



FYNIX PROJECT

SUPPORTING YOUNG MINDS: FINDING YOUR GROUND

Outcomes & Evaluation Overview

Measuring Learning, Progress and Participant Experience

Meaningful evaluation is not simply about collecting data. It is about listening, learning, and continuously improving.

Rise Through Lived Experience

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Introduction

Supporting Young Minds: Finding Your Ground has been designed as a trauma-informed, evidence-informed and safeguarding-aware emotional wellbeing education programme for young people aged 12–17.

Alongside programme delivery, Fynix Project is committed to evaluating participant experience, measuring intended outcomes and using feedback to support continuous improvement.

Our evaluation approach aims to balance meaningful outcome measurement with the principles of trauma-informed practice, ensuring that data collection remains proportionate, respectful and participant-centred.

This document outlines how outcomes are measured and how learning from evaluation informs programme development.

Why Evaluation Matters

Evaluation helps us understand:

- Whether programme objectives are being achieved
- Participant experiences of the programme
- Areas of strength within delivery
- Opportunities for future improvement
- Evidence of learning and development
- Participant confidence and wellbeing outcomes

Evaluation also supports accountability, transparency and quality assurance when working with schools, local authorities, youth services and partner organisations.

Our Approach To Outcomes Measurement

Supporting Young Minds focuses on educational, developmental and wellbeing-related outcomes.

The programme does not seek to diagnose, treat or measure clinical mental health conditions.

Instead, evaluation focuses on changes in:

- Emotional awareness
- Confidence
- Communication skills
- Emotional literacy
- Understanding of stress
- Awareness of support networks
- Resilience and coping skills
- Confidence in seeking support

Outcome measurement is used to understand learning and development rather than assess or judge individual participants.

Intended Programme Outcomes

Through participation in the programme, young people may develop:

Emotional Awareness

A greater understanding of emotions, emotional literacy and emotional responses.

Understanding Of Stress

Increased awareness of stress, pressure and the body's stress response.

Grounding & Regulation Skills

Practical strategies for managing stress, overwhelm and emotional activation.

Confidence & Self-Belief

Improved confidence in recognising strengths and navigating challenges.

Communication Skills

Greater awareness of healthy communication, boundaries and relationships.

Resilience

Improved understanding of resilience and personal coping resources.

Help-Seeking Awareness

Increased awareness of support networks and confidence in seeking help when needed.

Evaluation Framework

Supporting Young Minds utilises a multi-layered evaluation approach.

This includes:

Pre-Programme Questionnaire

Completed before programme delivery.

This helps establish a baseline understanding of participant knowledge, confidence and awareness across key learning areas.

Areas explored may include:

- Understanding emotions
 - Confidence levels
 - Understanding stress
 - Awareness of support options
 - Emotional wellbeing knowledge
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Post-Programme Questionnaire

Completed at programme completion.

This allows participants to reflect on learning and identify any changes in knowledge, confidence or awareness.

Areas explored mirror the pre-programme questionnaire to support comparison.

Participant Feedback Forms

Participants are invited to provide feedback on:

- Programme content
- Activities
- Facilitator delivery
- Learning experience
- Engagement levels
- Overall satisfaction

Feedback helps inform future programme development.

Facilitator Reflection & Outcome Reports

Facilitators complete reflective evaluations following programme delivery.

This may include:

- Participant engagement observations
 - Learning outcomes achieved
 - Challenges encountered
 - Safeguarding considerations
 - Recommendations for future delivery
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Attendance Monitoring

Attendance information helps monitor participation levels and programme reach.

Attendance data may be used as part of wider reporting and evaluation processes.

Trauma-Informed Evaluation

Our evaluation approach is informed by trauma-informed principles.

This means:

- Participation remains voluntary
- Feedback is welcomed but never forced
- Questions are age-appropriate
- Language remains accessible
- Evaluation avoids intrusive questioning
- Emotional safety remains a priority

Young people are not expected to disclose personal experiences or sensitive information as part of evaluation processes.

Quality Assurance & Continuous Improvement

Evaluation findings contribute to:

- Programme review
- Resource development
- Facilitator development
- Quality assurance processes
- Future programme planning
- Continuous improvement activities

Fynix Project is committed to learning from participant feedback and adapting programmes where appropriate to improve quality and accessibility.

Outcome Reporting

Where requested, Fynix Project may provide outcome summaries for commissioning organisations.

Reports may include:

- Attendance information
- Participant feedback summaries
- Outcome measurement data
- Facilitator observations
- Key learning themes
- Recommendations

Reports are produced in accordance with data protection requirements and participant confidentiality considerations.

Data Protection & Confidentiality

Evaluation data is collected, stored and processed in accordance with:

- Data Protection Act 2018
- UK General Data Protection Regulation (UK GDPR)
- Fynix Project Privacy & Confidentiality Procedures

Personal information is handled securely and only used for legitimate programme evaluation and quality assurance purposes.

What Success Looks Like

Success may look different for every young person.

For some participants, success may involve:

- Learning a new grounding strategy
- Feeling more confident expressing emotions
- Developing greater self-awareness
- Identifying a trusted support person
- Understanding stress responses more clearly
- Recognising personal strengths

Supporting Young Minds recognises that growth is often gradual and that meaningful change can occur in many different ways.

Our Commitment To Evidence-Informed Practice

Evaluation forms part of our wider commitment to evidence-informed practice.

Alongside independent research, participant feedback, reflective practice and outcome measurement help ensure that Supporting Young Minds continues to evolve in response to learning, evidence and participant needs.

We believe that meaningful evaluation strengthens programme quality, supports accountability and helps ensure that young people receive the best possible learning experience.

Evaluation Tools Used

Supporting Young Minds may utilise:

- ✓ Pre-Programme Questionnaires
 - ✓ Post-Programme Questionnaires
 - ✓ Participant Feedback Forms
 - ✓ Attendance Registers
 - ✓ Facilitator Reflection Reports
 - ✓ Outcome Summary Reports
 - ✓ Continuous Improvement Reviews
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Final Statement

At Fynix Project, evaluation is not simply about collecting data.

It is about listening, learning and continuously improving.

By combining participant feedback, reflective practice and outcome measurement, we aim to ensure that Supporting Young Minds remains responsive, effective and aligned with the needs of young people, partner organisations and communities.

Measure Learning.

Reflect On Progress.

Improve Practice.

Support Positive Outcomes.

Fynix Project

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