

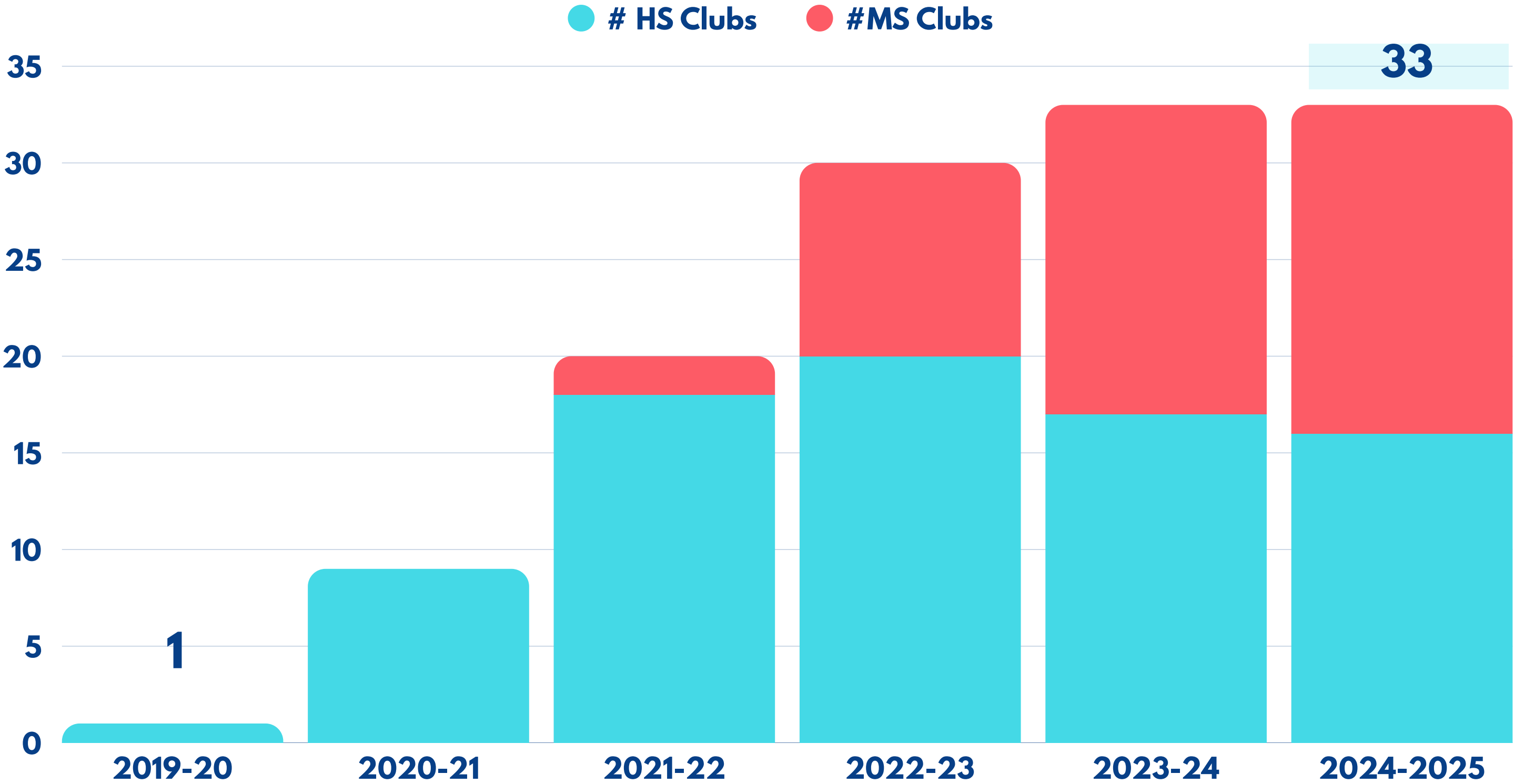
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club growth



