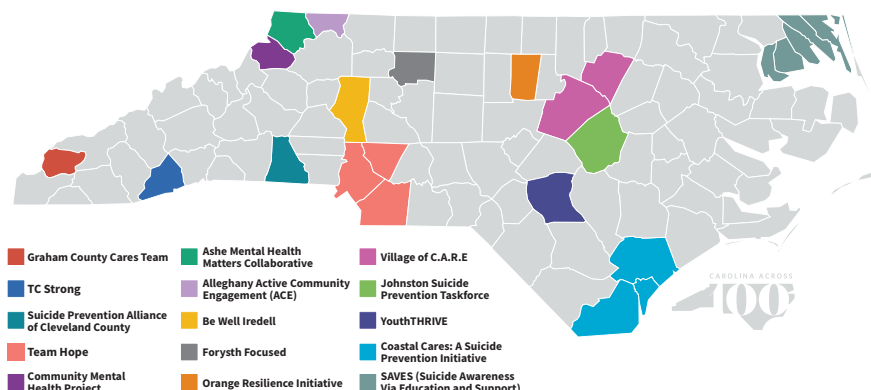


CX100 Evaluation Report

PROGRAM 2: OUR STATE, OUR WELLBEING

Carolina Across 100 (CX100)'s "Our State, Our Wellbeing" (OSOWellbeing) was a 12-month program aiming to support 15 cross-sector collaboratives in identifying and implementing strategies that improve mental health and reduce suicide in North Carolina. This evaluation report highlights the cohort's collective progress from August 2023 to August 2024.



OSOWellbeing Program Highlights

1,641
MENTAL HEALTH
SERVICES DELIVERED

5,006
GUNLOCKS
DISTRIBUTED

661
TRAININGS AND
EVENTS PROVIDED

410
PARTNERSHIPS
FORMED

Shared Measures for Collective Impact

The evaluation team and the OSOWellbeing collaborative teams jointly designed a Shared Measurement System (SMS) to understand how success is qualified and quantified within the program and to collectively track progress towards the shared goals. The SMS provides metrics developed in collaboration with collaborative teams to measure program success.

Collaborative teams were asked to track progress on the agreed upon metrics at three timepoints throughout the program (referred to as 'data collection cycles').

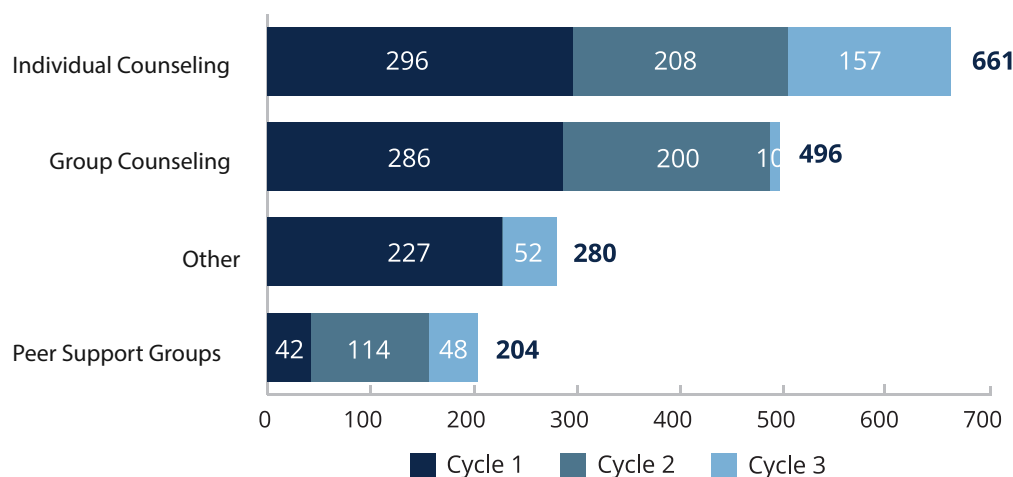
Cycle 1
8/23 - 2/24
6 mo.

Cycle 2
2/24 - 5/24
3 mo.

Cycle 3
5/24 - 8/24
3 mo.

