|  |  |
| --- | --- |
| County Emphasis |  |

|  |  |
| --- | --- |
| [Concentration](https://extension.ca.uky.edu/2025-situation-statements)*(select up to 4 from list below or the linked website)* | Mental Health and Well-Being |

|  |  |
| --- | --- |
| [Situation](https://extension.ca.uky.edu/2025-situation-statements)*(situation statements can be found at the linked website)* | More than ever before, people are feeling the burden of stress on their wellbeing. More than 1 in 5 adults in the United States lives with a mental illness; in Kentucky, 43% of adults report signs or symptoms of anxiety or depression across their lifespan. At the same time, suicide is a leading cause of preventable death in Kentucky for individuals aged 10-34, and those over the age of 59.Concern over the state of mental health and access to care was echoed in the Cooperative Extension Community Needs Assessment, where respondents listed “improved access to mental health and wellbeing resources” as one of the top 6 priority issues. Kentuckians are aware of their need for knowledge and skills to recognize and respond to a mental health challenge, whether it be their own or to help someone else, and the ability to advocate for more mental health resources in all areas of the state.Cooperative Extension is poised with the research and evidence-based resources needed to serve as a beacon of hope in times of distress through our ability to help overcome stigma, connect people to care, and amplify the voices of many to advocate for better quality of life for all.Youth FocusKentucky’s youth population deserves safe and nurturing environments that foster their growth and wellbeing. Unfortunately, mental health challenges affect a significant portion of our youth, with 17% of those aged 6-17 experiencing mental health disorders, according to the National Alliance on Mental Illness (2023), and only 50% receiving treatment. The impact is profound, with one person in the U.S. dying by suicide every 11 minutes, and in Kentucky alone, 800 lives were lost to suicide in 2022. Recognizing the urgency, the Kentucky Cooperative Extension Service’s 2019 and 2023 statewide programming issue surveys highlighted mental health and wellbeing as priority areas. Nationally, 45% of 4-H participants reported high stress in a 2023 survey by 4-H.org. The University of Kentucky Community Needs Assessment (2023) indicates priorities of improve access to mentalhealth and wellbeing resources, minimizing bullying and/or school violence, stronger parenting and relationship-building skills, and social, emotional, and/or behavioral education for adults working with youth. To address these concerns, the 4-H Program provides evidence-based educational programs focused on positive mental health and self-care, aiming to empower youth with decision-making and critical thinking skills, fostering resilience and overall wellbeing. By emphasizing mental health and offering targeted educational initiatives, we can create a brighter future for Kentucky’s youth. |

|  |  |
| --- | --- |
| County Situation |  |

|  |  |
| --- | --- |
| Long-term Outcomes | Adult* Reduced incidence of mental health crises and suicide
* Increased access to mental health care and resources for all

Youth* Kentucky 4-H members report a reduced number of youth that are considering suicide.
* Increased number of 4-Hers who pursue mental health & well-being employment.
* Youth will increase contributions to their communities through applying critical thinking, problem-solving, and effective communication learning in 4-H Health and Well Being.
 |

|  |  |
| --- | --- |
| Medium-termOutcomes | Adult* Increased use of de-stigmatized language
* Increased use of self-care and other coping strategies
* Increased advocacy for mental health and wellbeing resources
* Increased partnerships (number or strength) to address mental health and wellbeing issues within the community

Youth* 4-H members will practice general wellness habits.
* Increased self-reflection and exploration of personal values and beliefs related to mental health and wellbeing among 4-Hers.
 |

|  |  |
| --- | --- |
| Short-term Outcomes | Adult* Increased ability to recognize and respond to a mental health concern
* Increased ability to use de-stigmatized language
* Increased knowledge of self-care and other coping strategies
* Increased knowledge of mental health and well-being resources (interpersonal and community-based)

Youth* Increased knowledge of positive mental health practices
* Increased knowledge and awareness of healthy habits and practices among 4-Hers.
* Improved attitudes and beliefs towards healthy habits and practices among 4-Hers.
* Increased knowledge of general wellness practices
 |

Learning Opportunities

Adult

|  |  |
| --- | --- |
| Audience | Families and Individuals |
| Project or Activity | Mental Health Education Programming |
| Content or Curriculum | Adult Mental Health First Aid, QPR (Question, Persuade, Refer), CODE RED, ACT (Awareness, Communication, and Triage and Treat) for Farm Families, Understanding and Coping with Trauma after Natural Disasters, After the Storm, Blue to You   |
| Inputs | Programmatic materials, state specialist support, staff training, facilities, community partners (health coalitions, schools, local non-profits, etc.) UK Healthcare mental health resources, 988 community resources. |
| Date(s) | Ongoing; 2025-2029 |

