



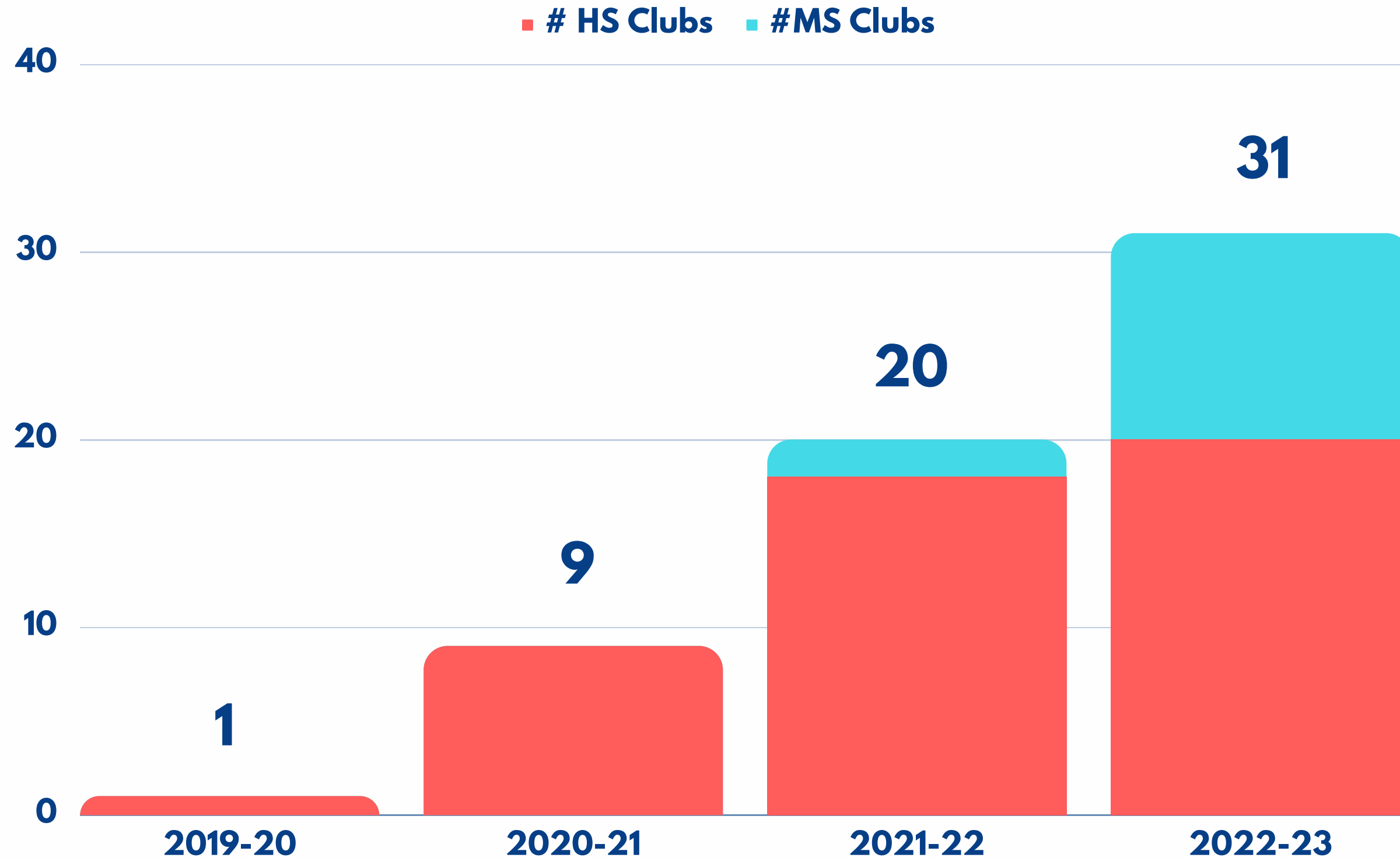
**A snapshot of Our Minds Matter's impact in  
Montgomery County Public Schools**  
School Year 2022-2023





