

Using the Theory of Change for implementation and evaluation in the field of mental health

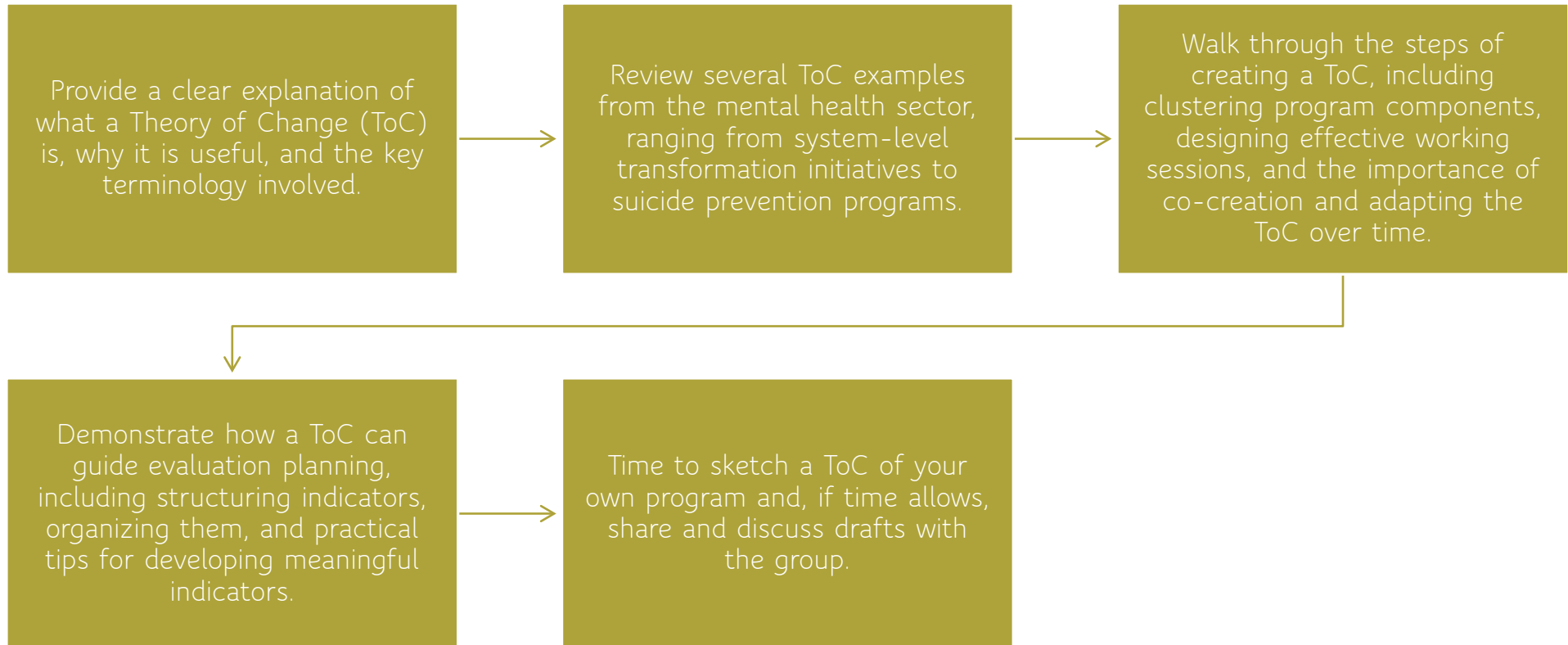
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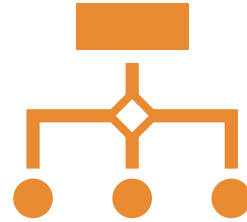
NOVEMBER 26

EU PROMENS

What are we going to do today



What is a Theory of Change (ToC)?



A diagram or written description of the strategies, actions, conditions and resources that facilitate change and achieve outcome.



A tool for both implementation and/or evaluation.



It aims to show why an action will lead to a desired outcome via a chain of results and while at the same time mapping risks and assumptions.



Can be applied to interventions, policies, programmes and

Why use a ToC?



Provides a universally recognised and respected format for data collection, monitoring and evaluation



Increases credibility as results were predicted to occur in a certain way



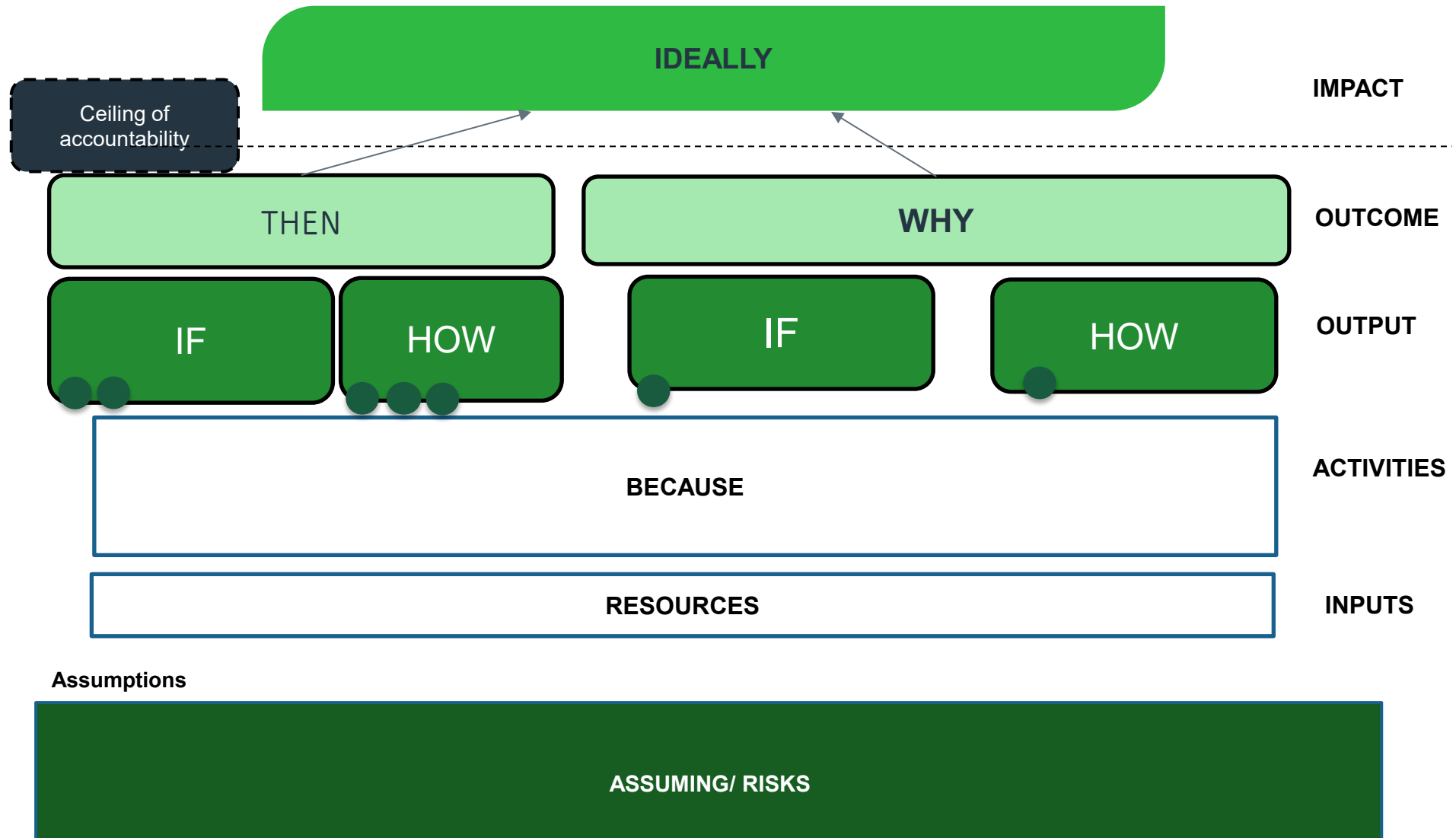
Results in an engaging narrative and visualisation of your implementation success

