our minds matter

End of Year Results

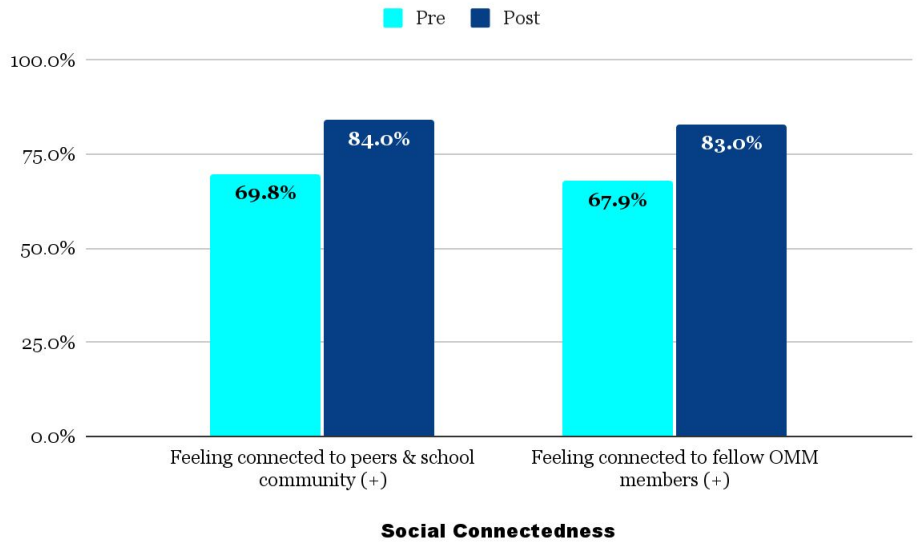
2024-25 SY

Pre-Post Data Points

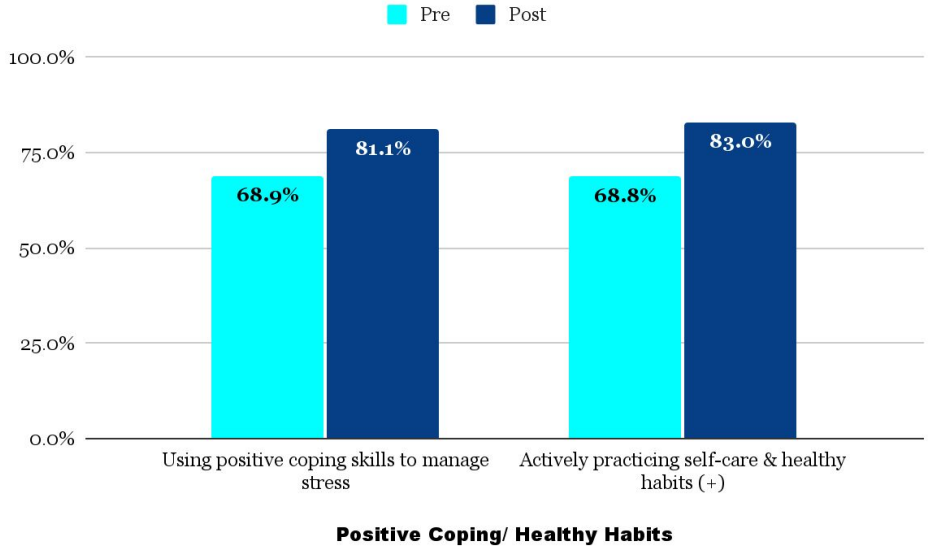
**Matched Sample*

**Matched sample means the respondents filled out both Fall and Spring Impact Polls (Entry/Exit Polls) which allows us to track their scores from pre- (Fall) to post- (Spring), giving us a true measure of change.*

School-based Programs (Combining HS + MS)



