



Baseline Measurement Findings

International Child Development Initiatives (ICDI)
October 2025

Project funding partner



Ministry of Foreign Affairs

The Ukraine Partnership Facility (UPF) funds this project. UPF is a programme from the Netherlands Enterprise Agency commissioned by the Netherlands Ministry of Foreign Affairs. UPF supports damage repair and reconstruction projects for the public and private sectors. UPF aims to help the recovery and sustainable reconstruction activities of the Ukrainian economy and society in the water, healthcare, circular reconstruction, sustainable energy and agricultural sectors

Project implementing partners



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Background of the measurement

The Mind the Future is a 3-year (2025-2028) project aiming at intervening and contributing to systemic change in Ukraine's mental health services sector.

The partners' consortium co-developed and implemented in 2025 a baseline measurement of the programme. The objective of the measurement was to generate findings on the baseline values of the programme's intended outcomes:

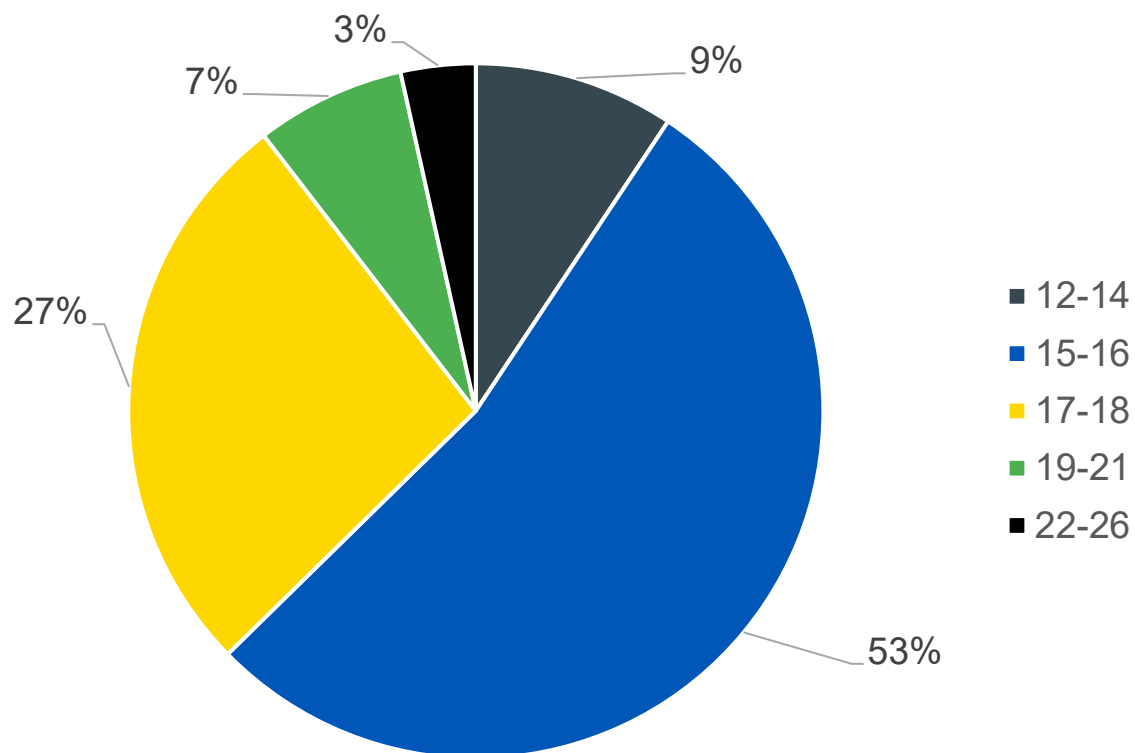
- a) What are the current levels of resilience that Ukrainian vulnerable and marginalised youth located in Kyiv, Vinnitsa and Odessa regions have?
- b) What are the current levels of motivation that Ukrainian vulnerable and marginalised youth located in Kyiv, Vinnitsa and Odessa regions have to engage in socioeconomic activities in their communities?

The **baseline data collection** took place in July-September 2025 through an online survey using a mix of quantitative and qualitative questions, to a sample of 632 youth aged 12-26 years old living in the Kyiv, Odesa and Vinnytsia in Ukraine.

The analysis of the collected data has a point of reference the programme's target of ensuring that 70% of the youth who will be supported perceive increased resilience and motivation. More specifically, the data collected on youth-perceptions on a set of resilience and motivation themes, were analysed against this target (quantitative analysis) and findings enriched through a thematic analysis of the qualitative data.

How to interpret the findings

Age distribution of respondents



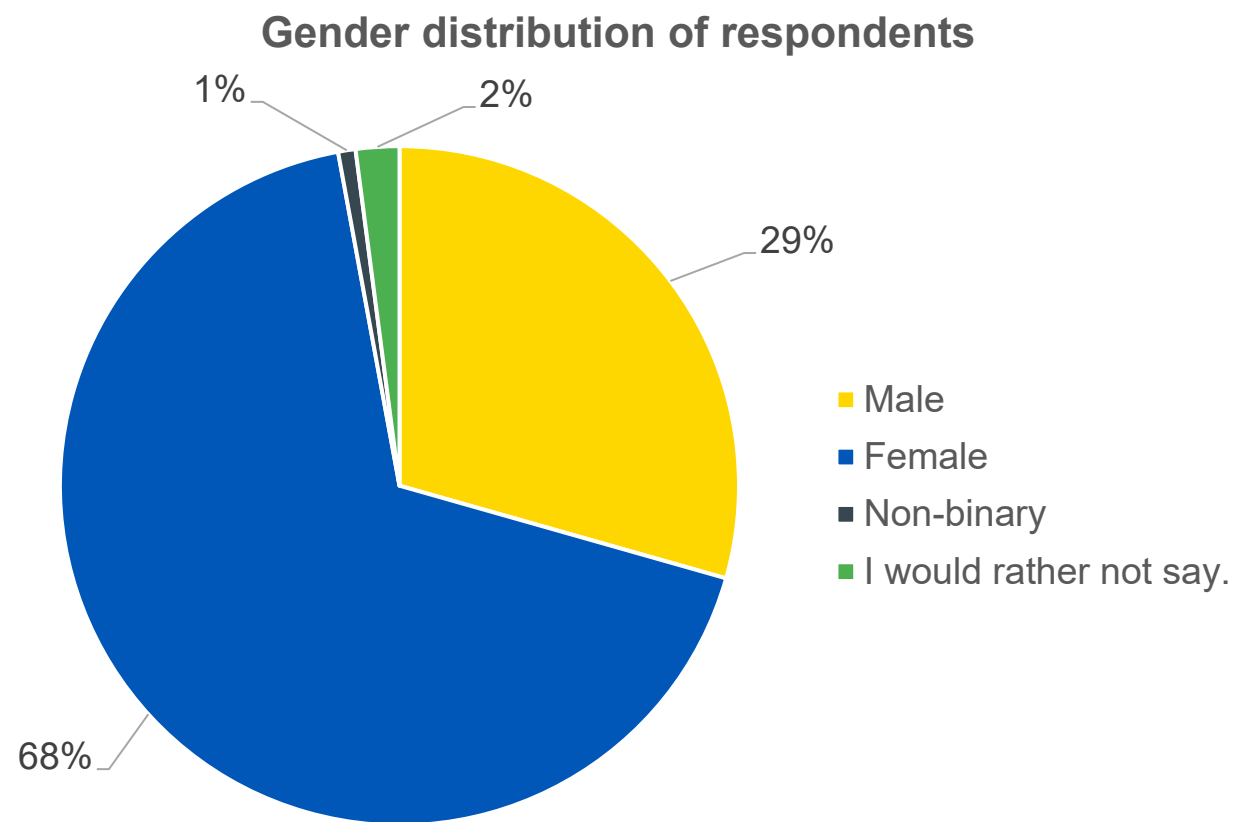
Majority of respondents are in the age categories of 15-16 yrs old (53%), followed by 17-18 yrs old (27%).