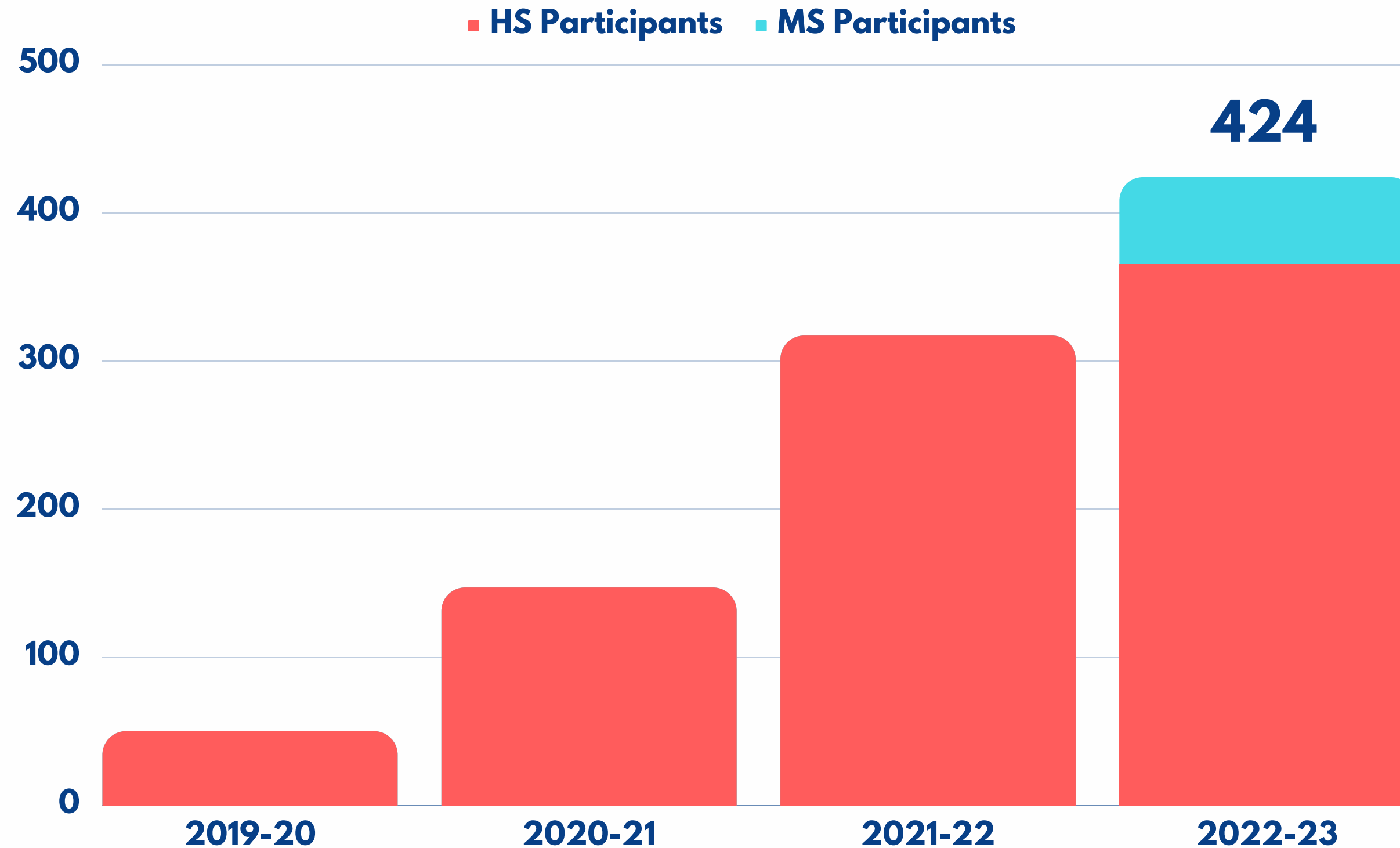
# Program Growth

our minds  
matter



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\*directly reached unique participants who used the sign-in form from 2019-2023

