

# 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



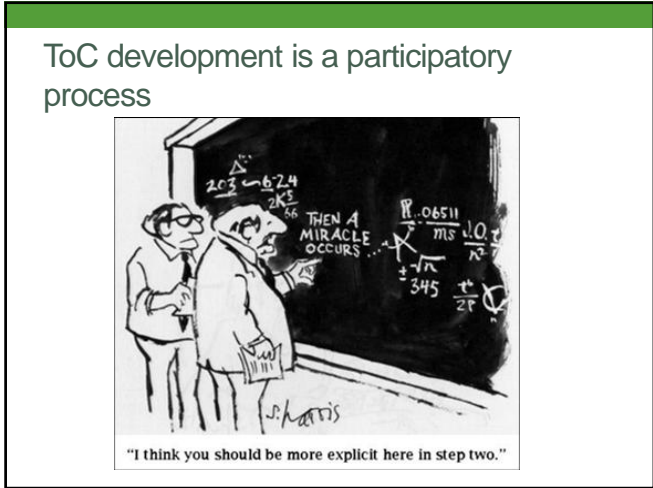
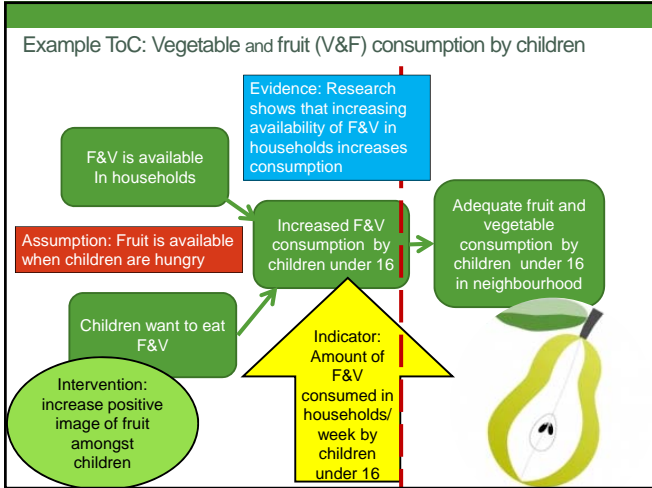
Theory of Change (ToC) is an outcomes-based approach which describes how an intervention brings about specific outcomes through a logical sequence of intermediate outcomes.

## What is Theory of Change?



## What are the elements of Theory of Change?

Impact
Outcomes
Assumptions
Rationale
Indicators of success
Interventions/ key activities



### 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?

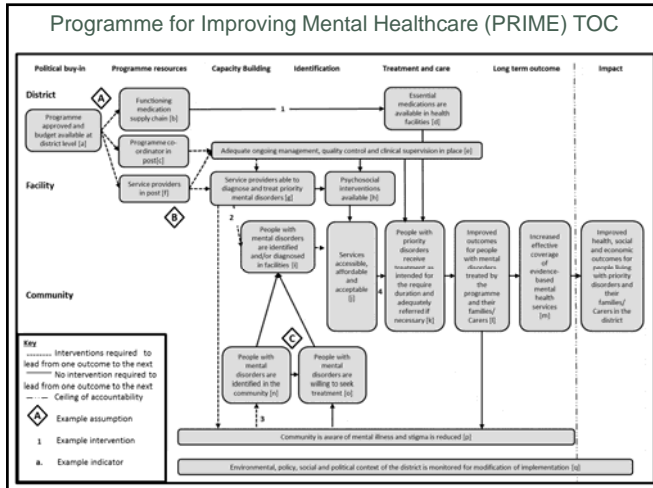
- Strategic planning
- Monitoring and evaluation
- Description
- Learning

### 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



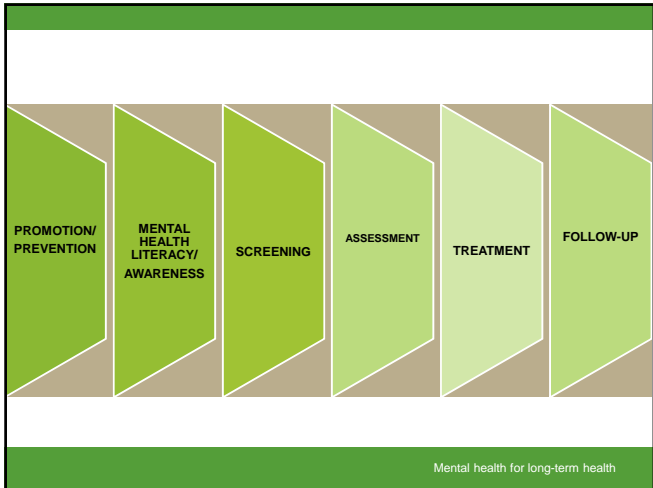
# TASK 1

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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

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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**

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**TASK 3**

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Developing and outcomes map

**TASK 4**

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Using ToC to identify knowledge gaps and identifying evidence based interventions

**TASK 4**

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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)