

Evaluation of the Stobswell Equally Well Pilot Testsite

Researchers

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Background

Aims of the study

The purpose of this evaluation is to identify the perceived impact of the Equally Well Test Site (StobsWELLbeing) at a local level, in order to determine how, and where possible the extent to which, the Test Site is facilitating and moving towards its goal of improving mental wellbeing in the community.

Key questions the study addresses are:

- What are the lessons from the development and implementation of the Test Site that might be incorporated into future rollout of similar initiatives across Dundee and elsewhere?
- To what degree does the establishment of the Stobswell Test Site (and related activities) appear to have impacted on service providers' understanding of mental wellbeing and its impact on the community?
- What organisational and service delivery changes have local agencies put in place as a result of the Test Site?
- What are the likely impact of these changes on individual or community mental wellbeing, and what future routine outcomes could be collated to measure longer term impact?
- What is the perceived impact on mental wellbeing of the Social Prescribing and Mental Health Literacy initiatives?

Methods of working

Design:

The StobsWELLbeing initiative is multidimensional in nature, and as such it is neither feasible nor appropriate to use a simple experimental design for this evaluation. Instead, a mixed methods approach to evaluation will be adopted which will utilise both quantitative and qualitative techniques. Where possible, it will include comparison of baseline and intermediate outcomes data, along with assessment of the development and implementation processes used. Essential to this is the active involvement of key stakeholders. Methods for evaluating the key questions

are outlined below. However, the methods used to address individual questions or aspects of the evaluation may be subject to modification in light of emerging data, findings from previous phases, or practical considerations.

Lessons learned - baseline and developing logic models

We will draw on the established results chain and conduct initial interviews to establish a baseline logic model and theory of change that both helps define the intervention for third parties and also provides a mechanism for exploring implementation. We anticipate that as with all complex interventions, the StobsWellbeing initiative will develop overtime and thus the final logic model that describes its established nature will vary from baseline. We will therefore conduct further interviews and examine documentation to identify and document these changes. By comparing changes over time and seeking clarification and evidence for such changes we will be able to draw out and make explicit the lessons learnt to the benefit of other future projects. Based on these data, it may also be possible to provide examples, in the form of case studies, of where the process used by individual or groups of agencies has been considered either particularly successful, or particularly unsuccessful.

Impact on understanding (Phases 1 & 2)

Assessing the local impact of the Test Site along with the activities delivered by the Equally Well (EW) team is likely to require document review, a questionnaire survey, and face-to-face interviews. It will primarily involve:

- Documenting and reviewing information provided to local agencies and service providers
- Documenting and reviewing the activities delivered by the EW team and the processes used for delivery
- Identification of key stakeholders (i.e. the intended recipients of these activities)
- Exploration of the possibility of a questionnaire survey to the intended recipients
- Interviews with a sample of those who participated in activities, and those who did not, in order to determine their understanding of mental wellbeing and changes to this related to the Stobswell Test Site.

Organisational and service delivery changes (Phases 3 & 4)

Identification of how the Test Site has influenced both positive change within individual organisations and changes to service delivery will be assessed using document review and face-to-face or group interviews. This will involve:

- Review of meeting minutes and planning documents;
- Interviews with key stakeholders to determine a) organisational and service changes, including staff capacity building and inter-agency links, b) the reasons behind these changes, c) the perceived impact of the changes on individuals and the wider community, both in the short and longer term, and d) identification of barriers and facilitators to change and uptake of services.

Likely impact of changes on the local community (Phase 5)

It is not possible within the timescale of the Test Site or this evaluation to determine the impact on long-term outcomes for the people of Stobswell. We will however, try to assess the potential impact of any service changes implemented using proxy indicators as a means of extrapolating short-term outcomes. This will involve:

- Discussion with individual local agencies to determine actual indicators currently available.
- Discussion with local agencies and the Core Group to determine the most appropriate proxy indicators.
- Development of a composite set of indicators to project the likely impact of implemented service changes on long-term mental wellbeing in the community.
- Collection of indicator-related data from local agencies.

Q5. Impact of Social Prescribing and Mental Health Literacy initiatives (Phase 5)

These interventions will be used as case studies to determine the impact of specific interventions on the wellbeing of individuals. If possible, we will obtain baseline data for a sample of clients and compare these with data collected following their participation in the initiatives. This is likely to involve:

- Identification of participants
- Collection of baseline data where possible
- Collection of follow-up data for comparison (via survey or records review)
- Possibly interviews with some participants to obtain richer data on the changes that participation has brought about for them.

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For more information about this project contact M Themessl-Huber (m.themessl-huber@cpse.dundee.ac.uk)