Mental Health Toolkit Workshop: Evaluating Student-Led Mental Health Promotion Initiatives

CONTENTS

Quantitative Survey Results

Participants in the workshop were asked to complete a pre-workshop survey and a post-workshop survey. The surveys asked participants to rate their knowledge of mental health and wellness and knowledge of how to evaluate mental health programs before and again after the workshop. The post-workshop survey also asked participants to retrospectively think back and rate what they thought their knowledge was when they started the workshop. This pre-, post-, retrospective design provides two measures to identify changes in knowledge that may be occurring as a result of the workshop.

Participants were also asked to rate how they were feeling before and after the workshop, as well as to give an overall rating of the workshop.

A total of 39 workshop participants completed either the pre- or post- survey, and 23 participants completed both the pre- and post- surveys. The results below are based on those 23.

Mental Health Knowledge

On a scale of 1-10 (with 1 being Very Little Knowledge and 10 being Highly Knowledgeable)…	Mean (SD)
PRE: Rate your knowledge of mental health and wellness	8.0 (1.0)
POST: Rate your knowledge of mental health and wellness	8.3 (1.0)
RETRO: Thinking back, how would you rate your knowledge of mental health and wellness when you started the workshop	8.2 (1.0)

Knowledge of Evaluation

On a scale of 1-10 (with 1 being Very Little Knowledge and 10 being Highly Knowledgeable)…	Mean (SD)
PRE: rate your knowledge of how to evaluate mental health programs	5.2 (2.4)
POST: rate your knowledge of how to evaluate mental health programs	7.1 (1.9)
RETRO: Thinking back, how would you rate your knowledge of how to evaluate mental health programs when you started the workshop	5.5 (2.5)

How Participants Felt

On a scale of 1-10 (with 1 being Poor and 10 being Excellent)...	Mean (SD)
PRE: How are you feeling right now?	7.2 (1.7)
POST: How are you feeling right now?	6.8 (1.8)

Paired samples t-tests were performed for pre-/post-, and post-/retrospective scores on knowledge of mental health and knowledge of how to evaluate mental health programs.

Scores on mental health knowledge were statistically significantly higher after the workshop than before the workshop (t=2.91, p<.01) and than retrospective scores (t=2.15, p<.05). Scores on knowledge of how to evaluate mental health programs were also statistically significantly higher after the workshop than before the workshop (t=5.08, p<.001) and than retrospective scores (t=3.13, p<.01).

Together, these results suggests that the workshop had an impact on participants' knowledge of mental health and wellness and of how to evaluate mental health programs after the workshop. Furthermore, the results suggest that there was an increase in participants' perceptions of their knowledge: participants self-reported that their knowledge was higher after the workshop than before, indicating that they perceived the workshop had a positive impact on their knowledge.

Scores on ratings of how participants felt were not statistically significantly different before and after the workshop (t=1.12, p>.05).

Overall, participants rated the workshop highly: on a scale from 1 = poor to 5 = excellent, participants rated the workshop as 3.9 (SD = 0.9), with 73% of participants rating the workshop a 4 or 5.

Qualitative Results

Participants were asked to give their feedback on what aspects of the workshop were most valuable and least valuable, and were also asked if there was anything else they'd like to say about the workshop or their experience in the workshop.

Below is a summary of the feedback.

Most Valuable

Theme	Description	Quote
Breakout sessions/ small group discussions	8 workshop participants commented that the break out sessions and small group discussions were the most valuable. They mentioned that this made it easier to share personal examples and learn about what others are doing	*The group discussion was very helpful in fleshing out key components of the workshop…*

Concrete tools to take away	7 participants specifically mentioned that having concrete, useful tools to take away from the workshop was one of the most valuable aspects. Having a variety of tools available to them to take back and reference later.	*Evaluation tools -> gained some new tools to add to the evaluation toolbox :)*
Sharing knowledge and best practices	Related to the breakout sessions/small group discussion theme, 6 participants mentioned the being able to share knowledge within the group and to share best practices was very valuable.	*Small group discussions to learn what other campers are doing…*
Discussion of evaluation methods	6 participants mentioned learning about evaluation methods. One specifically mentioned the arts-based evaluation methods.	*Evaluation methods (arts-based)* *4 methods of evaluation*
Processes of youth engagement	5 workshop participants mentioned gaining a better understanding of youth engagement processes, and enjoying the examples given.	*Really enjoyed the samples of process of engagement*
Networking, connecting with others	3 participants discussed networking and connecting with others in the group as a valuable aspect	*… networking w/ others in the field*

Least Valuable

The least valuable aspects were more variable than the most valuable aspects. Many of the comments were expressed by a single participant. However, by far the most common response to this question centred around arguing over definitions and off-topic discussions. For a full list of responses, see the attached feedback.

Theme	Description	Quote
Arguing over definitions	9 participants mentioned this as the least valuable aspect. Their comments centred around discussions of the definition of youth engagement that were off-topic and did not respect the rules created by the group.	*Longer large group discussions that took over i.e. arguments over definitions*
Instructions/ Explanations	3 participants mentioned instructions/explanations of the activities. 2 stated there had not been enough and 1 stated that there had been too much for a basic activity	*The final evaluation explanations. They're simple enough and it would be more effective to do it as a big group*
Energy Levels	3 workshop participant commented that some times were draining for energy levels (specifically some discussions) and 1 suggested moving around more	*Abstract discussion – got off topic and took out a lot of energy/enthusiasm for the day*
Other	1 participant commented that the stations were too descriptive rather than practical applications.	

