



Empowering youth mental well-being through community.

You & Me Healthy: Youth Empowered Self-Care (YES) Pilot Study Snapshot

About YES

You & Me Healthy: Youth Empowered Self-Care, or YES, is a pilot study that aimed to link youth and families to free or low-cost community-based programs and resources that promote mental well-being and help reduce anxiety in Durham, NC and Miami-Dade County, FL.

Duke Clinical Research Institute (DCRI), along with researchers from Duke University and University of Miami partnered with Durham Parks & Recreation (DPR) and Miami-Dade Parks, Recreation and Open Spaces (MDPROS) to recruit and connect participants to wellness activities and resources. Participants were compensated with gift cards for completing surveys during the study.

YES is part of the You & Me Healthy Registry, a community of people from across the United States who are engaged in addressing health concerns, including those related to COVID-19.

YES Study Details

The pilot study was held at two Parks and Recreation departments (DPR and MDPROS). DPR youth programs serve historically marginalized (55% Black, 18% Hispanic) youth residing in areas with \$19,000 mean per capita income, significantly below the city median (\$58,190). MDPROS minoritized youth (50% Hispanic, 47% non-Hispanic black) residing in high or very high poverty areas (47.5% and 23%, respectively).

Recruitment

We recruited participants using several strategies including social media (Facebook, Twitter/X), printed flyers distributed to local recreation sites, schools and community programs/events, MDPROS and DPR staff through on-site information sessions and word-of-mouth. All recruitment, data collection, and dissemination materials were offered to participants in English and Spanish.

Data Collection, Outcomes, and Endpoint

Parents of youth enrollees completed baseline surveys to assess the following: demographics, prior engagement with Parks and Recreation, and current mental well-being and anxiety using the Kidscreen-27 and SCARED assessments, respectively. Follow-up surveys included: program satisfaction, assessment of program participation barriers, and mental well-being and anxiety.

YES Process



Preliminary Study Findings

Participant Characteristics

Age: 8-12 years
Ethnicity: 36% Black; 34% White; 22% Asian; 7% Other
Gender Identity: 50% Female; 50% Male
Household Income: \$100k and above (17%); \$75-100K (33%); \$50-75K (40%); \$25-50K (5%); Prefer not to answer (5%)

Mental Well Being

Psychological well-being: increased (85%)
Peers and social support: increased (31%)
Participant loneliness: reduced from 34% to 15%.
Never having time with friends: decreased from 44% to 14%.

Parks & Recreation Satisfaction

Most were satisfied (65%) or very satisfied (34%) with the program.
 Most agreed (51%) or strongly agreed (44%) that their child seemed to be in a better mood after participating in the program.

Symptom Reduction

Reduced anxiety by the end of the program: 46%
Reduced anxiety between levels of income: \$100-200K per year (12%) vs. \$25-50K per year (55%)
Reduced anxiety within race and ethnicity: Hispanics (57% higher than non-Hispanic participants), and Blacks (73% higher than White).

Enrollment in Parks & Recreation Programming

Not Enrolled in Parks and Recreation at YES start: 88%
YES connected them to a program: 99%
Youth completed the program: 99%
Enrolled in a physical activity program: 49%

Breakdown by Race and Ethnicity

Black (92%) and Hispanic (96%) participants reported greater improvement in psychological well-being compared to White (82%) participants.

Black (46%) and Hispanic (52%) participants also reported greater improvements in peer and social support compared with White participants (25%).

The greatest increase in well-being was reported in lower-income categories.

Enrollment Snapshot

Enrolled participants (youth and their legal guardians) were required to provide informed consent to participate in the study per Duke University Institutional Review Board (IRB) human subject protections.

Enrollment Period: Feb-May 2024	Enrollment Totals: 247
ELIGIBILITY: 8-12 year olds & their families	ELIGIBILITY: Live in or near Durham, NC Miami-Dade, FL



Lessons Learned

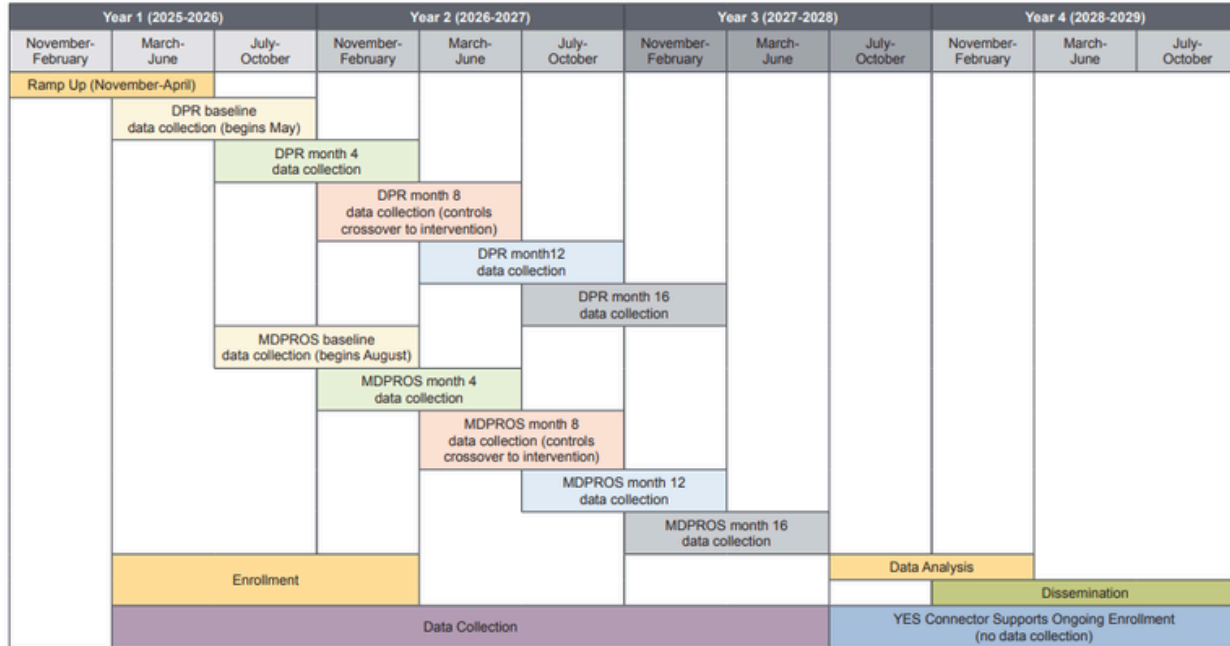


- Community partners are interested in engaging youth and families on wellness topics
- There is interest in both communities from families and youth on mental wellness activities
- Enrollment links and technology can lead to enrollment and connection barriers or ineligible study data
- Extra time and funding should be allocated to translate materials into Spanish
- Community partners having a lead role in communicating and connecting participants to programming is essential

Study Next Steps

Data and lessons learned from the YES Study will be used to understand interest in youth mental wellness activities at local parks and recreation departments and resources to address youth mental wellness. The results of the pilot are shared here to inform participants, community partners, researchers, and the general public.

The YES study data will also be used to apply for larger grant opportunities to address youth well-being and social connectedness through community activities and resources. The timeline below shares the anticipated progression of the NIH funded study.



YES Youth Empowered Self-Care

You can learn more about the YES study at
 ClinicalTrials.gov: Study number
 NCT06255093
<https://duke.is/YES>

