TMHFA Post-evaluation – Second Edition

Introduction

Please fill out this evaluation after you take the Teen Mental Health First Aid (tMHFA) course. Thank you!

1. Would you like to move forward with this evaluation?
   a. Yes
   b. No
2. What is the name of the school or program where you are taking TMHFA?

3. What is/are the name(s) of your Instructor(s)?

4. What is the date you completed the TMHFA course?

5. Enter the same ID code you created in the pre-course evaluation.

To remember your ID code, follow these instructions (no dashes or spaces, please!):

a. Write the last four digits of your cell phone number or another important number.

   For example, “0000” for someone with the number 123-456-0000.

b. Then, write the last two letters of your first name.

   For example, “HN” for someone named “John.”

c. Lastly, write the date you were born.

   For example, “01” for someone born on January 1.

The ID code for the example above would be “0000HN01.”

Write your ID code here: _____

Your Thoughts on the tMHFA Course

Please answer the following questions about your experience with the TMHFA course.

6. How likely are you to reference the TMHFA Workbook in the future?
   a. Very unlikely
   b. Unlikely
   c. Not sure
   d. Likely
   e. Very likely

7. How interactive do you think the TMHFA course was?
   a. Not interactive at all
   b. Somewhat interactive
   c. Neutral
   d. Mostly interactive
   e. Very interactive

8. How satisfied were you with the TMHFA course overall?
   a. Very dissatisfied
   b. Dissatisfied
   c. Neutral
   d. Satisfied
   e. Very satisfied

9. On a scale from 0 (not at all) to 10 (extremely likely), how likely are you to recommend tMHFA to a friend? **Please circle your answer below.**

0 1 2 3 4 5 6 7 8 9 10

10. For each of the topics listed below, please check the box that indicates your level of knowledge before and after completing the TMHFA course.

    a. Key terms related to mental health.
        i. Knowledge BEFORE taking TMHFA:
            1. None
            2. Low
            3. Moderate
            4. High
        ii. Knowledge AFTER taking TMHFA:
            1. None
            2. Low
            3. Moderate
            4. High

    b. Signs that a peer may be experiencing a mental health challenge or crisis.
        i. Knowledge BEFORE taking TMHFA:
            1. None
            2. Low
            3. Moderate
            4. High
        ii. Knowledge AFTER taking TMHFA:
            1. None
            2. Low
            3. Moderate
            4. High

    c. How to communicate with a peer about mental health.
        i. Knowledge BEFORE taking TMHFA:
            1. None
            2. Low
            3. Moderate
            4. High
        ii. Knowledge AFTER taking TMHFA:
            1. None
            2. Low
            3. Moderate
            4. High

d. When and how to get a parent, guardian, or responsible trusted adult involved.
   i. Knowledge BEFORE taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High
   ii. Knowledge AFTER taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High

e. What you can and can't do to help a peer during and after a mental health challenge or crisis.
   i. Knowledge BEFORE taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High
   ii. Knowledge AFTER taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High

f. The importance of self-care for mental and physical health.
   i. Knowledge BEFORE taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High
   ii. Knowledge AFTER taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High

g. Self-care techniques.
   i. Knowledge BEFORE taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High
   ii. Knowledge AFTER taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High

h. How to create a self-care plan.
   i. Knowledge BEFORE taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High
   ii. Knowledge AFTER taking TMHFA:
      1. None
      2. Low
      3. Moderate
      4. High

11. What was your favorite part of the course?

12. How do you think the course could be improved?

TMHFA: Raul's Story

Please read Raul's story carefully and answer some questions about how you might respond to Raul.

You notice Raul has been unusually sad for the last few weeks. He seems tired all the time with bags under his eyes. At lunch he barely touches his food. He tells you that he can't keep his mind on his homework, and his grades have dropped. He shares that everything feels too much, he will never be happy again and believes his family would be better off without him.

13. How much do you agree with this statement: "If I knew Raul, I would help him"?
    a. Strongly disagree
    b. Disagree
    c. Neither agree nor disagree
    d. Agree
    e. Strongly agree

14. If you knew Raul, how likely would it be for you to do these things?
    a. Invite Raul to hang out and do something fun with me.
        i. I would never do this.
        ii. I probably wouldn't do this.
        iii. I'm not sure.
        iv. I probably would do this.
        v. I definitely would do this.

    b. Tell Raul I've noticed something seems wrong and I want to make sure he is OK.
        i. I would never do this.
        ii. I probably wouldn't do this.
        iii. I'm not sure.
        iv. I probably would do this.
        v. I definitely would do this.

c. Ask Raul if he's thinking about suicide.
    i. I would never do this.
    ii. I probably wouldn't do this.
    iii. I'm not sure.
    iv. I probably would do this.
    v. I definitely would do this.

d. Suggest Raul tell an adult about his problems.
    i. I would never do this.
    ii. I probably wouldn't do this.
    iii. I'm not sure.
    iv. I probably would do this.
    v. I definitely would do this.

e. Keep an eye on Raul to observe changes in his behavior.
    i. I would never do this.
    ii. I probably wouldn't do this.
    iii. I'm not sure.
    iv. I probably would do this.
    v. I definitely would do this.

15. If you knew Raul, how confident would you feel helping him?
    a. Not at all confident
    b. Somewhat confident
    c. Neutral
    d. Mostly confident
    e. Extremely confident

TMHFA: Jessica's Story

Please read Jessica's story carefully and answer some questions about how you might respond to Jessica.

Jessica started going to your school last year and you have become friendly. You notice that she avoids speaking up in class. and if she does have to engage in class, she talks about how horrible it was the rest of the day. You ask her to hang out with you and your friends after school, but she shares she feels overwhelmed when she is around a lot of people. Jessica says that she knows her fears are unreasonable, but she can't seem to control them and doesn't understand why she can't. Later, you find her crying in P.E. because her class schedule changed, and she doesn't know anyone in her new classes. Jessica hasn't returned your texts or calls, and you haven't seen her at school.

16. How much do you agree with this statement: "If I knew Jessica, I would help her"?
    a. Strongly disagree
    b. Disagree
    c. Neither agree nor disagree
    d. Agree
    e. Strongly agree

17. If you knew Jessica, how likely would it be for you to do these things?

    a. Ignore Jessica's behavior because she probably just wants attention.
        i. I would never do this.
        ii. I probably wouldn't do this.
        iii. I'm not sure.
        iv. I probably would do this.
        v. I definitely would do this.

b. Avoid talking about suicide because it might put the idea in Jessica's head.
    i. I would never do this.
    ii. I probably wouldn't do this.
    iii. I'm not sure.
    iv. I probably would do this.
    v. I definitely would do this.

c. Encourage Jessica to deal with her problems on her own.
    i. I would never do this.
    ii. I probably wouldn't do this.
    iii. I'm not sure.
    iv. I probably would do this.
    v. I definitely would do this.

d. Listen to Jessica talk about her problems.
    i. I would never do this.
    ii. I probably wouldn't do this.
    iii. I'm not sure.
    iv. I probably would do this.
    v. I definitely would do this.

e. Let Jessica work it out on her own.
    i. I would never do this.
    ii. I probably wouldn't do this.
    iii. I'm not sure.
    iv. I probably would do this.
    v. I definitely would do this.

18. If you knew Jessica, how confident would you feel helping her?
    a. Not at all confident
    b. Somewhat confident
    c. Neutral
    d. Mostly confident
    e. Extremely confident