



**BOYS & GIRLS CLUBS
OF AMERICA**

Screeners for Emotional Wellness

BACK-TO-CLUB



As you welcome staff, members and parents back to your Clubs, use this opportunity to check in on their emotional wellness. This is important so you can find out how they're doing and how best to support them through this pandemic. To do this, focus on three driving questions:

How are you
feeling?

How are you
coping?

What do you
need?

These driving questions allow you to:

- **Collect data you can act on.** Use it to shape your Club day, programming and interactions with staff and parents
- **Check in,** helping everyone to feel valued, heard and supported
- **Promote self-reflection** by helping everyone think about what's going well and what isn't

These driving questions can be asked more than once, and in more than one way. Start by using them as *re-entry* questions, focusing on the past few weeks. Over time, incorporate them into daily programming and conversations as pulse checks and emotional check-ins. At the end of this document, you will find four printable surveys that use these three questions. You will find versions for youth, teens, staff and parents/caregivers. Customize and adapt them to your own Club's needs.

How are you feeling?

This is a simple but powerful question. Since feelings can be complex, provide a wide range of emotions and words to help your respondents identify and name how they feel (beyond mad, sad or happy). Ask them to think back on the last few weeks, to learn how they have been in general. What positive feelings have they been experiencing? What negative feelings do you need to be mindful of?

Beyond the survey, find ways to represent these feelings visually. For example, create a wall full of emojis with feeling words. Staff, members and parents can then move their name or photograph to an emoji that best represents how they feel. This allows you to begin mapping how your Club population is feeling as a whole.



How are you coping?

It's important to understand how everyone is coping. The following is a list of positive or helpful coping behaviors. Use it to gauge what's working for your different groups, to celebrate the ways they're being resilient, and to identify which skills you may need to focus on supporting or teaching.

- **Social support**, like talking to others about your feelings or seeking advice
- **Recreation and physical activity**, including hobbies and working out
- **Mindfulness**, like deep breathing and prayer
- **Positive thinking and problem solving**, like self-talk and taking steps to fix the problem

What do you need?

Coping is only part of the solution. People also need access to opportunities, resources and supports from their Club and community. By asking what they need, you can identify which types of practices and partnerships you should prioritize as a Club and which areas you should follow up on. For example, parents and caregivers may report that their children need help doing school from home. You'll want to have follow-up conversations to determine which types of support would be valuable. Be sure to customize the response options for this question based on the resources your Club is able to provide and the information that is most helpful to guide programming. Provide response choices in these three categories:

- **Tangible items for the household**, like school supplies and hygiene items
- **Information and resources**, like mental health and employment assistance (adults only)
- **Club supports for youth**, like how to have fun safely during the pandemic or ways to give back

How to Collect Data

The easiest way to collect this data is using a survey. The included surveys are formatted to be printed if you choose to collect via paper. You can also set them up as electronic surveys using a free service like [SurveyMonkey](#) or [SurveyGizmo](#). We recommend that you make the survey anonymous for youth, meaning you don't ask them to include their name in their response. For parents and staff, we recommend that you make it confidential and give them the option of adding their name.

Use NYOI member survey best practices for survey administration, including:

- Explain the purpose of this data and how you plan to use it
- Make accommodations to ensure everyone understands the questions, e.g., reading aloud to younger members

You can also collect this data through private one-on-one interviews/conversations.



When to Collect Data

This data would be most useful if collect right before you reopen (virtually), as you reopen, or soon afterward. Use it as a re-entry tool to support your planning and preparations. For example, consider asking every staff, member and parent/caregiver to complete a survey when they first return to the Club.

How to Summarize Screener Data

If you collect the data using an online tool, you should be able to generate a simple report that summarizes the responses.

If you use paper surveys, start by entering the data into a spreadsheet. All three questions are set up the same way. For each one, respondents are asked to “check all that apply.” For each question:

1. Count the total number of people who responded (denominator)
2. Count the total number of people who selected each response option (numerator)
3. Divide each numerator by the appropriate denominator to come up with a percentage. This number represents the percentage of respondents who selected that option.

