

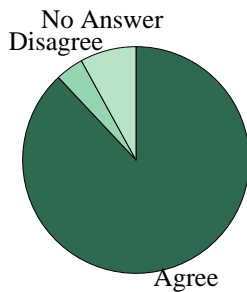
Head to Heart Evaluation Snapshot

A community-centered mental health initiative helping licensed professionals support clients through trusted relationships.

Program Reach & Participation

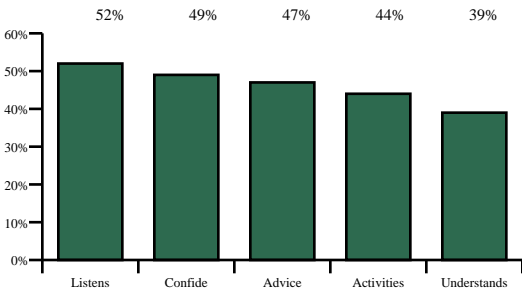
Measure	Outcome
Licensed professionals enrolled	15
Licensed professionals completed	12
Client surveys completed	61
Licensed professional interviews	12
QR code scans for resources	81
Average Mental Health First Aid quiz score	98%

Clients Felt Comfortable Talking with Licensed Professionals



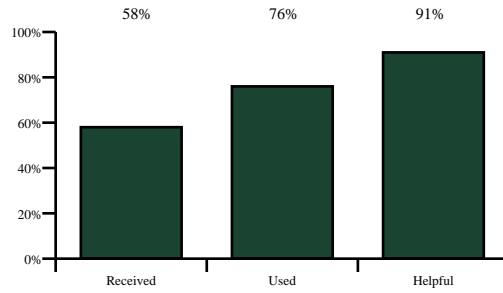
Most clients (88%) reported feeling comfortable discussing personal situations with their licensed professional, suggesting strong trust and openness within these community-based relationships.

Emotional & Informational Support



Clients reported strong emotional and informational support networks, particularly related to listening, understanding, and emotional connection.

Mental Health Resource Engagement



Most clients who received mental health resources reported using them and found them helpful. The QR code linking clients to mental health resources was scanned 81 times during the evaluation period.

Key Findings

- 88% of clients reported feeling comfortable discussing personal situations with their licensed professional.
- Clients frequently described licensed professionals as trusted individuals they could talk to about stress, grief, family concerns, and emotional wellbeing.
- Licensed professionals reported increased confidence navigating difficult conversations and sharing mental health resources.
- The applied practice component was consistently described as one of the most meaningful aspects of the training.

Voices from Licensed Professionals

"It just gives me a deeper awareness for other people where I didn't have that awareness before."

"Before I could talk to people but didn't have resources... now we have a list of resources we can give people."

"What I really feel like I've overall taken from it was the ability to help myself. And from that, others will always benefit."

What This Means

The Head to Heart program helped strengthen supportive conversations, improve mental health awareness, and connect clients with mental health resources through trusted community relationships. Findings suggest that community-centered approaches may help reduce stigma, strengthen emotional support, and improve access to care for individuals who may not otherwise engage traditional mental health services.