

CYFAR

YOUTH COMMON MEASURES 2022

CYFAR youth build resilience and life skills and participate in high-quality programs.

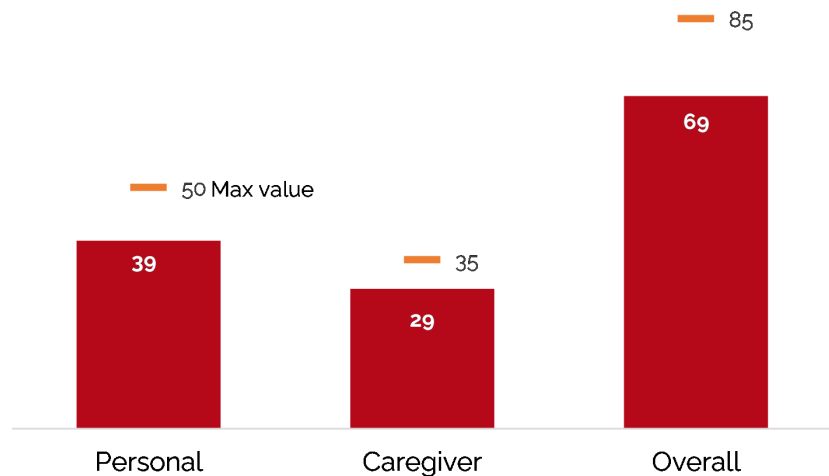
The Children, Youth, and Families At-Risk (CYFAR) Program is funded by the National Institute of Food and Agriculture (NIFA). As part of the CYFAR Program's commitment to evaluation, CYFAR Sustainable Community Projects (SCPs) collect common data from all child, youth, and adult participants and provide deidentified data to the CYFAR Professional Development and Technical Assistance (PDTA) Center. The CYFAR Common Measures are valid, reliable evaluation measures with research support.

This report details the CYFAR Common Measures, which assess CYFAR youth (Grades 3-12) in three main domains: resilience, life skills, and program quality. Only post program data is shared.

CYFAR youth are resilient.

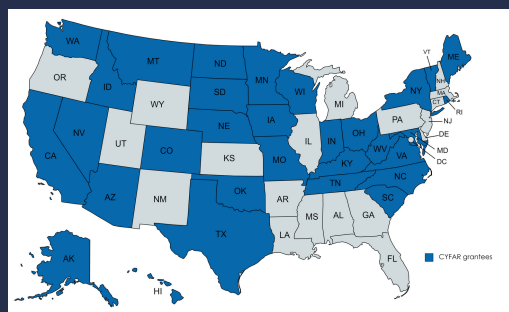
Youth scored an average of 39 points (78%) on the personal resilience scale and 29 (83%) on the caregiver resilience scale. The Child and Youth Resilience Measure evaluates obstacles youth may confront (i.e., feeling safe, being treated fairly, and fitting in) and youth's resources (i.e., friends, family, and other caregivers). These resilience scores represent moderate resilience.

Resilient youth have the capacity to find resources to support well-being (personal subscale) and have caregivers and communities that collaboratively provide resources (caregiver subscale).



170

Youth completed the evaluation



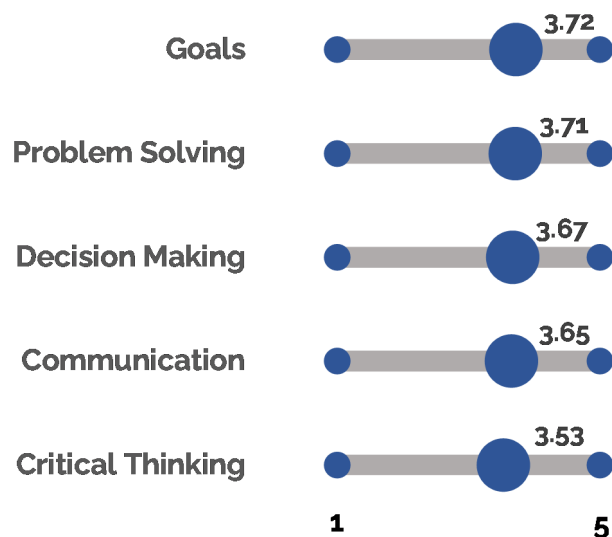
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Sustainable Community Projects represented in the evaluation

CYFAR programs are found around the United States

Resilience Life skills High-quality programs

CYFAR youth build life skills like goal setting and problem solving.



The Life Skill Measure assesses 5 life skills. Youth reported the highest scores for goal setting and problem solving. Overall, scores were above 3.5 (out of a possible 5) for all life skills measures.

CYFAR programs provide an environment for youth to develop lifelong skills.

CYFAR youth participate in high-quality programs.

Youth program quality matters. The Youth Program Quality Measure assesses eight domains of quality. Most youth gave an average quality score of 3 or 4 on a 5 point scale.

CYFAR youth's sense of belonging is significantly related to a change in resilience score and explains 10% of the variance in their change scores!

91%

of youth gave their program a quality rating of 3 or more



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