

MIND SETS

PROGRAM EVALUATION REPORT

2022 - 2023



Mind Sets

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ABOUT AMADEUSZ

Amadeusz is a charitable organization that has been operating in Toronto since 2009.

MISSION

Amadeusz supports young people who are incarcerated to create positive change in their lives through access to education, community programs and supports, mentorship and exceptional care.

VISION

Amadeusz's vision is to create a future with equitable access to education and community supports.



EDUCATION PROGRAM

The Amadeusz education program supports young people aged 18 to 35 in working towards their educational goals. The goal of this program is to provide young people who are incarcerated with the opportunity, resources, and support to complete their high school education, and to explore, prepare for, and attend post-secondary schooling.

PROSPER

Using intensive case management, case workers support young people aged 18 to 29 with firearm-related charges to create and execute an individualized plan of support based on their needs and goals. Prosper case workers work with young people throughout incarceration and coordinate existing systems to support their transition to community.

RESEARCH

Amadeusz engages in research projects that are relevant to the work that we do with young people who have experience with incarceration, violence, and crime.

Research articles can be found at www.amadeusz.ca/research



ABOUT MIND SETS

Mind Sets is a program for young people who are incarcerated that provides them with access to a health and fitness program to improve their overall well-being. Participants will have a unique set of tools and a plan specifically tailored to their physical and mental health goals by the end of the program.

Project Timeline: July 1, 2022, to June 30, 2023

HEALTH ISSUES ADDRESSED

- Youth in detention centres experiencing incarceration trauma, such as isolation, boredom, loss of social connection, exposure to sexual coercion and physical assault that increase the use of substances
- Youth in detention centres who have a lack of access to psychosocial supports to help navigate incarceration

PROJECT OBJECTIVE

To increase adoption of coping strategies for 30 youth who are incarcerated to deal with stress and anxiety by June 30, 2023

BENCHMARKS FOR SUCCESS

- 80% of participants pay attention to how their emotions affect their thoughts and behaviours
- 80% of participants are able to find their way out of difficult situations

PROGRAM PARTICIPANTS: DEMOGRAPHICS

TARGET POPULATION

Young people between the ages of 18 to 30 who are incarcerated in Toronto's male remand facilities;

- Toronto South Detention Centre (TSDC)
- Toronto East Detention Centre (TEDC)

OVERVIEW

There were a total of 32 participants who completed the Mind Sets program.

Basic participant demographic information, such as age and race were collected for this project.

At-Risk and High-Risk Individuals

For the Mind Sets project, individuals are identified as "at-risk" if they score a 30 out of 40 on the 'Risk Assessment Tool.' Similarly, individuals are classified as "high-risk" if their score exceeds 30 out of 40 on the 'Risk Assessment Tool.'

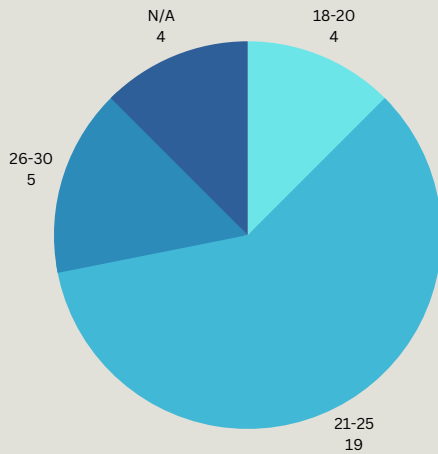
It is important to acknowledge that all young people who are incarcerated are inherently at-risk of experiencing incarceration trauma. The nature of the incarceration environment poses inherent challenges and potential negative effects on their well-being and mental health.

Please see Appendix for the 'Risk Assessment Tool.'

