

An Innovative Approach TO BUILDING RESILIENCY

Presented by : BHRT & Carroll County Health Department



Public Health
Prevent. Promote. Protect.

Carroll County
Health Department



Maryland
DEPARTMENT OF HEALTH



UNIVERSITY of MARYLAND
SCHOOL OF PHARMACY

BHRT
The Behavioral Health Resources
& Technical Assistance Program





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**Carroll County
Health Department**



Boys and Girls Club of Carroll County

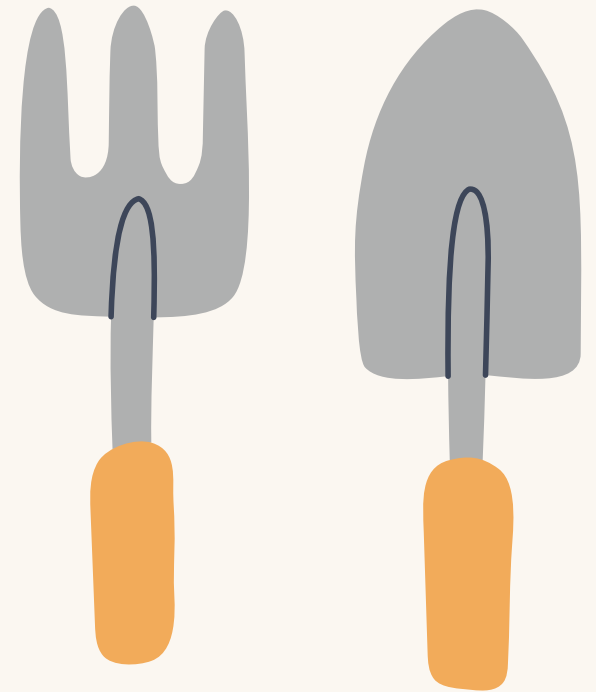
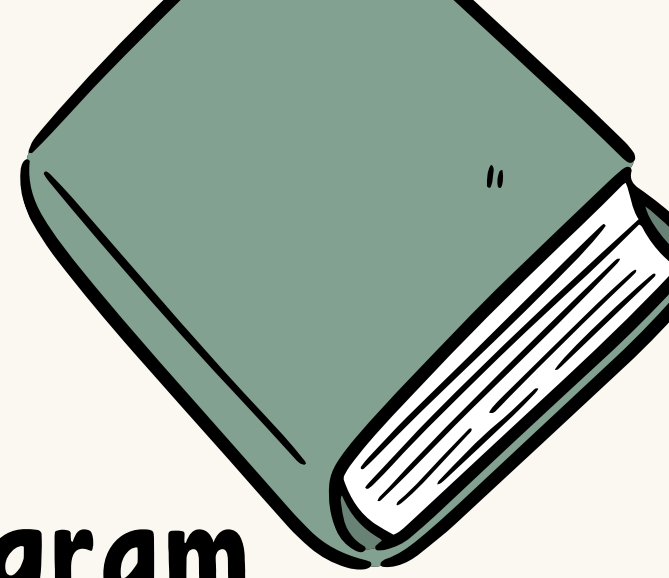
Erin Bishop
Marketing Director



**BOYS & GIRLS CLUBS
OF CARROLL COUNTY**

Objectives

- 1. Understand the impact of an innovative program that promotes resiliency in youth.**
- 2. Identify the best practices for implementing activities that build resilience.**
- 3. Describe the development of evaluation metrics and survey dissemination for a prevention program with youth.**



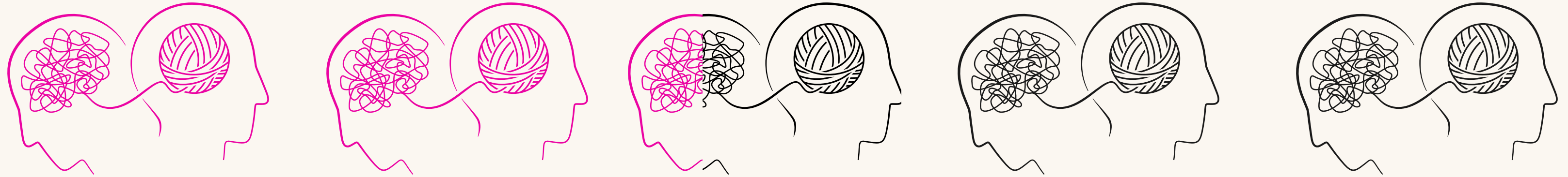
Background

- The Resiliency program helps provide healthy activities that promote new skill-building and help instill healthy coping skills in youth.
- Carroll County identified a lack of opportunities for youth engagement in their community with prosocial peers. Because of this, they began a partnership with the Boys and Girls Club of Carroll County to provide 3 different types of peer-strengthening clubs for local Middle and High school students.

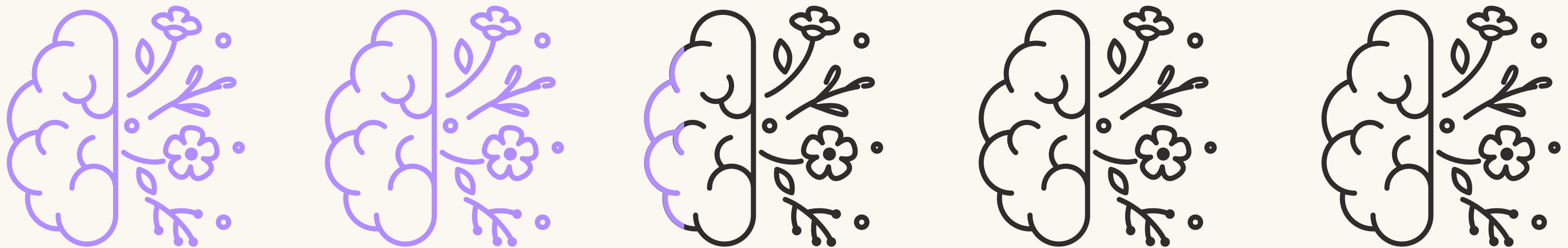


BOYS & GIRLS CLUBS
OF CARROLL COUNTY

OUR WHY



Data shows that **48.2%** of Carroll County middle schoolers reported that their mental health **was sometimes, most of the time, or always not good** in the past 30 days. And **33.9%** of Carroll County high schoolers reported their mental health in the last 30 days **was most of the time or always not good**, according to the Youth Risk Behavior Survey (YRBS).



Resiliency

The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.

As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

<https://www.apa.org/topics/resilience/building-your-resilience>)



Collaboration



BOYS & GIRLS CLUBS
OF CARROLL COUNTY

Building the Future



Carroll County Public Schools



BHRT

The Behavioral Health Resources
& Technical Assistance Program



Public Health
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SCHOOL OF PHARMACY

Increase Protective Factors

By building stronger, positive prosocial behaviors and relationships with family and peers during youth and ultimately decreasing the risk of substance use.