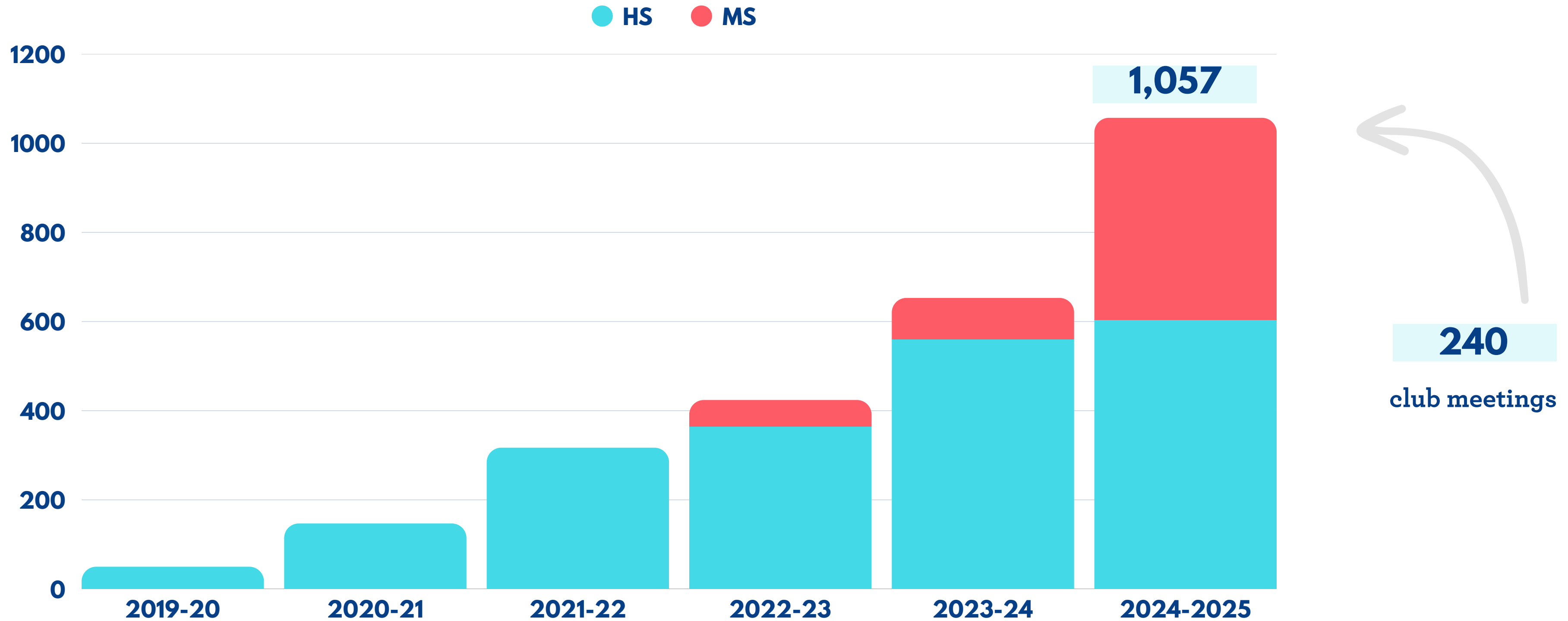
participant growth

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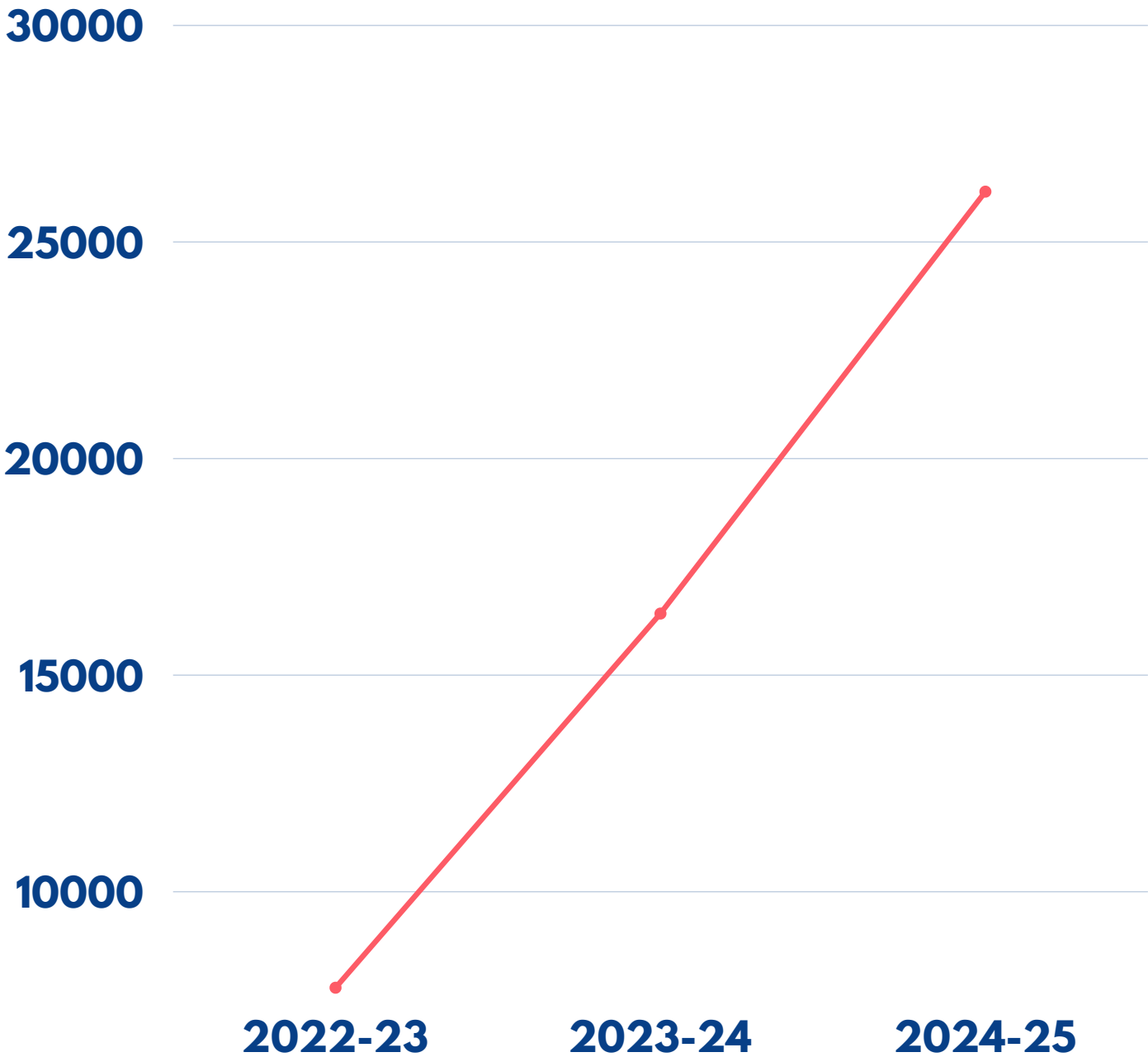
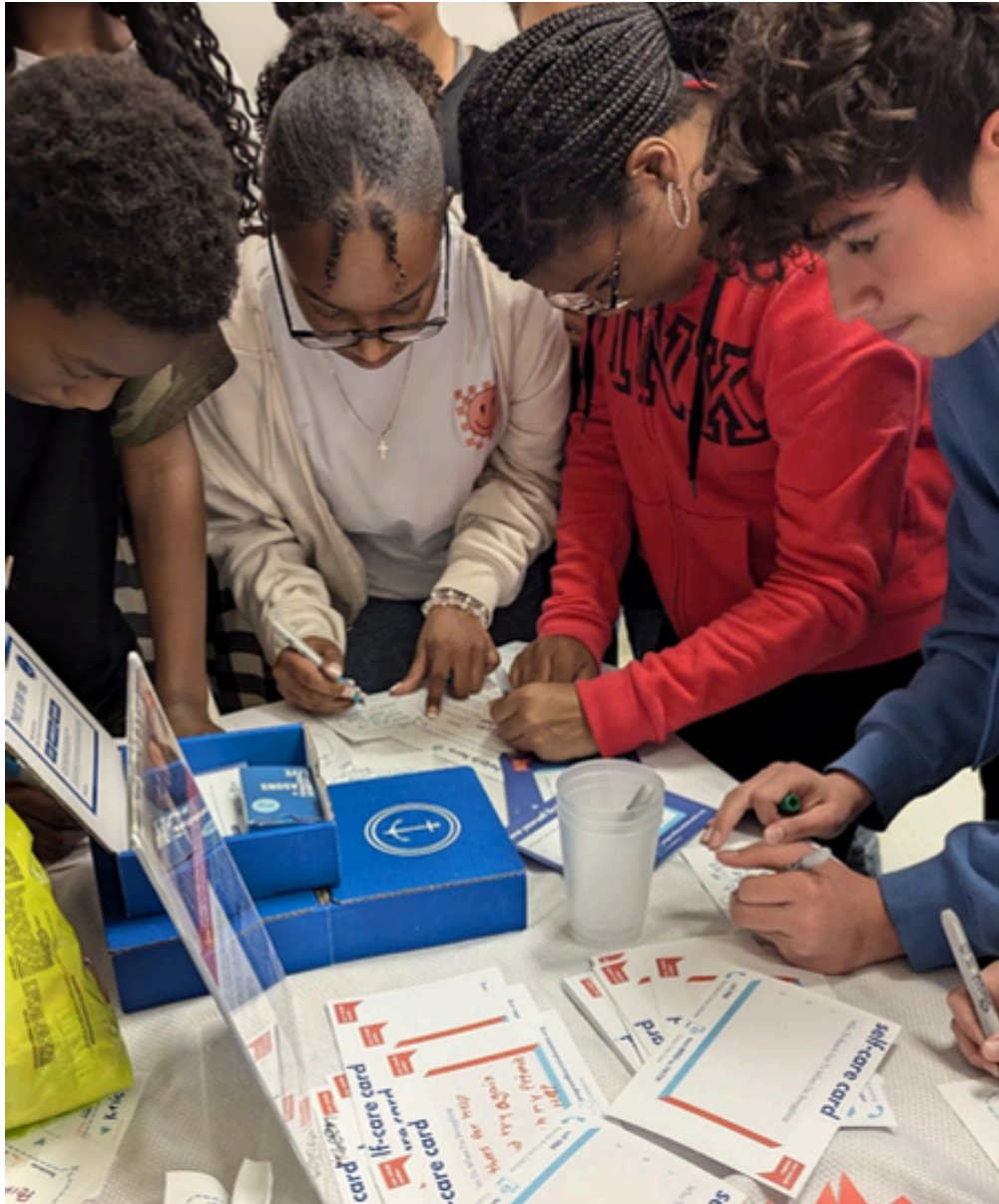
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*directly reached **unique** participants who used the sign-in form (launched in 18-19), ms attendance collection started in 2022

in-direct reach



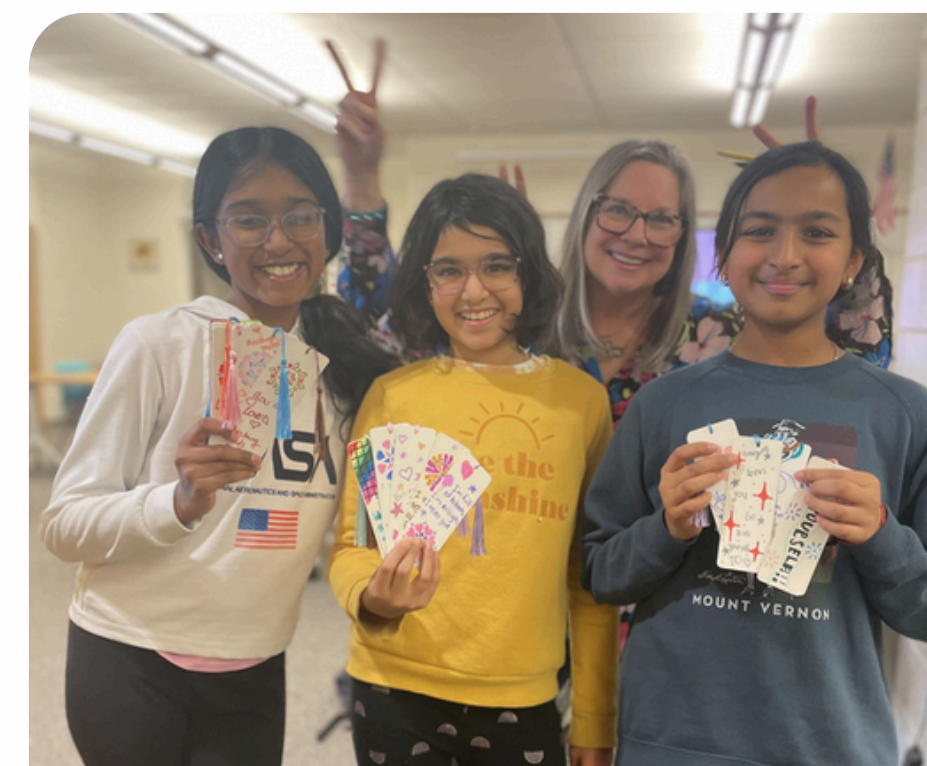
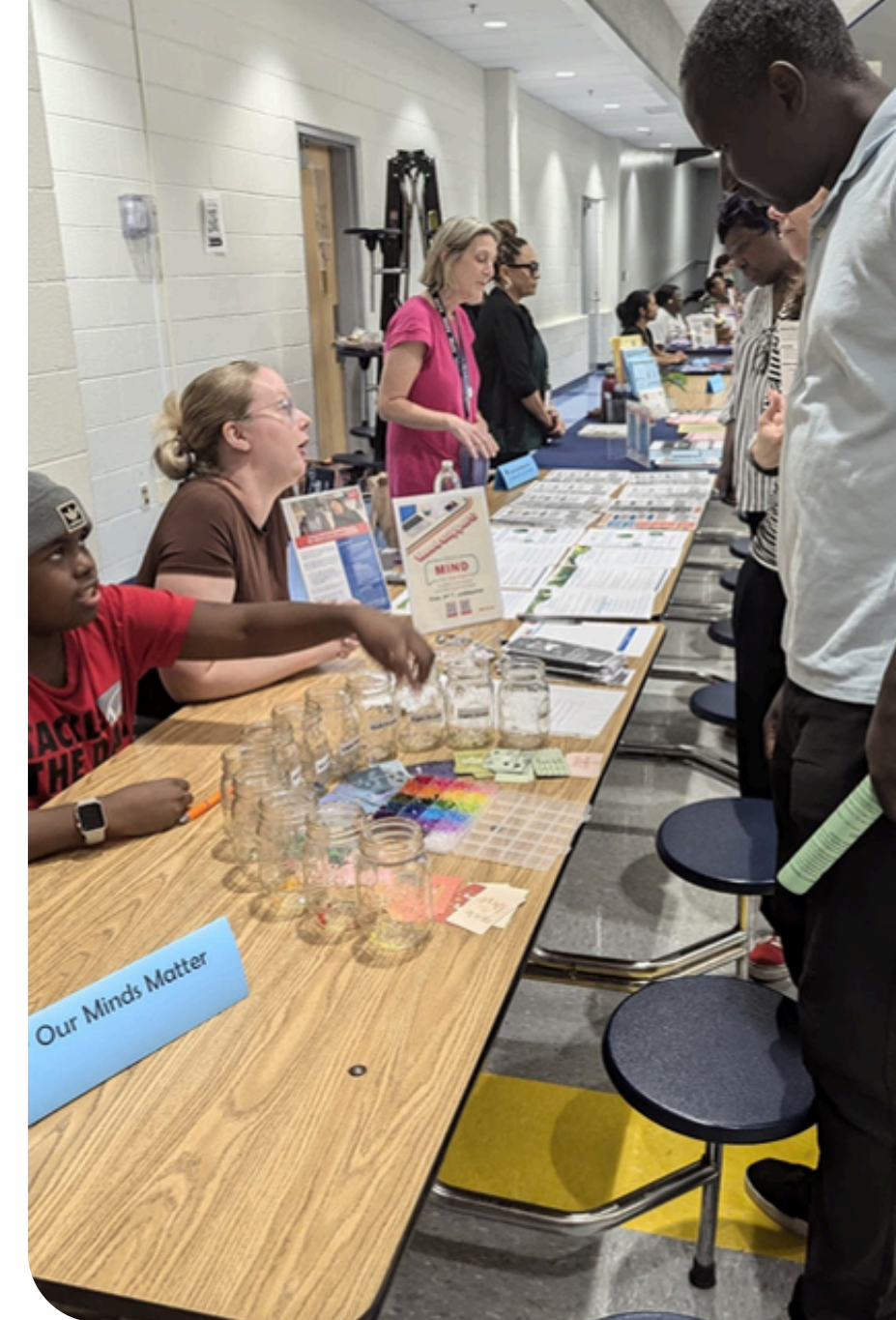
26,162

