

Josh Anderson Foundation our minds matter

2018 - 2019 Impact



OMM Club Growth

46

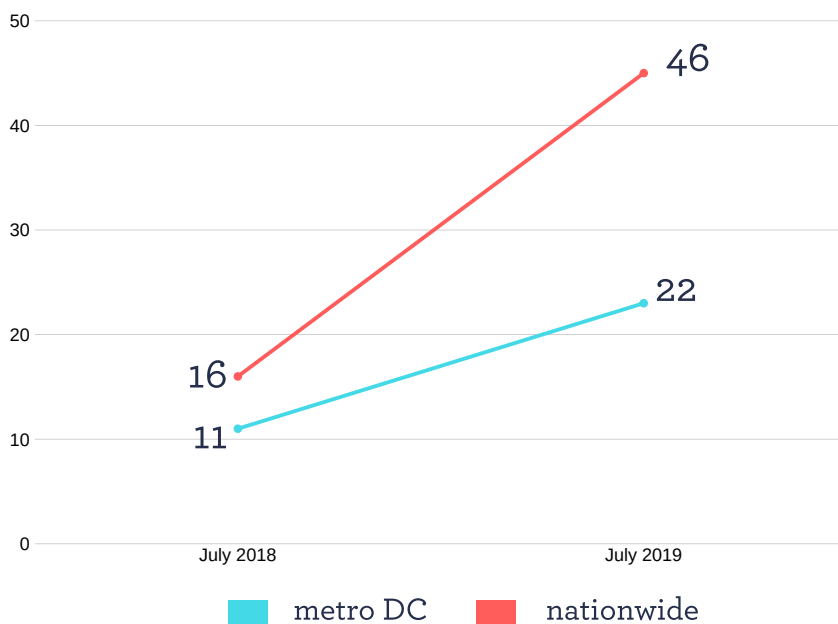


OMM school clubs nationwide

5,300+



students served directly &
indirectly nationwide



our minds matter program impact

Fairfax County Public Schools (FCPS) Evaluation Summary

Through funding from the Consolidated Community Funding Pool of the county of Fairfax, VA, JAF was able to focus resources on growing both the number of schools in FCPS and the support provided, including running an in-depth evaluation during the 2018-2019 school year. See the results below from our external evaluation team, the Cor Foundation.



encourage self-care &
healthy habits

78%

of student respondents perceived an improvement in their own coping skills.



promote social connectedness

93%

of student respondents reported a perceived sense of enhanced belonging.



increase help-seeking behavior

87%

of student respondents perceived improvement in their own resource knowledge and more confidence in using the resources.

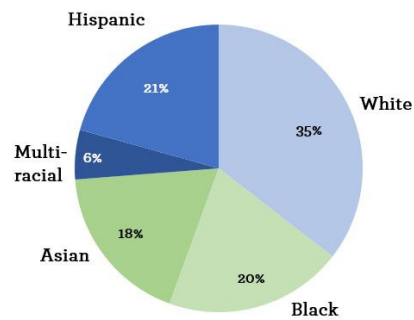



increase prosocial behaviors


95%


of student respondents reported improved prosocial actions to benefit peer mental health.

FCPS Population Served



324 
students

15 
schools

28% 
low income

positive coping

By participating in OMM, students have learned different strategies for dealing with stressors in everyday life. Some include:

- breathing exercises
- having a more positive mindset
- taking time to think and ask "why"

prosocial behaviors

Students in OMM have found ways to help improve their classmates mental health. OMM promotes positive discussions about mental health and ways to deal with everyday life stressors.

listen

respect

understand

"It's
okay to
not be okay"