INCREASING ACCESS TO MENTAL HEALTH SERVICES

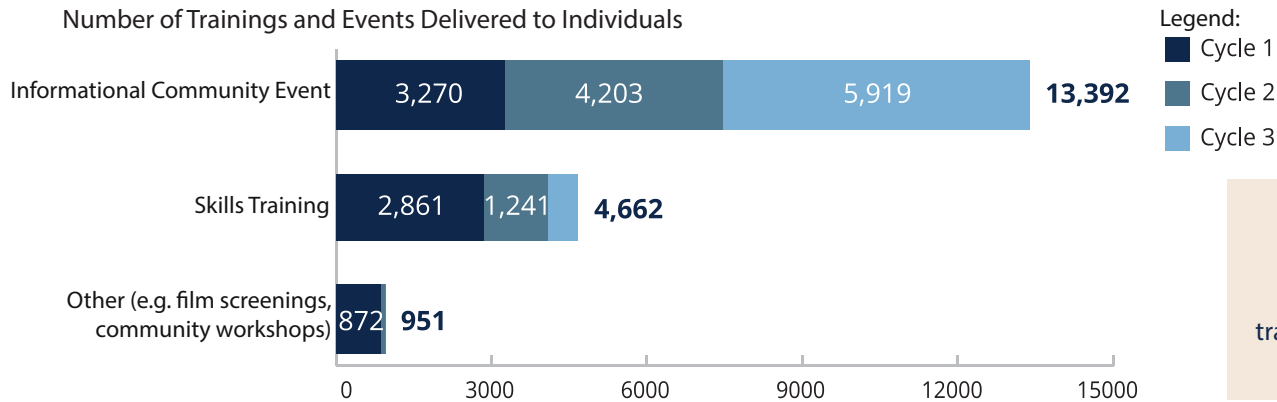
Number of Mental Health Services Delivered to Individuals



1,641
mental health
services were
delivered to people
across the duration
of the program.

INCREASING KNOWLEDGE AND SKILLS THROUGH TRAINING AND EVENTS

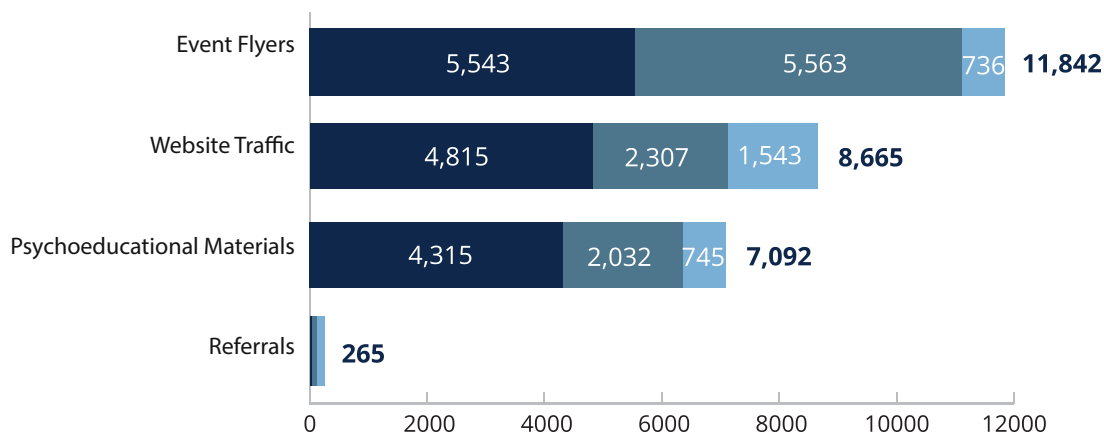
Number of Trainings and Events Delivered to Individuals



19,005
people
attended a
training and/or
event.

