

Population Health

title	Evaluating the Implementation of the Youth Led Emotional Well-being Project 'Getting it Together'
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INTRODUCTION

This study reports on the evaluation of a youth-led initiative on the promotion of emotional well-being among young people aged 16-25 years. This project was developed under the auspices of the CAWT (Co-operation and Working Together) Mental Health Sub-Group and was implemented by the National Children's Bureau. The project aimed to develop a youth friendly resource to promote emotional well-being which would be designed and delivered by young people for young people. Over a six month period, the Getting it Together project worked with a group of 12 young people from both the Republic and Northern Ireland in building their understanding of emotional well-being and developing and testing a youth friendly, needs-led resource.

METHODOLOGY

Employing a mix of research methods, including participatory methods, this evaluation documents the process of actual project development, partnership working and overall experience and impact of project participation for the young people. Following the development of the resource, its pilot implementation by the peer educators with 58 young people in the region was also evaluated.

RESULTS

The evaluation findings indicate that the key objectives of the project, were achieved i.e. a resource package was successfully developed and designed with direct input from the young people, and was assessed by their peers to be youth friendly. The project resulted in an intense, positive and productive experience for the participating young people, and enhanced their understanding of emotional well-being. The young people were successfully trained to deliver the resource to their peers, who assessed very positively both the resource and their experience of the training.

CONCLUSIONS

The project was successful in engaging the participation of a diverse group of young people in the process of project development. The process evaluation indicates that a positive partnership was established between the project leaders and the young people and that this contributed to achieving the project's aims and objectives, within a relatively short time frame. The participatory and interactive approach adopted in the project process facilitated the sustained engagement and commitment of the young people. To achieve the full potential of this peer-led initiative, the use of the

resource now needs to be tested with a wider group of young people from the region. The implications of the evaluation findings for developing and disseminating such peer-led initiatives in the context of wider strategies to promote the well-being of young people are discussed.

PRESENTED

At a parallel session on “*Joining Forces across Europe for Prevention and Promotion in Mental Health*”, at Barcelona: 13-15th September, 2007 by Rowel, D, Meade, K and Barry, M.M.

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