# Project Cal-Well Statewide Principals Survey Template

Developed by University of California, San Francisco and California Department of Education for Substance Abuse and Mental Health Services Administration -funded Project Cal-Well Mental Health Program: <http://healthpolicy.ucsf.edu/school-health-services-evaluation>

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This survey asks about your perceptions of students’ social and emotional wellness and mental/ behavioral health needs (referred to as **mental health** needs) and your school’s efforts to identify and address these needs. **Please answer the survey based on the 2020–21 school year.** Circle the answers that best describe your experience.

## School Information

The following questions will help us link your responses to data on school type, enrollment, and student demographics from other sources. We will not share responses by school name with anyone outside of the University of California, San Francisco Research Team.

1. In which county do you work? [answer]
2. In which school district do you work? [answer]
3. In which school do you work? [answer]

## Common Issues Faced by Students

1. How common are the following issues among students at your school during the 2020–21 school year?
   1. Social, emotional, and mental health problems
      * Not at all
      * A little
      * Moderate
      * Very Common
   2. Substance use/abuse
      * Not at all
      * A little
      * Moderate
      * Very Common
   3. Exposure to trauma/violent events in the home or community
      * Not at all
      * A little
      * Moderate
      * Very Common
   4. Truancy
      * Not at all
      * A little
      * Moderate
      * Very Common
   5. Other, specify: [answer]
      * Not at all
      * A little
      * Moderate
      * Very Common

## School-Wide Screenings

1. Do you conduct any of the following screenings during the 2020–21 school year?
   1. Screenings to identify students who may need support from school-based mental health providers
      * Yes, with ALL students (universal screening)
      * Yes, with some students
      * No
      * Don’t know
   2. Suicide risk assessments
      * Yes, with ALL students (universal screening)
      * Yes, with some students
      * No
      * Don’t know
   3. Other, please specify: [answer]
      * Yes, with ALL students (universal screening)
      * Yes, with some students
      * No
      * Don’t know
   4. If yes, what instruments or tools do you use to conduct these screenings
      * Co-Vitality
      * Social, Academic, Emotional Behavior Risk Screening (SAEBRS)
      * Strengths and Difficulties Questionnaire (SDQ)
      * Student Risk Screening Scale (SRSS)
      * Do not know
      * Other, please specify: [answer]

## Support Staffing

1. **Please provide the total full-time equivalent (FTE) of staff in the following categories that provided services to students that typically would have been provided on school campus (even if they were provided virtually, during the 2020–21 school year.** If you have no staff in any category, please state none. If you have multiple staff in any category, please add their FTE together and enter the total.
   1. School/guidance counselors, excluding social workers and psychologists
      * Total FTE of staff: [answer]
      * None
      * Do not know
   2. Credentialed school nurses
      * Total FTE of staff: [answer]
      * None
      * Do not know
   3. School social workers
      * Total FTE of staff: [answer]
      * None
      * Do not know
   4. School psychologists
      * Total FTE of staff: [answer]
      * None
      * Do not know
   5. Mental health service providers employed by community-based agencies
      * Total FTE of staff: [answer]
      * None
      * Do not know
   6. Graduate or undergraduate school interns in the mental health or related fields (i.e., social work, psychology, marriage and family therapy)
      * Total FTE of staff: [answer]
      * None
      * Do not know
   7. Other mental health support staff, please specify: [answer]
      * Total FTE of staff: [answer]
      * None
      * Do not know

## School-Based Mental Health Services

The following questions (7–9) ask about services provided by **school-based mental health providers**including:

* School social workers
* School psychologists
* Graduate or undergraduate interns in mental health related fields on the school campus
* Community-based mental health providers on the school campus

**Note:** Please do not include services provided by school/guidance counselors or school nurses.

1. What types of services do school-based mental health providers offer to students at your school (either in-person or virtually) during the 2020–21 school year? (Circle all that apply)
2. None
3. Assessment/screening for mental health needs
4. Behavior management consultation
5. Case management
6. Crisis intervention
7. Family support services (including family counseling)
8. Individual counseling/therapy
9. Group counseling/therapy
10. Medication management
11. Referrals to specialized programs/services in the community
12. Substance abuse counseling
13. Do not know
14. Other, please specify:
15. During the 2020–21 school year, approximately how many students received
    1. School-based mental health services (services on your campus or virtually) provided by school mental health staff, such as school social workers and school psychologists (excluding school/guidance counselors and school nurses)?
       * Number of students who received services: [answer]
       * None
       * Do not know
    2. School-based mental health services (on your campus or virtually) provided by community-based mental health providers?
       * Number of students who received services: [answer]
       * None
       * Do not know
16. Did your school have a waitlist for students who needed school-based mental health services during the 2020-21 school year? (Circle your answer)
17. Does not apply, we do not have school-based mental health services
18. No, we did not have a waitlist
19. Yes, we had a waitlist
20. If your school had a waitlist for students who needed school-based mental health services, approximately how many students were on the waitlist, on average? (Circle your answer)
    * + 1–5 students
      + 6–10 students
      + 11–20 students
      + 21 or more students
      + Do not know
21. If your school had a waitlist, approximately how long did students have to wait to receive school-based mental health services on average? (Circle your answer)
    * + 1–2 days
      + 3–6 days
      + 1–2 weeks
      + 3 or more weeks
      + Do not know