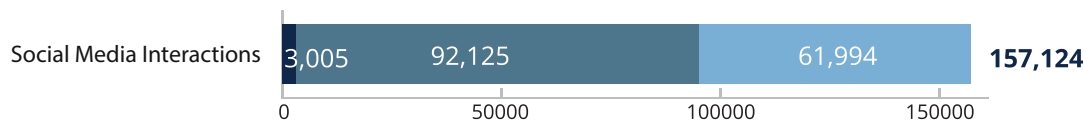
SATURATION OF SUICIDE PREVENTION INFORMATION IN THE COMMUNITY

Number of Virtual Informational Materials Distributed



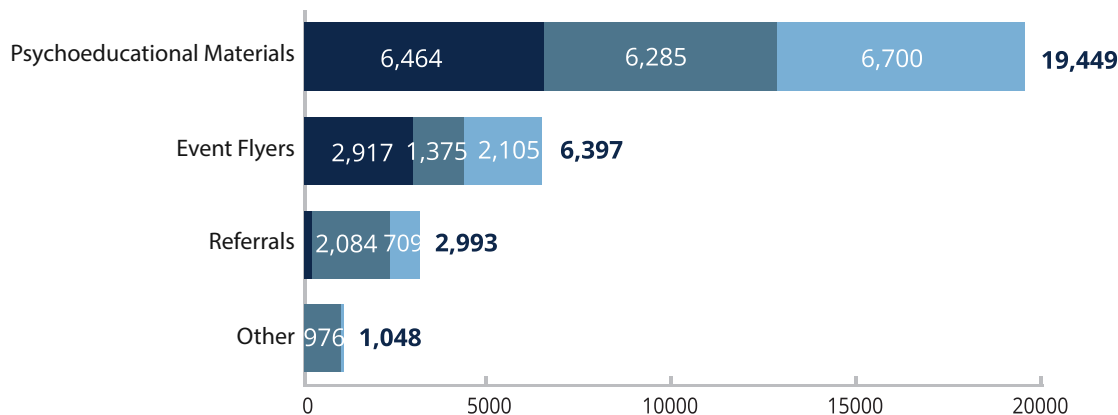
27,864
virtual
informational
materials
distributed.

Number of Virtual Informational Materials Distributed: Social Media Interactions



157,124
social media
interactions.

Number of In-person Informational Materials Distributed



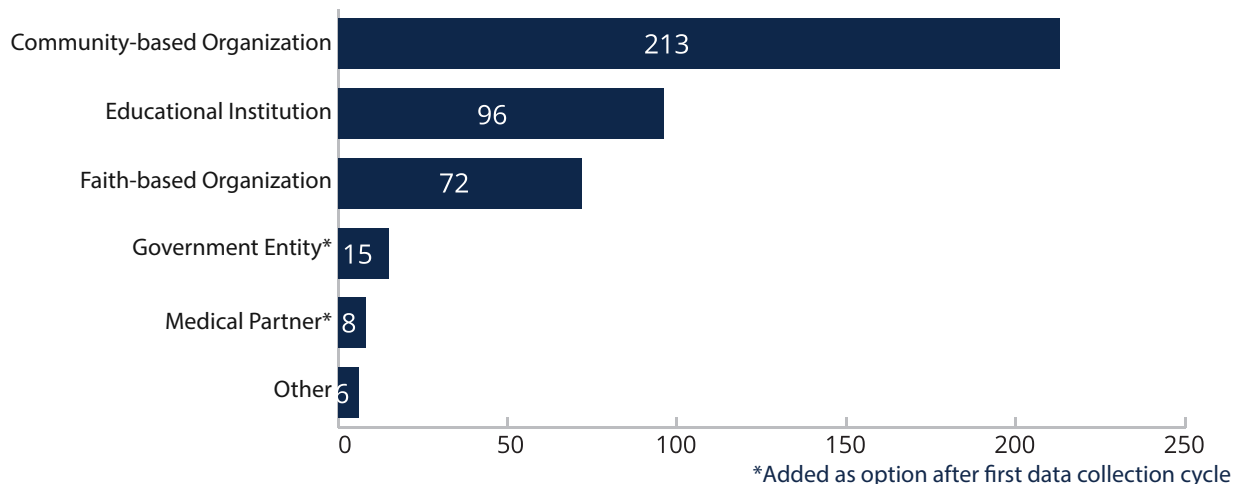
29,887
in-person
informational
materials
provided.

988 Lifeline materials and promotional products such as stickers, bracelets, and fidget toys were one of the most common types of materials provided.

Partnerships and Collaborations

Throughout the duration of the program, collaborative teams were asked to report on the number and types of partnerships their collaboratives formed as a result of their participation in the OSOWellbeing program.

Number and Types of Partnerships



Collaborative teams most commonly reported partnering with community-based organizations as a result of participating in the OSOWellbeing program.

BENEFITS OF A CROSS-SECTOR COLLABORATIVE MODEL

As part of the SMS, collaborative teams were asked to share stories of their collaborative's impactful partnership(s) that enhance their work. The evaluation team analyzed these responses across the three cycles of data collection to identify common themes. Responses highlight the benefits of the cross-sector collaborative model that the OSOWellbeing program uses, emphasizing the critical role partners play in carrying out this work.



New connections
with additional
partners



Expanded service
reach



Increased access to
resources



Avoiding duplicative
efforts

"By leveraging [our partner's] existing infrastructure and resources, we are able to extend our reach to a broader demographic and provide much-needed support and trainings to individuals who may not have otherwise had access to such services..."

