



An Exploration of the Sustainability of 'Facilitation Skills for Health and Well-Being Training' in the Out of School Sector

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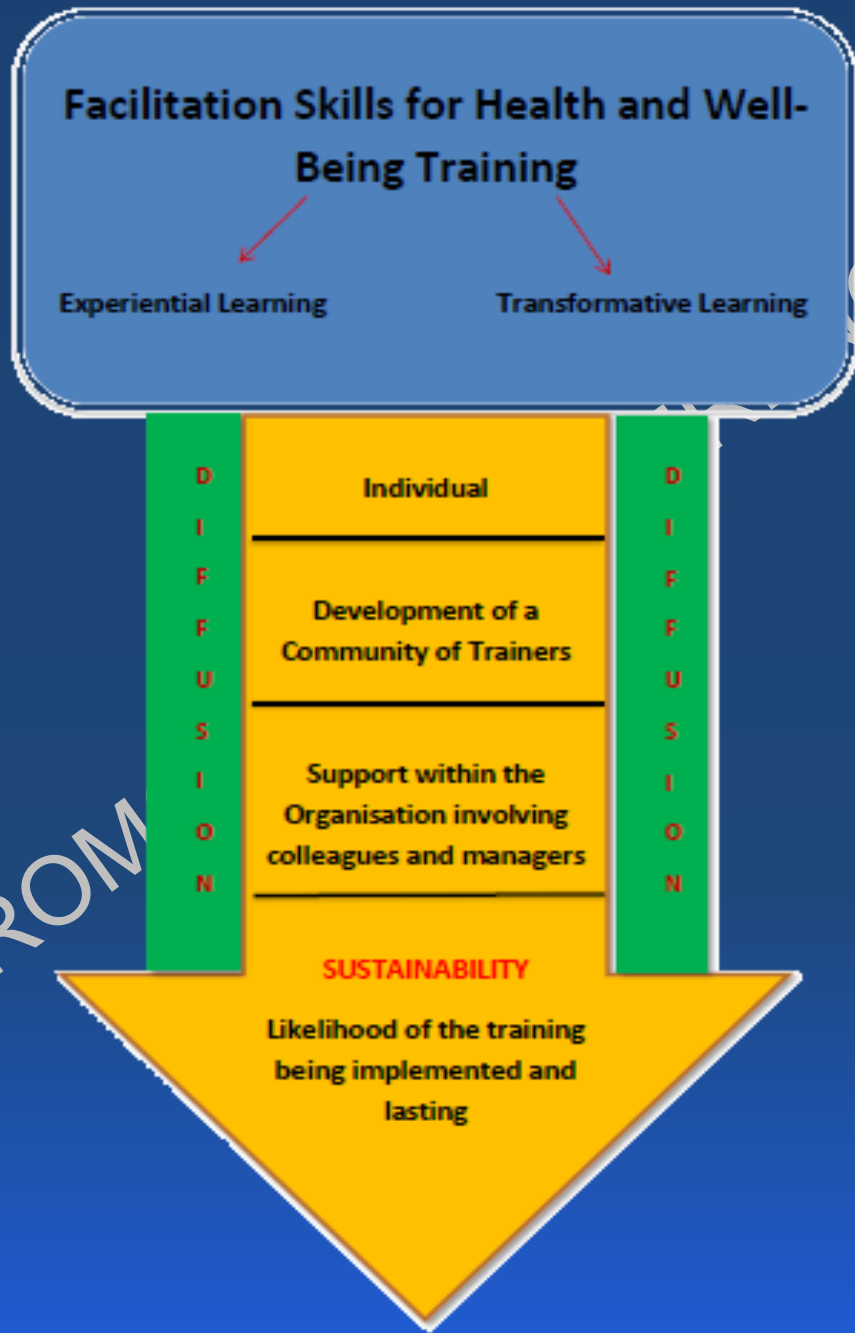


Figure 1: Overview of Project

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CE 2016

Process Inputs	Outcomes
<ul style="list-style-type: none"> • Project Design and Implementation Factors Partnership formation, the project team, finances, time, evaluation, training. 	<ul style="list-style-type: none"> • Short-term 16 participants from 8 youth organisations across Ireland trained.
<ul style="list-style-type: none"> • Organisational Factors Location of the programme, institutional strength, integrating with existing programmes and programme champions. 	<ul style="list-style-type: none"> • Intermediate Integration of training into personal life and work practice.
<ul style="list-style-type: none"> • Community Factors Funding, community participation, ownership. 	<ul style="list-style-type: none"> • Long-term The effects of the training on the young people.

Table 1: Logic Model of the Training, adapted from Shediac- Rizkallah & Bone (1998)



Training	Dates
8 Day Residential	September 2015-March 2016
Managers Day	February 2016
Whole Staff Days	April-June 2016
1 Day Follow-Up with Participants	May 2016