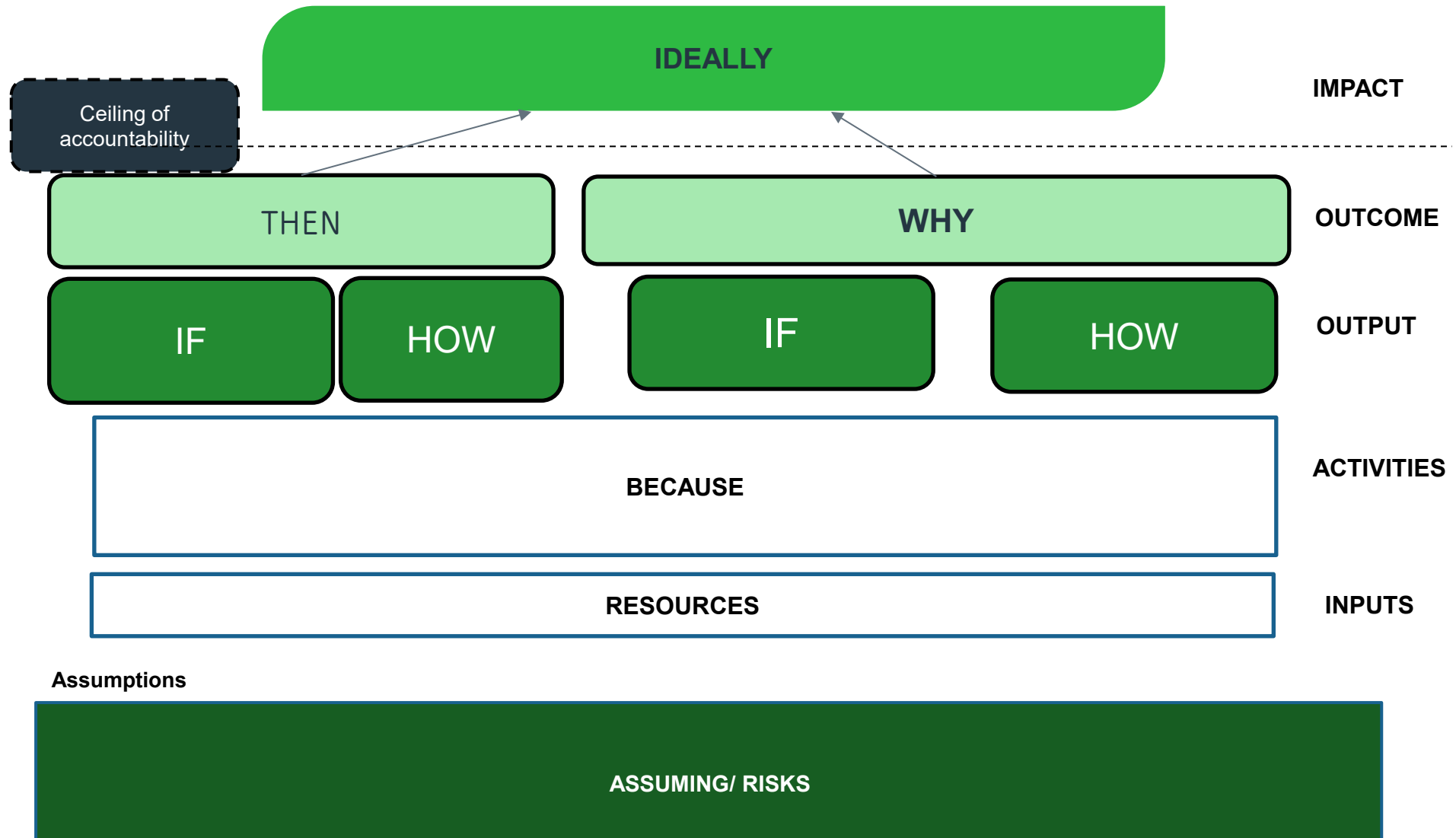


Appealing to policy makers and other stakeholders



Creative and interactive way to consider the realities of implementation





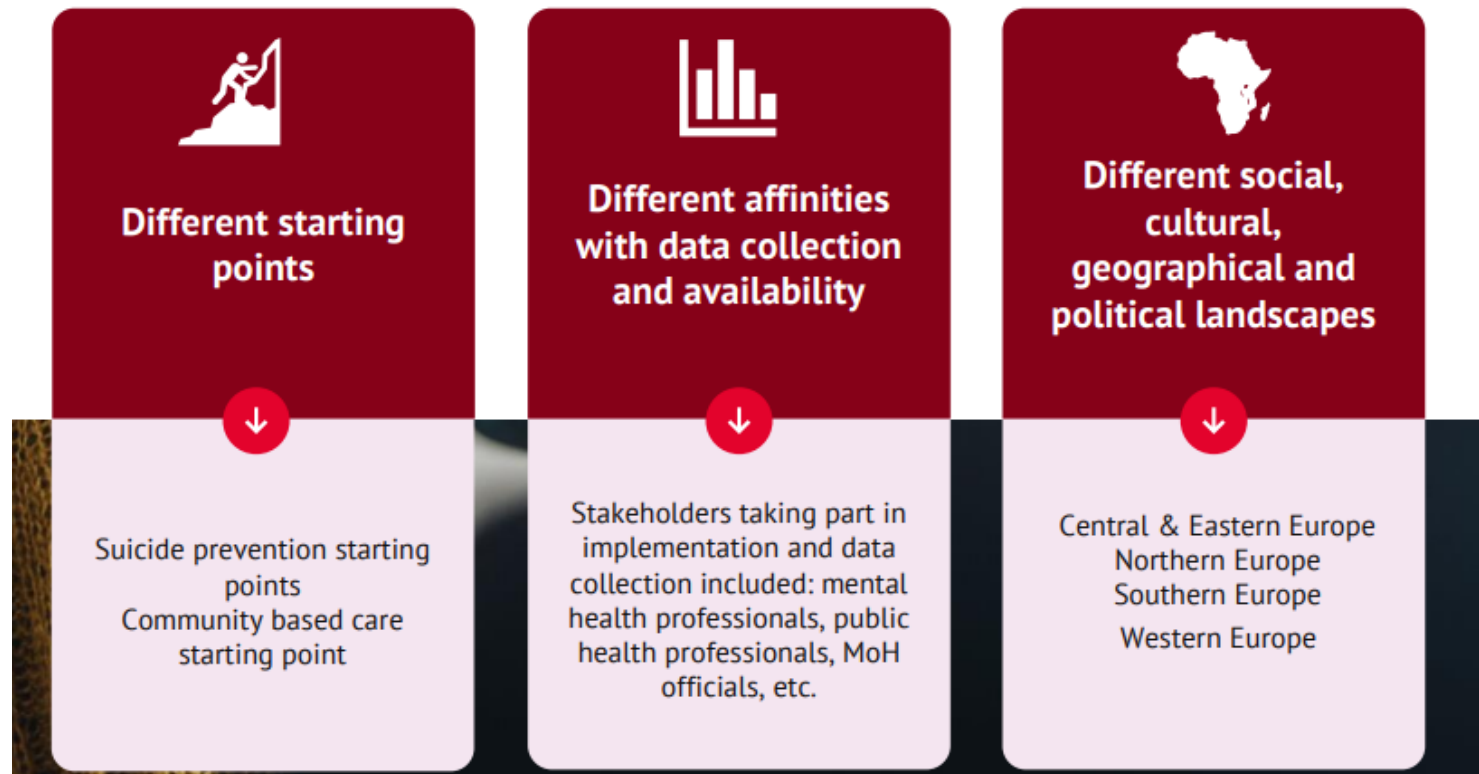
- European Union initiative co-funded by the European Union's Health Programme
- Involved 39 organisations from 21 countries from 2021 until October 2024
- TrimboS tasked with pilot and project evaluation
