

Mental Wellbeing Impact Assessment – Masterclass

Aseiad o'r Effaith ar Lesiant Meddyliol - Dosbarth meistr

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GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



WHIASU

Wales Health Impact
Assessment Support Unit
Uned Gymorth Aseu
Effaith ar Iechyd Cymru

- Understand the factors that promote and protect mental wellbeing and how they can be influenced by different policies, sectors and settings.
- Know how Mental Wellbeing Impact Assessment has been applied to different organisational and policy scenarios.
- Understand the outcomes and benefits from using Mental Wellbeing Impact Assessment.
- Know the skills, tools and knowledge needed to utilise Mental Wellbeing Impact Assessment
- Make the case for a 'Mental Health and Wellbeing in all Policies' approach as part of decision making and understand how this fits with the policy context of Wales, for example, the Wellbeing of Future Generations (Wales) Act 2015, National Wellbeing Indicators and beyond

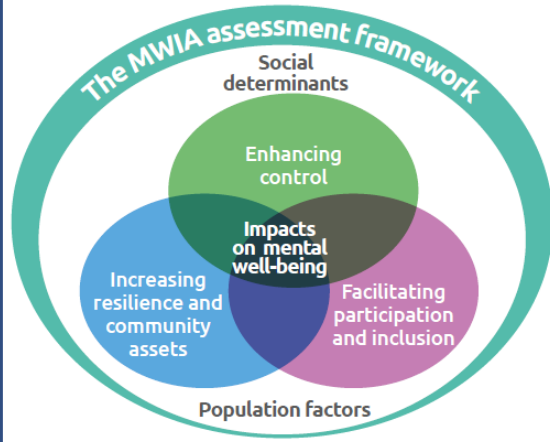
- Deall y ffactorau sy'n hyrwyddo ac yn diogelu llesiant meddyliol a sut y gallant gael eu dylanwadu gan wahanol bolisiau, sectorau a lleoliadau.
- Gwybod sut mae Aseiad o'r Effaith ar Lesiant Meddyliol wedi'i gymhwyso i wahanol sefyllfaoedd sefydliadol a pholisi.
- Deall y canlyniadau a'r buddion o ddefnyddio Aseiad o'r Effaith ar Lesiant Meddyliol.
- Gwybod y sgiliau, yr offer a'r wybodaeth sydd eu hangen i ddefnyddio Aseiad o'r Effaith ar Lesiant Meddyliol

Poll 1 & 2

Arolwg 1 & 2

Mental Wellbeing Impact Assessment (MWIA):

is a tool used to assess the impacts of policies, services and projects on the mental wellbeing of different groups of people and on factors that promote and protect mental wellbeing.



The protective factors:

Control: how much choice and control individuals and communities have over their lives and decisions that affect them.

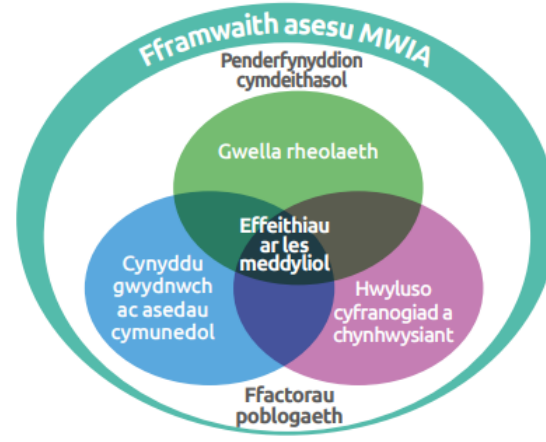
Resilience and community assets: the resources, skills, environments, and relationships that enable individuals and communities to thrive, cope, and recover from adversity.

Participation and inclusion: a sense of belonging, being able to access and take part in activities and services outside of the home.

Summary of the MWIA assessment framework

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Offeryn a ddefnyddir i asesu effeithiau polisiau, gwasanaethau a phrosiectau ar lles meddyliol gwahanol grwpiau o bobl ac ar ffactorau sy'n hybu ac yn amddiffyn lles meddwl.



Y ffactorau amddiffynnol:

Rheolaeth: faint o ddewis a rheolaeth sydd gan unigolion a chymunedau dros eu bywydau a phenderfyniadau sy'n effeithio arnynt.

Gwydnwch ac asedau cymunedol: yr adnoddau, y sgiliau, yr amgylcheddau, a'r perthnasoedd sy'n galluogi unigolion a chymunedau i ffynnu, ymdopi, ac ymadfer ar ôl adfyd.

Cyfranogiad a chynhwysiant: ymdeimlad o berthyn, gallu mynediad a chymryd rhan mewn gweithgareddau a gwasanaethau y tu allan i'r cartref.

Crynodeb o fframwaith asesu MWIA

Background to MWIA

- Developed in England 2003 -2011, **extensively tested and applied** with a wide range of population groups and settings, and used internationally in Europe, South America, Australia, Canada
- A tool to promote a consideration of **mental health and wellbeing in all policies** and to address health inequities in mental health and wellbeing
- Can facilitate **participation of all stakeholders** in identifying priorities for action
- Identifies potential **positive impacts or opportunities**, as well as **risks and negative impacts**
- **Recommends actions** to maximise positive impacts and prevent or mitigate negative impacts

Cefndir MWIA

- Wedi'i ddatblygu yn Lloegr 2003-2011, **ei brofi a'i gymhwyso'n helaeth** gydag ystod eang o grwpiau poblogaeth a lleoliadau, a'i ddefnyddio yn rhyngwladol yn Ewrop, America, Awstralia
- Offeryn i hyrwyddo ystyriaeth o **iechyd meddwl a lles ym mhob polisi** ac i fynd i'r afael ag anghydraddoldebau iechyd
- Gall hwyluso **cyfranogiad yr holl randdeiliaid** wrth nodi blaenoriaethau ar gyfer gweithredu
- Yn nodi **effeithiau cadarnhaol neu gyfleoedd** posibl, yn ogystal â **risgiau ac effeithiau negyddol**
- Yn **argymhell camau gweithredu** i wneud y mwyaf o effeithiau cadarnhaol ac atal neu liniaru effeithiau negyddol

Not only about impact assessment.....it is a tool with a range of potential applications...

"MWIA ..is relevant to anyone wishing to refocus or focus their work to specifically achieve well-being outcomes" ...

Gregor Henderson, former National Lead for well-being and Mental Health at Public Health England

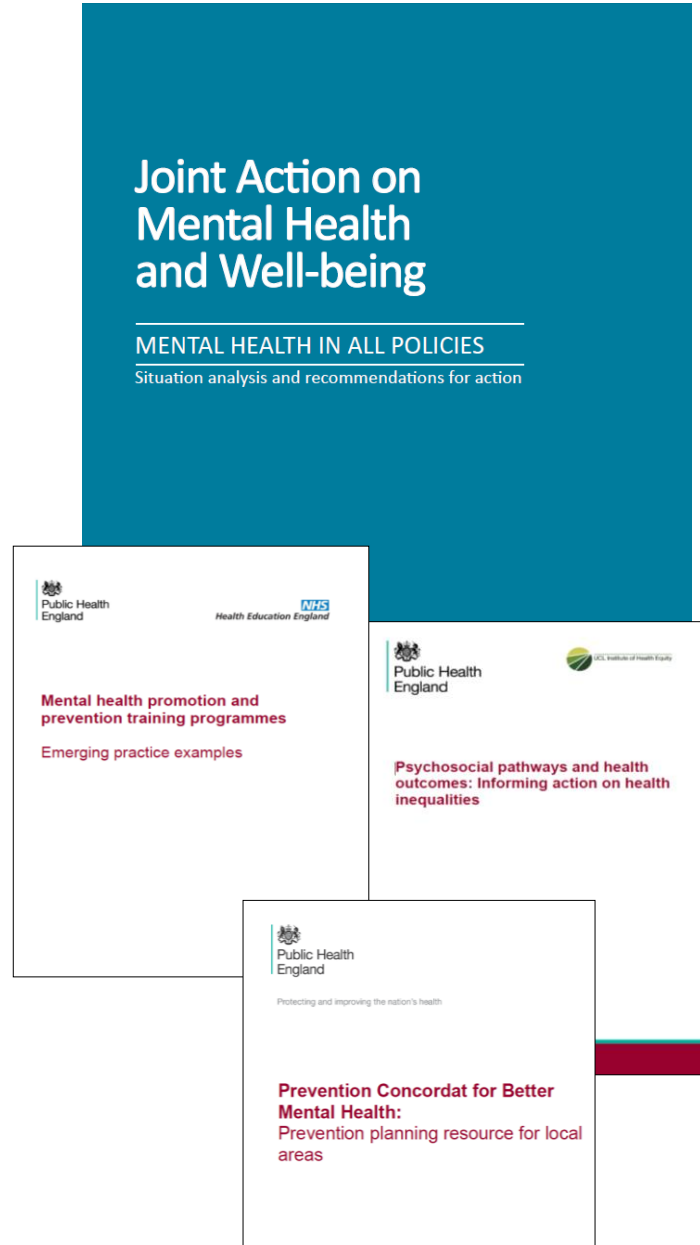
Nid yw'n ymwneud yn unig ag asesu effaith.....mae'n offeryn gydag ystod o gymwysiadau posibl...