Safe Spaces

Provide a healthy space for youth to meet and learn new skills.

Skill Building

Engage youth in positive skill-building and coping skill activities.

Building Community

Increase youths' knowledge of positive peer community opportunities.

GOALS

Data Collection

Track and monitor the number of participants and their progress by conducting surveys, focus groups, and key informant interviews.



IMPLEMENTATION

Content

Structure

Deliverability

CLUBS

Knitting

36

Participants



Gardening

30

Participants



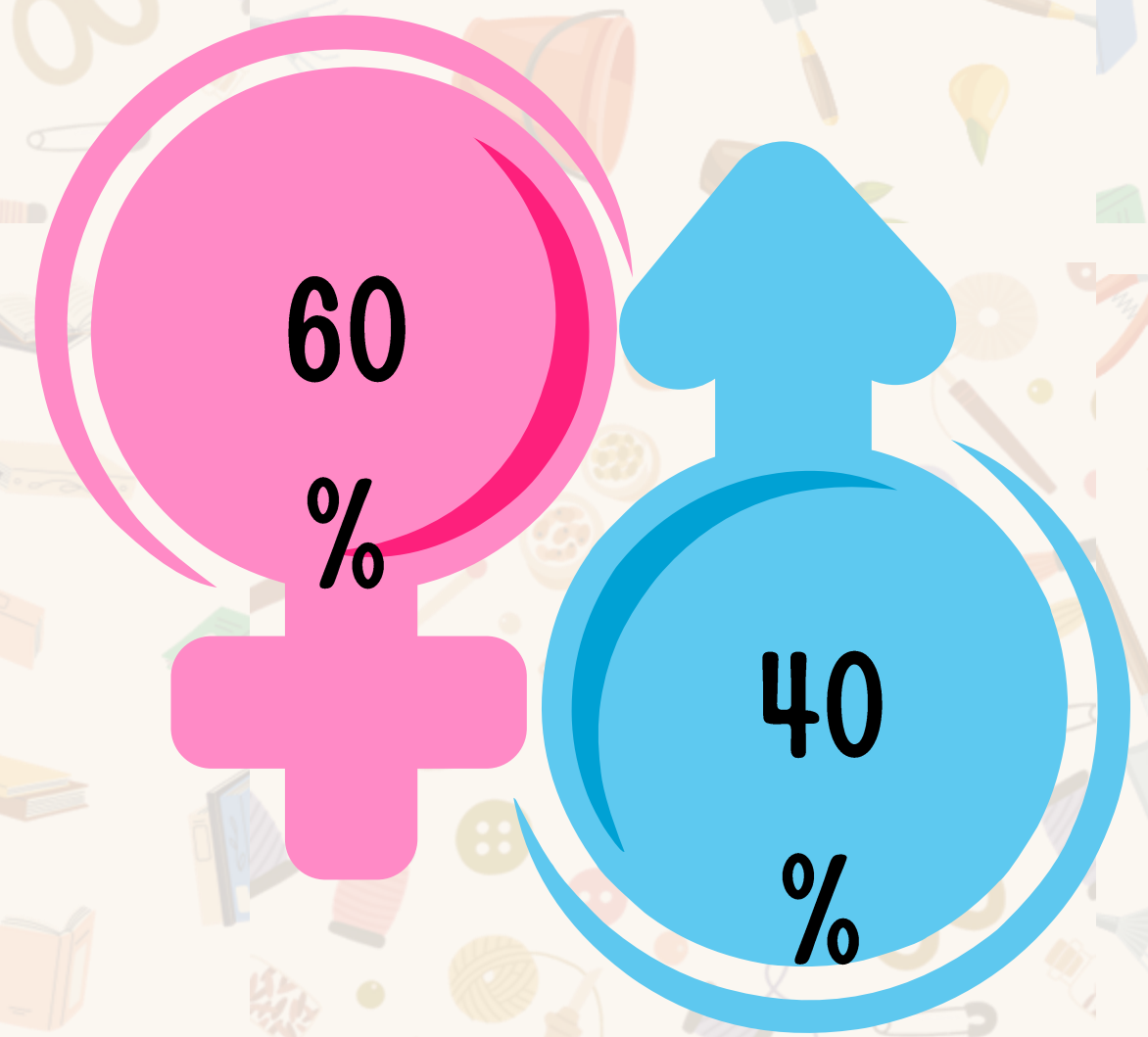
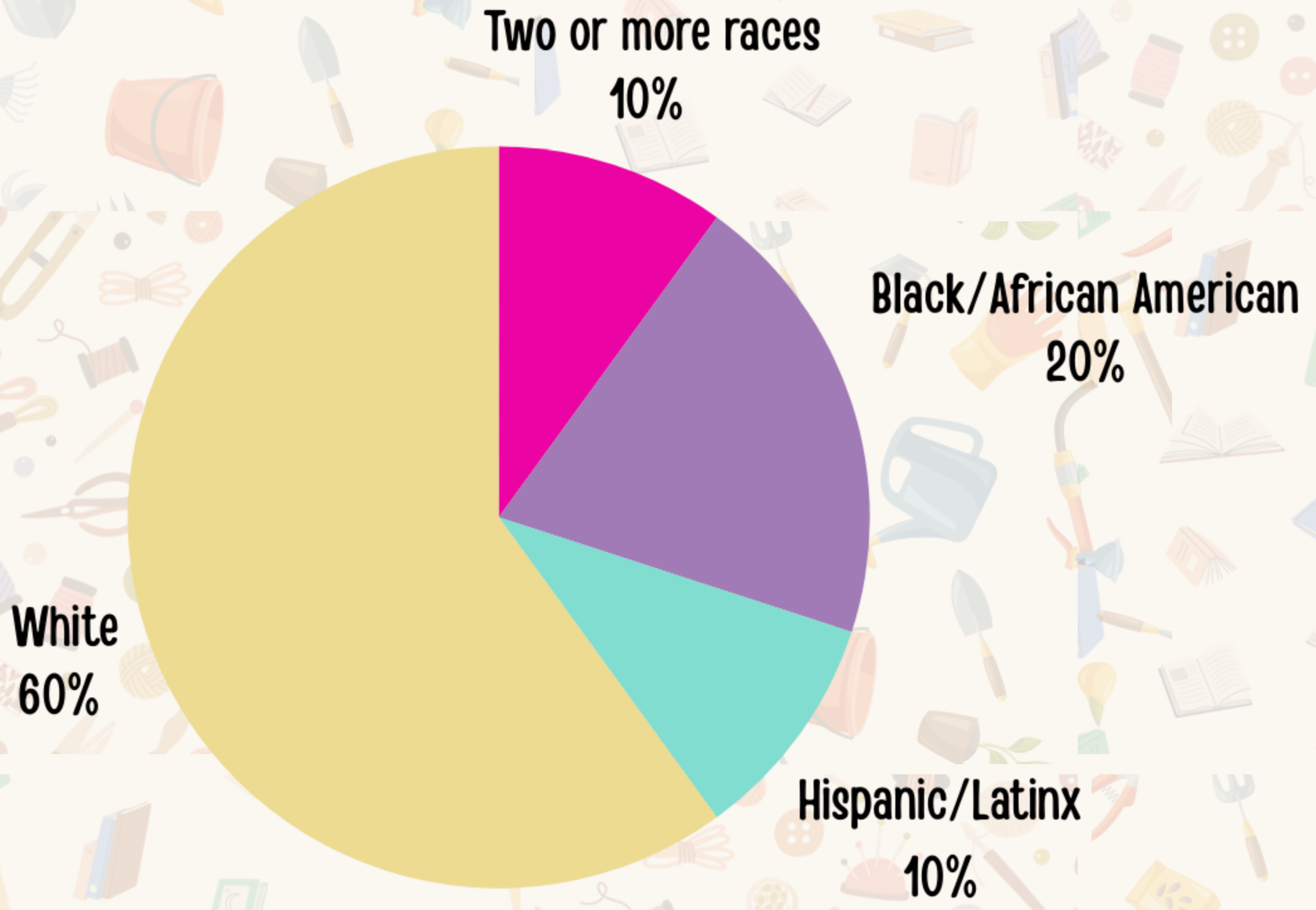
Book

