



# *New Path and Youth Engagement*

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# Mental Wellness

## Leadership and Problem Solving

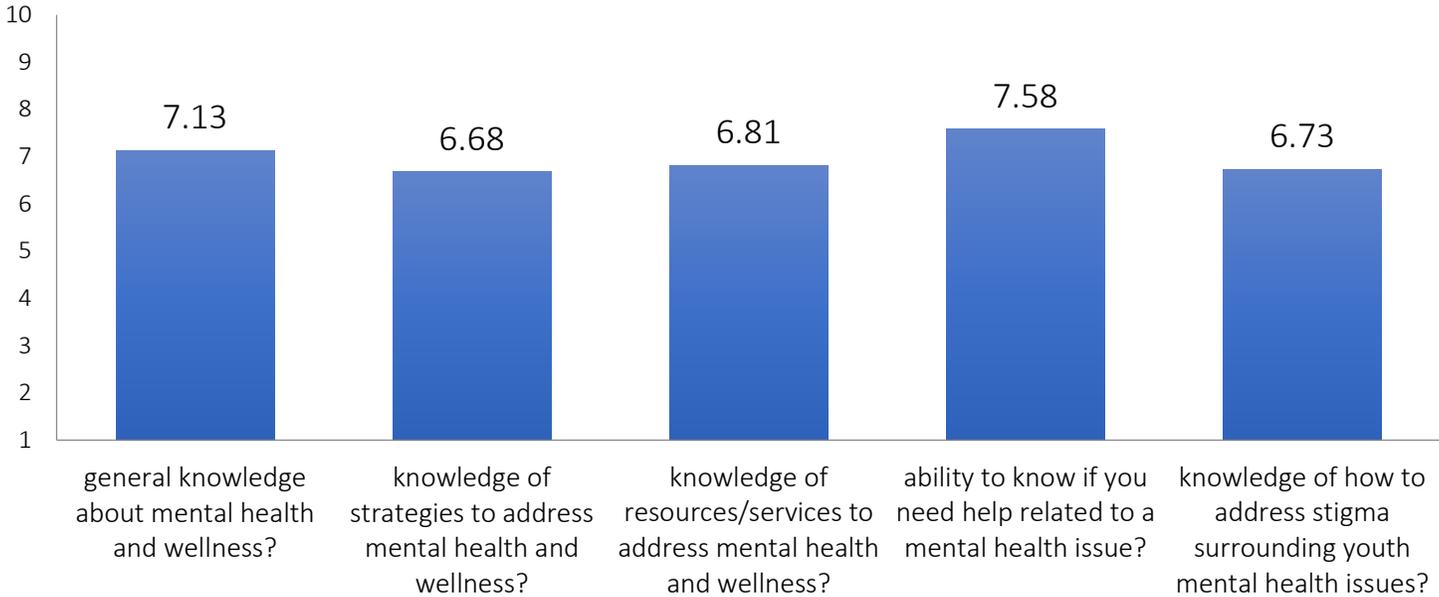


n = 73

# Mental Wellness

## Knowledge about Mental Health and Wellness

*How would you rate your...*



n = 73

# Mental Wellness

To assess respondents' overall mental wellness, participants were asked to answer the following question on a scale of 0 to 10:

*“In general, where do you feel you stand at the moment? Mark the circle next to the number that best describes where you stand.”*

The responses ranged from 3 to 10 and the average was 6.17 ( $SD = 1.61$ ). Below is a breakdown of the percentage of responses per answer:

Response	3	4	5	6	7	8	9	10
%	3.1	12.3	24.6	15.4	21.5	16.9	4.6	1.5

n = 73

# Mental Wellness

	About everyday	More than once a week	About every week	About every month	Rarely or never
Headache	23.9	22.5	15.5	14.1	19.7
Stomachache	11.3	15.5	15.5	26.8	28.2
Backache	12.7	16.9	15.5	9.9	40.8
Feeling low (depressed)	19.7	29.6	12.7	15.5	15.5
Irritability or bad temper	28.2	19.7	18.3	12.7	12.7
Feeling nervous	40.8	18.3	14.1	8.5	15.5
Difficulties getting to sleep	43.7	14.1	11.3	11.3	16.9
Feeling dizzy	16.9	8.5	18.3	8.5	39.4

