

Minding our Bodies: Eating Well for Mental Health

Program Evaluation

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Evaluating the Eating Well for Mental Health Project

Purpose: To provide information about how best to implement the project.

Focus: Overall project evaluation

What/Who?: Evaluate project and pilot initiatives nested with the project

- Type of evaluation: ***Process evaluation***
 - Implementation of a program
 - Appropriateness and availability of resources
 - Potential barriers and facilitators
 - Alternative models
 - Expected and unexpected outcomes

Evaluation Questions

- Linked to four areas:
 - Context
 - Inputs
 - Process
 - Products
- How do we answer these questions?
 - Documents and materials
 - Program implementation and decision-making
 - Surveys
 - Case studies – Pilot Sites!

Case Studies

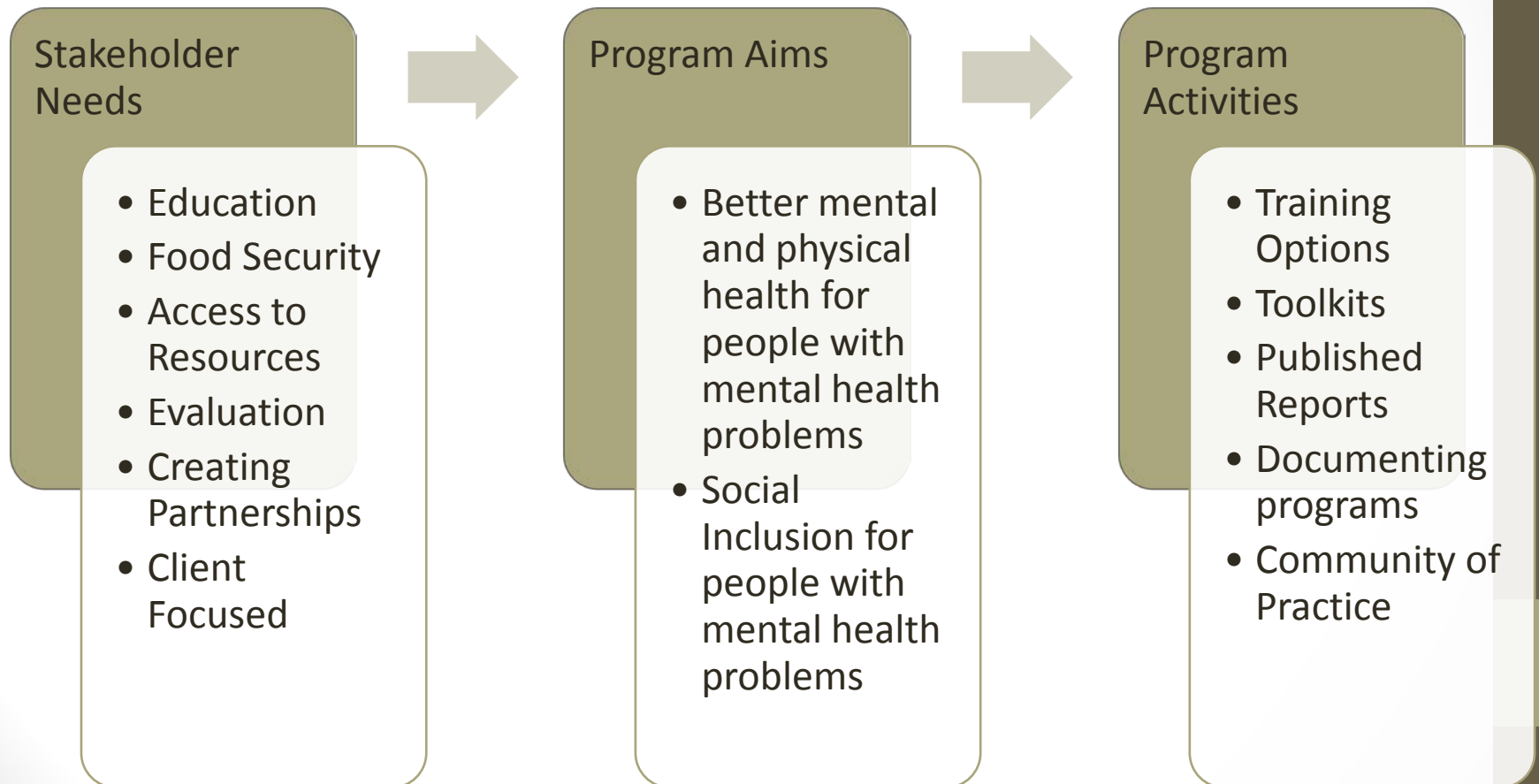
- Mixed Methods Approach
- Pilot sites
 - Site visit (dates TBD: Oct-Dec)
 - Interviews with staff/clients
 - Focus groups with staff/clients
 - Document review
 - Survey with staff/clients
 - Participatory

