Empowering Youth Through Programming Training

June 8, 2020

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On June 8, 2020, Project HOPE (Healing Opioid Use Disorder Through Prevention and Expertise) hosted an online event for youth development professionals and prevention specialists. The 1-hour event included a training session on empowering youth through programming from Kyler Groner, an undergraduate research assistant on the Project HOPE team.

Attendees

The Empowering Youth through Programming training was presented to nine professionals, who were affiliated with the Shelby County Drug Coalition. Six attendees completed the evaluation survey. The participants included social workers, behavioral health therapists, non-profit professionals, and prevention specialists, who work in or serve Shelby County.
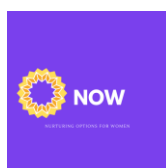
Training Evaluation

The overall experience of the empowerment training was regarded highly among all attendees, as all participants would recommend the training session to a colleague.

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 (4.3), the training content (4.3), the engagement of the training (4.3), knowledge of the facilitator (4.3), and mix of presentation and activities (4.3).

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) *a whole lot* (4). On average, attendees reported knowing between *a little bit* to *a lot* before the training (grand mean=2.79) and between *a lot* to *a whole lot* after the training (grand mean=3.50). 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 ($p < .0001$).

Suggestions from Attendees

Attendees were asked several questions to improve future trainings. Attendees commented that the training was great as presented and represented an important aspect of their work. One suggestion was to provide youth empowerment strategies for virtual and remote learning.