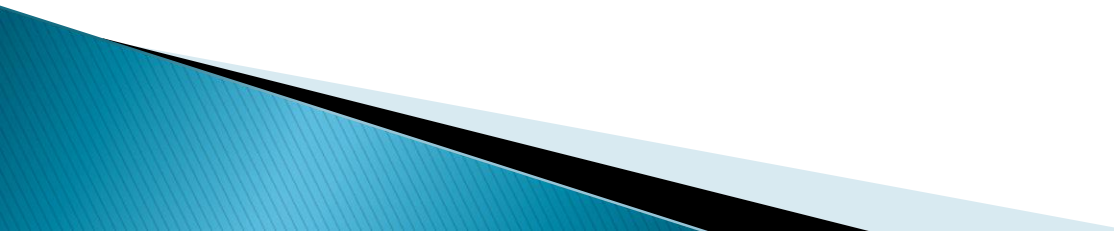


Service Evaluation

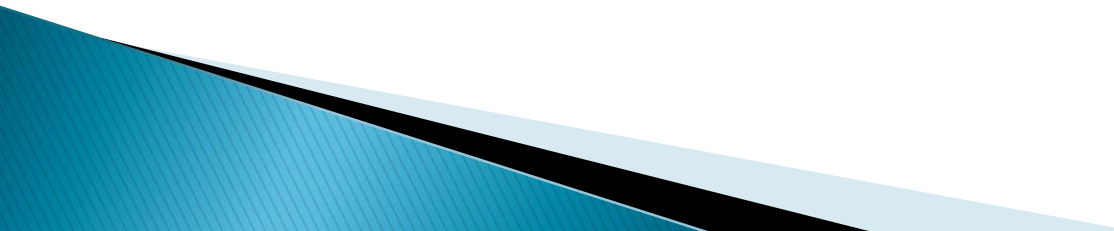
- ▶ Positive Living Programme in Day-Centres in the Northern Health and Social Care Trust

Debbie Gillespie - Manager

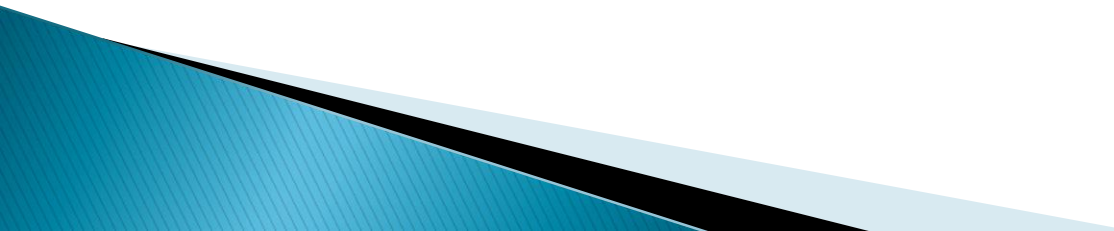
Context

- ▶ 350 million people are living with depression and is the leading cause of disability worldwide (World Health Organisation 2012)
 - ▶ In the UK more people are out of work because of mental health problems than any other country in the developed world (The Organisation for Economic Cooperation and Development 2014)
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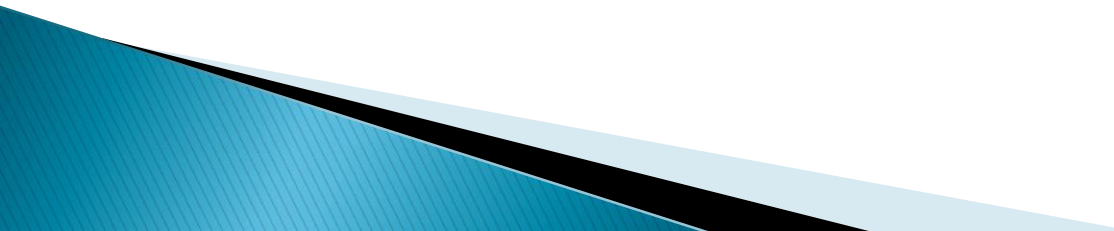
Background

- The Transforming Your Care (2011) Strategy was the catalyst to demonstrate effectiveness in day-care
 - Day centres provided a maintenance approach, a shift has been made to time-limited focused interventions
 - Positive Living Programme is designed to improve mental health and reduce stress levels
- 

Background

- ▶ NICE (2014) recognises anxiety disorders have a lifelong course of relapse and can lead to other disorders such as depression and substance misuse
 - ▶ Research shows therapeutic social support and self help models are key to recovery (Tew 2013)
- 

