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# Mental Well-being Impact Assessment

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# What is Mental Well-being Impact Assessment (MWIA)?

A pioneering methodology that  
enables a wide range of organisations  
and programmes to understand and  
demonstrate their impact on  
mental well-being



# MWIA Toolkit

- The MWIA toolkit provides a structured, **evidence based analysis** of how policies, proposals, programmes and projects might influence mental health and well-being
- It focuses on positive **mental well-being**
- MWIA is rooted in **Health Impact Assessment methodology** and exists to build **healthy public policy**
- With ever increasing **policy emphasis on well-being**, this MWIA toolkit provides an ideal methodology for supporting systems, organisations and programmes to improve and evidence their impact on well-being



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## The MWIA toolkit was developed by a partnership of:



Liverpool Primary Care Trust  
Lambeth Primary Care Trust  
South London and Maudsley NHS Trust  
Health First Specialists in Health Promotion  
for Lambeth, Southwark and Lewisham

Care Services Improvement Partnership **CSIP**

North West  
Development Centre



GOVERNMENT OFFICE  
FOR THE NORTH WEST



South London and Maudsley **NHS**  
NHS Foundation Trust





# The Benefits of MWIA

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- Engaging a range of stakeholders, including service users/beneficiaries, to increase awareness and understanding of mental well-being
- Identifying potential positive and negative impacts of a ‘project’ or ‘proposal’ on mental well-being
- Creating set of evidence based recommendations and an action plan for a project to enhance positive impact and minimise negative impacts
- Developing specific indicators (measures) of mental well-being for projects



# MWIA is based on four key evidence based factors which promote and protect mental well-being

- Enhancing control
- Increasing resilience and community assets
- Facilitating participation
- Promoting inclusion.

(Department of Health, 2001)



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# Flow chart of the main steps of Mental Well-being Impact Assessment



## **Screening – Deciding - Should 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

## **Scoping – How you will carry out the MWIA**

Including initial policy appraisal, community profile, options for geographical boundaries & assessment of impacts.

## **Appraisal process – gathering & assessing the evidence**

- Community profiling
- Stakeholder and key informant – **MWIA workshop**
- Research such as Literature Review

Identification of potential positive or negative impacts

**Identification of recommendations and writing of report**

## **Identification of indicators**

for monitoring impacts of proposal on mental well-being and implementation of recommendations

