

Evaluating Indicators in the Mental Health & Wellbeing (Youth) Concentration Area

This document contains survey statements for evaluating the indicators in the Mental Health & Wellbeing (Youth) concentration area. *Extension agents should contact specialists/state contacts 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 (Youth) 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 (Youth) 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

Concentration Area: Mental Health & Wellbeing (Youth)			
KERS Indicator #	Indicator	Statements (Y/N)	Timeline for Evaluation
802.1	Number of partnerships with community organizations, institutions, agencies, or individuals to address mental health and wellbeing for youth in the community.	<i>This is a program metric. Please report from program records e.g., attendance lists, etc.</i>	PM
802.2	Number of youth who reported an increased knowledge of how to respond to mental health concerns.	Participating in [XYZ-Name of Program] increased my knowledge of	ST

		how to respond to mental health concerns.	
802.3	Number of youth who intend to adopt self-care strategies to improve their own mental health and wellbeing.	Since participating in [XYZ-Name of Program], I intend to adopt self-care strategies to improve my mental wellbeing.	ST
802.4	Number of youth who intend to adopt strategies to support or promote mental health and wellbeing in their community.	Since participating in [XYZ-Name of Program], I intend to adopt strategies to support or promote mental health and wellbeing in my community.	ST
802.5	Number of youth who reported intended behavior change as a result of participation in mental health and wellbeing programming.	Since participating in [XYZ-Name of Program], I intend to <i>[insert expected behavior change related to mental health and wellness]</i> .	ST
802.6	Number of youth who adopted self-care strategies to improve their own mental health and wellbeing.	Since participating in [XYZ-Name of Program], I have used self-care strategies to improve my mental wellbeing.	MT
802.7	Number of youth who adopted strategies to support or promote mental health and wellbeing in their community.	Since participating in [XYZ-Name of Program], I have adopted strategies to support or promote mental health and wellbeing in my community.	MT
802.8	Number of youth who reported behavior change as a result of participation in mental health and wellbeing programming.	Since participating in [XYZ-Name of Program], I have <i>[insert expected behavior change related to mental health and wellbeing]</i> .	MT