Participants were asked to estimate how often they experienced various symptoms in the last six months. This table provides the percentage of participants' responses per symptom, with the largest percentage(s) in **bold**.

n=73

# Mental Wellness

	Never	Seldom	Quite Often	Very Often	Always
Have you felt full of energy?	9.9	38.0	23.9	14.1	7.0
Have you felt sad?	4.2	29.6	29.6	22.5	8.5
Have you felt lonely?	16.9	31.0	16.9	21.1	9.9
Have you had enough time for yourself?	12.7	19.7	21.1	21.1	21.1
Have you been able to do the things that you want to do in your free time?	14.1	23.9	23.9	19.7	15.5
Have your parent(s) treated you fairly?	2.8	19.7	15.5	22.5	35.2
Have you had fun with your friends?	7.0	14.1	16.9	29.6	29.6
Have you been able to pay attention?	12.7	23.9	26.8	15.5	15.5

Participants were asked to estimate how often they experienced various symptoms in the last week. This table provides the percentage of participants' responses per symptom, with the largest percentage(s) in **bold**.

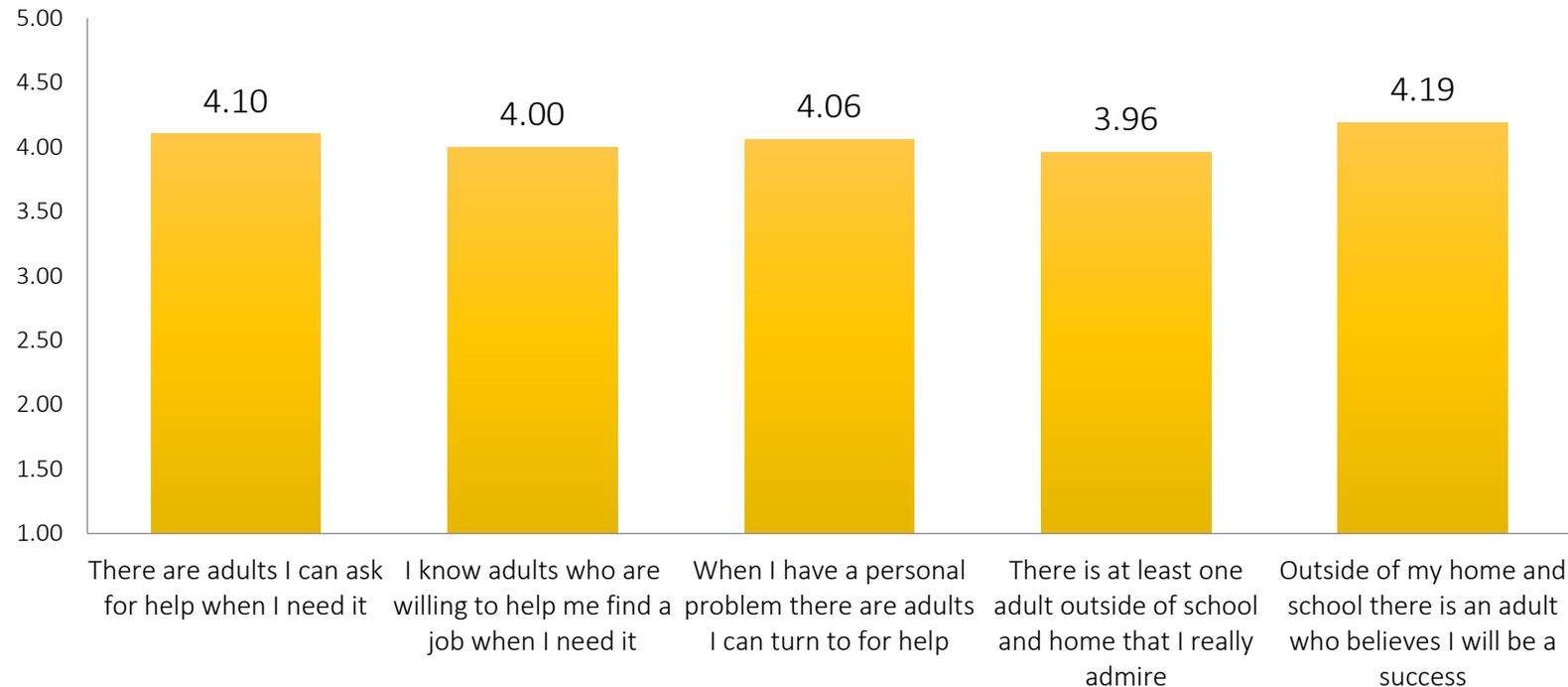
n=73

# *Mental Wellness Key Takeaways:*

- Participants generally reported high levels of agreement for statements about leadership and their problem-solving capacities. Important to note is that for the more broad statements, participants endorsed agreement to a greater degree than for the more personalized statements. For example, the highest endorsed statement was “I feel it is important to help young people in my life,” whereas the lowest endorsed statement was, “I am positive about my future.”
