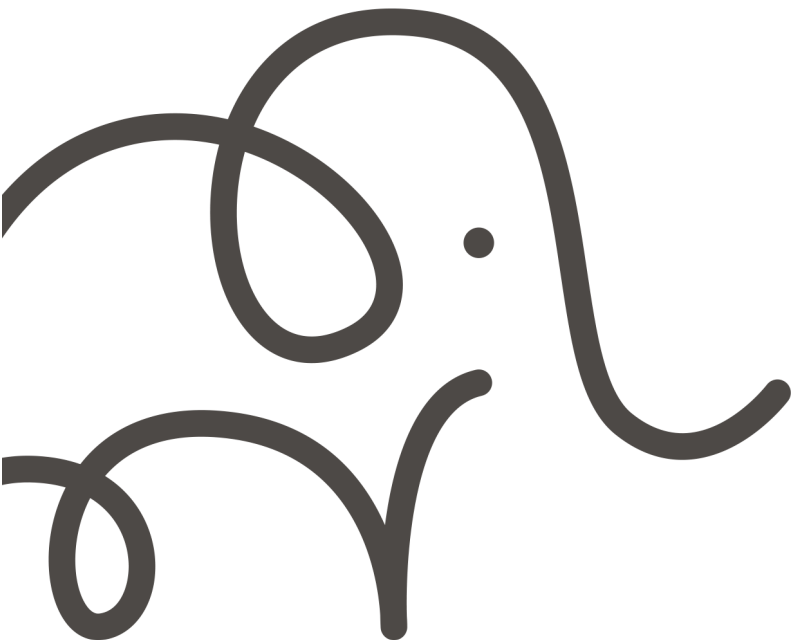


# LUDOWYK EVALUATION

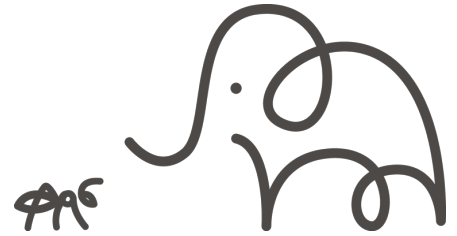
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**EVALUATION OF LIVE4LIFE  
YEAR 1 PROGRESS REPORT  
EXECUTIVE SUMMARY**  
PREPARED FOR YOUTH LIVE4LIFE INC.

DECEMBER 2018



# **LUDOWYK EVALUATION**



“It’s like this underground swell. And we can see the ripples.”

Glenelg Shire Partnership Group member

“I always see a flow on effect; a spike in enquires immediately after the training. Usually it’s people concerned about friends. Even if I only get a handful, that’s a sign of success, especially if they’re kids who wouldn’t otherwise have come to me.”

