



## EXTERNAL EVALUATION OF MAP YOUTH WORK

**Hypothesis: "Getting involved in youth voice projects at MAP leads to improvements in young people's mental and emotional health and wellbeing."**

This evaluation was conducted by James Kenrick, an expert in young people's mental health and rights, and ex-Chief Executive of Youth Access. 76 yp took part in the evaluation from two of MAP's youth work projects: Youth Advisory Boards and Youth in Mind.

A final report will be published in early 2023. To find out more or get involved, email [youthwork@map.uk.net](mailto:youthwork@map.uk.net)

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**"YP felt welcomed, included and supported in a 'community' of young people and professionals in which there was an overwhelmingly positive culture. This enabled them to come out of their shell, voice their opinions and develop their confidence."**

-James Kenrick, external researcher



# Mental Health & Wellbeing Improvements

Young people felt: 'Part of something' (89%) 'More a part of my community' (77%) 'A stronger sense of purpose' (74%) 'Improved confidence' (87%) 'Greater overall enjoyment of life' (74%)

# 75%

reported that they felt that **their mental health had improved** as a result of being part of the group

# 93%

said their group had a **positive impact** on the young people involved as well as the wider world

## Who does MAP support?

**89%** say a **diverse range of young people** from different backgrounds were involved in their group



**13%** described their gender as **non-binary, transgender or gender non-conforming**

**80%** reported having experienced a **mental health problem**



**45%** reported having ever been eligible for **Free School Meals**

## Why does MAP's approach work?

- ▶ Staff make sure young people's voices are heard: 100% of young people agree
- ▶ Staff provide valuable support to young people when they need it: 94% of young people agree
- ▶ 87% of young people say that their knowledge of where to get help has improved as a result of their involvement in their group

