



Brief Assessment: Strategies to Support Student/Staff Mental Health and Wellness

Although schools are moving toward full reentry into the classroom this spring or in the fall, there is still concern about the pandemic's impact on the mental health and well-being of students and school staff. Over the next several months districts will need to take a step back and reflect on how to best support the school community in the future.

This document is intended to assist school administrators and staff compile a comprehensive list of programs or initiatives being used in the district at each tier level and assess whether these are meeting the needs of the school community. In addition, it allows for reflection about innovative ideas adopted in the past year that should become permanent, as well as possible changes that should be considered for the upcoming school year to support mental health.

It is recommended that each district solicit information from the entire staff to learn more about what strategies were used in each school building, in classrooms and through the work of pupil personnel services. Some initiatives discussed may have required a district-wide approach, while others may have been used effectively by one or a few staff members. Types of strategies to consider include SEL programs, restorative practices, wellness committees, wellness initiatives for students and staff, lesson plans, guest speakers, communication with families, mentoring programs, calming/safe spaces, outreach to families and students at home, mindfulness activities, etc.

TIER 1

Long-standing programs/strategies			
Program/Strategy	Outcomes	Needed Improvements	Decision to Maintain
New 2020-21 Programs in Response to COVID-19			
Program/Strategy	Outcomes	Needed Improvements	Decision to Maintain
Additional Needs for 2021-22 School Year			

TIER 2

Long-standing programs/strategies			
Program/Strategy	Outcomes	Needed Improvements	Decision to Maintain
New 2020-21 Programs in Response to COVID-19			
Program/Strategy	Outcomes	Needed Improvements	Decision to Maintain
Additional Needs for 2021-22 School Year			

TIER 3

Long-standing programs/strategies			
Program/Strategy	Outcomes	Needed Improvements	Decision to Maintain
New 2020-21 Programs in Response to COVID-19			
Program/Strategy	Outcomes	Needed Improvements	Decision to Maintain
Additional Needs for 2021-22 School Year			