



The Impact of The Thrive Program on Youth Well-Being

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Mental Health

- The results of the SHARP survey show that the percentage of youth in Utah with moderate and high needs for mental health treatment have increased each year (Utah Department of Health and Human Services, 2021)
- The number of students with high depressive symptoms, considerations of suicide, and feelings of social isolation have also gone up



Approaches

The Thrive program is based on



**Cognitive
Behavioral
Therapy**



**Socioemotional
Learning**



**Positive
Psychology**



What is Thrive?

Thrive is a program designed to support well-being in youth





What is Thrive?

- Adapted from We Be Well
- 6 week long out-of-school program for youth
- Virtual groups
- Aims to decrease participants' depression, anxiety, and increase well-being.

- Topics
 - Gratitude
 - Strengths
 - Goals
 - Relationships
 - Restructuring negative thinking patterns
 - Mindfulness and meditation





Similar Programs



ENHANCE (Enduring Happiness and Continued Self-Enhancement)

- 12-week long program for adults.
- One group of participants took part in in-person group therapy while another group did groups online
- Aimed to improve participants overall well-being, happiness, and life satisfaction.

(Heintzelman et al., 2020)



Similar Programs



Maytiv positive psychology school program.

- Based in Israel
- Middle school students
- Positive psychology curriculum
- Program consists of stories, exercises, discussions, writing, and then action
- Students in the program had increases in peer relations, emotional engagement, GPA, and school engagement (Shoshani et al., 2016).

(Shoshani et al., 2016)

Research Question

How did the Thrive
program impact youth
well-being?





Procedure

- Participants completed a pre and post tests
- These tests consisted of well-being, depression, and anxiety measures
- Participants received an \$80.00 stipend for completing the program
- The Thrive evaluation received IRB approval





Well-being Measures

- Measured using the Youth Quality of Life Instrument
- This survey includes 15 items and uses a rating scale
- Participants took this survey both before and after the Thrive 6-week program
- Internal reliability was found to be highly reliable for both the pre ($\alpha=0.92$) and post ($\alpha=0.92$) surveys.

Method





Anxiety Measures

- Measured using the GAD-7.
- 7 prompts
- Internal reliability was found to be highly reliable for both the pre ($a=0.84$) and post ($a=0.83$) surveys.

Method





Depression Measures

- measured using the CES-10 scale.
- 10 statements that participants rated on a 4-point scale
- The internal reliability for the depression scale was found to be adequate for pre ($\alpha=0.73$) and post ($\alpha=0.71$) surveys.

Method





Participants



- Recruited through schools, youth organizations, and Latinos in Action.
- All in middle school
- 49 girls and 38 boys.
- N = 116 completed both pre- and post-test
- Other demographics unknown but recruited for a diverse sample

