Mental Health R2C Webinar: 2nd August 2021

Overview

- Theme overview

- What is Research-to-Change?

- How can you use Research-to-Change?

- What might Research-to-Change look like in real life?
    - Case Study: StudentPact

Regional Grant Competition

- *R2C is a key components/approach in the grant competition*
  - **Implementation Research/Research-to-change:** Information is a powerful resource that can be used to help organizations grow and make their programs work better. "Research-to-Change" (implementation research) is a tool that allows for organizations to gather data, take what they learn, and turn it into what they do

  - Your application will need to show how you plan to use IR in your proposed project *(both implementation and research, not one or the other)*

  - Can be for either a new or existing project

Theme Overview

"Strengthening mental health and psychosocial support for marginalized and/or vulnerable youth"

Aim: use Research-to-change (Implementation research) to improve mental health and psychosocial support for vulnerable and/or marginalized youth

What qualifies	What doesn't qualify
Community activities for ventilating through sports and dance Art therapy that enhances mental health	Clinical services Medical treatment
Safe spaces for emotional ventilation like story-telling, poetry	Clinical treatment
Inter community support groups and peer group support Mental health clubs through existing channels like religious spaces, community halls etc	Psychotherapy

What is Research-to-Change?

What is Research-to-Change?

- *Information is a powerful resource that can be used to help organizations grow and make their programs work better. "Research-to-Change" allows for organizations to gather data, take what they learn, and turn it into what they do.*

How can you use Research-to-Change?

❑**Early Implementation:** Explore solutions before investing time and resources

❑**Mid Implementation:** Address the gaps between program expectations and realities

❑**Late Implementation:** Expand on program achievements and address new challenges

What might Research-to-Change look like in real life?

Research-to-Change can happen early, mid, and late implementation.

Research-to-Change is a continuous and cyclical process.

Continued Learning

Planning
Imagine the change

Implementing
Act to make the change

Researching
Assess the situation
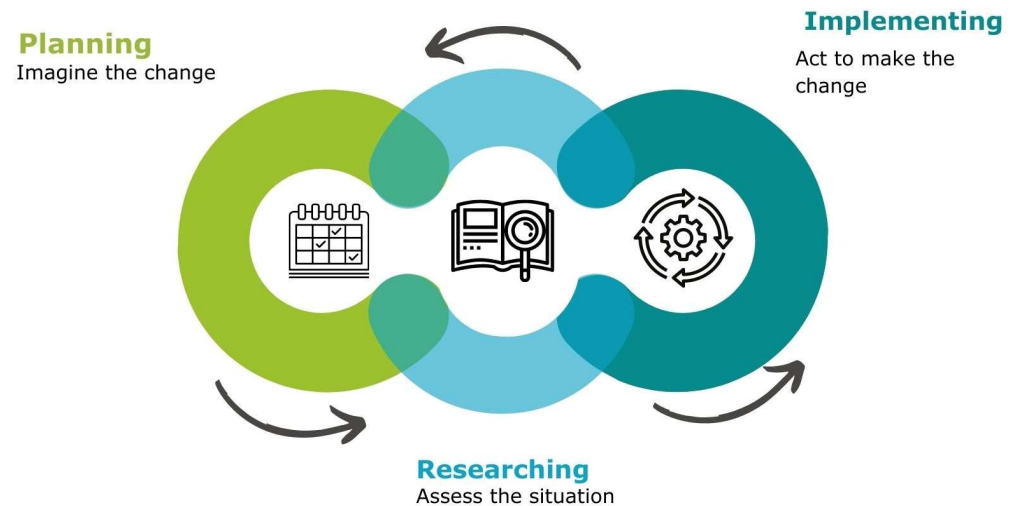
Research-to-Change Case Study: StudentPact

StudentPact is implementing sports programs to address bullying in schools. With the approval of schools, StudentPact will train coaches around the country on conflict resolution skills and provide them with curriculum for weekly sessions to implement. StudentPact will be using Research-to-Change to guide program efforts.

Research-to-Change Case Study: StudentPact

Early implementation, StudentPact collected information to understand…

- The perceived need for youth conflict resolution skills.

- What efforts schools might already be using to address bullying.

- Community perceptions of sports programs.

Early > Mid > Late

Research-to-Change Case Study: StudentPact

StudentPact used this information to…

- Modify the sports program to complement already existing anti-bullying programs.

- Adjust the conflict resolution curriculum to meet the community and school needs.

Early Mid Late

Research-to-Change Case Study: StudentPact

Mid implementation, StudentPact collected information to understand…

- Participation of different groups of students
- Barriers to participation
- Level of improvement in conflict resolution skills
- Level of satisfaction with program

Early Mid Late

Research-to-Change Case Study: StudentPact

StudentPact used this information to…

- Adapt implementation to address gender disparities in participation.

- Validate and build on program successes as noted by the high levels of knowledge improvement and satisfaction.

Early Mid Late

Research-to-Change Case Study: StudentPact

Late implementation, StudentPact collected information to understand…

- Whether program adaptations resulted in more gender equitable participation

- Skill improvement and satisfaction for participants

- Stakeholder recommendations to inform program scale-up

Early > Mid > Late

Research-to-Change Case Study: StudentPact

StudentPact used this information to…

- Inform future programming efforts within StudentPact.

- Document program successes and apply for more funding.

- Share findings back with the community and with other organizations addressing bullying in schools.

Early > Mid > **Late**

Research-to-Change Case Study: StudentPact

This is just one story of many ways that Research-to-Change can be used to strengthen programs.

Research-to-Change emphasizes that organizations are the experts and should guide their own learning journey.

Conclusion

Research-to-Change will...

❑ Give you the information you need for decision making

❑ Help you build on implementation successes and address challenges to maximize program impact

❑ Give you tools to inspire continuous learning and growth within your programs

USAID FROM THE AMERICAN PEOPLE

Youth Excel
Our Knowledge, Leading Change

Practical examples: R2C in practice
Kenya ICON participants' learning goals

THEME: Enhancing youth work readiness with youth, HEIs, and the private sector in Kisumu, Kenya

We need to know if our project beneficiaries are practicing the skills **so that** we can adapt our training strategies. *-Arise and Shine, YLO*

We need to know if social entrepreneurship programs are a priority for youth with disability **so that** we determine if this is a suitable program to start. *- Disabled Self-Help Group, CSO*

We need to know the market skills gap **so that** we can design a more relevant digital skills program for the youth from the slums. *- Nylanda Bread Power, YLO*

We want to know the barriers to growth for Youth-Led sustainable enterprises **so that** we can come up with strategies tailored to addressing the barriers appropriately. *-Wise Kenya, YLO*

Youth Excel
Our Knowledge, Leading Change

Next steps

- Today's webinar materials ad first set of Q&A will be shared out on email, and posted online by end of the week
- Submit your questions to excelyouth@irex.org by August 3rd
- Work on and complete your concept note application by 11:59pm EAT August 11th 2021

@youthexcelprogram