

THEORY OF CHANGE

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Outline of the workshop

- Welcome and introductions
- An introduction to Theory of Change
- Surfacing challenges and assumptions
- Deciding on impact – What would success look like for us?
- TEA BREAK
- Developing an outcomes map
- Using ToC to identify knowledge gaps and identifying evidence based interventions
- Indicators for evaluating progress
- Closure and next steps

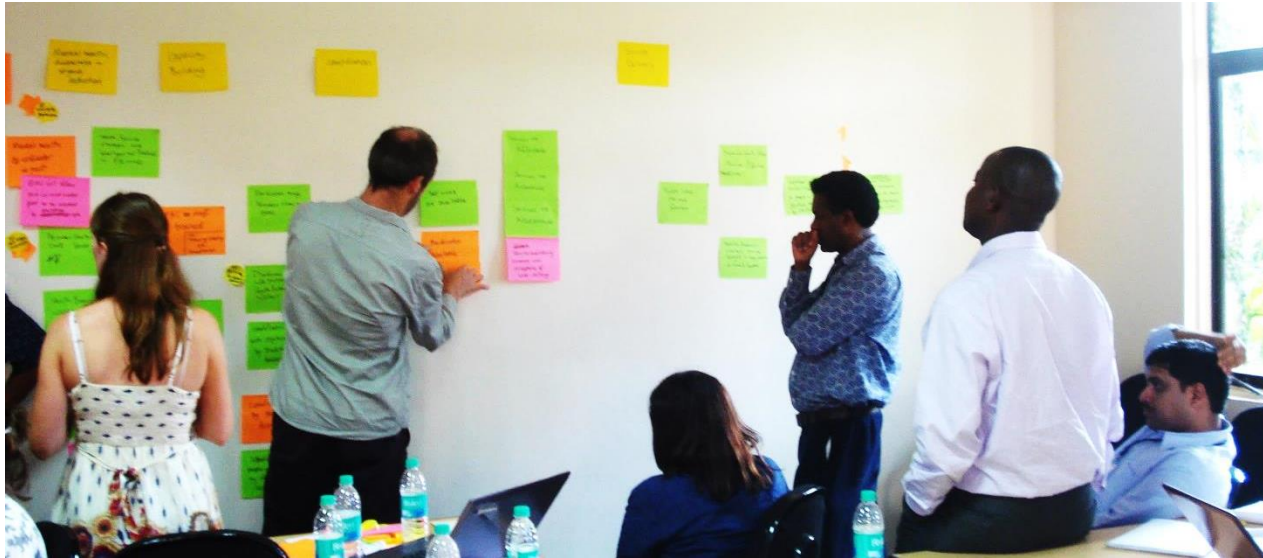
INTRODUCTION TO THEORY OF CHANGE

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Definition of Theory of Change



Theory of Change (ToC) is an outcomes-based approach which describes how an intervention brings about specific outcomes through a logical sequence of intermediate outcomes.

What is Theory of Change?



How we're going to get there

Where we are

Where we want to get to

What are the elements of Theory of Change?

