MENTAL HEALTH STRATEGY – REPORT ON PROGRESS – ACTION 31

Date of report	19th June 2019
Date of last report	5th December 2018
Project end date	30th September 2019
Action Number	31
Action Owner (s)	Nina Allinson
Action Link	Niall Kearney and Gavin Russell
Action Text	Active Living Becomes Achievable (ALBA) is a new and unique behavioural change project, which links in with existing physical activity provisions to enhance sustainable individual physical activity engagement through behaviour change. This intervention will result in increased physical activity levels for people living with mental and/or physical health conditions, leading to improved mental and physical health and well-being. The evaluation of the ALBA intervention will be presented as a PhD thesis, and the results will be submitted for publication in September 2019.

Progress Update from Previous report	RAG
1. Total participants referred 397 **(target 336)** 318 participated, with 171 completing the 16 week intervention to date.	**Green**
2. ALBA Fife's cohort 5 **(target 40)** recruited **12** participants and is due to complete September 2019. This cohort was originally due to start January 2019 based on receiving extension funding. The funding was delayed until March 2019. This impacted client recruitment and shortened the time period we could work with clients. Also due to the uncertainty of funding 2 staff left after finding alternative employment. This therefore limited capacity and affected the number of clients we could support during this time. Clients are being supported by a staff member from the WL team and we have also recruited a new member of staff to help support these clients.	**Amber**
3. ALBA North Ayrshire cohort 4 **(target 40)** started September 2018 and completed end of December 2018 with **22** participants recruited to date. One of our staff also handed in their notice. This affected the number of clients we could support for this cohort. Cohort 5 (**target 40**) started 18th March 2019 and is due to complete in September 2019. We have **20** clients recruited to date. This cohort was originally due to start January 2019 based on receiving extension funding. The funding was delayed until March 2019. This impacted client recruitment and shortened the time period we could work with clients.	**Amber**
4..ALBA West Lothian's cohort 4 (**target 40**) started September 2018 and completed the end of January 2019. We recruited 41 clients. Cohort 5 (**target 40**) started 18th March 2019 and is due to complete the end of September 2019. We have 19 clients recruited to date. This cohort was originally due to start January	**Amber**

2019 based on receiving extension funding. The funding was delayed until March 2019. This impacted client recruitment and shortened the time period we could work with clients.	
5. We have **82** clients from all 3 areas who have chosen to complete our 6 month long term study, **33** clients who have chosen to complete the 12 month study and **6** clients who have chosen to complete the 18 month study to date.	**Green**
6. We have had 1379 participants complete our eLearning for Mental Health Awareness and 215 participants complete our eLearning for Supporting Behaviour Change **(target 1500)**. We are raising awareness of the training with regular communication to (CIMSPA), ECOM, SPORTA, Jog Scotland, Sustrans and SAMH. We have also offered the training through the Mental Health Charter and to all SAMH staff.	**Green**
7. Data analysis from Napier University to date shows that we have an average retention rate over the 3 areas, Fife North Ayrshire and West Lothian, of **53%** The average for an activity intervention is usually around 20%. The STORM data tracker analysis also shows an increase in physical activity across all 3 services. The results so far from the questionnaires also indicate that the intervention has had a significant effect on Mental Wellbeing, as the WEMWBS measure indicates there has been a significant change across all three areas. A change in score on the WEMWBS of 3-9 points is considered a "meaningful difference", and participants WEMBS scores on average increased by between 5.47- 11.04 points over the 16 weeks. The results also indicate significant changes in Patient Activation across all three areas. Patient activation is a measure of an individual's engagement with their health behaviour, and is correlated with better self-regulation. The final data is due September 2019.	**Green**
8. We have facilitated **6** training sessions on our Supporting Behaviour Change training in conjunction with Napier University with **64** participants trained.	**Green**
9. We have recruited 26 peer volunteers **(target 24)** to support ALBA participants.	**Green**

Key Deliverables in next 6 months (include estimated date for each deliverable)	RAG
1. Complete support for all clients in cohort 5 in Fife, West Lothian and North Ayrshire.	**Green**
2. Continue delivering more eLearning training on Mental Health Awareness until the end of September 2019.	**Green**
3. Signpost all peer volunteers to use the skills learnt with ALBA training, to help support other community groups and the Leisure Trusts if the funding for the service finishes.	**Green**
4. Work with long term clients in West Lothian and North Ayrshire up until the end of June 2019 to collate as much data as possible for the PhD report.	**Green**
5. Napier to produce the PhD report in September 2019.	**Green**

What does success look like?
1. Data analysis for all clients completed and PhD report in September 2019 showing positive results of raised mental and physical health and wellbeing after participating in the ALBA intervention presented.

What data (if any) can evidence delivery?
1. Reports from STORM on each client's tracker data and baseline and post intervention questionnaires.
2. Napier PhD student has been holding focus groups for research purposes with staff to provide information on the experience of delivering the intervention and the training and support they received and separate focus groups with participants to provide information on the delivery of the intervention and support they received.
3. Client case studies.
4. Data collection by ALBA staff on client numbers, challenges and participation and client journey.

Any other comments	We are very pleased with progress and results to date. We have faced a number of challenges but have focused on delivery and have been supported by the positive relationships we have built with the Leisure Trusts, Stakeholders, clients and wider communities.