For example:

1. 20 teens complete the teen survey (denominator)
2. For the question about how they feel, 15 of them selected “motivated” and 13 of them selected “confused” (numerators)
3. This data tells you that 15/20 of your teens (75%) feel motivated and 13/20 (65%) feel confused

Calculate these percentages for each group and for each question. This is most easily done in a spreadsheet where you can set up the calculations. (Download an Excel template on [BGCA.net/Programs](https://www.bgca.net/Programs)).

How to Use Screener Data

Review and discuss this data with your staff during a meeting or huddle each time you collect it. Walk through these questions to make meaning of the data for each respondent group (youth, teens, staff, parents):

- What do you see? What does this data tell you? Does anything surprise you?
- What does this mean? What are the implications for your work?
- What should the Club start, stop and continue doing?
- What follow-up questions do you have?

Use the list of helpful resources on the next page to inform your action planning.



Helpful Resources

The following resources can help you address and respond to the data you collect. All are available at [BGCA.net/Programs](https://www.bgca.net/Programs).

Driving Question	Resource	Relevant Section(s)
How are you feeling?	Managing Change Discussion & Activity Guides	All
	Providing Support for Grief & Loss	Prioritize emotional safety Staff development opportunities
	Resource list for parents and caregivers	Self-care Addressing Trauma/Mental Health
How are you coping?	Managing Change Discussion & Activity Guides	All
	Providing Support for Grief & Loss	Practices for processing grief Practices to build resiliency
	Resource list for parents and caregivers	Managing stress Grieving
What do you need?	Back-to-Club Routines and Procedures Checklist	All
	Providing Support for Grief & Loss	Collaborate with local partners Connect families to local resources
	Resource list for parents and caregivers	Parenting

Where to Go for Help

BGCA is available to support you with your efforts to collect, summarize and make use of this data. Don't hesitate to reach out to us at measurement@bgca.org.

What Next?

Once you have completed this reentry process of assessing and planning, consider implementing some form of pulse checks or emotional check-ins with your members, staff and/or parents. Check out the [Pulse Checks guide](#) or this list of [5 easy emotional check-ins](#). These emotional check-ins can be formal and structured, or informal and on the fly. The important thing is you are teaching your Club members to intentionally identify, reflect on, and share about their emotions. The check-ins give you the opportunity to get a sense of how members (or staff, or parents) are feeling, and who might need a little more help.



Youth Survey (ages 6-12)*

There have been many changes this year. Think back to the last few weeks. We want to know how you are doing. We also want to know how we can help you. Please answer each question below.

1. How are you feeling? You can choose more than one.

I am feeling...

- Happy
- Brave
- Sad
- Tired
- Bored
- Mad
- Scared

2. How are you coping? You can choose more than one.

When I don't feel happy...

- I talk to someone about my feelings
- I ask other people for help
- I do things I enjoy like watching videos, reading or gaming
- I do physical activity like running or jumping
- I take deep breaths
- I pray
- I write about my feelings
- I think that things will be okay

3. What do you need help with? You can choose more than one.

I would like help with...

- getting school supplies
- getting food to eat
- getting clothes
- doing school from home
- how to have fun safely during the pandemic
- a place to talk about my feelings on the pandemic
- learning about the pandemic
- having a place just to hang out with my friends
- getting along with my family during the pandemic
- ways to give back or help during the pandemic

* The youngest Club members will need additional help to understand and answer these questions. Sitting down with them in small groups may work best.



Teen Survey (ages 13+)

There have been many changes this year. We want to know how you've been doing over the last few weeks, and how we might be able to support you. Please answer each question below.

1. How are you feeling? You can choose more than one.

Over the last few weeks I have been feeling...