Impact

Outcomes

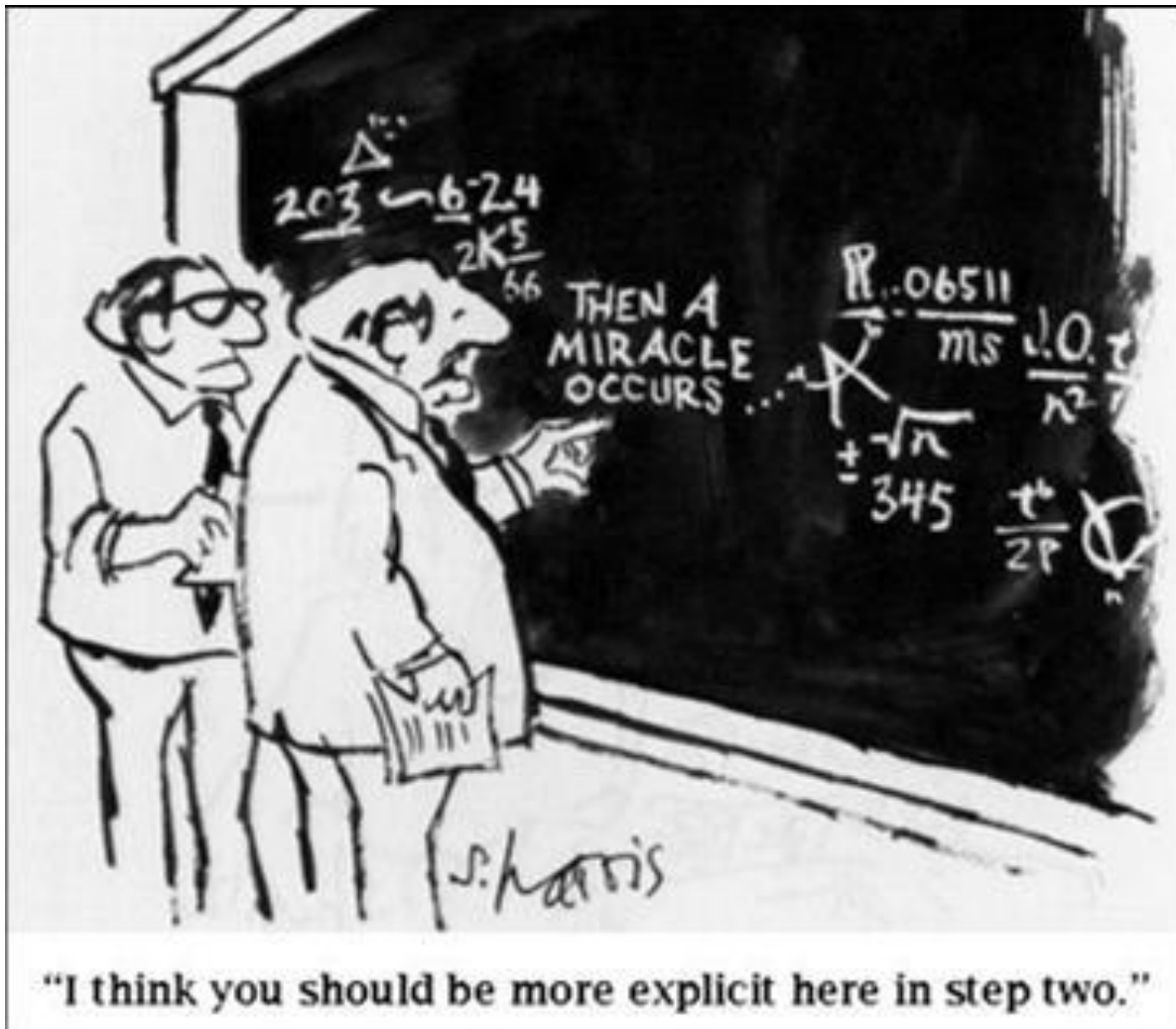
Assumptions

Rationale

Indicators of success

Interventions/ key activities

ToC development is a participatory process



"I think you should be more explicit here in step two."

How can Theory of Change help?

- Describes what success looks like
- Makes rationale and assumptions explicit
- Gives you a testable hypothesis
- Provides indicators of success

Why develop a Theory of Change?

- Strategic planning
- Monitoring and evaluation
- Description
- Learning

The Programme for Improving Mental Health Care (PRIME)

