

PRACTICAL TOOL FOR IMPLEMENTATION

This toolkit seeks to support PSIs to develop and implement policies, systems, programs, and initiatives that create healthy campus communities and improve the mental health of students. This deconstructed logic model¹ from Ontario Public Health is meant to be used as a tool to facilitate the planning, implementation, and evaluation of effective mental health initiatives, such as those in this toolkit.

NAME OF INITIATIVE:

PART A – NEEDS ASSESSMENT

- 1 Is there a need for this initiative at your institution? What are the indicators that demonstrate this need? What gap in programming will be filled through the implementation of this initiative?

- 2 How do you anticipate this initiative will fill the current gap or need?

PART B – PLANNING

- 1 What is your vision for this initiative? What is the intended impact? (refer to part A)

2 List 3-5 measurable goals that this initiative will work to achieve.

3 Inputs:

A Create a detailed list of what needs to be invested into implementing this initiative. This includes resources and stakeholders. For stakeholders, list exactly which personnel/ departments will be involved in the initiative and their corresponding roles or level of involvement.

4 Outputs:

A Who is the intended audience for this initiative? How will they be reached?

B What does the final version of this initiative look like upon implementation?

C What are the steps necessary to achieve this initiative?

5 Impacts:

A List 1-3 **short-term** measurable outcomes that your institution hopes to achieve through this initiative within the first six months of implementation.

B List 1-3 **medium-term** measurable outcomes that your institution hopes to achieve through this initiative within the first year of implementation.

C List 1-3 **long-term** measurable outcomes that your institution hopes to achieve through this initiative.

- 6 Where has this initiative been implemented elsewhere? How will it be adapted to fit your institution's context? Is there anyone that can be connected with to provide guidance or support?

- 7 Using bullet points, begin to draft an evaluation plan for this initiative. Think about how outcomes will be met, and how the initiative will remain accountable to any guiding themes (see Part C).

- 8 If any, what are the external factors affecting implementation?

- 9 What assumptions can be made about the target population that support the implementation of this initiative?

PART C – THEME ALIGNMENT

- 1 Which themes of the promising mental health practice do you want to focus on the most? (Institutional Leadership, Equity, Diversity and Inclusion, Mobilizing Local Community, Shared Responsibility and Collaboration, Access, and Evidence-Informed Practice).
- 2 Why? Take time to brainstorm how exactly this initiative is aligned with the themes selected above and why that is important to student mental health at your institution.

References

- 1 Abdi, S., & Mensah, G. (2016) *Focus On: Logic model - A planning and evaluation tool*. Ontario Agency for Health Protection and Promotion (Public Health Ontario). <https://www.publichealthontario.ca/-/media/documents/F/2016/focus-on-logic-model.pdf?la=en>