- | | | |
|------------------------------------|---------------------------------|--------------------------------------|
| <input type="checkbox"/> Motivated | <input type="checkbox"/> Sad | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Tired | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Strong | <input type="checkbox"/> Bored | <input type="checkbox"/> Afraid |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Lonely | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Grateful | <input type="checkbox"/> Angry | |

2. How are you coping? You can choose more than one.

When I have difficult emotions...

- I talk with a friend or an adult about how I'm feeling
- I ask other people for help or advice
- I do things I enjoy, like listening to music, reading, gaming or creating art
- I exercise, like running, doing yoga, or working out
- I take deep breaths or meditate
- I pray or do other spiritual activities
- I write about my feelings
- I think positively, like telling myself that I can handle whatever happens
- I take steps to fix problems that are causing me stress

3. What do you need help with? You can choose more than one.

I'd like help with...

- getting school supplies
- getting food to eat
- getting clothes
- getting hygiene items
- doing school from home
- how to have fun safely during the pandemic
- a place to talk about the pandemic
- learning about the pandemic
- having a place to hang out with my friends
- how to get along with my family during the pandemic
- ways to give back or help during the pandemic



Staff Survey

There have been many changes this year. We want to know how you've been doing over the last few weeks, and how we might be able to support you. Please answer each question below.

First and Last Name (Optional): _____

1. How are you feeling? You can choose more than one.

Over the last few weeks I have been feeling...

- | | | |
|------------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Motivated | <input type="checkbox"/> Sad | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Tired | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Strong | <input type="checkbox"/> Lonely | <input type="checkbox"/> Afraid |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Angry | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Grateful | <input type="checkbox"/> Worried | |

2. How are you coping? You can choose more than one.

When I have difficult emotions...

- I talk with other people about how I'm feeling
- I ask other people for help or advice
- I do things I enjoy like listening to music, reading or cooking
- I exercise, like running, doing yoga, or working out
- I do breathing exercises or meditate
- I pray or do other spiritual activities
- I write about my feelings
- I think positively, like telling myself that I can handle whatever happens
- I take steps to fix problems that are causing me stress
- I look for resources in the community and information that can help solve my problems

3. What do you need help with? You can choose more than one.

I'd like help with...

- access to a computer or tablet to participate in the virtual Club from home
- access to Wi-Fi or better Internet
- access to a mental health professional (for you or a family member)
- resources related to self-care and stress management
- help caring for family members
- information on how to access information from BGCA
- training on how to work with youth in the age of COVID-19
- information about COVID-19 government assistance programs



Parent and Caregiver Survey

There have been many changes this year. We want to know how you've been doing over the last few weeks, and how we might be able to support you and your family. Please answer each question below.

First and Last Name (Optional): _____

1. How are you feeling? You can choose more than one.

Over the last few weeks I have been feeling...

- | | | |
|------------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Motivated | <input type="checkbox"/> Sad | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Tired | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Strong | <input type="checkbox"/> Lonely | <input type="checkbox"/> Afraid |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Angry | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Grateful | <input type="checkbox"/> Worried | |

2. How are you coping? You can choose more than one.

When I have difficult emotions...

- I talk with other people about how I'm feeling
- I ask other people for help or advice
- I do things I enjoy like listening to music, reading or cooking
- I exercise, like running, doing yoga, or working out
- I do breathing exercises or meditate
- I pray or do other spiritual activities
- I write about my feelings
- I think positively, like telling myself that I can handle whatever happens
- I take steps to fix problems that are causing me stress
- I look for resources in the community and information that can help solve my problems

3. What do you need help with? You can choose more than one.

I'd like help with...

- food items
- household items
- hygiene items
- baby items
- help caring for family members
- self-care and stress management
- access to a mental health professional (for you or a family member)
- job search assistance
- how to talk to my children about COVID-19
- Information about COVID-19 government assistance programs

My kid(s) need help with...

- doing school from home
- how to have fun safely during the pandemic
- how to talk about their feelings on COVID-19
- learning about COVID-19
- having a place to hang out with their friends
- getting along with family during the pandemic
- ways to give back or help during the pandemic