Results

- Quantitative surveys
 - Descriptive stats (means, st. dev., frequencies)
- Qualitative data
 - Subject to thematic coding
 - Identify main themes
- Case studies
 - Presented in detail
 - Learn from unique and complex experiences
 - Individual program reports will be provided
 - Other potential reporting methods

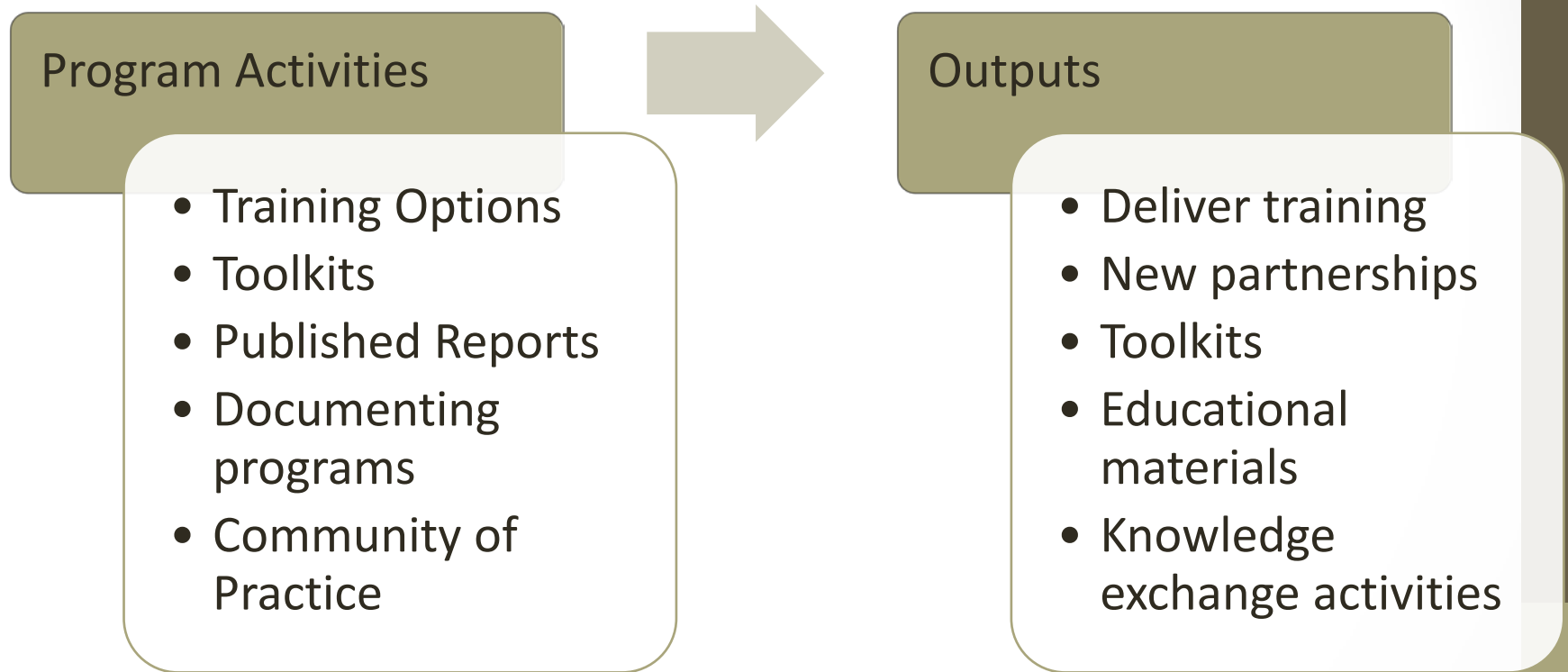
Making the connection

Connect stakeholder needs to program aims and activities



Making the connection cont...