# Engagement

2022-2023 MCPS SCHOOL YEAR



93.3%

**Club Retention**

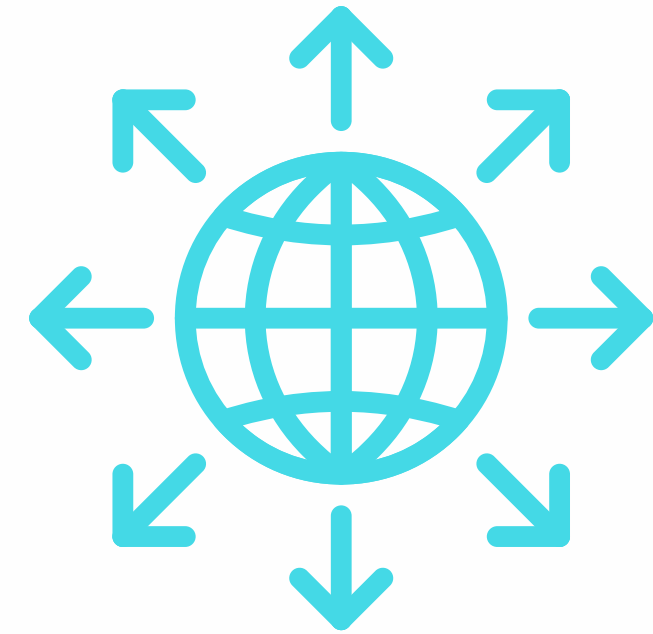
clubs who will continue program in 23-24 SY



188

**Meetings & Campaigns**

number of meetings & events students held



8,208

**Student Reached**

directly & in-directly



# Assessing Impact

The logo consists of a red speech bubble pointing downwards and to the right, containing the text "our minds matter" in white, lowercase, sans-serif font.

our minds  
matter

## Background

Our Minds Matter (OMM) is an upstream suicide prevention model based on resiliency research and the power of peer-to-peer influence amongst adolescents. OMM took priorities from the Jed Foundation's Comprehensive Approach to Mental Health Promotion and Suicide Prevention to inform the curriculum development to be suitable for a teen audience.

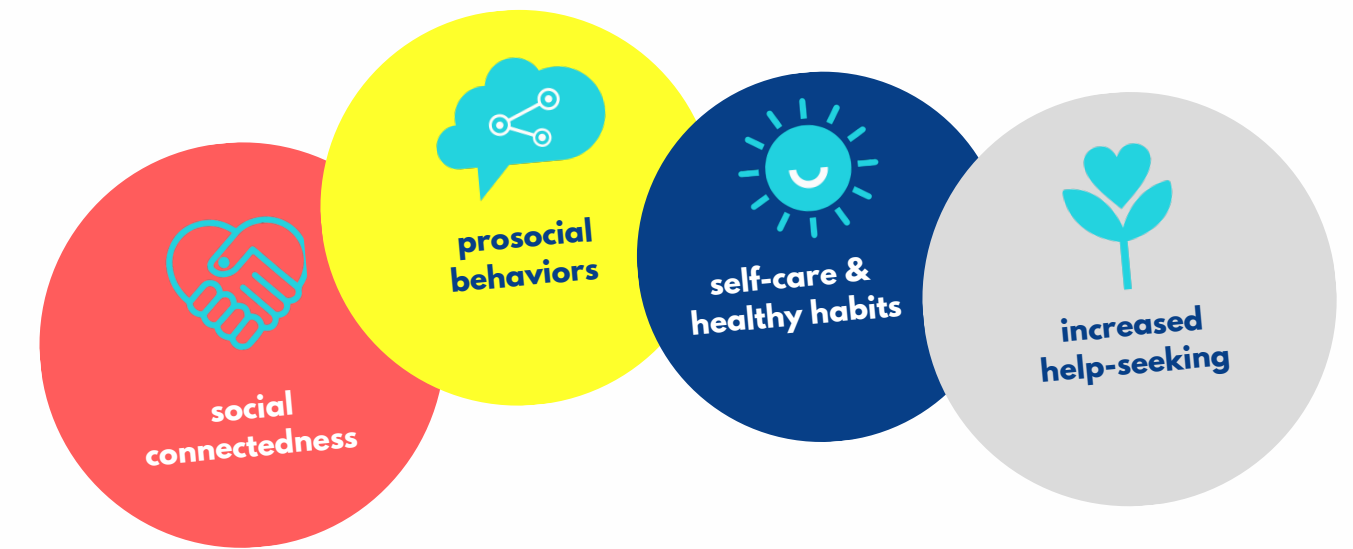
## How does OMM under the impact of programming on teen mental health?

