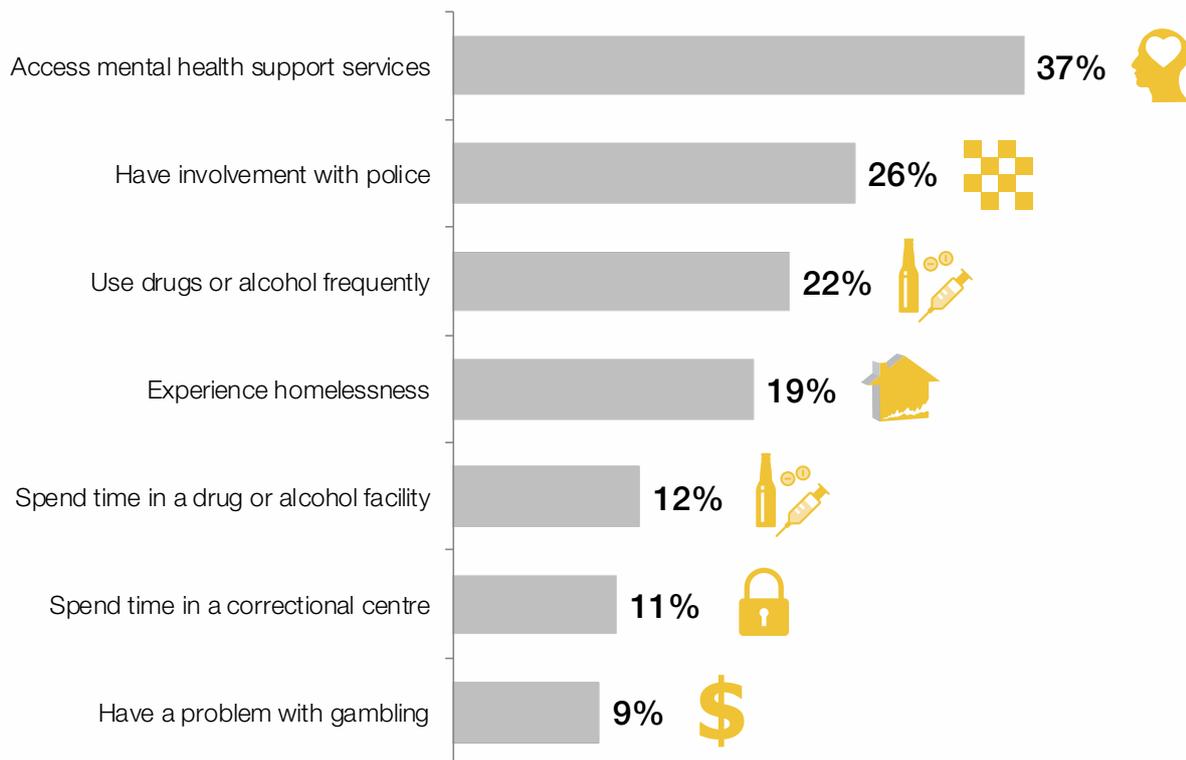


**55%**

reported experiencing **one or more** of the life events

## In the 12 months before you started participating with Reclink, did you:

Base: all respondents, n = 455



# Impact of the Reclink Program

## What is a 'better outcome'?

Participants in the Reclink Australia ActiVIC program who identified that they had experienced a life event or issue in the 12 months prior to participating, were asked to report whether there was now a better outcome following their participation. In this context, a better outcome is defined as including those respondents to the survey who indicated a positive change on at least one of the seven life events since their participation in the Reclink program.

This might include:

- Spending less time in a mental health or drug facility
- Having less involvement with the police
- Experiencing a reduction in problem gambling
- Accessing mental health support services less
- Less use of drugs or alcohol
- More stable housing
- Spending less time in a correctional centre

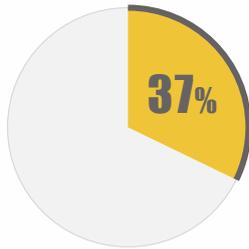


**455**  
respondents provided  
feedback in the survey

**77%**  
of respondents reported  
a 'better outcome'  
since participating  
with Reclink



## Access mental health support services



37% = 166 respondents

of respondents have **'accessed mental health services'** in the 12 months before participating with Reclink

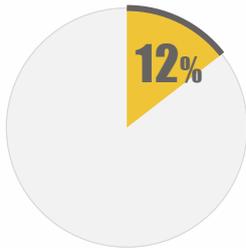


**63%** of this cohort reported a **'better outcome'** since participating with Reclink



Better outcome:  
**ACCESSED MENTAL HEALTH SUPPORT SERVICES LESS**

## Spend time in a drug or alcohol facility



12% = 55 respondents

of respondents have **'spent time in a drug or alcohol facility'** in the 12 months before participating with Reclink

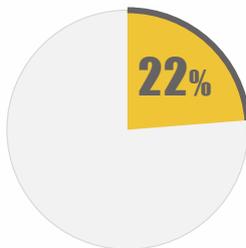


**73%** of this cohort reported a **'better outcome'** since participating with Reclink



Better outcome:  
**SPENT LESS TIME IN A DRUG OR ALCOHOL FACILITY**

## Use drugs or alcohol frequently



22% = 99 respondents

of respondents have **'used drugs or alcohol frequently'** in the 12 months before participating with Reclink

