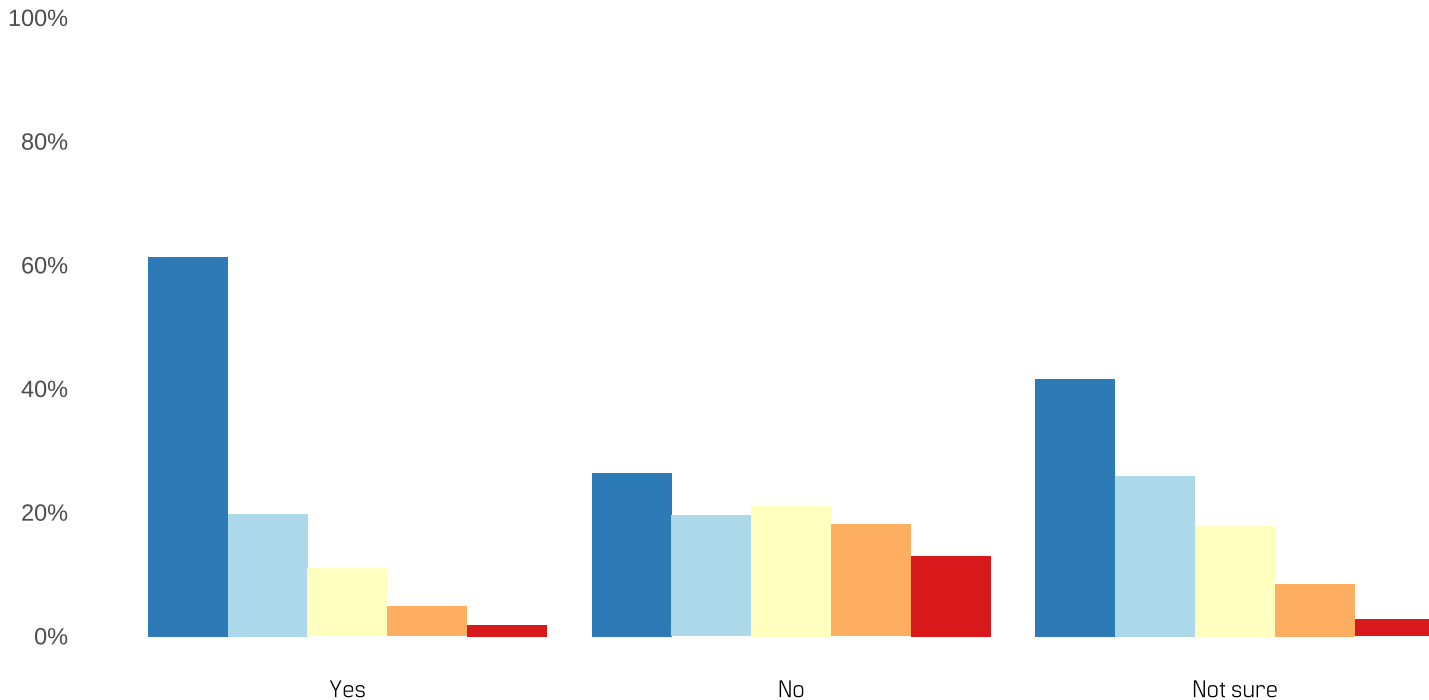


# When youth have a "spark" in life, their mental health improves

During the past 30 days, I felt worthless...

None of the time   A little of the time   Some of the time   Most of the time   All of the time



**I have a spark in my life.**

Question: Q10, Component: Positive Identity And Self-Worth, Subcomponent: Sparks. Question: Q9, Component: Strong Minds, Subcomponent: Psychological Distress. Data Source: Catalyst California calculations of Bold Vision Youth Thriving Survey, 2024.