- Participants reported having moderate levels of knowledge and self-efficacy with respect to the mental health resources in the community. On a scale of 1 (very little) to 10 (a lot), participants’ average responses ranged from 6.68 to 7.58 on questions in this domain.
- Many participants reported that in the past six months, they have felt low or depressed, irritability or a bad temper, and nervous, either more than once a week or about everyday. Further, almost half of the participants (43.7%) reported having difficulties sleeping about everyday.
- Within the last week, many participants reported seldom having felt full of energy and either seldom or quite often feeling sad and lonely. However, most participants reported having sufficient time for themselves, feeling treated fairly by parents, and having had fun with friends.

# Consistent Caring Person

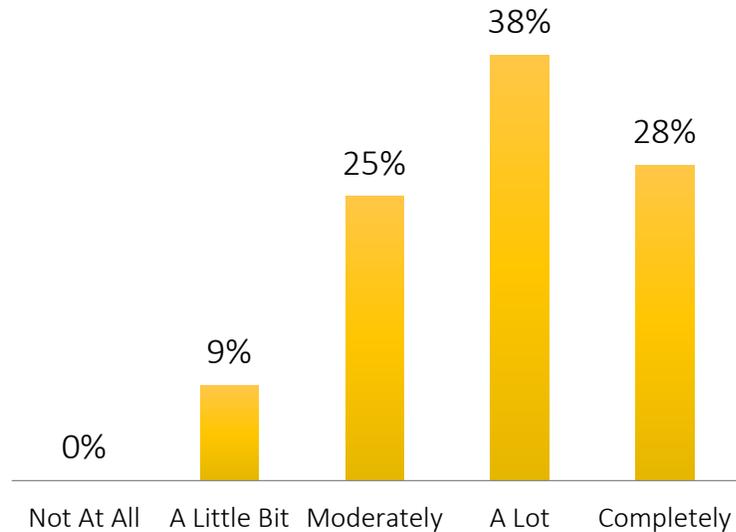
The graph below provides a breakdown of the average responses per question in this domain. The percentage of participants' responses that were either Agree or Strongly Agree ranged from 79% to 88% among the questions, suggesting high endorsement of questions in this domain.