OMM's program is designed to promote social connectedness, encourage self-care and healthy habits, increase prosocial behaviors, and increase help-seeking behaviors that are proven protective factors to promote mental wellness, prevent adverse mental health outcomes and the likelihood that a teen turns to suicide.

We collect outcome data to help us better understand if the program is achieving the intended outcomes. In addition to implementation data to evaluate the who, what, when, and how that helps us achieve our outcomes, we also collect demographic data to help us better understand the demographic make-up and identity breakdown of the students who participate in the program and to determine who is not being reached.

We have a comprehensive program evaluation strategy informed by best practice research literature and led by Dr. G Wei Ng and Dr. Booker, research partner at the University of Missouri.

# Protective Factors



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

**82.3%**

I feel socially connected to my Our Minds Matter club members

**79.1%**

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

**92.0%**

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

**88.7%**

Being in Our Minds Matter has a positive impact on my mental health

**88.7%**

\*data from self-report in exit poll (total sample size 62) in May 2023



# Program Impact

The logo consists of a red speech bubble shape pointing downwards and to the right. Inside the bubble, the words "our minds" are stacked above "matter" in a white, lowercase, sans-serif font.

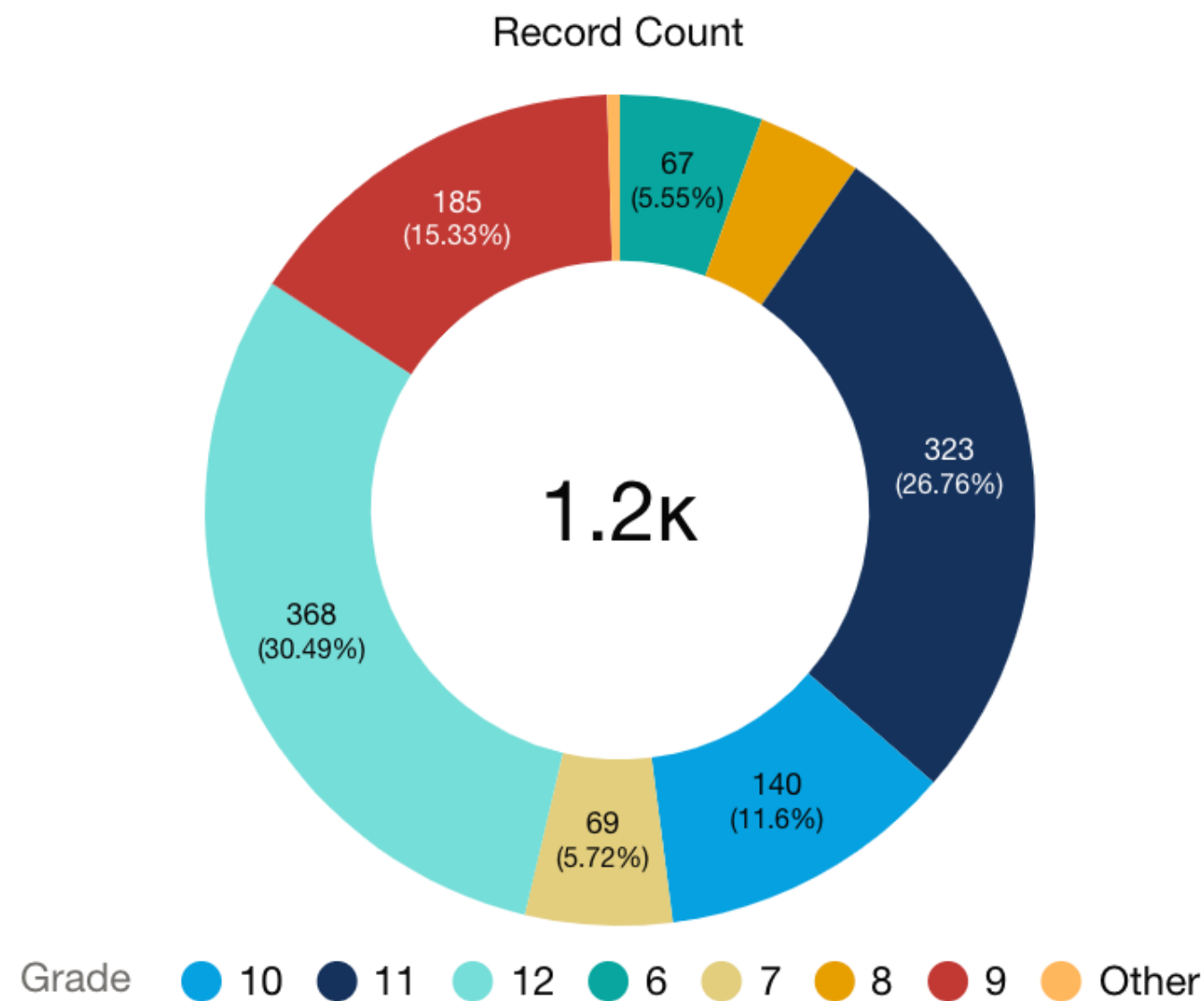
## Results from our 2022-23 exit poll show that:

