

Project Cal-Well School Staff Survey

This survey asks about your perceptions of **students' social and emotional wellness and mental/behavioral health needs (referred to as "mental health" needs)**, including peer conflicts, withdrawal, anxiety, irritability, extreme anger, loneliness, depression, and suicidal ideation, as well as their access to support services to address these needs.

- 1. In which school district do you work?**
 - a. ABC Unified
 - b. Chula Vista Elementary School District
 - c. Garden Grove Unified
 - d. Mountain Empire Unified
 - e. Warner Unified
 - f. Other (please specify): _____

- 2. In which school do you work?**
 - a. ADD LIST OF SCHOOLS IN DISTRICT

- 3. What is your role(s) at this school? (mark all that apply)**
 - a. Teacher
 - b. Special education teacher
 - c. Administrator
 - d. School nurse or health aide
 - e. Counselor, psychologist, social worker
 - f. Other certificated staff
 - g. Other classified staff
 - h. Other service provider (e.g., speech, occupational, physical therapist)

- 4. How many years have you worked, in any position, at this school?**
Less than one year 1 to 2 years 3 to 5 years 6 to 10 years Over 10 years

- 5. Do you have any responsibilities for services or instruction related to health, prevention, discipline, counseling and/or safety?**
Yes No

- 6. How common are student depression or mental health problems at your school?**
Not at all A little Moderate Very common

How much do you agree with the following statements?	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
7. My school is a supportive and inviting place for students to learn.					
8. My school is a supportive and inviting place for staff to work.					
9. My school effectively handles student discipline and behavioral problems.					
10. My school emphasizes helping students with their social, emotional and behavioral problems.					
11. My school collaborates well with community organizations to help address students' social, emotional and behavioral problems.					

As a reminder for the following questions, “mental health needs” refers to students’ social and emotional wellness and mental/behavioral health needs, including peer conflicts, withdrawal, anxiety, irritability, extreme anger, loneliness, depression, and suicidal ideation.

How much do you agree with the following statements?	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
12. My school provides adequate counseling and support services for students with mental health needs.					
13. My school provides adequate counseling and support services to help students with unique needs (e.g., diverse ethnic/language groups, Lesbian, Gay, Bisexual, Transgender, or Questioning [LGBTQ]; low income).					
14. My school communicates to students that help is available for their mental health needs.					
15. Students at my school feel safe when seeking help for their mental health needs.					
16. People at my school are generally caring and sympathetic to people with mental health needs.					

How much do you agree with the following statements?	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
17. I know how to identify students who are in emotional distress or in need of mental health services.					
18. I know where to refer students for mental health support services.					
19. I receive support from my school (i.e. trainings, access to mental health professionals, administrative support) to address students’ mental health needs.					
20. I am confident in my ability to help students address their mental health needs.					

21. During the last 12 months, how often did you do any of the following when talking with students about their mental health issues?

	Never	Once	2-9 times	10 times or more
a. Spent time listening to their issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Helped to calm them down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Talked to them about their issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Talked to them about their suicidal thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Gave them information to help them with their issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Other (Please specify): _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

As a reminder for the following questions, “mental health needs” refers to students’ social and emotional wellness and mental/behavioral health needs, including peer conflicts, withdrawal, anxiety, irritability, extreme anger, loneliness, depression, and suicidal ideation.

22. During the last 12 months, what type of services and supports did you refer students to for mental health issues? (Mark all that apply.)

- a. School-based mental health professional (i.e., school counselor/therapist/social worker/school nurse)
- b. Community-based mental health services
- c. Crisis hotline
- d. Self-help strategies (e.g. books, websites, yoga, meditation, etc.)
- e. Other (Please specify): _____
- f. None of the above; I have never referred students to these supports/services

23. What barriers, if any, do students at my school face in accessing services and supports to address mental health issues? (Mark all that apply.)

- a. They don’t know where to go for help
- b. They are afraid of what people might think if they seek help
- c. They are afraid to tell others their problems
- d. They are afraid to talk with their parents
- e. There aren’t enough services to meet students’ needs
- f. They don’t have transportation to services
- g. They don’t have insurance or another way to pay for it
- h. They don’t admit they have a problem and/or need help
- i. Their parents don’t follow through
- j. Other (Please specify): _____

24. Have you ever attended a "Youth Mental Health First Aid" training? These trainings introduce common mental health challenges for youth, review typical adolescent development, and teach a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Yes No Don’t know

25. Does your school have a written policy about how to support student with mental health issues, including suicide prevention and post-vention (i.e., support after a suicide has occurred)?

- a. Yes, I have put this policy into practice
- b. Yes, but I have never put this policy into practice
- c. No, our school doesn’t have a written policy
- d. Don’t know