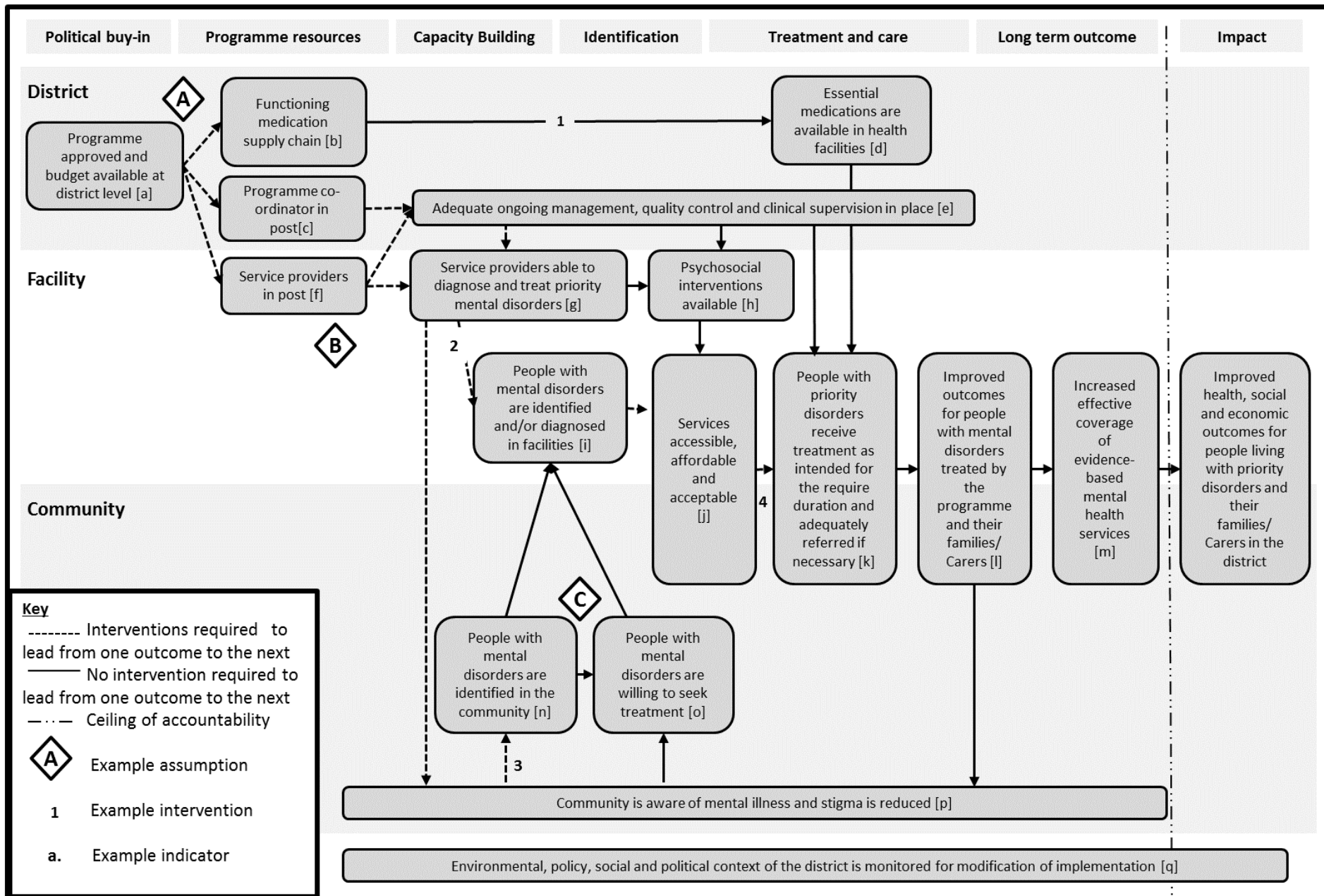
- Research evidence for the integration of mental health care for priority disorders into primary and maternal health care in Ethiopia, India, Nepal, Uganda and South Africa
- Three overlapping phases
 - Inception
 - Implementation
 - Scaling up



Development of Theory of Change

- PRIME Cross country ToC initially developed by 15 key PRIME partners in Goa, 2011.
- Development of district specific ToCs in all PRIME countries (13 workshops in 5 countries)
- Refinement of ToC
- Development of indicators

Programme for Improving Mental Healthcare (PRIME) TOC



TASK 1

Surfacing challenges and Assumptions

Surfacing challenges and Assumptions

- Understanding the systemic nature of the challenge
- Checking that we are all on the same page and have a common understanding of the issues.



Task 1 (45min)

- Working in small groups, write down what specific challenges facing mental health services for children in Masaka.
- Present these back to the plenary and place them on the theoretical framework

TASK 2

Deciding on impact – what would success look like for us?

Task 2 (30min)

- Working in small groups – first individually (2 min), then partners (2min), then table come up with a vision of success (4min). Present these to the group (2 min each).

TEA

TASK 3

Developing and outcomes map

TASK 4

Using ToC to identify knowledge gaps and identifying evidence based interventions

TASK 4

Indicators for evaluating progress

Indicators

- **How will we know when these ‘must happen change’ or preconditions have been achieved? How will we know when we have been successful?**
- The final element of a theory of change is to identify ***indicators of success***. These are specific, visible changes that will tell us that success has been achieved. They are the evidence we would see if we had been successful. Indicators of success could include:
 - Changes in conditions (eg access to water, greater safety, etc)
 - Changes in behaviour (eg people conserving resources, being more responsive, etc)
 - Changes in relationships (collaborations, power)
 - Changes in capabilities (better able to solve problems)
 - Changes in opportunities (more equitable access to opportunities)