Mental Well-being Impact Assessment

- An evidenced based toolkit which enables a wide range of organisations and programmes to identify, demonstrate and improve their impact on mental well-being
- Carried out on over 700 policies, programmes and projects in the UK including the Liverpool European City of Culture 2008
- Highlighted in the UK mental health strategy (HM Government, 2011)
- Supported by comprehensive training and implementation programmes

MWIA (Mental Well-being Impact Assessment) provides a structured analysis of how policies, proposals, programmes and projects can influence mental health and well-being. The method is called Mental Well-being Impact Assessment since it both reflects a focus on positive mental health and because it is informed by Health Impact Assessment methods. MWIA is based on a review of the evidence on which factors promote and protect mental well-being1. In particular, it focuses on the social determinants of health and protective factors identified by the Department of Health (DH, 2001; HMG 2011) which are associated with mental well-being including control, resilience, community assets, participation and inclusion. MWIA also considers the wider determinants of mental well-being such as housing, education and economic status.

The first tool for conducting a MWIA has been produced within the UK and has been tested and used within a number of regions and across the world. South London and Maudsley NHS Foundation Trust are one of the organisations which have been engaged in developing, publishing and disseminating the MWIA Toolkit2.

**MWIA has been carried out with over 700 policies, projects and programmes including:**
- Community, housing and regeneration projects such as Time Banks
- Arts projects such as community choirs, youth arts
- Major programmes such as the European Capital of Culture in Liverpool 08 and Well London
- Carers services
- Schools and adult education
- Physical activity programmes
- Mental health services and projects
- Workplaces

**The MWIA process is participative and has been found to have the following benefits3:**
- Engaging a range of stakeholders, including beneficiaries/communities, to increase awareness and understanding of mental well-being
- Identifying potential positive and negative impacts of a policy or proposal on mental well-being

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• Creating a 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 has a key role to play in:
• Integrating the promotion of positive mental well-being in policy
• Enabling a wide range of services and policy areas to understand and improve how what they do impacts on mental well-being and preventing adverse impacts
• Developing measures of mental well-being – a role in demonstrating outcomes
• Community engagement
• Commissioning for well-being

Key achievements and recent programmes:
• MWIA was included in the UK Local Government Programme 2011- funded by the Local Government Group: SLaM is currently working with five local authorities across the UK to deliver MWIAs and training in key service and policy areas such as adult and community learning, housing, arts programmes and carers. This programme is helping integrate the public mental health agenda into the direct planning and delivery of local government.
• National MWIA Capacity Building Programme 2010 -2011 funded by National Mental Health Development Unit, England
• MWIA is highlighted is listed as a key resource to support the commissioning process, in Commissioning Mental Wellbeing for All - A Toolkit for Commissioners (UCLAN/NMHDU 2010)4
• MWIA is highlighted in the UK mental health outcomes strategy “No Health Without Mental Health – delivering better mental health outcomes ” (HMG, 2011, p.29)
• Maudsley International and our partners in MWIA, Inukshuk, have provided MWIA action learning to over 250 people across the UK
• In 2011 we have presented on MWIA at the International Health Impact Assessment Conference, Grenada and the International Health Assets Conference, London

How can we help?
Maudsley International (MI) aims to improve global mental health by sharing expertise with colleagues from all over the world. MI does this by providing access to a wide range of expertise through programmes that combine clinical, academic, managerial, policy and intervention expertise to inform developments in other places.
• We can provide information and introduction sessions to understand how MWIA is applicable to your needs
• We can carry out an MWIA on your policy, programme or service
• We can provide high quality training and mentoring to enable you to undertake your own MWIA’s

For further information on MIWA please contact:
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The MWIA Toolkit and MWIAs reports on a wide range of programmes and guidance are available on the Health Impact Assessment Gateway: www.hiagateway.org.uk

4 www.nmhdu.org.uk/silo/files/commissioning-wellbeing-for-all