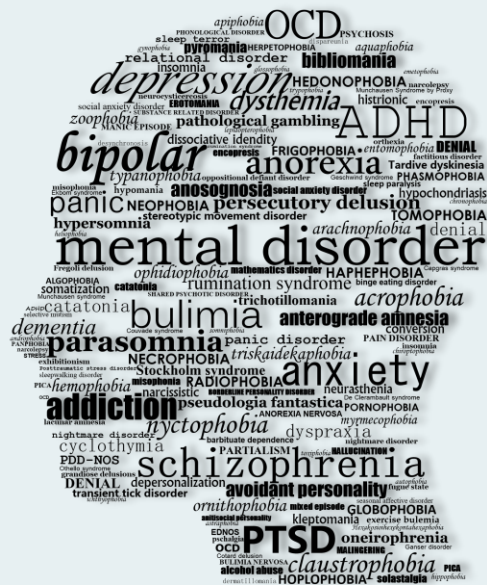


Mental Health in Schools

Vivien S, Gage H, Bella N,
Siena N, Mya M.

Apache Elementary

Grade 8



Contents

- Slides 3-4: Introduction
- Slides 5-7: Academic Stress
- Slides 8-10: Home Life of Students
- Slides 11-13: Students Affecting Others
- Slides 14-15: How Schools are Affected
- Slides 16-18: How Schools are Addressing it
- Slides 19-21: The Current Policy
- Slides 22-27: Our Policy
- Slides 32-38: Alternative Policy
- Slide 40: Our Action Plan

Portfolio Section I



Our Policy

Provide “safe spaces” for
students who are experiencing
mental health issues in all
schools

Why Will We Implement This Policy?

This policy will...

- Improve the mental health of students
- Improve academic performance
- Improve the performance of the school overall
- And so much more!



The big question...

Why is
this an
issue?



Affects of Academic Settings: What is Stress in Academic Settings?

- **Achievement anxiety**, is often described as a fear in performance settings
- It arises during the **demands of tasks**, or at the apprehension of engaging with different things
- This type of anxiety includes feelings of worry and arousal

Affects of Academic Settings: What Does this Look Like?

Physical

- Academic procrastination
- Cell phone addiction
- Decreased academic performance
- Change in appetite
- Change in sleep patterns
- Change in social interactions

Emotional

- Excessive worrying
- Focusing on negative thoughts
- Difficulty concentrating
- Irritability
- Uncertainty while learning
- Worrying about the future