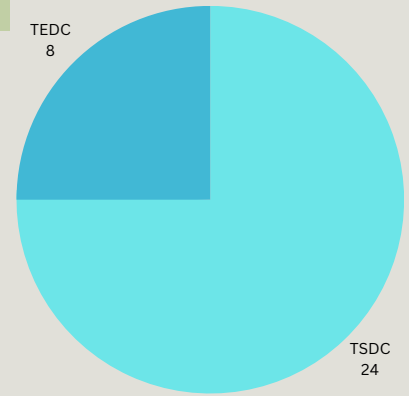


PROGRAM PARTICIPANTS: DEMOGRAPHICS

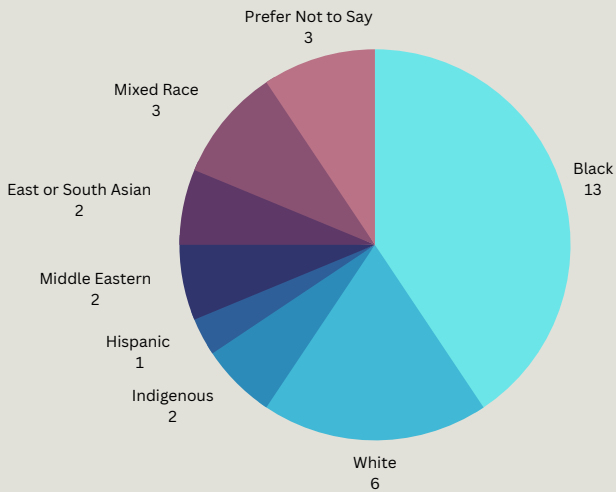
AGE



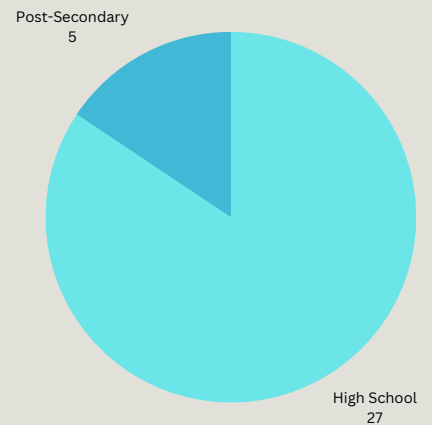
LOCATION



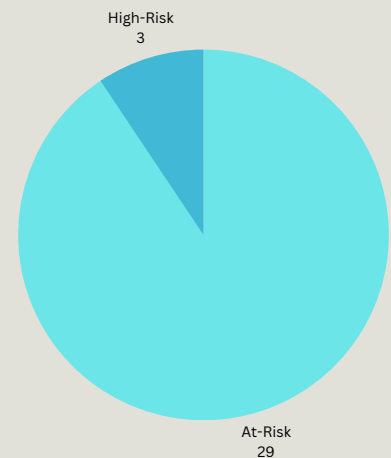
RACE



PROGRAM STREAM



AT-RISK AND HIGH-RISK



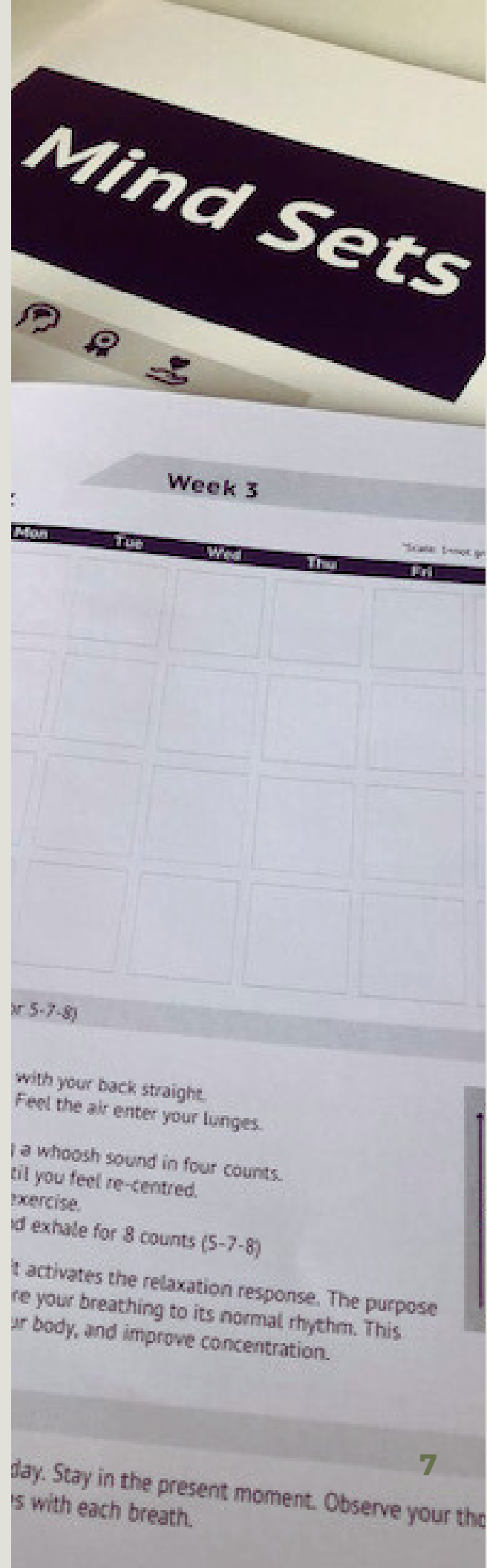
PROJECT ACTIVITIES: OVERVIEW

Support youth in completing physical and mental health series specific for the incarcerated population to increase their ability to cope with triggers from incarceration trauma and to receive their high school health credit

Support post-secondary youth in completing physical and mental health series specific for the incarcerated population to increase positive health-related behavioural changes and coping skills

Support post-secondary youth to complete their mental health and addictions health courses and obtain their credit from a post-secondary institution

Create individual physical and mental health plans for youth that identifies health issues, outlines strategies and activities to promote positive change in their health-related behaviours during incarceration



ADDICTIONS WORK: PROFESSIONAL PRACTICE SKILLS

Amadeusz is partnered with Centennial College to deliver the Addictions Work: Professional Practice Skills Program for our participants in the post-secondary programming stream.

ABOUT

The Addictions Work: Professional Practice Skills Certificate provides students with an opportunity to focus on the knowledge, skills, and techniques that are recognized as being fundamental to work in the addictions field. This program is suitable for community service professional who are working in the community services field or graduates of a community services diploma or degree, who want to further develop their knowledge and skill in the field of Addictions.

The courses include:

- **Withdrawal Management (ADDN 200)**
- **Psychopharmacology for Addiction Treatment (ADDN 201)**
- **Trauma-Informed & Solution-Focused Counselling (ADDN 202)**
- **Addictions Case Management (ADDN 203)**