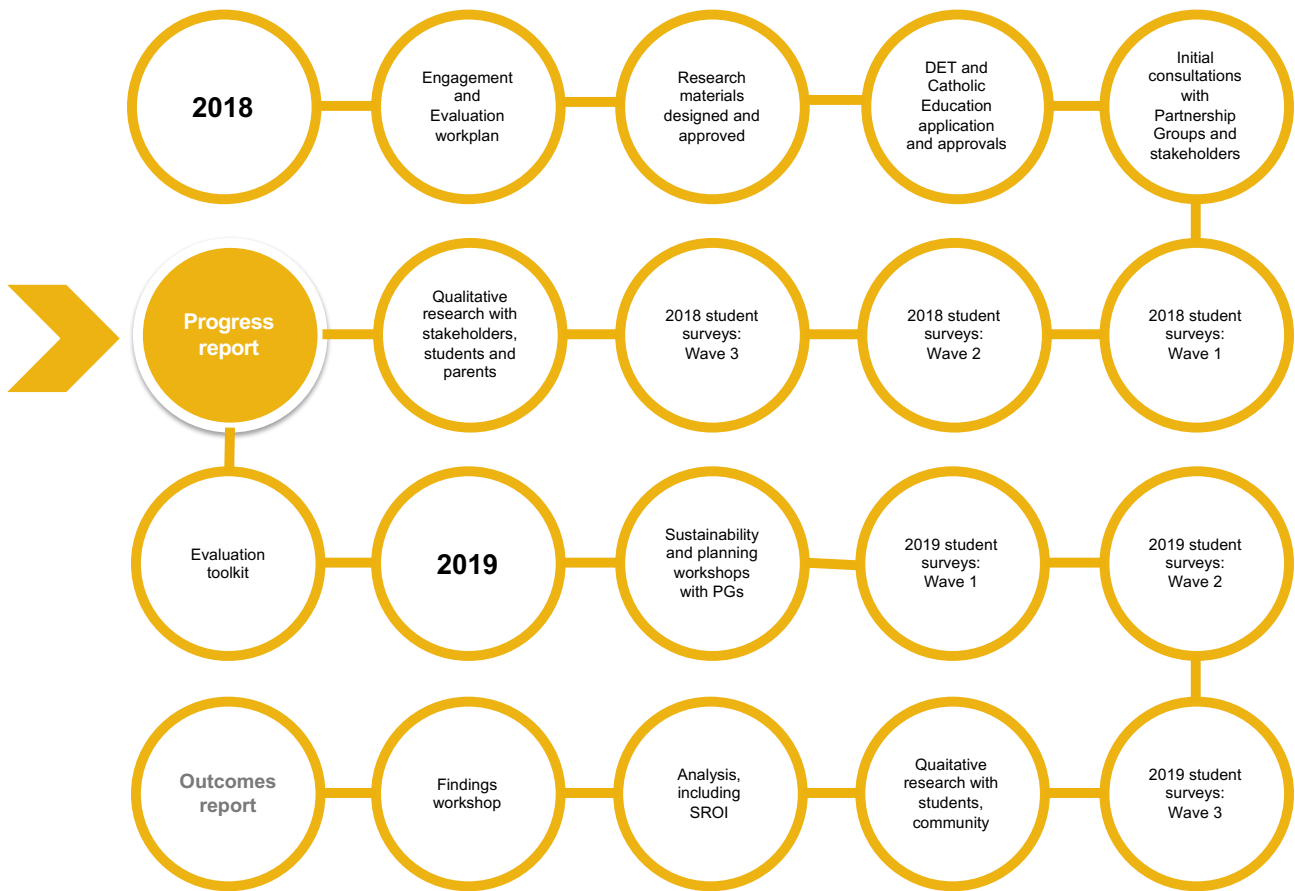
Wellbeing staff, Benalla

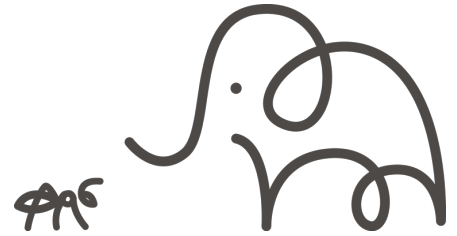
# LUDOWYK EVALUATION

## EXECUTIVE SUMMARY

Ludowyk Evaluation has been commissioned by Youth Live4Life Inc. (Youth Live4Life) to evaluate the implementation and outcomes of Live4Life in Benalla and Glenelg Shire in 2018 -2020. The evaluation commenced in April 2018, and at the conclusion of 2018 the project is being delivered in line with the evaluation workplan, with all major deliverables achieved to date.