242

Participants



Participant Demographics



KNITTING CLUB



COMMUNITY ENGAGEMENT

Yarn was donated by members of the community.

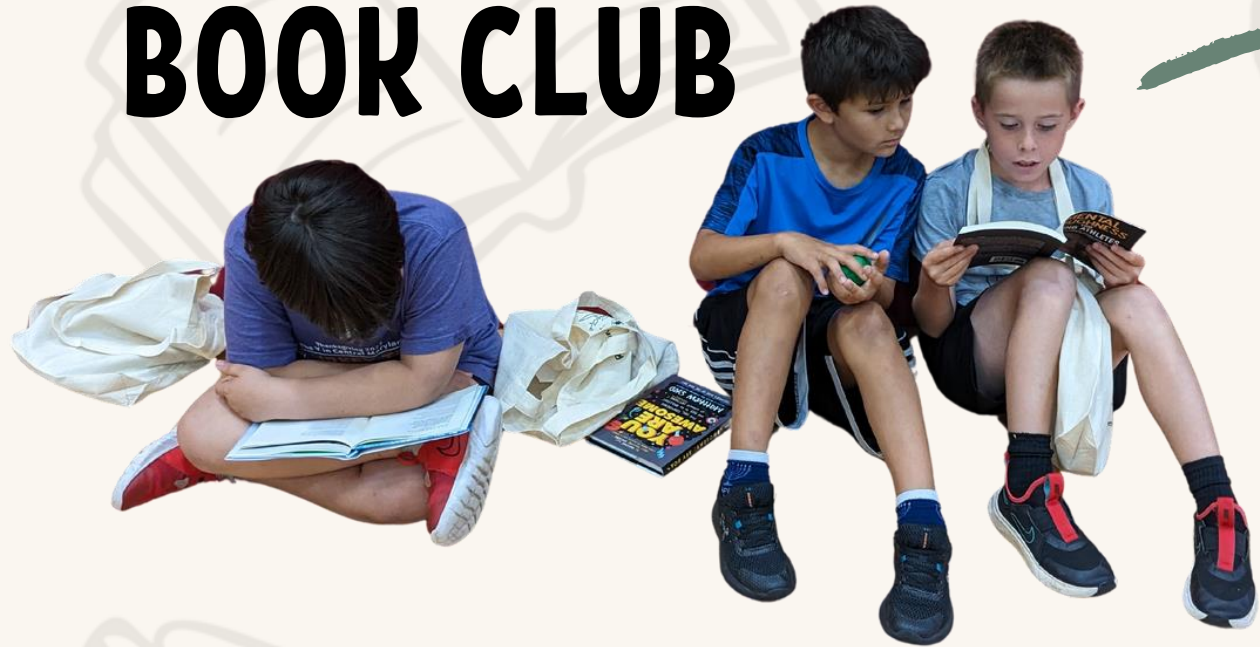
Dose/Reach

Westminster- 11 meetings
Taneytown- 10 meetings
Sykesville- 11 meetings
Mt. Airy- 11 meetings
North Carroll- 8 meetings

36 participants



BOOK CLUB



FUNDING SOURCE

Grant Funding was used to acquire the books and bags.

Dose/Reach

All Boys and Girls Club locations met twice a month.

80 Meetings

242 teens





GARDENING CLUB



COMMUNITY ENGAGEMENT

Tony Hillery-Harlem Grown

Dose/Reach

Middle and High School
30 Meetings
20 participants

Elementary School
10 Meetings
10 participants



KINDNESS WALK

COMMUNITY PARTNERSHIP

Taneytown Elementary School's Kindness Club.

Dose/Reach

36 Families
125 Participants

Extra supplies were donated to the school for continued outreach.



Be Kind.

Be Kind.

Be Kind.

Be Kind.



EVALUATION

Carroll County has worked with BHRT to create youth surveys to provide the youth participating in these clubs.

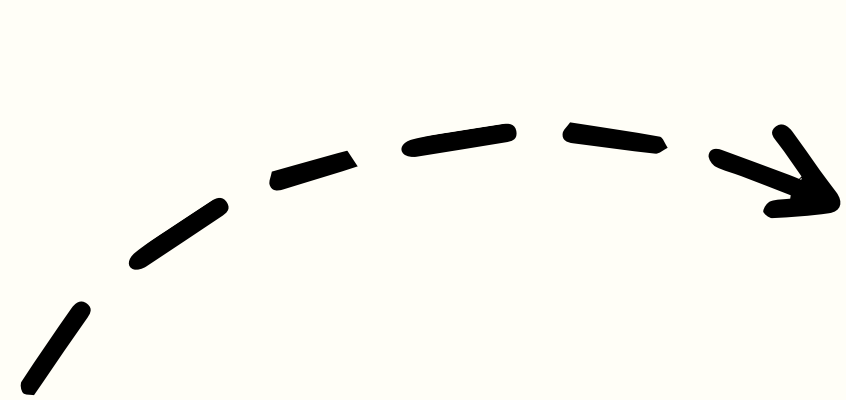
The surveys help to understand the youths' knowledge of extracurricular activities with peers who are not using drugs, youth substance use, and parent-child relationships, and to adapt the overall program accordingly.



