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1. Executive summary

The ProMenPol project completed its second annual conference in Berlin on the 19th and 20th of June 2008. There were 66 participants, from a number of countries who came from a variety of professional backgrounds.

The aims of the 2nd conference were to:

- Explain practitioners how to use the ProMenPol toolkit
- Encourage practitioners to sign up for one or more ProMenPol field trial(s)
- Foster networking between practitioners
- Receive practitioners' feedback on the EU-Pact on Mental Health and Well-Being as a basis for the ProMenPol policy workshop in December

28 participants returned the conference evaluation sheets. Participants' overall satisfaction with the conference was high, with the majority rating the event as "good" or "excellent".

Concluding, participants felt the conference was an extremely productive and informative experience which encouraged networking opportunities and motivated many to take action with a new approach to mental health. Likewise, the participants clearly recognised the great significance of the ProMenPol project and that the conference has contributed to moving the mental health promotion and protection agenda forward for the future. The ProMenPol website and toolkit are referred to as very satisfactory, perceiving these applications as useful sources of information and communication.

Recommendations included:

- Conducting workshops with more structure and with smaller numbers of people (does not account for all conference workshops)
- Providing conference material (e.g. presentations) beforehand to allow participants to translate them if linguistic difficulties are experienced
- Adapting session duration by taking a break more frequently (less satisfaction with reference to "session duration" was reported)

2. Introduction

The ProMenPol project has completed its second annual conference in Berlin at the offices of BAuA Berlin, on the 19th and 20th of June 2008. This report contains an evaluation of those proceedings.

There were 66 participants from a number of countries including: Austria, Estonia, Finland, Germany, Greece, Ireland, the Netherlands, Norway, Slovenia, Switzerland and U.K.. Participants came from diverse backgrounds such as teaching, mental health promotion, civil service, policy consultancy, psychology, workplace health promotion, healthy ageing, research, sociology, MH voluntary organisations, professors and programme coordinators.

The first of the two main focuses of the second conference laid on presenting and explaining the ProMenPol toolkit as well as the database developments to practitioners. In association with the dissemination of project information and the project database, the conference acted as a means to promote the ProMenPol field trials and to identify potential pilot sites for implementing mental health promotion tools.

Additionally, ProMenPol was particularly interested in hearing practitioners' views on implementing policy objectives in the field of mental health promotion (especially the European Pact on Mental Health and Well-Being); therefore policy issues were set as a second focus of the conference.

More specifically, the aims of the second conference were to:

- Explain practitioners how to use the ProMenPol toolkit regarding search strategies within the toolkit/ database and selection of adequate tools,
- Encourage practitioners to sign up for one or more ProMenPol field trial(s),
- Foster networking between practitioners,
- Receive practitioners' feedback on the EU-Pact on Mental Health and Well-Being as a basis for the ProMenPol policy workshop in December 2008.

3. Conference participants evaluation results

The conference evaluation sheets explored participants' views and experiences following attendance at the 2008 ProMenPol conference. 28 participants returned the conference evaluation sheets which were then analysed qualitatively and quantitatively.

In the following the participants' feedback is laid out in response to general overall satisfaction, satisfaction with conference matter and course, strongest and weak points of the conference, conference contributions and further comments.

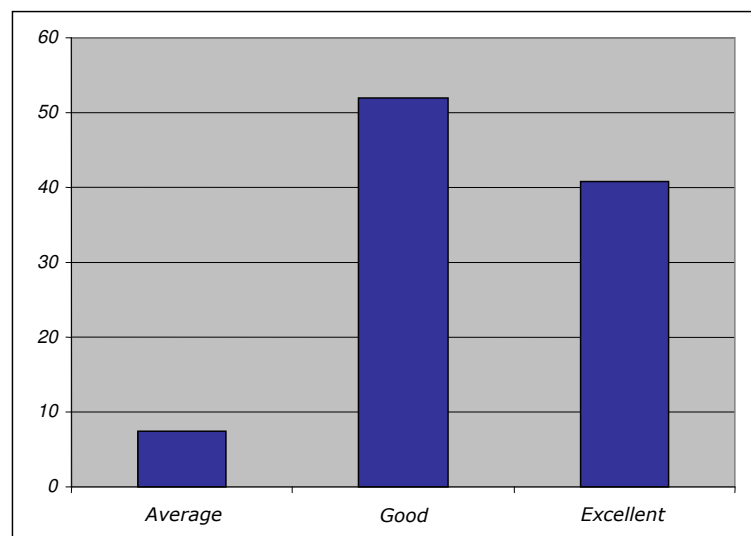
Overall satisfaction

Participants were asked to rate their overall level of satisfaction with the conference. Satisfaction was assessed on a scale ranging from 1 ("poor") to 5 ("excellent"). The majority of scores fell within the higher ranges of the scale, which indicates that participants were satisfied with the conference. A mean value of 4.33 was attained on this scale. A single individual gave no response.

