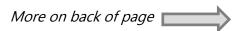
## Supporting youth mental health by building resilience

## 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 5<sup>th</sup> grade (5-10 years)
  - $\bigcirc$  6<sup>th</sup> 8<sup>th</sup> grades (11-13 years)
  - $9^{th} 12^{th}$  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 <u>before</u> you heard the information presented today. Next, think about the present time <u>after</u> hearing the information presented today, and rate each item again on the right.

**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
  - U 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