EVALUATION

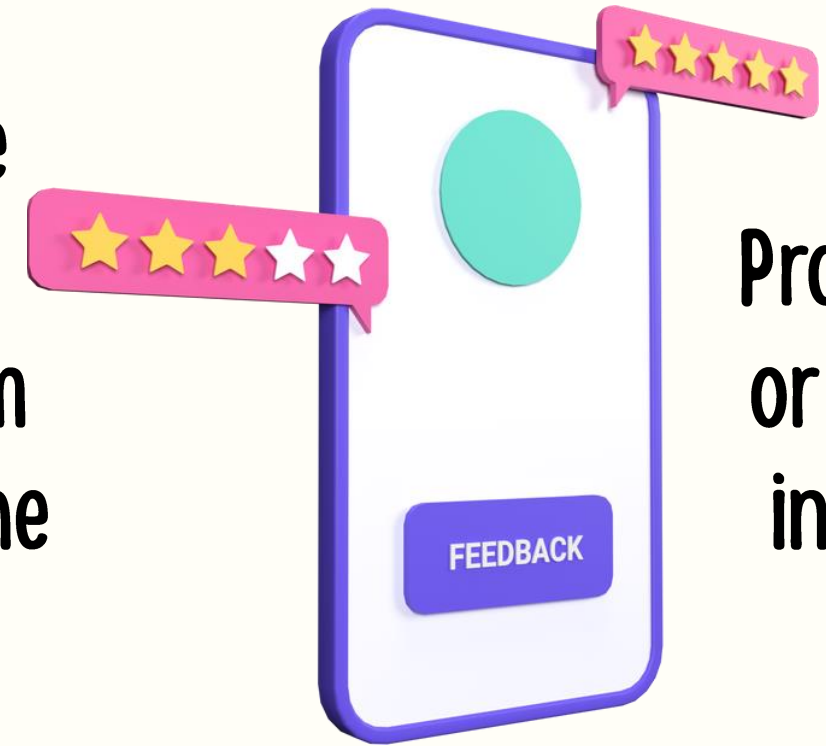
Process Measures

Dose
Reach



Outcome Measures

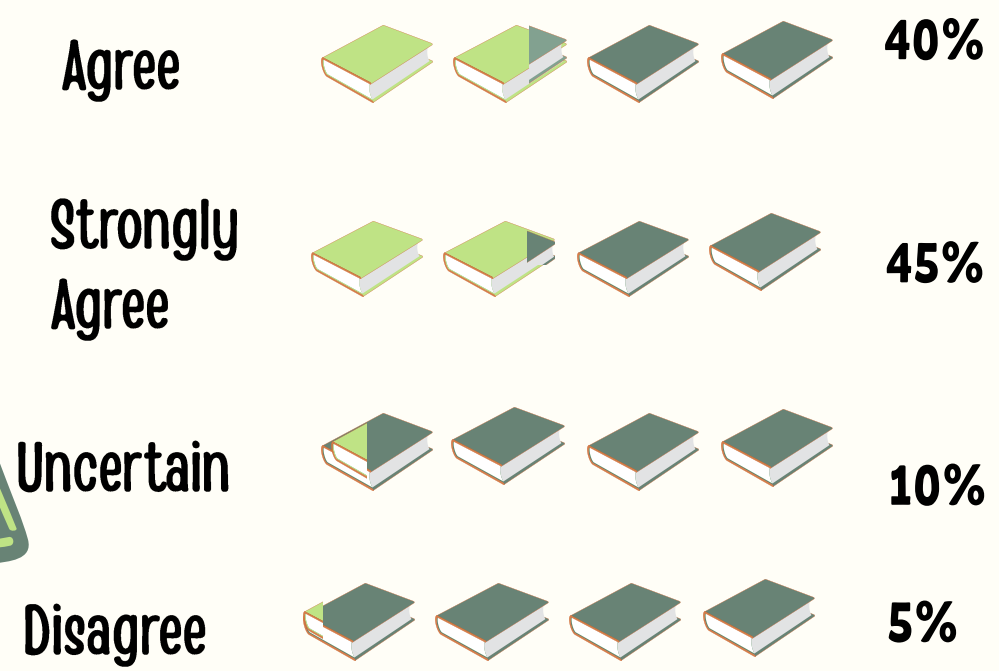
To what extent does the Resiliency Program produce or contribute to the intended community and system outcomes to address the use of multiple substances in Carroll County?



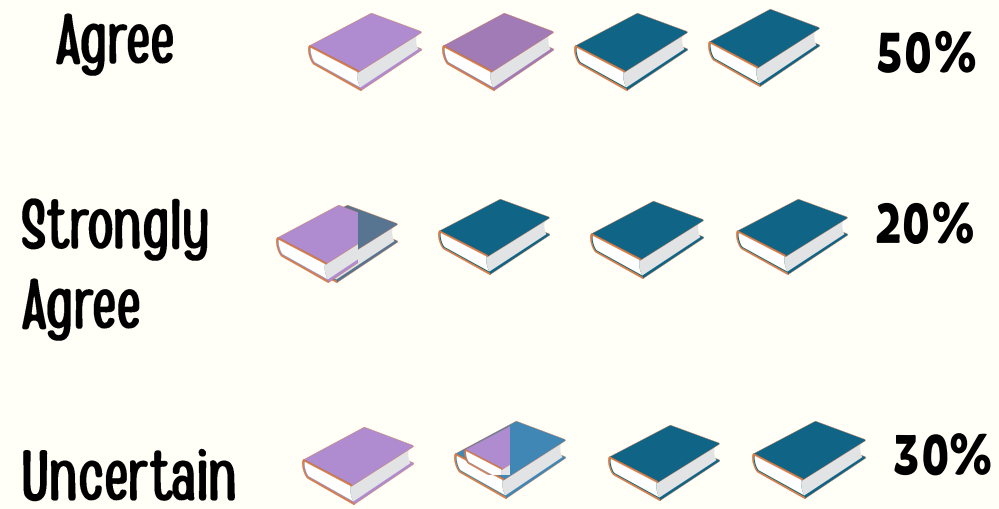
To what extent does the Resiliency Program produce or contribute to individual-level changes in youth?