"...With this experience of CX100, many ideas we obtained are helping us reach out and make information available and accessible. Making the necessary connections and ground work is beginning to show and help us meet our goals..."

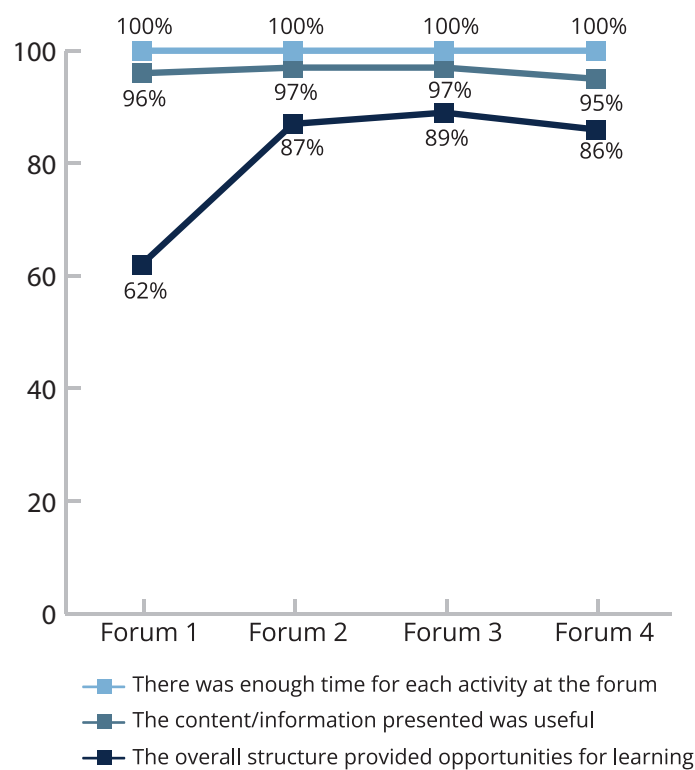
OSOWellbeing Activities and Events



IN-PERSON FORUMS: ONGOING ENGAGEMENT AND OPPORTUNITIES FOR CONNECTION



% of forum evaluation respondents that agree or strongly agree



Collaborative team members highly rated the following forum features:

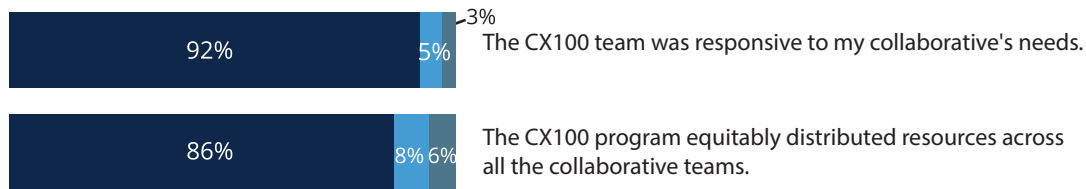
- Opportunities to connect with and hear from other teams
- Resource sharing
- Dedicated time to work within their team
- Motivating and informative presentations

"Being able to hear what other groups are working on to gather best practices and new ideas to try in our community."

Collective Impacts

At the conclusion of the program, collaborative team members were asked to assess different aspects of the program structure based on principles of the Collective Impact Model, which informs the CX100 conceptual framework.

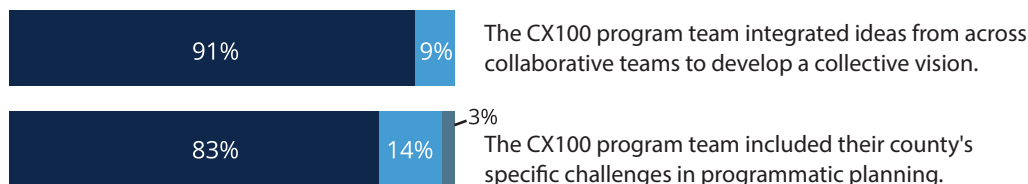
OSOWellbeing Backbone Support



Legend:

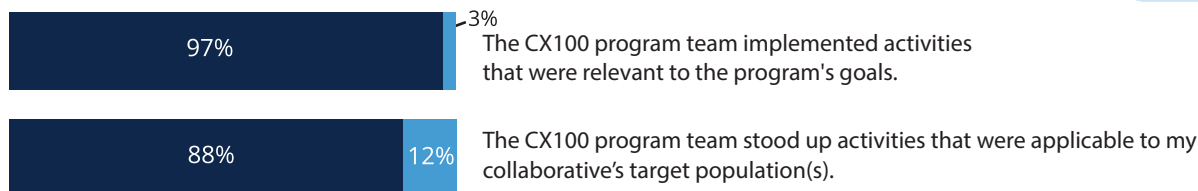
- Strongly agree or agree
- Not sure
- Disagree