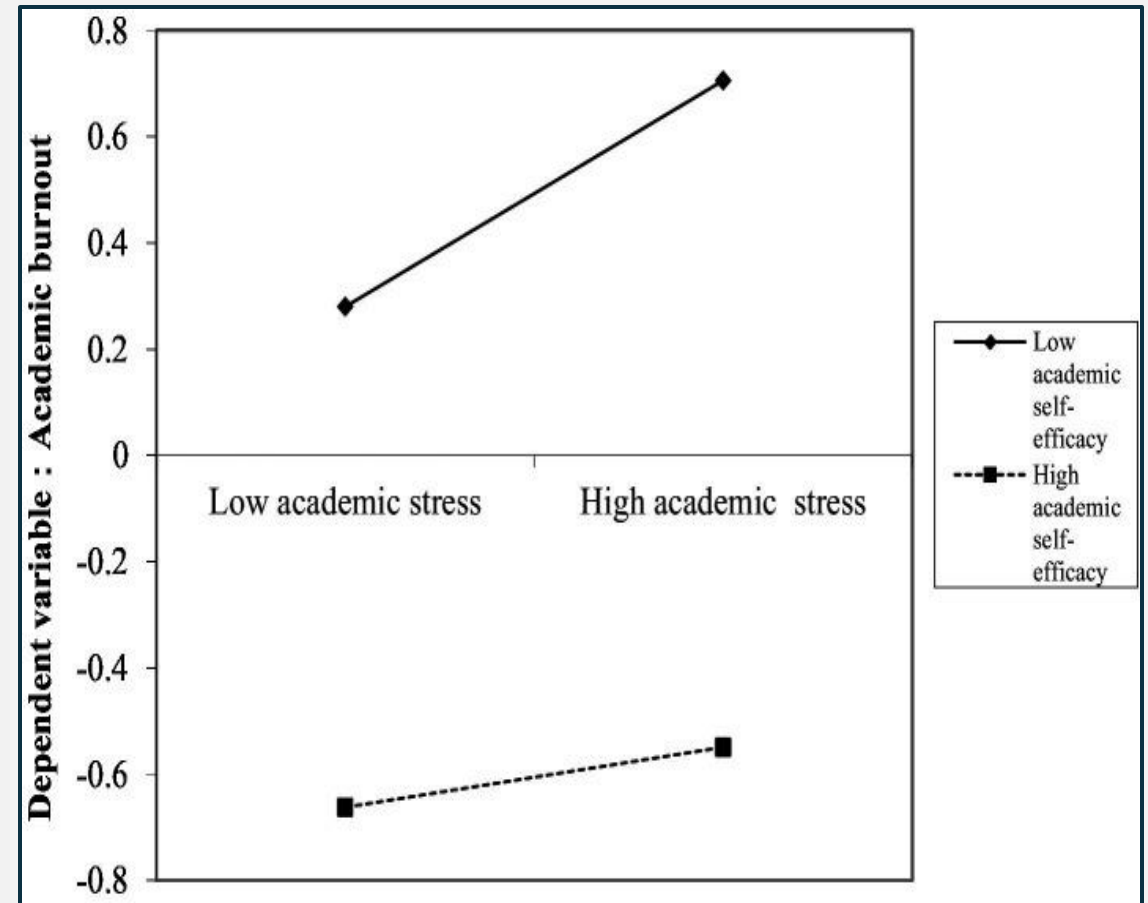


Affects of Academic Settings: Research that Supports

- 2023 systematic review of 52 studies determined that significant academic **pressure was associated with at least one negative mental health outcome** for students.

[Allient.edu](https://www.allient.edu)

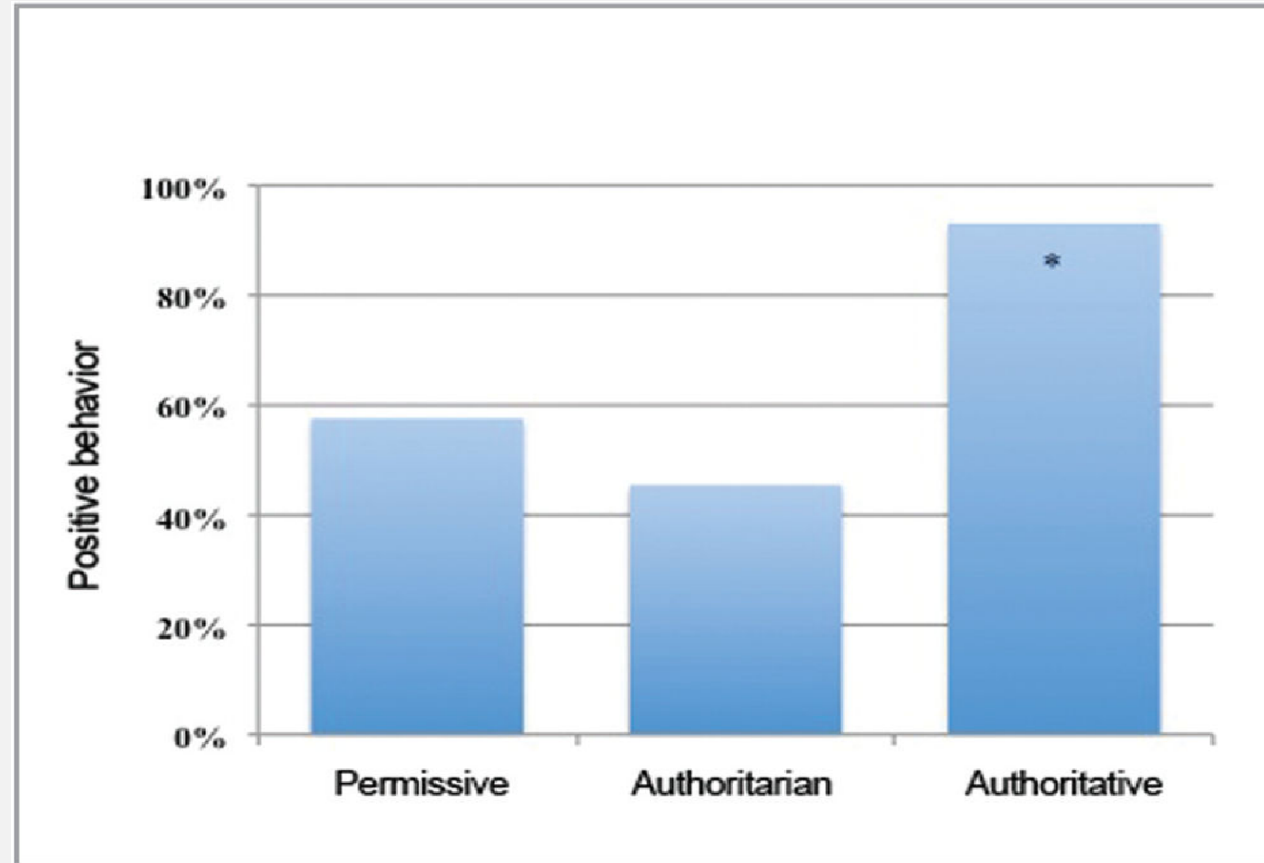
- **49% of kids report chronic school-related stress, and 26% report symptoms of depression.** Video games and social media often get blamed, but experts increasingly believe the **soaring rates of childhood mental health disorders may have roots in the classroom.**



How Home Situations Affect Students: Why This Matters

Home situations, like different parenting styles, **family environment, cohesion and conflict** can extremely affect a student's mental health and academic achievements. Family environments hold the **emotional, social, and structural dynamics within a household**. The four main parenting styles are: Authoritative, authoritarian, permissive, and uninvolved, these can each have varying effects on the child.