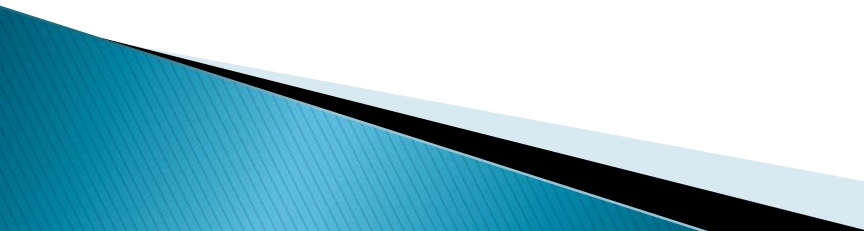
Background

- ▶ Ensure outcome measurement tools are evidence based, reliable and have validity (Netten 2011)
 - ▶ The need to appraise day care in light of changing needs of service users and complex social care support (Fleming and Taylor 2010)
- 

Aim

- ▶ To evaluate the effectiveness of the Positive Living Programme in Day Centres in the NHSCT

Measurement Tools

- Validated tools completed at two points, before and after the intervention taken from Fischer and Corcoran's Measures for Clinical Practice (2007)
 - Perceived Stress Levels (PSS)
 - Schwartz Outcome Scale (SOS10)
 - 51 service users completed at time 1, 36 at time 2
- 

Analysis

- ▶ Paired samples t- tests examined outcomes
- ▶ To determine was change as a result of the Positive Living Programme

Paired – samples t-test

- ▶ To establish is there a change in the perceived levels of stress and mental health as measured under the PSS and SOS10 scales between Time 1 (pre Positive Living Programme) and time 2 (post Positive Living Programme)

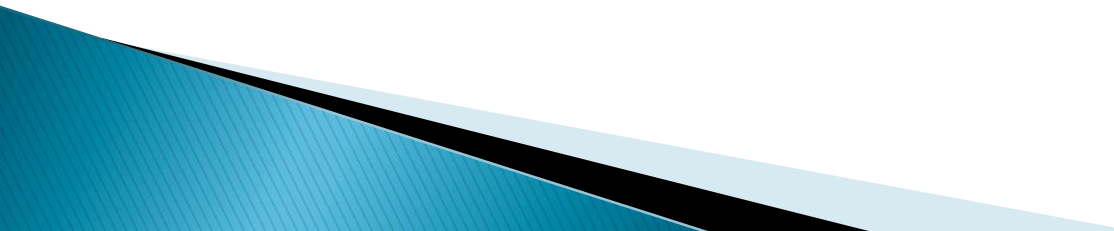
Paired sample t-test results for PSS

- ▶ A statistically significant decrease in perceived levels of stress from Time 1 ($M=24.59$, $SD= 6.379$) to Time 2 ($M=18.89$, $SD = 5.348$), $t(36) = 5.349$, $p < .001$. (two-tailed). The mean decrease in the PSS scores was 5.703 with a 95% confidence interval ranging from 3.541 to 7.865. The eta squared statistic (.44) indicated a large effect size.

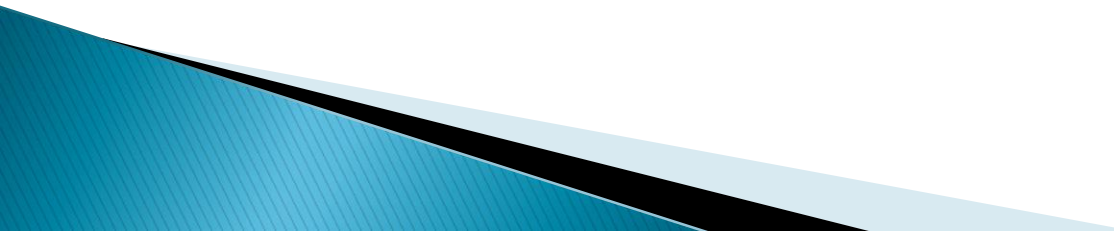
Paired sample t-test results for SOS10

- ▶ Statistically there was a significant increase in mental health well being using the SOS10 tool from Time 1 ($M= 27.86$, $SD = 13.454$) to Time 2 ($M= 38.19$, $SD= 11.890$), $t(36) = 3.871$, $p < .001$. (two-tailed). The mean increase in SOS10 scores was 10.324 with 95% confidence interval ranging from 5.733 to 15.733. The eta squared statistic (.29) indicated a large effect size.

Conclusion

- ▶ Statistical analysis revealed the Positive Living Programme as it was used in day centres did have an impact on participants in terms of decreasing stress levels and improving mental health well-being
 - ▶ Validated tools can be used to quantify and measure outcomes of interventions in day centres
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Recommendations

- ▶ Staff need to be trained in the use of validated tools to measure outcomes and evaluate practice
 - ▶ Further research regarding long-term recovery and changes made post day-centre
 - ▶ Validated tools to be utilised more in day – centres and other social work and social care settings
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Closing thoughts

- ▶ Day centres are to be commended for having the vision to adapt to changing services
 - ▶ Prove services are working as intended
 - ▶ Need to have courage to measure
 - ▶ More service user involvement
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