- **Systems Navigation & Select Population (ADDN 204)**



RESULTS

of pre-surveys # of post-surveys

32

31

ACTIVITY: Support youth in completing physical and mental health series specific for the incarcerated population to increase their ability to cope with triggers from incarceration trauma and to receive their high school health credit

PROCESS INDICATORS

of high school youth who have completed the paper-based series

27

of support session provided to high school youth

159

of hours of support provided to high school youth

145

PRE-SURVEY RESULTS

POST-SURVEY RESULTS

of high school youth who report using physical activity 3 times a week for 60 minutes in the past 6 weeks

20

22

of high school youth who report using journaling (mindfulness) 3 times/week for 60 minutes in the past 6 weeks

13

17

of high school youth who report using breathwork 3 times/week for 15 minutes in the past 6 weeks

7

14

OUTCOME INDICATORS

of high school youth who attain their high school course credit

27

PRE-SURVEY RESULTS

POST-SURVEY RESULTS

of high school youth who report that they often or always are able to think positively about themselves when faced with challenges

20

16

of high school youth who report that they often or always find their way out of difficult situations

20

20

of high school youth who report that they often or always find it easy to stay focused on what's happening in the present

13

17

of high school youth who report that they often or always pay attention to how their emotions affect their thoughts and behaviours

16

20

of high school youth who report that they often or always easily put their thoughts, opinions, and beliefs into words

18

14

of high school youth who report that they do not often or always dwell on things that they cannot do anything about

11

15

RESULTS

of pre-surveys # of post-surveys

32

31

ACTIVITY: Support post-secondary youth in completing physical and mental health series specific for the incarcerated population to increase positive health-related behavioural changes and coping skills