"Mae MWIA ..yn berthnasol i unrhyw un sy'n dymuno ailffocysu neu ganolbwyntio eu gwaith i gyflawni canlyniadau llesiant yn benodol..."

Gregor Henderson, former National Lead for well-being and Mental Health at Public Health England

MWIA

- Is a recommended tool for strengthening policy responses to improve population mental health and wellbeing
- Is flexible and can be used prospectively, concurrently or retrospectively
- Can be applied to small scale projects, services, programmes and local and national policy
- Can be undertaken as a desktop, rapid, participatory and/or comprehensive assessment



MWIA

- Offeryn a argymhellir ar gyfer cryfhau ymatebion polisi i wella iechyd meddwl a lles y boblogaeth
- Yn hyblyg a gellir ei ddefnyddio yn y dyfodol, ar yr un pryd neu'n ôl-weithredol
- Gellir ei gymhwyso i brosiectau ar raddfa fach, gwasanaethau, rhaglenni a pholisi lleol a chenedlaethol
- Gellir ei wneud fel asesiad bwrdd gwaith, cyflym, cyfranogol a/neu gynhwysfawr

Setting the scene

- Together for Mental Health (2012) had an action to strengthen the inclusion of mental health in Health Impact Assessment ✓
- Public Health Wales Long Term Plan
- Commitment to expand the application of MWIA to support a 'Mental Health in All Policies' agenda ✓
- Limited use in Wales to date
- No Welsh language version of the MWIA Toolkit as yet
- Currently scoping a Welsh Guide to MWIA to be developed in 2023/24
- Research and evaluation opportunities

Gosod y sefyllfa

- Roedd gan Law yn Llaw at Iechyd Meddwl amcan i gryfhau cynnwys iechyd meddwl mewn Asesiad o'r Effaith ar Iechyd ✓
- Cynllun Hirdymor Iechyd Cyhoeddus Cymru
- Ymrwymiad i ehangu cymhwysiad MWIA i gefnogi agenda 'Iechyd Meddwl ym Mhob Polisi' ✓
- Dim fersiwn Gymraeg o Becyn Cymorth MWIA eto
- Defnydd cyfyngedig yng Nghymru hyd yma
- Ar hyn o bryd yn cwmpasu datblygu Canllaw Cymreig i MWIA yn 2023/24
- Cyfleoedd ymchwil a gwerthuso

**Why?
What is the
problem/opportunity?**

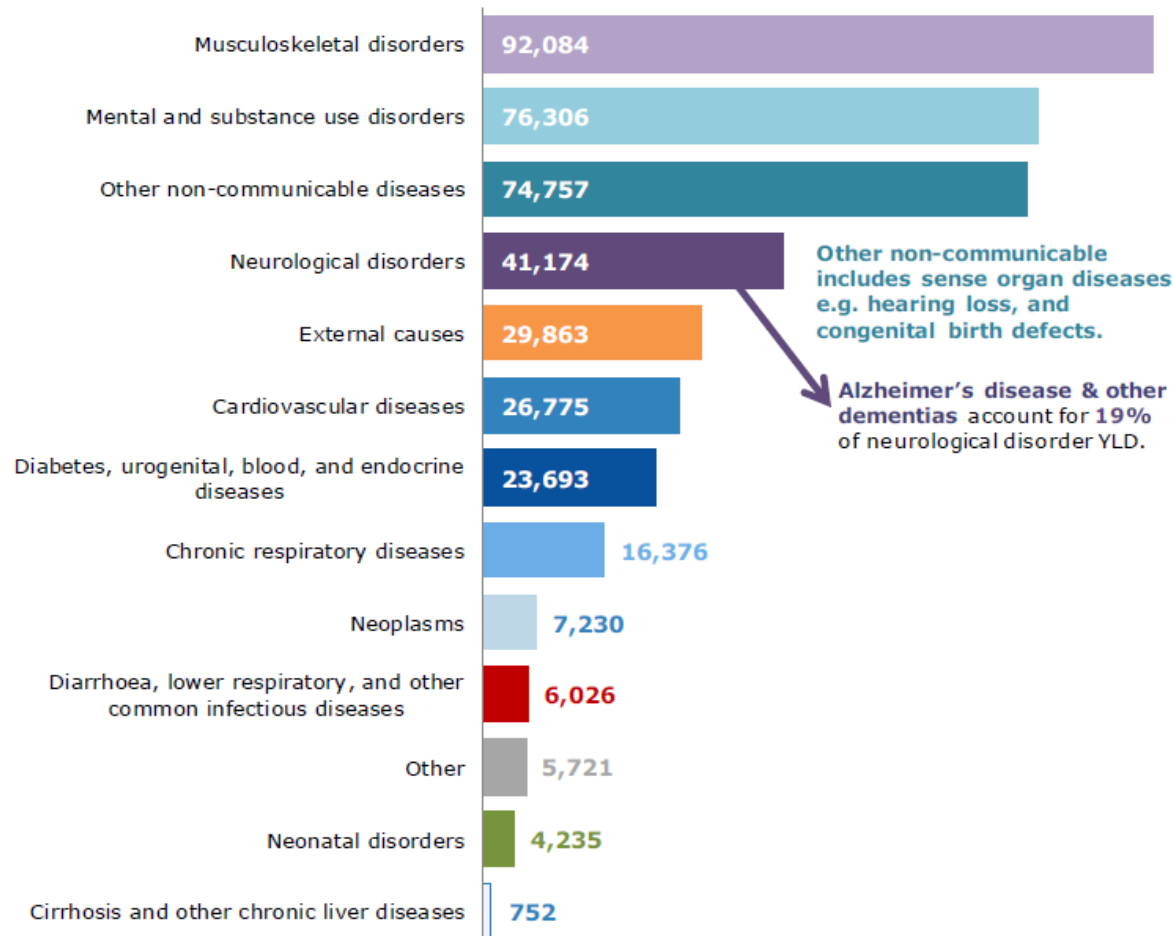
Beth yw'r broblem/cyfle?

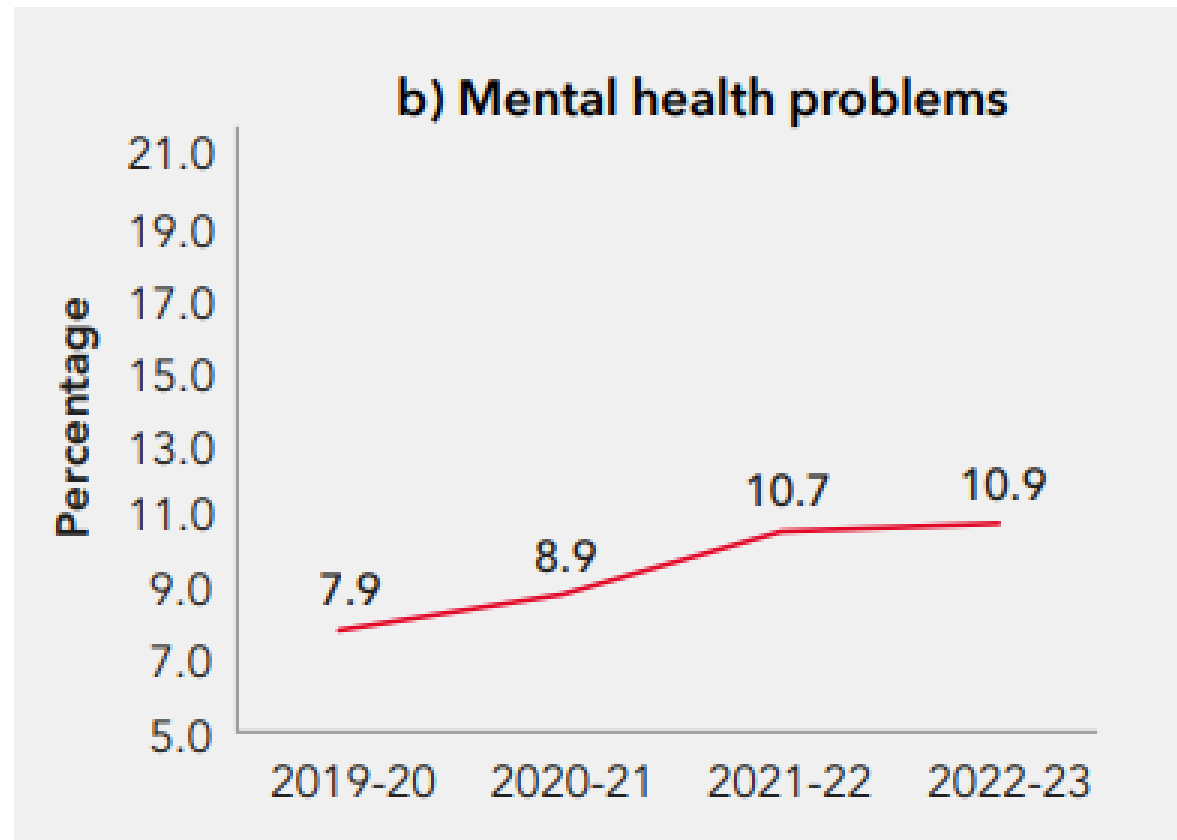
Musculoskeletal disorders and mental and substance use disorders are the main causes of years lived with disability (YLD).



