



Adaptation of the HSE's Minding Your Wellbeing Programme and Train-the-Trainer Model for Delivery to Older People in Communities: Pilot Study

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Background: The HSE's *Minding Your Wellbeing* programme (MYWB) is an evidence-informed initiative that aims to promote positive mental health and wellbeing through positive psychology, self-care and resilience building. The programme was developed in 2015 to inform mental health promotion programmes in Ireland for HSE staff and other audiences. Due to the success of various pilot initiatives and to further actions identified in the *Stronger Together: Mental Health Promotion Plan 2022-2027* (HSE, 2022), within the context of *Healthy Ireland* (Department of Health, 2021), the HSE intends to expand the programme for delivery to priority groups within community settings in partnership with the community and voluntary sector.

Aims & Objectives: The current study aimed to formalise adaptation of the HSE's Minding Your Wellbeing programme for delivery to older people in community settings with the following objectives:

1. Conduct consultations with past programme implementers
2. Review and revise existing programme content (with input from an Advisory Group)
3. Observe the programme's Facilitator Training
4. Conduct the Pilot Study and evaluation
5. Conduct post-programme consultation with Pilot Programme implementors
6. Finalise the programme content and materials

Design & Methods: The pilot study was a process evaluation to determine the feasibility of delivering the MYWB programme. The target population was older people aged 65 years and over residing in six community areas throughout Ireland. Each of the six pilot programmes were delivered by a team of two facilitators: one HSE HP&I Officer with experience of delivering the MYWB programme and one community partner with experience of working directly with older people in the community (including representatives from ALONE, Family Resource Centres and Day Care Centres). The pilot programme was evaluated under three domains: programme objectives, learning approach and feasibility insights/process evaluation to inform delivery considerations for the national programme. Employing both qualitative and quantitative methods the following data were collected:

1. Feedback from programme participants through pre- and post-programme questionnaires and post-session Closing and Reflection discussions
2. Feedback from programme facilitators through weekly reports and post-programme consultations
3. Observations of the two-day facilitator training and samples of programme delivery across the six sites.

Patient Public Involvement: The involvement of the partner organisation staff and programme participants played a key role in the adaptation the MYWB programme and resources for implementation in community settings with older people. The project involved an internal Advisory Board consisting of HSE staff with experience in facilitating the groups and an external reviewer from Third Age Ireland.

Findings & Results

Feedback from Participants: Forty-eight post-programme questionnaires were collected in total. Participants' responses were extremely positive concerning the programme content and facilitation, but mentioned a need for post-programme supports and upstream considerations such as transport to attend the sessions. In terms of programme benefits, participants reported improved personal empowerment and social connections, together with improved knowledge, confidence and skills in improving their own mental wellbeing. Pre and post-delivery comparisons showed that there was a significantly positive change in response to questions concerning awareness, knowledge and confidence in how to supporting one's mental wellbeing. The most significant finding was the reported improvement in reports of social connectedness after the programme.

Feedback from Facilitators: Overall, facilitators felt the programme works well with minor considerations in terms of session structure, learning approach and the logistics of working with older people. They highlighted the significant value of social connection, sharing experiences and empowerment that the programme brings to participants. In terms of the training model, facilitators felt adequately prepared, while highlighting the need for support in consolidating resources, recruitment, signposting to community supports, and for prior facilitation skills training, particularly in navigating sensitive disclosures from participants.

Observations of Training & Programme Delivery: The researcher's observations of the training model and delivery of the programme at various locations corroborated the data gathered from the facilitators and participants, indicating the programme content and materials were positively received.

Dissemination

The project findings were presented to the HSE project coordinators and to the Advisory Group. Dissemination to the facilitators (both HSE staff and community organisation representatives) is forthcoming.

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Knowledge Translation: The research findings have been shared with key stakeholders to inform the roll out of the programme nationally.

 **Minding Your Wellbeing**
For Older People

