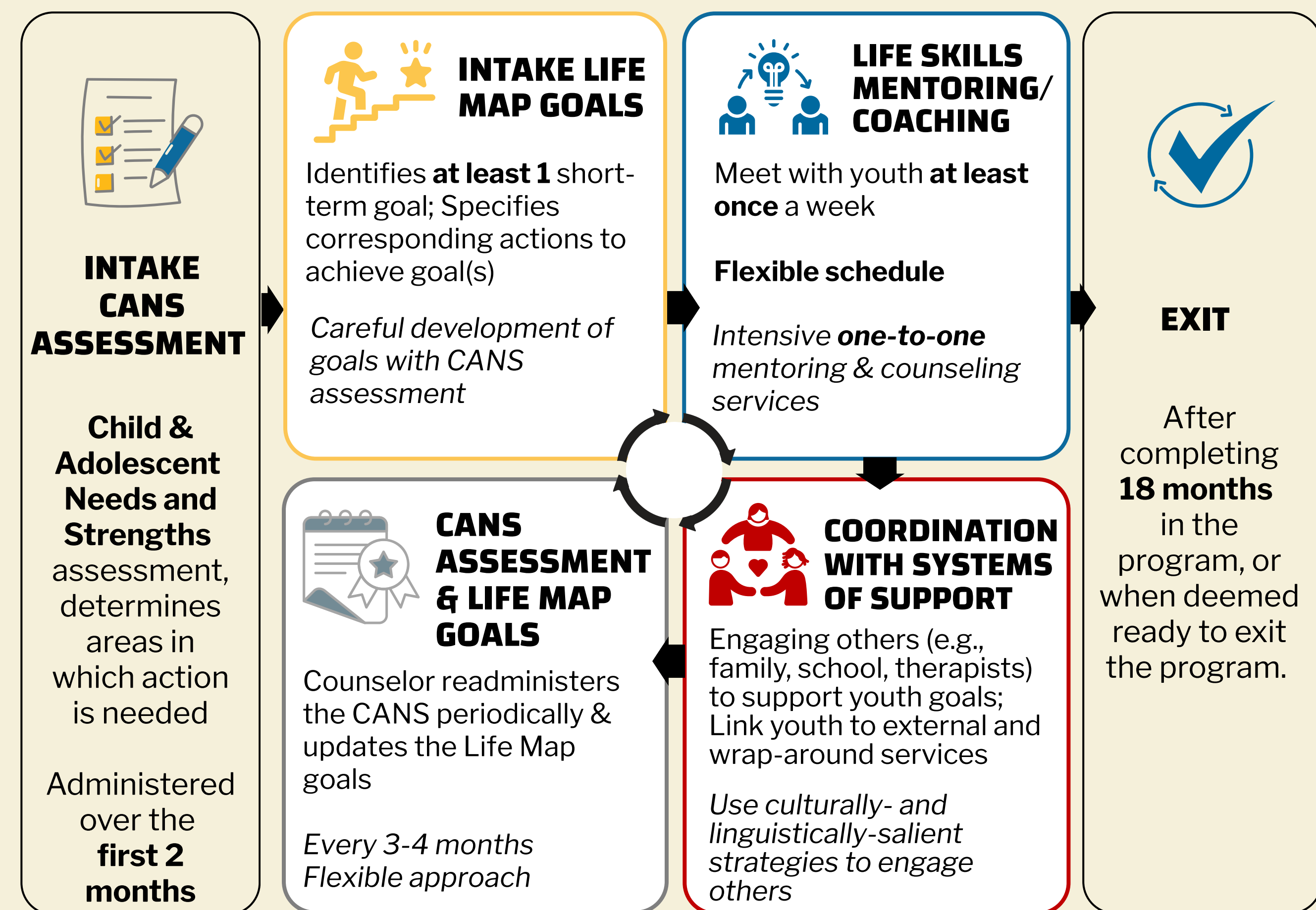


Groundwork is East Bay Asian Youth Center's (EBAYC) Community-Defined Evidence Program (CDEP) to address prevention and early intervention for Southeast Asian youth in Sacramento.