22-26 yrs old least represented in the survey (only 3%), which limits the statistical significance of this age-category's disaggregated findings.

How to interpret the findings

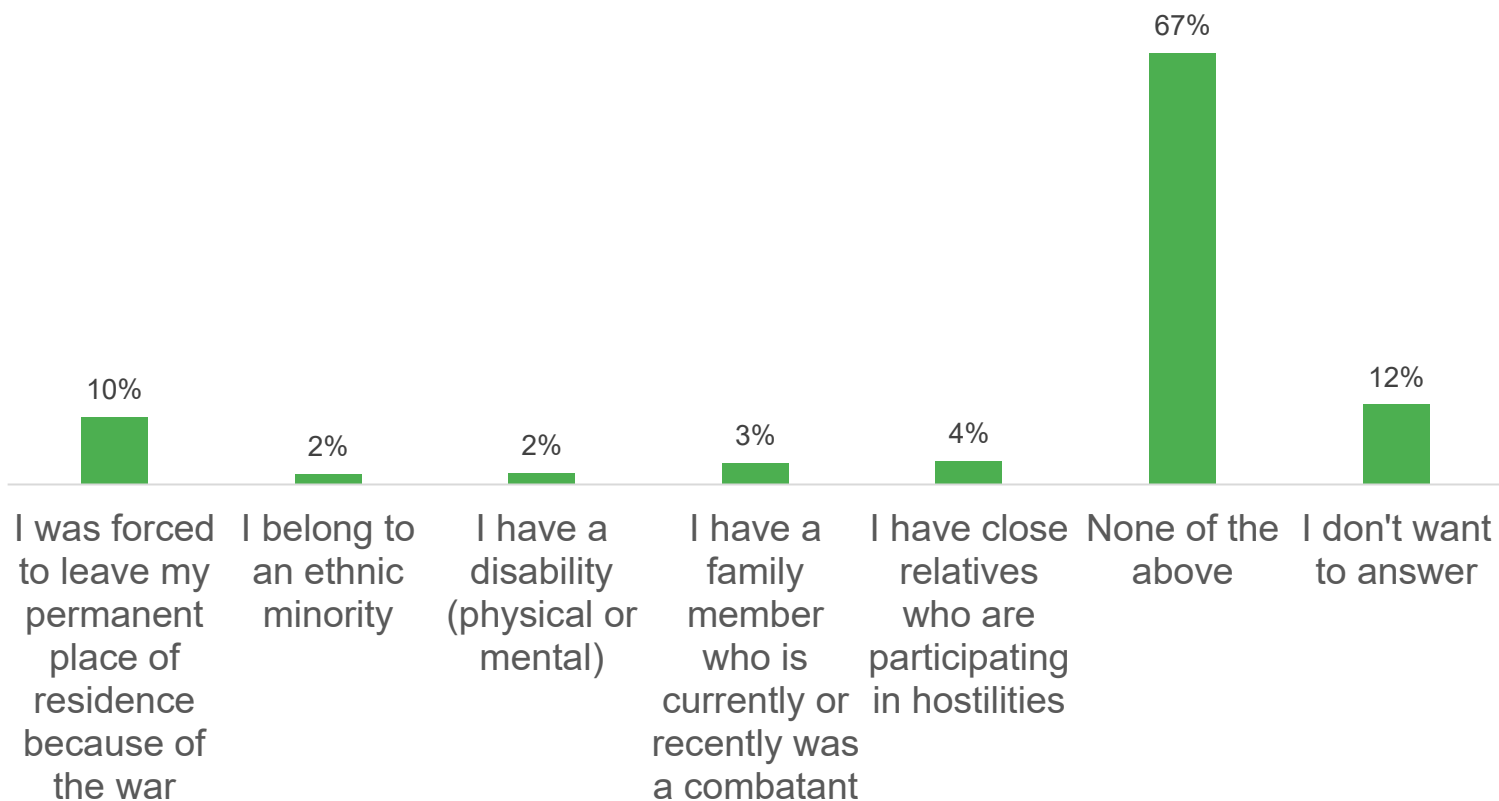
Majority of respondents are female youth (68%).

Lack of adequate percentage of male respondents in the survey (only 29%) leads to some extent to female-skewed findings.



How to interpret the findings

Vulnerability status: Do any of the following apply to you?



Majority of youth respondents have no vulnerability background (67%).

Vulnerable youth are somehow underrepresented in the survey (21%), which limits to an extent the statistical significance of vulnerability-disaggregated findings.