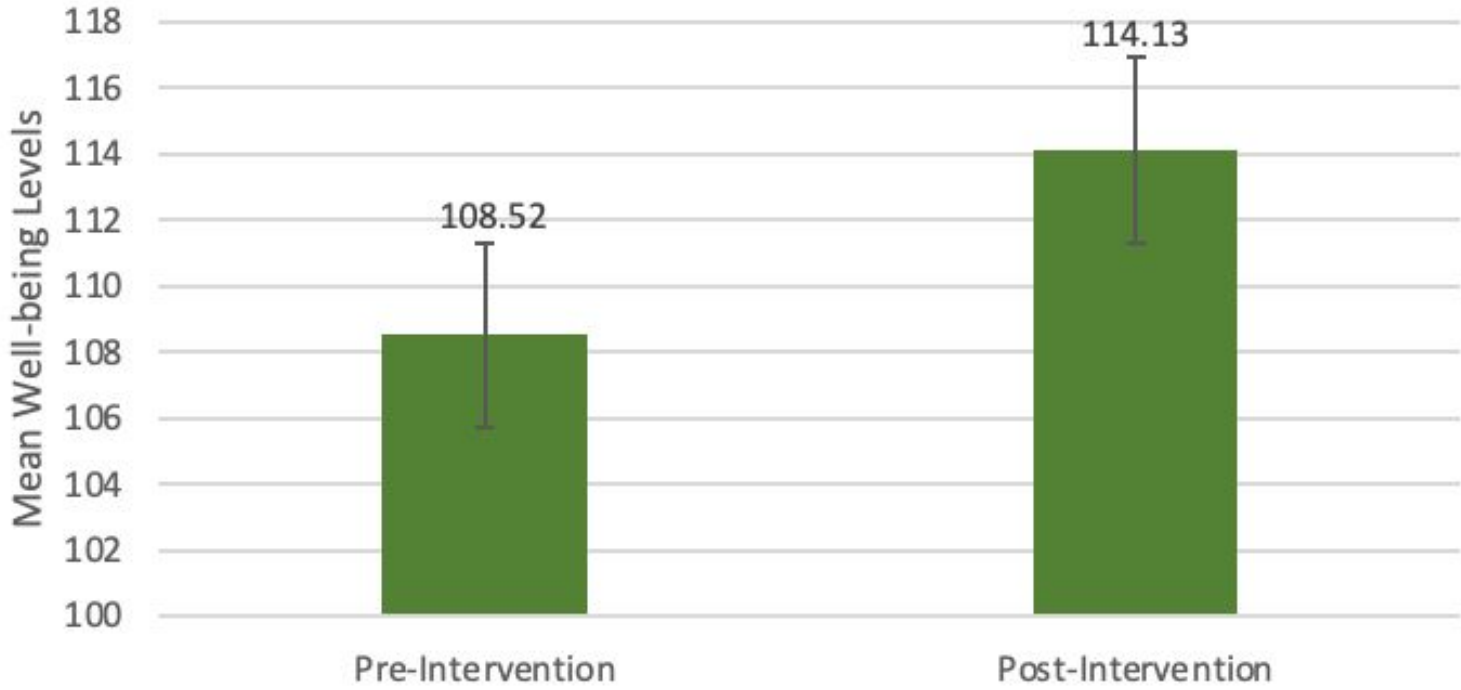


Results

T tests were used to examine whether mean levels of depression, anxiety, and quality of life differed over the course of the study

