



# Strengths Approach & Easy A: Using Outcome Measures in Program Evaluation for Online Course Creation

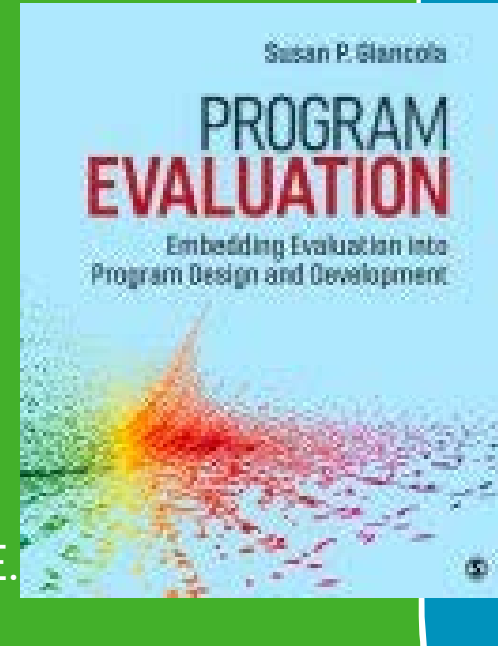
This presentation demonstrates how the Strengths Approach program was conceptualized including the use of program evaluation and outcome measures contributing to the development of an online course embedding evaluation into program design. It also demonstrates how the same concepts were used to evaluate Sol4ce's Easy A program.

## 1. Field Study Practicum Site: Sol4ce LLC: Easy A & Visual Activity Sort: Strengths Approach

- Sol4ce is an organization based out of Corvallis, Oregon. Sol4ce offers a supportive and empowering space for individuals to recharge and learn effective strategies to help them thrive despite and through the challenges. The recent economic crisis and COVID-19 pandemic have taken a toll on individuals, especially those who serve essential jobs such as schools and healthcare. This stress can harm their mental and physical health, affecting work performance and satisfaction. Through Sol4ce the Easy A program was developed by an interdisciplinary team including physical & occupational therapists, medical doctors, psychologists, etc. with the help of grant funding. Easy A has been developed and Sol4ce is working on getting it implemented in different organizations like schools and healthcare.
- The Visual Activity Sort was created by this author and Strengths Approach is a continuing education course and community that is currently being developed. Both offered a great opportunity to build on program development and evaluation utilizing key concepts outlined in Program Evaluation by Susan P. Giancola.

## RECOMMENDED READING FOR OUTCOME MEASURES

Program Evaluation: Embedding Evaluation Into Program Design & Development by Susan P. Giancola



Giancola, S. P. (2021). Program evaluation: Embedding evaluation into program design and development. SAGE.

## 2. Background & Reasons for Selecting: Sol4ce's Easy A & Strengths Resilience's Strengths Approach w/ Visual Activity Sort

- Sol4ce's Easy A program aimed to develop a curriculum for teachers to prevent stress' effects like chronic pain and burnout through the promotion of healthy living habits. Katie O'Day participated in the content for 3 of the modules. Sol4ce & Easy A was selected as a site to help evaluate the program to assure it does what it was designed to do. This includes achieving short & long-term goals of impacting people's health in a positive way through health promotion similar to lifestyle medicine.
- Katie O'Day created the Visual Activity Sort as a strengths-based, trauma-informed assessment and intervention tool. She wanted to create a program including an online continuing education community with coaching to help professionals use strengths-based & trauma-informed approaches when working with individuals. It was determined that this site could be a good way to continue to build the Strengths Approach program after it was initially outlined using Giancola's strategies outlined in Program Evaluation.
- Program evaluation & design was embedded into Strengths Approach, but it was utilized with Easy A to evaluate the program after it was created. This includes auditing the program and looking into: program theory, mind map, logic model and evaluation matrix. This included opportunities to continue to design the evidence-based program including developing the modules, scripts, reviewing and summarizing research, creating promotional tools like blogs, social media posts, etc.

