

Mental Health & Wellbeing Development Concentration Area Follow-Up Evaluation Tool

The statements below can be used in a survey to evaluate medium-term (MT) outcomes (at least four weeks after a program takes place). *Extension agents should contact specialists in this concentration area for guidance on how to evaluate learning opportunities in this area.*

[XYZ-Name of Program] Follow-Up Survey

Please circle the option that best describes your response to each statement.

Indicator # in KERS	Statements	Yes	No
802.14	Since participating in [XYZ-Name of Program], I have used self-care strategies to improve my mental wellbeing.	Yes	No
802.15	After participating in [XYZ-Name of Program], I have adopted strategies to support or promote mental health and wellbeing in my community.	Yes	No
802.16	After participating in [XYZ-Name of Program], I have [insert expected behavior change related to mental health and wellbeing].	Yes	No