

APPENDIX C

INTERVIEW PROTOCOL: MENTAL TOUGHNESS ORIENTATION (MTO)

Public reporting burden for this collection of information is estimated to average 60 minutes per respondent, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information to Eileen Pederson, U.S. Department of Labor, Employment and Training Administration, Office of Policy Development and Evaluation, Room N-5641, 200 Constitution Avenue, NW, Washington, DC 20210. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The OMB control number for this information collection is xxxx-xxxx. Expiration Date xx/xx/20xx.

III. Mental Toughness Orientation (MTO)

Name of site:

Site code:

Name of site visitor:

Date of site visit:

Name of respondent(s) and titles:

Staff Background (*gather from each staff member participating in session*)

Describe your background and role in the organization:

- Title
- # of years at YouthBuild
- Experience working with at-risk youth
- Similarity between own background and youths'
- Degree/credentials/certifications
- Role/s in the organization
- How do you balance responsibilities between these roles?
- Other

Overview of Mental Toughness Orientation (MTO)

1. *What are the goals of MTO?*

2. *Is MTO used to screen out youth?*

<input type="checkbox"/>	Yes.
<input type="checkbox"/>	No.

3. *At what point are youth invited to MTO?*

4. *How often do you offer MTO per year?*

Number of times per year: Describe:

5. How long does MTO last?

- Total length (in days):
- Number of hours per day:

6. How many youth were invited to the last MTO session (ask for date of last session)?

7. From this group, how many youth completed MTO?

8. How many youth enrolled in the program after completing MTO?

9. Other comments

Content of Mental Toughness Orientation (MTO)

10. What do youth do in MTO? Check all that apply and describe.

<input type="checkbox"/>	Team building exercises.
<input type="checkbox"/>	Leadership development/community service.
<input type="checkbox"/>	Academic work (e.g. practice tests for GED, basic skills, etc.).
<input type="checkbox"/>	Writing skills.
<input type="checkbox"/>	Cultural events.
<input type="checkbox"/>	Job readiness training.
<input type="checkbox"/>	Occupational safety.
<input type="checkbox"/>	Training on using tools.
<input type="checkbox"/>	Anger management.
<input type="checkbox"/>	Life skills.
<input type="checkbox"/>	Other, specify.

11. Other comments

12. Is an incentive offered for completing MTO?

<input type="checkbox"/>	Yes.
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	<input type="checkbox"/>	Cash incentive. Amount:
	<input type="checkbox"/>	Party/award ceremony
	<input type="checkbox"/>	Other, specify:
<input type="checkbox"/>	No.	

13. Are youth assessed during MTO?

<input type="checkbox"/>	Yes. <ul style="list-style-type: none"> • What they are assessed on? • Number of times youth assessed in MTO: • Tools used to assess them:
<input type="checkbox"/>	No.

14. Other comments

15. Do youth receive feedback on their progress in MTO?

<input type="checkbox"/>	Yes. <ul style="list-style-type: none"> • What type of feedback is given to youth, how often, etc?
<input type="checkbox"/>	No.

16. What are the requirements for MTO that youth must meet in order to be enrolled in the program? Check all that apply and describe.

<input type="checkbox"/>	Arrive on time.
<input type="checkbox"/>	Follow directions.
<input type="checkbox"/>	Work in teams.
<input type="checkbox"/>	Zero tolerance for violence.
<input type="checkbox"/>	Minimum # of days that youth are required to attend MTO:
<input type="checkbox"/>	Other, specify.

17. What happens if youth are unable to meet the requirements of MTO?

18. Other comments

Impact of Study on MTO

19. Have there been changes to MTO as a result of the study?

<input type="checkbox"/>	Yes, describe.
<input type="checkbox"/>	Content.
<input type="checkbox"/>	Duration.
<input type="checkbox"/>	Structure.
<input type="checkbox"/>	Other, specify.
<input type="checkbox"/>	No

20. If changes occurred: Why were these changes made?

21. At what point did/does RA occur in the program flow?

<input type="checkbox"/>	Before MTO.
<input type="checkbox"/>	During MTO.
<input type="checkbox"/>	After MTO.

22. What are challenges to providing MTO in general?

23. What are challenges to providing MTO as a result of the study?

24. Other comments