PROCESS INDICATORS

of post-secondary youth who have completed the paper-based series

5

of support sessions provided to post-secondary youth

86

of hours of support provided to post-secondary youth

79

PRE-SURVEY RESULTS

POST-SURVEY RESULTS

of post-secondary youth who report using physical activity 3 times a week for 60 minutes in the past 6 weeks

0

5

of post-secondary youth who report using journaling (mindfulness) 3 times/week for 60 minutes in the past 6 weeks

0

5

of post-secondary youth who report using breathwork 3 times/week for 15 minutes in the past 6 weeks

0

3

OUTCOME INDICATORS

PRE-SURVEY RESULTS

POST-SURVEY RESULTS

of post-secondary youth who report that they often or always are able to think positively about themselves when faced with challenges

3

3

of post-secondary youth who report that they often or always find their way out of difficult situations

5

4

of post-secondary youth who report that they often or always find it easy to stay focused on what's happening in the present

4

3

of post-secondary youth who report that they often or always pay attention to how their emotions affect their thoughts and behaviours

3

3

of post-secondary youth who report that they often or always easily put their thoughts, opinions, and beliefs into words

3

4

of post-secondary youth who report that they do not often or always dwell on things that they cannot do anything about

1

2

RESULTS

of pre-surveys # of post-surveys

32

31

ACTIVITY: Support post-secondary youth to complete their mental health and addictions health courses and obtain their credit from a post-secondary institution

PROCESS INDICATORS

of post-secondary youth who have supported

5

of course support sessions provided to post-secondary youth

140

of hours of course support provided to post-secondary youth

133

OUTCOME INDICATORS

of post-secondary youth who view post-secondary education as important

5

of credits completed by post-secondary youth

19

of post-secondary youth who received their post-secondary mental health and addictions certificate

2

ACTIVITY: Create individual physical and mental health plans for youth that identifies health issues, outlines strategies and activities to promote positive change in their health-related behaviours during incarceration

PROCESS INDICATORS

of health plans created

32



DISCUSSION

The implementation of the Mind Sets program faced external influences that caused a delay of two months. This delay was a result of extending Mind Sets from the previous year, which continued until the end of August. However, once the program officially commenced in September 2022, all project deliverables were successfully executed.

Institutional policies and changes following the Covid-19 pandemic often posed obstacles to conducting in-person sessions. Nonetheless, the project coordinator made diligent efforts to arrange face-to-face meetings with program participants whenever feasible. In instances where in-person meetings were not possible due to factors like lockdowns, alternative methods of support were employed, such as phone conversations, mail correspondence, or communication with the institution's staff. In addition to this, Mind Sets encountered other challenges. One of these challenges was the varying time allocated for sessions, as institutions occasionally imposed restrictions on session durations based on participants' circumstances within the facility. Additionally, participants faced difficulties in engaging in physical exercise due to limited space in cells, particularly when experiencing lockdowns.

Furthermore, challenges emerged when completed Mind Sets books were confiscated during searches conducted by Correctional Officers, resulting in the loss of completed journal prompts and exercise diagrams. Exploring alternative solutions to safeguard participants' progress and ensure the availability of materials for workouts at all times would be beneficial.

There were also challenges with the pre and post-surveys. In the pre and post-surveys, participants might agree to the benefits of mindfulness activities like journaling or breathwork, but they might not consistently partake in these types of mindfulness activities for the specific amount of times stated in the surveys. This may suggest that while participants recognize the potential benefits of journaling and breathwork, they may face barriers or challenges (e.g., trial, environment) that prevent them from engaging in these activities regularly. It could also imply that there might be a gap between the participants' intentions and their actual behaviour in incorporating these practices into their daily lives. Further investigation may be needed to understand the reasons behind this discrepancy and explore ways to encourage greater participation in these beneficial activities.

DISCUSSION

Despite the initial delay in commencing the delivery of the intended services and the other challenges experienced, the project coordinator has made substantial strides in providing all the services outlined in the workplan. These services encompass conducting weekly check-ins, supporting the creation of health plans, facilitating feedback from Dr. Kevin Marryshow, and organizing health courses.

