

# UpPotential Youth Caring Program Highlights



THE GEORGE WASHINGTON UNIVERSITY  
WASHINGTON, DC



The Youth Caring Program (YCP) helps students learn to manage stress, increase resilience, and enhance their mental wellness awareness. Through educating **students, teachers, and parents** and promoting self-help skills, they can generate positive energy and become more aware of others' needs. This ultimately helps youth and their community lead a healthy life.

The highlights below were prepared by the Center for Health and Health Care in Schools (CHHCS) of the Milken Institute of Public Health at the George Washington University with input from the UpPotential Team.

## Program Reach

Since its start in the school year of 2017-2018, YCP has reached over 5,000 students. They have increased the number of schools reached from four schools in 2017-2018 to 25 schools in 2019-2020.

To ensure students have sustained support throughout the year, YCP has provided over 341 hours of training to all students. This includes 91 hours of workshop training to 1,481 student ambassadors, 222 teachers, and 437 parents who attended the workshop trainings and/or volunteered to help in the classrooms. This not only provided physical and mental wellness online support but also increased their understanding of how to support their youth.

### Data Collection Measures

to assess the reach and impact of YCP, the following measures were collected:

- **Student Characteristics and Program Utilization Platform**  
Measures program usage and reach
- **Student Pre- and Post-Assessment**  
13 questions designed to measure students' perception of their physical, social, and mental well-being
- **Student Program Feedback Questionnaire**  
10 questions measuring program satisfaction and overall self-help seeking behavior
- **Parent & Teacher Program Feedback Questionnaire**  
9 questions measuring program satisfaction and overall self-help seeking behavior
- **Testimonials with Parents, Teachers, and Students**  
Interview parents, teachers, and students to gain further information on satisfaction, experience, and participant behavior changes

The primary goal of the Youth Caring Program is to enhance the mental and physical wellness of youth by incorporating the cultural and research-based programs through the online and offline training in school environment.

Although the program is directly impacting students, education and training is provided to teachers and parents to increase their ability to support youth well-being.

**Since 2017, YCP has educated and promoted mental, social and physical health skills to:**



5,009  
students



25  
schools



1,481  
student ambassadors



437  
parent volunteers



222  
teachers



341.5  
workshop & in-class  
training hours

## Students' Perception of Physical, Social, and Emotional Well-Being

The student pre- and post-assessments asked 13 wellness-related questions, including diet, water intake, physical activity, sleep, self-help skills, pro-social and interpersonal skills, and mindset. Each school year, students reported an increase in their mean (average) wellness scores in these areas.

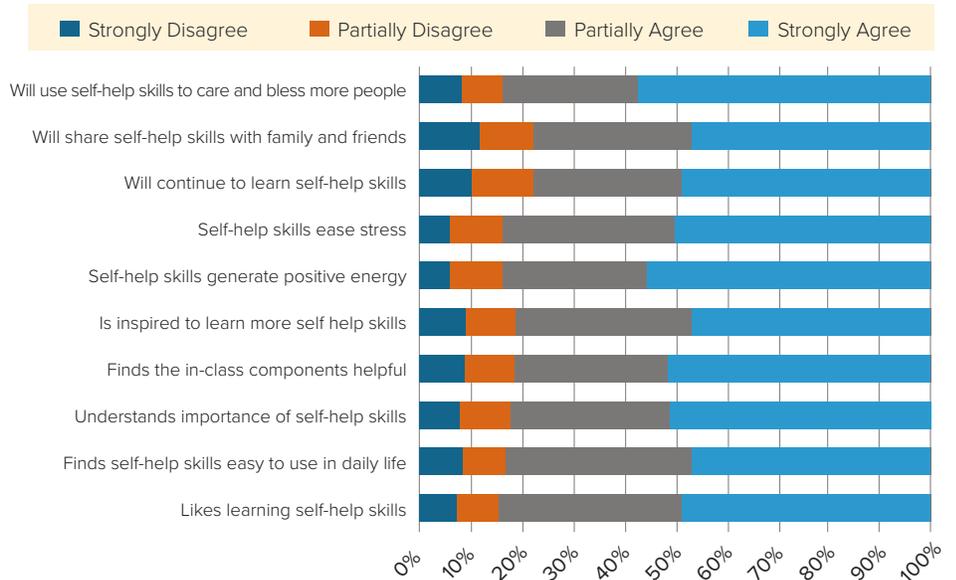


## Feedback Highlights

The program feedback questionnaire was given to students, teachers, and parents. The student questionnaire includes 10 measures of program satisfaction and overall self-help seeking behavior and the teacher and parent version includes 9 questions.

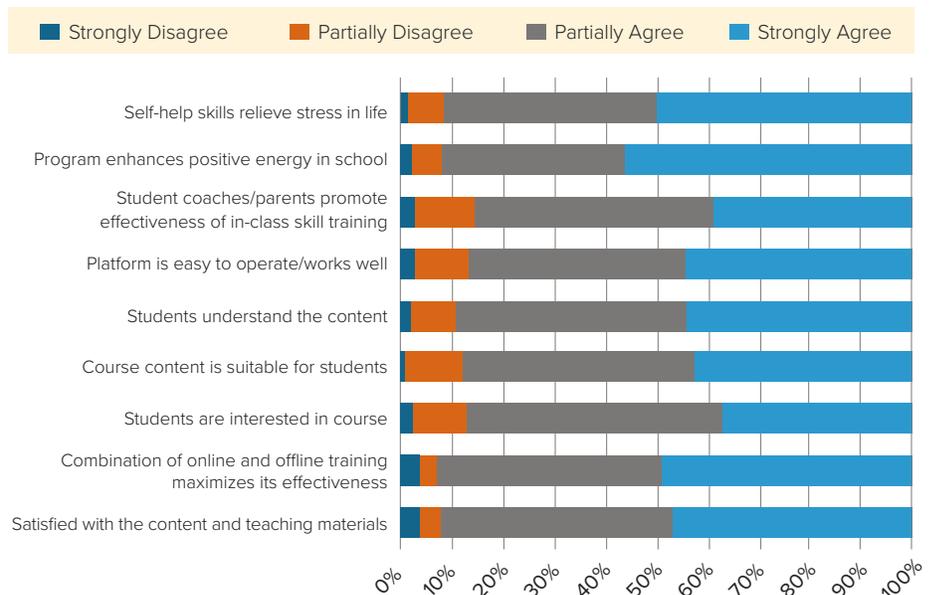
### Student Feedback Responses

Overall, **over 80% of students found the course satisfying** (strongly or partially agree). In addition, **over 90% of students reported understanding the importance of self-help skills**, were inspired to learn more, utilize them to ease stress and care for more people, and found them easy to use in daily life.



### Teacher/Parent Feedback Responses

**Over 90% of parents and teachers indicated being satisfied with the course content.** In addition, over 90% of parents and teachers felt that self-help skills relieve stress in life and the program generates positive energy in school.



**“Students are very excited to participate in this course because there are many opportunities to do exercises. They are interested in this learning skill and their learning motivation is stronger. Also, after listening to some stories or life examples, they were very willing to share and demonstrate their own life experiences to their classmates. I think it is very good.”**

**—Teacher Participant**