- 88% of students reported that the OMM program positively impacted their mental health.
- In addition, the number of meetings students attended significantly predicted students feeling socially connected to their peers/school and club members, which in turn significantly predicted students' use of healthy habits & coping skills, willingness to seek help and awareness of mental health resources, likelihood to engage in helpful behaviors toward others, confidence in the ability to support others, and overall wellbeing.
- Simply put, the more students participate in the OMM program, the more they feel connected to their fellow OMM club members, peers, and school community, significantly predicting additional positive mental health outcomes!
- Our results are consistent with literature that points to the importance of social connectedness to mental health.

# Demographics

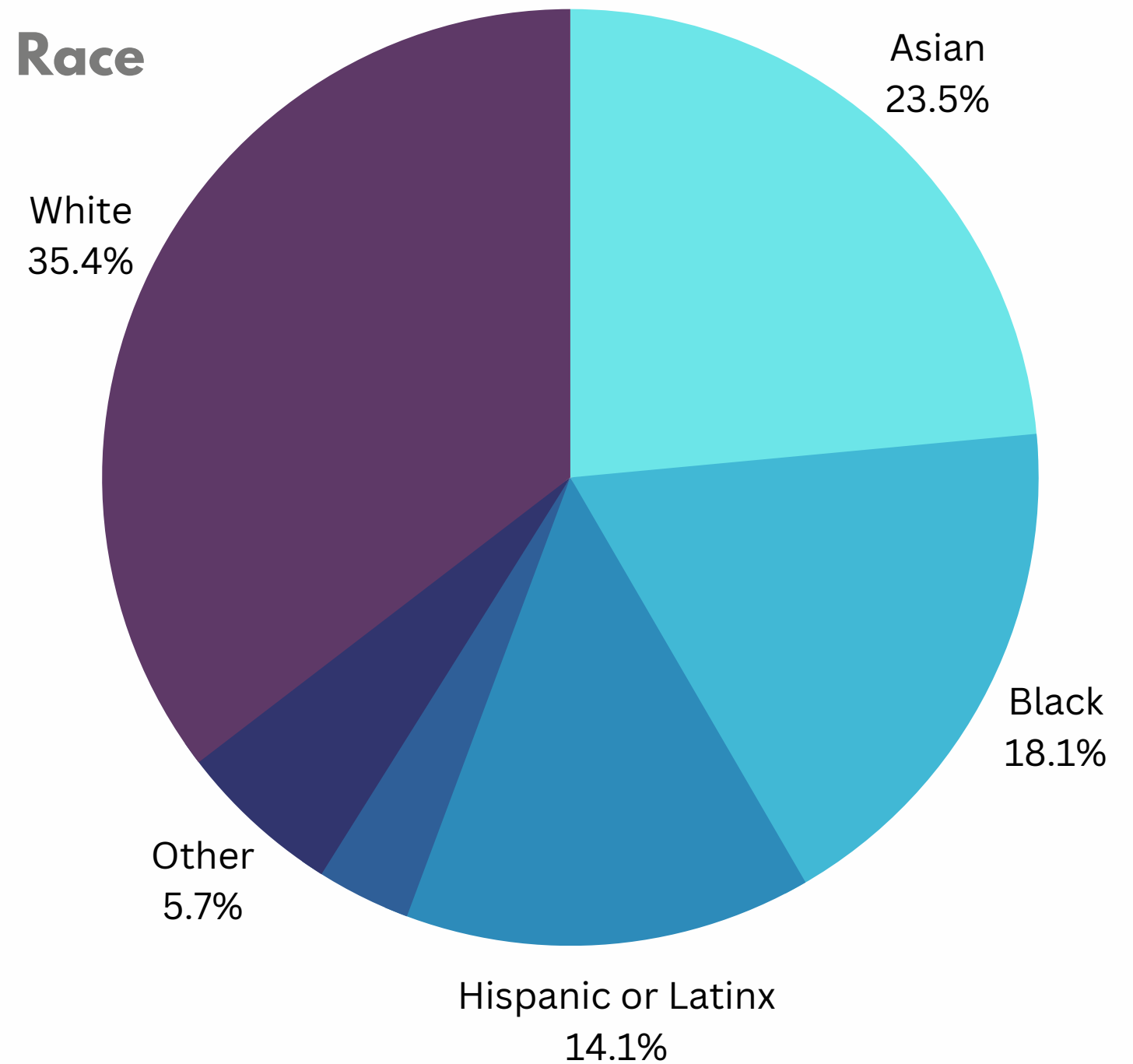
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## Grade



\*data source: all sign-in form entries (not unique)

