



Evaluation report
Impact Cafés at Colegio Nigel Matthew

Introduction

As part of the *Curason pa Curason* project, a total of 10 Impact Café sessions were held at 4 secondary schools in San Nicolas between November 2021 and April 2022. Two different evaluations were held during the project: the first evaluation was an Impact Measurement and was conducted among 3 secondary schools. The final school in the project did not participate in this Impact Measurement as it was approached after the testing period was finalized. As such, an evaluation form was shared with the participating 3 classes of the 4th project school.

The Impact Cafés at the fourth school was held in late March and early April 2022. The total number of respondents who filled in the evaluation forms was 67.

The evaluation form consisted of 11 questions: 5 scaling questions, 1 closed question, and 5 open questions.



Curason pa Curason

'Curason pa Curason' (Heart to Heart) was a project by Heart-Centered Leadership Foundation that aimed to normalize the conversation around mental health among youth. With 4 partner schools, a series of activities were organized that aimed to engage youth in dialogue on what can promote their mental resilience.

The project 'Curason pa Curason' is co-financed by Fonds 21.

What is Impact Café?

Impact Café are interactive dialogue-exchange sessions where participants share experience and propose solutions to a specific topic. For the Impact Cafés under the Curason pa Curason project, the topic revolved around mental health and mental resilience. Four (4) main questions were developed.

During a session of Impact Café, participants are divided into small groups of maximum 7 and paired with one or two Heart-Centered Impact Coaches who act as group facilitators during the question round. Participants share their experiences and ideas on sticky-notes and have a round where they can share what they wrote with each other.

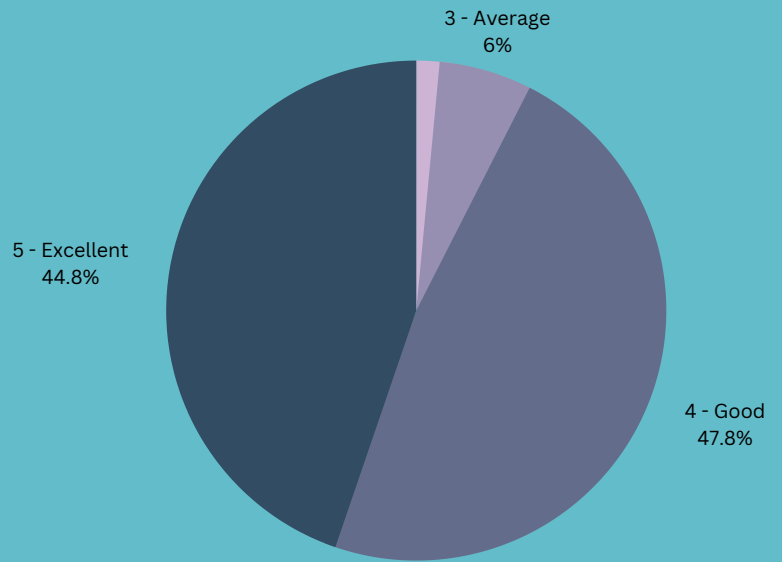


Evaluation Results

Question 1: How would you rate the overall experience during the session?

The participants rated the overall experience during the session with an average score of 4.3 (out of 5).

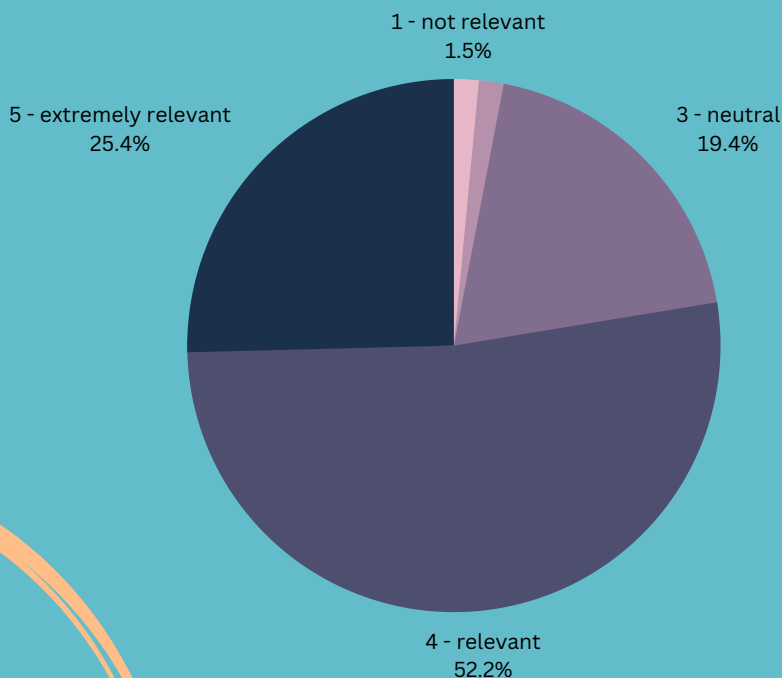
The overall experience during the Impact Café was positively experienced by participants: 44.8% of participants indicated that their experience was excellent (5 on a 5-point scale), while 47.8% rated it as good (4 on a 5-point scale).



