

IMPACT SOCIETY IS BUILDING RESILIENT YOUTH

Proven by the University of Calgary



www.impact society.com

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HEROES AT A GLANCE

Heroes is a school-based mental health program designed to increase resiliency, reduce risky behaviour, and promote positive mental health in youth. Impact Society has been delivering these programs since 1994 in pursuit of a brighter future for youth.



Created for youth ages

11-15



12-20

Recommended Hours



IN PERSON

OR online



\$45

per student (often subsidized)

INTRODUCTION



Since 1994 Impact Society has been delivering Heroes Programs across Canada. This initiative has been recognized through the recent longitudinal study conducted by David Nordstokke at the Werklund School of Education at the University of Calgary. This resulted in an abundance of positive results regarding the long term impact of the Heroes Programs such as improved mental wellness and increased resiliency.

STUDY FRAMEWORK



The Werklund School of Education have teamed up with Impact Society to evaluate the effectiveness of the HEROES® program. This examined 87 Heroes participants and utilized a measurement tool called the Connor-Davidson Resilience Scale (CD-RISC10), a 10 item questionnaire with a 5-point scale. This method has a reliability of 0.91 and a test-retest reliability over two weeks of $r = 0.9, p < 0.01$. 4 objectives guided the study:

discover changes in resiliency

explore development of confidence, character, & integrity

investigate change in positive support networks

get insight on student experience of Heroes

KEY FINDINGS



1

Increase in Resiliency of Participating Youth by 45%

The results found were maintained 2-months and 5-months post Heroes participation indicating that gains are made early in the program and maintained over time.

2

Equity Among Genders

The study found that there were no significant differences between genders, alluding to the fact that the program has a similar impact across all youth regardless of how they identify.

3

Positive Change in Mental Wellbeing

Results of this study indicate that confidence, self-esteem, character development, and integrity all improved after undergoing Impact Society's Heroes programs. Furthermore, the students ability to create positive support networks was enhanced, allowing them to feel more comfortable reaching out to others when they are in need.



Program Evaluation of Heroes

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