Table 2: The Training Model

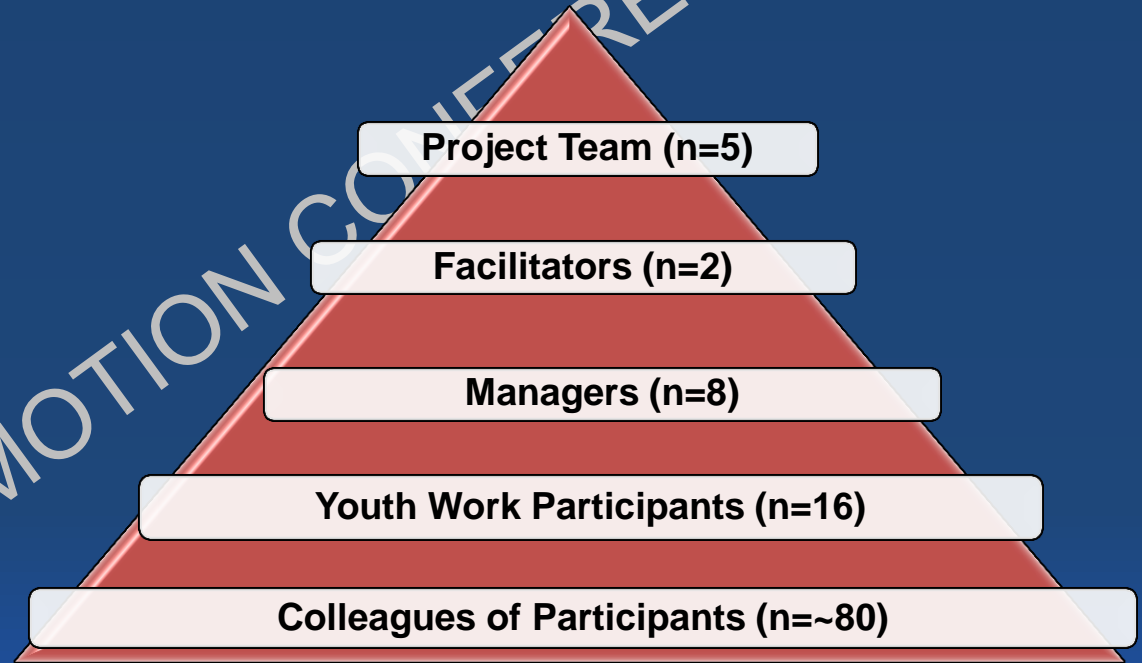
Research Aims:

- 1) To investigate the experience of the 'Facilitation Skills for Health and Well-being' training on the **workers themselves personally.**
- 2) To investigate **the degree of diffusion** achieved by the training programme.
- 3) To investigate the **sustainability of the diffusion** achieved by the training programme.

Participants and Data Collection

Figure 2: Outline of Participants and Data Collected

- Reflective Logs
(n=63)
- Interviews
(n=9)
- Vox Pops
(n=41)
- Focus Group

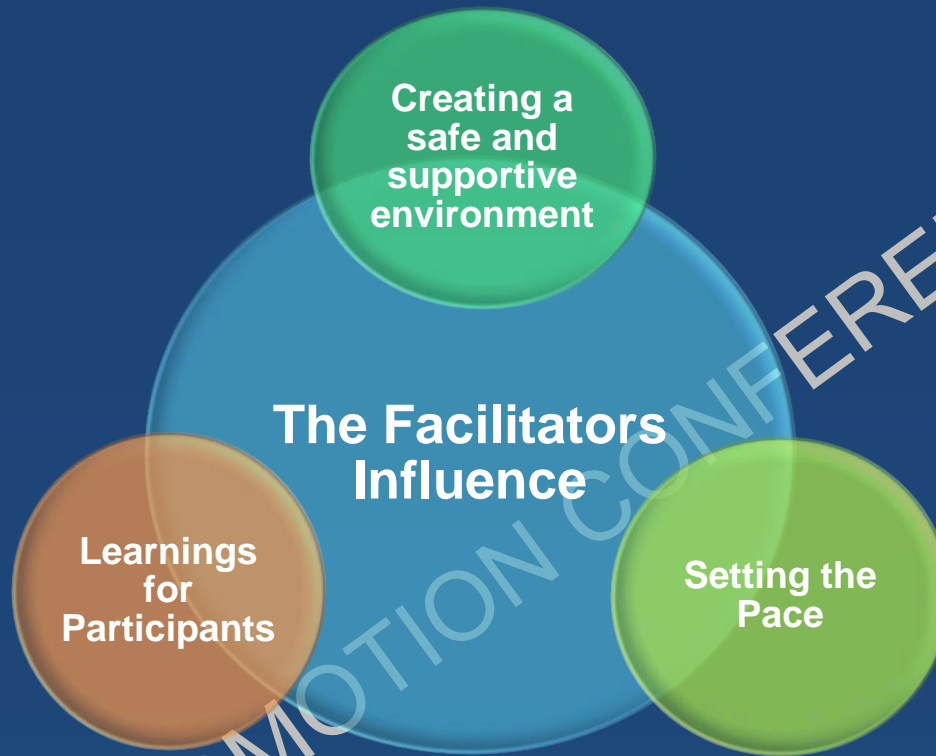


Preliminary Results



“There is a huge sense that this is the time for me to make the last big change in my life”.

“Being part of this group has been wonderful, everyone is there to grow... There is no judgement, we bare our souls and then go for tea. I feel incredibly lucky to be part of this group”.



“The facilitators were powerful; they created such a safe space for everyone to share... I have been talking about them since and all the little tips. I have taken sayings into my practice and personal life everyday and it has really really made a difference”.

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Where to from here?



- 7 youth organisations visited with 1 further to be completed this month.
- In-depth interviews in the Autumn with youth work participants.
- Further data analysis and triangulation
- Thesis and paper completed by February 2017



Thanks for Listening



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