Comprehensive Evaluation of Mind Matters Resiliency Curriculum

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ABSTRACT

The proposed evaluation will be a randomized controlled trial (RCT), with youth who register for the Mind Matters program being randomized to the experimental Mind Matters or a control condition that will provide them with “fun” activities but no educational programming. Participants will complete surveys at four time points: baseline on first day before the start of the program, immediate follow up at the end of the last day of the program, and three and six-month follow up surveys. Data will be collected via paper surveys for the pre and immediate post-program surveys; follow up surveys will be completed through a multi-method approach: phone, web-based surveys, and face to face completion of paper surveys if necessary. Youth will register for a Mind Matters workshop to be provided across six sessions in community-based and educational settings by trained facilitators. These partner agencies, which include youth-serving organizations and public high schools, have previously worked with our research team to implement an RCT comparing Love Notes and Reducing the Risk with over 1800 youth for teen pregnancy prevention. We have identified several successful partners from this past federal grant who are willing to participate in this evaluation of Mind Matters. There will be a core group of faculty/graduate students/staff at the CFCWB who will be trained in the delivery of Mind Matters. The team will also train staff at the partner agencies so that there is sufficient capacity to cover multiple workshops across the program delivery period, as well as for sustainability beyond the grant. There will be financial incentives provided for participation in the program and evaluation for both student participants and agencies.