Additional teens
reached through
student-led
campaigns

45

school-wide campaigns

of Students Reached In-Directly

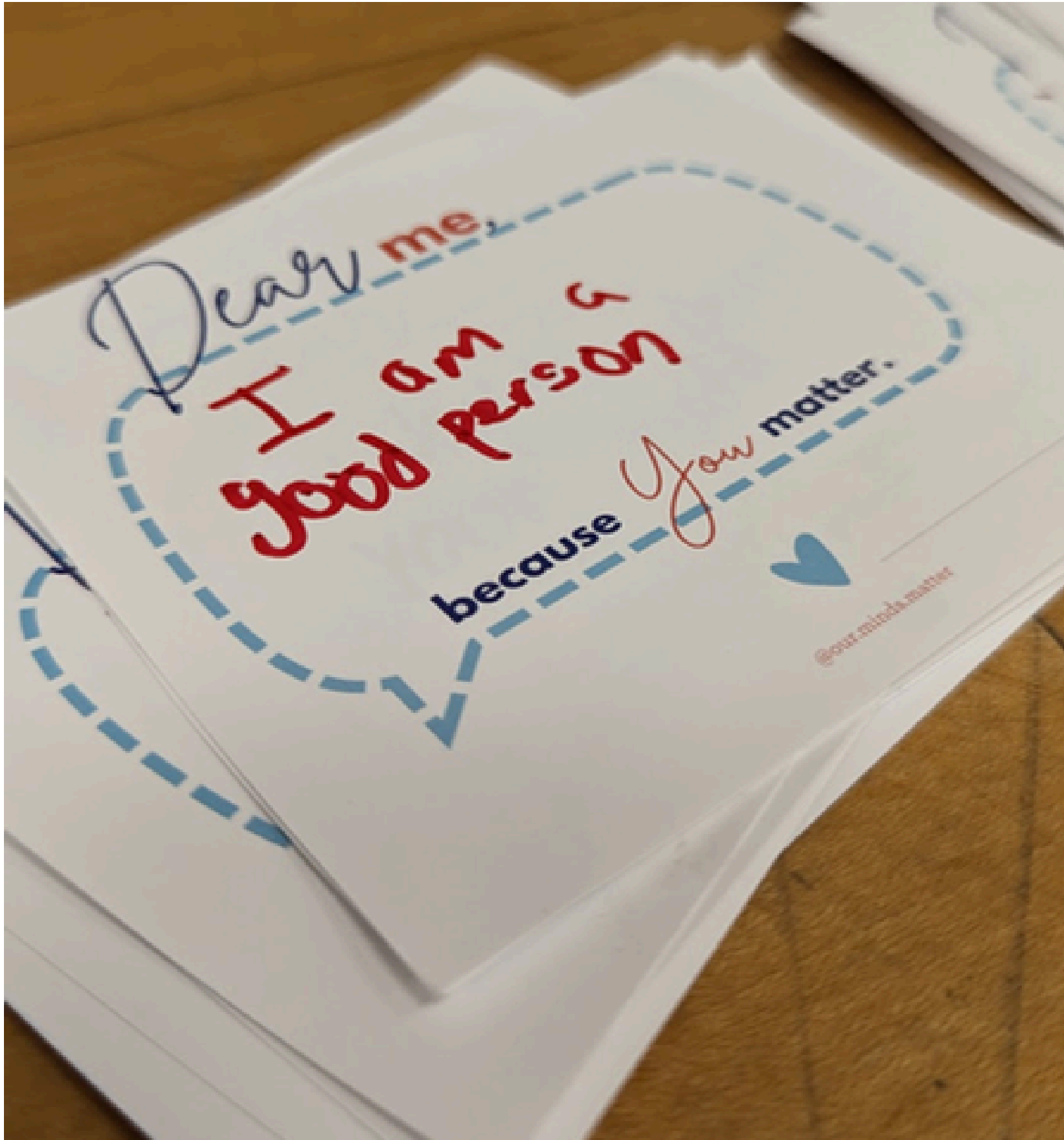


the impact

“

I feel more informed on such topics, and more inclined to, if I feel any depression or bad mental thoughts, reach out to people.

Hallie Wells Middle School





91%

of MCPS High School and Middle
School Survey Participants
Reported

**being in OMM has had a
positive impact on their
mental health**

building protective factors

main program outcomes for high school and middle school club participants

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I feel socially connected to my peers and school community

81.0%

I feel socially connected to my Our Minds Matter club members

88.7%

I am likely to engage in helpful behaviors toward others

94.6%

I am confident in my ability to support someone who is struggling with mental health

83.4%



data source: self-report data from Spring Impact Poll (total MCPS sample size = 132; HS = 99, MS = 33) in June 2025

building protective factors

main program outcomes for high school and middle school club participants

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I use positive coping skills to help me reduce & cope with stress

81.0%

I actively practice self-care & healthy habits to improve my wellbeing

87.1%

I would be willing to seek help if I were struggling with my mental health.

81.0%

I know what mental health resources are available to me should I need support

90.1%



self-care &
healthy habits



help-seeking

data source: self-report data from Spring Impact Poll (total MCPS sample size = 132; HS = 99, MS = 33) in June 2025

pre-post analysis

- Measure outcomes **before and after** a program
- Compare results to see what changed
- Helps show the program's impact



The next 3 slides show comparisons between all responses from the beginning of the year survey to all responses from the end of year survey by MCPS students.

Generally, things trended in the right direction. **Students' scores increased from pre- to post- for all outcomes**, with some of these gains reaching statistical significance.

Reaching statistical significance means the results we see are not only noticeable, but also **reliable - and that give us more confidence that a program/intervention really made a difference.