- Aimed at enhancing mental health across member states via implementing best practices



Joint Action ImpleMENTAL

CASE STUDY

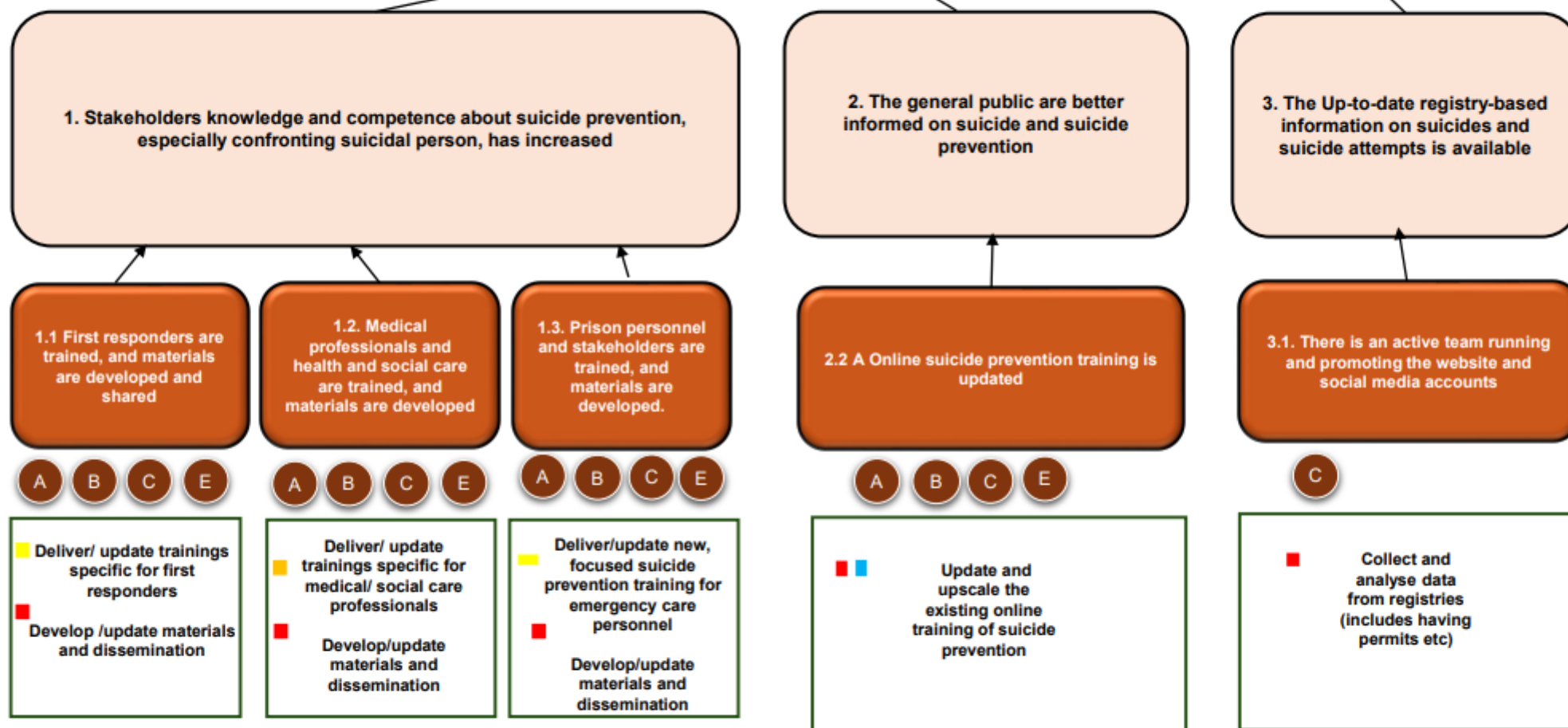
Our task: evaluate the pilots across 14 sites for SUPRA and 11 sites for Belgian mental health reform





A significant reduction in suicide rate (and overall mental health improved), awareness has increased and stigma decreased.