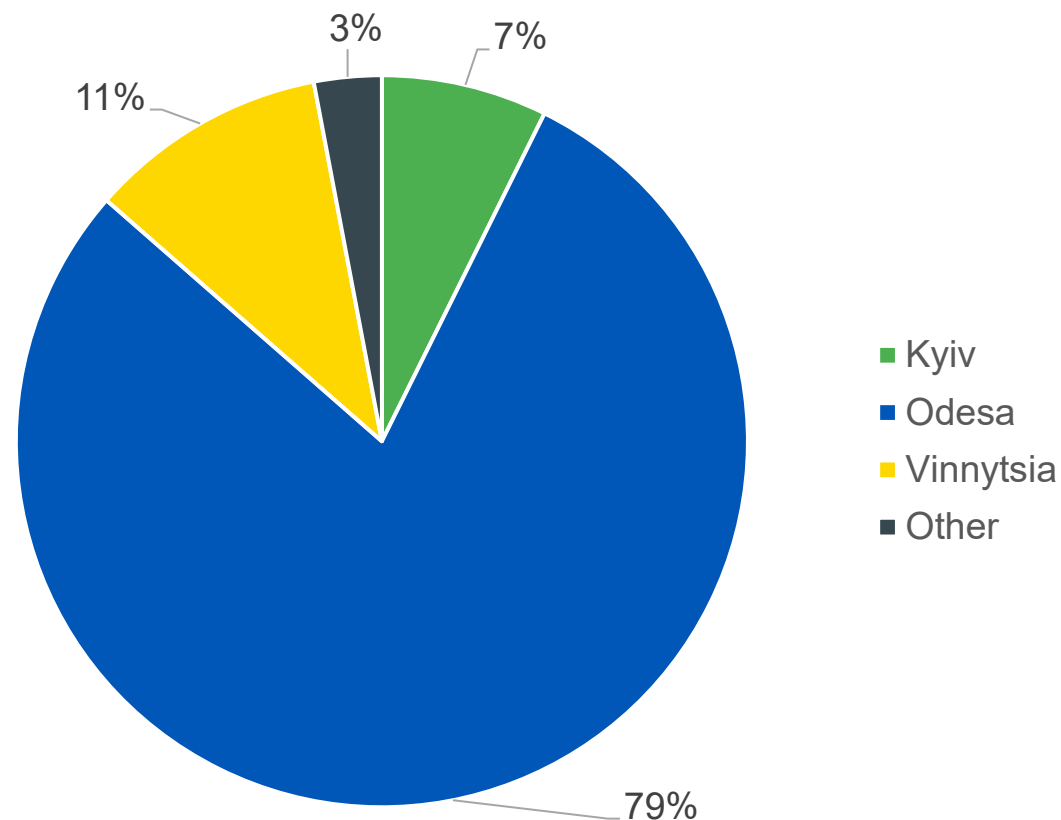
How to interpret the findings

Vast majority of respondents are living in Odesa (79%).

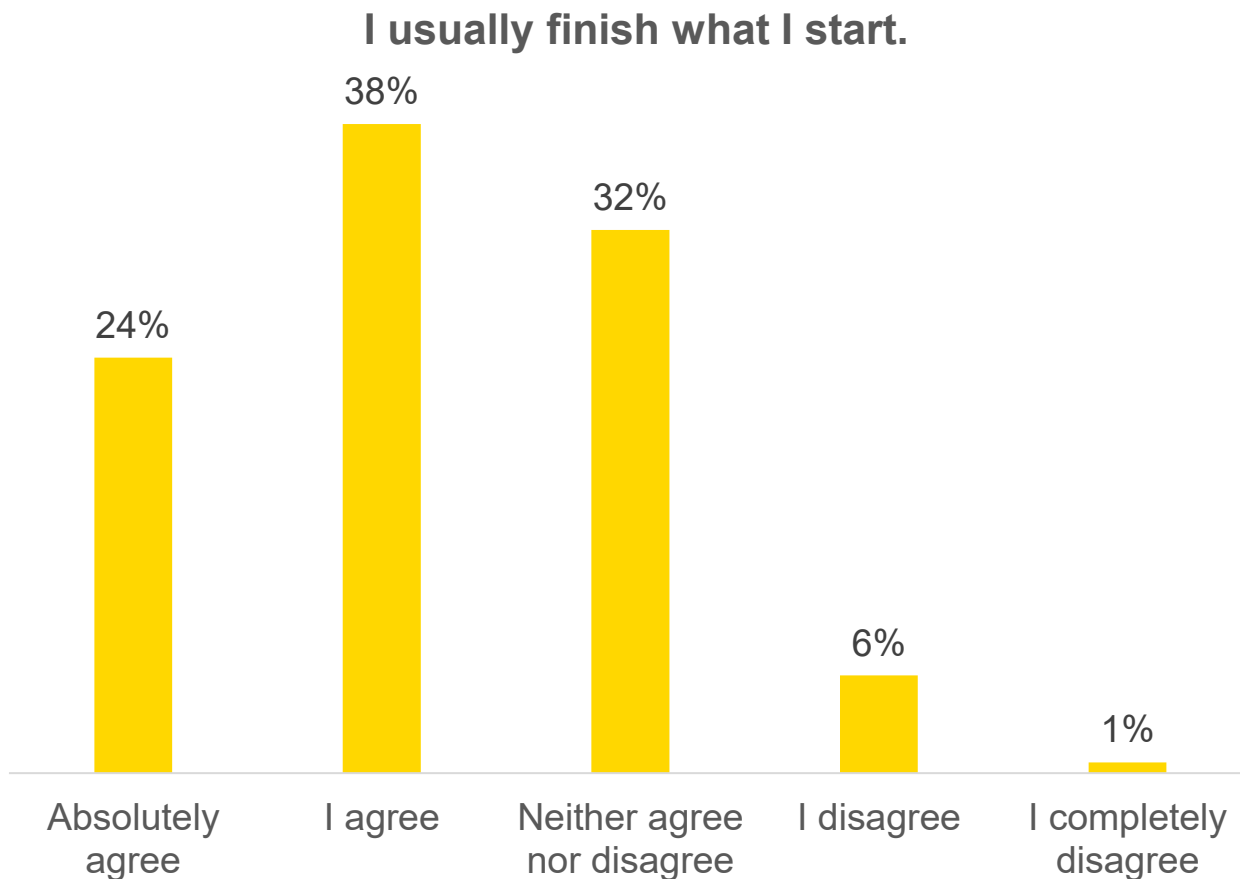
Underrepresentation of youth from Kyiv (only 7%) and Vinnytsia (only 11%) in the survey leads to Odesa- skewed findings.

Despite the fact that the survey was administered through local MHPSS institutions in Kyiv, Odesa and Vinnytsia, a small percentage (3%) of youth respondents indicated that they are living in other regions.

Geographic distribution of respondents



Youth resilience findings



Youth perceive to an extent resilience in terms of finishing what they start.

Although, the percentage of those who perceive sufficient resilience in this theme is below target (62% responded with absolutely agree or agree in this question).

Limited resilience in this theme is specifically the case for those who:

- Are 15-18 yrs old
- Identify as non-binary
- Are having a disability, have a family member who is currently or recently was a combatant or who lost one or both parents due to the war
- Are living in Kyiv