The intended audience for the Mind Sets program has exhibited great enthusiasm and provided positive feedback regarding the materials and resources provided. Post-program data indicates that participants have reported increased motivation and a desire to engage in activities such as exercise, breathwork, and mindfulness techniques. Participants responded favourably to the structured and clear format of the program book.

The overall project objective is to increase the adoption of coping strategies for young people who are incarcerated to deal with stress and anxiety. The Mind Sets program achieved this overall project objective as evidenced in our results when comparing the participants' pre-survey and post-survey results.

For instance, among high school youth, there have been increases in reporting they often or always find it easy to stay focused on what's happening in the present, they often or always pay attention to how their emotions affect their thoughts and behaviours, and they do not often or always dwell on things that they cannot do anything about. Among post-secondary youth, there are increases in reporting they often or always easily put their thoughts, opinions, and beliefs into words, as well as reporting that they do not often or always dwell on things that they cannot do anything about.

Additionally, the results demonstrated notable improvements for both high school and post-secondary youth, particularly in the overall engagement with physical activity, journaling (mindfulness), and breathwork on a weekly basis.

DISCUSSION

The project objectives are:

Mind Sets Project Objective #1: Youth in detention centres experiencing incarceration trauma, such as isolation, boredom, loss of social connection, exposure of sexual coercion and physical assault increases the use of substances

The benchmark for this program objective was established with the goal of having 80% of participants indicating that they are attentive to how their emotions influence their thoughts and behaviours. However, post-program, it was found that 72% of participants reported that they pay attention to how their emotions affect their thoughts and behaviours.

Mind Sets Project Objective #2: Youth in detention centres who have a lack of access to psychosocial supports to help navigate incarceration

The benchmark for this program objective was established with the goal of having 80% of participants indicating that they will be able to navigate through challenging situations. However, post-program, 75% of participants reported that they will be able to find their way out of difficult situations.

The project's post-data analysis revealed that both objectives were nearly achieved, coming close to meeting the benchmarks set for each objective. However, various challenges mentioned earlier, such as project delays, institutional policies, institutional raids, and limited space, might have played a role in falling short of the set benchmarks for each objective. It is crucial to acknowledge that incarceration facilities primarily serve the purpose of confinement. Thus, delivering programs and services within these facilities presents unique challenges that demand negotiation and adaptation to institutional policies, daily procedures, and the overall culture.

It is crucial to note that participants will retain the Mind Sets book, enabling them to continue referencing the materials. By maintaining access to these resources, participants can continuously improve their overall well-being and effectively navigate the challenges related to incarceration trauma by utilizing the coping strategies they have learned. Additionally, it is important to highlight that participants in the Mind Sets program have the opportunity to earn academic credits. By successfully completing the program, participants can fulfill the requirements to earn credits towards their academic progress thereby enhancing their resilience and contributing to their educational advancement.

LEARNINGS

1. Unintended results can be influenced by various factors, including the individual's unique circumstances, engagement level, and personal responses to the program.
2. Acknowledge that incarceration facilities primarily serve the purpose of confinement. Thus, delivering programs and services within these facilities presents unique challenges that demand negotiation and adaptation to institutional policies, daily procedures, and the overall culture.
3. Flexibility and adaptability are key in responding to and tailoring the program to meet the unique needs of the participants.
4. Unforeseen emotional challenges can stem from engaging in activities that address incarceration trauma and may bring up unexpected emotions or memories for participants. It is essential to provide appropriate support and resources to address any emotional distress that may arise during the program.
5. The inclusion of academic credits serves as an additional incentive for participants to actively engage with the program, make the most of the learning opportunities provided, and strengthen their connection to education.