Table 1: Participant satisfaction frequency table

Satisfaction Rating	Count	Percentage
Average	2	7.4
Good	14	51.9
Excellent	11	40.7
Total	27	100

Graph 1: Satisfaction with ProMenPol conference



Satisfaction with conference matter and course

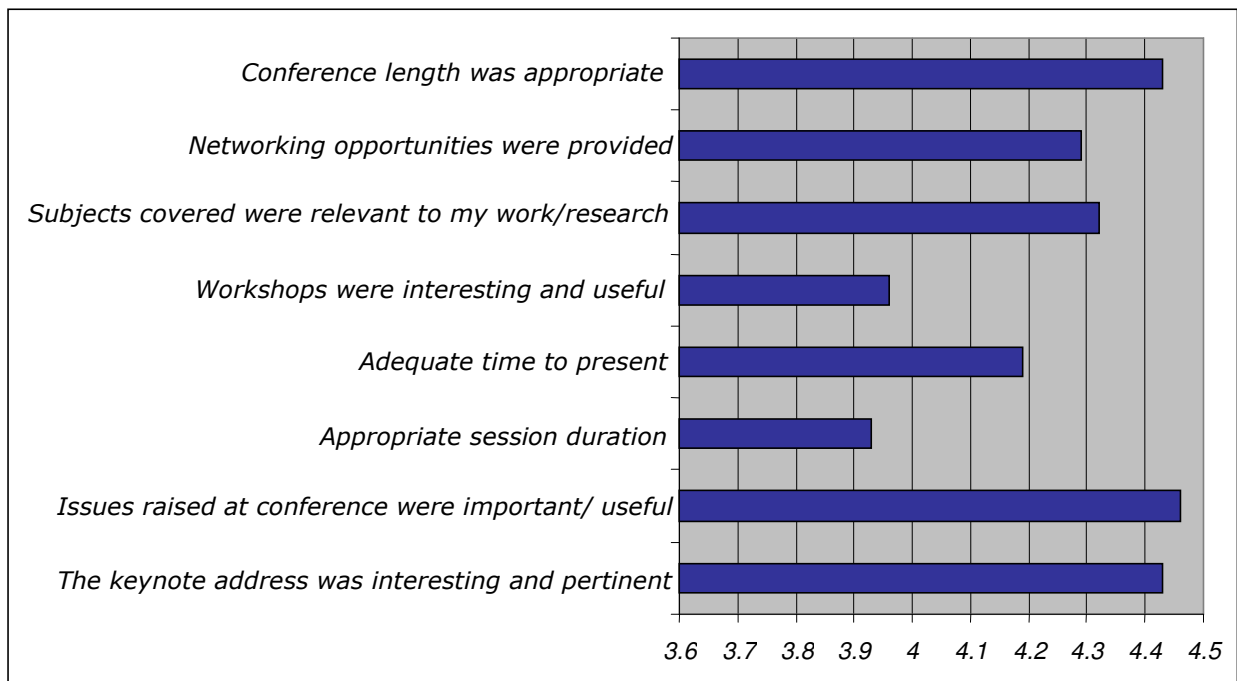
The conference participants were provided with a number of statements and asked to evaluate the material covered during the conference using the aforementioned rating scale (ranging from 1 ["poor"] to 5 ["excellent"]).

As shown in the graph below, participants gave generally high ratings regarding the resources used in the conference.

Participants' ratings tended to be slightly less favourable when evaluating the "usefulness of/interest in the workshops". Respondents also rated "session duration" less favourably, compared to the other areas assessed.

Overall the majority of participants were satisfied/very satisfied with matter and course of the conference

Graph 2: Satisfaction with conference matter and course



Participant views on the strongest points of the conference

The participants were asked to state what they felt were the strongest points of the conference.

The strongest points of the conference (as seen by the participants) can be grouped under the headings content, social/networking, organisation and further specifically noted positive features of the conference.

Concerning the content of the conference the following points were mentioned:

1. The keynote presentation was well accepted

2. Presentations and speakers were considered of very high-quality overall
3. Workshops were enjoyed by the majority

Participants emphasized positive networking opportunities, particularly:

1. All individuals attending the conference had similar interests and goals
2. New contacts were made with others from a variety of backgrounds and professions
3. Networking opportunities in general (no specifications made)

In regard to the conference organisation, participants gave the following feedback:

1. Very well organised event
2. Good ambiance/atmosphere
3. Good location, venue
4. Pleased with facilities, refreshments, etc.