Youth resilience findings

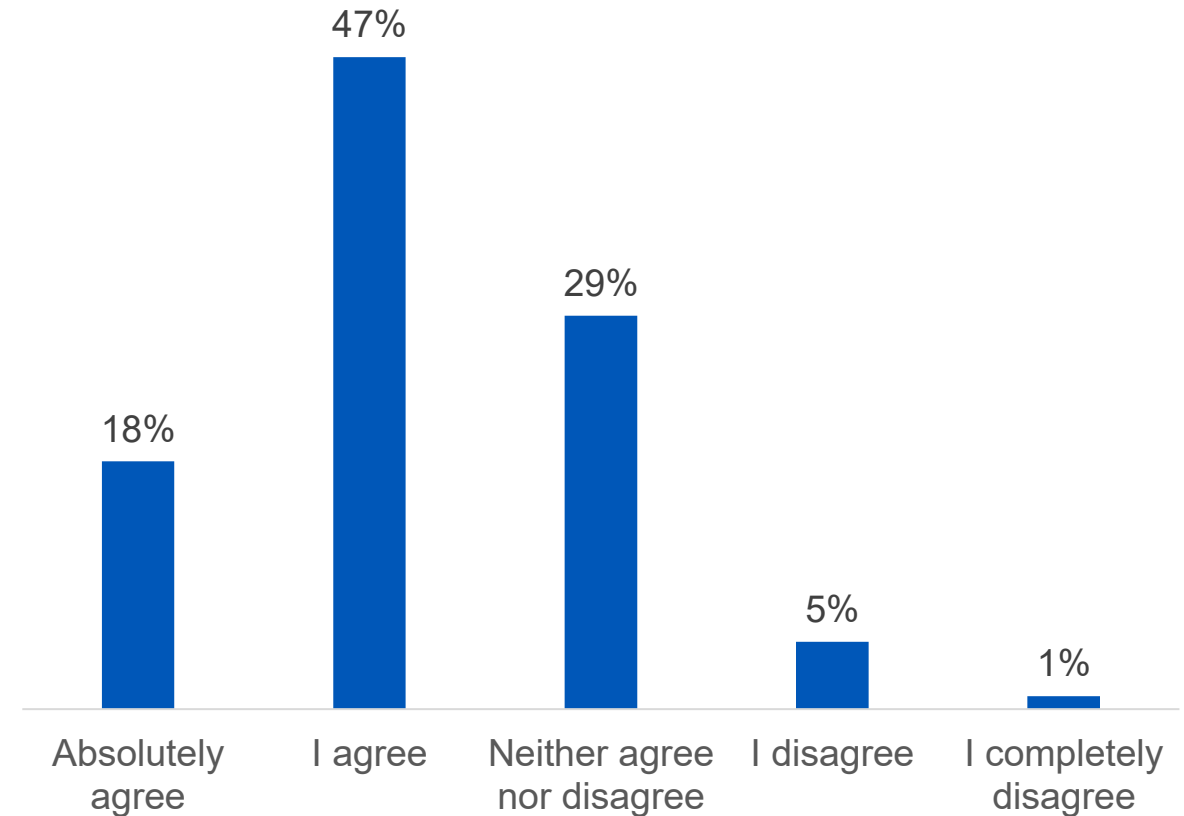
Youth perceive to an extent resilience in terms of handling things that go wrong.

Although, the percentage of those who perceive sufficient resilience in this theme is below target (66% responded with absolutely agree or agree in this question).

Limited resilience in this theme is specifically the case for those who:

- Belong in an ethnic minority, with a disability or have a family member who is currently or recently was a combatant
- Are living in Kyiv

When something goes wrong, I can handle it



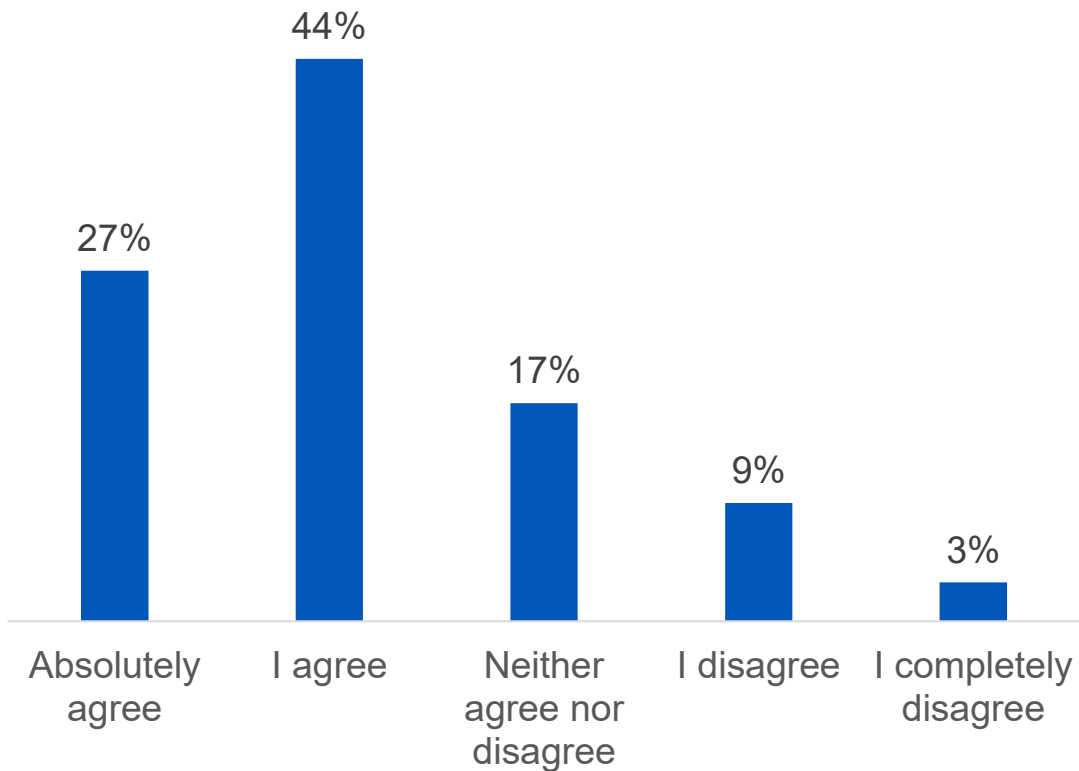
Youth resilience findings

What help youth the most when faced with a difficult situations:

- Social capital is critical - over half depend on family/friends/loved ones, with family most frequently cited
- Internal coping skills (resilience, calmness, critical thinking) rank second, showing that many believe in their own psychological resources
- Music stands out as the single most frequently named non-human support factor
- Professional and spiritual coping are niche but important for subgroups
- Helplessness/“nothing” responses highlight at-risk individuals with limited coping mechanisms

Youth resilience findings

I know where to go for help



Youth perceive sufficient resilience in terms of knowing where to go for help (71% responded with absolutely agree or agree in this question).

However, this is lesser the case for those who:

- Identify as non-binary
- Belong in an ethnic minority or with a disability
- Are living in Kyiv