RECOMMENDATIONS

1. To enhance the delivery of the Mind Sets program, a primary focus should be placed on increasing the duration of check-ins with participants whenever feasible. By allowing for longer sessions, participants can receive more extensive support, guidance, and resources, resulting in a more comprehensive and effective program implementation. This approach ensures that participants have access to the necessary tools and support to address their unique needs and challenges associated with incarceration trauma when in-person support is not possible.
2. To mitigate potential harmful effects and maximize the beneficial outcomes, it is crucial to continuously assess and monitor participants' well-being throughout the program. Regular check-ins, individualized support, and access to mental health resources can help identify and address any unexpected challenges or negative experiences promptly.
3. The provision of additional staff support can be made to ensure the overall well-being and safety of the participants.



WORDS FROM OUR PROGRAM PARTICIPANTS

"The exercises are very effective. Mind Sets helped me and my mind escape while I was working out."

"The program taught me about the importance of recovery and the importance of rest and proper sleep."

"The Mind Sets program was really really good, the workouts were good!"

"Easy to read and images of workouts are easy to follow."

"The breathing exercises was new and helpful for me."

"I like the different types of workouts and the fact that it shows how to do it properly."

"It helped me become stronger not only mentally by physically."

"It was easy to follow and it was organized."

"I liked the breathing exercises and the workout activities."

"The staff is great."

"It is extremely helpful in the building of the mind and body."

"I was really engaged in Mind Sets, it was a program that I looked forward to every morning."

"The exercises are very effective. Mind Sets helped me and my mind escape while I was working out."

"Mind Sets helped calm me down especially during the breathing exercises. I have never been taught how to breathe before."



APPENDIX

PRE-SURVEY

- RISK ASSESSMENT
- HIGH SCHOOL
- POST-SECONDARY

POST-SURVEY

- HIGH SCHOOL
- POST-SECONDARY
- MIND SETS FEEDBACK

HEALTH PLAN

- INDIVIDUAL PHYSICAL & MENTAL HEALTH PLAN

Risk Assessment Tool

Please rate the following statements. In answering each question, use a range from **(1)** or **(5)** where **(5)** stands for **always** and **(1)** stands for **never**. Please circle only one response per question.

In the past six (6) months...	Never	Rarely	Sometimes	Often	Always
I find myself with nothing to do and a lot of time on my hands.	1	2	3	4	5
Much of the time, it is difficult to find something to do or see to keep me interested.	1	2	3	4	5
I do not feel supported by my family and friends.	1	2	3	4	5
I do not feel that I belong in the community.	1	2	3	4	5
I experienced or witnessed sexual assault.	1	2	3	4	5
I experienced or witnessed physical assault.	1	2	3	4	5
I often feel distant or cut off from people around me.	1	2	3	4	5
I often feel isolated from others.	1	2	3	4	5

Pre-Survey Questionnaire - High School

You are receiving this package because you are enrolled in a high school course through Amadeusz's Education Program. All students enrolled in the high school education program eligible for a health credit will be in Amadeusz's physical and mental health initiative. You will be working individually with Michael, our program coordinator, in addition to your previous education facilitator. You will receive a physical and mental health guide to follow and receive feedback on your progress. This is supplementary to the course you are working on from the Durham Catholic District School Board.

Please rate the following statements. In answering each question, use a range from **(1)** or **(5)** where **(5)** stands for **always** and **(1)** stands for **never**. Please circle only one response per question.

In the past six (6) months...	Never	Rarely	Sometimes	Often	Always
I find myself with nothing to do and a lot of time on my hands.	1	2	3	4	5
Much of the time, it is difficult to find something to do or see to keep me interested.	1	2	3	4	5
I do not feel supported by my family and friends.	1	2	3	4	5
I do not feel that I belong in the community.	1	2	3	4	5
I experienced or witnessed sexual assault.	1	2	3	4	5
I experienced or witnessed physical assault.	1	2	3	4	5
I often feel distant or cut off from people around me.	1	2	3	4	5
I often feel isolated from others.	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
When I am in a difficult situation, I can usually find my way out of it.	1	2	3	4	5
I do not dwell on things that I can't do anything about.	1	2	3	4	5
I pay attention to how my emotions affect my thoughts and behaviours.	1	2	3	4	5
I can easily put my thoughts, opinions, and beliefs into words.	1	2	3	4	5
I find it easy to stay focused on what's happening in the present.	1	2	3	4	5
I am able to think positively about myself when faced with challenges.	1	2	3	4	5

Please rate how strongly you agree or disagree with the following statements. In answering each question, use a range from **(1)** or **(7)** where **(7)** stands for **strongly agree** and **(1)** stands for **strongly disagree**. Please circle only one response choice per question.