Then we can connect activities to outputs

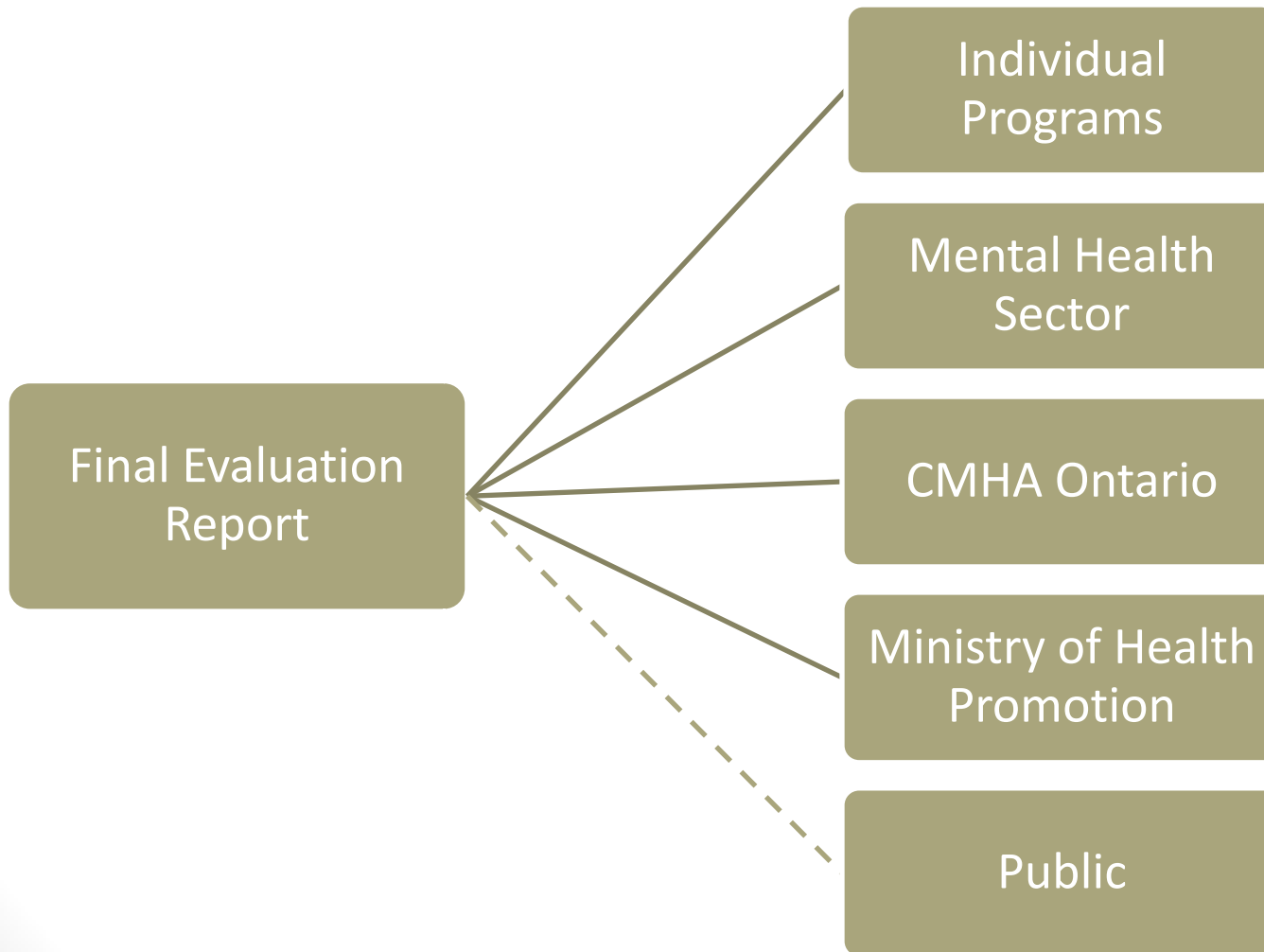


Take a look at the Logic Model for more detail about connections

Reporting Back

- Interim report
 - Submitted to CMHA Ontario Sept 10th
 - Focused on evaluative questions that could be answered to this point
- Final report
 - Highlight how program was implemented
 - Broadly and in individual pilot sites
 - Focus on barriers and facilitators
 - Will also report on outputs and outcomes
 - Linked to expected outcomes

Reporting Back cont...



Questions? Comments?

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