Figure 1: Evaluation stage





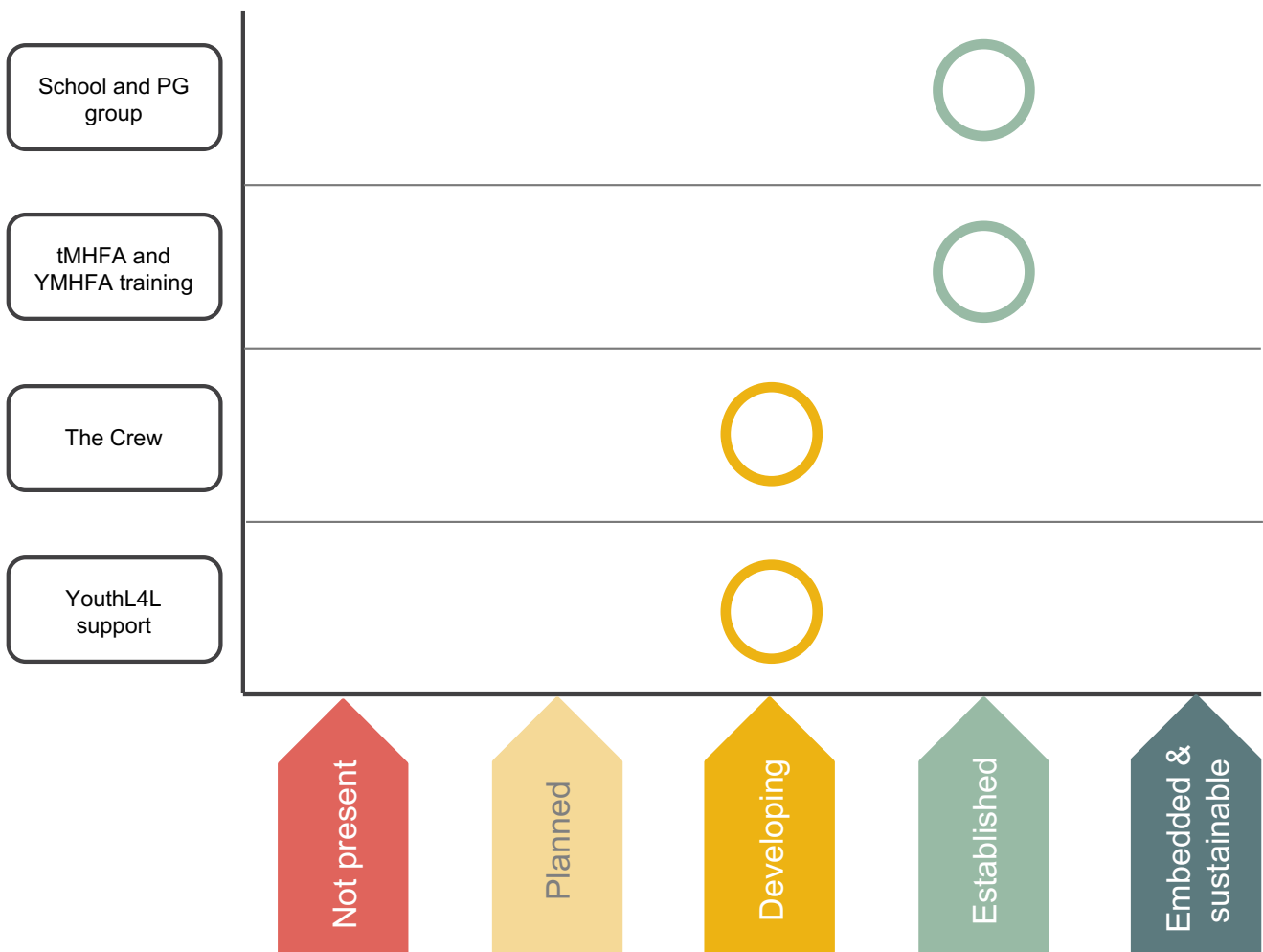
## IMPLEMENTATION OF LIVE4LIFE

At the end of its second year, Live4Life is becoming established in both Glenelg Shire and Benalla, and both community Partnership Groups and lead agencies indicated their continuing commitment to the initiative.

There was no expectation from Youth Live4Life or the Partnership Groups that Live4Life should be fully embedded by the end of year 2; indeed all stakeholders recognised that it is a complex, whole-of-community initiative with a long term change agenda, and requires time to be fully embedded. The founder of Live4Life in the Macedon Ranges considered that a new community would need five years to fully embed the initiative.

