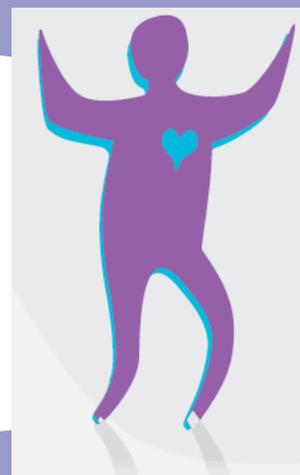


Mental Well-Being Impact Assessment (MWIA) Newsletter Spring 2013



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Accreditation of MWIA Training by the Royal Society of Public Health (RSPH)



RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

SLaM (South London and Maudsley NHS Foundation Trust) and Inukshuk Consultancy are delighted to announce that the MWIA training programme is accredited by the Royal Society for Public Health (RSPH). This is an exciting development for MWIA to have their support and acknowledgement of the quality and relevance of the MWIA training to the current mental well-being agenda. We trust that it will also give a higher profile to MWIA and to improving the quality of practice across a wide range of organisations in supporting the promotion of mental well-being.

The Accreditation process was supported by funding from the SLaM Charitable Trust. This enabled us to work closely with the RSPH to

significantly update, revise and brand our training materials and learning processes to ensure learning outcomes are met. We trialled the

programme with two sets of trainees in London and Birmingham and made revisions based on their valuable feedback.

We also built on eight years of past MWIA training experience and are grateful to those who participated and helped shape the successful programme we have today.

As before the training is delivered in three modular taught days, plus learners undertaking aspects of an MWIA on a proposal as part of a team. Applicants are asked to identify a programme or service that the teams work on as a 'real-time' MWIA – thus an outcome for them is a

completed MWIA. The teams are supported by mentoring from one of the Tutors. Learners are invited to complete a Personal Learning Log to

“Very well delivered and facilitated course. Trainers' approach was very warm, human and inclusive. Thank you.”

“I've enjoyed the course. One of the major things I have come away with is confidence.”

“At a time when evidence practice is held as crucial for service delivery, commissioning and continuing funding, MWIA could be used as a tool both for evaluation and service design. Thank you for the opportunity you gave us.”

*This newsletter is
brought to you by:*

South London and Maudsley 
NHS Foundation Trust

Inukshuk 
supporting partnerships achieve their goals

Accreditation of MWIA Training by the Royal Society of Public Health (RSPH) *cont*



help them record their progress and identify further skills or knowledge needs. A Certificate of Attendance is presented.

Further assessment of post course practice is also now available and will take place through a personal development plan and under-taking a second MWIA and submitting a high quality MWIA report. A Certificate of Competency to Practice will then be presented.

Further MWIA training courses are

being planned in London (20 Sept, 8 & 29 Oct) and Leeds (19 Nov '13, 4 & 22 Jan '14).

If anyone is interested in applying, is interested in undertaking Post Course Practice development or wishes to commission training for a group of staff please contact Caro Swan (carolyn.swan@slam.nhs.uk).

Anthea Cooke
Inukshuk Consultancy
anthea.cooke@
inukshukconsultancy.com

SLaM has a supply of MWIA workshop materials (grids, stickers etc) available to buy @ £100 plus p&p

Contact:
michael.morgan
@slam.nhs.uk

Public Health England's Mental Health Work Programme 2013



Public Health England (PHE) held an event on 6 March to present their early thoughts on mental health in the new Public Health System. Prof Kevin Fenton, the Director of Health and Well-being, will oversee the health improvement work. Priority areas for work are:

- Well-being and mental health
- Diet, obesity and physical exercise
- Tobacco control and smoking cessation
- Alcohol moderation and drug recovery
- HIV and sexual health

A life course

perspective will be taken and the aims are to accelerate outcomes, engage with residents and communities, support the workforce, translate the research and form multi-sectoral partnerships with other Government departments. Gregor Henderson is the Interim lead for Public Mental Health at PHE and he was enthusiastic about the fact that for some time we have had a good policy environment which gives permission for all to achieve the vision of

'no health without mental health'. He acknowledged there was low mainstream awareness and the message needed sharpening, the evidence base needs improving, there are poor linkages between mental and physical health and leadership on this agenda needs to be more high profile. Local authorities, however, have a real potential to 'get' mental well-being, good practice does exist and more organisations, individuals and professions are becoming interested.

Don't forget a wide range of MWIA resources, evidence reviews and MWIA reports are available on the HIA Gateway www.hiagateway.org.uk

PHE has an offer for mental health which consists of:

- Shaping the narrative on mental well-being
- Building capacity/ developing the workforce
- Improving knowledge and intelligence
- Achieving sustainability by establishing a local government network
- Leadership programme
- Evidence and research programme (five evidence reviews due out end June)

This will have a five year plan for staff working in a public mental health function within Prof Fenton's directorate. There will also be a National Mental Health Intelligence Network led by colleagues from NEPHO which will aim to improve local data collection. A work plan will be published at the end of June. In the meantime, if you have any comments on this or what support you would like from PHE, please contact me as I will be carrying out some work for PHE over the next few months.