Social Connectedness

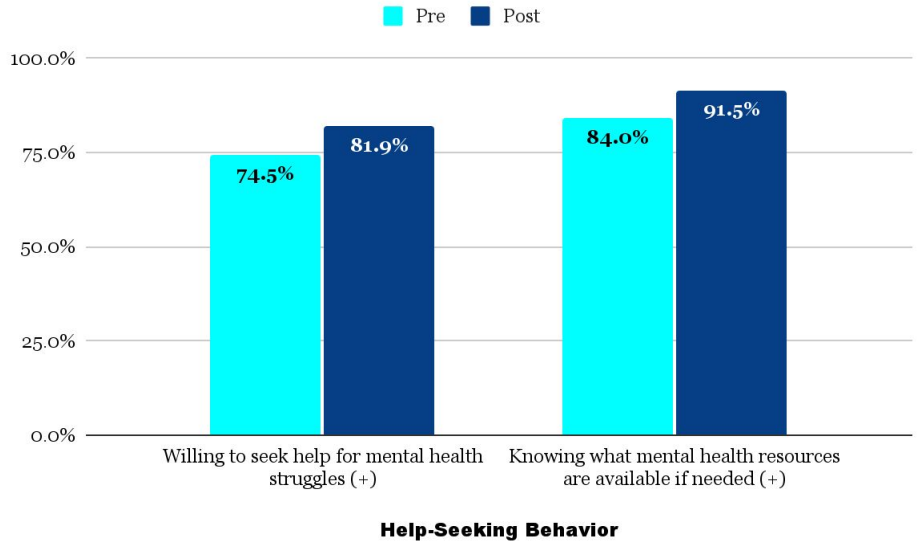


Positive Coping/ Healthy Habits

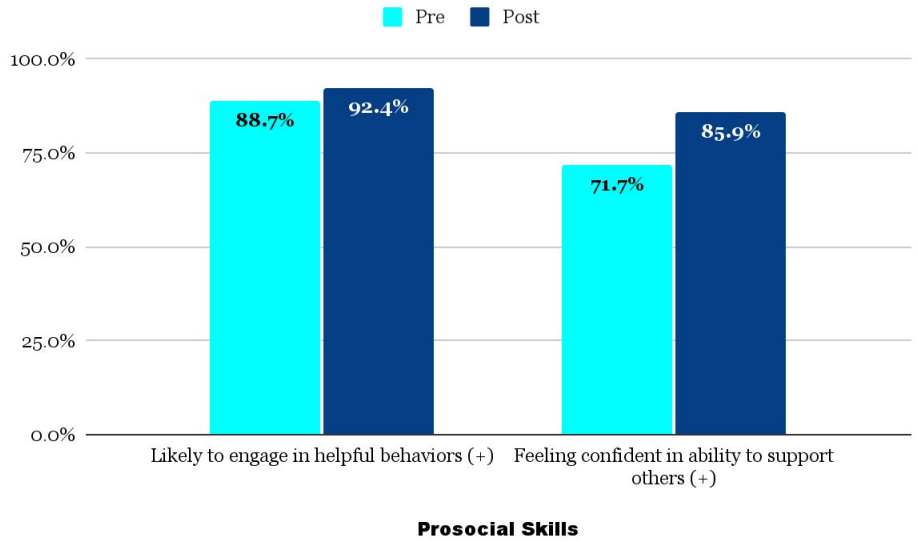
Notes:

1. Bar charts show the changes in **percentages of survey respondents who strongly agreed/agreed** with the statements from pre- to post
2. (+) indicates changes in **mean scores** from pre- to post- were statistically significant at p=.05
3. Matched Sample **N=106**

School-based Programs (Combining HS + MS)



Help-Seeking Behavior

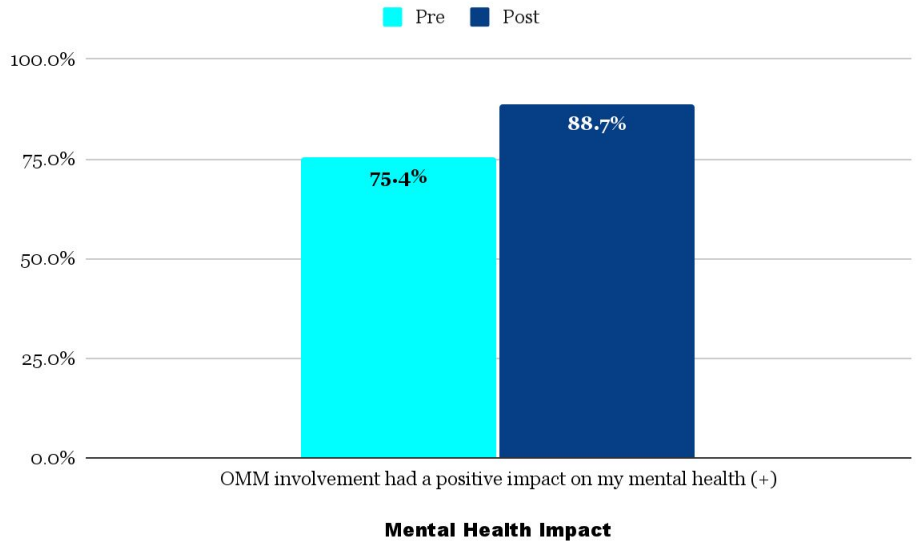


Prosocial Skills

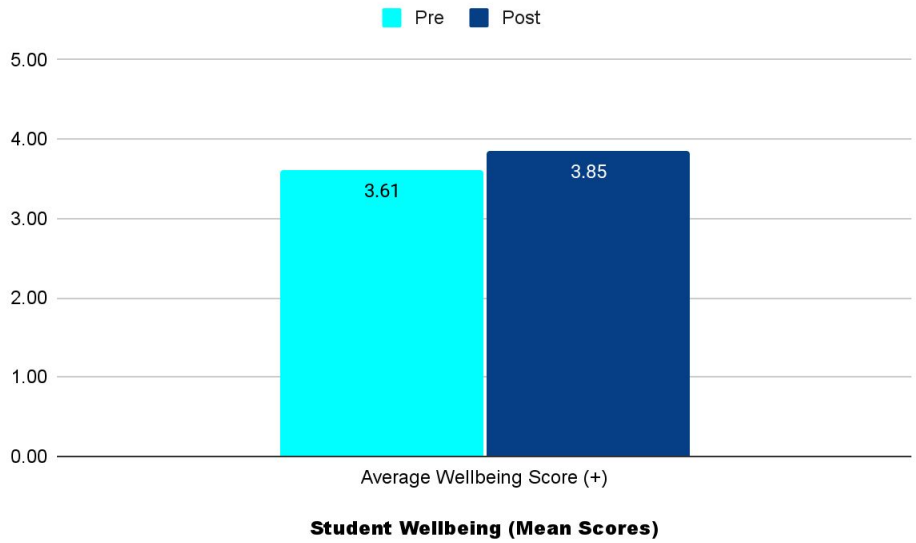
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School-based Programs (Combining HS + MS)