Resilience and Community Assets

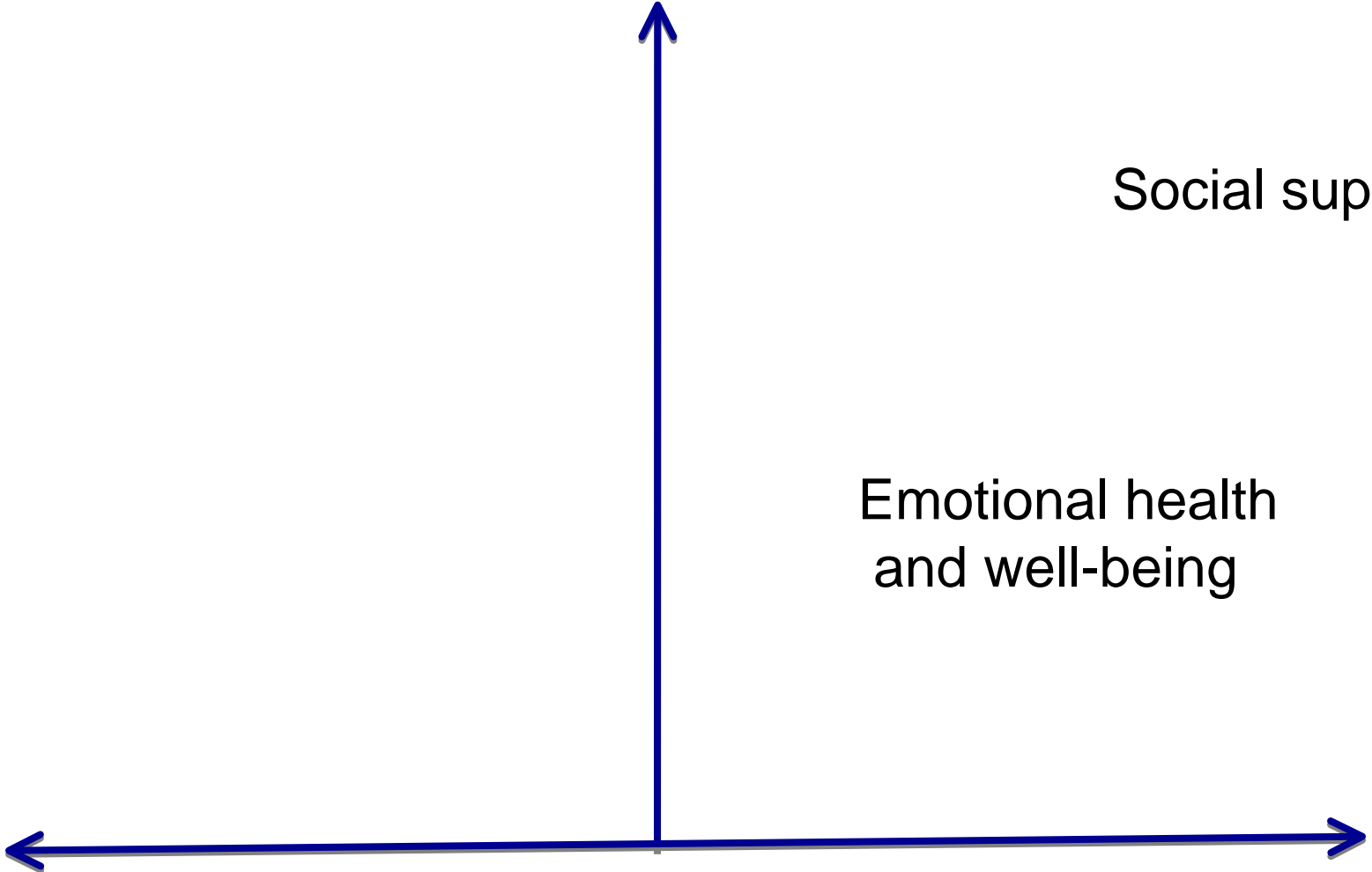
Importance

Social support

Emotional health  
and well-being

Negative  
Impact

Positive  
Impact





# MWIA in Well London

- To use MWIA to ensure that Well London projects **promote mental well-being** not only through what is delivered but also through how it is delivered.
- To **integrate mental well-being** into all strands of the Well London programme
- Deliver a set of **well-being indicators** set by local stakeholders for a Well London project in each SOA
- Engage communities and **increase understanding around mental well-being**
- To **build capacity** to implement future mental well-being impact assessments across the 20 Well London boroughs
- To develop a MWIA **learning network** across London



# How?

- Trained teams of up to 5 people from each Borough – 94 people trained in total
- Mentoring and support to carry out 2 MWIAs locally
- MWIA on at least one Well London project
- Eat Well, Buy Well, Healthy Spaces so far
- Developing a learning network



# The bigger picture

- Over 200 people have now been trained in the North West, Midlands and London to carry out MWIAs
- Well over 400 MWIAs have been carried out on a wide range of programmes including Local Area Agreements, Carers Projects, mental health projects, community arts, the European Capital of Culture 08 in Liverpool, Well London, and now in schools.
- A National MWIA Collaborative has now been formed to integrate MWIA in public health policy and practice at a national level
- MWIA will be part of the new Public Mental Health Framework to be published by the Department of Health in autumn 2009
- An updated version of the toolkit will be published in 2009 with support from the Department of Health and work is currently taking place on a version for use with young people and in schools



## Support for putting MWIA into action

- The MWIA toolkit can be **downloaded for free**
- **Action Learning programme** – a three day programme where you learn the theory and evidence behind MWIA, how to use the toolkit in practice and how to use the materials. During the programme you put MWIA into action by working in small groups to carry out an MWIA on a local project
- **Mentoring** during and after the training course to support you in using MWIA on your local programmes
- **Providing MWIAs** for organisation's projects and programmes.



## Further information on MWIA

- **You can download the toolkit from:**
- <http://www.northwest.csip.org.uk/work/mental-health-and-social-wellbeing/mental-health-promotion/mental-wellbeing-impact-assessment-toolkit.html>
- **The toolkit and MWIAs reports and information are also on the HIA Gateway -**  
<http://www.apho.org.uk/default.aspx?RID=40141>
- **Contact:**
- [Nerys.Edmonds@slam.nhs.uk](mailto:Nerys.Edmonds@slam.nhs.uk)