Ceiling of accountability



Assumptions

A. Stakeholders are engaged and motivated

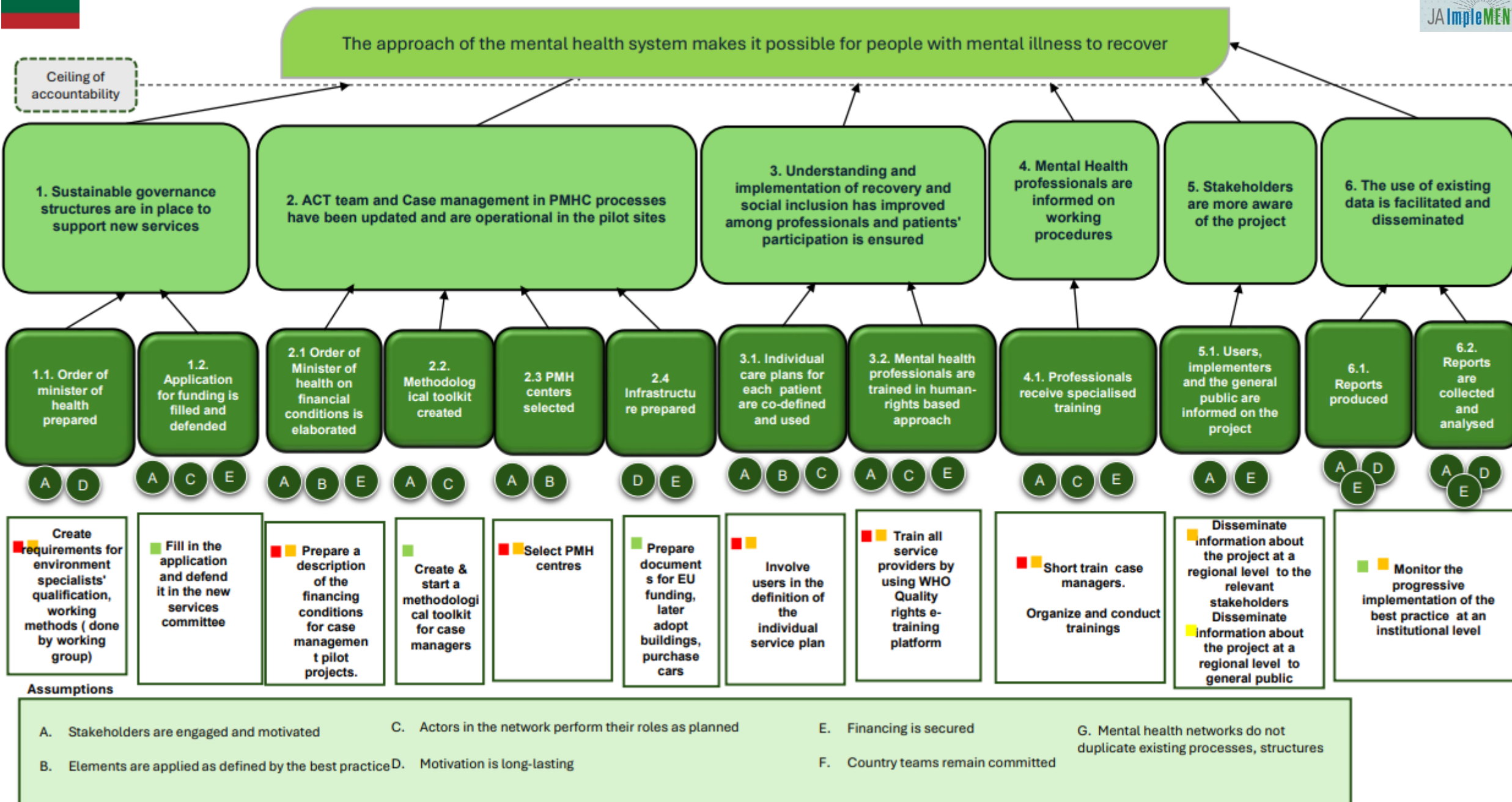
C. Information and data on suicide is readily accessible/available

E. Financing is secured

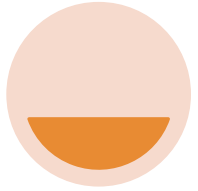
B. Importance of suicide is acknowledged

D. Hotspots secured

E. Country teams remain committed

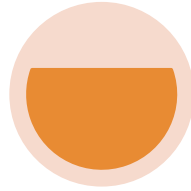


Process of ToC development



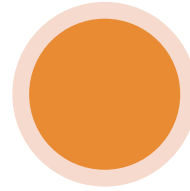
Preparation

Mapping and reaching out to stakeholders, breaking down the program (clustering) and practical facilitation



Development and upkeep

Workshop(s) to map pathways
Review and revise the model with stakeholders



Use for evaluation

Build logic framework, choose methods and create indicators



Clustering



- Breaking down the intervention, program or policy is key in making sure the ToC is able to be made
- Clustering allows work session attendees to think about the different aspects of the project and not be distracted by other activities going on

Clustering: mental health reform



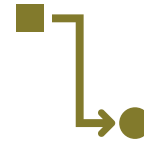
Building, maintaining and sustaining inter-sectoral collaboration/ network