|  |  |
| --- | --- |
| Audience | Families and Individuals |
| Project or Activity | Promoting Well-being |
| Content or Curriculum | MARK (Mind, Art, Recovery, Kentucky), Take a Beat: Healing Hearts and Minds, Handling Farm Stress: A Workshop for New and Beginning Farmers, Mindfulness Trails, Yoga-ta Try This (KEHA lesson), Self-care programming, Mindfulness programming, Recovery Gardens, Mental Health and Wellbeing Series, The Mind-Body Connection |
| Inputs | Programmatic materials, state specialist support, staff training, facilities, community partners (health coalitions, schools, local non-profits, etc.) UK Healthcare mental health resources, 988 community resources. |
| Date(s) | Ongoing;2025-2029 |

|  |  |
| --- | --- |
| Audience | Communities |
| Project or Activity | Mental Health Access and Advocacy  |
| Content or Curriculum | BARN (Bringing Awareness Right Now) Farm Dinner Theater, Pathways to Wellness, Building and Maintaining Health Coalitions |
| Inputs | Programmatic materials, state specialist support, staff training, facilities, community partners (health coalitions, schools, local non-profits, etc.), UK Healthcare mental health resources, 988 community resources. |
| Date(s) | Ongoing;2025-2029 |

Youth

|  |  |
| --- | --- |
| Audience | 4-Hers, Extension Professionals, Clientele |
| Project or Activity | Behavioral Health Fellowship |
| Content or Curriculum | Curriculum is sourced from the University of Kentucky College of Social Work’s master of social work program. All curriculum pieces focus on social work practices that include mental health, communication, and community engagement. |
| Inputs | These programs are supported by the research base of the Martin-Gatton of Agriculture, Food, and Environment, Cooperative Extension, and College of Social Work, funding is provided by the College of Social Work and Cooperative Extension, state and federal sources, and the engagement of volunteers, youth, communities, and students.  |
| Date(s) | Academic Year |

|  |  |
| --- | --- |
| Audience | 4-Hers, Extension Professionals, Clientele  |
| Project or Activity | Community, Access & Engagement Programs |
| Content or Curriculum | 4-H LIFE utilizes the curriculum Essential Elements which is sourced from Shop 4-H. Additional curriculum and content is sourced from Shop 4-H and other Land Grant Systems. Content for Adelante 4-H has been developed by the Land Grant System and sourced from other Land Grant systems. Content for Jr. MANRRS is sourced from the MANRRS society. All curriculum and content focuses on building community, as well as increasing access and engagement of youth.  |
| Inputs | These programs are supported by the research base of the Cooperative Extension Land Grant System, funding from the Kentucky 4-H Foundation, Inc., local, state, and federal sources, grants and the engagement of volunteers, youth, communities, and external stakeholders such as civic groups.  |
| Date(s) | Program Year |

|  |  |
| --- | --- |
| Audience | 4-Hers, Extension Professionals, Clientele |
| Project or Activity | 4-H State Task Forces  |
| Content or Curriculum | Curriculum is sourced from Shop 4-H and the Land Grant System, focuses on health and wellbeing. Additional resources include Healthy Bodies: Teaching Kids What They Need to Know, Mental Health First Aid, National Alliance on Mental Illness, and Youth Strong: Helping Youth and Families in Times of Disaster and Stress  |
| Inputs | These programs are supported by the research base of the Cooperative Extension Land-grant system, funding from the Kentucky 4-H Foundation, Inc., local, state, and federal sources, grants, and the engagement of volunteers, youth, communities, and external stakeholders such as civic groups. |
| Date(s) | Program Year |

|  |  |
| --- | --- |
| Audience | 4-Hers, Extension Professionals, Clientele |
| Project or Activity | Youth Strong: Helping Youth and Families in Times of Disaster and Stress (Club/Group/Individual)  |
| Content or Curriculum | Youth Strong: Helping Youth and Families in Times of Disaster and Stress Guidebook. Additional resources include Healthy Bodies: Teaching Kids What They Need to Know, Mental Health First Aid, and National Alliance on Mental Illness. |
| Inputs | These programs are supported by the research base of the Cooperative Extension Land-grant system, funding from the Kentucky 4-H Foundation, Inc., local, state, and federal sources, grants, and the engagement of volunteers, youth, communities, and external stakeholders such as civic groups. Focus is on Youth who have experienced traumatic experiences or disasters. |
| Date(s) | Program Year |

|  |  |
| --- | --- |
| Audience | 4-Hers, Extension Professionals, Clientele |
| Project or Activity | Your Feelings Matter (Club/Group/Individual) |
| Content or Curriculum | Your Feelings Matter Curriculum. Additional resources include Healthy Bodies: Teaching Kids What They Need to Know, Mental Health First Aid, and National Alliance on Mental Illness. |
| Inputs | These programs are supported by the research base of the Cooperative Extension Land-grant system, funding from the Kentucky 4-H Foundation, Inc., local, state, and federal sources, grants, and the engagement of volunteers, youth, communities, and external stakeholders such as civic groups. Focus is on Grades 4-8.  |
| Date(s) | Program Year  |