OSOWellbeing Common Agenda



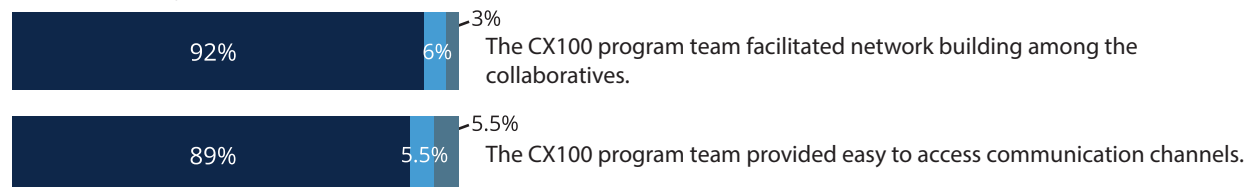
"The program's focus on understanding and addressing the specific needs of our community was a significant strength, ensuring that the support provided was relevant and impactful..."

OSOWellbeing Mutually Reinforcing Activities

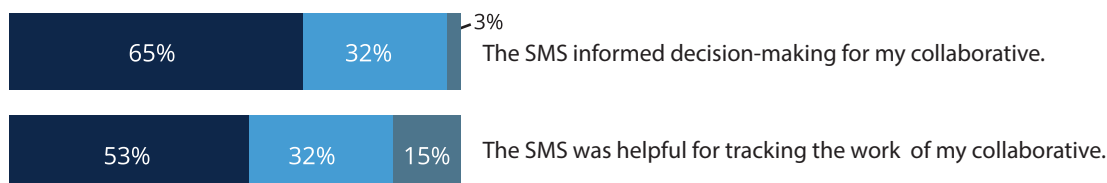


"The forums provided great opportunities for collaboration with the other teams..."

OSOWellbeing Continuous Communication



OSOWellbeing Shared Measurement System



"Having a lot of data to submit and it was a lot of work for the program managers."

Note: Survey results (n=48) do not reflect responses from the full cohort of program participants. Responses may also reflect differences in roles within teams (i.e. program managers vs. regular core team members).

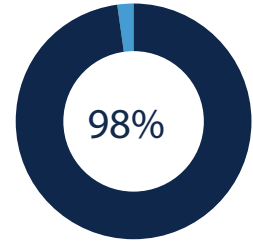
CX100 Program Satisfaction and Impacts



Collaborative team members have a clear understanding of how to affect suicide prevention in their community.



Collaborative team members feel the impact of the OSOWellbeing program on their collaborative was positive.



Collaborative team members feel the impact of the OSOWellbeing program on their community was positive.

RESOURCE IMPACTS REPORTED BY COLLABORATIVE TEAMS



Program planning and implementation



New approaches to suicide prevention



Facilitating new connections



Information saturation within the community

"Community members are spreading the word and making connections to improve the mental health in our community. Without the resources we received in this grant, our group would not have been able to get to where we are now. So ever grateful."

"It has given a point in time picture of suicide data within our state and has opened up access to additional partners and information."

RESOURCES FOR SUSTAINABILITY



Collaborative team members reported satisfaction with CX100 resources.



Collaborative team members have a clear understanding of the suicide prevention resources that are available in their community.

OSOWellbeing's Collaborative Culture as a Key Strength

When asked to share program strengths, collaborative team members noted the collaborative culture of the OSOWellbeing program. This was seen through the opportunities for networking and knowledge sharing that the program facilitated. The support from the program team was another strength, with some respondents noting that the support was relevant to the specific needs of their community.

"The ability to come together with other groups from across the state working on the same issue and learn what others had done and were doing and what was making a difference was fantastic!"

"The culture of 'we are all in this together,' and the open posture UNC had to grow and evolve with whatever came their way."

