

## Event Brief

### Webinar: Mental Health Promotion Innovation Fund Case Learning on Navigating Complexity

April 21, 2021

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#### Purpose

This webinar provided a space for cross-project discussions on navigating complexity in relation to pandemic adaptations. It used case-based peer learning; participants were provided with [two case descriptions](#) as pre-reading. These brief written descriptions from two of the Mental Health Promotion Innovation Fund (MHP-IF) projects were developed from pandemic adaptation study transcripts. This webinar followed up on the [March webinar](#), [Hub update](#) and [a blog](#) which introduced how to recognize complexity, some of its features and tools for navigation. A secondary purpose was to further explore capacity and reception of peer-learning within the MHP-IF and to consider the topics, length, and audience for upcoming webinars.

#### Participants

The webinar was hosted by the KDE Hub Secretariat and was attended by 14 MHP-IF project team members and 5 Hub team members (Secretariat and a Hub consultant).

#### Meeting structure

- The webinar began with a brief introduction by Mari Alice Jolin (Secretariat), that included webinar positioning and flow, as well as an expression of thanks to the teams from the Mind Your Food (MYF) and Nurturing the Seed (NTS) projects, who gave permission to use their experiences as case examples and whose team members agreed to be resource people during break-out room discussions (Meagan Dellavilla for the MYF project; Chaya Kulkarni and Karys Peterson-Katz for the NTS project).
- Participants chose a break-out room (two rooms total, one focusing on the MYF case example, the other on the NTS case example) where they participated in an open discussion about the case examples and their own project team's experiences with complexity.
- Following break-out room discussions, participants returned to plenary and took part in three polls that asked their preferences about webinar length, audience, and webinar topics.

#### What did we learn?

##### Learnings from break-out room discussions

- The two case examples resonated with MHP-IF project team members and served as jumping off points for discussion amongst webinar participants.

- Prompted by questions, team members from MYF and NTS provided valuable insights into how they have adapted to the COVID-19 pandemic. These included details about ways of supporting communities remotely and continuing to build relationships when travel is not possible, as well as speaking to changes to their evaluation plans.
- Projects were able to compare experiences and benefited from sharing operational details such as tips for optimizing remote or virtual program implementation, creative solutions for working with partners who are experiencing restructuring/ redeployment because of the pandemic, methods for facilitating data collection remotely within communities, and intentions or plans to sustain some pandemic adaptations going forward (e.g., using a combination of in-person and online engagement).

### **Learnings from participant polls**

- Regarding webinar length, participants expressed that their preference is for webinars to be 60-75 minutes long.
- Most participants supported the idea of some webinars being open to project partners or others with shared interests.
- For upcoming webinars, topics of greatest interest included developing project descriptions/ theories of change (for phase 2 application); exploring definitions and scope for mental health promotion; and planning for knowledge exchange.

### **How will learnings from this event be used?**

- The Hub will continue to provide opportunities for cross-project learning and to support project teams navigate complexity.
- Learnings about the format of this webinar (e.g., use of case-based learning) and participant preferences around webinar topics, length, and audience will inform planning for future webinars.