Years lived with disability (YLD) by cause, Wales, 2016

Produced by Public Health Wales Observatory, using Global Health Data Exchange (IHME)





Projected impact of the COVID-19 pandemic in Wales

[WHESRi-Covid-Report-Eng.pdf \(phwwhocc.co.uk\)](https://phwwhocc.co.uk/WHESRi-Covid-Report-Eng.pdf)

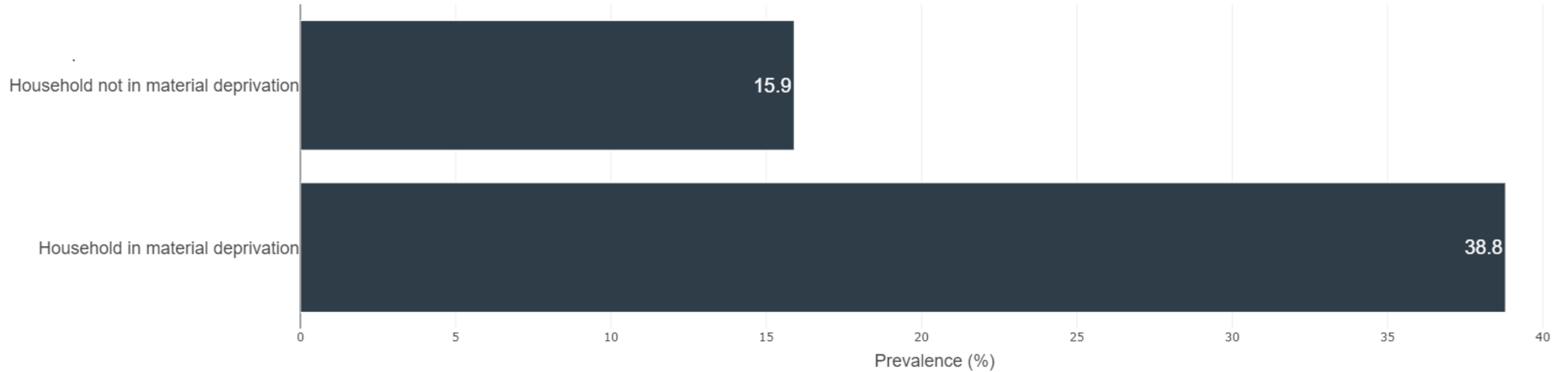
Benefits of mental well-being

- Better physical health
- Healthier lifestyle
- Reductions in health-damaging behaviour including reduced smoking and harmful levels of drinking
- Reduced mortality
- More participation in community life
- Greater educational achievement
- Improved productivity and reduced absenteeism
- Less crime
- Improved overall functioning

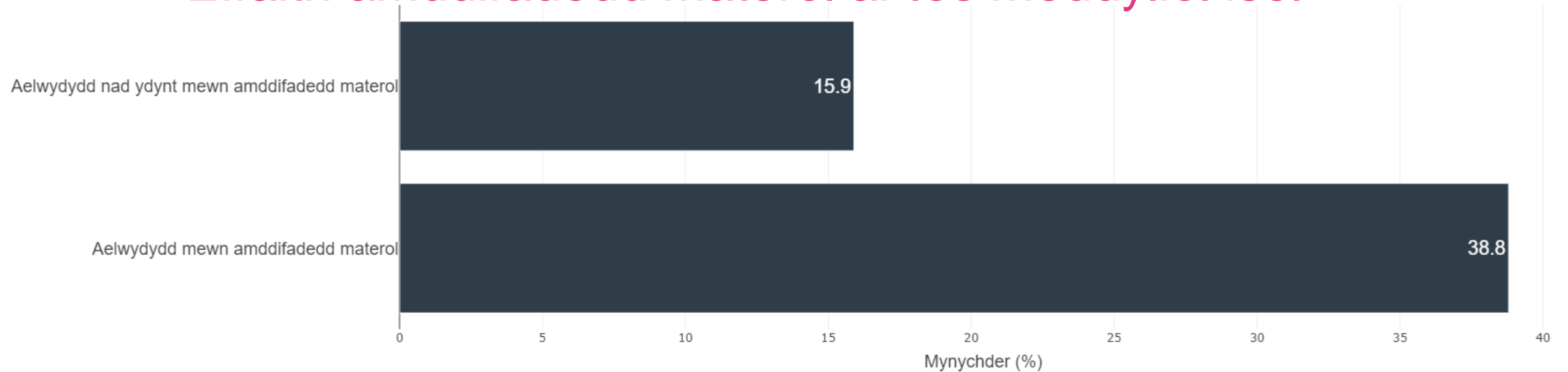
Benefits of mental well-being

- Gwell iechyd corfforol
- Ffordd o fyw iachach
- Gostyngiadau mewn ymddygiad sy'n niweidiol i iechyd gan gynnwys llai o ysmegu a lefelau niweidiol o yfed
- Llai o farwolaethau
- Mwy o gyfranogiad ym mywyd y gymuned
- Mwy o gyflawniad addysgol
- Gwell cynhyrchiant a llai o absenoldeb
- Llai o droseddu
- Gwell gweithrediad cyffredinol

Impact of material deprivation on low mental wellbeing



Effaith amddifadedd materol ar les meddyliol isel



Box 1. Five essential conditions for healthy prosperous lives for all - WHO HESRI framework showing the different types of policies across sectors to address the wider determinants of health (1)

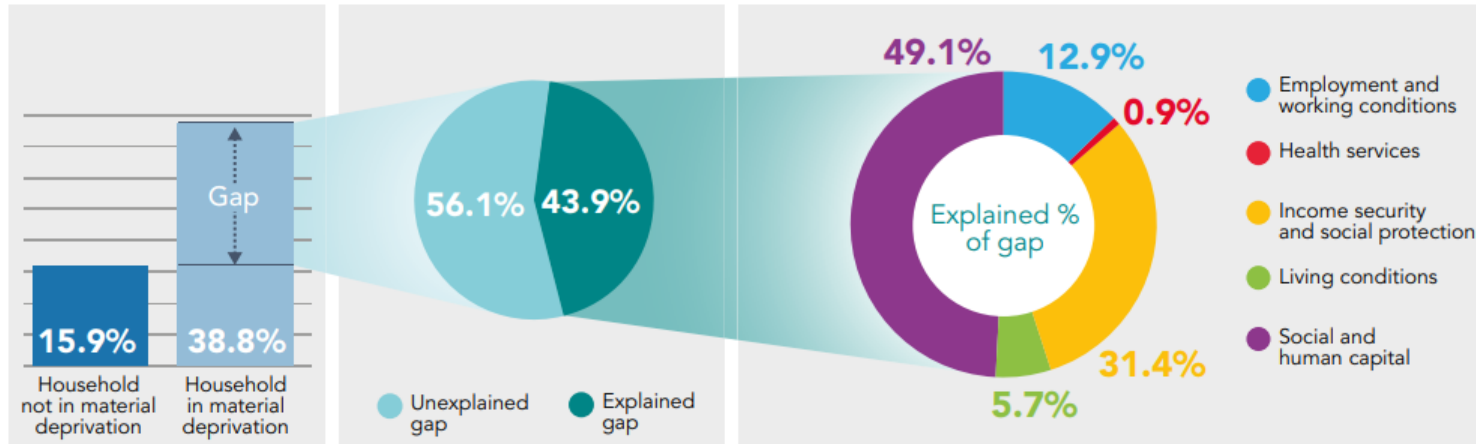
	<p>1. Health and health services</p> <p>Policies that aim to ensure availability, accessibility, affordability and quality of preventative and health care services and interventions.</p> <p><i>For example, health protection, health promotion and improvement, primary, secondary and scheduled care.</i></p>
	<p>2. Health and income security and social protection</p> <p>Policies that aim to provide economic security and support to reduce the health and social consequences of poverty and low income throughout a person's life.</p> <p><i>For example, financial support for parents, older people or unemployed.</i></p>
	<p>3. Health and living conditions</p> <p>Policies that aim to ensure opportunities for, and access and exposure to living conditions and environments that have a positive influence on people's health and well-being.</p> <p><i>For example, planning, good quality and secure housing, clean air, green spaces.</i></p>
	<p>4. Health and social and human capital</p> <p>Policies that aim to develop and strengthen social relations and community assets, including education, skills, community resources and meaningful social interactions to promote learning, and protect and promote health and well-being throughout a person's life.</p> <p><i>For example, improving training, apprenticeship, building community cohesion and resilience, trust, sense of belonging.</i></p>
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Blwch 1. Pum amod hanfodol ar gyfer bywydau iach llewyrchus i bawb - fframwaith HESRI WHO sy'n dangos y gwahanol fathau o bolisiau ar draws sectorau i fynd i'r afael â phenderfynyddion ehangach iechyd (1)

