

Supporting youth mental health by building resilience

Please take a few minutes to answer these questions about today's event.

1. What ages of youth do you work with in your job? (Check all)


- I don't work with youth in my job
- Pre-kindergarten (0-4 years)
- Kindergarten through 5th grade (5-10 years)
- 6th – 8th grades (11-13 years)
- 9th – 12th grades (14-18 years)
- Other, specify: _____

2. Read each statement in the center. On the left, rate your knowledge, attitudes, and skills at the beginning of the workshop before you heard the information presented today. Next, think about the present time after hearing the information presented today, and rate each item again on the right.

BEFORE the workshop, did you:

AFTER the workshop do you:

Not at all					Very much	Not at all					Very much
1	2	3	4	5	Know about the impact of adverse childhood experiences (ACEs) on physical and mental well-being?	1	2	3	4	5	
1	2	3	4	5	Understand how toxic stress and trauma impact the developing brain?	1	2	3	4	5	
1	2	3	4	5	Know about protective factors that build resilience and support youth mental health?	1	2	3	4	5	
1	2	3	4	5	Have ideas for specific actions to take in your work to help youth develop resilience?	1	2	3	4	5	
1	2	3	4	5	Understand the relationship between your own resilience and building youth resilience?	1	2	3	4	5	

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3. *Based on what you learned about and discussed today...*
 - a. List one action you plan to take or one change you will make in your work with youth.

 - b. List one follow-up action you would like to see your organization take.

4. One thing I heard today that I would like to learn more about is...

5. Please include any additional comments or suggestions about this workshop.

6. What is your race/ethnicity? (Select one or more responses.)
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Hispanic/Latino
 - Native Hawaiian or Other Pacific Islander
 - White
 - Prefer not to respond

7. What is your age?
 - Youth (18 years or younger)
 - Adult (19 years or older)
 - Prefer not to respond

8. Please indicate your sex/gender.
 - Male
 - Female
 - Other: _____
 - Prefer not to respond