

## **Evaluating Indicators in the Mental Health & Wellbeing (Adult) Concentration Area**

This document contains survey statements for evaluating the indicators in the Mental Health & Wellbeing (Adult) concentration area. *Extension agents should contact specialists in this concentration area for guidance on how to evaluate learning opportunities in this area.*

The indicators for this concentration area consist of short-term and medium-term outcomes as indicated in Table 1.

- **Short-Term Program Metrics (PM):** Indicators designated as short-term program metrics (PM) do not require a survey and are typically measured using program data and other program evaluation/process monitoring information (e.g. attendance/sign in sheets, participant records, participatory evaluation).
- **Short-Term Outcomes (ST):** Indicators designated as short-term (ST) represent expected **immediate** outcomes of UK Extension Mental Health & Wellbeing (Adult) programs. These indicators are measured using post-participation evaluation tools/surveys.
- **Medium-Term Outcomes (MT):** Indicators designated as medium-term (MT) represent expected **behavior change** outcomes of UK Extension Mental Health & Wellbeing (Adult) programs. Behavior change typically requires time to mature. Hence, these indicators are measured using follow-up evaluation tools/surveys.

**Table 1: Indicators and Survey Statements**

| <b>Concentration Area: Mental Health &amp; Wellbeing (Adult)</b> |  |  |                                    |
|--|--|--|------------------------------------|
| <b>KERS<br/>Indicator #</b>                                      | <b>Indicator</b>   | <b>Statements (Y/N)</b>  | <b>Timeline for<br/>Evaluation</b> |
| 802.9  | Number of partnerships with community organizations, institutions, agencies, or individuals to address mental health and wellbeing in the community. | <i>This is a program metric. Please report from program data e.g., attendance list, record of certifications, etc.</i> | PM                                 |

|        |   |  |    |
|--------|---|--|----|
| 802.10 | Number of participants who reported an increased knowledge of how to respond to mental health concerns.                               | Participating in [ <i>XYZ-Name of Program</i> ] increased my knowledge of how to respond to mental health concerns.                                    | ST |
| 802.11 | Number of participants who intend to adopt self-care strategies to improve their own mental health and wellbeing.                     | After participating in [ <i>XYZ-Name of Program</i> ], I intend to adopt self-care strategies to improve my mental wellbeing.                          | ST |
| 802.12 | Number of participants who intend to adopt strategies to support or promote mental health and wellbeing in their community.           | After participating in [ <i>XYZ-Name of Program</i> ], I intend to adopt strategies to support or promote mental health and wellbeing in my community. | ST |
| 802.13 | Number of participants who reported intended behavior change as a result of participation in mental health and wellbeing programming. | After participating in [ <i>XYZ-Name of Program</i> ], I intend to [ <i>insert expected behavior change related to mental health and wellness</i> ].   | ST |
| 802.14 | Number of participants who adopted self-care strategies to improve their own mental health and wellbeing.                             | Since participating in [ <i>XYZ-Name of Program</i> ], I have used self-care strategies to improve my mental wellbeing.                                | MT |
| 802.15 | Number of participants who adopted strategies to support or promote mental health and wellbeing in their community.                   | After participating in [ <i>XYZ-Name of Program</i> ], I have adopted strategies to support or promote mental health and wellbeing in my community.    | MT |
| 802.16 | Number of participants who reported behavior change as a result of participation in mental health and wellbeing programming.          | After participating in [ <i>XYZ-Name of Program</i> ], I have [ <i>insert expected behavior change related to mental health and wellbeing</i> ].       | MT |