Governance structures for mental health



Capacity building



Services development and/ or transformation



Data collection, monitoring and evaluation



Recovery and social inclusion



Community participation and engagement

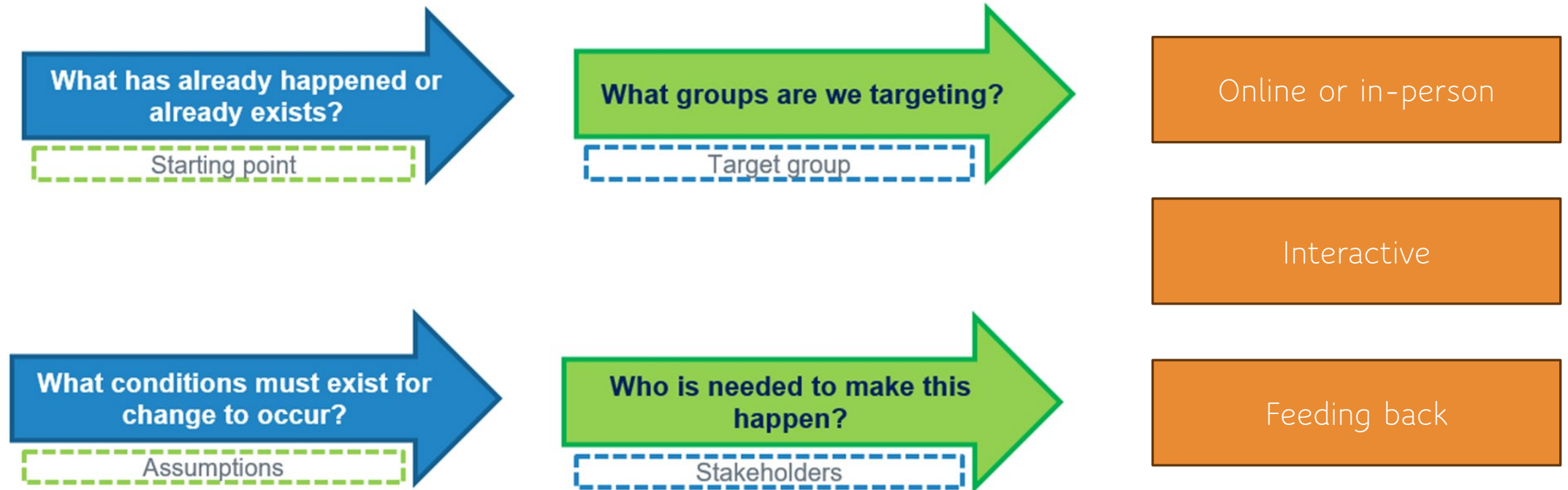
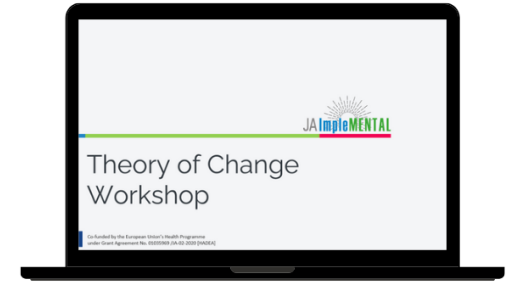
The ToC should be co-created!

- Ensures there is ownership over the intervention at hand and also the evaluation process
- Validates the method as those involved know the most about the context and the approach
- Upskills and provides a tool for story telling for scale up



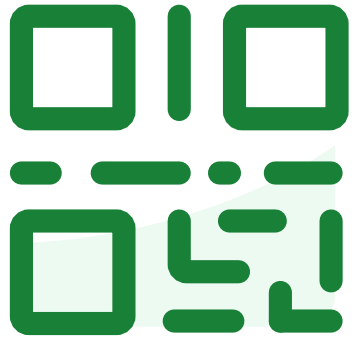


Workshop time





Who should be invited to develop a ToC?



Join at slido.com
#3012329



What is the overall impact of
PROMENS?



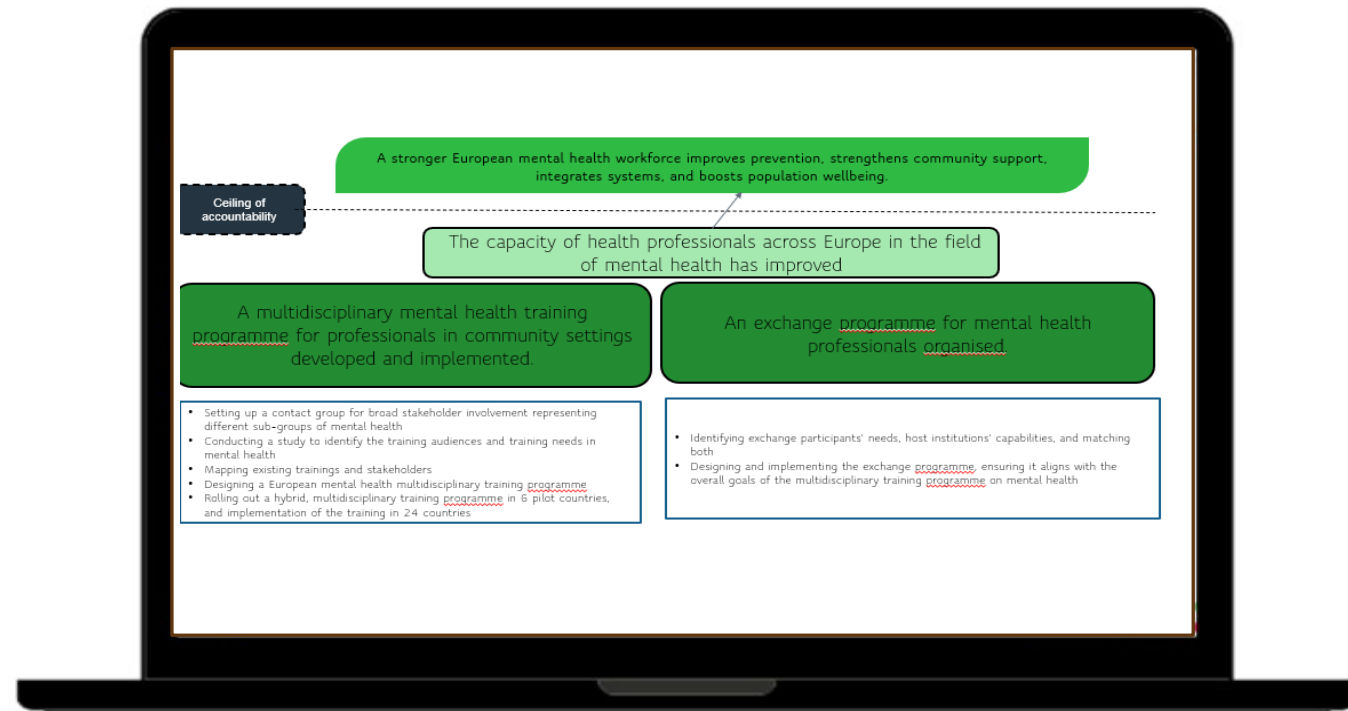
What do you hope to achieve as part of PROMENS?



