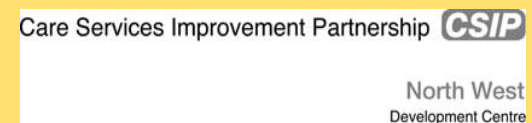




Mental Well-being Impact Assessment

An opportunity to share the toolkit
we have developed...

8th HIA International Conference 17th October 2007





Mental Well-being

“Mental Well-being is about being emotionally healthy, feeling able to cope with normal stresses, and living a fulfilled life. It can be affected by things like worries about money, work, your home, the people around you and the environment you live in. Your wellbeing is also affected by whether or not you feel in control of your life, feeling involved with people and communities, and feelings of anxiety and isolation”.

(Coggins & Cooke, 2004)





Benefits of MWIA

- Increases general awareness and understanding of mental well-being
- Brings a range of stakeholders together to increase awareness and understanding of mental well-being
- Identifies high and low impacts of a 'proposal' for mental well-being and what part of well being it focuses on
- Set of evidence based recommendations, produces an action plan for project, programmes and policies to implement to enhance positive impact
- Develop local indicators of mental well-being





MWIA development so far...

- Lewisham & Lambeth developed first MWIA toolkit – well received and used (150 sessions over 4 years mainly project level) now externally evaluated
- NW NIMHE, University of Liverpool, Liverpool PCT and Capital of Culture saw opportunity to develop the work at policy level
- Review of eight existing impact assessment tools demonstrated that mental well-being not being fully addressed within HIA
- Revised toolkit to take on latest thinking on mental well-being & tested out with public policy
- Comprehensive MWIA on Liverpool Capital of Culture
- NW Pioneers Initiative to build capacity - public policy & settings
- Published toolkit as 'A Living & Working document' March 2007
- National dissemination, supported implementation, training development, ongoing evaluation and monitoring
- On-going work through the partnership
- Well London MWIA funded by Big Lottery for next three years





Shouldn't MH be integrated into existing HIA?

- Criteria for review:
 - Potential to identify mental well-being impact
 - Current best practice in impact assessment tools
 - Applicability to Local Strategic Partnerships and Regeneration programmes
 - Ease of usability/ accessibility/ validity/ comparability
- Eight HIA toolkits from UK and other countries.





Review conclusions

- Evidence that without a specific focus on mental well-being there was limited scope for existing toolkits to identify impact on mental well-being
- further work needed to be undertaken to identify suitable 'screening' questions on community impacts re well-being
- important to build on existing best practice and not to draft a new tool from scratch
- need to bring policy makers along with us and not duplicate effort, at the same time we have a case for developing/building on one toolkit for MWIA



Bringing together 2 paradigms..

- Health Impact Assessment methodology & practice
- Mental health and well-being theory and evidence base of effectiveness
- Steering group with nationally acclaimed expertise in both, + external input
- Significant review of evidence and piloting of toolkit – at least 200 sessions over 4 years






The MWIA Toolkit

The toolkit contains:

- An introduction & overview
- A screening toolkit
- An assessment toolkit that could be used for rapid or comprehensive IA
- Determinants and protective factors for mental well-being
- Guidance on developing indicators for mental well-being
- Appendices to support the MWIA process



Determinants & Protective Factors

- 
- Population characteristics
 - Enhancing sense of control
 - Increasing resilience & community assets
 - Increasing community participation
 - Increasing social inclusion
 - Social determinants (optional extra)

Literature review and piloting to develop
assessment criteria

(Department of Health, 2001, Making It Happen – A guide to delivering mental health promotion)





2a ENHANCING CONTROL

MWIA question: How does the proposed development impact on people's control?

PROTECTIVE FACTORS FOR ENHANCING CONTROL	Likely impact (e.g. positive or negative)	Comments or recom menda tions
<p><i>Individual/lifestyle</i></p> <ul style="list-style-type: none"> • Skills and attributes e.g. sense of control, belief in own capabilities • Knowledge, skills and resources to make healthy choices e.g. understanding what makes us healthy and being able to make choices • Opportunities for self-help e.g. information, advocacy, groups, advice, support • Maintaining independence e.g. support to live at home when severely disabled or frail elderly 		
<p><i>Community/social</i></p> <ul style="list-style-type: none"> • Opportunities to influence decisions e.g. at home, work or in the community • Consultation processes e.g. opportunities for expressing views and being heard • Local democracy e.g. devolved power, voting 		
<p><i>Socio-economic/environmental</i></p> <ul style="list-style-type: none"> • Financial security & control over finances e.g. credit union, debt advice • Employment e.g. job control, job security, appropriate work, levels of employment • Physical environment e.g. housing, noise, density, pollution, re-cycling • Transport options e.g. choice, accessibility, affordability 		
<p><i>Other?</i></p>		





Capital of Culture Mental Well-being Impact Assessment

Aim: To carry out a Mental Wellbeing Impact Assessment of the Liverpool Capital of Culture programme, using the MWIA toolkit.

Objectives: To assess the impact of a wide range of Culture Company strategies, policies and projects upon mental wellbeing, in particular enhancing control, increasing resilience, facilitating participation and promoting social inclusion.

To select, screen and assess a range of programmes reflecting the range of Culture Company objectives.

To engage with the Culture Company, their stakeholders, and members of the community in assessing potential impacts on mental wellbeing, developing indicators of these impacts, and formulating recommendations.





The MWIA Process





Participants

Screened:

08BusinessConnect - Chinese New Year - Commercial Partners – Director’s Cut - Four Corners of the City - G-litter - Grants Programme - HUB Festival - Liverpool Music Week - Made in Liverpool - Mersey Boroughs - Philharmonic War Requiem - Show Racism the Red Card - Vision Statement - 08Volunteers - 08Welcome Customer Service Programme

Workshops:

Chinese New Year - Commercial Partners - Four Corners of the City - G-litter - Grants Programme - Mersey Boroughs - Vision Statement - 08Volunteers





Case Study: Four Corners of the City

Neighbourhoods in the city were partnered with an arts organisation for projects using creative writing, visual arts, photography and audio technology.

Mental well-being protective factor	Likely Impact (e.g. positive or negative)	Comments or Recommendations
Artistic & editorial control	Positive: communities should have control over the project. Negative: arts organisation takes over and imposes their agenda.	Listen to the needs of the community, be flexible, and go in the direction they take it in. Explicit agreement at outset.
Trust others	Positive: trust increased through process. Negative: switching areas may weaken trust/perceived commitment.	More dialogue to facilitate the switch between groups/areas.





Findings



Themes:

- Communication & trust
- Feedback & evaluation
- Legacy & sustainability
- Bringing people together & increasing involvement
- Consultation and decision-making
- Challenging discrimination, inequalities and cultural attitudes
- Income and employment
- Access, advocacy and practical support
- Physical environment & transport
- Emotional wellbeing, self-esteem, self-help & motivation
- Neighbourhood change and safety
- Arts, creativity, cultural opportunities & cultural identity
- Spirituality & connectedness
- Physical health





Next steps...

- Report & Recommendations
- Indicators
- Evaluation & Monitoring





Where to find the toolkit...

www.northwest.csip.org.uk/mwia