OVERCOMING CHALLENGES THROUGH PROGRAM STRENGTHS

Challenges Experienced by Collaboratives		Solutions Implemented
Limited time and capacity of team members	→	Utilized subcommittees and assigning roles to focus on different collaborative team goals
Having sufficient resources to carry out activities	→	Built relationships with community organizations doing similar work
Focusing in on a goal given the complex and multi-layered issues of suicide prevention	→	Used existing models and tools to help narrow project focus and plan next steps
Navigating mental health stigma among the community	→	Focused on community outreach and engagement to build trust with communities

"A major challenge we encountered was the initial resistance to discussing mental health openly within the Black community, due to longstanding stigmas and cultural barriers...We are addressing this challenge by holding community meetings, involving local leaders, and creating culturally sensitive materials that resonate with our audience."

"One of our biggest challenges in the beginning was people power. We have implemented committees to help distribute the work and they are doing an amazing job!"

Looking Ahead

At the end of OSOWellbeing, 93% of survey respondents reported that they have a clear understanding of the next steps ahead for their collaborative team. Most commonly, teams intend to continue hosting trainings and community events and spreading awareness of suicide prevention in their community through the sharing of information and resources. Respondents also noted that continuing to build partnerships is another next step in this work to keep the momentum going and expand program reach. To sustain program efforts, respondents emphasized next steps around applying for and securing funding.

In support of these identified priorities, SPI has agreed to create communications channels, facilitate additional webinars, and hire a contract grant writer for the teams.

"We are still planning to move forward with accomplishing goals set out in our Action Plan. We have made some steps forward but are not as far along as we had hoped to be at this point. However, we have a plethora of resources now at our fingertips, we have a plan and a basic foundation there. At this point [our] most important next steps are pulling in more community members and leaders to keep moving forward."

"Continue to meet, provide trainings for the community and resources as well as look for grant funding for a coordinator."

Recommendations

Based on the evaluation findings, we have developed the following recommendations to ensure continued success of future programs.



Identify an alternative communication platform to facilitate communication across teams

Collaborative team members valued opportunities to engage with other teams although a little over half (53%) report communicating with other collaboratives about their efforts. Additionally, less than half (44%) report partnering with other collaboratives. While the CX100 program promoted the use of Canvas, some participants noted a lack of engagement on the platform. Encouraging the use of an alternative communication platform such as an email listserv could promote cross team collaboration beyond existing in-person activities, as well as beyond the duration of the program.



Increase length of program duration to allow for sufficient time to reach goals

Collaborative team members expressed challenges with program timing, feeling that the timeline of the program was too short. They also noted that turnaround time for deadlines was quick for tasks such as submitting the data for the shared measurement system, leading to feeling overwhelmed and rushed. An eighteen month or two year program may be more conducive to this type of work, giving collaborative teams more time for planning and reaching their goals.



Account for timing-related shifts in completion of program activities

The three data collection cycles had varying results that may reflect the timing of program activities and data collection. For example, the third cycle reflected decreases in services delivered and individuals reached with informational resources, which could be explained by greater difficulty providing services during the summer (e.g. for school-based or youth-serving organizations) or by decreased engagement as CX100 programming concluded. Shifting the timing of program activities, including data collection cycles, to account for expected down periods may help improve consistency of team activities and quality of data collected.

About Carolina Across 100

Carolina Across 100 (CX100) is a five-year Carolina initiative led by the School of Government's nclIMPACT Initiative, launched by the Chancellor's Office in 2020 to partner with North Carolina communities in their recovery from the impacts of Covid-19. Carolina Across 100 exemplifies the University's mission to "enhance the quality of life for all people in the State" by creating meaningful partnerships with communities across North Carolina to respond effectively to the opportunities and challenges facing communities.

Learn more at: <https://carolinaacross100.unc.edu/>

About the Suicide Prevention Institute

UNC Suicide Prevention Institute launched in July 2022 with a mission to provide accessible alternatives to every person in the State of North Carolina who is contemplating suicide and to do its best to ensure that no more families have to face the tragedy of losing a loved one to suicide. The SPI team unites researchers, clinicians, educators, policymakers, people of faith, those in marginalized communities, and lived experience advisors to rapidly deploy scalable evidence-informed primary, secondary, and tertiary prevention interventions for suicide.

Learn more at: <https://www.med.unc.edu/psych/research/psychiatry-department-research-programs/unc-suicide-prevention-institute/>

About Abacus Evaluation

Abacus Evaluation (Abacus) is a Research Service Center at the University of North Carolina – Chapel Hill School of Medicine, within the Center for Health Equity Research. Our mission is to create and sustain positive change in programs and communities through collaboration and data-informed evaluation to face complex challenges with our partners. Abacus' team brings extensive experience in mixed-methods research, analytics, and evaluation for diverse programs.

Learn more at: <https://www.med.unc.edu/abacus>