## 3. Practicum Goals:

- To further develop program development and evaluation skills as outlined by Giancola in the book, Program Evaluation
- Audit Sol4ce's Easy A program and make recommendations for improvement if necessary to assure that the program is designed and implemented so that it is able to run as it was designed and help individuals learn about and implement health lifestyle choices to prevent burnout in organizations like schools and healthcare where stress is high.
    - Outline the next course: Pain, Sensory Perceptions & Strategies to Treat Chronic Pain
    - Learn about grant writing and help support grant application for further funding for implementation
  - Further develop Strengths Approach as outlined by the tools embedded in Program Evaluation.
    - Create content for the different modules that is full of evidence-based research and reports from individuals with lived experiences of marginalization- LGBTQIA+, BIPOC, homeless, neurodiverse, etc.
    - Create blogs and social media content to promote Strengths Approach

## 5. Outcomes

Strengths Approach program was further developed using the frameworks outlined with the mind map, program theory, logic model & evaluation matrix. This included outlining the course and drafting the script. Grants were also pursued for further development.

Easy A was an already existing program that was evaluated using the frameworks of mind map, logic model, program theory and evaluation matrix. This helps assure the program is able to do what it intends. It also helps to promote the tool to potential individuals, organizations and funders.

## 4. Results/Findings

- Through the program evaluation of Easy A key components were found to be missing. Easy A did not have a program theory, mind map, logic model or evaluation matrix developed.
- All were created during this practicum to help assure that Easy A is able to produce the results that the authors intend.
  - See documents on the right. These are also helpful to utilize when seeking funding and with the promotion of the program.