## Barriers to Service Provision

1. To what extent are the following factors barriers to the delivery of mental health services at your school during the 2020–21 school year?
   1. Lack of school-based mental health providers
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   2. Lack of community-based mental health providers who can provide services to our students
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   3. Lack of funding for services
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   4. Access issues due to distance learning (e.g., limited internet/computers, lack of private space for students to meet with counselors, etc.)
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   5. Competing demands/priorities (e.g., Local Control Funding Formula, Common Core)
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   6. Stigma associated with mental health services
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   7. Parental cooperation and consent
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   8. Language and cultural barriers
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   9. Concern about students missing instruction time to receive services
      * Not a barrier
      * Minor barrier
      * Moderate barrier
      * Serious barrier
   10. Other, please specify: [answer]
       * Not a barrier
       * Minor barrier
       * Moderate barrier
       * Serious barrier

## Trainings, Programs, and Policies

1. To what extent does your school staff need more professional development, training, mentorship, or other support in the following areas?
   1. Ways to identify students with social, emotional, and/or mental health needs
      * No need
      * Minor need
      * Moderate need
      * High need
   2. Ways to support students with social, emotional, and/or mental health needs, such as referring students to services and/or providing support or encouragement
      * No need
      * Minor need
      * Moderate need
      * High need
   3. Ways to support staff/teachers’ own social, emotional and/or mental health needs as they support students
      * No need
      * Minor need
      * Moderate need
      * High need
2. Have you or your school staff ever attended a Youth Mental Health First Aid (YMHFA) Training? These trainings introduce common mental health challenges for youth, review typical adolescent development, and teach a five-step action plan for how to help young people in both crisis and non-crisis situations.
   1. I have attended
      * Yes
      * No
      * Do not know
   2. Some or all of my staff have attended
      * Yes
      * No
      * Do not know
3. Does your school implement any of the following curricula/programs to improve student mental health and wellness? (Circle all that apply)
   1. Character Counts
   2. Directing Change
   3. National Alliance on Mental Illness (NAMI) on Campus High School Clubs
   4. Positive Behavioral Interventions and Supports (PBIS)
   5. Restorative Justice
   6. Second Step
   7. Other, please specify: [answer]
   8. Do not know
   9. None of the above
4. Does your school’s Comprehensive School Safety Plan specifically outline how to address any of the following topics? (Circle all that apply)
   1. Student mental health policies and services
   2. Suicide prevention and post-vention (i.e., support after a suicide has occurred)
   3. Wellness policy
   4. Restorative practices
   5. Trauma-informed practices
   6. Other, please specify:
   7. Do not know
   8. None of the above
5. Does your district have a written policy to address student suicide prevention, intervention, and post-vention? (Circle your answer)
   1. Yes
   2. No
   3. Do not know
6. Which of the following trainings do you provide school staff on student suicide prevention, intervention, and post-vention? (Circle all that apply)
   1. Question Persuade Refer (QPR)
   2. SafeTALK
   3. Applied Suicide Intervention Skills Training (ASIST)
   4. More than Sad
   5. Kognito At-Risk
   6. Youth Mental Health First Aid
   7. Signs of Suicide
   8. Do not know
   9. None of the above
7. Have there been any deaths by suicide in your school community in the 2020–21 school year? (Circle your answer)
   1. Yes
   2. No
   3. Do not know
   4. If yes, who died by suicide?
      * Student(s)
      * School staff member
      * School community member (e.g., parent/guardian, student’s sibling, coach/mentor)
      * Do not know
8. What, if anything, does your school need to better support students’ mental health?
9. Would you like to share any additional comments or feedback?

**Thank you for completing this survey!**

**If you would like additional information on any of the following topics, please follow the links below.**

* Addressing student mental health services in your **Comprehensive School Safety Plan**. Please visit the CDE Safe School Planning web page at <https://www.cde.ca.gov/ls/ss/vp/safeschlplanning.asp>.
* Addressing suicide prevention, intervention, and post-vention services. Please visit the CDE **Youth Suicide Prevention** web page at <https://www.cde.ca.gov/ls/cg/mh/suicideprevres.asp>.
* Training your school staff on **Youth Mental Health First Aid** at NO COST to you. Please visit the CDE Project Cal-Well web page at <https://www.cde.ca.gov/ls/cg/mh/projectcalwell.asp>.
* Results from the **2019 Statewide Principals Survey**. Please visit the CDE Project Cal-Well Evaluators’ web page at <https://healthpolicy.ucsf.edu/school-health-services-evaluation#currentprojects>.
* Sign up to receive **monthly resources on school climate and student mental health** at <https://ca-safe-supportive-schools.wested.org/project-cal-well/>

**If you have any questions or would like additional information, please contact:**

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