



## Self-Evaluation Framework

### YOUTH MENTAL HEALTH AND ADDICTION CHAMPIONS (YMHAC) INITIATIVE – FRENCH-LANGUAGE SCHOOL IMPLEMENTATION EVALUATION

**About this Framework:** The table below provides a high level view of a framework to self-evaluate the YMHAC Initiative. Four broad evaluation themes are included: Level of implementation, Program reach (outputs), Perceived effects of the initiative and Sustained planning. Column 1 presents observable and measurable markers of progress called indicators. Columns 2 to 5 are dedicated to the content of the tools. For each of the tool, evaluation questions in the columns are linked to the evaluation themes and relevant indicators. Depending on the focus of the evaluation, you may choose from the proposed evaluation tools that best meet your information needs.

Indicators	Tool 1 Implementation Checklist to be Completed by a Member of the Public Health Implementation Team	Tool 2 Reporting Template to be Completed by a Member of the Public Health Implementation Team	Tool 3 Survey on Perceived Effects to be Completed by Members of the Public Health Implementation Team	Tool 4 Survey with Activity Profile Section to be Completed by Youth Leads
<b>Theme 1: Level of Implementation</b>				
Indicators	Questions	Questions	Questions	Questions
The Number of Program Steps Carried Out <sup>1</sup>	What steps were carried out to facilitate implementation?			
The Number of Adult Leads Trained		How many Adult Leads completed the training?		
The Number of Youth Leads Trained		How many Youth Leads attended the orientation training and the foundational training?		
Youth's Level of Satisfaction with the Training				<p>Did the training provide youth with the necessary information and tools to plan and conduct an activity?</p> <p>What skills did the training provide that were the most important to plan and conduct an activity?</p> <p>Overall, were youth satisfied with the training?</p>
Number of Youth-Led Health Promotion Activities Developed		How many youth-led health promotion activities were developed per school?		
The Focus of Youth-Led Activities		Which of the YMHAC initiative goals did the youth-led activities mostly focus on?		What type of activities or events were developed and led by youth?

<sup>1</sup> **Note.** The YMHAC Initiative incorporates five main components: (1) Orientation training for Youth Leads and Adult Leads (Public health Leads, School Staff Leads and Mental Health Leads), (2) Foundational training for Youth Leads, (3) Development of Youth Champion cohort at the school level, (4) Program promotion and communication, and (5) Partner collaboration and networking, and support and capacity building. More information on these components can be found at [ymhac.rnao.ca](http://ymhac.rnao.ca)

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Group or Subgroup Targeted		Were most youth-led activities targeting the entire school population or a subgroup of vulnerable youth?		
Level of Youth Participation			To what extent did youth actively participate in youth-led activities?	
Number of Youth-Led Activities that Achieved their Goals		How many youth-led activities were successful in achieving their goals? <sup>2</sup>		Did youth-led activities achieve their goals?
Number of Initiatives that were Evaluated		Was the initiative evaluated, and if so, which of the results can be shared with RNAO?		
Lessons Learned		What are the key lessons learned that could help others implement the initiative?	What were the greatest hurdles or challenges to overcome? How did they overcome them?	
<b>Theme 2: Program Reach (Outputs)</b>				
Indicators	Questions	Questions	Questions	Questions
Local Implementation Team Established		<p>Who was part of the implementation team and what were their roles?</p> <p>Who directly participated in the planning and implementation of youth-led initiatives?</p> <p>How many local community stakeholders were recruited?</p>		

<sup>2</sup> The Activity Profile Section of the Youth Lead Survey can be used to assess how many youth-led activities were successful in achieving their goals. In that section of the survey, youth are asked to describe: the overall goals of their activity, what changes they were hoping to see among youth in their school or community, if they think their activity achieved its goals, and if their activity had an impact on targeted youth. They are also asked to provide supporting evidence.

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Steering Committee Established		Who were the members of the steering committee, what were their roles, and how did they contribute to the roll out of the initiative?		
Number of Adult Leads and Youth Leads Trained		How many Adult Leads completed the training?  How many Youth Leads/Champions attended the training?		
Number of Participating School Boards, Schools, Staff and Youth		How many school boards and schools within those boards participated?  How many staff members and youth directly participated in the planning and implementation of the initiative?  Approximately how many youth were exposed to youth-led activities or events?		

**Theme 3: Perceived Effects of the Initiative**

Indicators	Questions	Questions	Questions	Questions
Perceived Effects of YMHAC on Public Health Units, School Boards, Schools, Community Partners			Did the initiative increase awareness of the importance of mental health promotion and substance use prevention?  Did the initiative improve / increase collaboration between school boards, schools and	

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			<p>public health units?</p> <p>Did the initiative help shift stakeholders' focus from mental illness to mental health promotion?</p>	
Perceived Effects of YMHAC on Stakeholder Attitudes			<p>Did the initiative increase adults' recognition of the value of working with youth?</p> <p>Should the YMHAC initiative be implemented in other schools?</p>	
Perceived Effects of YMHAC on Youth Knowledge and Awareness of Mental Health, and Issues Associated with Substance Use			<p>Did youth gain knowledge and awareness about mental health and substance use?</p> <p>Did youth increase their awareness of strategies to prevent substance use?</p> <p>Did youth gain a greater understanding of the impact of mental illness stigma?</p> <p>Did youth increase their awareness of available information and resources / services in their community?</p>	<p>Did youth gain knowledge and awareness about mental health and substance use?</p> <p>Did youth increase their awareness of strategies to prevent substance use?</p> <p>Did youth gain a greater understanding of the impact of mental illness stigma?</p> <p>Did youth increase their awareness of available information and resources / services in their community?</p> <p>What were the perceived effects of the health promotion activities on youth and on members of the team who led the activities?</p>

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Perceived Effects of YMHAC on Youth Leadership Skills			Did youth improve their leadership skills?	Did youth improve their leadership skills?
Increased Number of Youth Involved in Mental Health Promotion			Did involvement in the initiative increase the number of youth who play a role in mental health promotion and substance use prevention?	
Main Successes of the Initiative		What were the main successes observed?	What were the greatest effects of the YMHAC Initiatives?	
<b>Theme 4: Sustained Planning</b>				
Indicator	Questions	Questions	Questions	Questions
Intentions to Continue to Participate in Health Promotion Activities			<p>Do Youth Leads and Champions plan to continue to engage in health promotion activities?</p> <p>Do school boards and schools intend to continue their involvement with the YMHAC initiative?</p> <p>What actions were taken by the school boards to ensure that the initiative can continue to be implemented in their schools in the years to come?</p> <p>What actions do school boards plan to take in order to ensure a lasting and sustainable impact of the initiative?</p>	Do Youth Leads and Champions plan to continue to engage in health promotion activities?