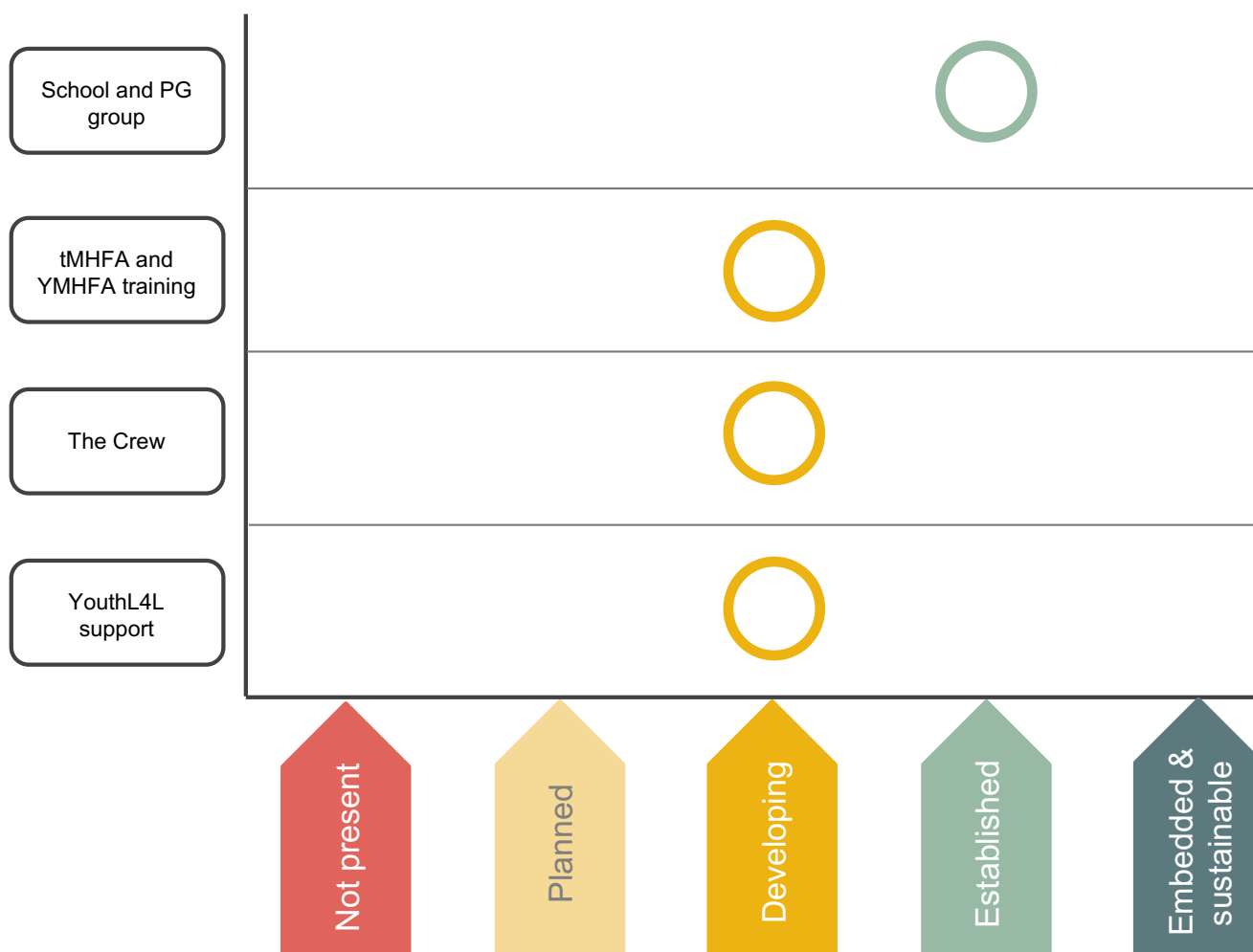
While local variations were seen in the approach to delivering Live4Life, both communities had successfully delivered Live4Life in 2018 and were on track to further embed the initiative.