How do we want to achieve this?



BUT BETTER

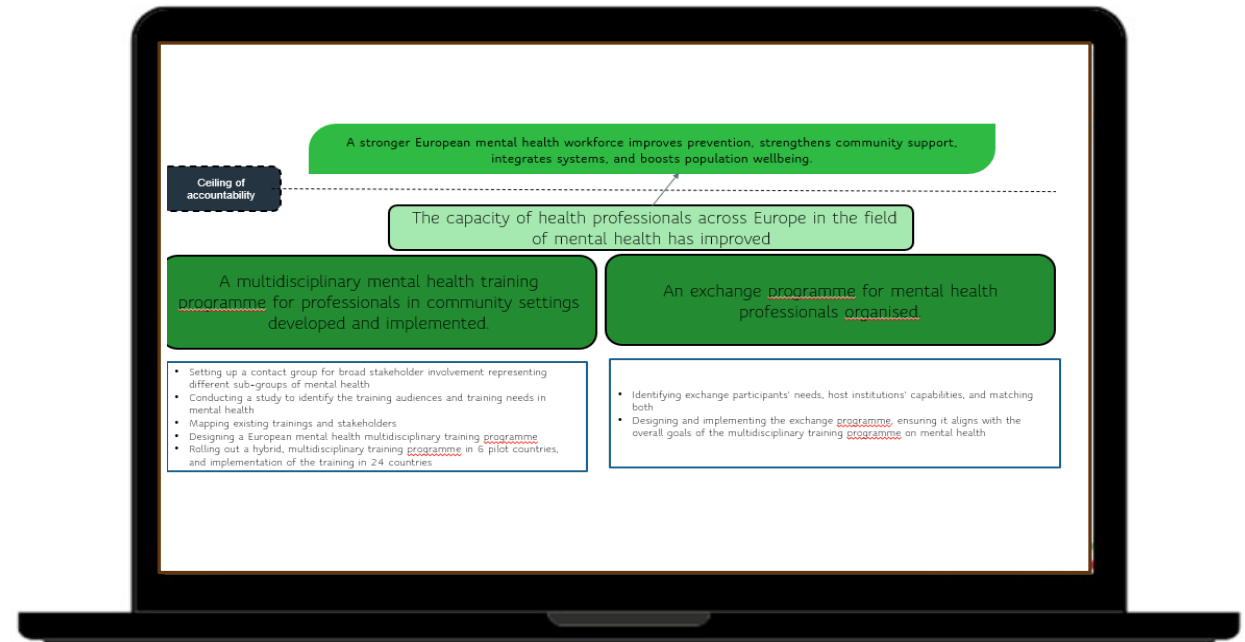




You have a model, now
what?!

Using the ToC as an implementation framework

- Continue to consistently review the ToC with the stakeholders
- Update the ToC along the implementation journey; documenting along the way
- Use the ToC to tell the story of proposed implementation





Risk analysis

Main identified risks related to the intervention	Probability of incidence	Impact	Planned measures (for mitigation or others)
Explicitly explain the risk	High /Medium /Low	What will happen if the risk is realised. E.g. increased level of anxiety or inability to meet needs.	



ToC narrative

It describes **how and why a program is expected to create change**, walking the reader through the logic behind the program's activities, outputs, outcomes, and long-term impact.

"Ultimately, EU-PROMENS lays the foundations for a Europe where mental health is supported not only in clinics, but everywhere people live, learn, work, and recover. It strengthens the workforce, dissolves silos, and equips communities to promote wellbeing in a proactive, sustainable way by organising training and exchanges for professionals.

By the end of the project, Europe will have a more resilient, better-prepared, genuinely interconnected mental health ecosystem capable of delivering real, long-lasting change for millions of people."

What about using the ToC
for evaluation?



C	D	E	F	G	H	I
Key indicators		Means of assessment	Data source	Anticipated collection period	Feasibility of data collection	Name of responsible person for collecting data for the logframe
Develop an indicator and provide a baseline and target for that specific indicator - each output should have no more than 2 indicators		Technique of data collection. Drop down definitions explained in video.	Where the data is coming from: a data base, people, include here who will conduct the interview or survey or where does the existing data live, on what organisations website etc.) put the organisation/ persons name	All data must be provided to WP3 by MAY 31 2024 . Here please note when you plan to collect the data	Select the level of feasibility of collecting the data (this is to flag potential issues with data collection e.g upskilling, gaining access, a new system etc.) Drop down definitions explained in video.	Who from your team will fill in the logframe and retrieve the information. Put the persons name and function
ce structures are in place to support new services						
1.1.1						
Baseline:						



Using the ToC as an evaluation framework

1	Term	Definition	Indicator example	
2				
3	1 Operational			
4	1	Operational/ implemented/ Piloted/ occurs/ Takes place/ happens/ is going on/ initiated When something (process/framework/working group etc.) is up and running and being used for its intended purpose - different to developed as developed does not assume it is being used for its intended purpose yet.	# of actions implemented	% MHN core teams with ful
5				% of active tasks out of plan
6			% of active tasks out of planned tasks completed	% of the patients enrolled in
7				and signed by them
8			% of X using Y	% of the patients enrolled in
9	2	Adopted This output assumes that something is working and being used independently by its expected audience as part of their way of working - different to operational, as the focus is on the use by the independent use by stakeholders	Approval of X by Y	
10			Use of X by Y	
11			# of X with a X in place	
12	3	Structured at For something to be structured at, it must be operational, adopted and also intergrated into the structure as proven by legislation or other means.	Stakeholders have signed off on X	Proof of communication wit
13			Legislation exists	# of agreements that have

<

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Preliminary Info. UPDATE BBP BBP Output glossary ToC flowchart Contact details +