pre/post data points

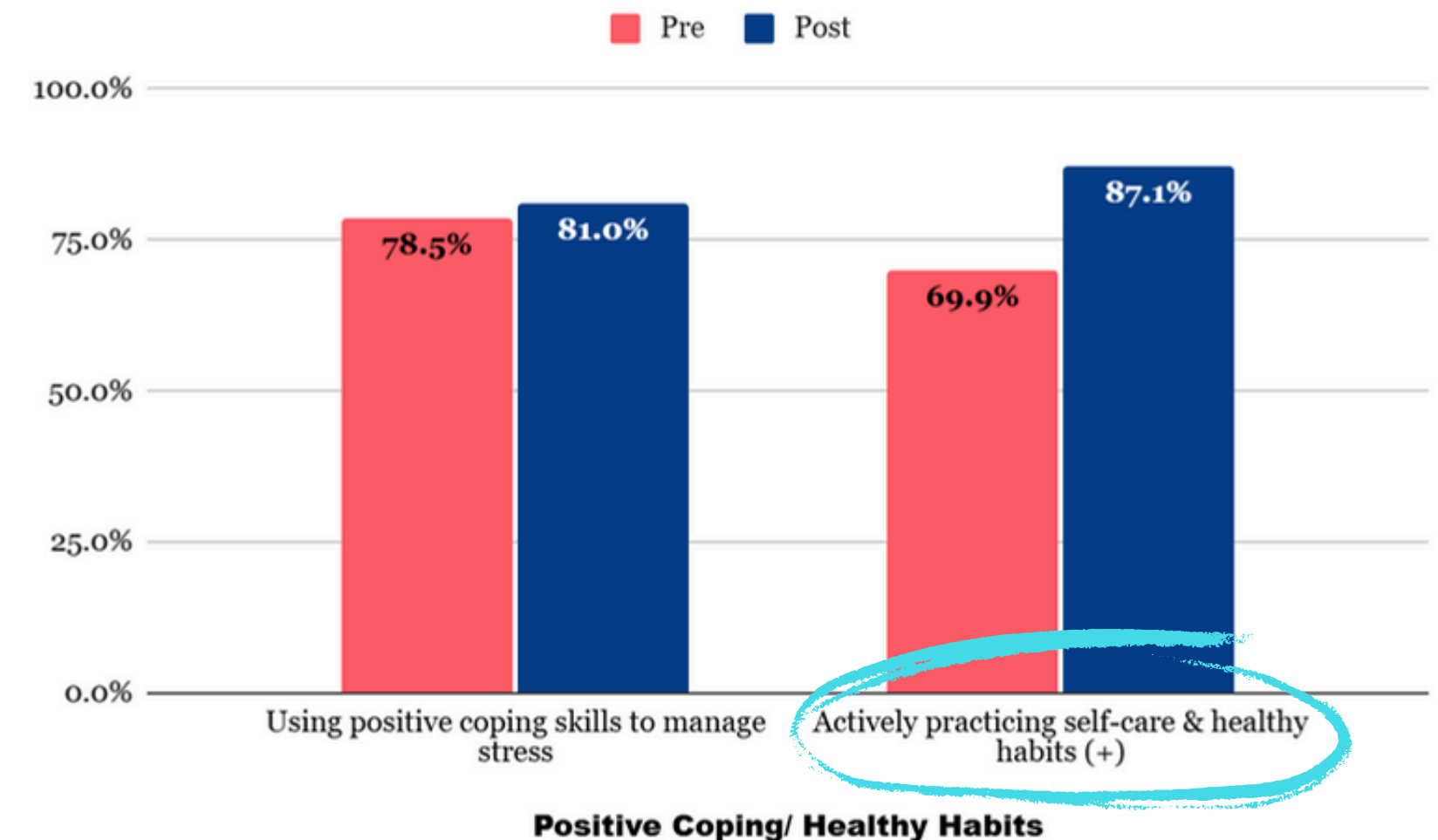
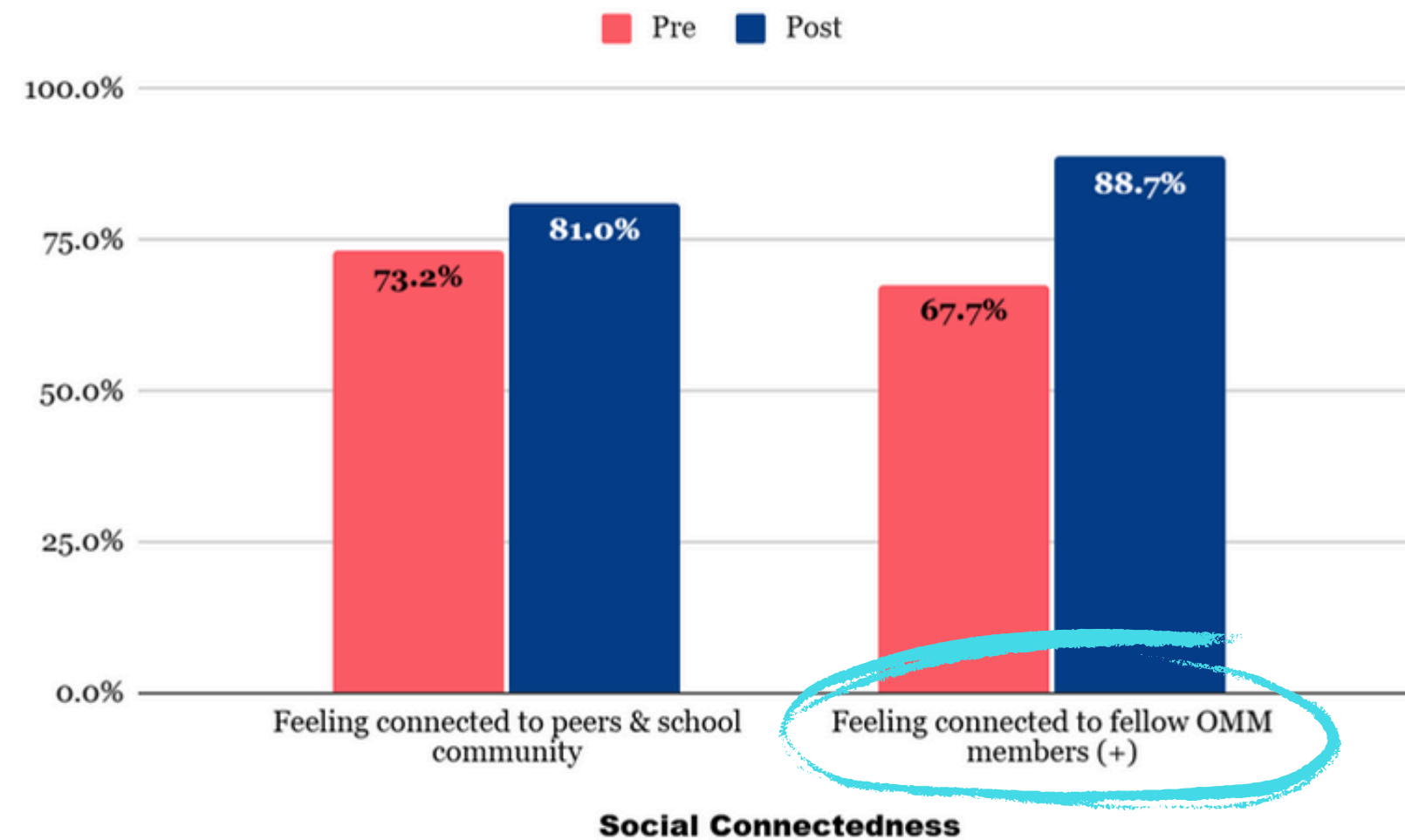
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improvements to program outcomes and mental health outcomes using unmatched sample



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. Pre-survey N=93 ; Post-survey N=132

