

# Collaborative Evaluation Unit

Newsletter, June 2021

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## Our Workshops

We held our Interviewing Techniques and Analysis workshop on Tuesday the 22nd of June. This workshop was a fantastic opportunity to learn about interviewing techniques with some amazing tips from experts. Participants got to learn about how to create interview questions, and they also had a go at doing some thematic analysis (which was so much fun!)

Are you interested in attending one of our community workshops? Make sure you stay in the loop and register your interest by sending us an email via the link below.

[Stay up to date with our upcoming workshops](#)

## Our Projects

**#ScreenForMe: Second Birthday and Re-Launch**

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campaign has achieved and we look forward to working with the Gippsland Primary Health Network (GPHN) as the program progresses into the next phase. We can't wait to see the impact that Phase 2 of this campaign will have on the Gippsland community and on the continued raising of awareness on the importance of cancer screening.

You can find out more information about the #ScreenForMe campaign and find out how to get involved by checking out their [website](#)

Be an advocate for  
your loved one's  
health. Ask them to  
**#ScreenForMe**

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## Community Survey

Have you been to one of our workshops? Do you have an amazing idea for a workshop that you think we'd be awesome facilitators for? We want to hear from

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[Have your say and complete our community survey!](#)

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## Our Staff



### **Dr Vaughan Reimers**

**The CEU is unique in its ability to access experts in any field from across Federation University. As an academic from the Business School, how did you get started in the CEU?**

I think one of the great things that Jo has done with the CEU and one of the advantages that we have over other consultants and evaluation units is that Jo can tap any colleague on the shoulder and say "I've got a specific project and it's perfectly suited to your skill set, do you want to come on board for this specific evaluation?" That's how I got started in the CEU, because I specialize in surveys which are a nearly universal way of evaluating virtually any project. I also specialize in knowing how to collect data and administer the surveys. I encourage and motivate people to complete those surveys, and then analyse the findings. As an academic from the Business School, I come in with a totally different perspective to how a lot of other people see things. They get to see through fresh eyes and it really gets them thinking about that fundamental question; "What value does my organization provide and how is that reflected in the project that we have and then how does that come through in the evaluation?"

**As somebody who's coming from a business background and who's working in health evaluations, what have been some of the most enlightening or interesting CEU evaluations that you've been part of so far?**

the evaluation of that campaign is that we found out its impact on people wasn't just linked through the message that they used, but how often people were exposed to that messaging. That was a really important finding. We found that if these campaigns have messaging that can be used over and over again, the more that people are exposed to that messaging, the more likely it is that those people are going to be influenced by it. I found that was a really interesting project to be a part of. I don't get to work in this space often, if not for the CEU. So that was good, I felt for the first time that my career had meaning.

### **What are you looking forward to for 2021?**

There are some projects that have been going on for two or three years that I'm looking forward to seeing the result of. These are projects that are dealing with cancer screening and getting people to stop smoking, and I'm really looking forward to seeing all that work come to fruition, because I know that when we do an evaluation we're not just simply telling them what they've done right and wrong. That's not what we do. It's more on the lines of, this is great. This needs to be repeated and this is what else could be done going forward. We've put some really good ideas forward in that space and I'm really keen to see how the great organizations that we work with take those ideas and implement them.



## **Michelle James**

### **How did you get started in the CEU?**

I studied psychology at Monash, specializing in alcohol, methamphetamine, opioid and heroin addiction. After that, I took some time off from my studies and stepped away from academia to work in the energy sector. I knew that I wanted to get back into research with the intention of finishing the postgraduate portion of my psych degree and so the CEU was a perfect fit! It allowed me to get back into that academia space but also, it allowed me to utilise my psychology background and apply this knowledge to various mental health and community wellbeing projects.

mental health or community health focus. Some of those projects include the Gippsland Primary Health Network (GPHN) Pitch to Quit and Screen For Me campaigns. These projects have a real mental health or community health focus. I'm also working on a project called Social Prescribing, which is the idea of offering alternative therapies for people who go to the doctor for issues that aren't necessarily medical related. Throughout COVID, a lot of people have been really lonely, and it's good that people go to the doctor for that rather than doing nothing, but doctors also need to be able to refer them on. Doctors can't be all over every community initiative or organisation that's open at the moment, so it's an amazing additional resource for them and for the community.

### **What's your favourite thing about working in the CEU?**

I love the idea that we make an impact. I did psychology because I wanted to make an impact in people's lives and this work aligns so well with that. Because what we do does make an impact, you can see at the end how evaluation helps to either improve these programs or enable them to continue. We're actually making a difference. It's the projects themselves that are influencing people and the community more so, but we're helping to enable the projects to continue and to identify ways in which they might be able to make an even bigger impact in the future. To have the university backing us as well, means that we can distribute that knowledge to the world. To be able to publish on a program like Pitch to Quit or Screen For Me, you open doors for that project to be repeated in other places.

### **What are you looking forward to for 2021?**

I'm not published yet, and my biggest ambition is to get one paper (which goes back to that idea of disseminating information), but I'm also looking forward to being back in the office and out in the community again. The data we gather is so much richer when we can actually get out and talk to people. To get that more casual interaction is when people are often really comfortable to speak their mind and you get really amazing feedback, so I'm looking forward to getting back into that and running focus groups again!