This CDEP addresses mental wellness challenges, school detachment, academic failure, and/or involvement with the juvenile justice system.

CDEP PURPOSE AND GOALS

Groundwork **pairs youth with a counselor of the same gender.** Counselors work with youth for an average of 18 months, with an average caseload of 12-15 youth, and engage them in a continuous life skills-building process of assessment, goal-setting, life coaching, systems navigation, and social engagement.



GROUNDWORK SERVED: 58 YOUTH (JAN 2023 -JUNE 2025)



EVALUATION DESIGN & METHODS

Design: A mixed-methods approach to track data across multiple sources, including the CANS, pre-/post-surveys, Life Map goal tracking, counselor interviews, and case studies. Evaluation data were collected from January 2023 through June 2025. Local evaluation led by HTA with monthly meetings with EBAYC.

Analysis:

- Quantitative analysis comparing change from pre- to post-surveys by testing significance with Chi-squares and t-tests.
- Qualitative analysis through iterative content review and thematic analysis to develop salient themes.

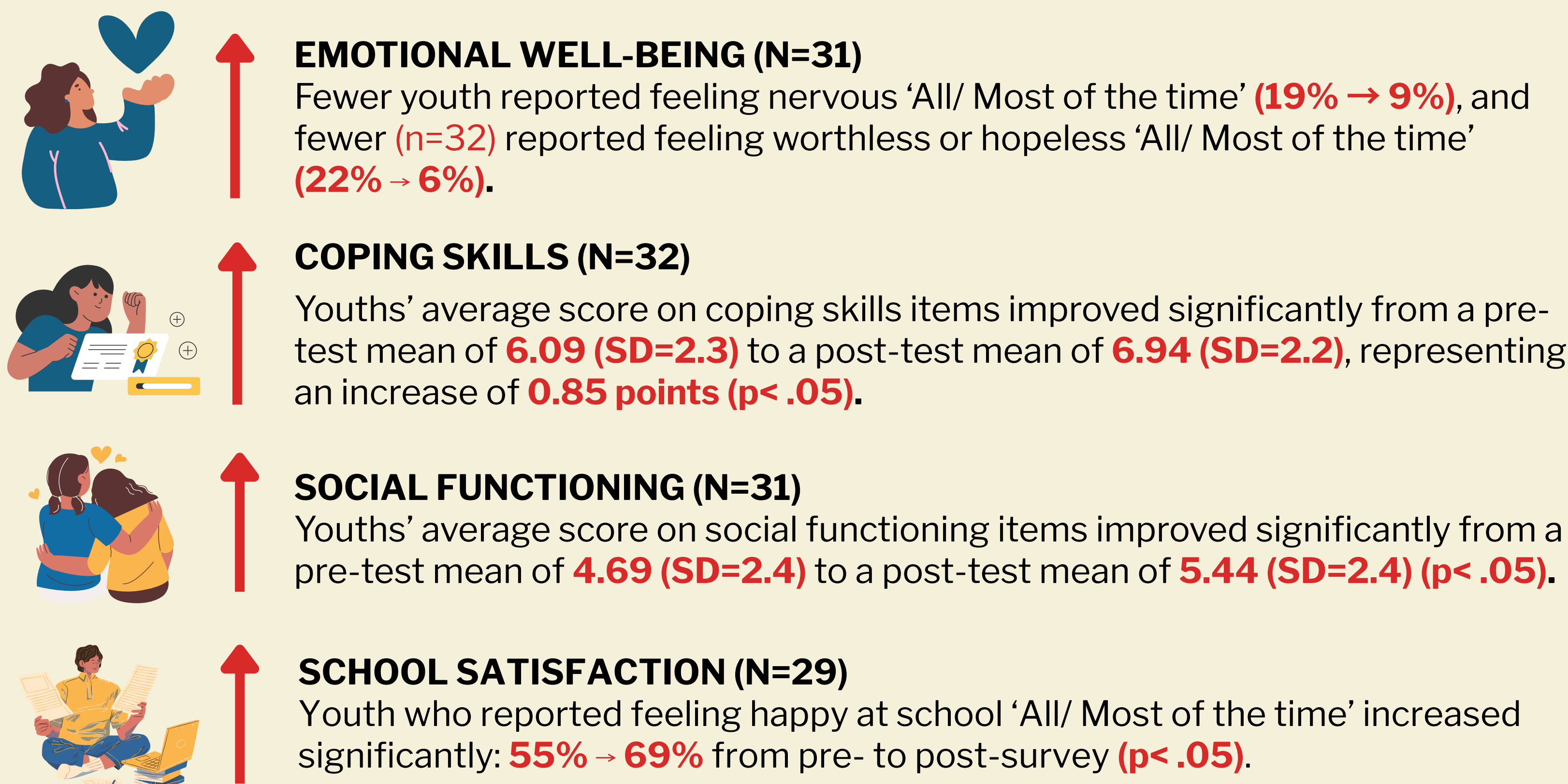
Hopelessness became hope and isolation became belonging.