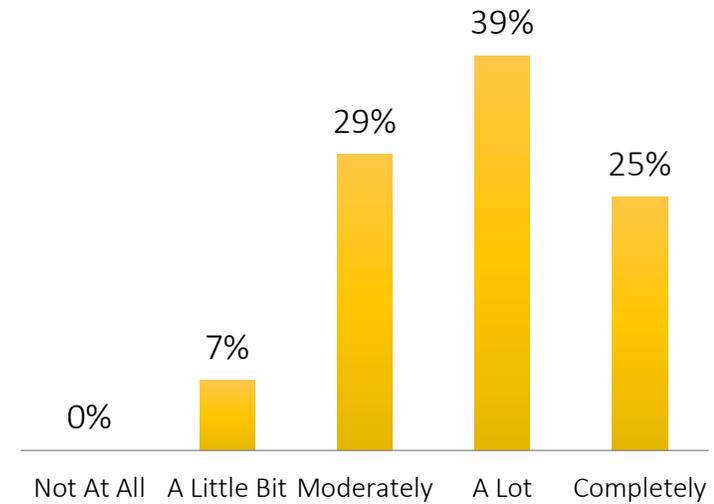
n=73

# Consistent Caring Person

**Do you have help or support from people when you need it?**



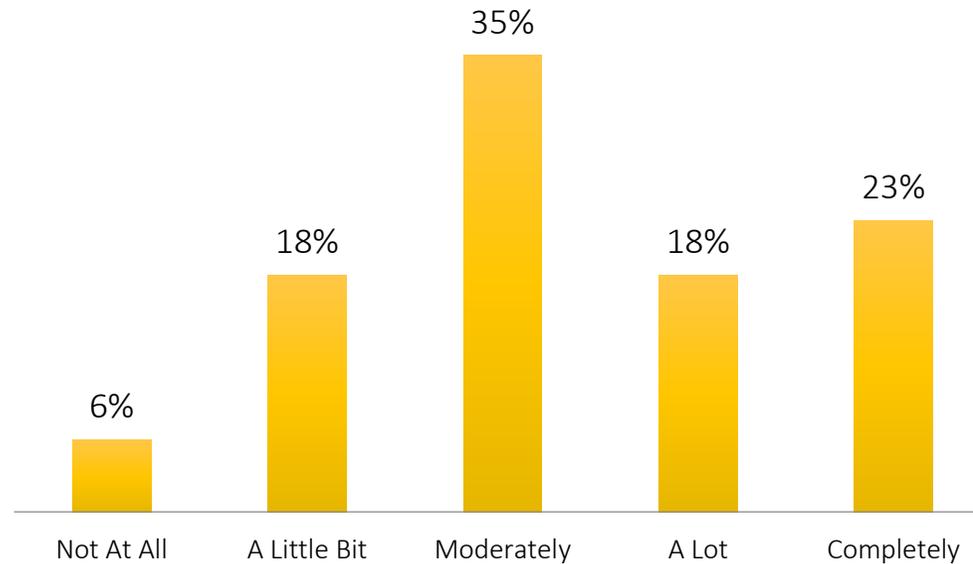
**How well do you work with other adults?**



n=73

# Consistent Caring Person

**How well do you feel connected to your parents or guardians?**



n=73

## *Key Takeaways:*

- A review of the results suggests high endorsement of items in this domain. Specifically, participants' reported feeling they have adults they can turn to for general help, help with finding a job, and support for personal problems. The lowest endorsed item in this domain was asking whether participants' have at least one adult outside of school and home that they really admire. So, while participants find the adults resourceful, it may not translate directly to admiration.
- The second set of questions examined participants' perceptions of support, interaction, and connection with others in their networks. Over half (66%) of participants reported that they have help/support when they need it and either a lot or completely. Over half (64%) of participants reported that they work well with other adults either a lot or completely. However, when the question asked participants' whether they felt connected to their parents, 59% of participants reported either not at all, a little bit, or moderately. Therefore, participants are reporting that they have help and support from adults to a high degree, but feel connected to their parents to a lesser extent.

# Qualities of Youth Engagement

Question	New Path (N=73)	Aggregate (N=390)
I feel safe when I'm in this program.* (0.32)	4.49 (0.58)	4.22 (0.89)
This program makes me feel welcome.* (0.25)	4.51 (0.53)	4.30 (0.88)
Bullying and aggression are not tolerated here.* (0.29)	4.61 (0.52)	4.37 (0.87)
All the people in this program treat me with respect.* (0.42)	4.60 (0.49)	4.24 (0.91)
In this program, I get to make decisions about the things I want to do.* (0.49)	4.58 (0.55)	4.14 (0.95)
I have a say in planning this program.* (0.52)	4.49 (0.58)	3.97 (1.06)
In this program, I am encouraged to express my ideas and opinions.* (0.37)	4.59 (0.50)	4.26 (0.94)
I am expected to voice my concerns when I have them.	4.44 (0.69)	4.24 (0.92)
The program staff take my ideas seriously.* (0.40)	4.56 (0.53)	4.20 (0.96)
In this program, it is clear that youth and staff respect each other.* (0.23)	4.52 (0.50)	4.32 (0.91)
I learn a lot from staff in this program.	4.31 (0.64)	4.22 (0.94)
Staff learn a lot from youth in this program.	4.28 (0.61)	4.17 (0.96)
There is a good balance of power between youth and staff in this program.* (0.28)	4.44 (0.58)	4.19 (0.93)
Youth and staff trust each other in this program.* (0.26)	4.46 (0.66)	4.22 (0.96)
Youth and staff learn a lot from working together in this program.	4.42 (0.67)	4.30 (0.88)

This table provides an overview of the means and standard deviations for these 15 question for both the New Path group and the aggregate.

