96% would recommend training to others

Facilitator 4 day training programme

Facilitator results (n=72)

61% clinicians
15% family members
24% service users

Pre & post facilitator training

Strongly agree/agree...
I know how to...
0.97
0.96
0.95
0.94
0.93
0.92
0.91
0.9
0.89

Confidence in skills to facilitate
Knowledge of principles of facilitation

Pre & post facilitator training scores by group

Facilitator post EOLAS Facilitator pre EOLAS
Confidence
Knowledge

96% would recommend training to others

What Service Users had to say about EOLAS

“...I go back to the [EOLAS] workbook...it’ll be months and months until you get the full value of everything that’s in that fantastic manual...you have something physical there to hold in your hand and to go back to.”

“What would be fantastic is if the HSE saw the importance of rolled it out on a grander scale...I am one of the lucky few”

“My experience was positive, positive, positive...I feel priviledged to have been on it. I honestly do. It was so helpful.”

“My experience was positive, positive, positive...I feel priviledged to have been on it. I honestly do. It was so helpful.”

“...I go back to the [EOLAS] workbook...it’ll be months and months until you get the full value of everything that’s in that fantastic manual...you have something physical there to hold in your hand and to go back to.”

“I realise now that I have to communicate with my family a lot more.”

What Family Members had to say about EOLAS

“I realise now that I have to communicate with my family a lot more.”

Moving forward and challenges for the future

Integrate EOLAS into daily working and support offered to all service users and family members who attend the mental health services.

Continue to develop the research evidence and explore the long term impact of programme on key recovery and social inclusion outcomes.

Secure funding to: i) support the rollout of EOLAS within mental health services nationally and ii) to enable the on-going development, updating and evaluation of modifications made to the programme.

Acknowledgements: The evaluation team would like to thank all those who participated in the EOLAS evaluation, and those who have supported its development: steering group, service users, family members, staff in services, and funders (GENIO and HSE).

Researchers: Professor Agnes Higgins, Dr David Hevey, Dr Mark Manahan, Pádraig McNenney & Marie O'Shea, Trinity College Dublin.
## WHY EOLAS CAME ABOUT?
Research has shown that educational programmes can improve quality of life and well-being for mental health service users and their family members.

## WHAT IS UNIQUE ABOUT EOLAS?
The EOLAS programme is co-produced, co-delivered and co-managed by users (service users and family members) in conjunction with mental health practitioners. Co-produced initiatives are in line with the concept of Recovery, which underpins mental health policy.

## WHAT IS EOLAS?
The EOLAS programme is a clinician and peer led information programme for people with a diagnosis of Schizophrenia and Bipolar Disorder, their family members and significant others.

## SERVICE USERS’ & FAMILY MEMBERS’ INFORMATION PROGRAMME
Participants who completed surveys

### SERVICE USERS’ RESULTS (n=43)

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Confidence</th>
<th>Advocacy</th>
<th>Hope</th>
<th>Recovery Attitudes</th>
<th>Reportedly Improved Well-being</th>
</tr>
</thead>
<tbody>
<tr>
<td>POST EOLAS</td>
<td>6.97</td>
<td>4.11</td>
<td>3.4</td>
<td>6.19</td>
<td>84%</td>
</tr>
<tr>
<td>PRE EOLAS</td>
<td>3.56</td>
<td>2.86</td>
<td>2.89</td>
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</tbody>
</table>

56% Male 44% Female average age 43 YEARS 76% Single 56% Live with family

### FAMILY MEMBERS’ RESULTS (n=57)

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Confidence</th>
<th>Advocacy</th>
<th>Hope</th>
<th>Recovery Attitudes</th>
<th>Reportedly Improved Well-being</th>
</tr>
</thead>
<tbody>
<tr>
<td>POST EOLAS</td>
<td>6.16</td>
<td>4.27</td>
<td>3.89</td>
<td>4.27</td>
<td>8%</td>
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<tr>
<td>PRE EOLAS</td>
<td>3.42</td>
<td>2.71</td>
<td>2.71</td>
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</table>

31% Male 69% Female average age 59 YEARS 78% Parent 64% Married

### TOP THREE REASONS FOR ATTENDING EOLAS
1. Learn about managing mental health
2. Learn about diagnosis
3. Learn about medication

### Service Users’ & Family Members’ Programmes

<table>
<thead>
<tr>
<th>Year</th>
<th>Collaborative Design of the programme</th>
<th>Evaluation of pilot Phase I</th>
<th>Evaluation of pilot Phase II</th>
<th>Revision of Programme</th>
<th>Recruitment and roll-out of pilot programme in KWWMHS</th>
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</thead>
<tbody>
<tr>
<td>2011</td>
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<td>2015</td>
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### FACTORS TO CONSIDER
- Co-learning
- Co-facilitation
- Celebration of difference

### GUIDING PRINCIPLES (3C’s)
- Co-learning
- Co-facilitation
- Celebration of difference

### EVALUATION PHASE II
Method: A mixed methods evaluation using pre-post survey and follow up interviews was used to explore and identify the impact of the facilitator training programme, the service user information programme and the family member information programme.