Outcome Measures

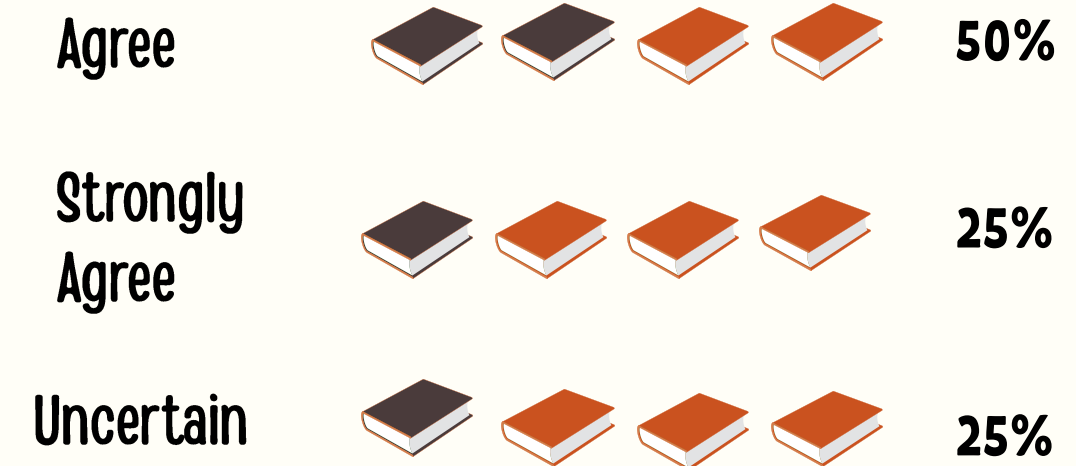
Book Club



I have a better understanding of this new skill and how it can be used to reduce