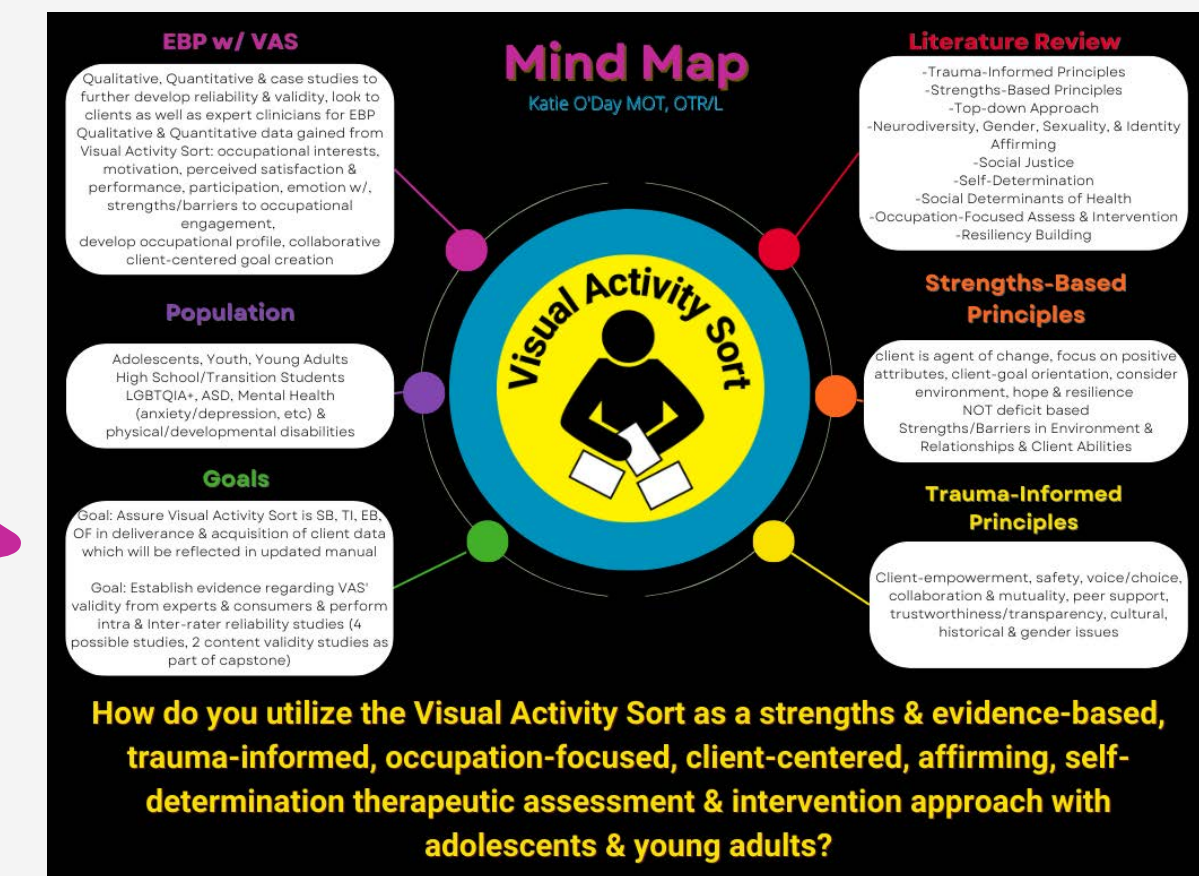
## 6. Conclusion

Measurement and embedded evaluation methods are extremely valuable in program development. OTs read Giancola's book, implement strategies & change the world!!

## Strengths Approach

Strengths Approach program is an online continuing education course and community with group coaching. It has been designed to help professionals provide strengths-based, trauma-informed support for individuals who have been historically marginalized or disadvantaged. It includes chapters & modules covering topics including social determinants of health, neurobiology & brain development, positive psychology, identity & neurodiversity-affirming practices. It incorporates the use of motivational interviewing with the development of occupational profiles and self-determination through collaborative goal setting with the Visual Activity Sort.