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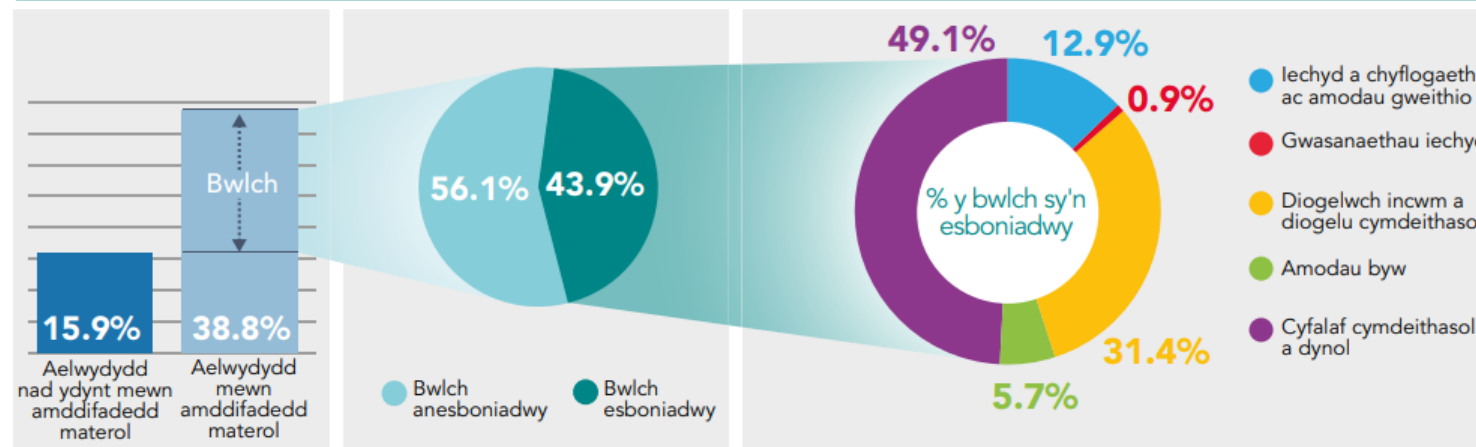
Placing health equity at the heart of the COVID-19 sustainable response and recovery: Building prosperous lives for all in Wales [WHESRI-Covid-Report-Eng.pdf \(phwwhocc.co.uk\)](https://phwwhocc.co.uk) (2021)

Figure 5: Decomposing the gap in prevalence of low mental well-being between those who report being in material deprivation and those who do not using the Binder-Oaxaca methodology, persons aged 16+, Wales, 2016-17 to 2019-20



Source: Analysis of the National Survey for Wales by WHO CC on Investment for Health and Well-being, Public Health Wales

Ffigur 5: Dadelfennu'r bwlch ym mynychder lles meddyliol gwael rhwng y rhai sy'n dweud eu bod mewn amddifadedd materol a'r rhai nad ydynt gan ddefnyddio methodoleg Binder-Oaxaca, pobl 16+ oed, Cymru, 2016-17 i 2019-20



Ffynhonnell: Dadansoddiad o Arolwg Cenedlaethol Cymru gan Ganolfan Gydwethio Sefydliad Iechyd y Byd ar Fuddsoddi mewn Iechyd a Lles, Iechyd Cyhoeddus Cymru

Influencing the Health Gap in Wales: Decomposition analysis discussion paper [Influencing the Health Gap in Wales: Decomposition analysis discussion paper - World Health Organization Collaborating Centre On Investment for Health and Well-being \(phwwhocc.co.uk\) \(2022\)](#)

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“..**more thought** needs to be given to **how communities and services can foster good mental well-being**, as well as addressing mental health problems” (FGC, 2017).

“Use the wider determinants of health to enable a whole system approach to improving health and wellness”.

“Support people to act with compassion in order to facilitate **understanding of mental well-being**” (FGC, 2020).

“..mae angen **meddwl rhagor** am **sut y gall cymunedau a gwasanaethau feithrin lles meddyliol da**, yn ogystal â mynd i’r afael â phroblemau iechyd meddwl”

Defnyddio penderfynyddion ehangach iechyd i alluogi dull system gyfan o wella iechyd a lles”.

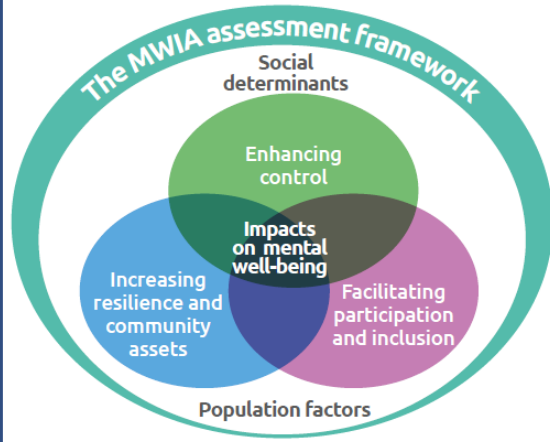
“Cefnogi pobl i ymddwyn gyda thosturi er mwyn hwyluso **dealltwriaeth o les meddyliol**” (FGC, 2020).

MWIA Assessment Framework

Fframwaith Aseu MWIA

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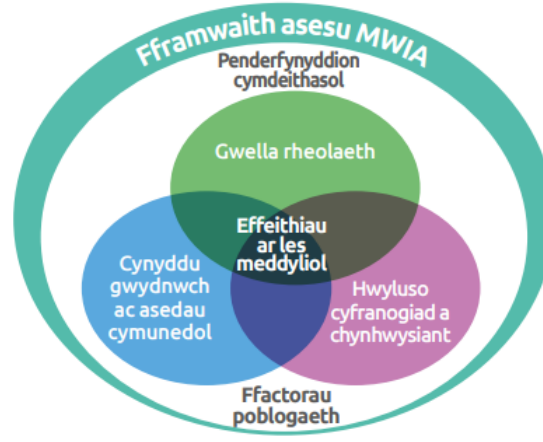
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Crynodeb o fframwaith asesu MWIA

Table 1: MWIA Assessment Framework from the MWIA Toolkit (Cooke et al. 2011).

Are specific protective factors being addressed appropriately – at the individual and community level?			Are the wider structural determinants being considered?
Enhancing Control	Increasing Resilience and Community Assets	Facilitating Participation and Inclusion	Wider Determinants
Individual level	Individual level	Individual level	Often at a socio-economic / environmental / structural level
A sense of control	Emotional wellbeing	Having a valued role	Access to quality housing
Belief in own capabilities and self-determination	Ability to understand, think clearly and function socially	Sense of belonging	Physical environment
Knowledge, skills and resources to make healthy choices	Have beliefs and values	Feeling involved	Economic security
Maintaining independence	Learning and development	Community / organisation level	Good quality food
Community / organisation level	Healthy lifestyle	Activities that bring people together	Leisure opportunities
Self-help	Community / organisation level	Practical support	Tackling inequalities
Opportunities to influence decisions	Trust and safety	Ways to get involved	Transport access and options
Opportunities for expressing views and being heard	Social networks and relationships	Accessible and acceptable services or goods	Local democracy
Workplace job control	Emotional support	Cost of participating	Ease of access to high quality public services
Collective organisation and action	Shared public spaces	Conflict resolution	Access to education
Resources for financial control and capability	Sustainable local economy	Cohesive communities	Challenging discrimination
Other?	Arts and creativity	Other?	Other?

Tabl 1: Fframwaith Asesu MWIA o Becyn Cymorth MWIA (Cooke et al. 2011).

A yw ffactorau diogelu penodol yn cael sylw priodol – ar lefel unigol a chymunedol?			A yw'r penderfynyddion strwythurol ehangach yn cael eu hystyried?
Gwella Rheolaeth	Cynyddu Gwydnwch ac Asedau Cymunedol	Hwyluso Cyfranogiad a Chynhwysiant	Penderfynyddion Ehangach
Lefel unigolyn	Lefel unigolyn	Lefel unigolyn	Yn aml ar lefel economaidd-gymdeithasol / amgylcheddol / strwythurol
Ymdeimlad o reolaeth	Lles emosiynol	Cael rôl werthfawr	Mynediad i dai o safon
Cred yn ei alluoedd ei hun a'i hunanbenderfyniad	Y gallu i ddeall, meddwl yn glir a gweithredu'n gymdeithasol	Ymdeimlad o berthyn	Amgylchedd ffisegol
Gwybodaeth, sgiliau ac adnoddau i wneud dewisiadau iach	Meddu ar gredoau a gwerthoedd	Teimlo'n rhan o bethau	Diogeledd economaidd
Cynnal annibyniaeth	Dysgu a datblygiad:	Lefel gymunedol / sefydliadol	Bwyd o ansawdd da
Lefel gymunedol / sefydliadol	Ffordd iach o fyw	Gweithgareddau sy'n dod â phobl at ei gilydd	Cyfleoedd hamdden
Hunan-gymorth	Lefel gymunedol / sefydliadol	Cefnogaeth ymarferol	Mynd i'r afael ag anghydraddoldebau
Cyfleoedd i ddylanwadu ar benderfyniadau	Ymddiriedaeth a diogelwch	Ffyrdd o gymryd rhan	Mynediad trafndiaeth ac opsiynau
Cyfleoedd i fynegi barn a chael eich clywed	Rhwydweithiau cymdeithasol a pherthnasoedd	Gwasanaethau neu nwyddau hygyrch a derbyniol	Democratiaeth leol
Rheoli swyddi yn y gweithle	Cymorth emosiynol	Cost cymryd rhan	Hwylustod mynediad i wasanaethau cyhoeddus o ansawdd uchel
Trefniadaeth a gweithredu ar y cyd	Mannau cyhoeddus a rennir	Datrys gwrthdaro	Mynediad i addysg
Adnoddau ar gyfer rheolaeth a gallu ariannol	Economi leol gynaliadwy	Cymunedau cydlynol	Herio gwahaniaethu
Arall?	Celfyddydau a chreadigrwydd	Arall?	Arall?