pre/post data points

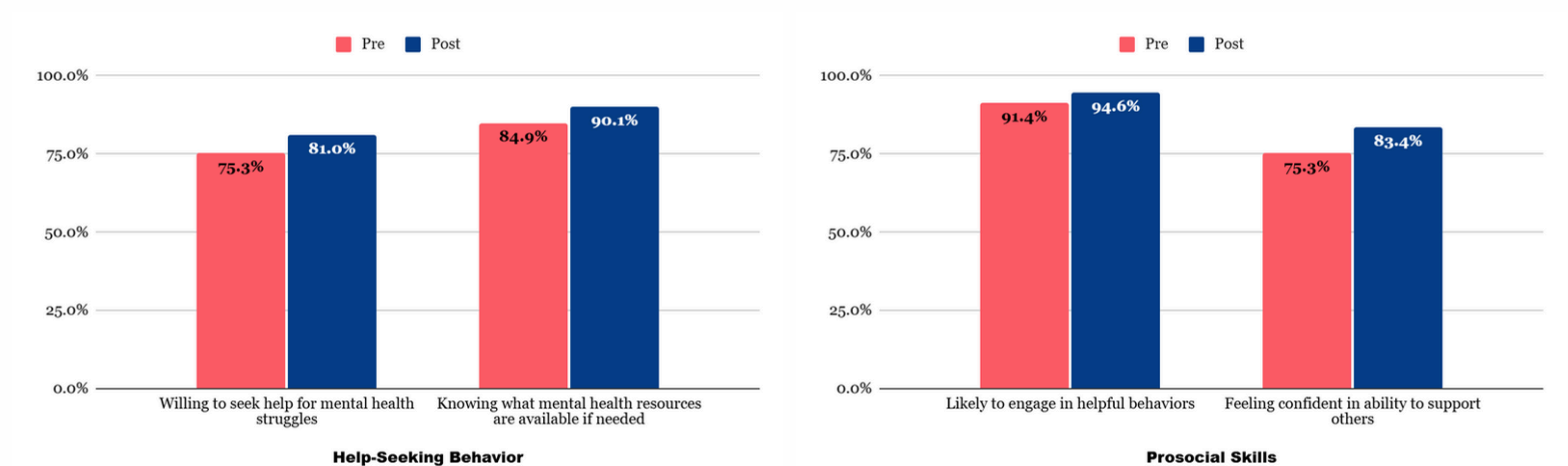
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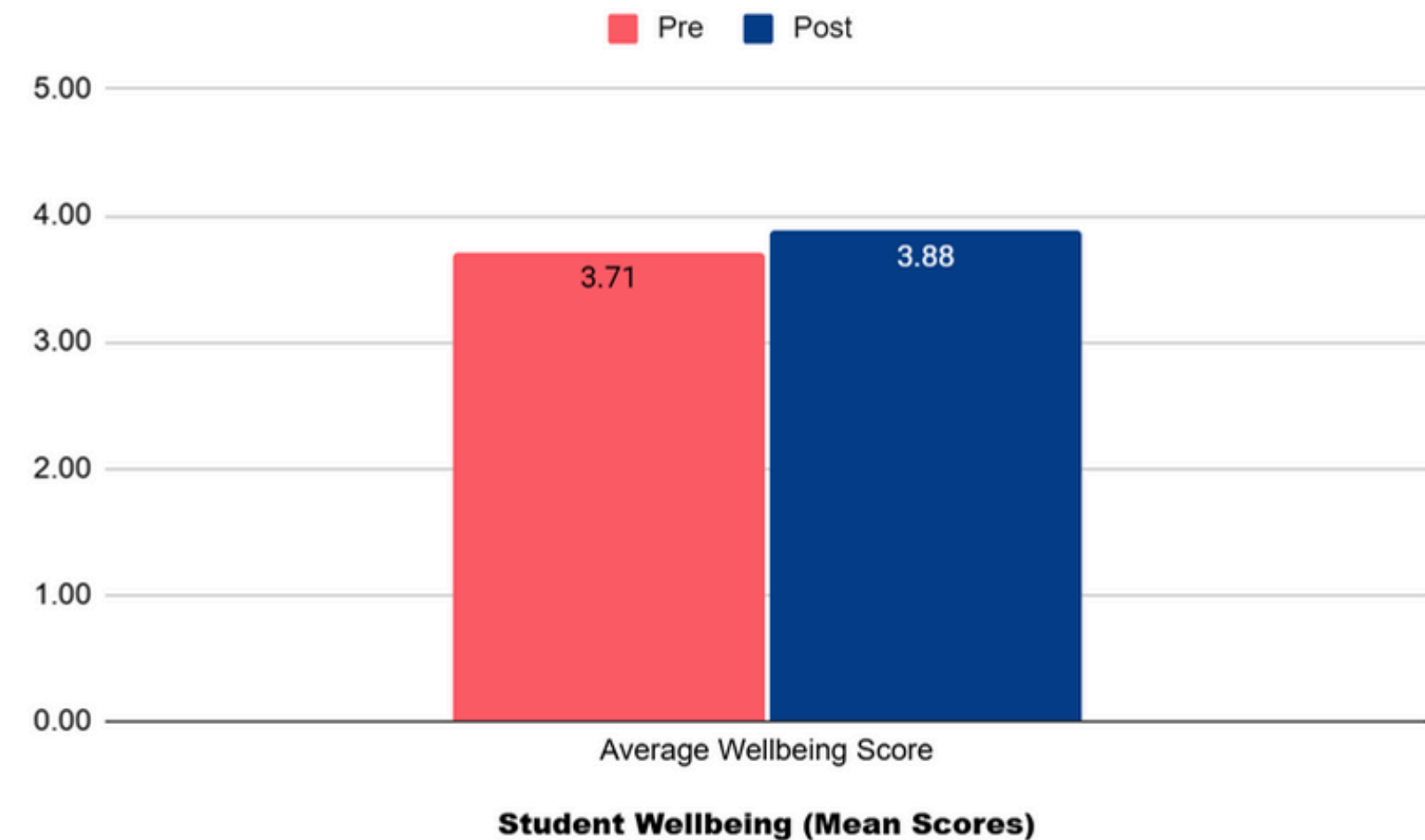
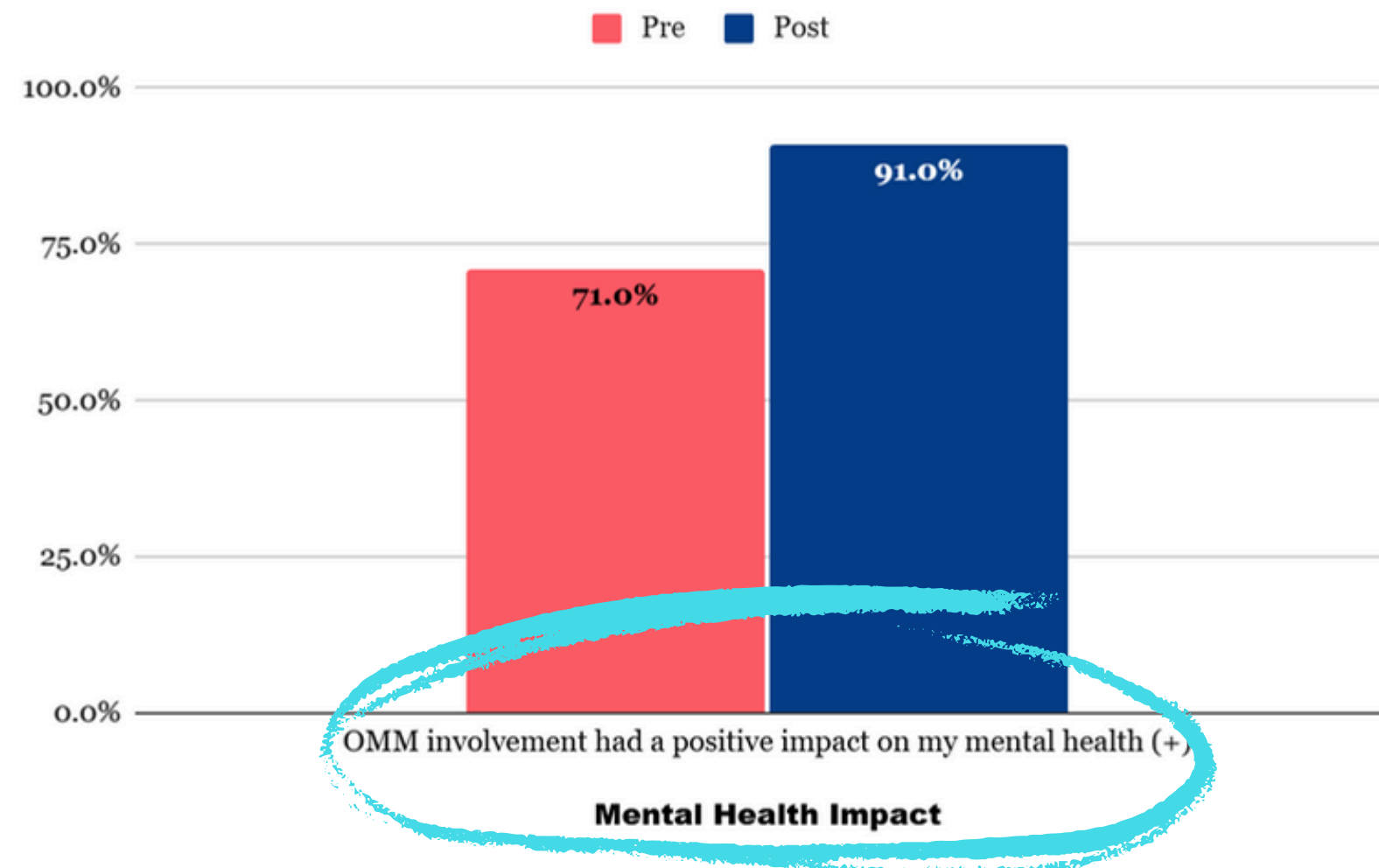
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impact on mental health

Qualitative findings

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The Minds Matter club at my school was the first club I ever join after arriving in America as an immigrant with zero knowledge on how grades or anything else worked. Thanks to the club meetings I made new friends and put myself out there in ways I didn't know and went from eating lunch alone to inviting my friends to join me at club meetings and participate.

“[OMM] has taught me how to manage my emotions and has shown me how to be there for those I love in moments where they need emotional support”

Being part of a community that encourages mindfulness, reflection, and open conversation has helped me feel more grounded during stressful times.

data source: self-report data from Spring Impact Poll
(total MCPS sample size = 132; HS = 99, MS = 33) in June 2025

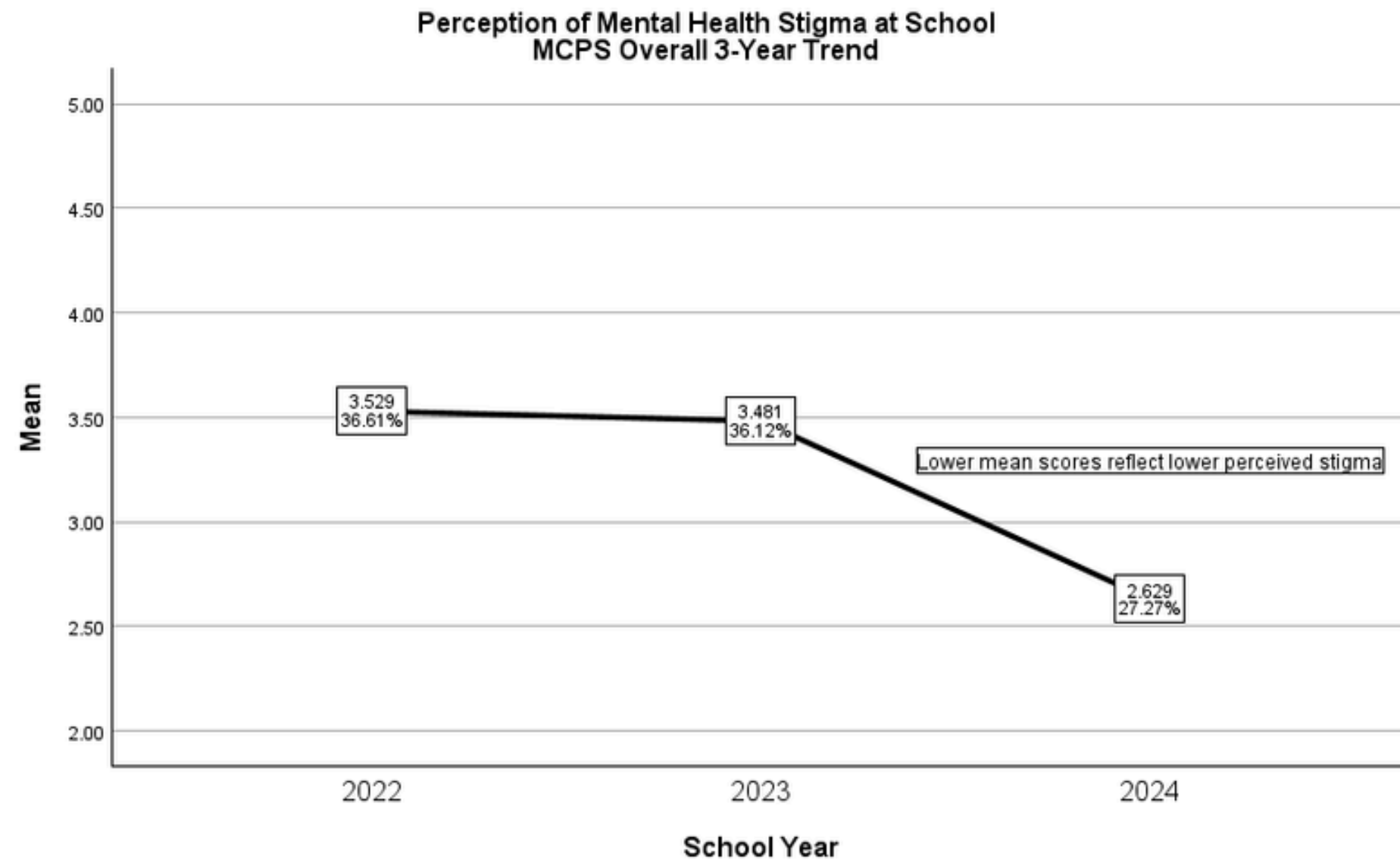


data source: self-report data from
Spring Impact Poll (total MCPS
sample size = 132; HS = 99, MS = 33)
in June 2025

broader school culture impact

perceived club impact on broader school culture by high school and middle school club participants

This graph shows that students' perception of mental health stigma at school has steadily gone down over the past 3 years.