Mental Health Impact

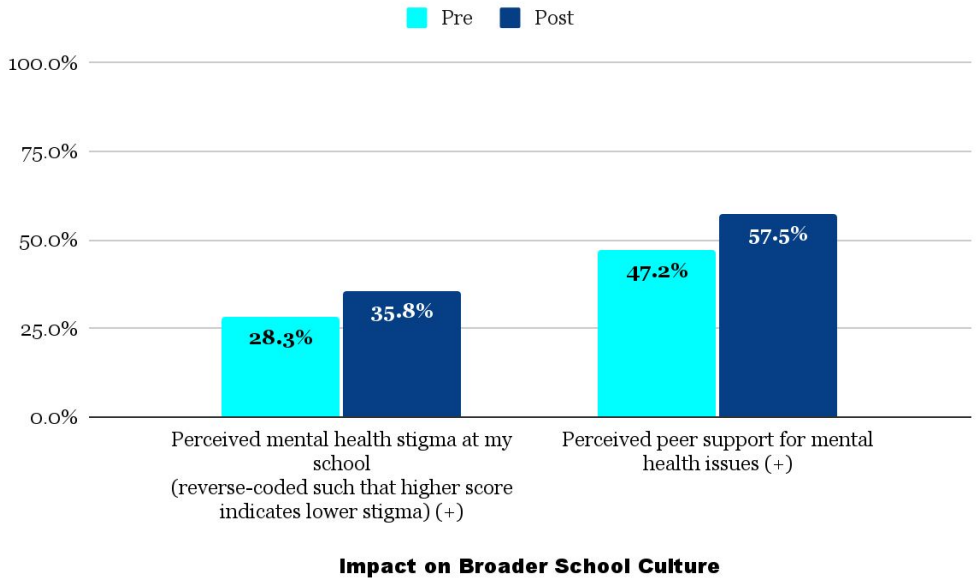


Student Wellbeing (Mean Scores)

Notes:

1. Bar charts show the changes in **percentages of survey respondents who strongly agreed/agreed** with the statements from pre- to post
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School-based Programs (Combining HS + MS)



Notes:

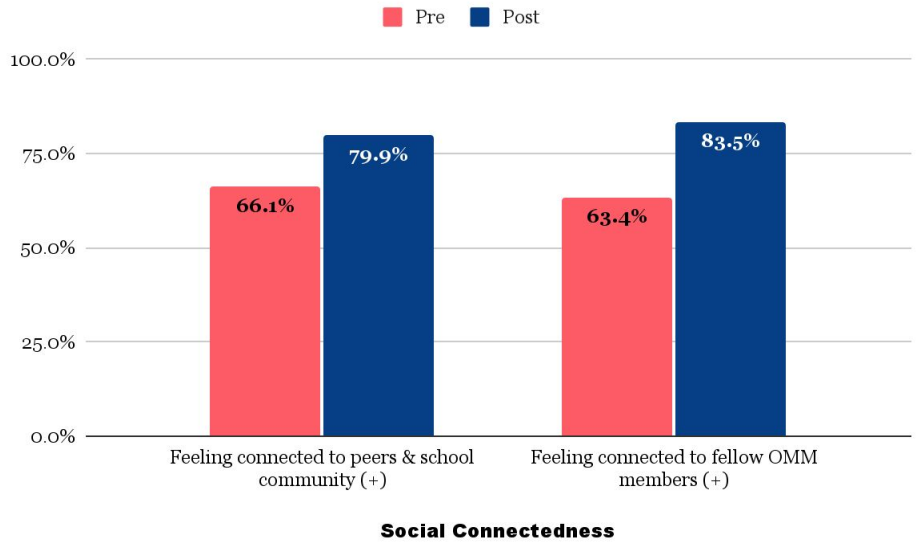
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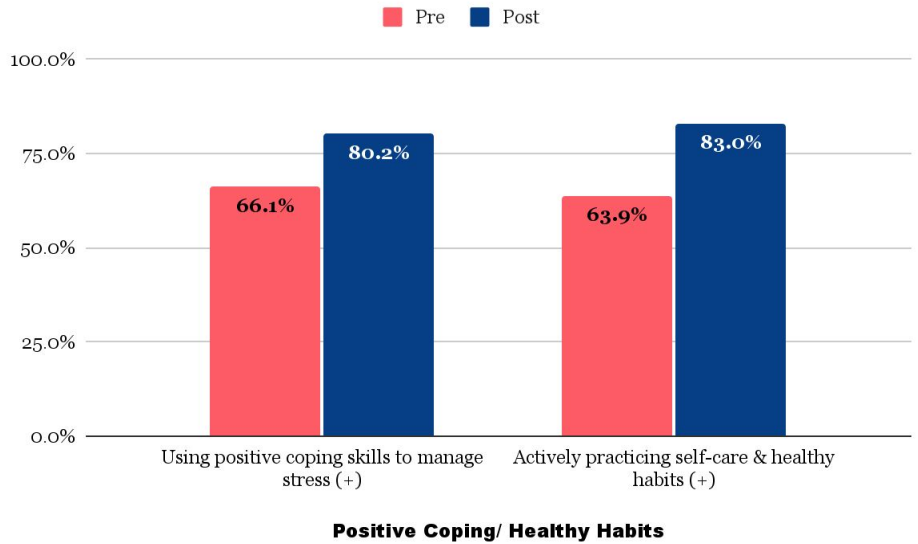
Pre-Post Data Points