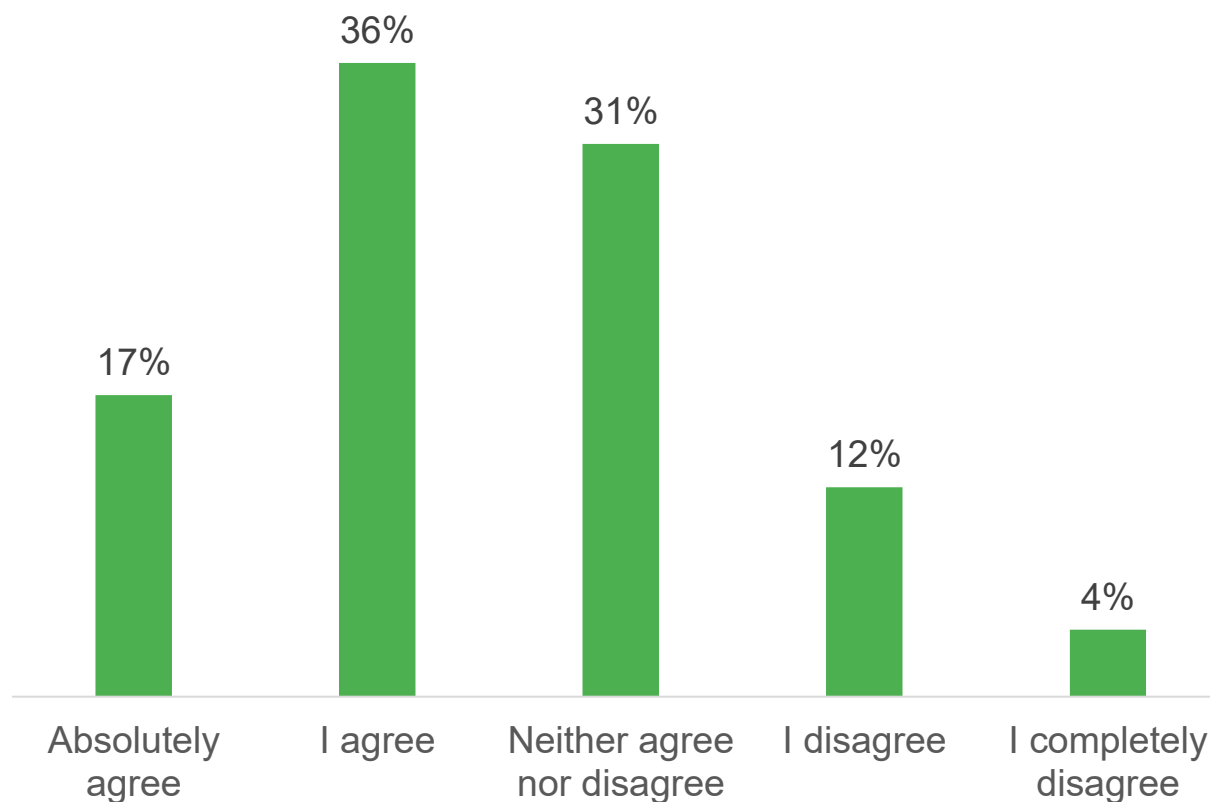
Youth resilience findings

Youth perceive limited resilience in terms of handling stressful situations well (53% responded with absolutely agree or agree in this question).

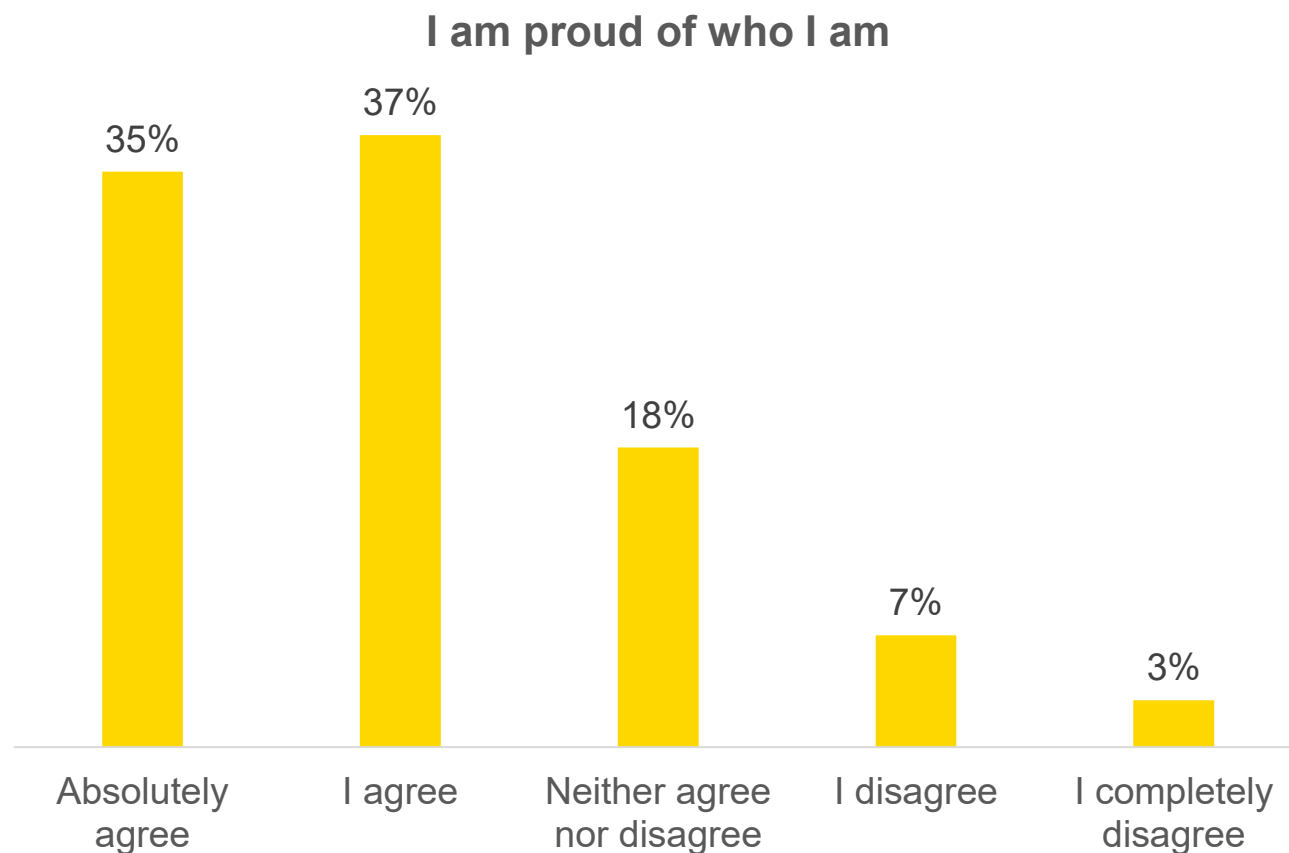
Limited resilience in this theme is specifically the case for those who :

- Are 15-26 yrs old
- Are female or identify as non-binary
- Belong in an ethnic minority, with a disability, have a family member who is currently or recently was a combatant or were forced to leave permanent place of residence due to the war
- Are living in Kyiv or Odesa

I feel that I can handle stressful situations well



Youth resilience findings



Youth perceive resilience with being proud of who they are (72% responded with absolutely agree or agree in this question).

Strong resilience in this theme is particularly the case for youth aged 12-14 and 22-26 yrs old.