*data source: self-report data from Exit Poll/Spring Impact Poll from 2022-23, 2023-24, & 2024-25 school years

**total MCPS sample size = 283 (2022: N=70; 2023: N=81; 2024: N=132)

broader school culture

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perceived club impact on broader school culture by high school and middle school club participants

3 words to describe school culture around mental health

The top three words reported by MCPS students were **supportive, helpful, and open**. Positive words such as **caring** and **inclusive** were also among the most frequently cited words.



data source: self-report data
from Spring Impact Poll (total
MCPS sample size = 132; HS = 99,
MS = 33) in June 2025

broader school culture

perceived club impact on broader school culture by high school and middle school club participants

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Qualitative findings

According to student responses, the club has **made mental health a more visible, normalized, and a supported part of school life.**

“Our OMM club has had a positive impact on our school. Their meetings and activities help students learn new ways to cope with their mental health. Additionally, the club teaches members how to manage their own well-being and support others when needed.”

“Our OMM club has helped out with maintaining the level of care our school shows towards mental health. Our school does a good job with helping others and OMM does the difficult task of not letting the standard of care we show towards mental health drop.”

data source: self-report data from Spring Impact Poll (total MCPS sample size = 132; HS = 99, MS = 33) in June 2025

IRB study

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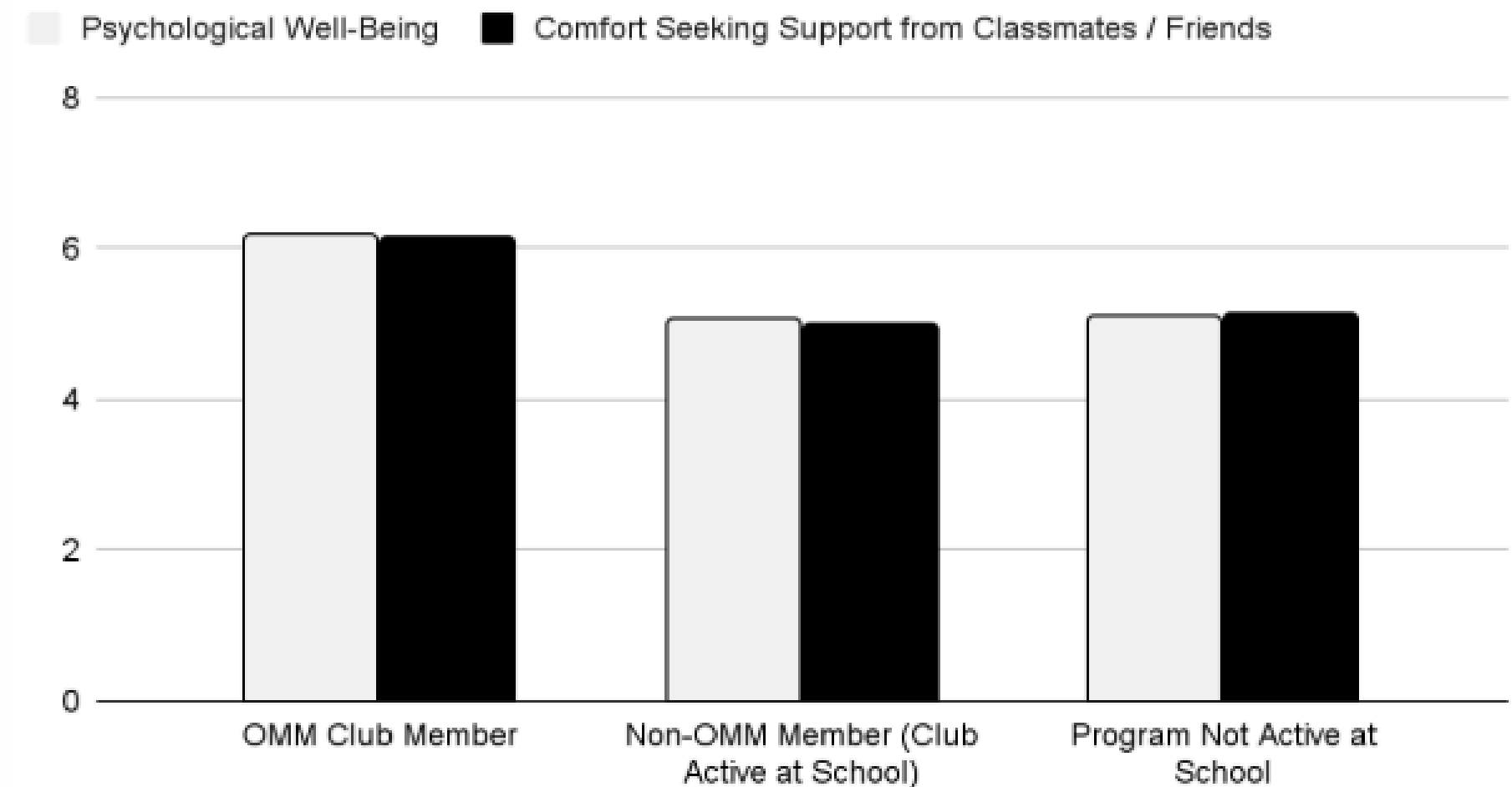
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Evaluating the effect of OMM on students not actively involved in their school's club

★ Students in OMM clubs reported **greater psychological well-being** (average score of 6.2 on a 7-point scale) than other students at their school (average 5.1) and students at schools without OMM clubs (average 5.0).

Student Reports given OMM Club Involvement and Presence



Notes

- This study used a quasi-experimental research design with 3 conditions: OMM club members (direct intervention); non-participating peers at OMM schools (indirect intervention); students at non-OMM schools (control)
- Data collection occurred in Spring 2025 at 4 public high schools in DC metro area (2 MCPS schools & 2 DCPS schools; 1 school with OMM and another without OMM for each district)
- Total **N = 213 students** (58.7% girls; racially diverse: 53.1% Black; 19.2% White; 10.8% Asian; 57.6% Multiracial, 5.2% Latine)
- 15.7% OMM members; 45.2% student peers at school with OMM club; 39.1% students from schools without OMM club (control)

IRB study

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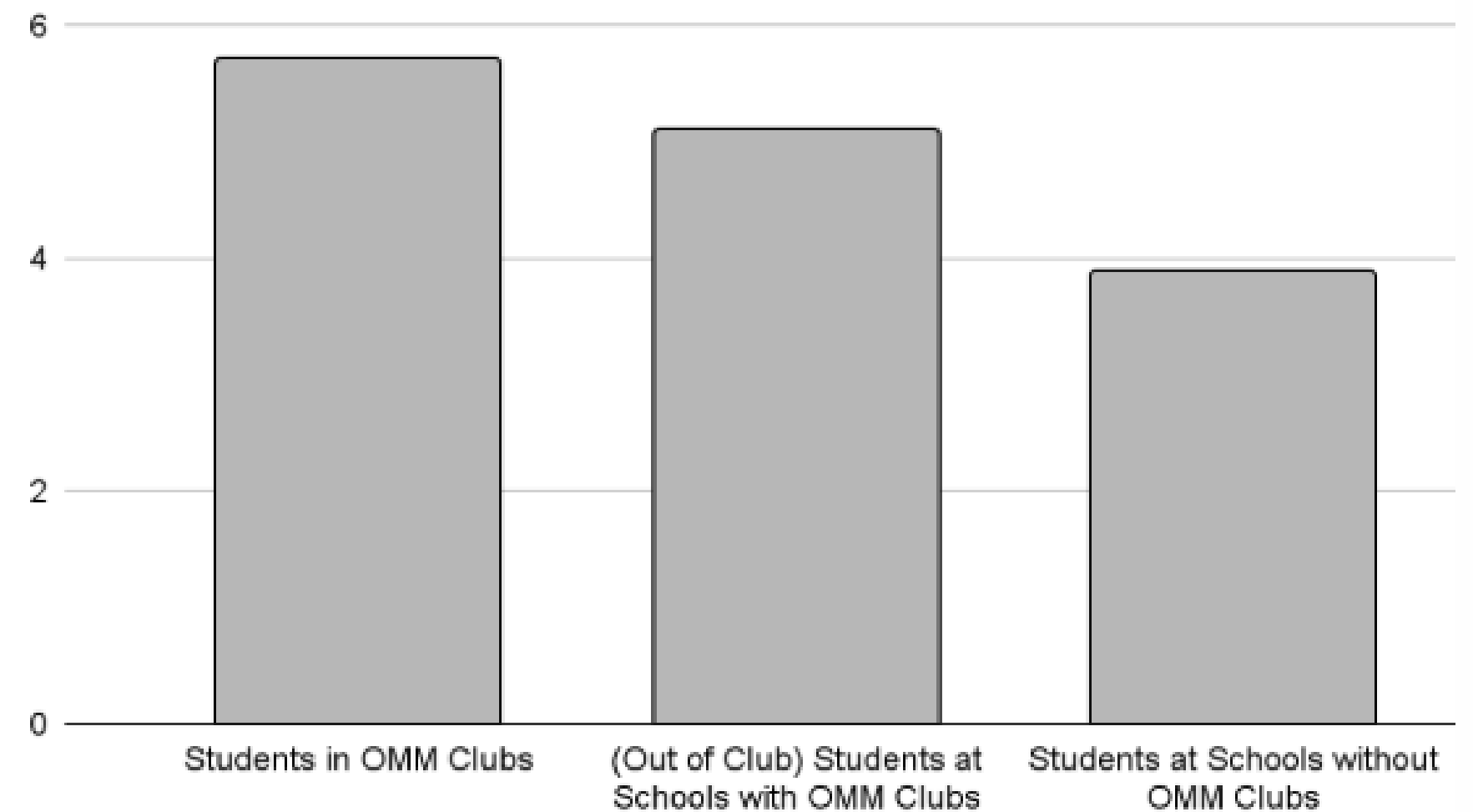
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Evaluating the effect of OMM on students not actively involved in their school's club

★ Benefits of OMM extend **beyond** active club members – Students who were not active members but attended schools with OMM clubs reported **greater comfort seeking support from school counselors** than those at schools without OMM, demonstrating the ripple effect of the program.