There were further offers from a range of organisations. The **UK Faculty of Public**

Health have a committee looking at mental well-being and a special interest group which all are invited to join. They will be developing a web based resource. The **Royal College of Psychiatrists** want to make the connection between mental well-being, social science and neuro-science. They are setting up a public mental health network and starting a health champion in the council scheme. They are also encouraging psychiatrists to visit libraries and explain their role to local people. The **Royal Society for Public Health** will provide training and help larger employers deliver on healthy workplace plans. The Mental Health Foundation have a workstream on schools and public health. They will be issuing guidance to Health and Well-being Boards.

Time to Change have had a study published via the Institute of Psychiatry which shows an 11.5% drop in levels of discrimination about mental illness <http://bit.ly/12dzu9R>.

The **Future Vision Coalition** will be working to translate research into policy and practice. Mind and MHF are working on resilience and promoting well-being in communities and the Centre for Mental Health has cost effective parenting programmes for children with problems or at high risk of mental illness. The **Joint Commissioning Panel for Mental Health** have developed a network of GPs in CCGs to have conversations with commissioners. The Big Lottery are bidding internally to create a grants programme of over £50m to spend on a programme to improve the resilience of young people in England. The DoH will be developing a mental health dashboard which brings together outcome measures including the PH Outcomes Framework.

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Adult learning and using MWIA in evaluative research



The basis of MWIA in the Capabilities Approach (CA) (a human-rights based theory concerned with inequalities in the opportunities or choices available to people (Sen, 1999, 2010)) - makes it extremely relevant to evaluation of adult community learning (ACL). The CA's notion of 'agency freedom', the capability to act purposefully to advance one's chosen goals and values as an element of a person's effective power (Sen, 2010) is particularly relevant to ACL.

In a recent article (Lewis, 2012a), I discuss use of the CA in evaluative research on the impact of ACL on mental health, and outline key findings from a study I conducted in partnership with the Workers' Education Association (WEA) (Lewis, 2012b). MWIA provides a practical tool for applying the CA in this context. I have recently been involved in employing the methodology to

help evaluate a WEA women's health course targeting the south Asian community in a Midlands locality.

The stakeholder workshop, conducted through translation, highlighted the importance of the provision for helping to build social capital for the women, and the significance of this for expanding their agency freedom as members of the groups began to volunteer for leadership roles. The adult learning was also enhancing capabilities for the women through helping to generate a sense of belonging and having a valued role. For example, one participant commented, "it's more important than you could imagine – feeling part of this". Practical issues in relation to accessibility and support for interpreting were also highlighted.

I am now aiming to use MWIA in combination with other research methods in a further project with the WEA

exploring arts and humanities learning and 'mutual recovery' in the context of mental health (see <http://bit.ly/15DLTEY>)

Dr Lydia Lewis
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Applied Research in
Education, University
of Wolverhampton

References

Lewis L (2012a), *The Capabilities Approach, Adult and Community Learning and Mental Health, Community Development Journal Mental Health Special Issue, 47 (4): 522-37.*

Lewis L (2012b), "You become a person again": *Mental Health and Community Learning. Research Briefing, the Workers' Educational Association. Available: <http://bit.ly/13sOTBY>*

Sen A (1999) *Development as Freedom*, Oxford University Press, Oxford.

Sen A (2010) *The Idea of Justice*, Penguin Books, London.

Using MWIA with blind and partially-sighted participants



Sir John Soane's Museum is developing a community engagement programme, involving relevant community members at each stage of development. We used the MWIA to assess the impact of our new programme for blind and partially-sighted people. This currently involves an outreach visit to the group's usual meeting place to introduce the Museum through storytelling, object handling, audio description and interactive construction exercises, followed by a visit to the Museum for an audio described touch tour.

This was a challenging choice for a pilot MWIA workshop as we needed to modify the usual workshop format to meet the needs of blind and partially-sighted

participants. Thankfully, I was supported by Sue Hazleton from NHS Luton and Chimeme Egbutah from Luton Borough Council (fellow MWIA trainees) as well as Anthea Cooke, our MWIA mentor.

Instead of inviting participants to a workshop at the Museum, we visited two groups at their usual meeting places. We used object handling to prompt participants' own definitions of well-being instead of relying on written definitions. We also audio described the protective factors chart and made it tactile. We used spoken repetition to overcome the lack of visual reminders of the protective factors. These modifications meant that each elem-

ent took longer than usual and was hard work for the participants so we decided to shorten the workshops and focus on one protective factor per workshop.

The participants suggested practical next steps eg smaller group sizes and greater choice. They valued the time taken to explore their suggestions, commenting in MWIA terminology, "We are a small group but you have made us feel of high importance!" I recommend taking on a challenging MWIA during training to utilise the resources, reflection time and the support of trainers and fellow trainees to full advantage.

Julia Cort
Community Ed Officer,
Sir John Soane's
Museum

MWIA News

At the beginning of April, Nerys Edmonds, MWIA Service Manager, left the Mental Health Promotion Team for pastures new at Greenwich PCT. We wish her every success in her new venture. Her contribution to our service has been unprecedented and her legacy will remain for years to come.

MWIA On Line Community of Practice has moved to the new Local Government Association Knowledge Hub. You can access with your existing log in details or sign up at: <http://bit.ly/uLgLnH>

Please direct any queries re: MWIA to: Tony Coggins, Head of Mental Health Promotion
tony.coggins@slam.nhs.uk