However, the above doesn't apply for those belonging to an ethnic minority or have a family member who is currently or recently was a combatant

Youth resilience findings

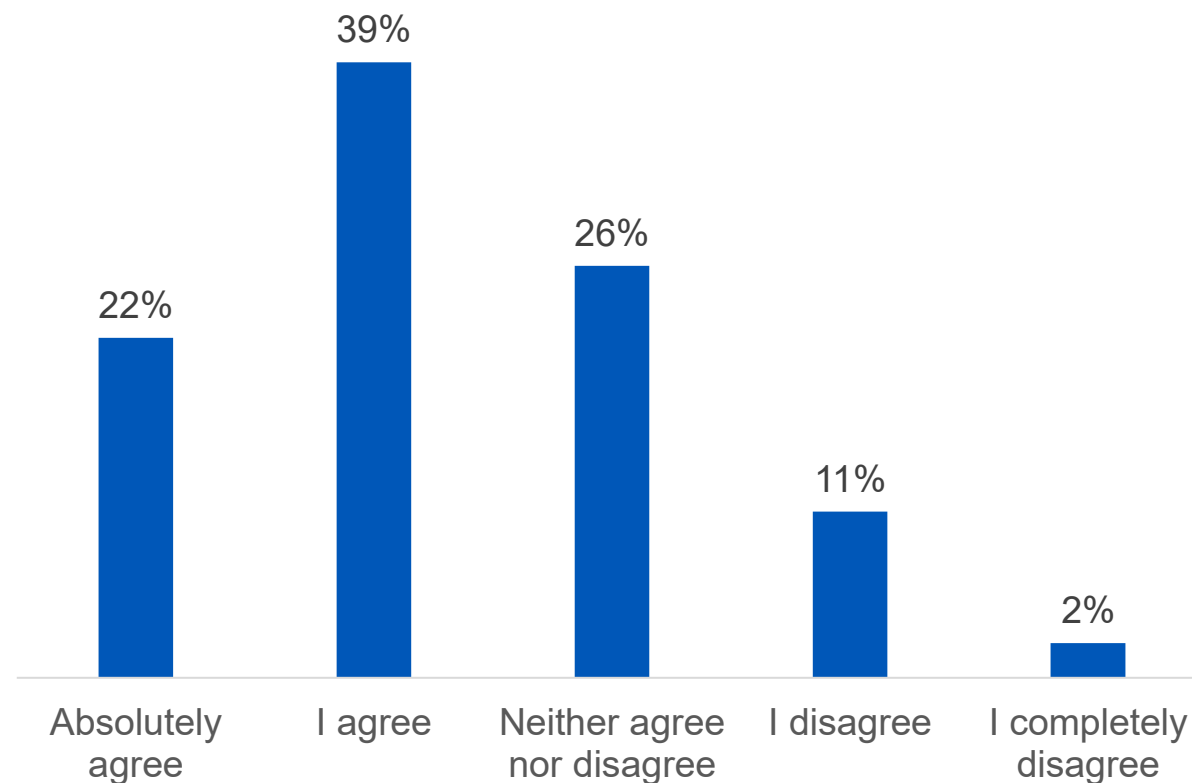
Youth perceive to an extent resilience in terms of having influence/control over their future.

Although, the percentage of those who perceive sufficient resilience in this theme is below target (61% responded with absolutely agree or agree in this question).

Limited resilience in this theme is specifically the case for those who:

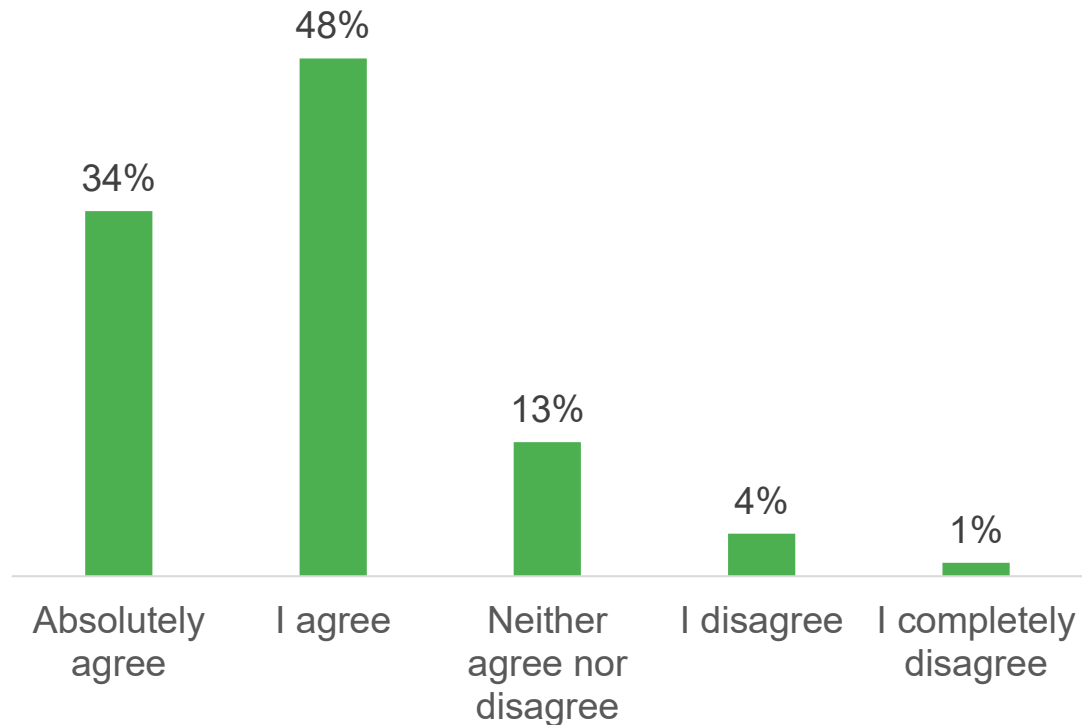
- All age categories except 15-16 yrs old
- Those belonging in an ethnic minority, having a disability, have a family member who is currently or recently was a combatant or were forced to leave their permanent place of residence due to the war
- Those living in Kyiv or Vinnytsia

I have influence/control over my future



Youth resilience findings

I have hope for my future



Youth in overall perceive strong resilience in having hope for their future

In fact, perceptions on having hope for the future score the highest in the whole survey (82% responded with absolutely agree or agree in this question).

However, having hope for the future is lesser the case for those who:

- Are aged 12-14 yrs old
- Are having a disability and have a family member who is currently or recently was a combatant

