



Evaluate your program

One of the hardest things to do can be evaluating your own event or program. Often you feel so invested in what you have done it is hard to step back and take an impartial look at what you have produced. We know this is true – as we feel so passionately about all that we do here at RGH.

What we have learned is that the best ideas and suggestions come from those who are participating in what you are offering. A veteran knows what they need, and they can tell you if they feel safe, heard, respected and if an event is something they would be prepared to come to again.

We had the luxury of having an evaluator on staff at RGH who was able to design tools and metrics for us to evaluate our work and make the necessary reflections and changes that we needed to.

You will find so basic tools to download in this section – please know these are only suggestions – you can create your own specific tools to collect valuable feedback from your community.

The type of questions to ask:

Demographic data - These questions give you a good idea of who is using your program

- Age Range
- Sex
- Branch of Service
- Race/Ethnicity

Specific event related questions

- Did you feel safe?
- How did you hear about the event?
- What did you like most?
- What could we do better?
- What would you like to see us do next?

Learning indicators - Ask questions directly related to information that you taught in the session

- After the session today do you better understand the causes of depression?
- Would you feel more comfortable asking for help after today's class?

Resilience Grows Here is made possible through funding from the Movember Foundation.