**Unmatched Sample*

**Unmatched sample means we compared the scores of every respondents who filled out the Fall Impact Poll (Entry Poll) with the scores of every respondents who filled out the Spring Impact Poll (Exit Polls). Because the respondents were likely different from these two time points, we treated them as separate samples.*

School-based Programs (Combining HS + MS)

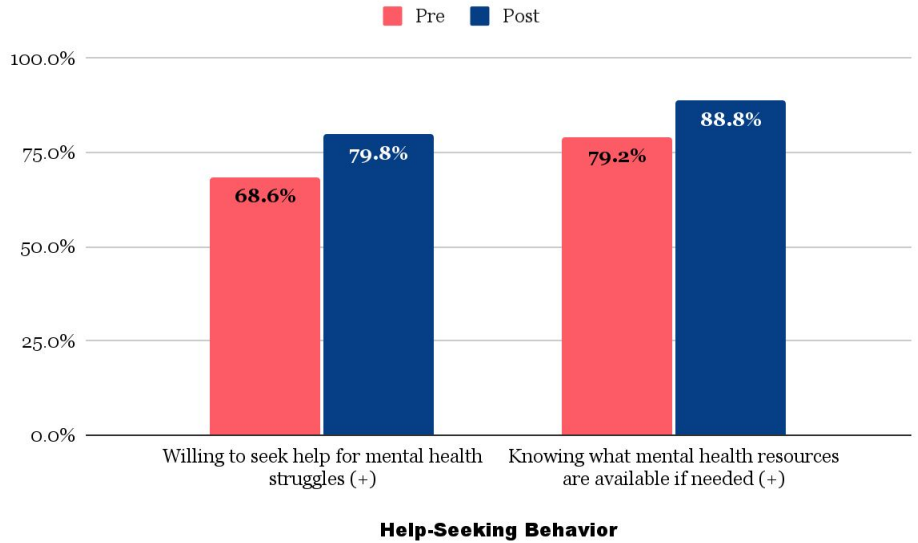




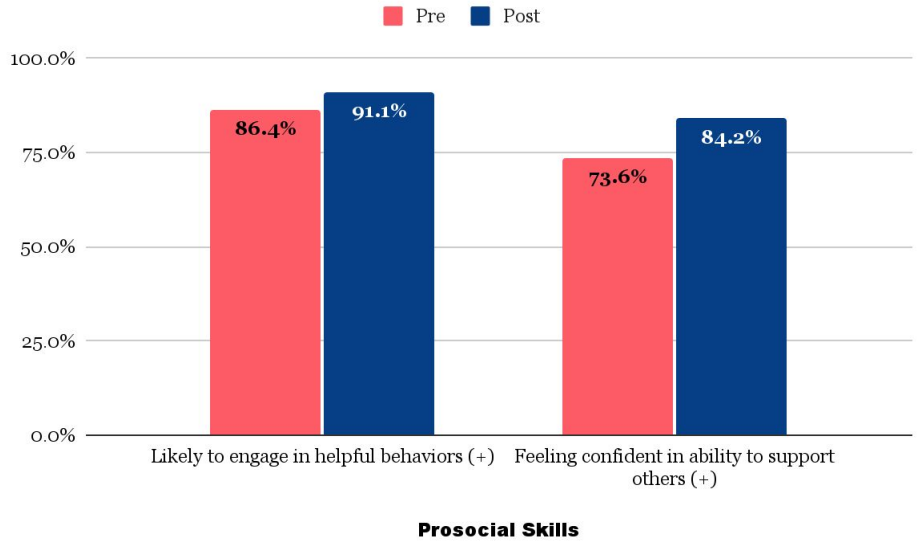
Notes:

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3. Pre-survey N=**361** ; Post-survey N=**496**

School-based Programs (Combining HS + MS)