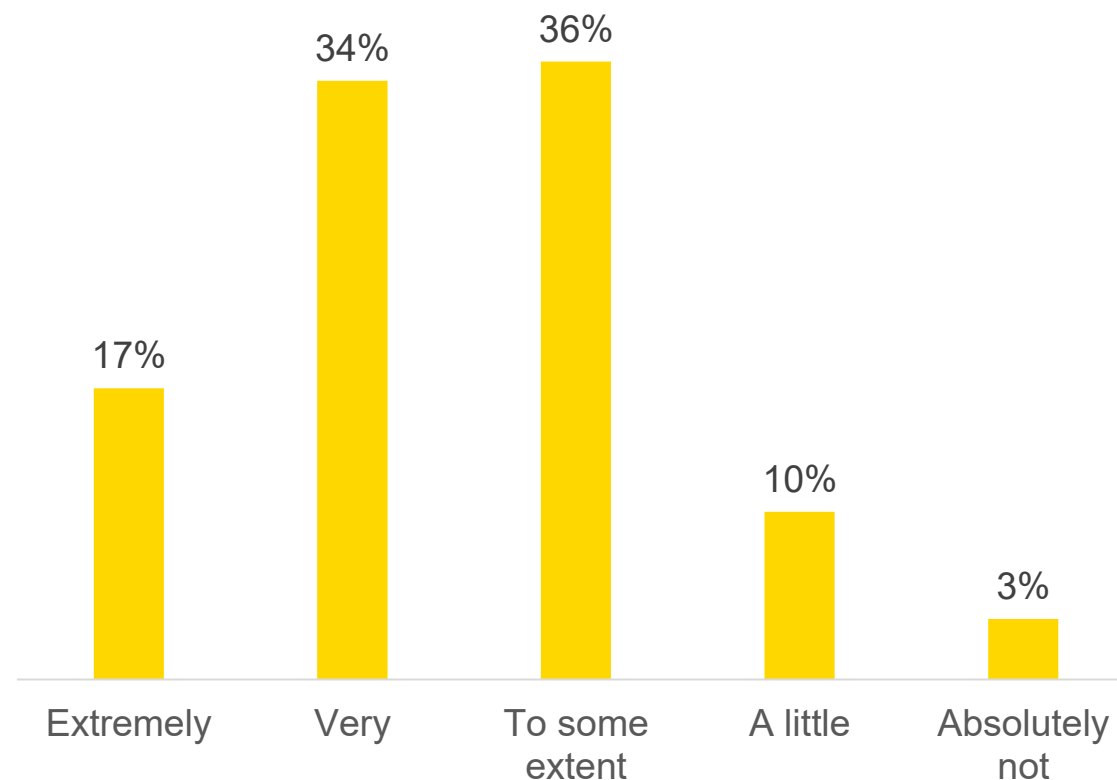
Youth motivation findings

Youth perceive limited motivation to continue or return to education/training (51% responded with extremely or very in this question).

Less positive perceptions on motivation to continue or return to education/training is particularly the case for those who:

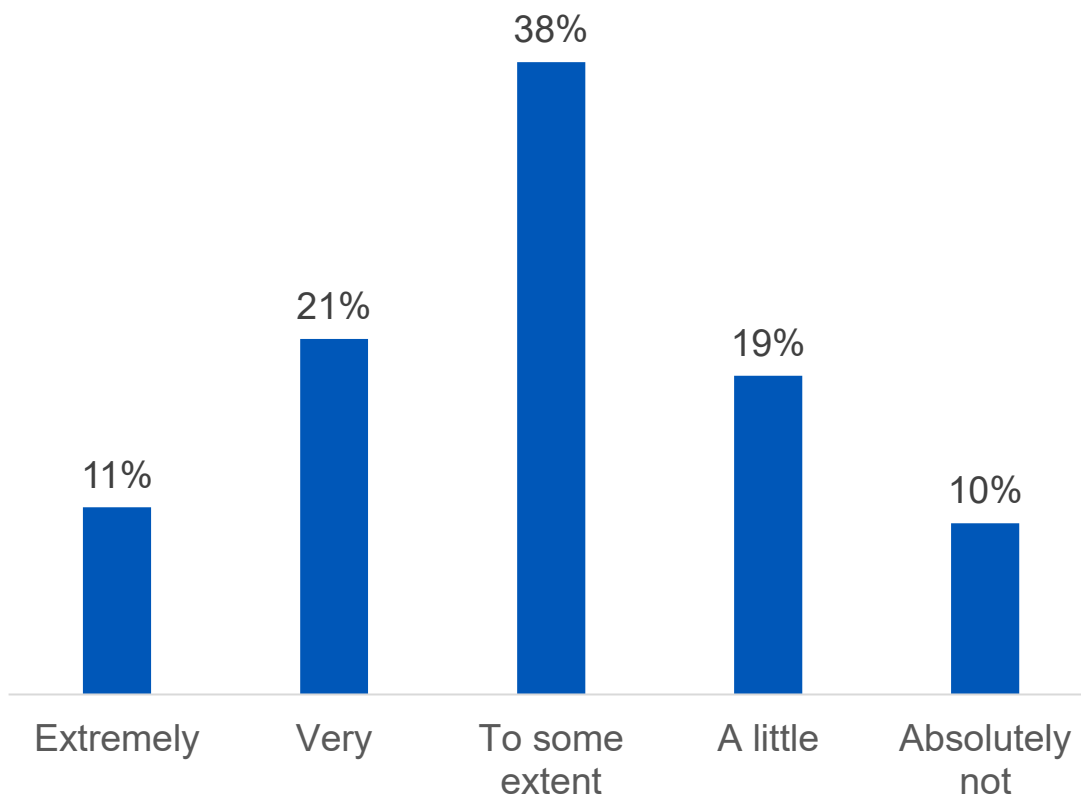
- Are 17-21 yrs old
- belong to an ethnic minority, have a disability, have a family member who is currently or recently was a combatant or were forced to leave my permanent place of residence due to the war
- Are living in Kyiv

How motivated are you to continue or return to education/training?



Youth motivation findings

How motivated are you to engage in work, volunteering, or community activities?



Youth perceive constrained motivation to engage in work, volunteering or community activities.

In fact, perceptions on somehow being less motivated to engage in work, volunteering or community activities score the lowest in the whole survey (only 33% responded with extremely or very in this question).

Having such constrained motivation is particularly the case for those who:

- Are 15-21 yrs old
- Identify as non-binary
- Belong to an ethnic minority, have a disability, have a family member who is currently or recently was a combatant or lost one or both parents due to the war
- Are living in Kyiv or Odesa

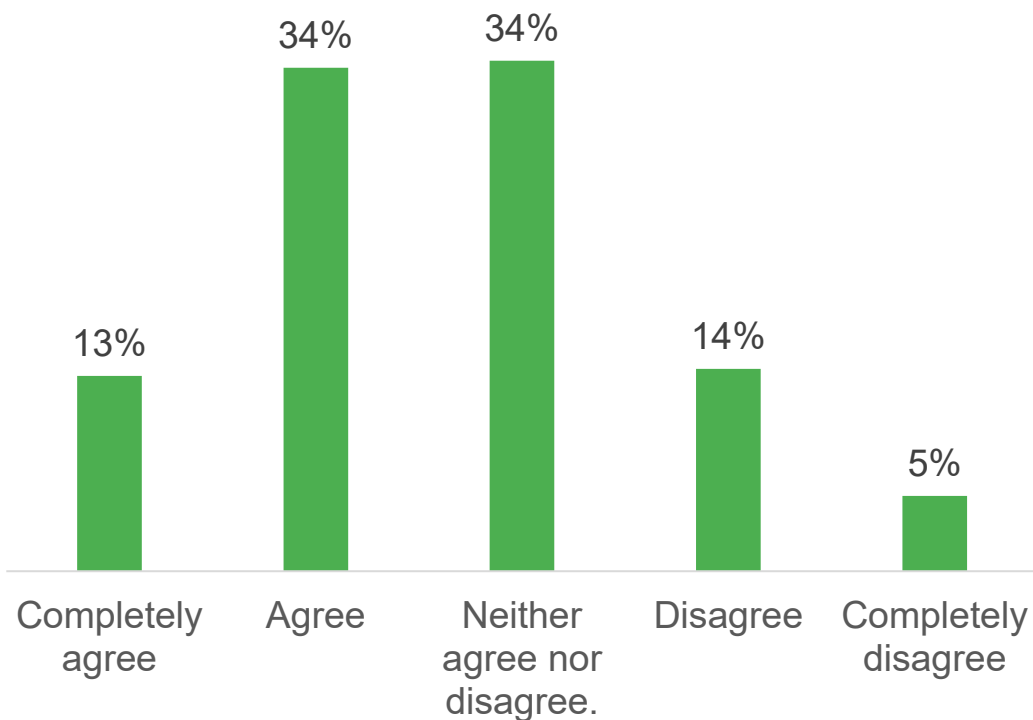
Youth motivation findings

What **motivates or demotivates** youth to participate in education, work, or community life:

- Future-orientation dominates: "future" appears repeatedly across responses. Education, work and community life are primarily seen as pathways to a better future
- War context is central: Both motivating (patriotism, resilience and contribution) and demotivating (trauma and instability)
- Motivation = development + contribution + recognition: people want to grow personally, help society and be valued
- Demotivation = systemic + psychological barriers: war, corruption, low wages, stress, lack of recognition
- Apathy exists - a notable minority express indifference or resignation

Youth motivation findings

**My work, volunteering, etc. can change
my community**



Similarly, youth perceive constrained contribution of their work, volunteering, etc., contribution to change in their communities (47% responded with completely agree or agree in this question).

This is particularly the case for those who:

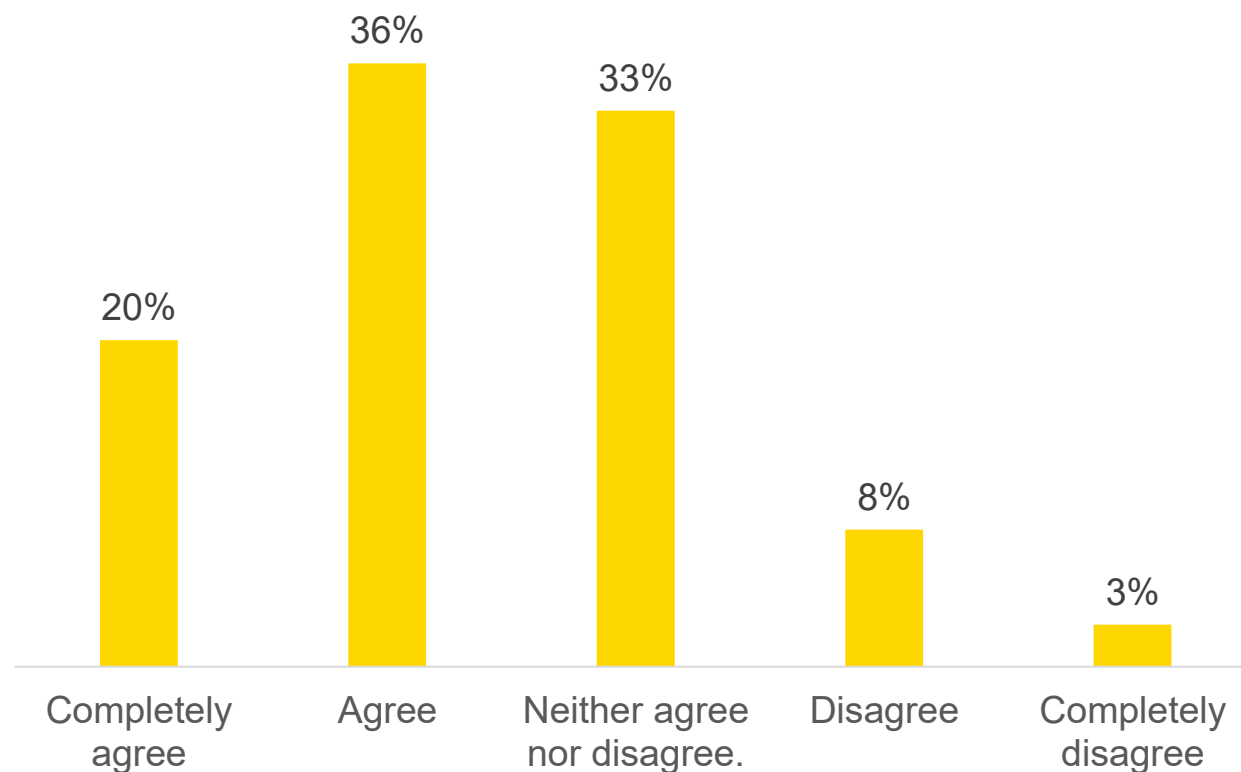
- Are 19-21 yrs old
- Identify as non-binary
- Belong to an ethnic minority, have a family member who is currently or recently was a combatant or lost one or both parents due to the war
- Are living in Kyiv

Youth motivation findings

Youth perceive a somehow constrained motivation to contribute to the recovery of the communities and country (56% responded with completely agree or agree in this question).

Having such constrained motivation is particularly the case for those who are having a disability, close relatives who are participants in hostilities or were forced to leave their permanent place of residence due to the war.

I want to contribute to the recovery of my community and country.



Conclusions

- **Resilience is uneven and below target** in key domains:
 - Youth show relatively high resilience in hope for the future and pride in identity, but fall short on handling stress, finishing tasks and influence over the future
 - Vulnerable sub-groups (ethnic minorities, youth with disabilities, those affected by combatant family members, displaced youth and non-binary youth) consistently report lower resilience
- **Motivation is more constrained than resilience:**
 - Motivation to continue or return to education/training is limited and engagement in work/volunteering is particularly low
 - Perceptions of the contribution of youth actions to community change and actual motivation to contribute to the recovery of their communities and country are modest
 - Structural barriers (war, displacement, economic instability) intersect with psychological demotivation (stress, fatigue and lack of recognition)
- **Social capital is the strongest support mechanism:**
 - Family, friends, and close relationships dominate as coping resources
 - Professional support (MHPSS, teachers, specialists) and spiritual coping exist but are secondary
- Relatively fewer positive perceptions on resilience and motivation are reported consistently by youth in **Kyiv** for almost all themes.
- Overall, in **interpreting** the findings the two following points should be taken into account:
 - Findings are female and Odessa skewed to a significant extent
 - Stigma with self-perceiving mental health issues might have resulted in overly-positive self-perceptions of mental health among youth

Recommendations

- In providing **VR-based and Mobile Units MHPSS** to youth:
 - Target stress management and coping skills
 - Promote agency and future control
 - Tailor interventions for vulnerable sub-groups
 - Reframe education/work as pathways to a better future
- In **community-level interventions**:
 - Engage families and peers in resilience-building, while ensuring youth without strong family networks are not excluded
 - Integrate creative/non-traditional supports in MHPSS (e.g., arts, sports and music-based interventions)
 - Build trust in MHPSS providers, reduce stigma and make services more accessible
- In **building local MHPSS providers capacity**, improve institutional responsiveness by training professionals to value youth input and reduce bureaucratic alienation
- **Balance interventions across all regions**, but consider a special attention to Kyiv