KEY TAKEAWAYS

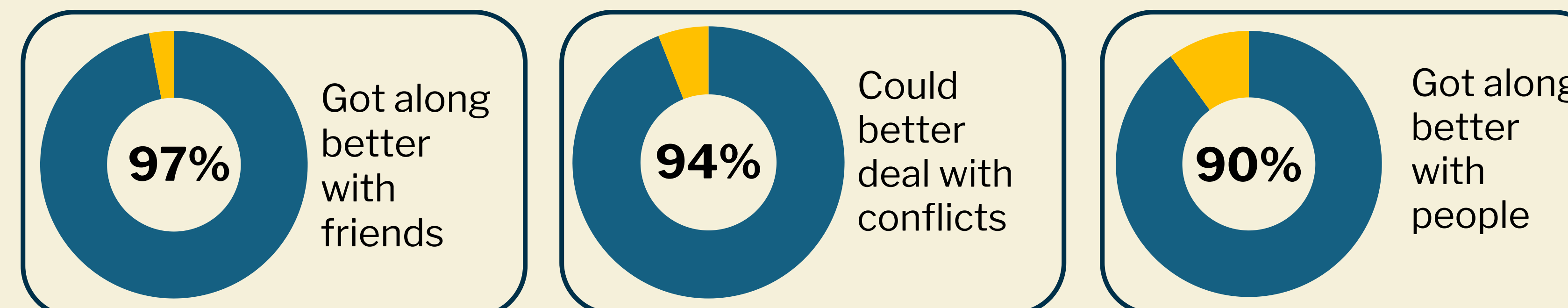
- Youth showed significant improvements in emotional well-being, coping skills, and social functioning.
- Positive relationships with caring adults are central to the youth experience with programming.
- Leveraging presence at schools is an effective strategy for outreach and recruitment.