Population mental well-being and inequalities focus

Who will be impacted?

- Early years, adolescence, later life
- Gender
- Race and ethnicity
- Socioeconomic position
- Physical health
- Disability
- Sexuality and transgender
- Other population groups and settings e.g. Looked after children, carers

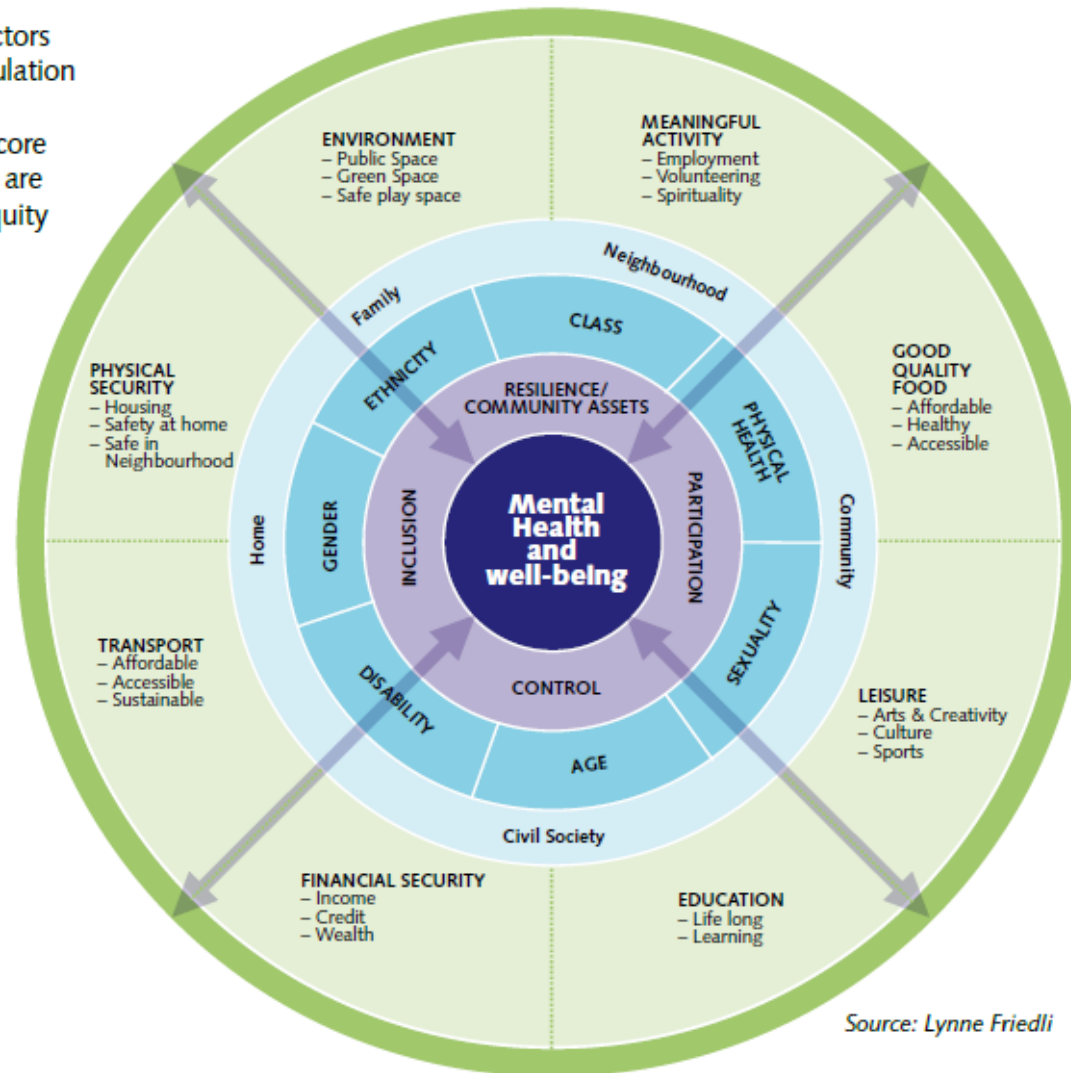
Ffocws ar les meddyliol y boblogaeth ac anghydraddoldebau

Pwy fydd yn cael ei effeithio?

- Blynyddoedd cynnar, llencyndod, bywyd hwyrach
- Rhyw
- Hil ac ethnigrwydd
- Sefyllfa economaidd-gymdeithasol
- Iechyd corfforol
- Anabledd
- Rhywioldeb a thrawsrywedd
- Grwpiau poblogaeth a lleoliadau eraill ee Plant sy'n derbyn gofal, gofalwyr

Figure 2.2: A dynamic model of mental well-being for assessing mental well-being impact

The four protective factors are influenced by population characteristics, wider determinants and the core economy. All of which are influenced by levels equity and social justice.



Source: Lynne Friedli

Equity and social justice

Wider determinants

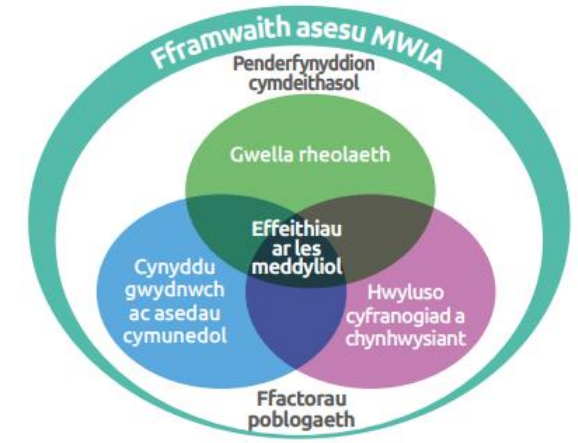
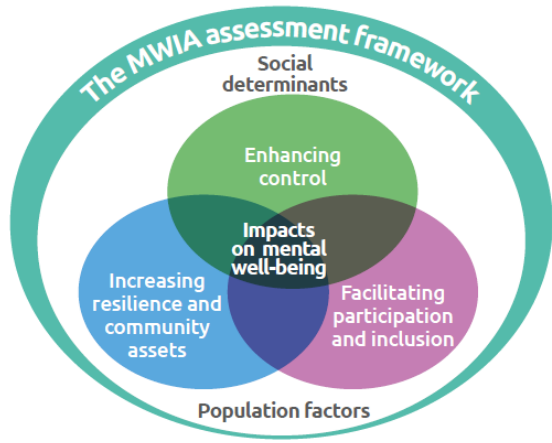
Social relationships and the core economy

Population characteristics

Four protective factors

Lynne Friedli
MWIA Collaborative
April 2009

Welfare and social protection



Enhancing control:

- A sense of control
- Resources for financial control and capability

Building resilience and community assets:

- Emotional wellbeing and trust and safety

Facilitating participation and inclusion

- Accessible and acceptable services
- Non stigmatising

Wider determinants

- Economic security
- Access to good quality food
- Challenging discrimination

Gwella Rheolaeth:

- Ymdeimlad o reolaeth
- Adnoddau ar rheolaeth a gallu ariannol

Cynyddu Gwydnwch ac Asedau Cymunedol:

- Lles Emosiynol
- Ymddiriedolaeth a Diogelwch

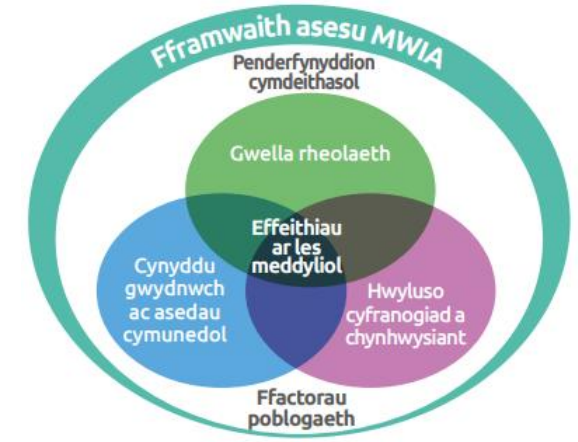
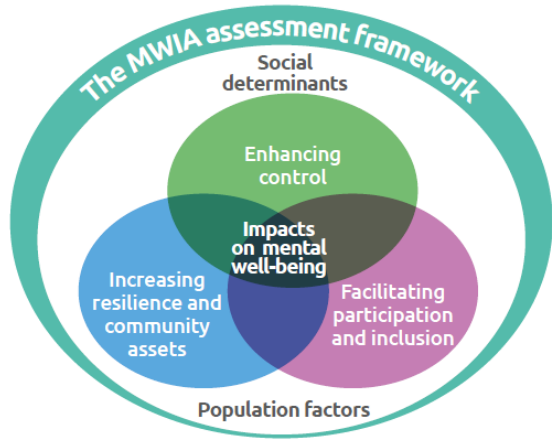
Hwyluso Cyfranogiad a Chynhwysiant

- Gwasanaethau neu nwyddau hygyrch a derbyniol
- Dim stigmatiddio

Penderfynyddion cymdeithasol

- Diogeledd Economaidd
- Mynediad at fwyd o ansawdd da
- Herio gwahaniaethu

Spatial planning



Enhancing control:

- Opportunities to influence decisions

Building resilience and community assets:

- Emotional wellbeing
- Healthy behaviours
- Trust and safety
- Social networks and relationships

Facilitating participation and inclusion

- Sense of belonging

Wider determinants

- Access to quality housing
- Green and blue environments
- Active travel

Gwella Rheolaeth:

- Cyfleoedd i ddylanwadu ar benderfyniadau

Cynyddu Gwydnwch ac Asedau Cymunedol:

- Lles Emosiynol
- Ffyrdd Iach o Fyw
- Ymddiriedolaeth a Diogelwch
- Rhwydweithiau Cymdeithasol a Pherthnasoedd

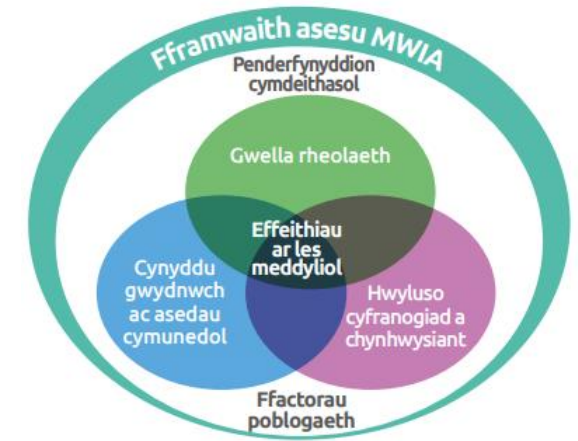
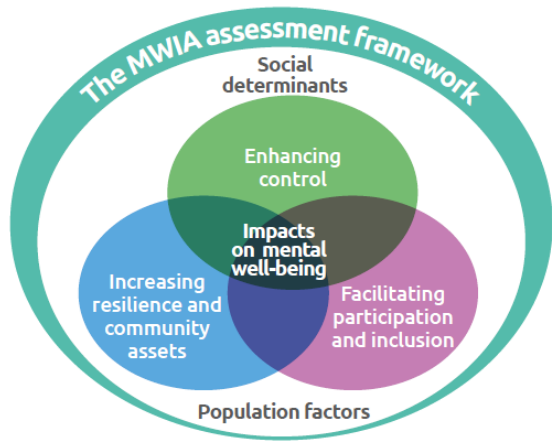
Hwyluso Cyfranogiad a Chynhwysiant

- Ymdeimlad o berthyn

Penderfynyddion cymdeithasol

- Ansawdd a diogelwch tai
- Amgylcheddau gwyrdd a glas
- Teithio llesol

Social prescribing



Enhancing control:

- Self belief and independence

Building resilience and community assets:

- Emotional wellbeing
- Healthy behaviours
- Learning and development / arts and creativity
- Social networks and relationships

Facilitating participation and inclusion

- Having a valued role
- Sense of belonging

Wider determinants

- Economic and housing security
- Leisure opportunities

Gwella Rheolaeth:

- Hunangred ac annibyniaeth

Cynyddu Gwydnwch ac Asedau Cymunedol:

- Lles Emosiynol
- Ffyrdd Iach o Fyw
- Dysgu a Datblygiad a Celfyddydau
- Rhwydweithiau Cymdeithasol a Pherthnasoedd

Hwyluso Cyfranogiad a Chynhwysiant

- Ymdeimlad o berthyn
- Cael Rôl Werthfawr

Penderfynyddion cymdeithasol

- Diogeledd Economaidd
- Cyfleoedd hamdden

?

Mental Well-being Impact Assessment



A toolkit for well-being

Mental Well-being Impact Assessment (MWIA) enables people and organisations to assess and improve a policy, programme, service or project to ensure it has a maximum equitable impact on people's mental well-being.

Published by the National MWIA Collaborative (England)
May 2011

Members of the National MWIA Collaborative (England)



Lynne Friedli



Jude Stansfield
Kate O'Hara



South London and Maudsley NHS Foundation Trust



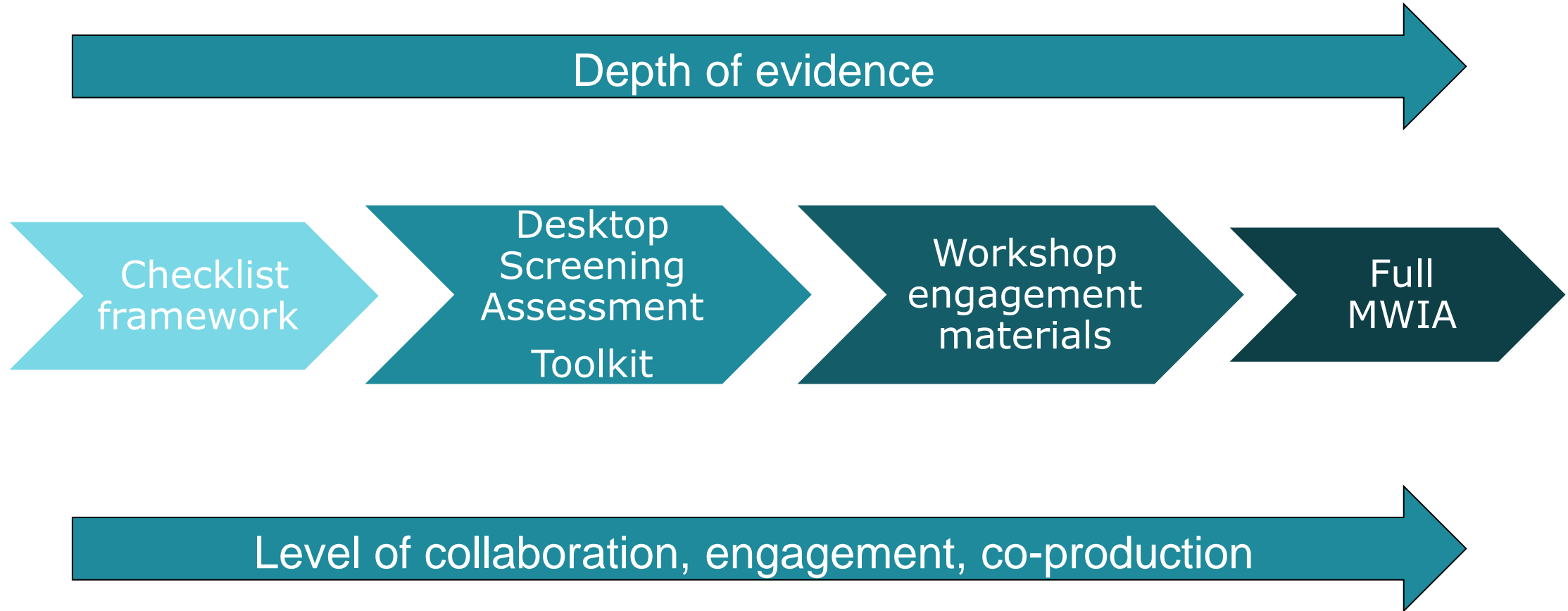
MWIA Summary of Process and Methods

1. Screening
2. Scoping - how the MWIA will be carried out
3. Appraisal of evidence
 1. Community health profile
 2. Stakeholder engagement
 3. Literature review
4. Identification of positive/negative impacts
5. Identification of indicators
6. Recommendations and report

MWIA Crynodeb o Broses a Dulliau

1. Sgrinio
2. Cwmpasu
3. Gwerthusiad o'r dystiolaeth
 - Proffil Iechyd Meddwl a Lles y Boblogaeth
 - Cyfranogiad rhanddeiliaid
 - Adolygiad llenyddiaeth
4. Nodi effeithiau cadarnhaol a negyddol
5. Adnabod dangosyddion
6. Adroddiad ac argymhellion

Range of MWIA Tools



Ystod o Offer MWIA

Dyfnder y dystiolaeth

Rhestr
wirio

Pecyn
Cymorth
Asesu Sgrinio
Bwrdd Gwaith

Deunyddiau
ymgysylltu
gweithdai

MWIA
llawn

Lefel cydweithio, ymgysylltu, cydgynhyrchu

How has MWIA been used?