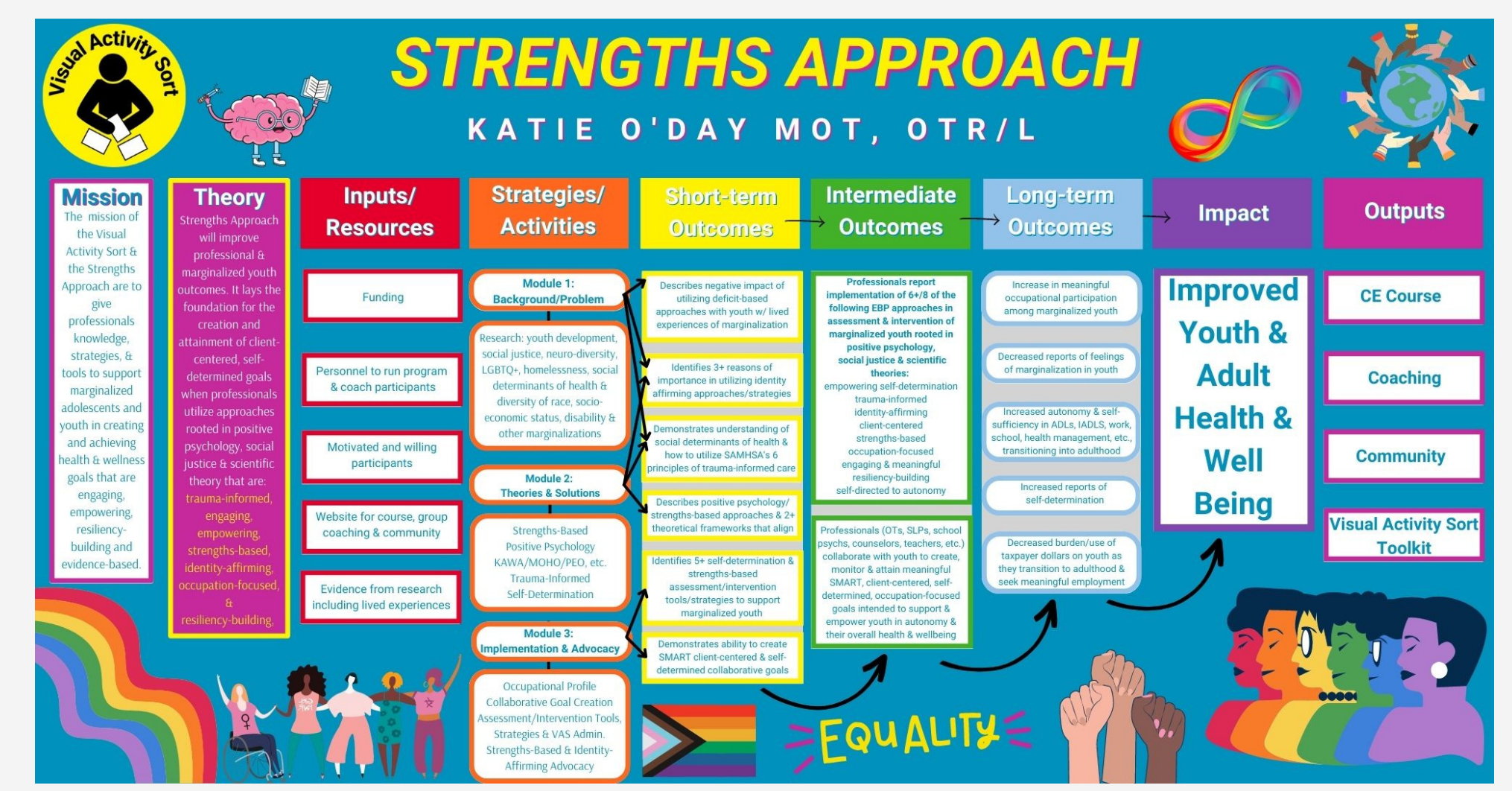
## MIND MAP



## PROGRAM THEORY



## LOGIC MODEL



## Strengths Approach Evaluation Matrix

## EVALUATION MATRIX

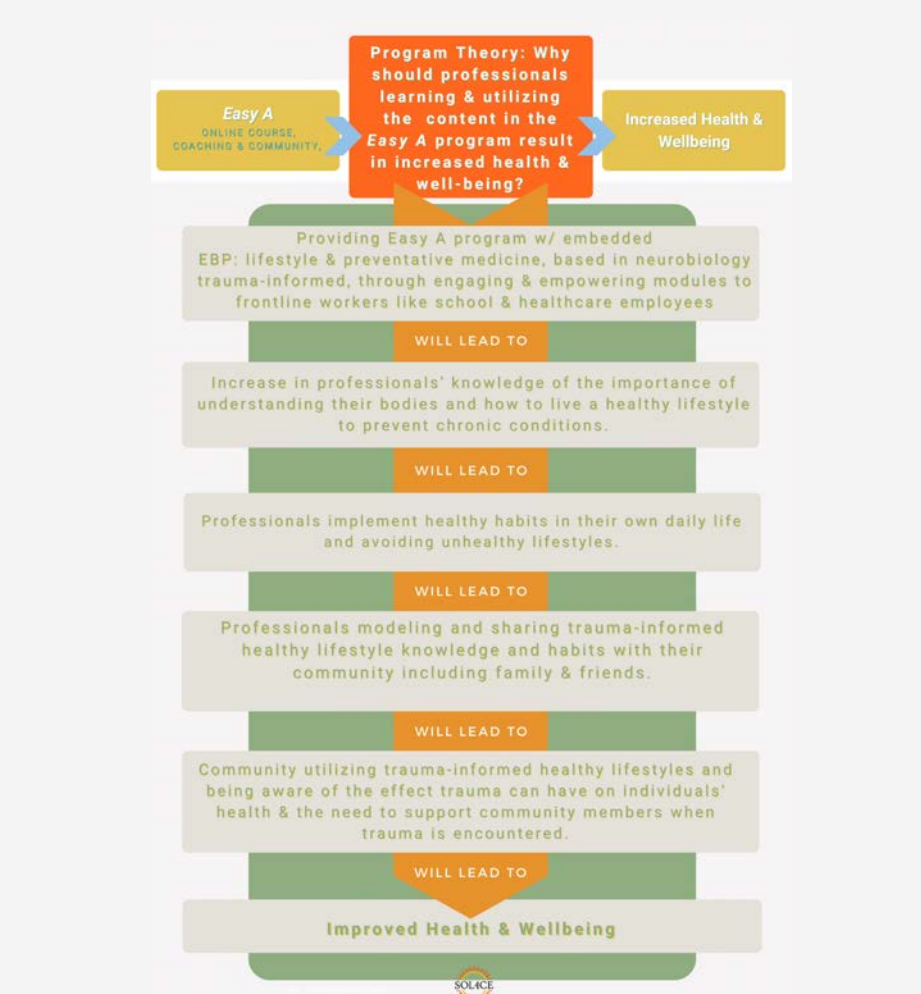
## Easy A

The Easy A Program is a comprehensive, trauma informed program aimed at helping individuals improve their overall health and wellbeing. It covers 12 modules, each provides information and strategies for improving specific areas of health, with a focus on practical steps that individuals can take to integrate healthy habits into their daily life. The program encourages participants to engage with the online forum and stay in touch with the community as they work on making positive changes in their health and wellbeing.