Furthermore participants specifically noted as very positive the following:

1. Widespread satisfaction with the ProMenPol database and toolkit
2. Encouraging future prospects for the ProMenPol project and involvement in it
3. Identification of knowledge gaps and possible future initiatives

Weak points as reported by participants

In line with the strongest points of the conference, participants were also asked for weak points of the conference, if existing.

The majority of participants noted that they would have liked to receive information regarding the discussions prior to the conference. This has been recommended after the first ProMenPol conference as well and the project team tried to meet this demand by informing conference participants beforehand about changes made to the website. Participants were also encouraged to explore the ProMenPol database/ toolkit before they attend the conference. In regard to the policy workshop, early information was not possible to provide, because the European Pact has been launched right before the conference started.

Furthermore, the balance between general and detailed information given in the course of the conference has been reported as weak. On the one hand, this refers to spending too much time on the technical aspects, i.e. how to search the database (especially true for the first day of the conference). On the other hand, discussions were reported as being "too general" when a number of participants would have preferred a more detailed dialogue.

Another weak point mentioned by some participants were linguistic difficulties due to less fluency in the English language. Because of this presentations were found difficult to understand.

Finally it was said that the workshops may require more structure and should be carried out with smaller groups. This comment does not apply for the workshop dealing with the setting "older people's residences", because attendance was eight.

Conference contributions

All participants agreed that the conference contributed to moving the mental health promotion and protection agenda forward. As explanation, the reasons stated below were mentioned.

The conference has provided attendees with new knowledge and ideas regarding mental health promotion. Many participants reported that they plan to apply these new skills professionally and feel highly motivated to put the new knowledge into action.

There is a more positive outlook on mental health. Participants feel the conference has helped encourage new approaches to mental health.

Also participants attached importance to the ProMenPol website as means of providing a great source of information and communication possibilities.

Further comments

Participants were given the possibility to also comment on any other matter regarding the conference.

Notably, participants expressed greater recognition of the importance of the ProMenPol project and the possibility of future positive initiatives.

Further comments regard participants reporting their appreciation and gratitude upon having the opportunity to attend the conference. Likewise, the event was considered a wonderful experience, which encouraged individuals from a variety of different backgrounds to apply the use of the website and the toolkit professionally.

The conference also assisted individuals wishing to develop new contacts both socially and professionally.

4. Conclusion and Recommendations

The 2008 ProMenPol conference was received well by participants, with many reporting their appreciation and gratitude for having had the opportunity to attend the event. Participants' overall satisfaction with the conference was high, with the majority rating the event as "good" and "excellent". Participants reported that the conference encouraged networking opportunities. Individuals had a chance to discuss and exchange views on mental health with others from a variety of professions. The ProMenPol conference has motivated many people to take action, with a new approach to mental health.

With regards to satisfaction with conference matter and course, participants again deemed most aspects in a favourable light. An area in which a small number of participants were less satisfied was the "usefulness of/interest in the workshops". This may reflect the fact that participants felt the discussions were too technical.

It would be preferable if workshops were conducted with more structure and with smaller numbers of people. It must also be considered that attendees originate from differing professions and backgrounds. Some areas may be more applicable/ interesting to particular groups of people and therefore more detailed discussions on these topic areas may be warranted. On the contrary, one participant felt that there should be a "mix-up" of groups in the three settings.

The language barrier was problematic for very few, but requires attention. In order to support participants with less fluency in the English language to prepare for the conference, information material (e.g. presentations) could be send to participants prior to the next conference (third and last ProMenPol conference) so they can translate them if necessary.

It was also noted by one participant that the EU policy was not explained in enough detail before the workshops and therefore he/she was not fully aware of the details of the EU-Pact on Mental Health and Well-Being. As mentioned earlier, due to time matters detailed information could not have been handed out beforehand. Nevertheless for the third conference, the project team will react to the importance of providing information material on conference matters either beforehand and/or at the beginning of the conference.

Less satisfaction was also reported with reference to "session duration". Participants may require more frequent breaks in future.

Participants were very satisfied with the website and the toolkit, perceiving these applications as useful sources of information and communication.

Overall, the event was very well organised. There was a positive ambiance, and the location and venue were well accepted. Participants expressed gratitude to the organisers and felt the conference was an extremely productive and informative experience.

Finally, it should be noted that participants clearly recognise the great significance of this project and that the conference has contributed to moving the mental health promotion and protection agenda forward for the future.