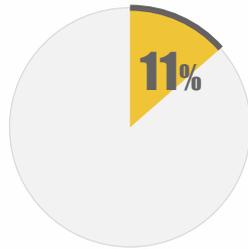


**76%** of this cohort reported a **'better outcome'** since participating with Reclink



Better outcome:  
**REDUCED USE OF DRUGS OR ALCOHOL**

## Spend time in a correctional centre



11% = 46 respondents

of respondents have **'spent time in a correctional centre'** in the 12 months before participating with Reclink

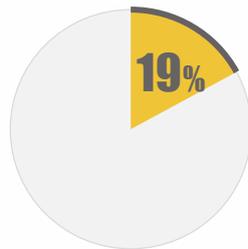


**67%** of this cohort reported a **'better outcome'** since participating with Reclink



Better outcome:  
**SPENT LESS TIME IN A CORRECTIONAL CENTRE**

## Experience homelessness



19% = 88 respondents

of respondents have **'experienced homelessness'** in the 12 months before participating with Reclink



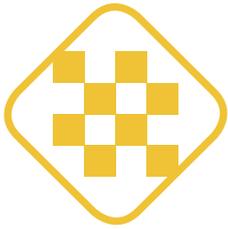
**81%** of this cohort reported a **'better outcome'** since participating with Reclink



Better outcome:  
**HAD MORE STABLE HOUSING**



## Have involvement with police



26% = 117 respondents

of respondents have **'had involvement with police'** in the 12 months before participating with Reclink

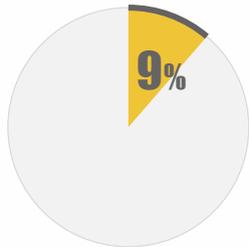


**84%** of this cohort reported a **'better outcome'** since participating with Reclink



Better outcome:  
**HAD LESS INVOLVEMENT WITH POLICE**

## Problem with gambling



9% = 42 respondents

of respondents have **'had a problem with gambling'** in the 12 months before participating with Reclink



**57%** of this cohort reported a **'better outcome'** since participating with Reclink



Better outcome:  
**HAD A REDUCTION IN PROBLEM GAMBLING**



# Employment and training

Participants in the Reclink Australia ActiVIC program were asked to report whether there was now a better employment or training outcome following their participation. In this context, a better outcome is defined as including those respondents who:

- Increased the number of hours they work (for those who had a job in the 12 months prior to participating in a Reclink Australia program)
- Been able to get a job (for those who did not have a job in the 12 months prior to participating in a Reclink Australia program)
- Undertaken more skill or work based training (for those who had in the 12 months prior to participation)
- Undertaken skill or work based training (for those who had not in the 12 months prior to participation)

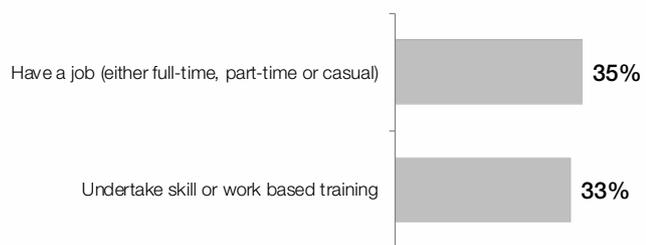
Participants in the Reclink Australia ActiVIC program were asked to identify whether, in the 12 months prior to their participation, they had:

- A job (either full-time, part-time or casual)
- Undertaken skill or work based training

The results are reported below.

## In the 12 months before you started participating with Reclink, did you:

Base: all respondents, n = 455



## Have a job (either full-time, part-time or casual)



**28%** of the entire cohort reported a **'better outcome'** since participating with Reclink



28% = 127 respondents



Better outcome:

**INCREASED THE NUMBER OF HOURS WORKED**  
(IF HAD A JOB IN THE 12 MONTHS BEFORE RECLINK)

**OR**

**BEEN ABLE TO GET A JOB – EITHER FULL-TIME,  
PART-TIME OR CASUAL** (IF DID NOT HAVE A JOB  
IN THE 12 MONTHS BEFORE RECLINK)

## Undertake skill or work based training



**35%** of the entire cohort reported a **'better outcome'** since participating with Reclink



35% = 155 respondents



Better outcome:

**UNDERTAKEN MORE SKILL OR WORK BASED TRAINING**  
(IF UNDERTAKEN IN THE 12 MONTHS BEFORE RECLINK)

**OR**

**UNDERTAKEN SKILL OR WORK BASED TRAINING**  
(IF DID NOT UNDERTAKE IN THE 12 MONTHS BEFORE RECLINK)

For further information on this project contact:

**Reclink Australia** at [www.reclink.org](http://www.reclink.org)

**Centre for Sport and Social Impact** at [www.latrobe.edu.au/cssi](http://www.latrobe.edu.au/cssi)