	Another participant suggested the workshop had been more directed at staff than student leaders	

Other Feedback

As with the least valuable aspects above, the other feedback was variable and both positive and negative, with some suggestions. For the full list of comments, see below.

Theme	Description	Quote
Enjoyment, Gratitude	8 participants mentioned enjoying themselves and/or thinking the workshop was great or well done; 6 participants specifically expressed gratitude by saying "thank you"	*I enjoyed the workshop and look forward to using the resources you already developed*
Facilitators	5 participants mentioned that the facilitators were great. They said they were welcoming, engaging, energetic, and knowledgeable	*Great facilitators. Very welcoming and open knowledgeable plus friendly*
More interactivity	2 participants suggested having more ice breakers or active components. 2 others suggested using flip charts more and 1 suggested having research available to look at	*A lot of the discussions sitting down could have been as interactive of using flip charts paper and markers to make maps, etc.*

What aspects of the workshop were most valuable to you? Why?

Practical Examples Useful tools. Great Examples that are game changers
The break out sessions because they allowed for personal opinions to be shared more effectively.
Small group discussions to learn what other campers are doing and learning about new evaluation tools.
Activities, discussion, presentations, tools
Group discussions (last part re: evaluation methods)
Students perspective v best practices
Evaluation methods (arts-based)
Types of evaluations, head, heart, feet, spirit -inputs, etc.   -indicators - concrete tools to take back
It was presented in a very informative and engaging way. not boring or stale
-getting the tools.engagementsurvey.ca - 4 methods of evaluation
Process of youth engagement - provides direction for project
The group break out sessions and the evaluation templates. the group discussion was very helpful in fleshing out key components of the workshop while the templates are great takeaways can reference later
So many things - the conversation & connection w/ others. Your educating others on engagement!
Experiential process
- It was all great - Really enjoyed the samples of process of engagement - Liked the development of a safe open place
Different tools, concepts, understanding of getting communication from & with students. Liked the constant work w/ students motto
- The importance of evaluation - It's not something I do as a student leader - my program leads above me do this - but b/c I'm at the forefront of the program I should be doing it
- Youth engagement mapping -> new model - great for planning - Evaluation tools -> gained some new tools to add to the evaluation toolbox :)
Safe space, comfortable, engaging crowd
Gaining a better understanding of youth engagement principles + practices, and networking w/ others in the field
Practical evaluation methods, networking, small group discussions
Small group activities/discussions
Discovering how tied to status quo research and non-systemic of considering the "problem" of student mental health the people involved in these initiatives really are.
I really enjoyed the breakout sessions. Talking about something prior to talking to the group really helped stimulate conversation and get different opinions and ideas flowing

What aspects of the workshop were least valuable to you? Why?

The aspect where they was discussions on the definition of youth engagement because it doesn't make sense to argue about a definition.
Longer large group discussions that took over i.e. argument over definitions
Lots of info in 1 day but all helpful
Program logic model. Inputs/outcomes/impacts activities prior to this was helpful however i felt pgl was not explained enough or in depth
Nothing
Defining terminology (most of the morning stuff)
Abstract discussion - got off topic and took out a lot of energy/enthusiasm for the day
Different forms of evaluation - tools stats several times used all forms of evaluation a few times
Some of the instruction component was a bit vague
Others derailing the workshop :)
Last segment. Some stations were too much like a description of a tool rather than practical ways to implement.
When participants did not adhere to the group norm of respectful communication. Very sad that there individuals did not model open dialogue and consensus building.
Word debates A lot of things weren't necessarily directed to student leaders, but rather staff... some things specific to post-secondary
Nothing really
Break out session for youth engagement mapping -> ended up being just vent session of what people do vs. working through the activity. So I felt I didn't get a chance to feel comfortable using it.
Moving around often
Rehash of evaluation basics
Long long discussion on YE, did not feel necessary to be so long
The pp presentation - as I've already learned lots about youth engagement
I became exhausted midway through. There is a very attenuated view of what student-led might mean.
The final evaluation explanations. They're simple enough to understand and it would be more effective to do it as a big group.

Is there anything else you'd like to tell us about the workshop or your experience of the workshop?

More talk about diversity racism and their role in evaluation processes
Great facilitators. Very welcoming and open knowledgeable plus friendly
All was very helpful. I loved the way that the environment was created in the morning. it really helped to participate in the workshop. A very dry topic but excellent way of involving all. Thanks for everything
Overall very well done. Was a little controversial you many need to go over approval/explanation for this
Thanks for including others then students I learned a lot
More active/fun icebreaker type activities throughout would be nice A lot of the discussions sitting down could have been as interactive of using flip charts paper and markers to make maps, etc.
It was a great experience! I'd just suggest: wear your name tags and have writing pads more successful
Amazing thanks
I enjoyed the workshop and look forward to using the resources you already developed
I really enjoyed the workshop. You (Sharif) are an amazing facilitator. All of you did a great job. Thanks.
Useful but the room was too cramped and cold! Loved the fidget tools.
Very good day. Well organized. Thoughtful approaches for engagement. Great facilitators.
Liked the interactivity & learned lots. Thank you.
THANK you for your hard work - you did a great job
It would be nice to have some research available on the spot - to reference or preview after or on break.
Really engaging examples of applying tools could have helped
Ambitious agenda. I appreciate the energy + enthusiasm of the presenters.
The workshop felt a bit long/dragged out
Facilitators were great. Sometimes when people go off track, I think it's a good idea to acknowledge the differences and just move along.
Please rethink the message that "power is neutralized" through engagement