Comfort Seeking Help from School Counselors



Notes

- This study used a quasi-experimental research design with 3 conditions: OMM club members (direct intervention); non-participating peers at OMM schools (indirect intervention); students at non-OMM schools (control)
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demographics

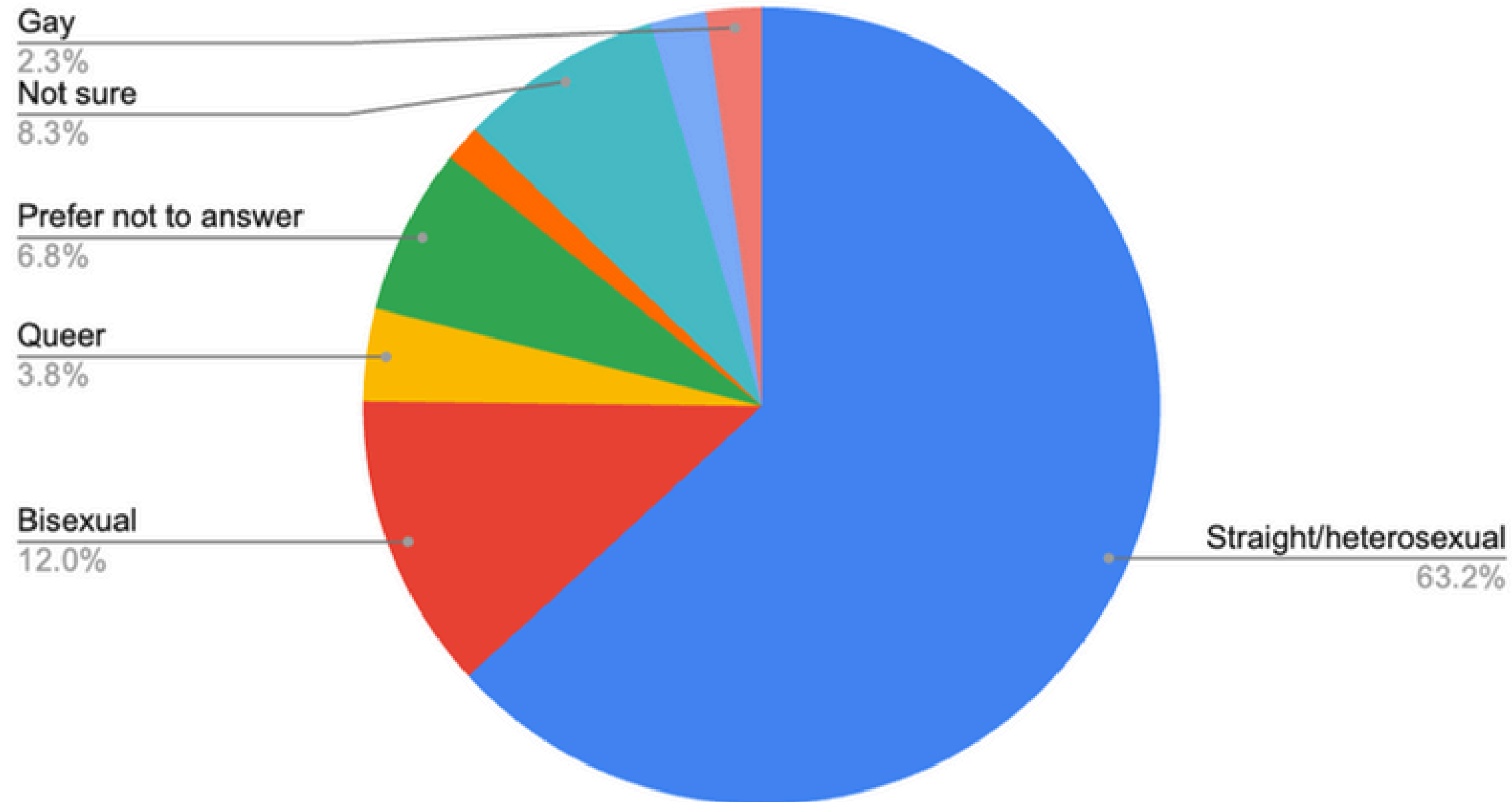
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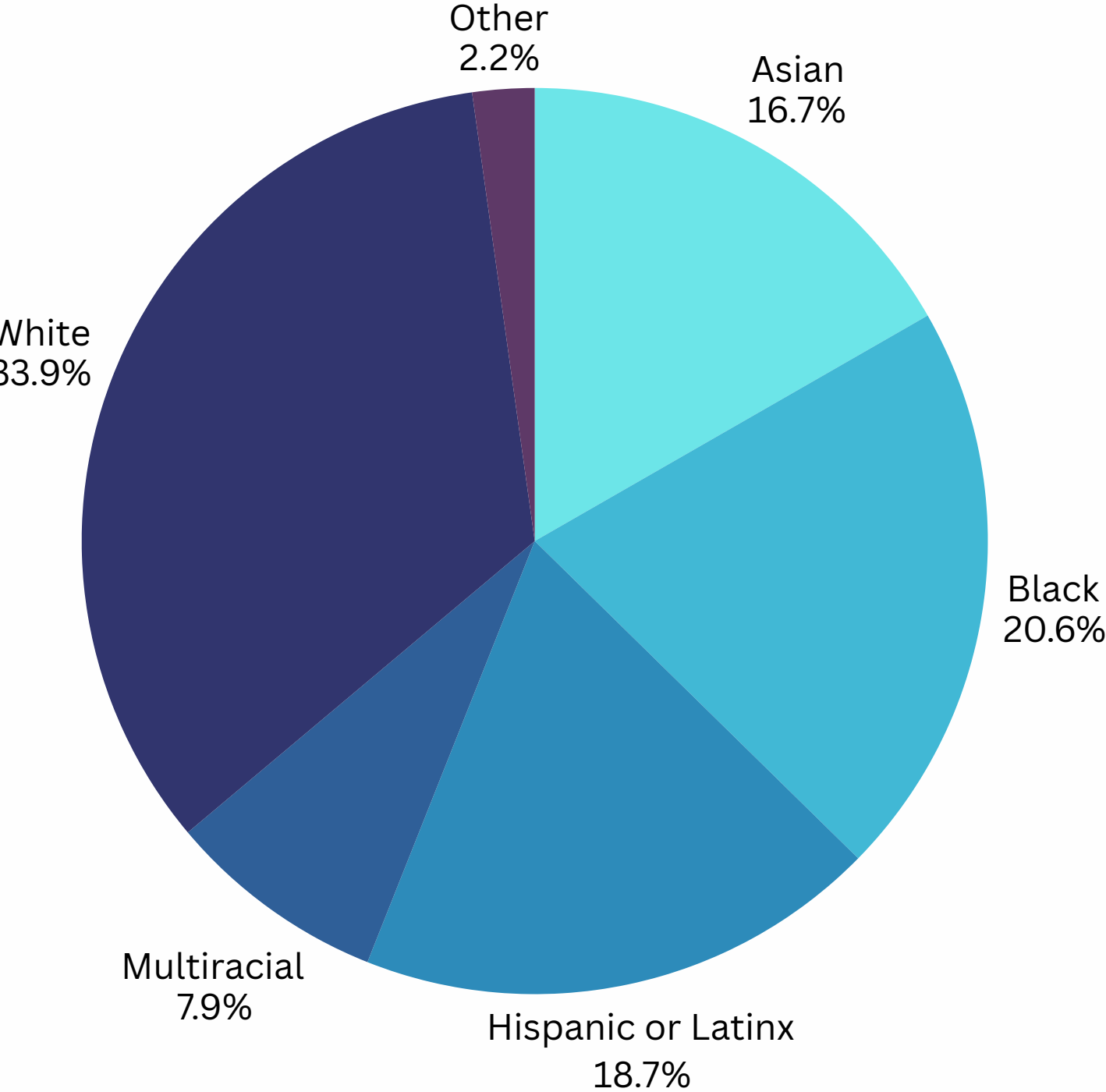
Which of the following best describes your sexual orientation?