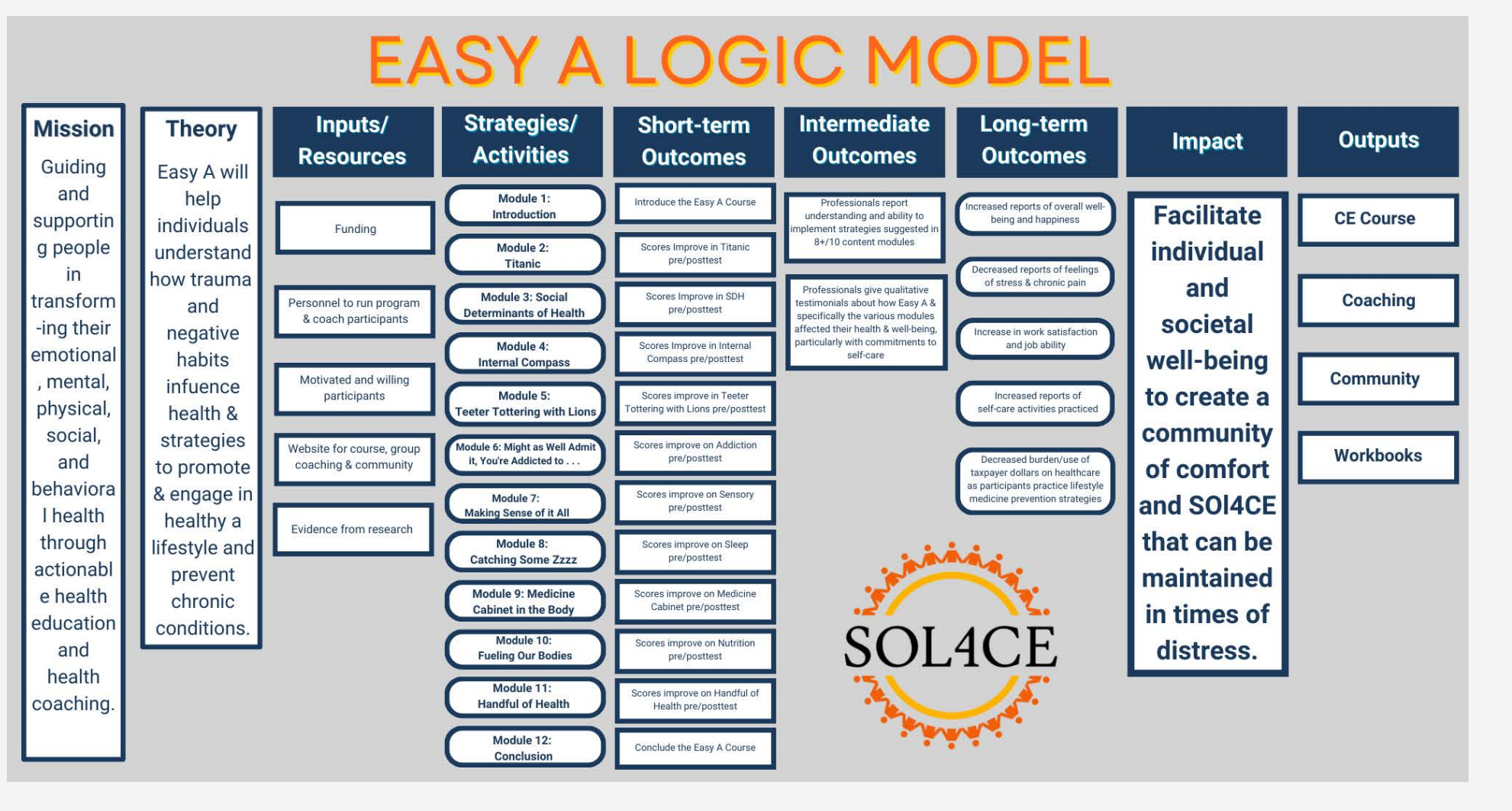
## MIND MAP



## PROGRAM THEORY

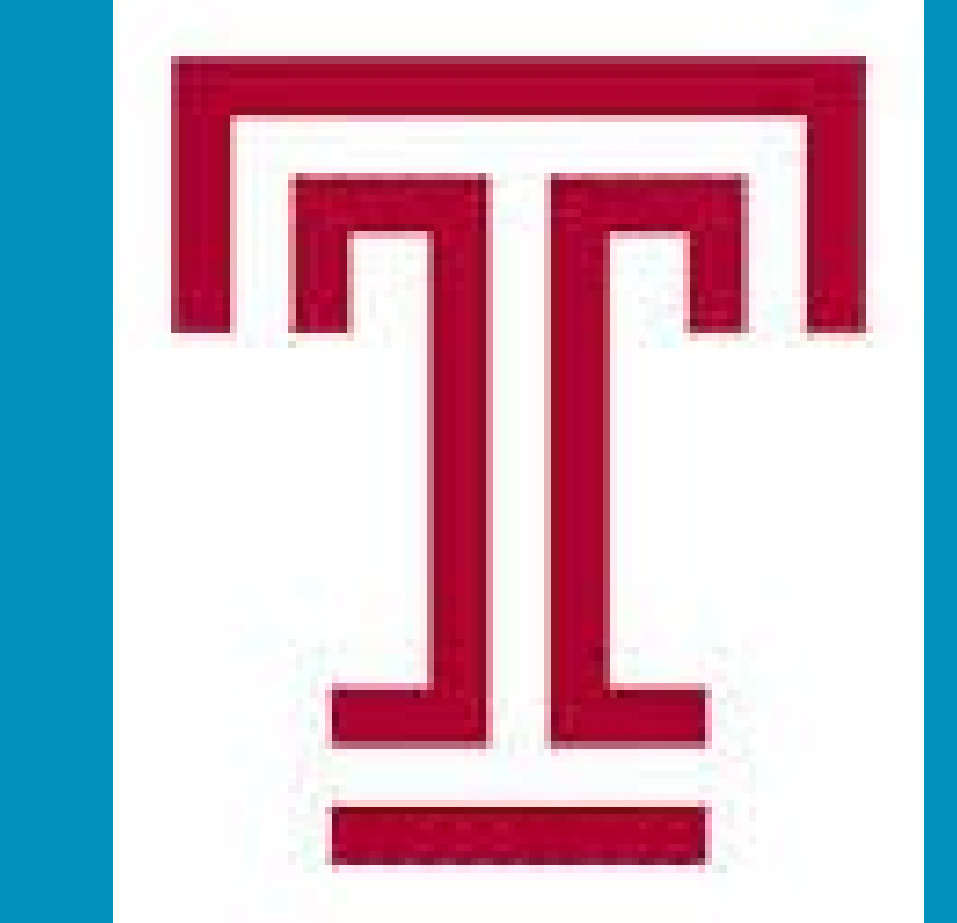


## LOGIC MODEL



## EVALUATION MATRIX

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