



# Addiction & Mental Health Knowledge Bites

Lunch & Learn Series

Photo by Mae Mu

**May 29, 2024**  
**12:05-12:50pm MST**

## Evaluation of the Alberta Health Services Community Helpers Program



**Sandra Johansen, PhD**

Team Lead of Evaluation and Quality Improvement, Provincial Population & Public Health, Alberta Health Services



**Kristin Pilon, MSW, RSW**

Health Promotion Facilitator II, Provincial Injury Prevention, Alberta Health Services

The Community Helpers Program (CHP) is a peer-helping program providing youth and young adults with tools to support their peers to problem solve and seek mental health and suicide prevention support. An evaluation of CHP conducted between September 1, 2019, and June 30, 2020, aimed to

1. assess community helpers' knowledge, self-efficacy and awareness of stigma before, after and six-months post-training,
2. learn how the training program could be improved, and
3. learn about experiences and outcomes from participants and collaborators.

This presentation will share the findings of the evaluation, including feedback on the strengths and opportunities to explore further.



**2 ways to attend:**

- Microsoft Teams
- By phone



**RSVP at:**

<https://redcap.link/KB>