|  |  |
| --- | --- |
| Audience | 4-Hers, Extension Professionals, Clientele  |
| Project or Activity | Your Thoughts Matter (Club/Group/Individual)  |
| Content or Curriculum | Your Thoughts Matter Curriculum. Additional resources include Healthy Bodies: Teaching Kids What They Need to Know, Mental Health First Aid, and National Alliance on Mental Illness |
| Inputs | These programs are supported by the research base of the Cooperative Extension Land-grant system, funding from the Kentucky 4-H Foundation, Inc., local, state, and federal sources, grants, and the engagement of volunteers, youth, communities, and external stakeholders such as civic groups. Focus is on Grades 7-12.  |
| Date(s) | Program Year |

|  |  |
| --- | --- |
| Audience | 4-Hers, Extension Professionals, Clientele |
| Project or Activity | Mental Health First Aid  |
| Content or Curriculum | Mental Health First Aid (Youth). Additional resources include Healthy Bodies: Teaching Kids What They Need to Know, and National Alliance on Mental Illness |
| Inputs | These programs are supported by the research base of the Cooperative Extension Land-grant system, funding from the Kentucky 4-H Foundation, Inc., local, state, and federal sources, grants, and the engagement of volunteers, youth, communities, and external stakeholders such as civic groups. Focus is on Adults working with youth.  |
| Date(s) | Program Year  |

Evaluation

Adult

|  |  |
| --- | --- |
| Outcome | Increased partnerships (number or strength) to address mental health and well-being issues within the community |
| Indicator | Number of partnerships with community organizations, institutions, agencies, or individuals to address mental health and well-being in the community. |
| Method | Agent record of community partnerships utilized in programming |
| Timeline | Ongoing; Each partnership should be reported once per reporting interval |

|  |  |
| --- | --- |
| Outcome | Increased ability to recognize and respond to a mental health concern |
| Indicator | Number of participants who reported an increased knowledge of how to respond to mental health concerns. |
| Method | Post-participation survey/evaluation results |
| Timeline | On-going; Surveys should be administered immediately after a program |

|  |  |
| --- | --- |
| Outcome | Increased knowledge of self-care and other coping strategies |
| Indicator | Number of participants who intend to adopt self-care strategies to improve their own mental health and well-being. |
| Method | Post-participation survey/evaluation results |
| Timeline | On-going; Surveys should be administered immediately after a program |

|  |  |
| --- | --- |
| Outcome | Increased knowledge of mental health and well-being resources (interpersonal and community-based) |
| Indicator | Number of participants who intend to adopt strategies to support or promote mental health and well-being in their community |
| Method | Post-participation survey/evaluation results |
| Timeline | On-going; Surveys should be administered immediately after a program |

|  |  |
| --- | --- |
| Outcome | Increased use of self-care and other coping strategies |
| Indicator | Number of participants who adopted self-care strategies to improve their own mental health and well-being. |
| Method | Follow-up survey/evaluation results |
| Timeline | On-going; Surveys should be administered at least 3-6 months after a program |

|  |  |
| --- | --- |
| Outcome | Increased advocacy for mental health and wellbeing resources |
| Indicator | Number of participants who adopted strategies to support or promote mental health and well-being in their community. |
| Method | Follow-up survey/evaluation results |
| Timeline | On-going; Surveys should be administered at least 3-6 months after a program |

Youth

|  |  |
| --- | --- |
| Outcome | Short Term  |
| Indicator | * Number of partnerships with community organizations, institutions, agencies, or individuals to address mental health and wellbeing for youth in the community.
* Number of youth who reported an increased knowledge of how to respond to mental health concerns.
* Number of youth who intend to adopt self-care strategies to improve their own mental health and wellbeing.
* Number of youth who intend to adopt strategies to support or promote mental health and wellbeing in their community.
* Number of youth who reported intended behavior change as a result of participation in mental health and wellbeing programming.
 |
| Method | Survey  |
| Timeline | Immediately post-program |

|  |  |
| --- | --- |
| Outcome | Medium Term  |
| Indicator | * Number of youth who adopted self-care strategies to improve their own mental health and wellbeing.
* Number of youth who adopted strategies to support or promote mental health and wellbeing in their community.
* Number of youth who reported behavior change as a result of participation in mental health and wellbeing programming.
 |
| Method | Survey  |
| Timeline | 3-6 Months post-program  |

|  |  |
| --- | --- |
| Outcome | Long Term  |
| Indicator | Long-term evaluation will be conducted using the National 4-H Index Study. |
| Method | Survey or Interview  |
| Timeline | 1+ years  |

Data Sources (select any/all that apply)

 Extension Community Needs Assessment – Data Dashboard

 Extension Community Needs Assessment – Respondent Comment Summaries

 Kentucky by the Numbers – Secondary Data for the Community Needs Assessment

 Kentucky by the Numbers Data Profiles

 CEDIK County Data Profiles

**Concentrations (select up to 4 – copy and paste your selection in the concentration section above)**

Animal Production and Management

Plant Production and Management

Sustainability, Natural Resources and Wildlife Management, and Environment

Financial Security and Economic Well-Being

Food Safety, Quality, and Access

Connected & Resilient Communities

Building Leadership Capacity

Work and Life Skill Development

Health and Wellbeing

Family and Youth Development

Small Farm Development

Substance Use Prevention and Recovery

Mental Health and Well-Being