stress and/or anxiety

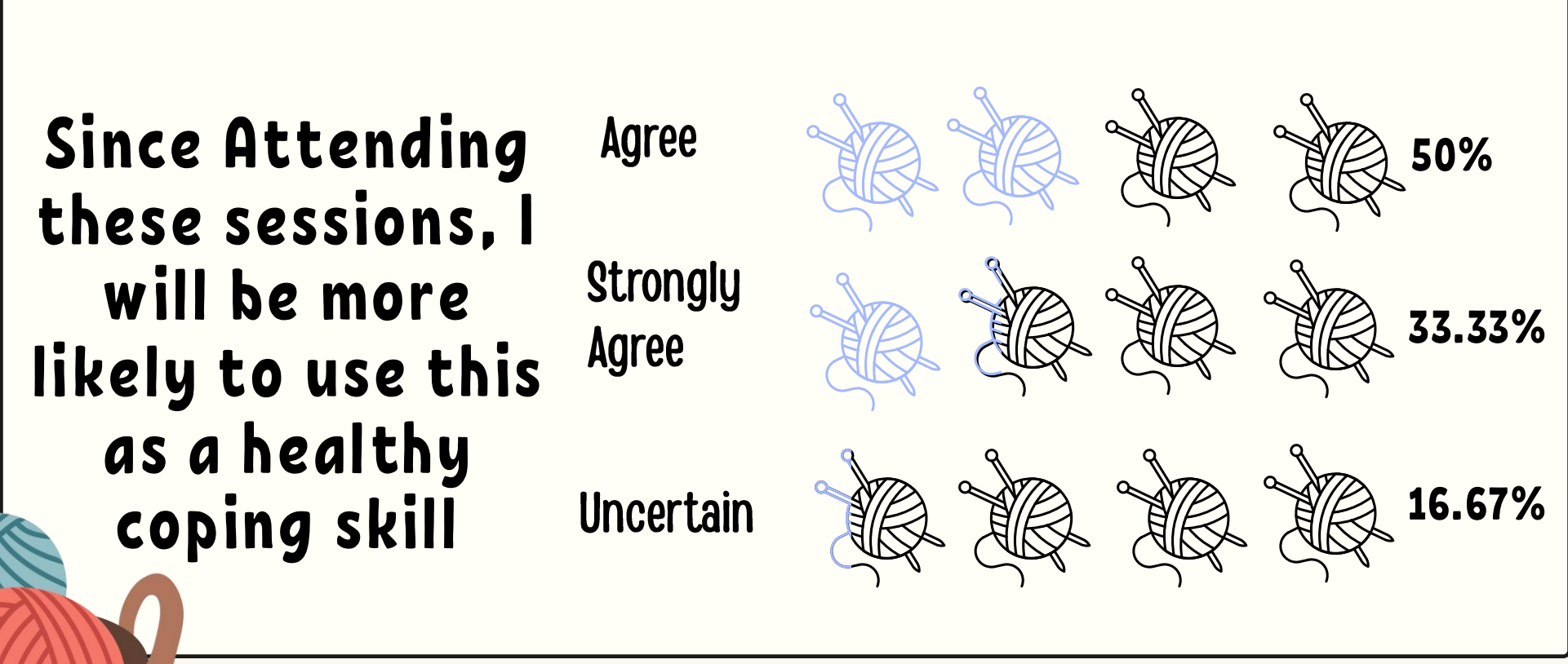
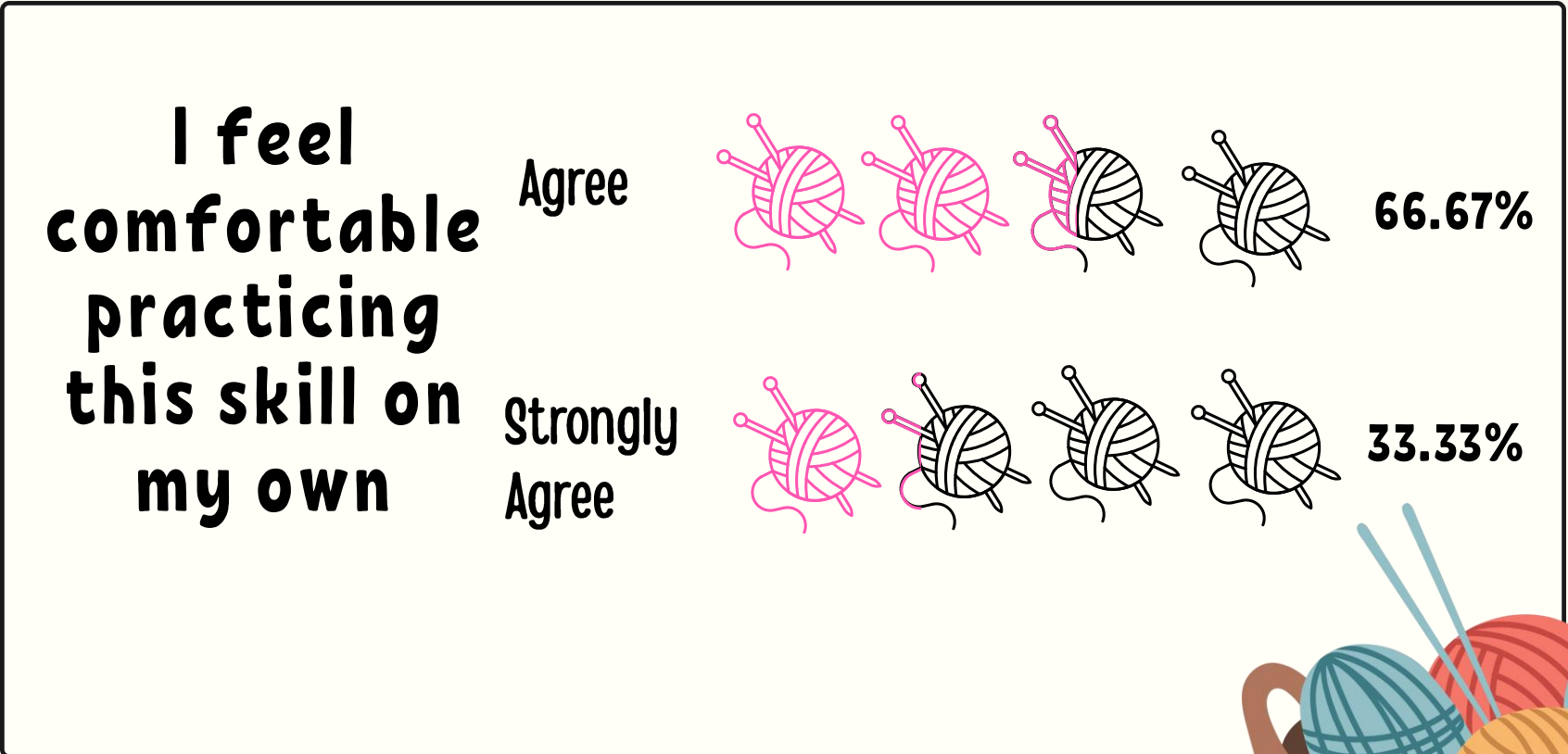
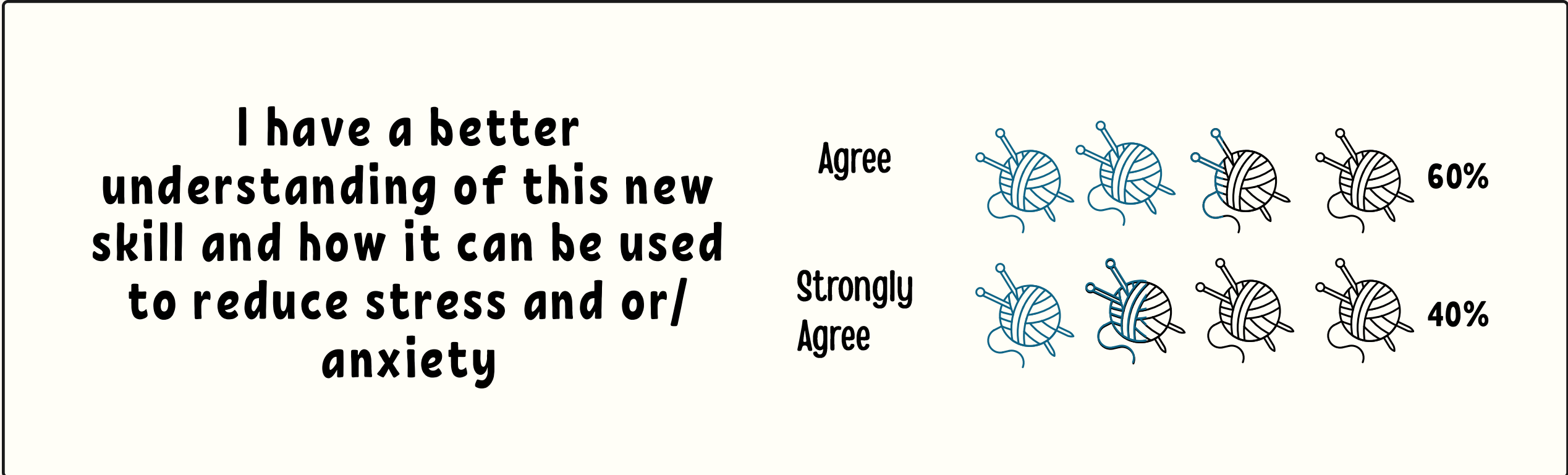