Help-Seeking Behavior

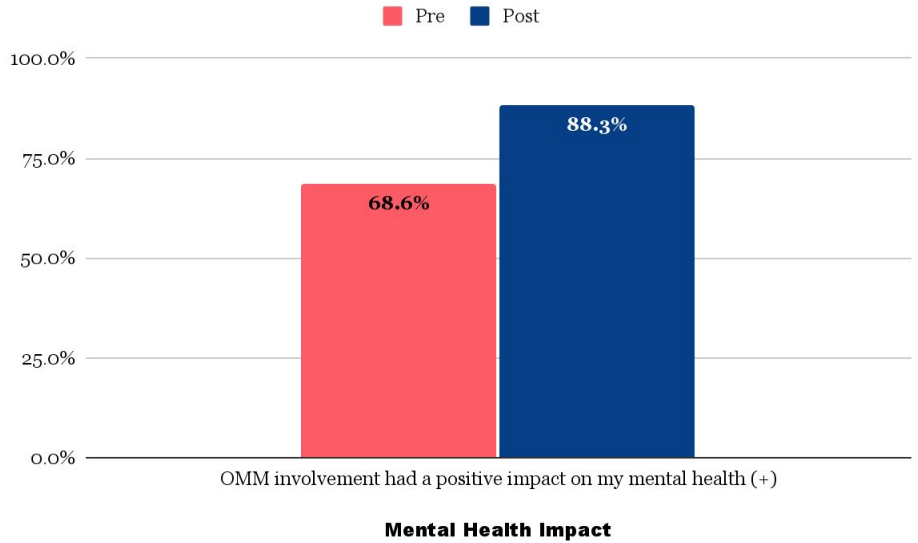


Prosocial Skills

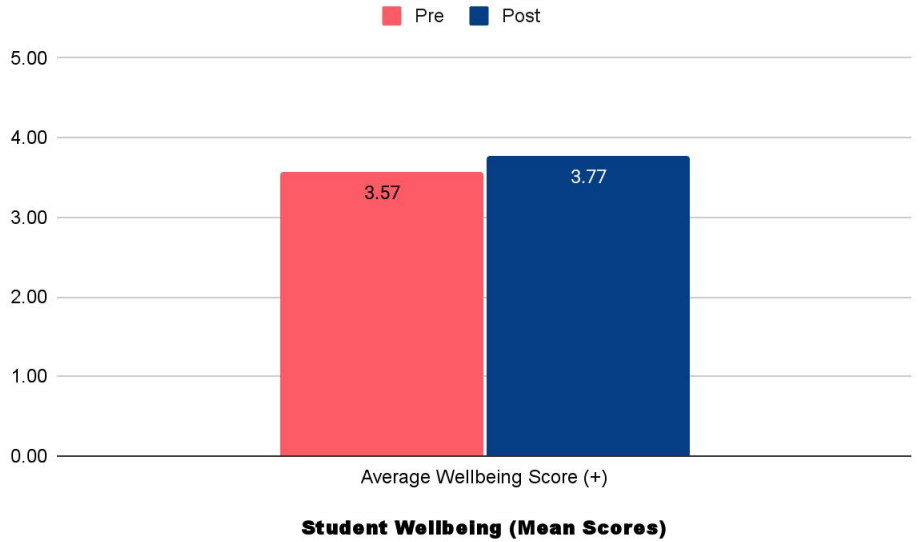
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School-based Programs (Combining HS + MS)



Mental Health Impact

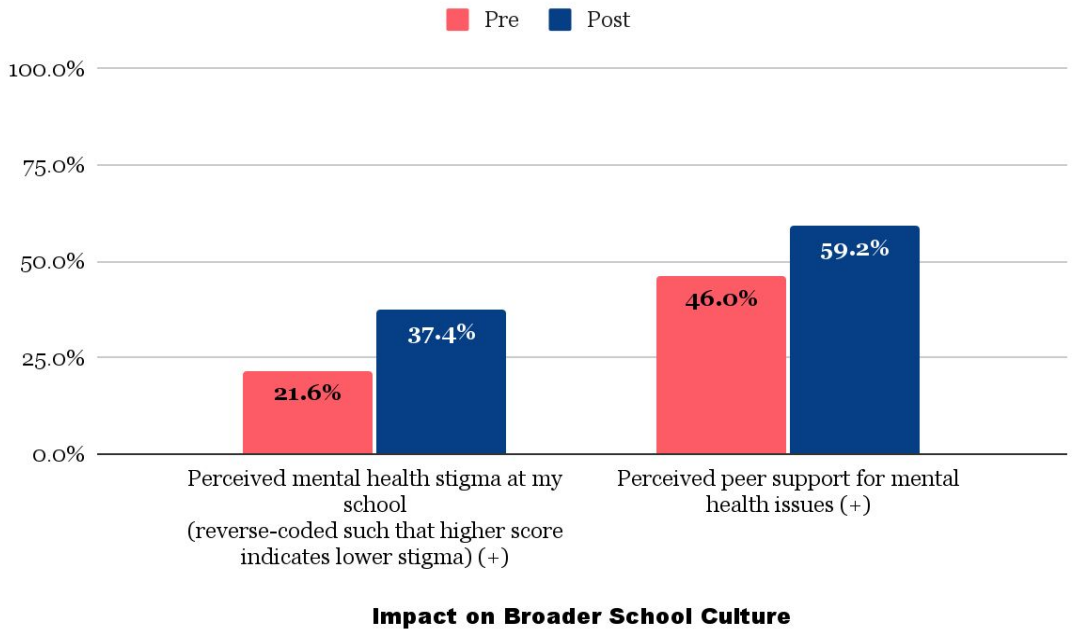


Student Wellbeing (Mean Scores)

Notes:

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Summary of Additional Exploratory Analysis

Outcome Data: Key Findings from Predictive Analysis

- **Length of time with OMM** is positively correlated with all main program outcomes (4 protective factors), perceived positive impact on MH, perceived student peer support, and subjective wellbeing → perceived MH stigma was the only variable not significantly correlated
- **# of meetings attended all time** is positively correlated with social connection scores (with peers/community & with fellow OMM members), awareness of MH resources, likelihood of helping others, perceived positive impact on MH, perceived MH stigma (lower stigma), and perceived student peer support
    - Subjective wellbeing approached significance
- **Feeling socially connected with fellow OMM members** was positively and strongly correlated with all outcome variables (r range from .51 to .67), except for perceived MH stigma at school.
- **Completion of Be There certificate** , however, was not associated with any of the protective factor/MH outcomes (including confidence in supporting others who struggle with MH problems).