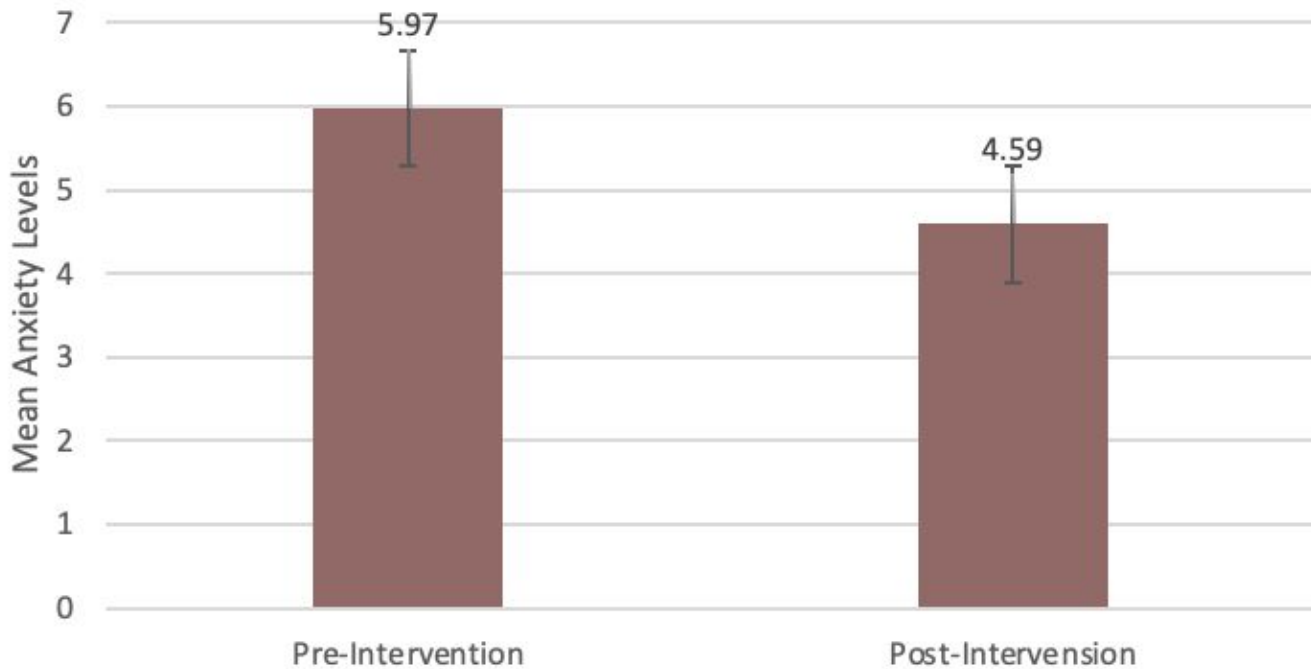


Change in Well-being Levels from Pre- to Post- Intervention

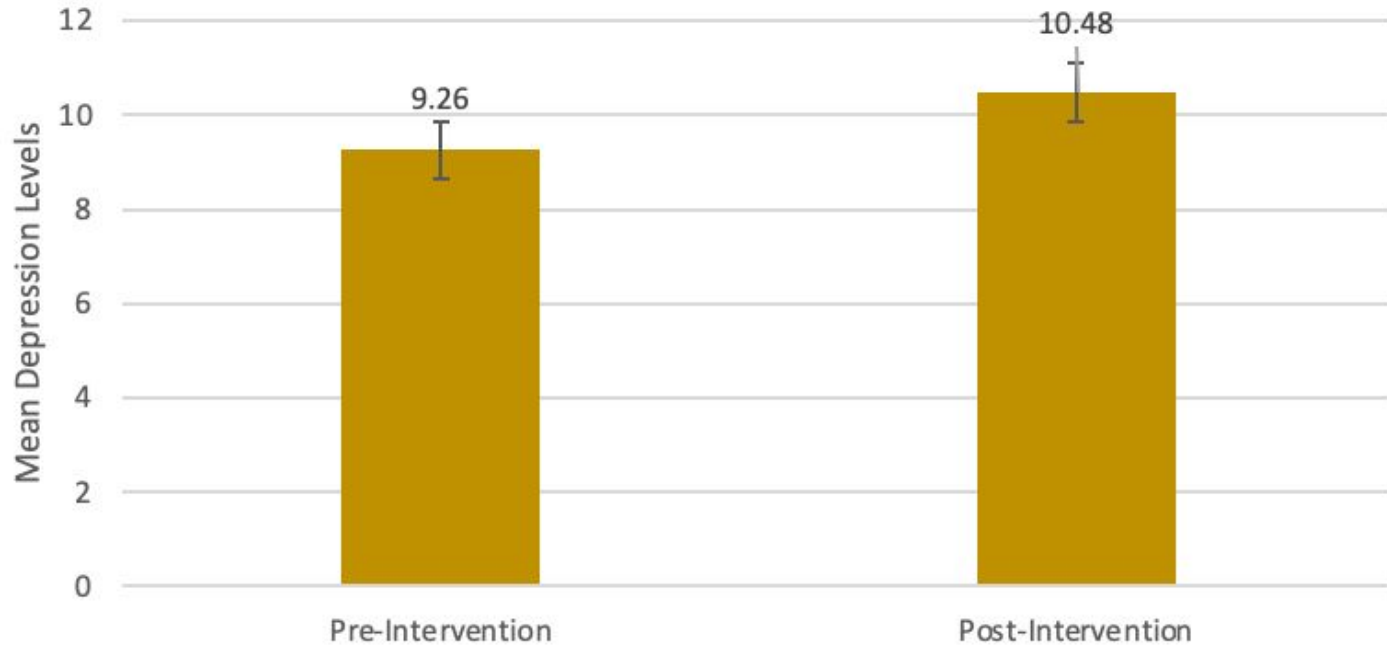




Change in Anxiety Levels from Pre- to Post-Intervention



Change in Depression Levels from Pre- to Post-Intervention



Next steps

- The thrive program is ongoing and has served several hundred students
- We plan to continue to examine the outcomes of the program with a larger sample





Strengths and limitations

- Well validated measures of well-being and mental health
- Evaluation of evidence based programs
- Important issue in Utah
- Demographic information
- Limited data
- No control group



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