- Programmes that want to measure and evidence their impact on mental wellbeing – an **outcomes focus**
- Projects that want to embed a framework for promoting mental well-being into their mainstream service delivery – **integration & improvement focus**
- Programmes that need to engage people in improving impact on mental well-being and/or co-designing a programme/service – **engagement focus**
- Increasing **understanding of how programmes and policies impact on mental well-being**
- Often all of the above

Sut mae MWIA wedi cael ei ddefnyddio?

- Rhaglenni sydd eisiau mesur a dangos tystiolaeth o’u heffaith ar les meddyliol – **ffocws ar ganlyniadau**
- Prosiectau sydd am wreiddio fframwaith ar gyfer hyrwyddo lles meddyliol yn eu darpariaeth gwasanaeth prif ffrwd - **ffocws ar integreiddio a gwella**
- Rhaglenni y mae angen iddynt ymgysylltu â phobl i wella effaith ar les meddyliol a/neu gyd-ddylunio rhaglen/gwasanaeth - **ffocws ar ymgysylltu**
- Dealltwriaeth gynyddol **o sut mae rhaglenni a pholisïau yn effeithio ar les meddyliol**
- Yn aml pob un o'r uchod

Examples of application

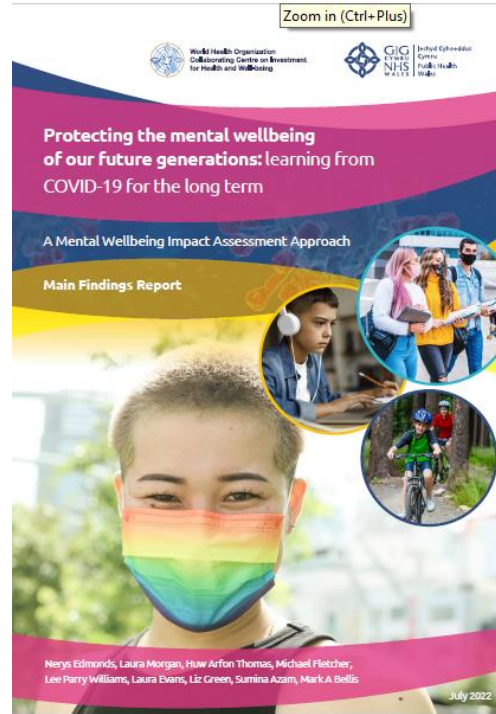
- Health and social care services
- Community and third sector projects and services
- Arts and environmental projects
- Green space and public realm developments
- Schools, Universities, Adult Education and Libraries
- Workplaces
- Natural Disaster recovery
- Health improvement programmes
- Housing and Regeneration
- Physical activity programmes

Examples of application

- Gwasanaethau iechyd a gofal cymdeithasol
- Prosiectau a gwasanaethau cymunedol a thrydydd sector
- Prosiectau celfyddydol ac amgylcheddol
- Mannau gwyrdd a datblygiadau parth cyhoeddus
- Ysgolion, Prifysgolion, Addysg Oedolion a Llyfrgelloedd
- Gweithleoedd
- Adfer ar ôl trychineb naturiol
- Rhaglenni gwella iechyd

Application of MWIA during COVID-19

- **To inform community action to protect mental wellbeing:** Rapid MWIA to inform planning to mitigate mental health impacts and identify high risk groups (London)
- **To protect mental wellbeing of key workforces:** Rapid MWIAs on public sector staff focused on changes to working conditions (London and Australia) and staff working in Hotel Quarantine (Australia)
- **To identify and mitigate impacts on key population groups:** Comprehensive MWIA on impacts on young people's mental wellbeing in Wales



Cymhwyso MWIA yn ystod COVID-19

- **Llywio gweithredu cymunedol i amddiffyn lles meddyliol:** MWIA cyflym i lywio cynllunio i liniaru effeithiau iechyd meddwl a nodi grwpiau risg uchel (Llundain)
- **Diogelu lles meddyliol gweithluoedd allweddol:** Canolbwyntiodd MWIAs cyflym ar staff y sector cyhoeddus ar newidiadau i amodau gwaith (Llundain ac Awstralia) a staff yn gweithio mewn Gwestai Cwarantîn (Awstralia)
- **Nodi a lliniaru effeithiau ar grwpiau poblogaeth allweddol:** MWIA cynhwysfawr ar effeithiau ar les meddyliol pobl ifanc yng Nghymru

Greenwich Children's Centre [CC]

Objectives of the MWIA:

- Have an assessment of how the CC is currently impacting on the mental wellbeing of **parents**
- Inform action plan for the mental wellbeing strand of Healthy Early Years Framework
- Provide **an engagement opportunity** for parents
- Seek the views of parents as to how positive impacts could be increased and any potential negative impacts reduced
- **Improve the impact** of service on parents well-being
- Support the CC in developing an evaluation strategy by identifying **relevant indicators of wellbeing** that can be gathered over time.

Canolfan Plant Greenwich [CC]

Amcanion y MWIA:

- Cael asesiad o sut mae'r CC yn effeithio ar les meddyliol rhieni ar hyn o bryd
- Llywio cynllun gweithredu ar gyfer llinyn lles meddyliol y Fframwaith Blynyddoedd Cynnar Iach
- Darparu **cyfle ymgysylltu** i rieni
- Ceisio barn rhieni ar sut y gellid cynyddu effeithiau cadarnhaol a lleihau unrhyw effeithiau negyddol posibl
- **Gwella effaith** gwasanaeth ar les rhieni
- Cefnogi'r CC i ddatblygu strategaeth werthuso trwy nodi **dangosyddion lles perthnasol** y gellir ei gasglu dros amser.

MWIA process

1. **MWIA screening toolkit:** Initial assessment, 2 hour meeting with 5 people – MWIA facilitator, 2 parents, CC manager and a Family Support manager
2. **Scoping**
3. MWIA **workshop** with parents
4. MWIA workshop with **staff** group
5. **Community profile** and **literature review**.
6. Development of **indicators**
7. Report and recommendations

Proses MWIA

- **Pecyn cymorth sgrinio MWIA:** Aseiad cychwynnol, cyfarfod 2 awr gyda 5 o bobl – hwylusydd MWIA, 2 riant, rheolwr CC a rheolwr Cymorth i Deuluoedd
- **Cwmpasu**
- Gweithdy MWIA gyda rhieni
- Gweithdy MWIA gyda grŵp o **staff**
- **Proffil cymunedol ac adolygiad o lenyddiaeth.**
- Datblygu **dangosyddion**
- Adroddiad ac argymhellion

MWIA Factor	Increasing Control	Resilience	Participation and inclusion
Priority Impacts of the CC Identified by Parents	Self help	Learning & Development	Accessible and acceptable services or goods
	Collective organisation and action	Social networks & relationships	Activities that bring people together
	Knowledge skills & ability to make healthy choices	Emotional well-being	Sense of belonging

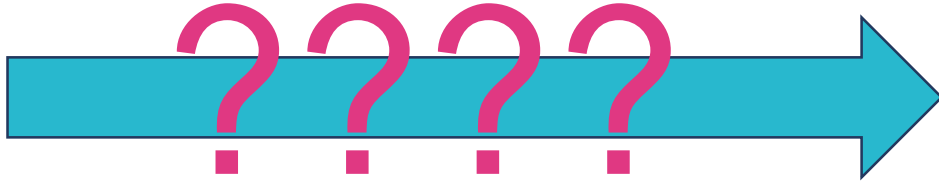
	Gwella Rheolaeth	Cynyddu Gwydnwch ac Asedau Cymunedol	Hwyluso Cyfranogiad a Chynhwysiant
Effeithiau Blaenoriaeth y Ganolfan Plant a nodwyd gan Rien	Hunan-gymorth	Dysgu a Datblygiad	Gwasanaethau neu nwyddau hygyrch a derbyniol
	Trefniadaeth a gweithredu ar y cyd	Rhwydweithiau Cymdeithasol a Pherthnasoedd	Gweithgareddau sy'n dod â phobl at ei gilydd
	Gwybodaeth, sgiliau ac adnoddau i wneud dewisiadau iach	Lles Emosiynol	Ymdeimlad o berthyn