Outcome Data: Key Findings from Predictive Analysis

We also ran analysis comparing mean scores of respondents by demographic group. Below is the summary of significant findings:

- As with previous years, **Club Leaders** consistently outscored club members on all outcome variables, and the mean differences were mostly statistically significant (with the exception of Perceived Peer Support and Overall Wellbeing score).
- Consistent with national trend, **BIPOC students** tended to report slightly lower outcome scores than White students, but their ***Overall Wellbeing score*** , ***Perceived Positive Impact on MH score*** , and ***Feeling Connected with Fellow OMM Students score*** did not differ significantly from their White counterparts, **suggesting that BIPOC students benefited equally from being involved in OMM as their white counterparts.**
- Also consistent with national trend, **LGBQ+ identified students** tended to score lower than their straight counterparts across all outcome variables, but it's important to note that the mean differences for ***Feeling Connected with Fellow OMM Students score*** and ***Perceived Positive Impact on MH score*** did not differ significantly from straight students, **suggesting that LGBQ+ students benefited equally from being involved in OMM as their straight counterparts.**
- While **students of other gender identities** did score somewhat lower than cis-gender students across all outcome variables, none of the mean differences were statistically significant.

Outcome x Club Implementation: Key Findings

We ran analyses to explore how were club variables (i.e. how OMM club was run) relevant for participants' outcomes?

- After controlling for participant's own level of involvement (length of time with OMM, number of meetings attended this SY & all time) and demographic variables (race, gender, sexual orientation), a regression model with club level predictors was statistically significant in predicting social connectedness with fellow OMM members, $F(12, 304) = 2.21$, $p = .011$
  - 1 unit increase in **frequency of clubs starting meeting with Opening Connection** was predictive of increase in social connectedness with fellow OMM club members by .131 ($p=.029$)
  - 1 unit increase in **OMM club meeting frequency** was negatively associated with social connectedness with fellow OMM club members by .13 ($p<.001$)
- Interestingly, this pattern was consistent across all major program outcomes (help-seeking, self-care/healthy habits, prosocial skills)

Comparison to National Trend

Social Connectedness

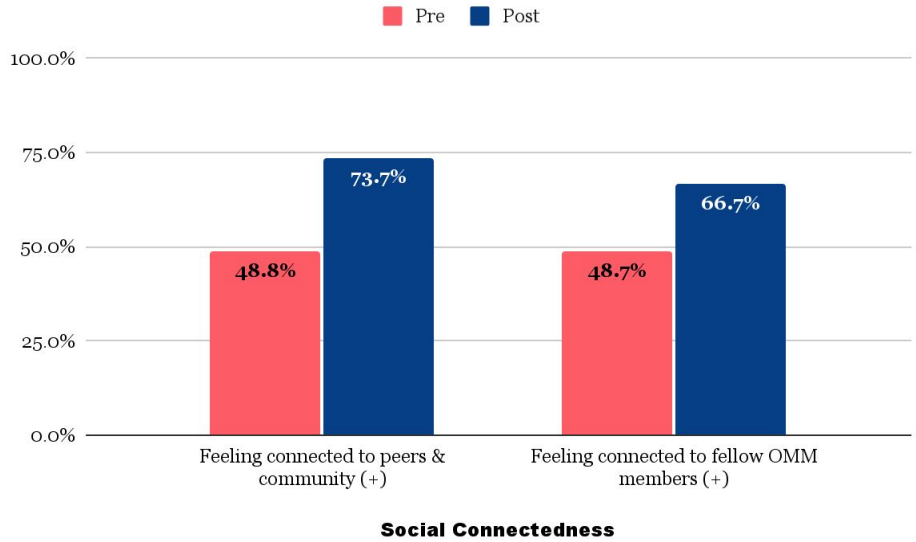
- In the US, about 6 in 10 (61.5%) high school students report feeling connected to others at school.
  - Highest among male, Asian, 9th and 10th graders, and heterosexual students
  - Lowest among female, AI/AN, Black, 11th and 12th graders, and students who are questioning
    - Data source: CDC, 2021
- Our sample tended to report higher social connectedness (8 in 10 high school students; 80.5%) as compared to national sample
  - However, this comparison needs to be interpreted with caution as the scales used to measure social connectedness were different, so it's not an apple to apple comparison here.