Source: Spring Exit Poll

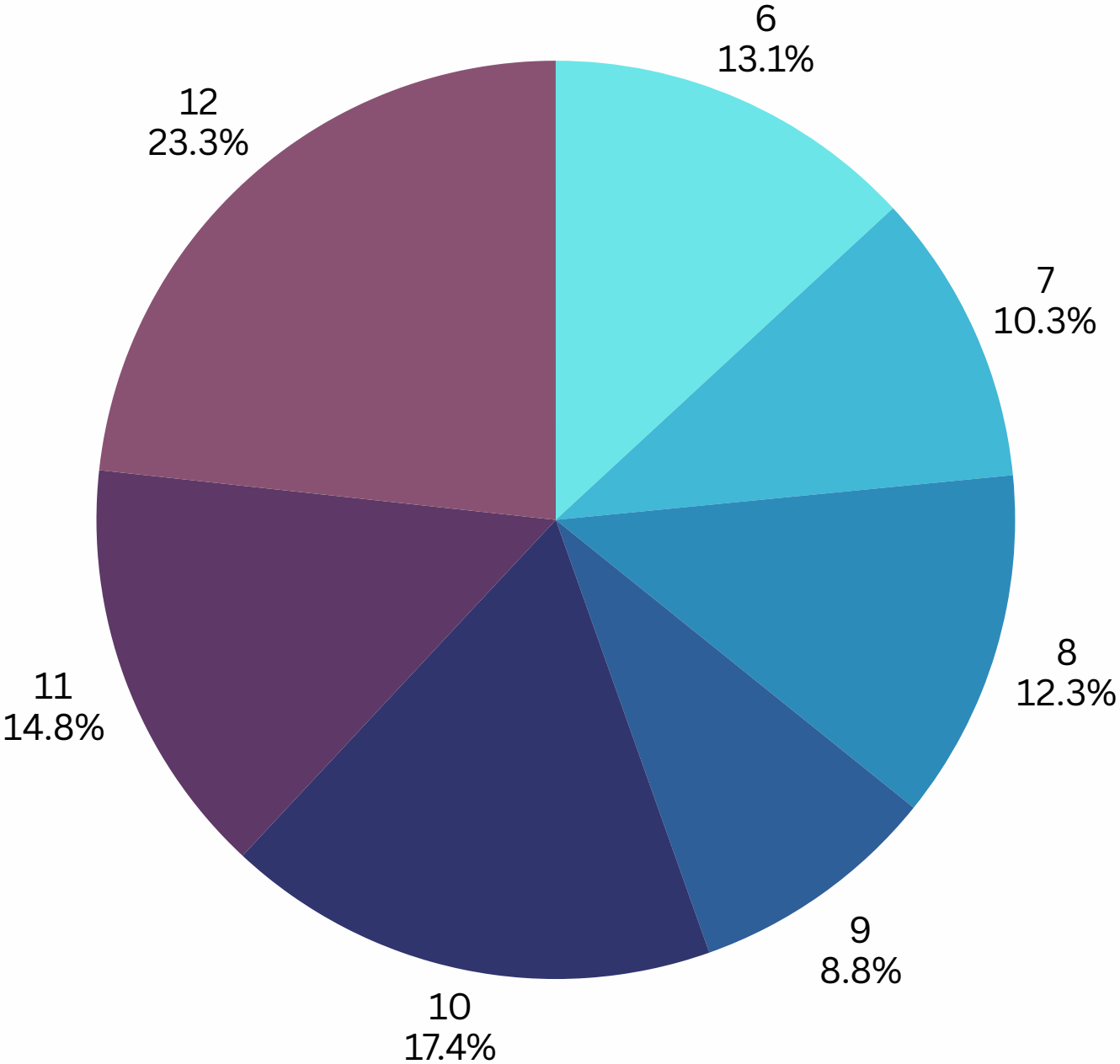
demographics

race



Source: Q1-Q2 Sign In Form Data

grade



Source: all MCPS sign-in form entries

sponsor's feedback

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At the end of each school year, we polled school staff members about their experience as a club sponsor. In June 2025, we received responses from 21 club sponsors (11 HS; 10 MS). Here's their feedback.



What was a highlight of your OMM clubs this year?

Witnessing a group of 8th grade girls learn and listen with each other while discussing red and green flags in relationships.

The highlight for me as the sponsor was watching the club grow from 1 person to 7. It's a small, but mighty group who has repeatedly told me how much they enjoy the club and they are excited to expand it next year!

Our highlight has been being able to engage as many underclassmen as we have. We were concerned at the end of last school year that our club would dwindle because it was mostly made up of seniors last year and we didn't want to see that happen.

Our Minds Matter teamed up with JSSA for a Mental Health First Aid Training; held a booth with affirmation notes to be put up around the school during mental health awareness week; named our trusted adults and commented on what they do for us to be put up around the school

The mental health first aid training with JSSA and the anxiety lesson for the whole school

Cookie decorating for our valentines day meeting and preseting OMM lessons in the health classes.

Getting to work with students in a different way and working with some students I wouldn't normally have contact with

sponsor's feedback



Would you recommend OMM to other schools without our club? Why or why not?

Yes, I'd recommend OMM to other schools because it allows youth to take an issue, such as mental health, into their own hands and provides them the tools to help change its climate around their own schools.

Yes, fostering positive connections with students I often don't get the chance to connect with was amazing!

Yes. It's been a positive experience for students and staff leaders. OMM provides enough support that the planning and administration is not a heavy lift.

Yes! It has helped grow awareness surrounding mental health and given students an outlet to learn and discuss this important topic

Yes! There are SO many amazing resources for students so they don't have to come up with things

Yes, I think it provides students with a great leadership opportunity and an easy way to access general mental health support or wellness activities to maintain their good mental health

Definitely! It's made a big difference for the kids who participate and the parents love that we have this option

Absolutely! It's an amazing club that isn't time consuming to run, helping to create a stress free environment!

Yes! This club is amazing and the fact that it is student led seems to bring more traction.

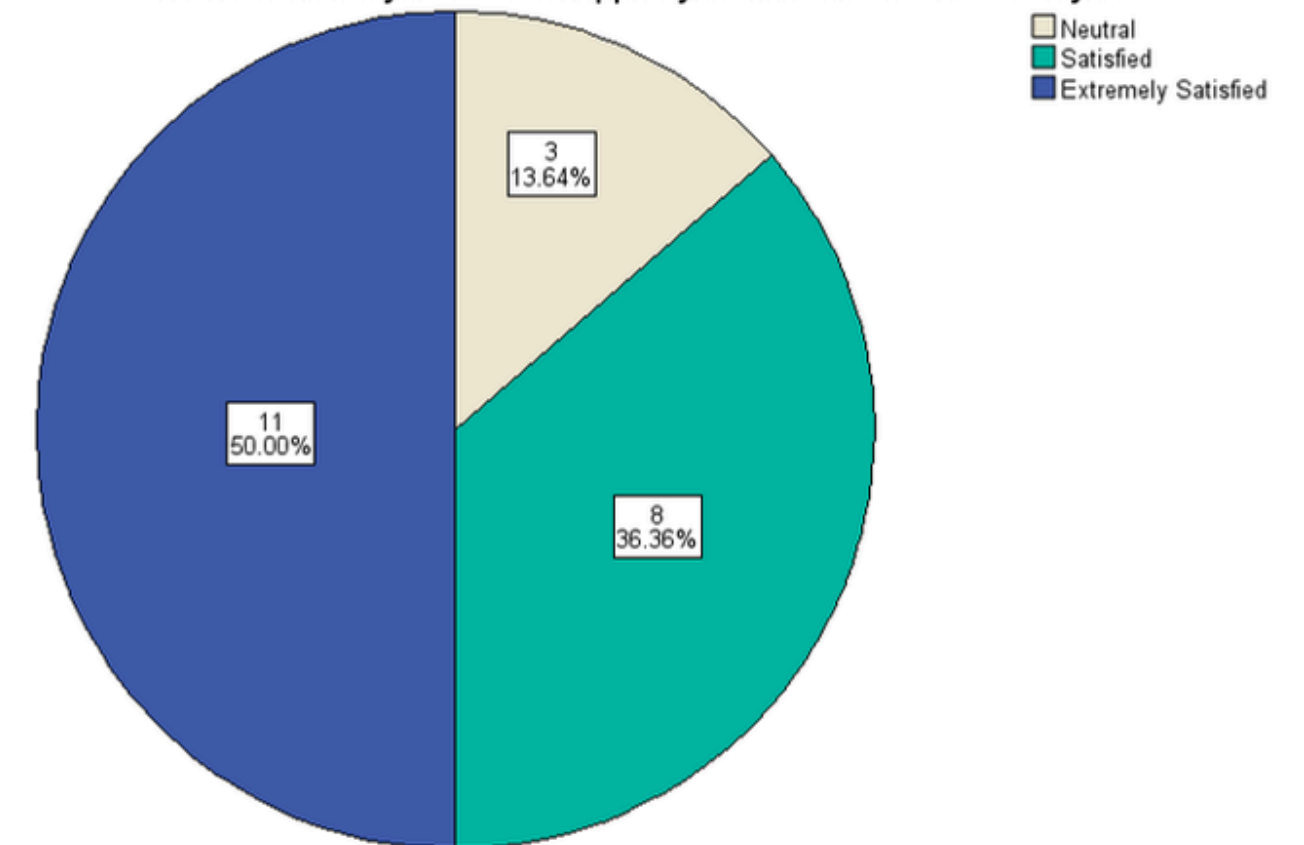
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How satisfied are you with the support you received from OMM this year?



sponsor's job satisfaction

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Please elaborate more on how your role as the OMM club sponsor may have impacted your job satisfaction

Fostering positive connections with students I often don't get the chance to connect with was amazing!

It's one of the things I really look forward to every week!

I've gotten to work with more students who are doing WELL, which doesn't always happen as a school social work. Our students are enthusiastic and enjoy club meetings.

I enjoy group work so it gives me a boost the days we have OMM club meetings or activities.

It's great being a Health teacher and seeing kids support what I am passionate about. The students really enjoy the [the club] and are proud of what we do.

I have enjoyed getting to know a group of students that I would not have known outside of this setting.

Sometimes I plan a meeting, not realizing I need the meeting myself. I participate with the students and it makes me feeling better than when I did when the club meeting started that day.

Becoming a club sponsor meant helping facilitate some of the difficult conversations between students and supporting our leadership. But overall the student leaders made that role very easy.

Engaging students proactively is positive for me.

How does your role as the OMM club sponsor affect your job satisfaction?