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## **Our Publications**

Did you know that you can view our publications and download our evaluation reports from our website? Just click the button below to read about some of the incredible community programs having an impact on the Latrobe Valley and Gippsland.

ORIGINAL ARTICLE

## A thematic analysis of the perceptions of a community-based exercise program on the health and well-being of ageing adults

Elissa Dabkowski BN (Hons), RN, B. Physio, Joanne E. Porter PhD, MN Grad Dip CC, Grad Cert Ed, Grad Dip HSM, BN, RN, Michael Barbagallo PhD, BSc (Hons), Grad Cert Ed (Tert Ed)

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[Read the full text >](#)

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### Abstract

This study explores a weekly community-based exercise program (CBEP) for ageing adults in Gippsland, Victoria, Australia. This program aims to improve the health and well-being of ageing adults and was evaluated using an exploratory qualitative study design. Four focus group discussions and two individual interviews were conducted before a thematic analysis using Braun & Clark's (2006) six-step approach. A total of 23 participants were involved in the study over a 6-week period. The thematic analysis resulted in two main themes: (a) meeting community needs and (b) benefits to health and well-being. Five minor themes stemmed from these two themes, in which participants identified that a service gap existed within the community and the program was adaptive in its design to meet community needs. Participants reported benefits to health and well-being, specifically perceived improved mobility and independence, social connections and 'recharging the batteries to feel good'. The inclusion of Tai Chi exercises was noted for increased vitality and pain management benefits. The role of the exercise instructor was deemed to be instrumental to the success of the CBEP. The CBEP provides motivation for older adults to attend, increasing physical activity. Future CBEPs for ageing adults should provide a social component and relevant health education for participants. Exercises should be safely adapted by the exercise instructor to suit people of various abilities and to promote a more 'inclusive' environment.

## A thematic analysis of the perceptions of a community-based exercise program on the health and well-being of ageing adults.

Elissa Dabkowski BN (Hons), RN, B. Physio, Joanne Porter, PhD, MN Grad Dip CC, Grad Cert Ed, Grad Dip HSM, BN RN, & Michael Barbagallo, Phd, GSc (Hons), Grad Cert Ed (Tert Ed), M. (2021).



Review Article

### An exploration into suicide prevention initiatives for mental health nurses: A systematic literature review

Elissa Dabkowski BN (Hons), PhD Candidate RN, B. Physio, Joanne E. Porter PhD, MN Grad Dip CC, Grad Cert Ed, Grad Dip HSM, BN, RN

First published: 15 April 2021 | <https://doi.org/10.1111/inm.12872>

Declaration of Interest: The authors declare that there are no conflicts of interest with this review.

[Read the full text >](#)

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### Abstract

Mental health and suicide prevention are national health priorities in Australia, with research currently focussed towards the ZERO Suicide (ZS) initiative. The aim of this review was to evaluate the impact of suicide prevention programmes, in particular the ZS prevention initiative. A systematic review using the PRISMA guidelines was conducted using six EBSCO Host databases; Academic Search Complete, Australian/New Zealand Reference Centre, CINAHL Complete, MEDLINE, APA PsycINFO, and APA Psyc Articles. The data extracted from the eligible papers were analysed using a thematic approach. The final data set consisted of fourteen (n = 14) peer-reviewed articles meeting the eligibility criteria, which included quantitative (n = 10), mixed methods (n = 2), and qualitative studies (n = 2). Results indicated variances between suicide prevention programmes with some papers examining single workshops and others assessing multimodal, organizational interventions. Five major themes were produced from this review including measuring the success of suicide prevention programmes, improvements to the delivery of suicide prevention programmes, barriers to implementing changes, cultural considerations, and further research required for suicide prevention programmes. This review concludes that further long-term research is required to evaluate the implementation and efficacy of suicide prevention programmes in health care. Cultural awareness in suicide prevention training is another area that may benefit from further research. A growing body of evidence establishes the need for multimodal and organizational approaches for suicide prevention initiatives.

An exploration into suicide prevention initiatives for mental health nurses: A systematic literature review.

Elissa Dabkowski BN (Hons), RN, B. Physio, Joanne Porter, PhD, MN Grad Dip CC, Grad Cert Ed, Grad Dip HSM, BN RN



### they learnt



Dressing for Success: "they stood up **straighter** and with more **confidence** when they came out of the change room in their new clothes, and that was a big step for their **self-esteem**".

Mock interviews: "Once students had done their interview, they were all feeling very **proud** of themselves which is **fantastic**...I was very proud and quite overwhelmed, they had come such a long way".

## About us

The Collaborative Evaluation Unit (CEU) is an innovative initiative that aims to build evaluation capacity, research and expertise in Gippsland. As a local provider, the CEU understands the value of listening to the community and has the ability to deliver timely, rigorous and sustainable evaluations tailored to the needs of a wide variety of organisations. The CEU provides training, workshops and mentoring to build capacity to enable organisations to conduct meaningful evaluations.

[Visit our website](#)

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