## Race

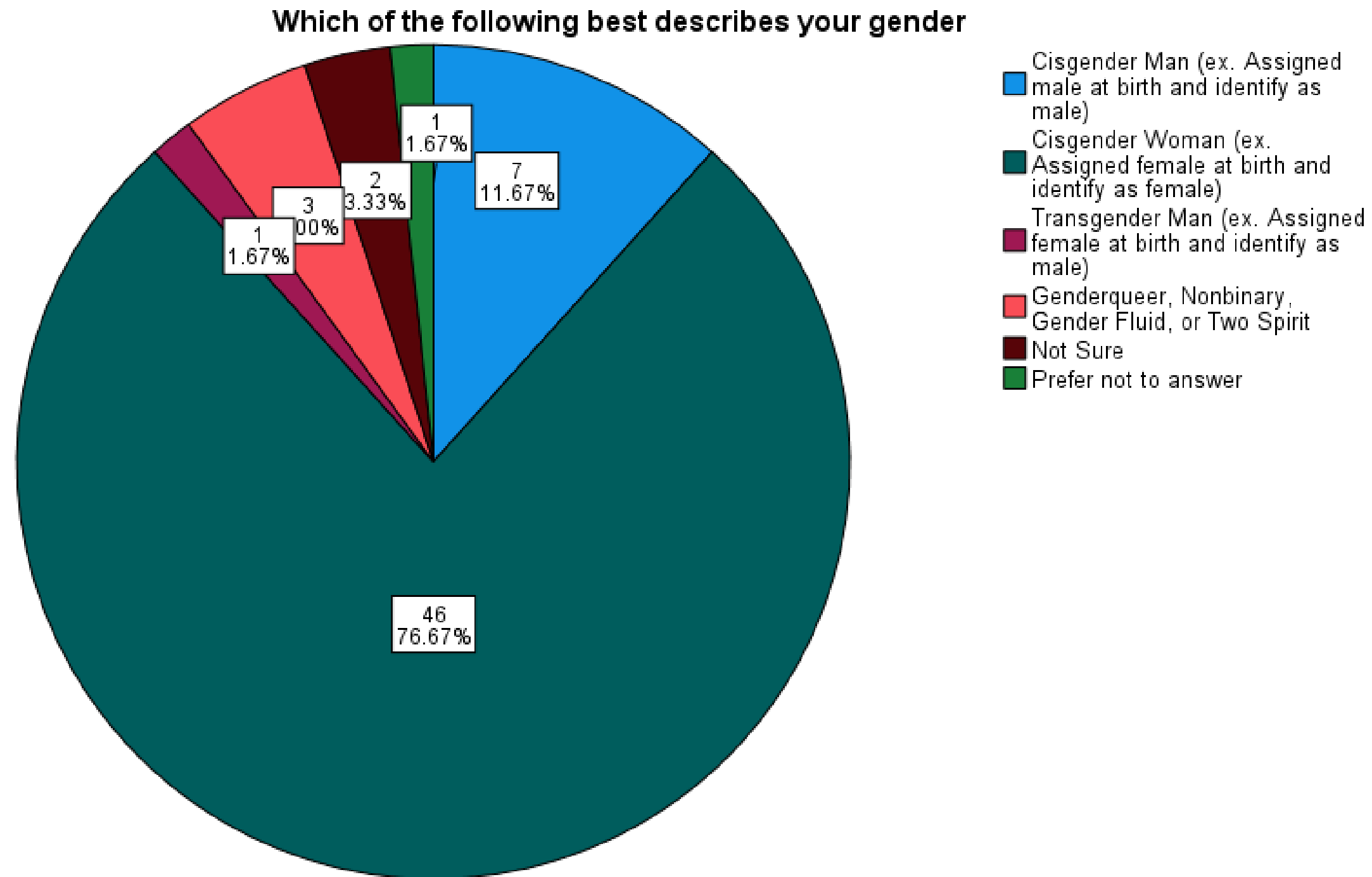


\*data source: demographic info provided by MCPS based on attendance form record (N=370)