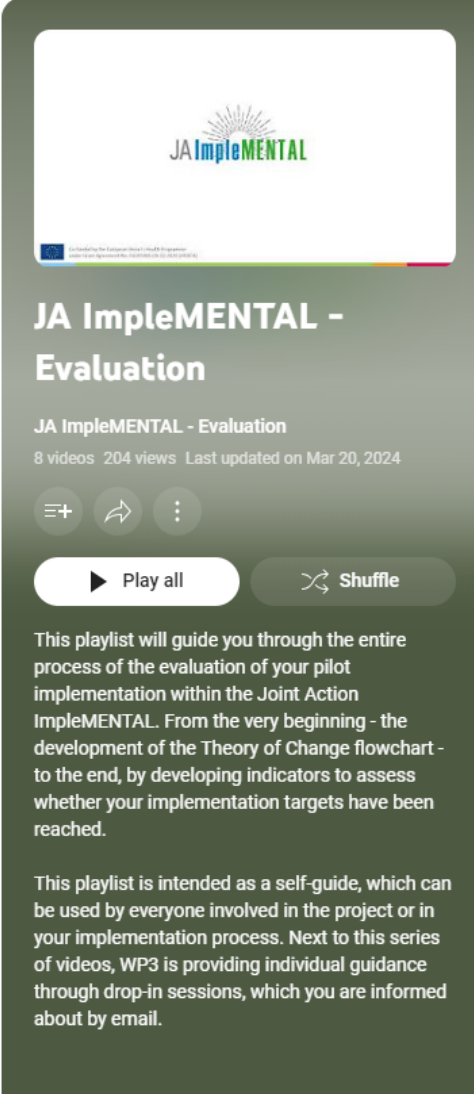
Gereed

Toegankelijkheid: onderzoeken

Weergave-instellingen

Final thoughts and recap

- Developing a ToC is a **collaborative** and **ongoing** process – it takes time
- The ToC should be developed using the words of those involved – this is good for **ownership** and **understanding**
- Don't be afraid to be **creative** and **interactive** when developing a ToC
- **Make life easier** with clustering and using an indicator glossary
- Using the ToC as both the implementation and evaluation framework **can save time** – if not, be aware of overlap with other frameworks being used



The image shows a YouTube video player interface for a playlist titled "JA ImpleMENTAL - Evaluation". The video player is currently showing a video with the JA ImpleMENTAL logo. Below the video player, the playlist title "JA ImpleMENTAL - Evaluation" is displayed, along with the number of videos (8), total views (204), and the last update date (Mar 20, 2024). There are buttons for "Play all" and "Shuffle". A description of the playlist is provided: "This playlist will guide you through the entire process of the evaluation of your pilot implementation within the Joint Action ImpleMENTAL. From the very beginning - the development of the Theory of Change flowchart - to the end, by developing indicators to assess whether your implementation targets have been reached." Another description follows: "This playlist is intended as a self-guide, which can be used by everyone involved in the project or in your implementation process. Next to this series of videos, WP3 is providing individual guidance through drop-in sessions, which you are informed about by email."

- 1  **Video 1 - Introduction**
JA ImpleMENTAL - Evaluation • 68 views • 3 months ago
6:13
- 2  **Video 2 - The story so far**
JA ImpleMENTAL - Evaluation • 50 views • 3 months ago
3:50
- 3  **Video 3.1 - ToC definitions for the BBP**
JA ImpleMENTAL - Evaluation • 45 views • 3 months ago
5:05
- 4  **Video 3.2 - ToC definitions for SUPRA**
JA ImpleMENTAL - Evaluation • 28 views • 3 months ago
5:09
- 5  **Video 4.1 - Indicators for BBP Part 1**
JA ImpleMENTAL - Evaluation • 44 views • 3 months ago
8:02
- 6  **Video 4.2 - Indicators for BBP part 2**
JA ImpleMENTAL - Evaluation • 31 views • 3 months ago
11:22
- 7  **Video 5.1 - Indicators for SUPRA part 1**
JA ImpleMENTAL - Evaluation • 39 views • 3 months ago
7:22
- 8  **Video 5.2 - Indicators for SUPRA part 2**
JA ImpleMENTAL - Evaluation • 16 views • 3 months ago

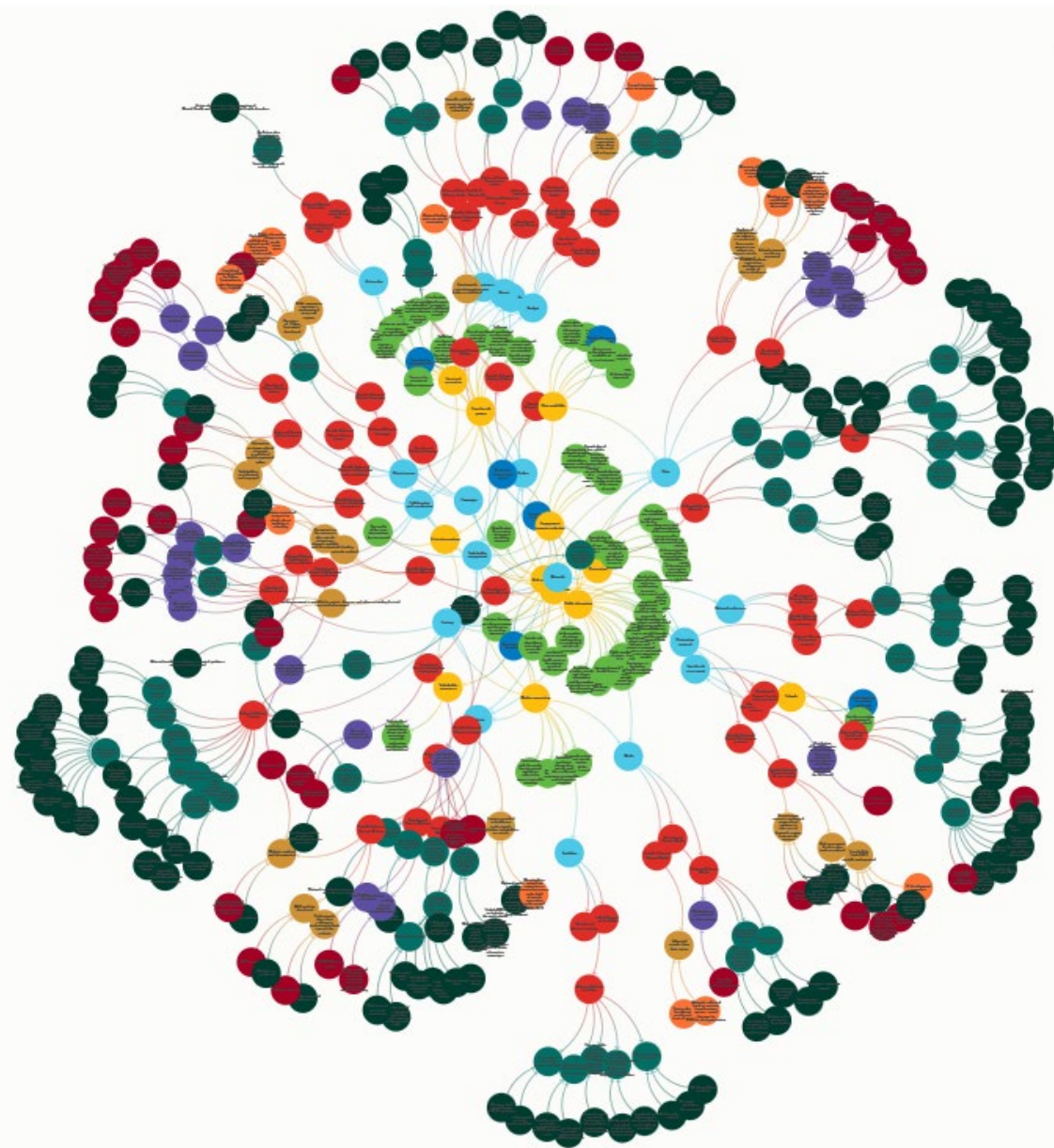
[JA ImpleMENTAL - Evaluation - YouTube](#) <- click on link to video

