

**Table 3. Mental Health Outcomes for CEDARs Control Group**

Mental Health Domain	Time 1: Baseline (n=14)	Time 2: Midpoint (n=13)	Time 3: Post-Program (n=13)	Time 4: 1-Month Follow-Up (n=12)	P-value (within group)
<i>Depression</i>	8.3 (5.2-11.4)	6.8(4.1-9.5)	7.5(4.6 - 10.4)	7.5(5.0 - 10.0)	0.5492
<i>Anxiety</i>	7.1 (3.8-10.4)	6.5 (4.1-8.9)	7.1 (4.7 – 9.5)	7.4 (4.0 - 10.8)	0.4619
<i>Perceived Stress</i>	7.7 (6.4-9.0)	7.4 (5.8-9.0)	7.2 (6.0-8.4)	7.3 (5.6 - 9.0)	0.9917
<i>Flourish</i>	41.1 (37.5 - 44.7)	39.4 (35.0-43.8)	42.2 (37.9 – 46.5)	42.7 (37.2 – 48.2)	0.1931
<i>Positive Affect</i>	15.5 (13.3-17.7)	14.8 (12.0-17.6)	15.5 (13.3 – 17.7)	13.9 (11.1 – 16.7)	0.4421
<i>Negative Affect</i>	13.4 (11.3-15.5)	13.2 (11.1 – 15.3)	12.7 (10.5 – 14.9)	11.8 (9.3 – 14.3)	0.3346
<i>Resilient Coping</i>	14.8 (13.3-16.3)	15.8 (14.7 - 16.9)	15.5 (14.2 – 16.8)	15.5 (13.8 – 17.2)	0.4364