

**Learning Opportunities and Indicators in the  
Mental Health & Wellbeing (Adult) Concentration Area**

The table below provides an overview of the Learning Opportunities in the Mental Health & Wellbeing (Adult) area and the specific indicators used to evaluate them. Please reference this table to evaluate and report program outcomes in the Kentucky Extension Reporting System (KERS).

*Extension agents should contact specialists in this concentration area for guidance on how to evaluate learning opportunities in this area.*

Learning Opportunities	Indicators							
	802.9	802.10	802.11	802.12	802.13	802.14	802.15	802.16
Barn	X	X	X	X	X	X	X	X
After the Storm	X						X	
MFHA	X	X	X	X	X	X	X	X
QPR		X	X	X		X	X	
KY Farm Families		X	X	X	X	X	X	
Recovery Gardens			X		X			
Navigating Trauma After Natural Disasters		X	X		X	X	X	X
MARK (Mind, Art, Recovery, Kentucky)	X	X	X	X	X	X	X	X
Mindfulness Trails	X		X		X			
Yoga-Ta Try This			X		X			
Mindfulness for Your Mental Health			X	X	X	X		X
The Mind-Body Connection		X			X	X	X	X
CODE RED		X	X	X	X			
Blue To You		X				X	X	
Pathways to Wellness							X	