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
I focus at least 30 minutes on school work without getting distracted.	1	2	3	4	5	6	7
I am committed to obtaining my high school course credits.	1	2	3	4	5	6	7
I have access to health supports (i.e., physical health training or mental health supports) which I attend at least once a month.	1	2	3	4	5	6	7
I exercise at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7
I have a current fitness plan that I follow.	1	2	3	4	5	6	7
I practice breath work exercises at least 3 times a week for 15 minutes.	1	2	3	4	5	6	7
Breathwork helps me reduce stress and anxiety.	1	2	3	4	5	6	7
I practice mindfulness at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7
I journal at least once a week for 60 minutes.	1	2	3	4	5	6	7
Journaling helps me understand how my thoughts and emotions impact my behaviour.	1	2	3	4	5	6	7

Pre-Survey Questionnaire - Post-Secondary

You are receiving this package because you are enrolled in the Addictions Work: Professional Practice Skills program. All students in this course will have access to Amadeusz's physical and mental health initiative. You will receive a physical and mental health guide to follow and will receive feedback on your progress. This is supplementary to the course you are working on with Centennial College.

Please rate the following statements. In answering each question, use a range from **(1)** or **(5)** where **(5)** stands for **always** and **(1)** stands for **never**. Please circle only one response per question.

In the past six (6) months...	Never	Rarely	Sometimes	Often	Always
I find myself with nothing to do and a lot of time on my hands.	1	2	3	4	5
Much of the time, it is difficult to find something to do or see to keep me interested.	1	2	3	4	5
I do not feel supported by my family and friends.	1	2	3	4	5
I do not feel that I belong in the community.	1	2	3	4	5
I experienced or witnessed sexual assault.	1	2	3	4	5
I experienced or witnessed physical assault.	1	2	3	4	5
I often feel distant or cut off from people around me.	1	2	3	4	5
I often feel isolated from others.	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
When I am in a difficult situation, I can usually find my way out of it.	1	2	3	4	5
I do not dwell on things that I can't do anything about.	1	2	3	4	5
I pay attention to how my emotions affect my thoughts and behaviours.	1	2	3	4	5
I can easily put my thoughts, opinions, and beliefs into words.	1	2	3	4	5
I find it easy to stay focused on what's happening in the present.	1	2	3	4	5
I am able to think positively about myself when faced with challenges.	1	2	3	4	5

Please rate how strongly you agree or disagree with the following statements. In answering each question, use a range from **(1)** or **(7)** where **(7)** stands for **strongly agree** and **(1)** stands for **strongly disagree**. Please circle only one response choice per question.

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
I focus at least 30 minutes on school work without getting distracted.	1	2	3	4	5	6	7
I am committed to obtaining my post-secondary course credits.	1	2	3	4	5	6	7
I have access to health supports (i.e., physical health training or mental health supports) which I attend at least once a month.	1	2	3	4	5	6	7
I exercise at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7
I have a current fitness plan that I follow.	1	2	3	4	5	6	7
I practice breath work exercises at least 3 times a week for 15 minutes.	1	2	3	4	5	6	7
Breathwork helps me reduce stress and anxiety.	1	2	3	4	5	6	7
I practice mindfulness at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7
I journal at least once a week for 60 minutes.	1	2	3	4	5	6	7
Journaling helps me understand how my thoughts and emotions impact my behaviour.	1	2	3	4	5	6	7

Post-Survey Questionnaire - High School

Please rate the following statements. In answering each question, use a range from **(1)** or **(5)** where **(5)** stands for **always** and **(1)** stands for **never**. Please circle only one response per question.