Since Attending these sessions, I will be more likely to use this as a healthy coping skill



Outcome Measures

Knitting



PARTICIPANT QUOTES



“I THINK THE SPEAKERS DID GREAT AND WERE VERY KIND “

“THIS IS GOING TO BE VERY IMPACTFUL AND USEFUL FOR THE YOUTH”

“IT WAS FUN!”



Survey Results

Demographics

Gender

Male _____ 30.97%

Female _____ 31.86%

Prefer not to say _____ 4.42%

Another Option _____ 0.88%



Race

Caucasian/White _____ 31.85%

African American/Black _____ 11.50%

Native Hawaiian or Pacific Islander _____ 0.88%

Asian _____ 2.65%

Native American _____ 0.88%

Multiple Races _____ 8.84%

Another Option _____ 4.42%

Prefer not to say _____ 7.08%

Latino/a or Hispanic _____ 9.73%



Food Insecurity

During the past 12 months, how often did the food your family bought not last, and they did not have money to get more?

Sometimes _____ 11.50%

Most of the Time _____ 2.65%

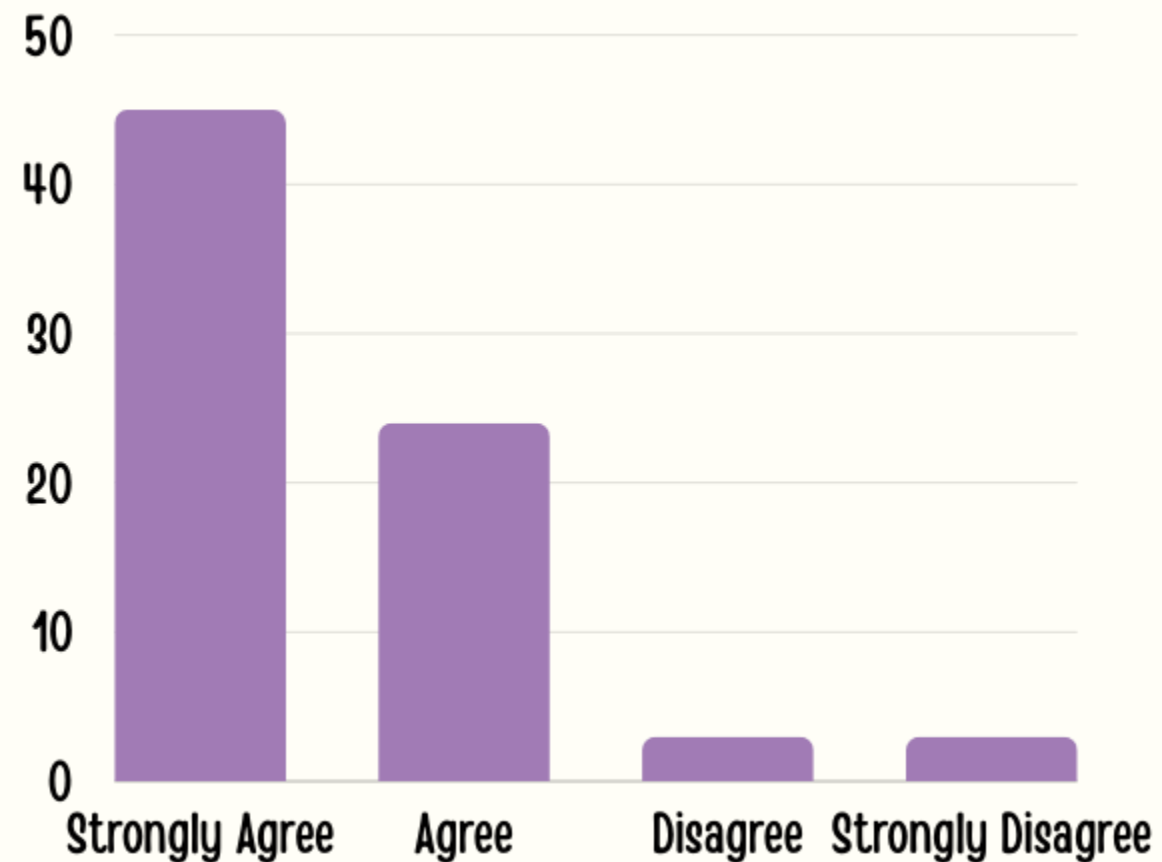
Always _____ 1.77%



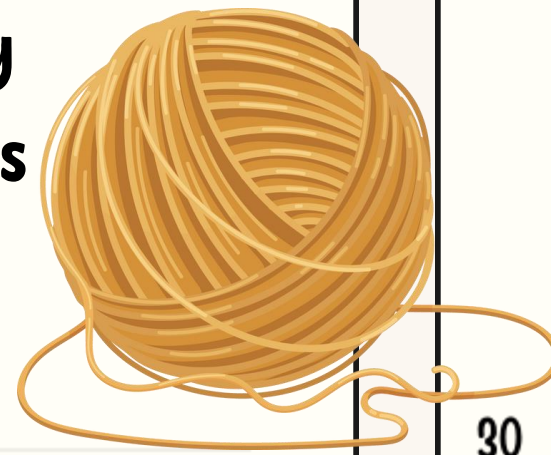
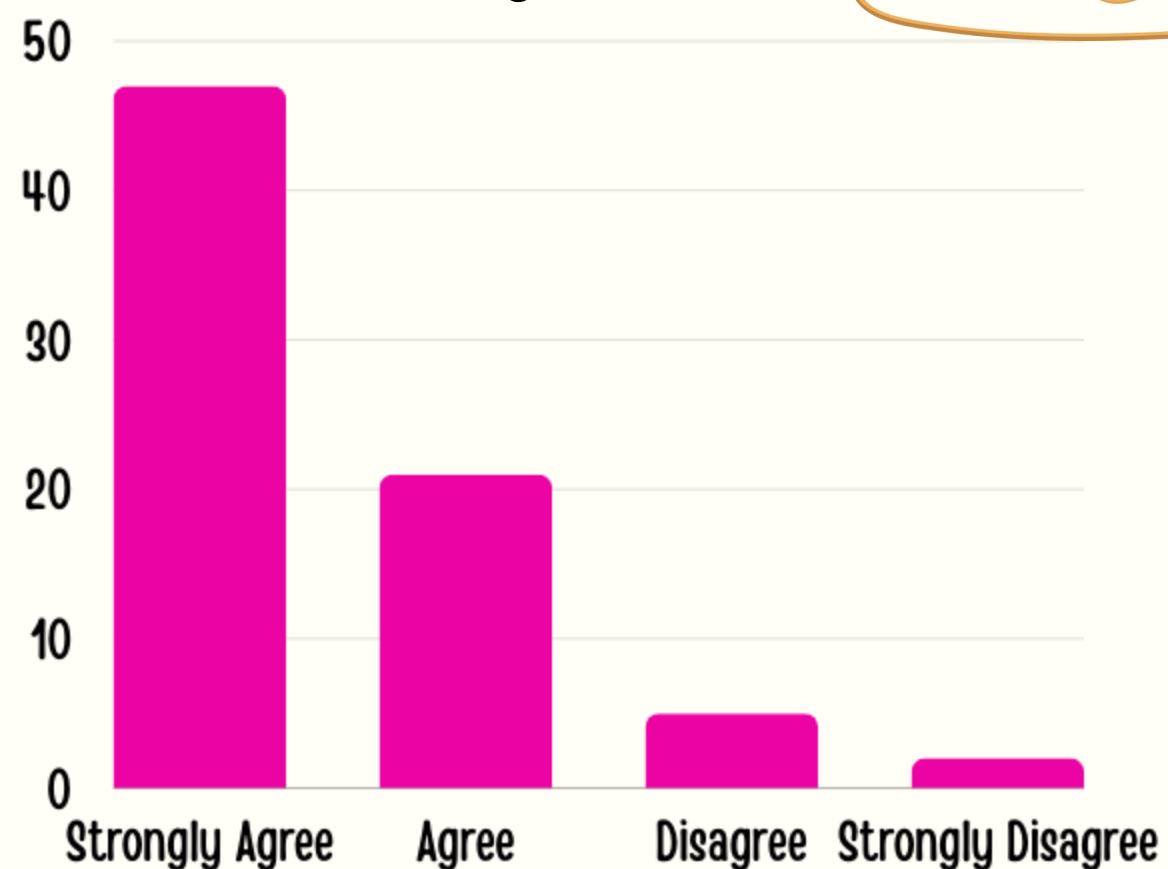
Survey Results cont.



