# Project Cal-Well School Staff Survey Template

This survey asks about your perceptions of **students’ social and emotional wellness and mental/behavioral health needs,** as well as availability of supports and services to address these needs. ***Please respond based on your experiences with the 2020-21 school year.***

## Section 1. Your Background

1. In which district or districts do you work?
2. In which school or schools do you work?
3. What is your role at this school? *Select all that apply.*
4. Teacher
5. Administrator
6. School nurse or health aide
7. Counselor, psychologist or social worker
8. Other, please specify:
9. How many years have you worked at any school in your current position, for example teacher, counselor, administrator, food service?
10. Less than one year
11. 1 to 2 years
12. 3 to 5 years
13. 6 to 10 years
14. Over 10 years

## Section 2. Students’ Needs

This section asks for 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.

1. How common are the following issues among students at your school?
   1. Social, emotional, and mental health needs.
      1. Not at all
      2. A little
      3. Moderate
      4. Very common
   2. Exposure to trauma/violent events in the home or community.
      1. Not at all
      2. A little
      3. Moderate
      4. Very common

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* 1. Stigmatization of students with mental health needs.
     1. Not at all
     2. A little
     3. Moderate
     4. Very common

1. How much do you agree with the following statements?
2. My school emphasizes helping students with their mental health needs.
3. Strongly disagree
4. Disagree
5. Neither agree or disagree
6. Agree
7. Strongly agree
8. My school collaborates well with community organizations to help address students’ mental health needs.
9. Strongly disagree
10. Disagree
11. Neither agree or disagree
12. Agree
13. Strongly agree
14. My school provides adequate counseling and support services for students with mental health needs.
15. Strongly disagree
16. Disagree
17. Neither agree or disagree
18. Agree
19. Strongly agree
20. My school communicates to students that help is available for their mental health needs.
21. Strongly disagree
22. Disagree
23. Neither agree or disagree
24. Agree
25. Strongly agree
26. I receive support from my school to address students’ mental health needs, for example trainings, access to mental health professionals, administrative support.
27. Strongly disagree
28. Disagree
29. Neither agree or disagree
30. Agree
31. Strongly agree
32. What barriers, if any, do students at your school face in accessing services and supports to address mental health needs? *Select all that apply*.
33. They do not know where to go for help
34. They are afraid of what people might think if they seek help
35. There are not enough services to meet students’ needs
36. They do not have insurance or another way to pay for it
37. Their parents do not follow through
38. Other, please specify:
39. Does your school have a written policy about how to support students with mental health needs, including suicide prevention and post-vention, for example support after a suicide has occurred?
40. Yes, I have put this policy into practice
41. Yes, but I have never put this policy into practice
42. No, our school doesn’t have a written policy
43. Don’t know

## Section 3. Supporting Students’ Needs

1. For each statement below, please indicate how **confident** you are that you can successfully do these things.
2. Develop caring relationships with students.
3. Not at all confident
4. A little confident
5. Somewhat confident
6. Very confident
7. Create a classroom climate that fosters a sense of safety and belonging for all students.
8. Not at all confident
9. A little confident
10. Somewhat confident
11. Very confident
12. Recognize a student who may be in emotional distress or at risk due to stressful or traumatic life events.
13. Not at all confident
14. A little confident
15. Somewhat confident
16. Very confident
17. Refer a student in need to mental health supports or services.
18. Not at all confident
19. A little confident
20. Somewhat confident
21. Very confident
22. Integrate self-care approaches and strategies into your life that will foster your own mental well-being.
23. Not at all confident
24. A little confident
25. Somewhat confident
26. Very confident
27. Respond to a student who discloses sensitive information to you in relation to mental health and well-being (e.g., suicidal intent).
28. Not at all confident
29. A little confident
30. Somewhat confident
31. Very confident
32. During the last month, how often did you do any of the following when talking with students about their mental health needs?
33. Spent time listening to their issues.
34. Never
35. Once
36. Two to nine times
37. Ten times or more
38. Helped to calm them down.
39. Never
40. Once
41. Two to nine times
42. Ten times or more
43. Talked to them about their issues.
44. Never
45. Once
46. Two to nine times
47. Ten times or more
48. Gave them information to help them with their issues.
49. Never
50. Once
51. Two to nine times
52. Ten times or more
53. Other, please specify:
54. Never
55. Once
56. Two to nine times
57. Ten times or more
58. During the last month, how often did you refer students to the following supports/services for mental health concerns?
59. School-based mental health professional, for example, school counselor, therapist, or social worker.
60. Never
61. Once
62. Two to nine times
63. Ten times or more
64. Community-based mental health services.
65. Never
66. Once
67. Two to nine times
68. Ten times or more
69. Crisis hotline.
70. Never
71. Once
72. Two to nine times
73. Ten times or more
74. Self-help strategies, for example books, websites, yoga, meditation, etc.
75. Never
76. Once
77. Two to nine times
78. Ten times or more
79. Other, please specify:
80. Never
81. Once
82. Two to nine times
83. Ten times or more
84. If you did not make any referrals, what best describes the reason(s) why you did not refer youth to mental health or related services? *Select all that apply.*
85. Does not apply, I made referrals
86. I have no direct contact with youth
87. I have contact with youth, but none facing mental health concerns
88. No time to offer support
89. Not yet confident in my ability to make a referral
90. Don’t know of places to refer youth
91. Other, please specify:
92. 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.*
93. Yes
94. No, but I would be interested in attending
95. No, and I am not interested at this time
96. I don’t know
97. Do you have any other comments or feedback to share?

## THANK YOU!

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**NOTES:**

1. Question 9 is adapted from: De George-Walker L. An Investigation of Teachers’ Efficacy for Promoting and Supporting the Social and Emotional Health and Wellbeing of Students (Appendix E: 32-Item Teacher Self-Efficacy for Supporting Student Wellbeing Scale). Dissertation submitted to the School of Psychology Health, Griffith University. December 2010. <https://pdfs.semanticscholar.org/b511/e92580e0c9eb805bf8c8aea0cd8a8e3feb22.pdf>
2. The following source may be helpful to further assess school staff professional quality of life and secondary trauma: B. Hudnall Stamm, 2009-2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL). [www.proqol.org](http://www.proqol.org).

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