

Kindness Next Gen

Problem: The US is experiencing a teen mental health crisis.

- Youth often have limited opportunities to develop the skills needed to cope with everyday life.
- Constant flow of unfiltered information through electronic media is overwhelming and causes heightened anxiety.
- Youth are not often supported with good nutrition and wellness practices.
- Youth often lack connections and a sense of purpose, diminishing an overall sense of wellbeing.

For more information on the health crisis including the rising rates of depression among young people please read: https://www.theatlantic.com/newsletters/archive/2022/04/a merican-teens-sadness-depression-anxiety/629524/https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf

Youth Program Logic Model

INPUTS OUTPUTS IMPACTS & OUTCOMES Investment **Activities Annual Outputs Short Term Impacts Long Term Outcomes** Improved self Youth will seek and Learning to cook in a Staff resource • 3,500+ handwritten safe, clean kitchen confidence find their own notes Volunteer time fulfilling, productive Learning that real, · Ability to work with 35.000 healthy. place in the whole food is medicine Mentor training diverse people organic meals community as active, Working in teams to prepared and · Ability to work in engaged citizens. Kitchen facility & prepare meals delivered teams equipment Youth have an Learning about organic • 1,300 lbs. organic food and gardening Competence in the elevated Farm & gardens produce grown at through guided kitchen understanding about Ferry Lane Farm experimentation Food & how food impacts · Increased sense of overall health. packaging Connecting to 20 Blue Aprons & 10 empathy and clients with kind Chef coats compassion Youth will employ Wellness notes 80 youth matched with tools and tactics for curriculum · Elevated sense of 20 adult mentors Growing, tending, and health and wellness. purpose harvesting organic Volunteer Regularly represent Youth will foster produce diverse cultures in recognition Understanding the meals and education social connections Creating a welcoming, organic seed to Environmental that promote a sense electronic-free space table journey education of wellbeing. Understanding the Youth Involved 50+ Hours impact of their own daily nutritional and Deeper connections Serving on the Youth wellness practices Development with HM and other Committee volunteers Increased courage Board hears youth Serving on to try new things perspective **Healing Meals Board †** FACTORS **‡**

Assumptions

- Volunteers are highly appreciated and treated well.
- Clients are nourished with love.
- Meals are made from high-quality, organic ingredients that are essential to the healing process.
- Diversity, equity, and inclusion is incorporated into a loving and welcoming environment.

External Influences

- Program funding is competitive.
- Parents/caregivers support is essential.
- Transportation can be challenging.
- Youth have demanding schedules.