

## How to get involved

### PARTICIPATE IN OUR STUDIES

There are several studies ongoing. You are very welcome to join them and to support our research. Contact us for details!

### MEET THE RESEARCHERS

Attend a public meeting at an UPSIDES site near you. Contact us for details!

## Stay in touch

### VISIT OUR HOMEPAGE

Interested in who we are and what we are doing? Take a look at our website! We have produced some short video clips to introduce our team members to you, check it out at:

<https://www.upsides.org/output/#videos>

### SOCIAL MEDIA

Stay up-to-date on Twitter:  
[@UpsidesProject](https://twitter.com/UpsidesProject)

Subscribe to our newsletter by contacting [UPSIDES@uni-ulm.de](mailto:UPSIDES@uni-ulm.de)

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### NEXT NEWSLETTER: #04 - DECEMBER 2019

- Interview with Dr. Candelaria Mahlke (Hamburg, Germany)
- Implementation of UPSIDES peer support
- Preparation for the scientific evaluation of the intervention

Send your news to [UPSIDES@uni-ulm.de](mailto:UPSIDES@uni-ulm.de) to see it featured in the next newsletter!

# UPSIDES

## Newsletter

#03  
June 2019



## #03 - TOPICS

### TRAIN-THE-TRAINER WORKSHOP AND STUDY MEETING

Read more about our UPSIDES Train-the-Trainer Workshop and the second UPSIDES Study Meeting, which took place this February in Dar es Salaam, Tanzania.

### UPSIDES THEORY OF CHANGE

Find out about how UPSIDES establishes a theory of change at UPSIDES site Uganda.



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[www.upsides.org](http://www.upsides.org)

## Train-The-Trainer Workshop and Study Meeting in Dar es Salaam

All future UPSIDES peer trainers met in February for a one-week UPSIDES Train-the-Trainer Workshop in Dar es Salaam, Tanzania. We had the opportunity to meet, work and share experiences with truly inspiring people from six different countries all over the world: India, Israel, Uganda, Germany, UK and Tanzania. The training was led by a trainer team from the UK and Germany.



*Participants of the UPSIDES Train-the-Trainer Workshop*

The UPSIDES training contains 5 core modules of peer support. It is based on different elements of peer support training programs from all UPSIDES project partners: ImRoc & P2P from the UK, the QualityRights Program from India, the Brain Gain Project from Uganda, the EX-IN Curriculum from Germany, the Healthy Options Program (Tanzania) and the Yozma Derech-Halev Consumer-Provider Training Program from Israel.

*It was an amazing experience and an intense week we spent together!*

In the second week the members of the scientific consortium and members of our international advisory board met for the second UPSIDES study meeting. The second study phase (2020-2022) was planned and the intervention and implementation were discussed.



*UPSIDES scientific consortium and IAB*

At all study sites, the preparations are now underway for the adaptation test, which will take place from June to September. Two UPSIDES peer support workers will accompany a total of six affected persons over a period of 3 months. Subsequently, the intervention and implementation strategy for the main part of the study (starting January

2020) will be adjusted. In addition, the organizational readiness workshops are planned at all sites to prepare the staff of the institutions for working with the UPSIDES peers.

*The exhausting but also successful meeting was the perfect kick-off for the next study phase of UPSIDES!*

## UPSIDES Theory of Change

*Developing Theory of Change at UPSIDES sites:*

### BUTABIKA HOSPITAL SITE

Butabika Hospital UPSIDES site, located in Uganda, East Africa, conducted a Theory of Change workshop with the support from its Local Advisory Board members (see photo). The workshop has been driven by sound analyses, consultation with key stakeholders and learning about practicalities in diverse contexts drawn from the experiences of the hospital mental health service users and providers. In that regard, we highly acknowledge and appreciate the Butabika Local Advisory Board members for their tremendous support and commitment rendered towards the development of this theory of change.



*Butabika Hospital staff and Local Advisory Board*

### *What is Theory of Change?*

Theory of change is a theory-based approach to planning, implementing or evaluating change at an individual, organizational or community level. Furthermore, it explains how a given intervention is expected to lead to specific development change, drawing on a causal analysis based on available evidence and context.

### *Why Theory of Change?*

It's important to note that development challenges are complex, and are typically caused by a number of factors and levels that are embedded deeply in the way many societies function. For instance, issues of cultural and religious sensitivities, legal reforms and care constraints might not be better addressed than in the process stipulated in a theory of change. Notably, agreeing on this process establishes different views and assumptions among program planners, staff, beneficiaries, donors and other partners. It can therefore foster consensus and motivate stakeholders by involving them early in the planning process and help them to understand how their work contributes to long-term impact. A theory of change also helps to identify the underlying assumptions and risks that will be vital to understand and revisit throughout the process to ensure the approach will contribute to the desired change.