	Never	Rarely	Sometimes	Often	Always
When I am in a difficult situation, I can usually find my way out of it.	1	2	3	4	5
I do not dwell on things that I can't do anything about.	1	2	3	4	5
I pay attention to how my emotions affect my thoughts and behaviours.	1	2	3	4	5
I can easily put my thoughts, opinions, and beliefs into words.	1	2	3	4	5
I find it easy to stay focused on what's happening in the present.	1	2	3	4	5
I am able to think positively about myself when faced with challenges.	1	2	3	4	5

Please rate how strongly you agree or disagree with the following statements. In answering each question, use a range from **(1)** or **(7)** where **(7)** stands for **strongly agree** and **(1)** stands for **strongly disagree**. Please circle only one response choice per question.

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
I focus at least 30 minutes on school work without getting distracted.	1	2	3	4	5	6	7
I am committed to obtaining my high school course credits.	1	2	3	4	5	6	7
I have access to health supports (i.e., physical health training or mental health supports) which I attend at least once a month.	1	2	3	4	5	6	7
I exercise at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7

I have a current fitness plan that I follow.	1	2	3	4	5	6	7
I practice breath work exercises at least 3 times a week for 15 minutes.	1	2	3	4	5	6	7
Breathwork helps me reduce stress and anxiety.	1	2	3	4	5	6	7
I practice mindfulness at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7
I journal at least once a week for 60 minutes.	1	2	3	4	5	6	7
Journaling helps me understand how my thoughts and emotions impact my behaviour.	1	2	3	4	5	6	7

Post-Survey Questionnaire - Post-Secondary

Please rate the following statements. In answering each question, use a range from **(1)** or **(5)** where **(5)** stands for **always** and **(1)** stands for **never**. Please circle only one response per question.

	Never	Rarely	Sometimes	Often	Always
When I am in a difficult situation, I can usually find my way out of it.	1	2	3	4	5
I do not dwell on things that I can't do anything about.	1	2	3	4	5
I pay attention to how my emotions affect my thoughts and behaviours.	1	2	3	4	5
I can easily put my thoughts, opinions, and beliefs into words.	1	2	3	4	5
I find it easy to stay focused on what's happening in the present.	1	2	3	4	5
I am able to think positively about myself when faced with challenges.	1	2	3	4	5

Please rate how strongly you agree or disagree with the following statements. In answering each question, use a range from **(1)** or **(7)** where **(7)** stands for **strongly agree** and **(1)** stands for **strongly disagree**. Please circle only one response choice per question.

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
I focus at least 30 minutes on school work without getting distracted.	1	2	3	4	5	6	7
I am committed to obtaining my post-secondary course credits.	1	2	3	4	5	6	7
I have access to health supports (i.e., physical health training or mental health supports) which I attend at least once a month.	1	2	3	4	5	6	7
I exercise at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7

I have a current fitness plan that I follow.	1	2	3	4	5	6	7
I practice breath work exercises at least 3 times a week for 15 minutes.	1	2	3	4	5	6	7
Breathwork helps me reduce stress and anxiety.	1	2	3	4	5	6	7
I practice mindfulness at least 3 times a week for 60 minutes.	1	2	3	4	5	6	7
I journal at least once a week for 60 minutes.	1	2	3	4	5	6	7
Journaling helps me understand how my thoughts and emotions impact my behaviour.	1	2	3	4	5	6	7

Mind Sets Feedback

Please let us know how you liked Mind Sets! In answering each question, circle (Y) if you agree with the statement, and (N) if you disagree with the statement. Please circle only one response choice per question.

	Yes	No
Overall, I feel supported by the Amadeusz staff.	Y	N
When I have a problem, I feel comfortable talking to the Amadeusz staff.	Y	N
The Mind Sets book was easy to read and follow.	Y	N
I would recommend Mind Sets to my friends and other students.	Y	N

Please answer the following questions to help us learn more about your experience!

1) If any, what are some things you liked about the Mind Sets book?

2) If any, what are some suggestions you would make to improve the Mind Sets book?



HEALTH GOALS	STRATEGIES TO ACHIEVE GOALS	RESOURCES/SUPPORT NEEDED	NOTES