Question 2: How relevant did you find the topic of this session of Impact Café?

This question also had a rating scale ranging from 1 (not relevant) to 5 (extremely relevant).

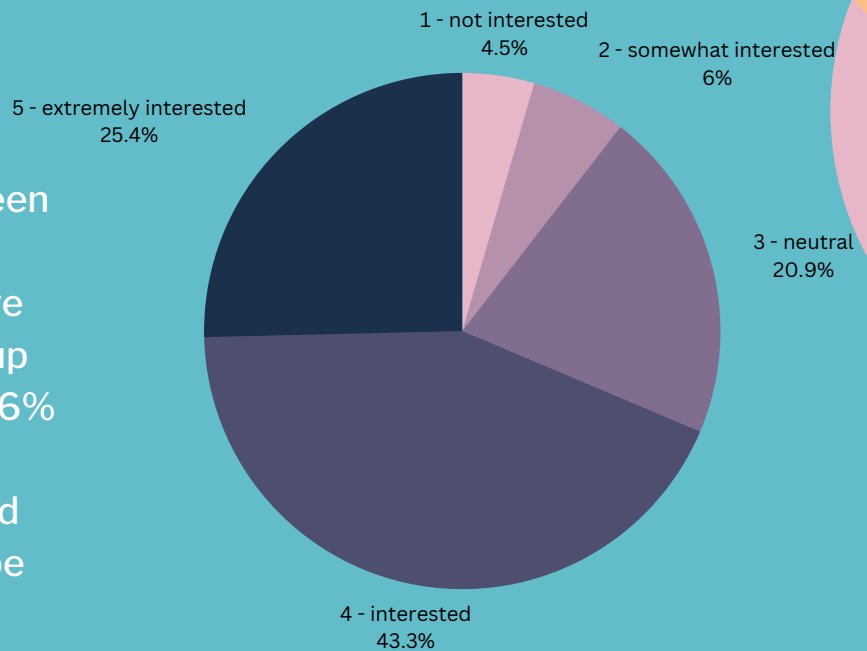
A majority of the participants found the topic of mental health as relevant: 25.4% as extremely relevant and 52.2% as relevant. A small percentage found it below average: 19.4% indicated 'neutral' while 1.5% somewhat relevant and 1.5% as not relevant.



Question 3: How interested are you in a follow-up session (a lecture, workshop or other) relating to the topic?

The third question's scale ranged from 1 (not interested) to 5 (extremely interested).

The positive experience can be seen in an interest for more follow-up sessions. While a small percentage did not indicate wanting a follow up session (4.5% not interested and 6% somewhat interested), 43.3% indicated they would be interested and 25.5% indicated they would be extremely interested.