# Demographics

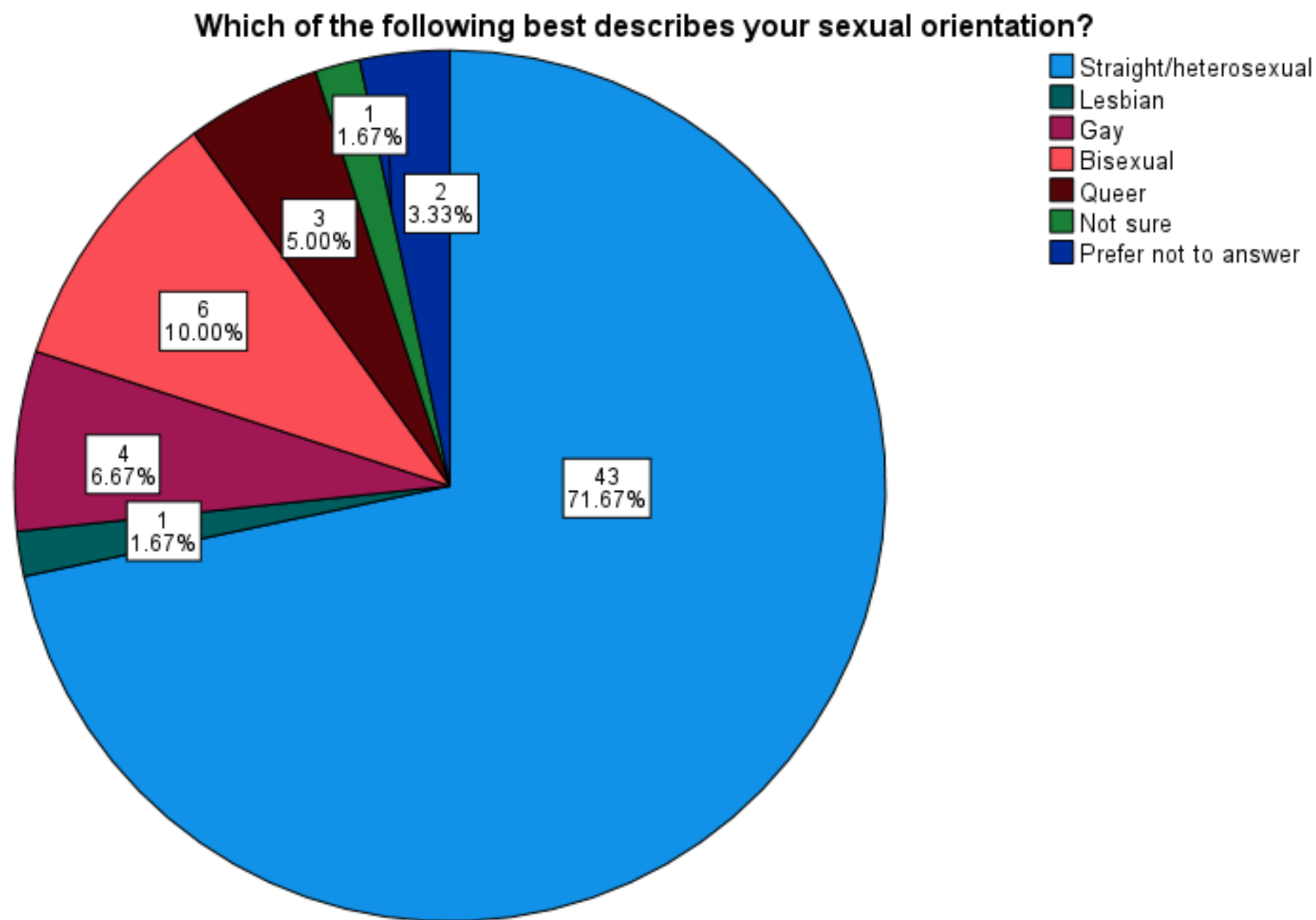
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\*data from self-report in exit poll (total sample size 62) in May 2023

