Mental Well-being Impact Assessment (MWIA)

Tony Coggins
Head of Mental Health Promotion (SLaM)

and

Population Mental Health Programme Lead for Maudsley International
“Everything we do is to improve the experience of people using our services and to promote mental health and well-being for all”
“Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

(World health organization)
promoting Positive mental health for the whole population

prevention & promotion for at-risk populations

treatment of illness
To work in Partnership to promote mental well-being

- Influencing for mental well-being
- Building capacity and understanding
- Developing mental well-being services
Why is promoting mental well-being important to health?

Associated with reductions in:

- Mental illness in children and adolescents (Parry-Langdon, 2008)
- Mental illness in adults (Keyes, 2010)
- Reduced suicide (Koivumaa, 2001)
- Physical illness (NHS Information Centre, 2012)
- Health care utilisation and mortality (Keyes, 2010)

"Achieving a small change in the average level of well-being across the population would produce a large decrease in the percentage with mental disorder, and also in the percentage who have sub-clinical disorder (languishing)"
Why is promoting mental well-being important to services outside of health?

- Improved educational outcomes (NICE 2008 and 2009)
- Healthier lifestyle/ reduced risk taking (Deacon, 2009)
- Increased productivity at work, fewer missed days off work (Boorman, 2009)
- Higher income (Lyubmirsky, 2005)
- Social relationships (Pressman, 2005)
- Increase community participation (Huppert, 2008)
- Reduced anti-social behaviour, crime and violence (Coid, 2006)
Mental Health Promotion

Risk factors

Protective and Promoting factors

Individual
Community/organisational
Structural/policy
“MWIA is pioneering methodology for reforming systems to focus on well-being outcomes and determinants”

• Mental Well-being Impact Assessment is rooted in Health Impact Assessment methodology and exists to build healthy public policy

• It focuses on mental well-being and identifies factors that are having, or have the potential to have, a negative or positive impact on mental well-being. Once identified, actions and indicators are developed to maximise the positive and provide ways to measure this impact going forward

• MWIA provides a structured, evidence based analysis of how policies, proposals, programmes and projects might influence mental health and well-being

• With ever increasing policy emphasis on well-being, this tool provides an ideal methodology for supporting system reform to a well-being focus
This Mental Well-being Impact Assessment (MWIA) Toolkit will enable you to assess and improve a policy, programme, service or project to ensure it has maximum equitable impact on people’s mental well-being.

It has been developed by a partnership of specialists and organisations bringing together mental health and well-being and Health Impact Assessment (HIA) knowledge and skills. There has been a development process over seven years beginning in Lewisham and Lambeth and developed further in the north west of England. A National Collaborative steering group (established in July 2008) oversees the development and implementation of MWIA, including capacity building and policy development.

The MWIA Toolkit introduces the user to the policy and evidence base for mental well-being (in England), and provides a framework and resources to undertake a MWIA. It is published in sections that follow the MWIA process. Some sections can be used as a ‘stand alone’ resource such as the Screening Toolkit and the Indicator section.

“This tips” are shared throughout the sections to help the user make best use of the resource.

Mental Well-being Impact Assessment: A completed Toolkit, 2010

An overview of MWIA, including the policy context

A detailed account of the current evidence and debate on the influences mental well-being and the evidence base for MWIA. It is fully referenced and can be used as a “stand alone” resource

A desk top Screening Toolkit. It can be used as a ‘stand alone’ process, undertaken by one or two people to make an initial assessment of the potential impact on mental well-being of the project. It will assist with deciding if further in-depth MWIA would be helpful

How to do a complete MWIA:
- screening – deciding whether to do an MWIA
- scoping – planning your MWIA
- appraisal – gathering and assessing the evidence

- indicators – to measure impact on mental well-being (covered in detail in section 5)
- formulating – recommendations, monitoring and evaluating your MWIA

An overview on policy context and benefits to monitoring the subsequent impact of a proposal on mental well-being following the MWIA process. It contains detailed guidance on identifying and developing indicators to complete the MWIA process

A set of resources to support the MWIA process, links with national Indicators and a master reference list

This is a final working draft. We welcome feedback on the MWIA Toolkit as well as hearing about your experiences of using it. We will be releasing the finished version later this year.
Figure 2.2: A dynamic model of mental well-being for assessing mental well-being impact

The four protective factors are influenced by population characteristics, wider determinants and the core economy. All of which are influenced by levels equality and social justice.
MWIA Protective Factors:

MWIA is based on 3 key protective factors which promote and protect mental well-being

These are:

• Enhancing control
• Increasing resilience and community assets
• Facilitating participation and promoting inclusion

(Adapted from the Department of Health, 2001)
The 6 Stage Process of MWIA:

1. Screening
   - Deciding whether you carry out an MWIA
   - Using the screening toolkit to identify from a range of proposals those that you wish to undertake a more in-depth assessment of

2. Scoping
   - How will you carry out the MWIA?
     - Initial policy appraisal
     - Assessment of impacts
     - How will the assessment be undertaken?
     - Who will be involved?
     - What resources are required?
     - How to ensure the process is open and transparent?

