

## Culturally appropriate evaluation for young Black men

Centre for Mental Health worked with young Black men (aged 17-30) to coproduce a measure which tracks their journeys and experiences of attending a community, wellbeing and mental health programme.

*My Journey* tracks how far key outcomes are gained as a result of young men’s involvement with a community wellbeing group. There are two versions of this so they can be asked before the start and again at the end of the programme.

*How Are We Doing?/How Did We Do?* explores how far a community wellbeing group provides the right environment to help young Black men thrive. There are two versions of this so they can be asked during the middle and again at the end of the programme.

### My Journey

[To be asked by confidential survey]

Your initials (First letter of name; first letter of surname):

Your date of birth (in the format DD/MM/YYYY):

*Before the first session:*

Thinking about your life currently, rate the following statements between 5 and 1, where 5 = strongly agree, 4 = agree, 3 = neutral, 2= disagree, 1= strongly disagree

	5	4	3	2	1
1. I am generally happy with my life as a young Black man in Britain					
2. I feel safe as a young Black man in Britain					
3. I feel empowered as a young Black man in Britain					
4. I have aspirations for my future					
5. I have good access to the resources I need to do well in life					
6. I feel connected to the support of brotherhood					
7. I understand mental health and how it affects my wellbeing					
8. I have someone I trust who I can express my mental health and wellbeing to					
9. I think this group will have a long-term impact on me					
10. Is there anything else you would like to add?					

*After the last session:*

Thinking about the sessions you have been to, rate the following statements between 5 and 1, where 5 = strongly agree, 4 = agree, 3 = neutral, 2= disagree, 1= strongly disagree

	5	4	3	2	1
1. I am generally happy with my life as a young Black man in Britain					
2. I feel safe as a young Black man in Britain					
3. I feel empowered as a young Black man in Britain					
4. I have aspirations for my future					
5. I have good access to the resources I need to do well in life					
6. I feel connected to the support of brotherhood					
7. I understand mental health and how it affects my wellbeing					
8. I have someone I trust who I can express my mental health and wellbeing to					
9. I think this group will have a long-term impact on me					
10. Is there anything else you would like to add?					



## How Are We Doing?

[To be asked by anonymous survey]

*During/after the middle session:*

Thinking about the sessions you have been to so far, rate the following statements between 5 and 1, where 5 = strongly agree, 4 = agree, 3 = neutral, 2= disagree, 1= strongly disagree

	5	4	3	2	1
1. The facilitator is knowledgeable about topics relevant to me as a young Black man					
2. The sessions are relevant to me					
3. I feel comfortable and safe in this group					
4. I can express myself and feel understood in this group					
5. Is there anything else you would like to add about how you find the programme?					

- A group discussion on the statements would follow after young men had submitted their responses on their phones (excluding question 1 about the facilitator if the facilitator is present)
- As part of the group discussion, the facilitator would ask questions which explore issues important to the group. They would design this conversation based on the results young men gave to My Journey before beginning any sessions. For example, if young men had rated low on feeling empowered before the programme started, the facilitator could ask 'What does empowerment mean to you?' or 'What helps a young Black man to feel empowered?'

## How Did We Do?

[To be asked by anonymous survey]

*After the last session:*

Thinking about the sessions you have been to, rate the following statements between 5 and 1, where 5 = strongly agree, 4 = agree, 3 = neutral, 2 = disagree, 1 = strongly disagree

	1	2	3	4	5
1. The facilitator was knowledgeable about topics relevant to me as a young Black man					
2. The sessions were relevant to me					
3. I felt comfortable and safe in this group					
4. I could express myself and felt understood in this group					
5. Is there anything else you would like to add about how you found the programme?					