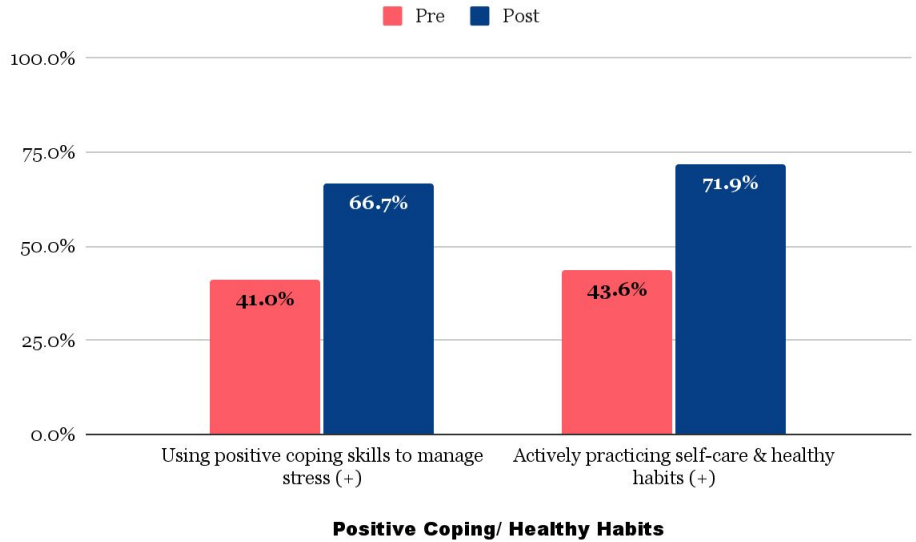
Help-Seeking

- According to CDC, more than half (55%) of US adolescents reported discussing their mental and emotional health with a health care professional
  - 20% of adolescents reported receiving mental health therapy
- 28% report having received mental health treatment according to NAMI
  - 65% reported comfort in talking about mental health with those who are closest to them
- While this is not a direct comparison, close to 8 in 10 of our survey (79.8%) respondents reported willingness to seek help for mental health struggle.
  - Note that we only measured attitude toward help seeking and NOT the actual help-seeking behavior, hence direct comparison and conclusion drawn are NOT advisable.

Teen Center Program

Teen Center Program

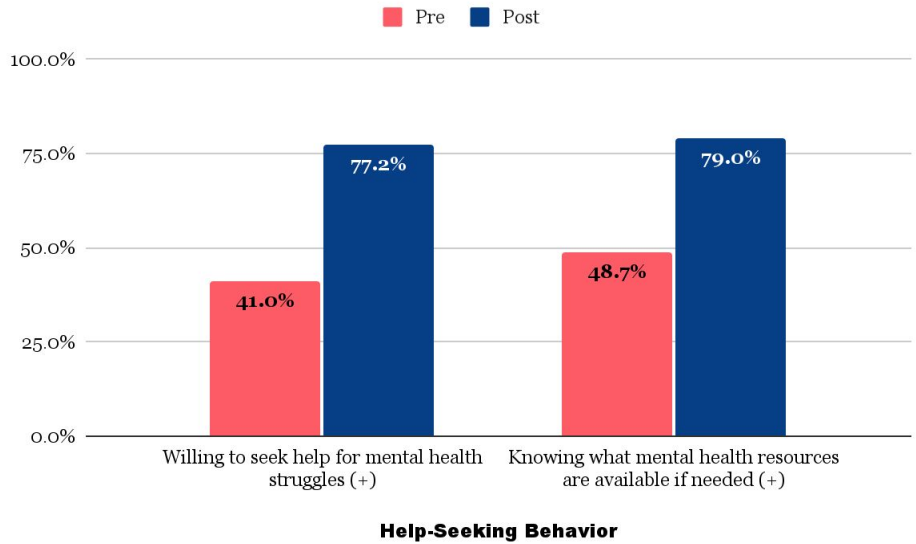




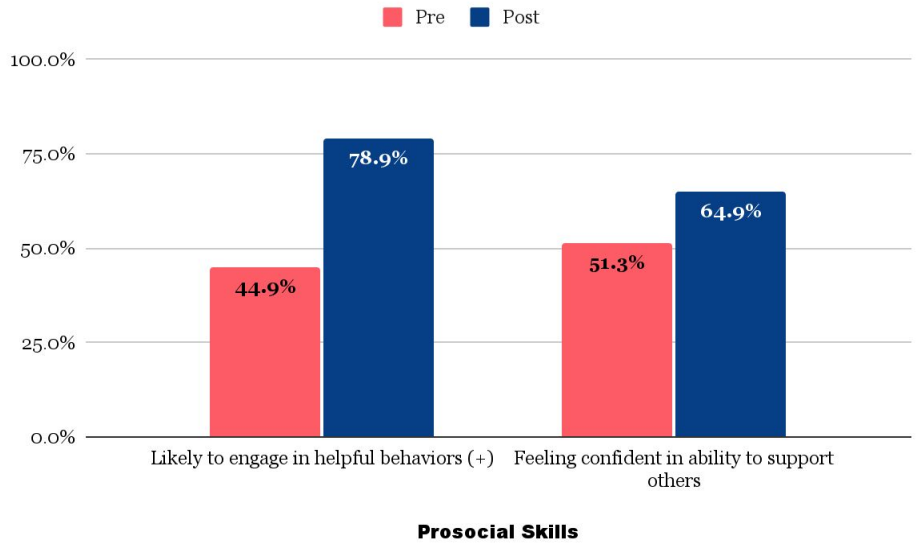
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3. Pre-survey **N=78** ; Post-survey **N=57**