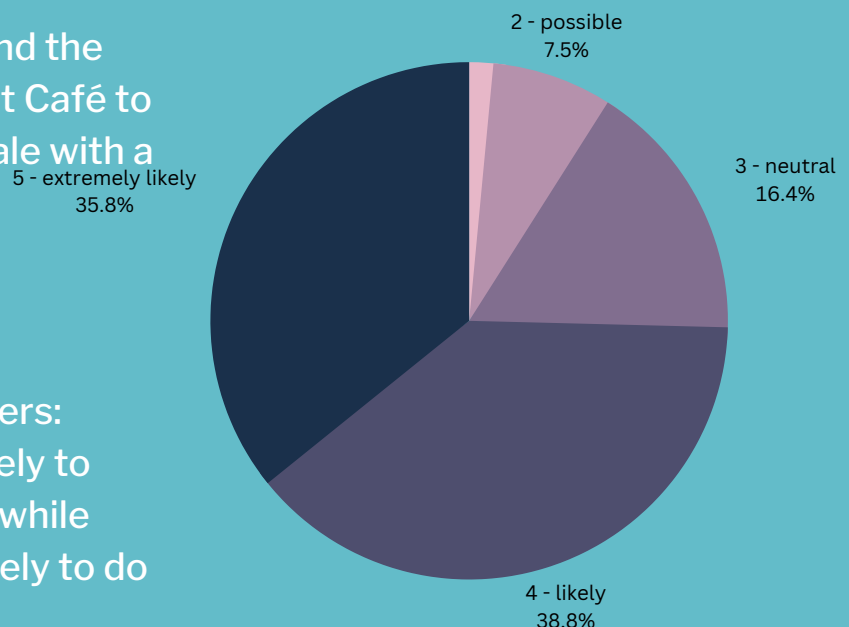


Question 4: How likely are you to recommend Impact Café to other students or friends?

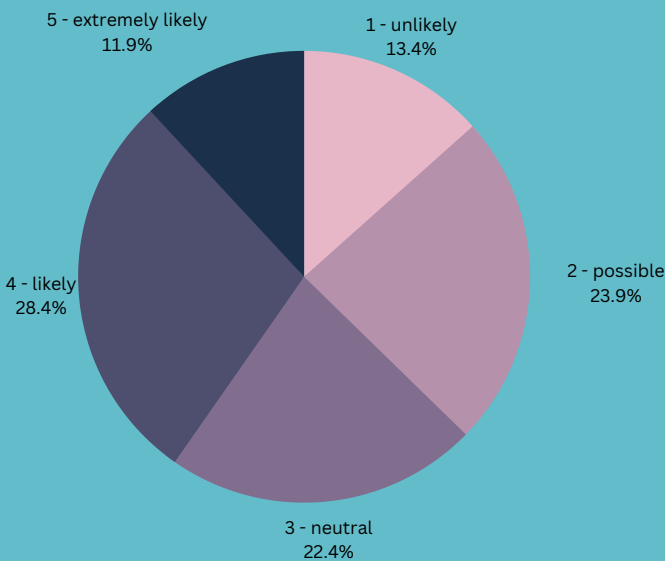
The fourth question revolved around the likelihood of recommending Impact Café to others. The question included a scale with a range of 1 (unlikely) to 5 (very likely).

A majority indicated positively to recommending Impact Café to others: 38.8% indicated that they were likely to recommend the activity to others, while 35.8% indicated they were very likely to do so.

A smaller portion indicated they were not as likely to recommend the activity: 7.5% indicated that they could possibly recommend it, while 1.5% indicated they were unlikely to do so. Approximately 16% answered this question with a 'neutral' point of view with regards to recommending Impact Café to others.



Question 5: After the session, how likely are you to discuss this topic with your friends, classmates or family?



As Impact Café promotes open discussions on specific topics, and the goal of the Curason pa Curason project was to normalize the conversation around mental health, participants were asked the likelihood of them discussing the topic of mental health with friends, classmates and family. The answers were split: 13.4% indicated they were unlikely to talk about this topic with others, 23.9%

indicated the likelihood with possible, and 22.4% indicated a neutral answer. On the other side, 28.4% indicated that they were likely to talk about mental health with others while 11.9% indicated they were very likely to discuss mental health with others.

Question 6: What are 2 things you learned during this session?

As part of the open question portion of the evaluation form, participants were asked to name 2 things that they learned during the session. The answers were analyzed by coding them into themes.

Overall, most participants answered the ability to talk in an open setting as one of the things they learned during this session. The most common themes were as follows (and included several similar answers along the lines of the shared quotes):

Communication

‘Be open minded to hear about other peoples problems’

"That talking about your feelings matters and that everyone have their own battles"

"How to truly feel and understand others"



Emotional and Stress Management

‘How many more way you can deal with stress and emotions’

‘How to handle certain things’

‘Self control’

(Self) Awareness

‘Be yourself. don't let other people judge you’

‘To be proud of myself and to keep pushing forwards’

‘Don't let other people's words hurt you because they don't know what you went through’

‘That talking about mental health is normal’

‘Avoidance is not an option’

‘That I am not alone and its okay to not be okay all the time’

Self Expression

‘How to express my emotions’



Question 7: What are 2 things you will do differently after this session?

When asked what they would do differently after this Impact Café session, the most common answers were as follow:

Communication

Participants indicated that they would speak up more for themselves, speak more about their struggles and feelings, ask more questions and listen more to others.