A



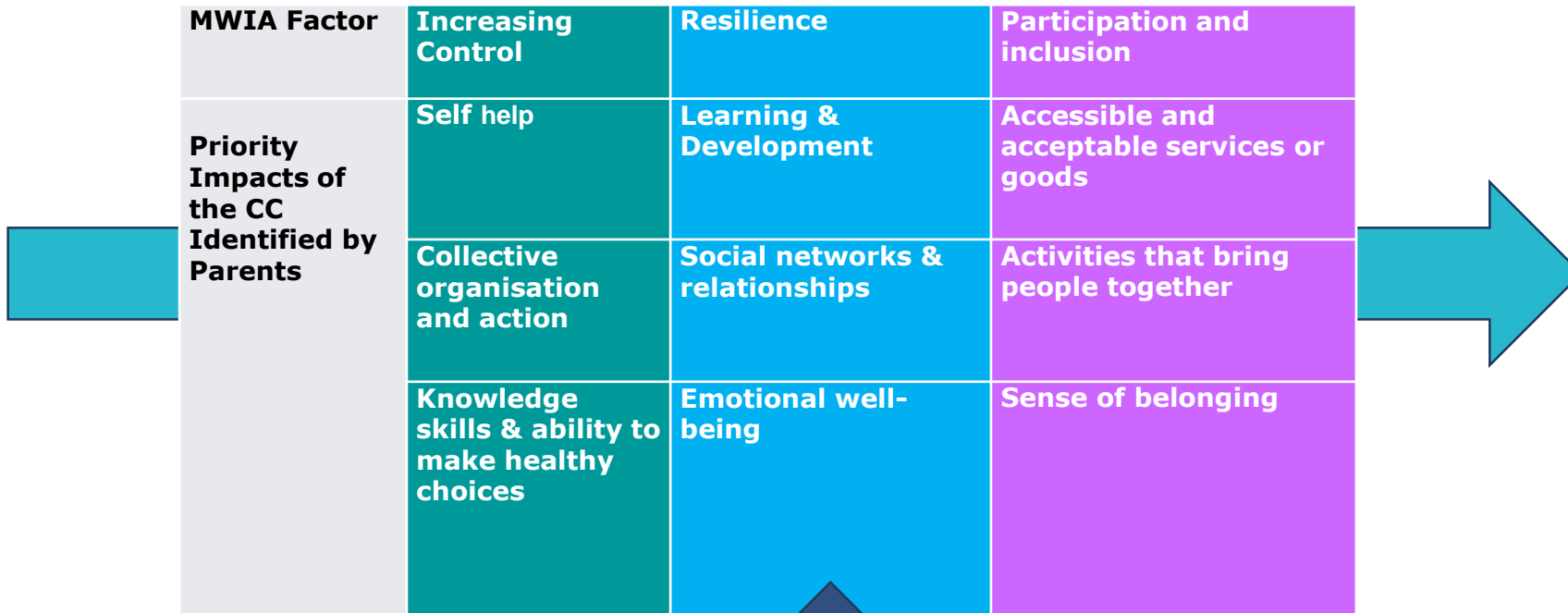
B

A



B

A



B



Recommendations

- Increase and promote accredited Courses
- Promote CC to new and lone parents - buddying
- Encouraging new parents to attend and get involved – buddying, volunteering, 'time banking'
- Measurement of wellbeing outcomes
- Rollout MWIA as a diagnostic and action planning tool to integrate promotion of wellbeing to all Children's Centres across the borough.

Argymhellion

- Cynyddu a hyrwyddo Cyrsiau achrededig
- Hyrwyddo CC i rieni newydd ac unigol - cyfeillio
- Annog rhieni newydd i fynychu a chymryd rhan – cyfeillio, gwirfoddoli, 'bancio amser'
- Mesur canlyniadau lles
- Cyflwyno MWIA fel offeryn diagnostig a chynllunio gweithredu i integreiddio hyrwyddo llesiant i bob Canolfan Plant ar draws y fwrdeistref.

Outcomes

Canlyniadau

Outcomes from a review of MWIA case studies

- Helped to create **better service responses** to improve wellbeing
- Developed **shared understandings** and coherence of mental wellbeing with a range of stakeholders
- Ensured policies, programmes and projects have a **positive impact** on mental wellbeing
- Actively engaged all partners in service development and **fostering co-production of mental well-being**
- Supported needs assessment and the development of **relevant and meaningful local indicators**.

Deilliannau adolygiad o astudiaethau achos MWIA

- Wedi helpu i greu **ymatebion gwasanaeth gwell** i wella lles
- Wedi datblygu **dealltwriaeth a rennir** a chydlyniad lles meddyliol gydag ystod o randdeiliaid
- Wedi sicrhau bod gan bolisiau, rhaglenni a phrosiectau **effaith gadarnhaol** ar les meddyliol
- Mynd ati i gynnwys yr holl bartneriaid wrth ddatblygu gwasanaethau a **meithrin cyd-gynhyrchu lles meddyliol**
- Cefnogi asesu anghenion a datblygu **dangosyddion lleol perthnasol ac ystyrlon**.

First level qualitative review of MWIA

- Is there evidence that the decisions made using the MWIA are implemented successfully?
- **YES**
- Did that lead to any measurable impact on wellbeing indicators for the target group?
- **Some available evidence**
- Is it possible to make a causal link between the outcome/impact of the MWIA?
- **Not yet**

Adolygiad ansoddol lefel gyntaf o MWIA

- A oes tystiolaeth bod y penderfyniadau a wneir gan ddefnyddio'r MWIA yn cael eu gweithredu'n llwyddiannus?
- OES
- A arweiniodd hynny at unrhyw effaith fesuradwy ar ddangosyddion llesiant ar gyfer y grŵp targed?
- Peth tystiolaeth sydd ar gael
- A oes modd gwneud cysylltiad achosol rhwng canlyniad/effaith y MWIA?
- Ddim eto

Poll 3

Arolwg 3

Tony Coggins

Looking ahead

Edrych ymlaen

Considerations for effective use of MWIA

- Timing and level of detail of proposal
- Having a clear focus and objectives
- Integration into a project or consultation plan
- Scope to influence
- Leadership and senior management buy in
- Stakeholder engagement early in the process
- A good quality screening (initial assessment) with a range of stakeholders
- Do no harm – ensure participation in MWIA happens in safe way – e.g. careful planning and skilled facilitation of workshops
- Clarity on how will findings and recommendations be implemented and who is responsible

Ystyriaethau ar gyfer defnydd effeithiol o MWIA

- Amseriad a lefel manylder y cynnig
- Bod â ffocws ac amcanion clir
- Integreiddio i brosiect neu gynllun ymgynghori
- Lle i ddylanwadu
- Arweinwyr ac uwch reolwyr yn cymryd rhan
- Ymgysylltu â rhanddeiliaid yn gynnar yn y broses
- Sgriniad o ansawdd da (asesiad cychwynnol) gydag ystod o randdeiliaid
- Peidio â gwneud unrhyw niwed – sicrhau fod cyfranogiad mewn MWIA yn digwydd mewn ffordd ddiogel – ee cynllunio gofalus a hwyluso gweithdai yn fedrus
- Eglurder ynghylch sut y bydd canfyddiadau ac argymhellion yn cael eu gweithredu a phwy sy'n gyfrifol

Looking ahead

- Where are the opportunities for MWIA to make a difference in Wales?
- Where could it add value to existing programmes?
- What type of capacity building / training would be needed to expand use of the tool?
- What might be the challenges?
- Who could be involved?
- Who can support?

Edrych ymlaen

- Ble mae'r cyfleoedd i MWIA wneud gwahaniaeth yng Nghymru?
- Ble gallai ychwanegu gwerth at raglenni presennol?
- Pa fath o feithrin gallu / hyfforddiant sydd ei angen i ehangu'r defnydd o'r offeryn?
- Beth allai'r heriau fod?
- Pwy allai gymryd rhan?
- Pwy all gefnogi?

Poll 4,5,6

Arolwg 4,5,6

Links

- [Protecting the mental wellbeing of our future generations: learning from COVID-19 for the long term - World Health Organization Collaborating Centre On Investment for Health and Well-being \(phwwhocc.co.uk\)](#)
- [Mental wellbeing impact assessment toolkit](#)
- [Mental wellbeing checklist](#)
- [Home - Wales Health Impact Assessment Support Unit \(phwwhocc.co.uk\)](#)
- Nerys.S.Edmonds@wales.nhs.uk

Understanding the influences on mental wellbeing at an individual and community level

Public Health Network Cymru

26 OCT



About this event

Mental well-being is fundamental to health and well-being. Public Health Wales aims to launch a new programme of work, Hapus, which is partly about having a national conversation to encourage people in Wales to focus on what is important to them for their mental well-being and to make time to participate in activities that promote and protect.

Date + Time

26th October 2022
2:00 PM - 3:00 PM

Register

Deall y dylanwadau ar les meddwl ar lefel unigol a chymunedol

Rhwydwaith Iechyd Cyhoeddus Cymru

26 HYD



Ynglŷn â'r digwyddiad hwn

Mae lles meddwl yn hanfodol i iechyd a lles. Nod Iechyd Cyhoeddus Cymru yw lansio rhaglen waith newydd, Hapus, sy'n ymwneud yn rhannol â chael sgwrs genedlaethol i annog pobl yng Nghymru i ganolbwyntio ar yr hyn sydd yn bwysig iddyn nhw a'u lles meddwl ac i wneud amser i gymryd rhan mewn gweithgareddau sy'n hyrwyddo ac yn diogelu

Dyddiad + Amser

26 Hydref 2022
2:00 YP - 3:00 YP

Cofrestrwch

Coming soon !