

D. Empowerment Club Evaluation

The Empowerment Club Evaluation is designed to gauge the impact of an Empowerment Club on the students in the good mental health club. While Erika's Lighthouse Empowerment Clubs are designed to be tier-1, schoolwide initiatives, we recognize the limitations of schools surveying an entire student population on a singular extracurricular club. Focusing on students of the club can demonstrate the impact on school connectedness, belonging, feeling cared for and how this group can build a broader, more inclusive school community.

Please know: The School Culture Survey should be the main driver for schoolwide program and resources effectiveness throughout a school year that impacts the student population and other stakeholders.

Empowerment Club Evaluation Results Link (if available) All surveys request Country, State, & School This will generate very small sample sizes for individual schools. Data may not be relevant or helpful on a school by school basis.		Club Start Survey Link QR Code to Pre-Year:	Club End Survey Link QR Code to Pre-Year:
Questions & Responses	Purpose	Interpretation	Specific Ideas & Tools
I know about mental health and depression. <ul style="list-style-type: none"> ● Strongly Agree ● Agree ● Disagree ● Strongly Disagree 	Increase Knowledge	There should be an increase in knowledge. However, this may be an introductory course introducing new vocabulary, so students may not know what they don't know prior to the lessons.	Watch Level II or Level III classroom video
Which of the following are examples of who could be a Trusted Adult (select all that apply): <ul style="list-style-type: none"> ● Teacher ● Coach ● Parent/Guardian ● Mental Health Professional ● Religious Leader 	Encourage Help-Seeking	There should be an increase in the number of adults selected, as all listed are potential trusted adults. <i>If there is not an increase, consider a heavier focus on trusted adults.</i>	Trusted Adult Worksheet
People should talk about mental health <ul style="list-style-type: none"> ● Strongly Agree ● Agree ● Disagree ● Strongly Disagree 	Reduce Stigma	There should be a increase in this response. Students should feel more open about talking about mental health. <i>If there is no increase, consider a heavier focus on reducing stigma.</i>	Mental Health Morning Announcements
I would be comfortable talking with a trusted adult about my mental health (select all that are true): <ul style="list-style-type: none"> ● At home ● At school ● In the community ● I do not have a trusted adult ● I am not comfortable 	Normalize Conversations	There should be an increase in the number of responses for at home, school or community. <i>If there is no increase, the school may need to focus on improving connections between staff and students.</i>	Overcoming Barriers to Asking for Help
The empowerment club offers tools to promote good mental health habits. <ul style="list-style-type: none"> ● Strongly Agree ● Agree ● Disagree 	Promote Good Mental Health	There should be an increase in this response. <i>If not, consider a heavier focus on positive coping mechanisms and student</i>	Positive Coping Mechanisms

<ul style="list-style-type: none"> • <i>Strongly Disagree</i> 		<i>empowerment.</i>	
<p>I feel close to people at my school.</p> <ul style="list-style-type: none"> • <i>Strongly Agree</i> • <i>Agree</i> • <i>Disagree</i> • <i>Strongly Disagree</i> 	Improve Connectedness	<p>There should be an increase in this result. Students actively engaging with one another and their peers towards a cause will build connectedness..</p> <p><i>This is a universal question across all surveys and evaluations and based on YRBS.</i></p>	Intervention Language for Educators
<p>I believe my school cares about me and my mental health.</p> <ul style="list-style-type: none"> • <i>Strongly Agree</i> • <i>Agree</i> • <i>Disagree</i> • <i>Strongly Disagree</i> 	Inclusive Culture	<p>There should be an increase in this result. Having difficult conversations can open up people's willingness to believe someone cares.</p> <p><i>This is a universal question across all surveys and evaluations.</i></p>	Strategies & Tools to Support a Student's Mental Health
<p>This program is important and helpful. *Post only</p> <ul style="list-style-type: none"> • <i>Strongly Agree</i> • <i>Agree</i> • <i>Disagree</i> • <i>Strongly Disagree</i> 	Program Value	<p>We would like to see many agree or strongly agree responses on this, but it is ultimately a quality control question for Erika's Lighthouse.</p>	

School Level Review	District Level Review	Cross-Survey Results
<p>Data at a school level should provide interesting insights, particularly for year over year outcomes.</p> <p>The Pre-Test survey will help you identify particular areas of strength and challenges. If students feel safe in the school, but not comfortable sharing concerns with someone - there is a strong foundation for the school to advance conversations and reduce stigma around issues.</p> <p>The Post-Test survey will help you see any progress you may have made through the year. Have your interventions been effective? Is there more you can do?</p>	<p>Data at a district level can provide even greater insight. While Erika's Lighthouse does not currently support district-level data as a native option, you can certainly feed the raw numbers into a spreadsheet to determine school-by-school results and the larger districts growth. If you are using multi-level, cross-school programming, results should become more pronounced over the years.</p>	<p>If your school or district is using multiple survey tools, several of the goals and questions are similar. You'll be able to track student, school, and program-based growth. This is especially true for year-over-year results. A few things that could be considered:</p> <ul style="list-style-type: none"> • Do students that complete Classroom Education have better connectedness, culture and results than the baseline average? • Do students that participate in Empowerment Clubs see better connectedness, culture and results than the baseline average? • If your school is implementing family workshops, how different are the Pre-Year results to the Post-Year? What other interventions are you leveraging with families? • If you implement staff training, are students identifying more trusted adults at school they would be willing to talk to? • Does using more pillars of Erika's Lighthouse and other programs improve culture and increase success?