Figure 2: Embedding Live4Life in Glenelg Shire – year two



# LUDOWYK EVALUATION

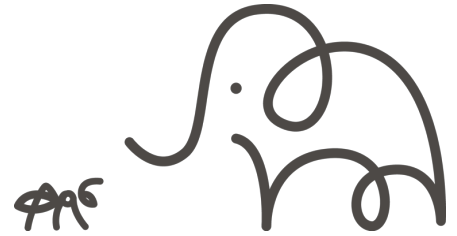
Figure 3: Embedding Live4Life in Benalla – year two



## OPPORTUNITIES FOR FURTHER STRENGTHENING THE MODEL

A number of opportunities for Youth Live4Life and the Partnership Groups to focus on in 2019 are identified:

1. Youth Live4Life to continue to support the Partnership Groups towards self-delivery and sustainability
2. Explore options for greater flexibility in implementation of the teen Mental Health First Aid courses, to ensure they are fit for purpose at the junior level, and reach as many students as possible.
3. Partnership Groups to continue to strengthen the links between Crew activities and the schools, to further embed the peer-led mental health messaging component of the initiative
4. Partnership Groups to continue to expand the reach of Live4Life into the community, including seeking opportunities to increase participation by parents in particular
5. Expand the inclusiveness of the Crew, ensuring that students from all schools have good opportunities to participate in whole-of-community and leadership activities.



## EARLY SIGNS OF SUCCESS

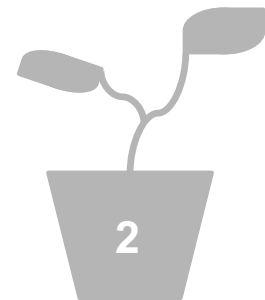


### Ongoing and emphatic support for the model

The Live4Life model continues to be strongly supported by the lead agencies and Partnership Group members in both Benalla and Glenelg Shire.

### Perceived shifts in stigma

Teachers, parents and young people themselves all reported that experiencing mental health issues was becoming more normalised, and that more conversations were happening in relation to mental health.

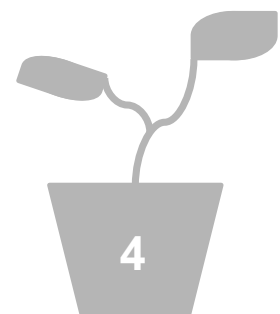


### Reports of increased help seeking and notifying

A majority of Crew members had stories to share about referring or supporting a friend or peer as a result of participating in Live4Life. Welfare teachers reported clear spikes in referrals following Live4Life activities in their schools.

### More confident and competent adults

Participants in YMHFA reported personal impacts and cited numerous examples of having used their knowledge to support a young person or intervene in an episode of attempted or threatened self-harm.



# LUDOWYK EVALUATION

## CONCLUSIONS

- 1.** Live4Life has achieved a lot in in Glenelg Shire and Benalla. In the 20 months since commencing, Partnership Groups have been established, the Crew has led successful events in the shires for two consecutive years, and at least 54% of secondary school children in Glenelg Shire and 42% of secondary students in Benalla in 2017 and 2018 have been trained in Mental Health First Aid.
- 2.** Commitment to Live4Life by key stakeholders remains strong. Despite acknowledging that Live4Life requires substantial investment of time from key stakeholders, the value of this investment was universally agreed.
- 3.** Implementation is well underway, with clear areas of focus identified for the next year or two of implementation, to further embed the initiative.
- 4.** There are multiple indications that Live4Life is delivering a positive impact on the mental health of young people in Benalla and Glenelg Shire, including numerous anecdotes of young people receiving help, and at times averting self-harm, attributed to Live4Life.