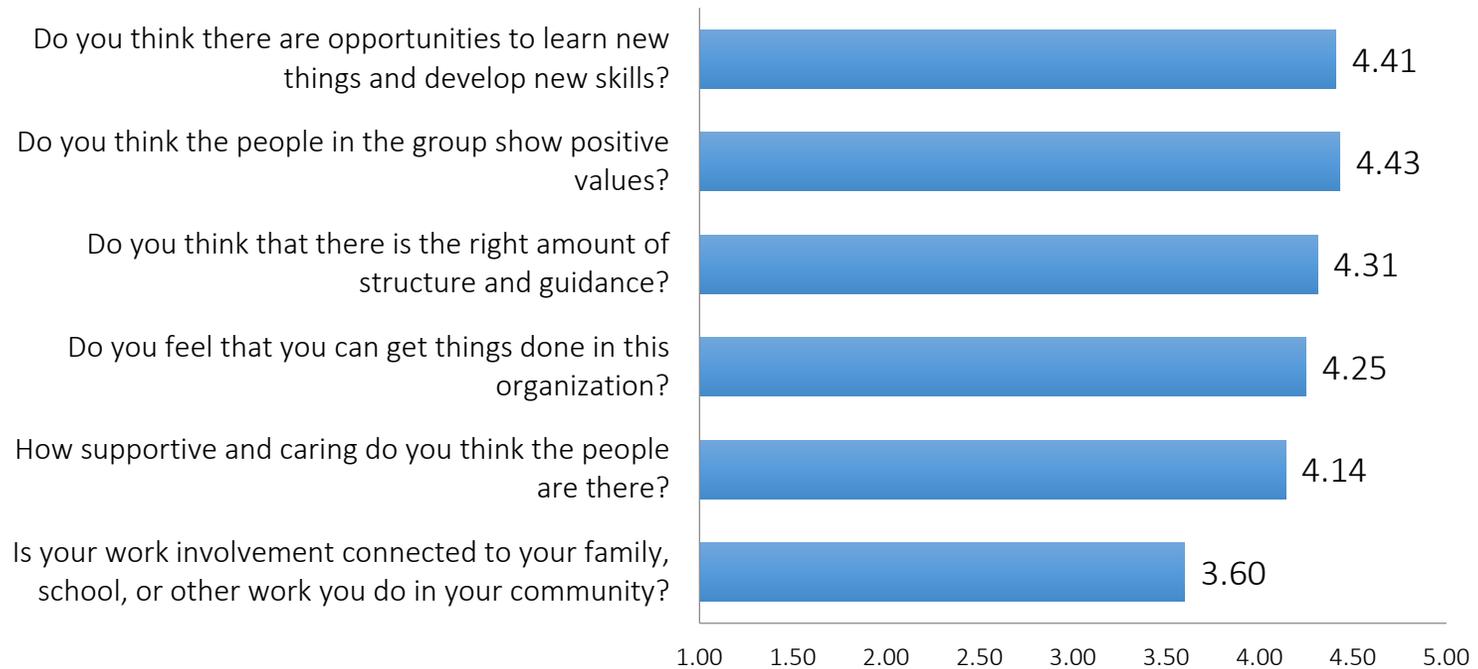
\*statistical significance between the means

The value in parentheses is the effect size, with 0.2 considered small, 0.5 considered medium, and 0.8 considered a large effect size.

n=73

# Qualities of Youth Engagement

The graph below describes participants' average responses per question on a scale of 1(not at all) to 5(completely).



n=73

## *Key Takeaways:*

- According to participants, the program provides a safe space, and generally allows youth to feel heard, respected, and welcome. For all questions, participants responded very positively, with most average responses above 4. The only question that was rated below 4 was, “Is your work involvement connected to your family, school, or other work you do in your community?” The average response for this question was 3.60.
- When compared to the aggregate, the responses from New Path participants was consistently greater than the aggregate. In many cases, these differences were statistically significant, though most effect sizes were within the small-medium range. A few questions are worth highlighting. In particular, the highest effect sizes were observed for two questions related to decision making a voice (“In this program, I get to make decisions about the things I want to do” and “I have a say in planning this program”). Thus, it appears that there is something unique about the New Path program that fosters participants’ sense of involvement and contribution.