‘Communicate differently’

‘Talk more about my feelings’

‘Try and talk to my mom about the situation before’

‘Talk more to my classmates to help them (I’m very introverted)’

‘Listen to people as much as I would like them to listen to me’

Self Care

Participants indicated that they would take more time for themselves, work on being less stressed, sleep more, and start journaling as a means to manage stress and emotions. Furthermore, the topic of mental health itself was also mentioned as something that they would do differently by focusing more on it.

‘Try not to stress as much as I used to’

‘Focus on myself’

Self Awareness

Participants indicated an awareness on changing unhealthy habits such as eating too much or eating too little. Others indicated how they would like to spend more time getting to know themselves better and being more open with parents.

‘Deal with my emotions, watch how i talk to people, self reflect’

‘I will do better with my behavior in school and be more open with my mother’

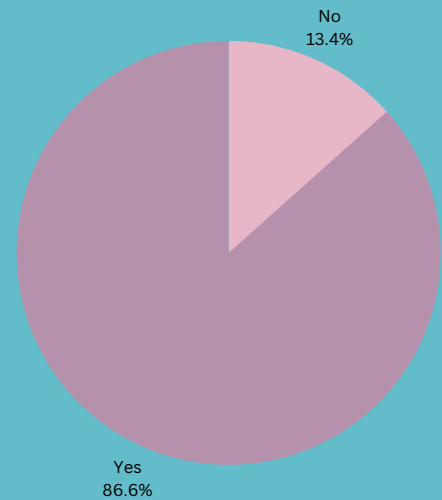
‘Start writing in a journal’

‘Express my feelings in a journal and fix my problems’



Question 8: Are you interested in more sessions in more sessions like this to discuss and propose solutions on other topics?

Participants were asked whether they would be interested in more Impact Café sessions at their school. A majority answered with a resonating yes (86.6%) while a minority indicated that they would not (13.4%)



Question 9: What other topics would you like to discuss in the future?

A variation of answers were given on this topic.

The four topics that were most mentioned were mental health, school, self improvement, and family.

The topic of mental health came back several times in the evaluation as a topic participants would want to continue to discuss, while others specified that they would like to discuss the topics of anxiety and depression.

Depression particularly came up four (4) times as a topic. One participant indicated that they would like to see a topic on how racism impacts mental health.

The second topic that was mentioned multiple times in the evaluation was family: Talking about family problems and parents.

The third most mentioned topic was school. Participants were interested in talking about how to deal with stress because of school, while one participant mentioned that they would like to discuss the topic of concentration.

Other topics that were mentioned were:

- **Self-improvement**

Participants were interested in discussing self growth and self-improvement

- **The Future**

There was interest in discussing the future and how to plan for the future.

- **How to build bonds with people**
- **Physical health**



Question 10: What are 2 things you liked the most about this session?

Participants were also asked what are two things they liked the most about the session. The most common answers were about the environment to share openly and freely and the presence of the Heart-Centered Impact Coaches (as hosts and co-hosts, some participants erroneously referred to them as teachers or helpers in the evaluation).

'We could talk freely'

'Everyone can give their opinion and everyone listens to each other'

'Everyone is open minded'

'Getting to listen and getting to share'

*'Being able to talk to others and see I'm not alone in this experience.
Being able to hear others and give tips'*

'That I didn't have to speak but I could write'

'You can see that everyone has their problems in different ways and that everyone could say how they deal with it and that can also help me'

'Talking to people that I normally don't talk to about hardships y open mindedness which means no judgment'

'The Host and Co-host'

'The leaders'

'The teacher 'Keanu' and his way of explaining'

[Keanu is one of our Heart-Centered Impact Coaches].

'It was a vibe - I liked this because we were open with each other and trusted each other'

'You can talk about how you feel'

'Getting to know more about my classmates'

'The coaches. It felt like a safe place'



Question 11: What are 2 things you liked the least about this session?

Participants were asked two things they disliked about the Impact Café session. There were many answers that indicated ‘nothing’ or ‘no complaints’, but some points were also shared on the length of the session (not long enough), the questions, and what came up most was participants who indicated they do not usually talk about their emotions or were not comfortable speaking about it in a group session:

‘A lot of things are based on feelings -too much of 'me' 'I'”

‘I don't like to talk to strangers, but i felt alright doing it this time since thats the point”

‘Having to talk to people that I normally don't open up to y talking about my past”

‘Crying and showing emotions”

‘I just cannot say what feel and went through”