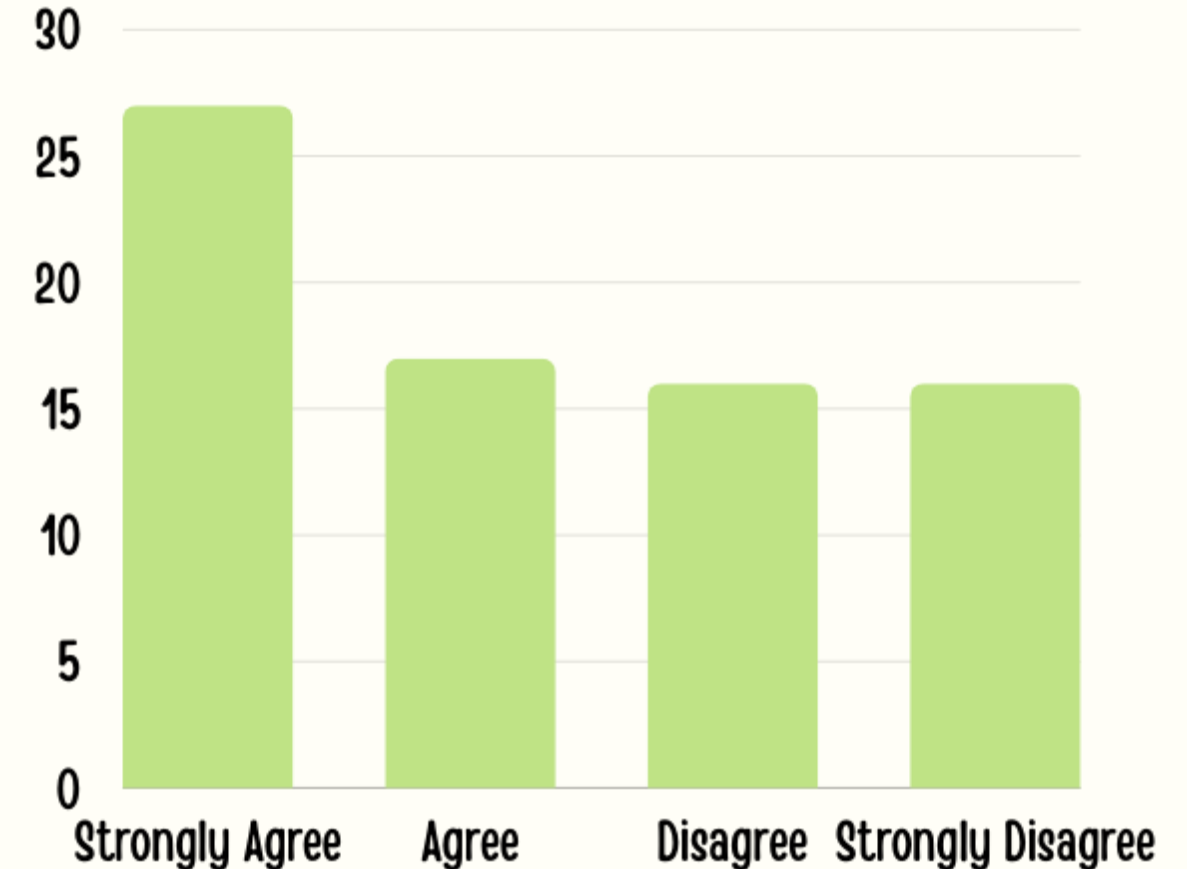
More opportunities to spend time with friends/other people my age who do not use drugs will help me spend less time with peers who do use drugs



More opportunities to spend time with friends/other people my age who do not use drugs will help me to not use drugs



Spending time with friends/other people my age who do use drugs (including alcohol), will make it more likely that I will use drugs or alcohol



**Sample of
Program
Participants**



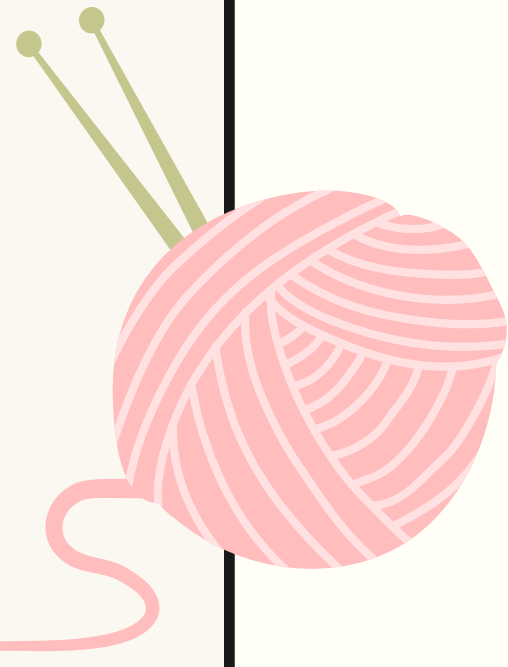
Limitations of the Data

**Data
Collection**





Next Steps for Evaluation



Collection of program evaluation data from all participants.

Adjusting community survey response options and display logic.

Continue to collect data from the overall community and the Boys and Girls Club population.

System/community outcomes and long-term outcomes.





LESSONS LEARNED



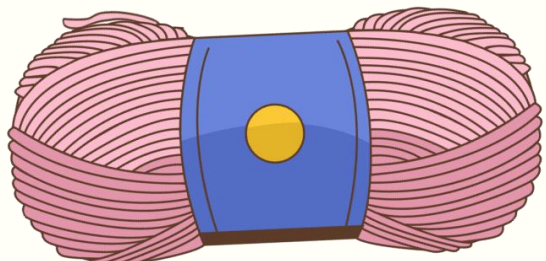
**Data
collection
methods**

**Staffing
Challenges**

**Participant
Improvement**



**Enhance
Activities**



LOOKING TO THE FUTURE



IMPLEMENT THE RESILIENCE PROGRAM IN MORE SCHOOLS AND HAVE THEM RUN THEIR OWN WHILE WE CONTINUE TO COLLECT DATA.



HAVING OUTSIDE PROGRAMS FACILITATE THIS RESILIENCY INITIATIVE ON THEIR OWN

- **TITLE 1 SCHOOLS**
- **SPECIAL POPULATIONS: DJS (INTERNALLY RUN GROUPS), BEHAVIORAL HEALTH AGENCIES.**

ASK STUDENTS WHAT TYPES OF CLUBS THEY WOULD LIKE TO BE CREATED.



QUESTIONS



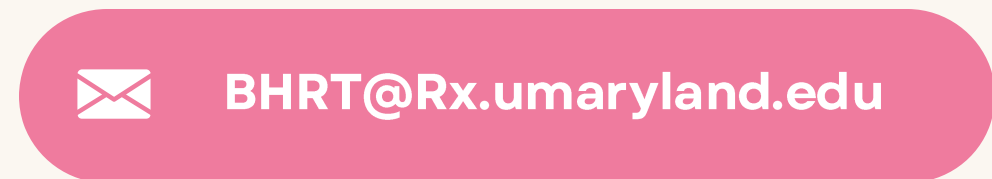
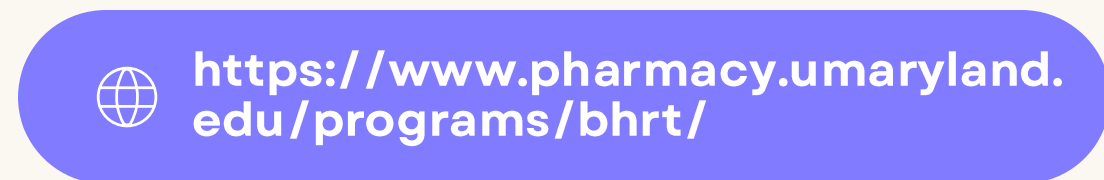
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THANK YOU!

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CONTACT INFO



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