3. Appraisal Process
   - Community profiling
   - Stakeholder MWIA Workshop
   - Research – Literature Review

4. Identifying Impact
   - Identifying positive and negative impacts of the policy/project/strategy

5. Identifying Indicators
   - How can the impact on mental well being and the recommendations made be successfully monitored?

6. The Report & Recommendations
   - Identifying recommendations
   - Writing the report
Collecting, analysing & interpreting information

Triangulation

Local information: profile of local population, socio-economic & other determinants from census, NHS, council, police, local reports etc

Epidemiological data & other published & peer reviewed research evidence

Views & experience of interested parties eg community & vol groups, decision makers, staff, patient groups
Achievements and Developments:

• Highlighted in UK mental health outcomes strategy (HMG 2011)
• 2 National Capacity building programmes in UK, training accredited by the Royal Society of Public Health
• Approximately 250 people have now been trained in the UK
• Over 850 MWIAs have been undertaken in the UK: Regeneration programmes, Timebanks, carers projects, mental health projects, community arts projects, the European Capital of Culture 08 (in Liverpool) and the Well London programme, Adult education, housing…
• Highlight as good practice by the European Mental Health in all Policy (MHiaP) initiative 2015
• Translated into Spanish for use in South America
• Downloaded over 26,000 times
• Integration with Equality, and Health Inequality Impact Assessments
NSW MWIA Capacity Building Programme

- Engagement across sectors
- Identifying demonstration sites
- Training in MWIA screening
- Training in facilitating the full process
Greenway:

“What is the likely impact of the proposed Wellbeing Centre on the wellbeing of the residents of Greenway?”
Greenway Impacts

Potential Positive:
• Access health services
• Community ownership
• Hidden communities
• Someone to talk to

Potential Negative:
• Diminishes sense of community
• Decreases control
• Increase isolation
• Privacy

Actions identified:
• Vision and values developed with residents
• Community involved in recruitment of well-being resource manager
• Ensure translation into Chinese
• Access to services off site
• Run group well-being activities

Shifted thinking and perspectives from service delivery to community ownership and created a sense of being listened too
Acon:

“What’s the impact of the relocation of LGBT older people in NSW from inner city areas to suburban or regional areas on mental well-being?”
ACON Impacts

Potential Positive:
• Financial security
• Sense of control - if it’s a choice not a financial necessity
• Opportunities to meet new people

Potential Negative:
• Increased discrimination
• Lack of control
• Isolation
• Lack of access to specialist services

Actions identified:
• Empower people to research communities before the move
• Provide information on people’s rights
• Agencies to meaningfully involve clients in the process of relocation
• Advocate for programme of support during the transition period
• Put in place a buddy system to help people find their feet
• Develop computer and internet skills to enable people to stay connected

Enabled a shift from a focus just on the move to thinking about support before and after and provided an evidence base to help inform and lobby around this issue.
Department of Education and Communities

“What’s the impact of broad agency coordination for young people experiencing emotional, social and/or environmental complexities on mental well-being?”
DEC Impacts

Potential Positive:
• Access to a range of key services
• Control
• Keeping families together

Potential Negative:
• Sense of being overwhelmed
• Levels of trust
• Social networks and peer support

Actions identified:
• Focus on empowering young person/family
• One trusted person/single point of contact
• Transparency and communication between agencies
• Shared protocols
• Focus on creating and measuring trust between agencies

“It helps us think differently about our work”
MWIA theory of change

**Input**
Resources, methodologies, and processes to develop and deliver desired outputs

- 1 Screening training
- 1 MWIA facilitators programme
- 3 screenings
- 3 MWIA’s
- 54 people attended MWIA workshops

**Output**
Actions/product/services that support the achievement of the desired outcomes

- 3 Screening reports
- 3 MWIA Reports and action plans
- 21 MWIA facilitators
- 20 MWIA screeners

**Outcome**
The measurable change that leads to long-term impact

- Increased understanding of MWB
- Influenced Greenway WBC provision
- Influencing housing
- DEC MWIA rollout

**Impact**
The long-term difference that is made

- Increased levels of well-being
- Other e.g. educational attainment
Thank you for listening