Kumu

Accumulation of pathways!

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- Output partially achieved
- Output not achieved
- Output achieved
- Indicator partially achieved
- Indicator not achieved
- Indicator achieved
- SUPRA pillar
- Outcome group
- Output group
- Output achievement
- Outcome



Over to you

- Using the worksheet in front of you, fill it in according to a program, intervention or policy
- If you cant think of one right now, do it for PROMENS

Using the Theory of Change for implementation and evaluation in the field of mental health

Current Context

(Brief description of current situation, problem at hand or environment)

Program, intervention or policy name:

Purpose of ToC:

- ☐ Implementation
- ☐ Evaluation
- ☐ Both

1. ToC Workshop Participants

Who should attend? (staff, people with lived experience, partners, funders)

2. Program Clusters: are there ready-made themes or will the program need to be clustered?

3. Impact Statement – The long-term change (or dream) you want to see:

4. Outcomes → Outputs → Activities

Outcome 1:

Outputs (up to 3)

Output Description

1

2

3

Activities

Outcome 2:

Outputs (up to 3)

Output Description

1

2

3

Activities

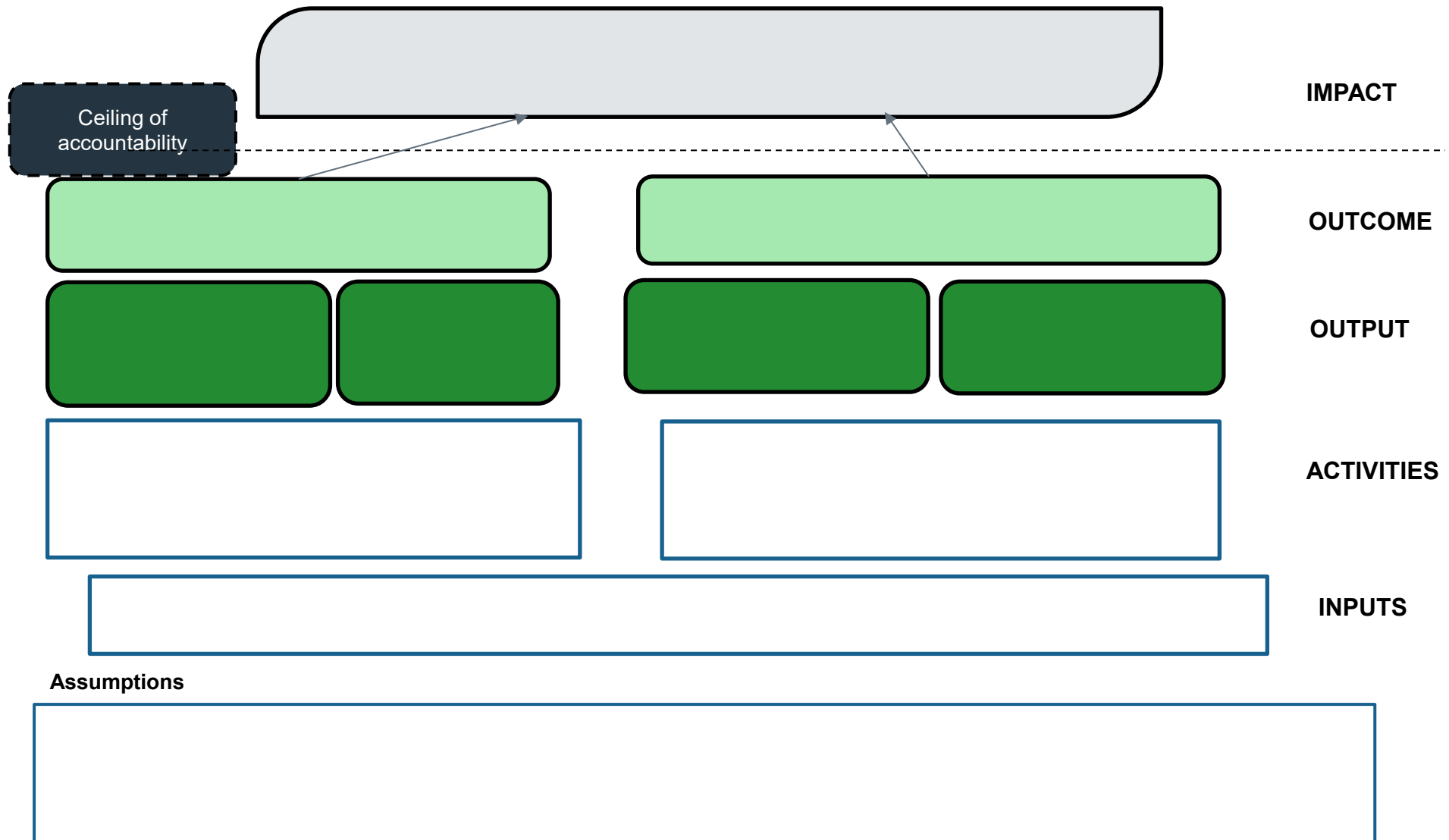
5. Inputs

Type	Resources required
Staff	
Funding	
Materials	



Worksheet

On the following pages you will find the worksheet from the workshop.



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Outcome 2:

Outputs (up to 3)

Output Description

1

2

3

Activities

5. Inputs

Type	Resources required
Staff	
Funding	
Materials	

Training	
Partnerships	

6. Assumptions: what needs to be true for the program to succeed?

7. Risks: potential threats or barriers

The risk	How it can be mitigated

8. Model