Teen Center Program



Help-Seeking Behavior

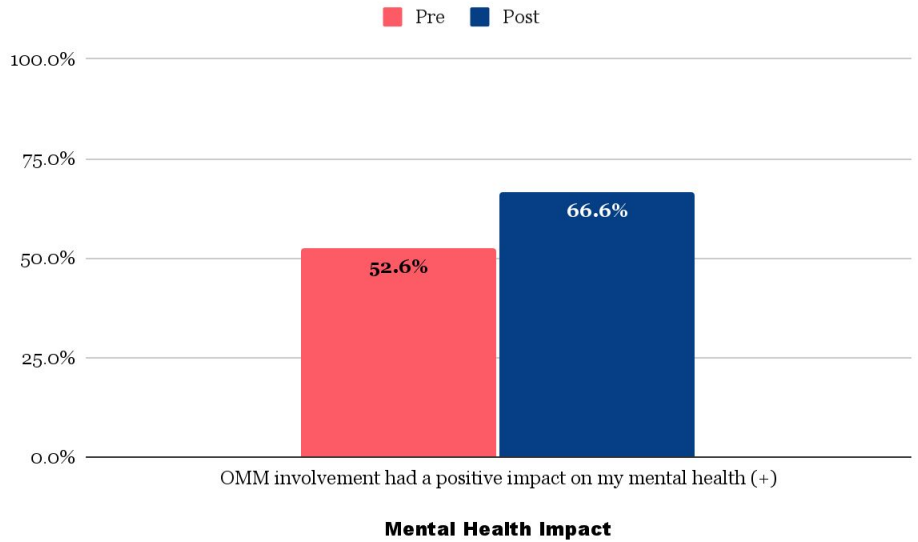


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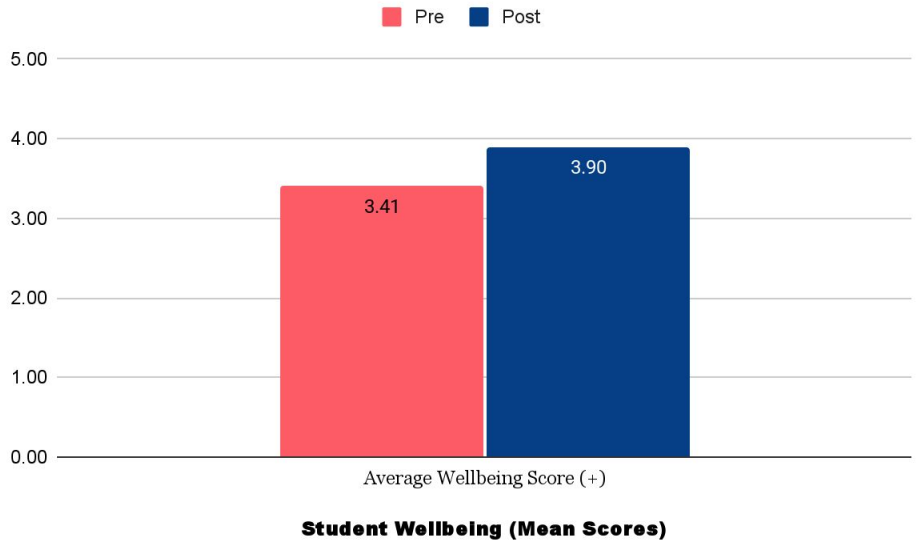
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Teen Center Program



Mental Health Impact

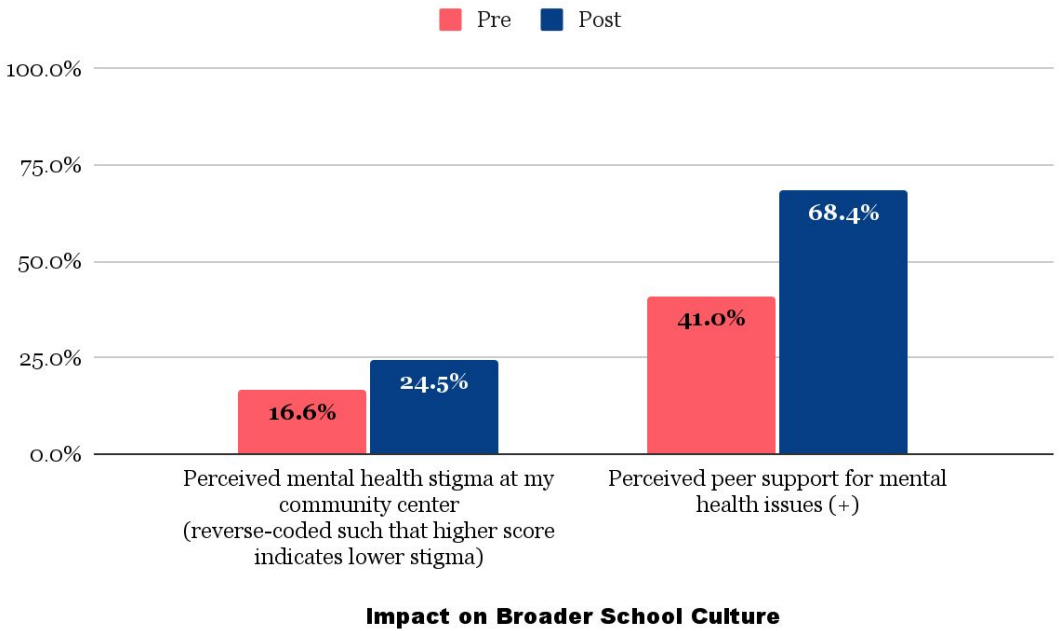


Student Wellbeing (Mean Scores)

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Teen Center Program



Impact on Broader School Culture

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