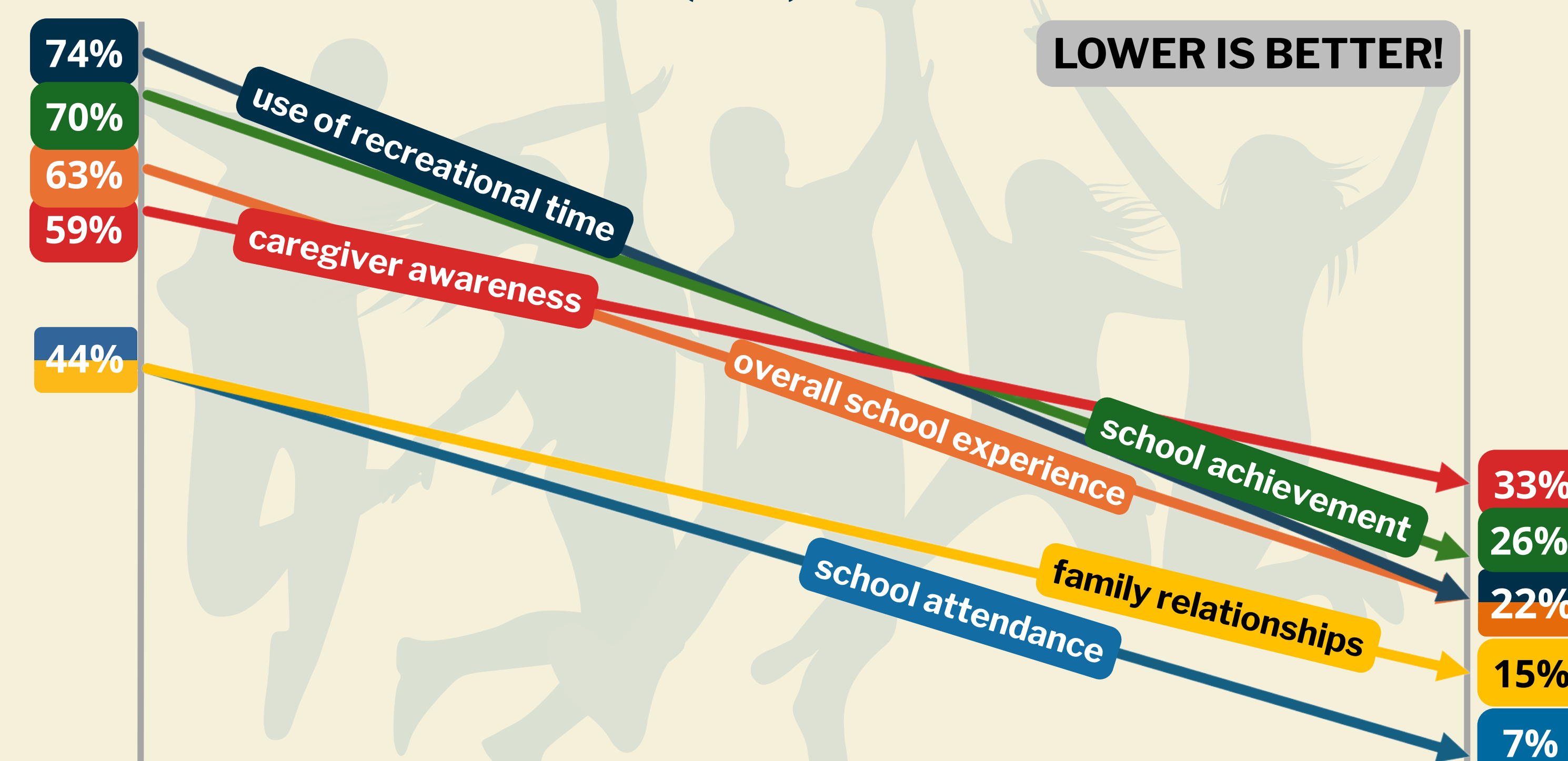
RESULTS



AS A RESULT OF PARTICIPATING IN EBAYC GROUNDWORK, YOUTH FELT THEY...



CANS DATA SHOW SIGNIFICANT DECREASES IN YOUTH WITH URGENT/ HIGH NEEDS FROM PRE- TO POST-ASSESSMENT (n=27)



3 S's WORK: SUSTAINABILITY, SCALABILITY & SYSTEMS CHANGE

School Wellness Center: In recent years, EBAYC youth have led a needs assessment for a one-stop wellness center at Luther Burbank High School. This initiative has garnered strong buy-in from school leadership.

The planning team includes students, school staff, community members, and parents using data to guide the design.

What's next? Securing funding to develop a wellness center at Burbank HS.

NEXT STEPS

Culturally-matched, long-term support breaks cycles of invisibility and trauma for Southeast Asian youth. Participating youth demonstrated significant improvements in emotional well-being, coping skills, and social functioning.

Lesson Learned:

- Encourage ways to alleviate feelings of loneliness.
- Youth with the greatest needs (i.e., academics and social isolation) are at higher risk of program disengagement. Involvement in group activities could support retention.
- Pair youth with counselors who have shared lived experiences and commitment to youth development

Policy Recommendations:

- Prioritize youth-focused CDEP strategies in population prevention
- Strengthen school and community partnerships to meet youth behavioral health needs (i.e., Wellness Centers)



"The yellow represents my newfound confidence, red for the growing love for myself, blue for the power to continue, and a mix between all the colors for the acceptance of uncertainty."
- Participant Case Study Reflection

ACKNOWLEDGMENTS

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