

# Empowering Youth Through Programming Training

October 9<sup>th</sup>, 2020

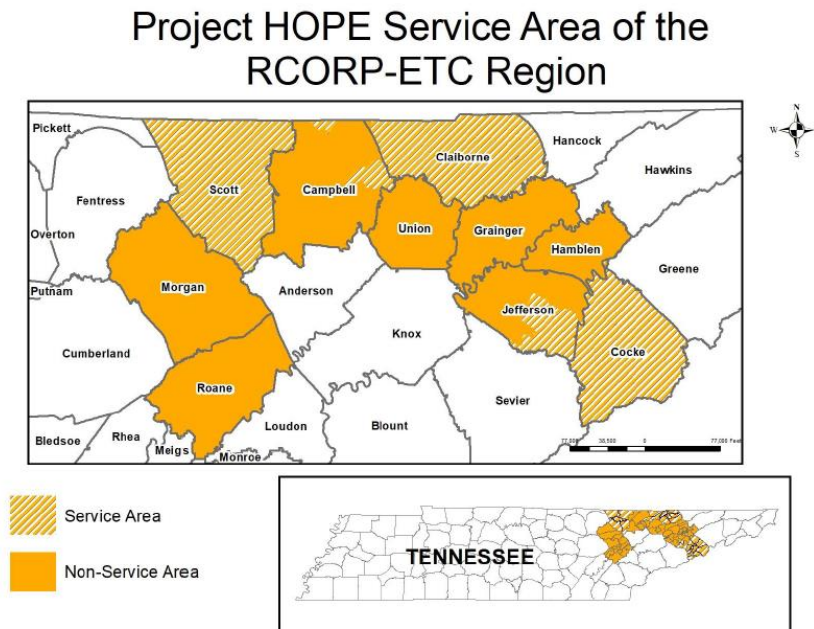
## Empowering Youth Through Programming Training

On October 9<sup>th</sup>, 2020, Project HOPE (Healing Opioid Use Disorder Through Prevention and Expertise) hosted an online event for professionals or parents working with youth who serve in the Project HOPE 10-county area. The 1-hour event included a training session on empowering youth through programming from Laura Clark, M.S., Anderson County Director for the University of Tennessee Extension.

## Attendees

Project HOPE service area includes 5 counties in East Tennessee: Scott, Claiborne, Cocke, Jefferson, and Campbell (see Figure 1). The consortium is co-led by the University of Tennessee, Knoxville and has almost 100 members. Invitations for the empowering youth through programming training were emailed to all consortium members. While ten individuals registered for the training, nine professionals attended.

Figure1. Project HOPE region and service area



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## Evaluation

Six of nine attendees completed the evaluation survey. Community professionals who attended the training included social workers, operations managers, project directors, substance abuse coordinators, professors, and prevention coordinators. The attendees work or serve in 14 counties: Campbell, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Morgan, Roane, Scott, Union, Knox, Anderson, Blount, and Loudon.

## Evaluation of Training

The overall experience of the empowerment training was regarded highly among all attendees, as all participants would recommend the training session to a colleague. One attendee commented that this was the first zoom meeting they had enjoyed since Covid started and that the facilitator had a wonderful ability to create a calm and friendly workspace.

Attendees indicated how satisfied they were with the training, possible answers ranged from *very dissatisfied* (1) to *very satisfied* (5). On average, participants' answers ranged between *satisfied* (4) and *very satisfied* (5) on every question. Attendees were very satisfied with the relevance of the training to their needs (4.8), the training content (4.8), the engagement of the training (4.8), knowledge of the facilitator (4.8), and mix of presentation and activities (4.8).

Attendees indicated how much they knew before and after the training session, retrospectively for a series of learning objectives. Possible answers ranged from *nothing at all* (1) to *a whole lot* (4). On average, attendees reported knowing between *a little bit* to *a lot* before the training (grand mean=2.52) and between *a lot* to *a whole lot* after the training (grand mean=3.52). There were significant increases in knowledge reported in all learning objectives within the training session ( $p<.005$ ), with the largest increase in empowerment strategies to utilize in your program ( $p<.0001$ ), followed by importance of empowerment in youth programming ( $p<.001$ ).

When asked if attendees learned anything new, all attendees indicated yes, they had learned new information. Responses included learning new techniques and approaches to encourage youth empowerment in organizations, the importance of social interactions for youth and peer approval, and the ability to identify qualities to look for and apply to youth empowerment.

## Suggestions from Attendees

Attendees were asked several questions to improve future trainings. Regarding the format of the training, half the attendees indicated the training could accommodate 11-20 participants, with the other half desiring 6-10 participants. In addition, attendees reported that the presentation style should stay the same, as 4 out of 6 participants reported the training would not be effective if it were self-paced, without a live facilitator. Lastly, to improve future trainings, attendees recommend working on pacing of the session, as time ran out in the training.