# Demographics

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\*data from self-report in exit poll (total sample size 62) in May 2023





## IMPACT TESTIMONIALS



“

**I STRONGLY BELIEVE THAT TALKING ABOUT  
MENTAL HEALTH AND PROMOTING AWARENESS  
IN OUR COMMUNITY WILL LEAD TO A MORE  
SUPPORTIVE AND COMFORTABLE ENVIRONMENT  
FOR STUDENTS TO GET HELP**

- Poolesville High School Senior



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“  
**I HAVE LEARNED HOW TO SET  
BOUNDARIES, LEAD VULNERABLE  
CONVERSATIONS, AND FIND SOLACE IN  
GRATITUDE. I HAVE LOVED EVERY  
SECOND OF THE TIME I HAVE DEVOTED TO  
LEARNING AND EDUCATING OTHERS  
ABOUT MENTAL HEALTH**

-Quince Orchard High School Senior

**KNOWING THAT THERE IS A GROUP THAT  
IS HERE TO TALK WITH THEM AND HELP IS  
IMPORTANT, AND I AM HONORED TO BE  
ABLE TO PROVIDE THAT TO PEOPLE**

-Sherwood High School Senior



“

**AS A STUDENT LEADER, GUIDING CONSTRUCTIVE  
DISCUSSIONS HAS BEEN INCREDIBLY  
REWARDING. WITNESSING HOW THE LESSONS  
AND STRATEGIES IMPLEMENTED THROUGH  
SHARING MY JOURNEY AND INSIGHT INTO  
PRIORITIZING ONE'S MENTAL HEALTH HAVE  
POSITIVELY IMPACTED MY PEERS IS SOMETHING I  
WILL ALWAYS HOLD CLOSE TO MY HEART**

- Quince Orchard High School Senior

**Together we  
save lives.**



**our minds  
matter**

**Visit [ourmindsmatter.org/impact/](https://ourmindsmatter.org/impact/)  
to learn more about the impact of the  
Our Minds Matter program.**

**Thank you to the  
Devon C. Rubenstein Foundation  
for funding the  
OMM program in MCPS.**

