Introduction to 2nd ProMenPol Policy Workshop

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Federal Institute for Occupational Safety and Health
ProMenPol: 
Promoting and Protecting Mental Health - Supporting Policy through Integration of Research, Current Approaches and Practices
Presentation Overview

I. Outline of the ProMenPol-project
   a) The ProMenPol database and toolkit
   b) The Pilot projects

II. Policy workshop 2008
I. Outline of the ProMenPol project

• 36 months project funded by the European Commission under the 6th Framework Programme (2007-2009)

• 9 partners from 8 countries

• Objective: Supporting the practices & policies of MHP in the three settings of schools, workplaces and residential homes for older people
Approach

• Settings: Education, Workplace, Older People

• Lifespan perspective

• Salutogenetic
Field of Actions

- Development of a database of mental health promotion tools

- Assisting practitioners in implementing such tools: Field trials

- Providing research-based policy support
Action plan 2007-2009

• Three annual **conferences** to obtain feedback by potential users of the database / mental health promotion tools

• Three annual **policy workshops** to feedback project results to policy makers
I. a) The database and toolkit

Idea: Creation of a classification system to file MHP tools in an online database so that they can be retrieved by practitioners in a timely manner.
Structure: General tool description

- Summary description, contact details, evaluation etc.

**MindOut Programme**
12/06/2008

Setting: Education
Country of Origin: Ireland
Languages: EN
URL: Click here for Tool Website

Evaluation: Yes
Free: Not available
Restrictions on Use: Not available
Tool Focus: Individual
Tool Type: Educational/Training

**Tool Description**

The MindOut programme is a ten-session training module that can be used for Transition Year and Fifth Year groups in Irish secondary schools (16-17 year olds). It is now being piloted with Youthreach Centres in the West of Ireland. It takes a positive approach to the promotion of emotional and social health amongst all young people, viewing mental health as a resource for everyday living and without necessarily referring to mental illness. The emphasis is on the wide and varied range of strategies available to young people to cope with stressful or challenging situations, from personal coping skills to informal networks of support to professional or voluntary support services.

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00353 (0) 91548419

**Tool Characteristics**

Application in the Field: Limited application
Tool mainly used in: Ireland
Stage of Development: First experiences available/pilot phase
Evaluation and Research: Studies/Technical Data available
Beneficiary Involvement in Design: No information found

**Evaluation Description**

Although, the programme was piloted and thoroughly evaluated in the school year 2000-2001, it has now been updated and is going through a second pilot and will be evaluated again once that is complete. The tool is not available to the general public as it is still in pilot phase.
Structure: Detailed tool description

- ICF (International Classification of Functioning, Health and Disability) and mental health promotion models, guidelines and principles

<table>
<thead>
<tr>
<th>Codes</th>
<th>Core Set</th>
</tr>
</thead>
<tbody>
<tr>
<td>D160, D163, D166, D170, D172</td>
<td>Applying Knowledge – Focusing Attention, Thinking</td>
</tr>
<tr>
<td>D175, D177</td>
<td>Solving problems and making decisions</td>
</tr>
<tr>
<td>D230</td>
<td>Carrying out Daily Routine</td>
</tr>
<tr>
<td>✓ D240</td>
<td>Handling Stress and other Psychological Demands</td>
</tr>
<tr>
<td>D310, D315, D325, D330, D335</td>
<td>Communicating</td>
</tr>
<tr>
<td>✓ D710, D720</td>
<td>Basic and Complex Interpersonal Interactions</td>
</tr>
<tr>
<td>✓ D730, D740, D750, D770</td>
<td>Relationships – with Strangers, Formal, Informal</td>
</tr>
<tr>
<td>D760</td>
<td>Family Relationships</td>
</tr>
</tbody>
</table>
Structure: Making a choice

• **Step approach:**
  
• **Tools characteristics:**
  • Application in the Field
  • Stage of Development
  • Evaluation and Research
  • Beneficiary Involvement in Design
Content of the database

- Currently more than 420 tools in the database
- Languages: English, German, Finnish, Estonian, Dutch
- Based on the tool characteristics & expert knowledge the ProMenPol team selected the best available tools from the database for inclusion in the so-called toolkit.

The toolkit is a subset of the database
I. b) Three types of pilot projects

• Type I:
  Testing the database

IIa. Usability Questionnaire - ProMenPol Database

After using the online database of mental health promotion and protection tools: Do you agree or do you disagree with the following statements?

Please go through all statements presented below but tick only one box for each line.

<table>
<thead>
<tr>
<th>1. Subjective Satisfaction and Communication</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neither Agree or Disagree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>In general I found the database easy to use.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>In general the database encourages exploration.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I found that information is presented in a clear and organized way.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. User Interface</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neither Agree or Disagree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I found the database clearly structured.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>The logic associated with the database is easy to access and understand.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. User Control, User-Centered Design and Interaction</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neither Agree or Disagree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I found it easy to use the basic search facility.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
III. Three types of pilot projects

• Type II: Choosing and implementing a tool from the database

• Type III: Reporting on a tool already in use by an organization
Status quo

- 62 field trials: 16 school | 35 workplace | 9 older people
- Field trial types: 55 type I | 16 type II | 13 type III
- Origin: more than 10 different countries
Expected results

• Improved database by the end of 2009
• Best practice examples included in the database
  → Analysis and reporting will be done by the FRK
• Practitioner’s feedback for policy makers from the field trials
• Last conference/policy workshop in 09
II. Policy workshop 2008

• Interim results of ProMenPol: Database, Field trials

• Practical example of MHP

• European Pact: Feedback from the ProMenPol conference 2008; Recent developments

• Discussions: YOUR INPUT!
ProMenPol Contact Details

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