How Home Situations Affect Students: Parenting Types & the Effects p.2



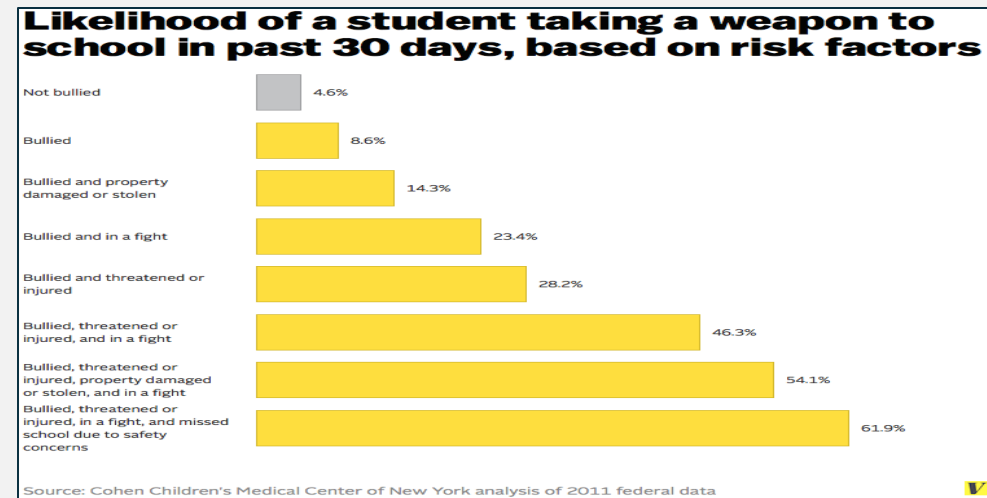
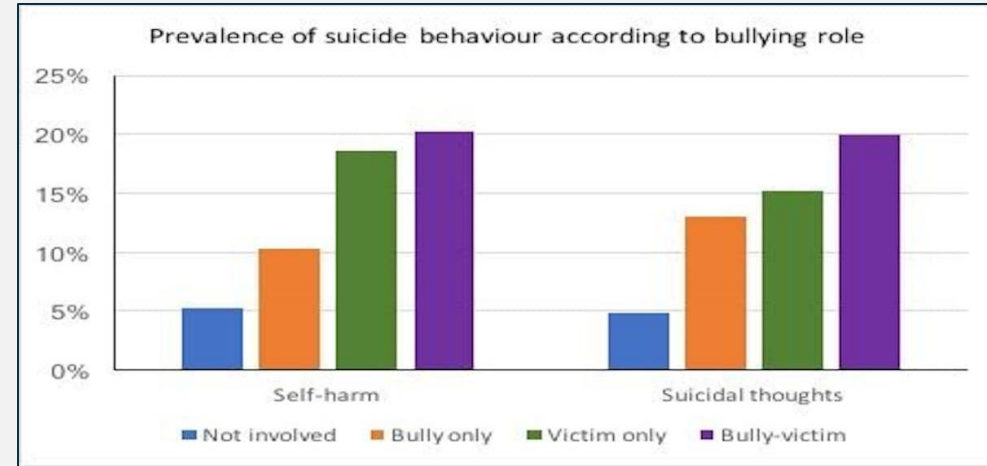
This image shows the amount of positive behavior as a result of three of the four different parenting types.

How Students Affect Others: Why Is It A Problem?

School bullying is one of the nations biggest issues in the modern day. Some fear coming to school because of the challenges that other students give them. **School bullying can cause many mental health issues such as anxiety, depression, body image issues, PTSD, borderline personality disorder, substance use, and even suicide.**

How Students Affect Others: Real Life Situations

A boy at his Iowa High School carried out a deadly school shooting, peers of this boy had said **he had been bullied for years prior**, which can lead you to believe that the bullying he endured had an impact on his later decisions and a part to the reason he caused the shooting. He had shot multiple students and staff before taking his own life. In conclusion, **bullying can put a students' life and staff life at jeopardy.**



How Students Affect Others: Research That Supports

"Prior research has identified **associations between bullying and mental and behavioral health** issues among youth, including its impact on substance abuse, depression, anxiety, self-harm and suicidal thoughts. However, following youth over time, this study is the first to confirm the **suspected pathway of how bullying leads to distrust** and, in turn, mental health problems in late adolescence."

- Researchers in the United Kingdom did a study on 10,000 students, finding that **students that were bullied since age 11 were around 3.5x more likely to experience clinically significant mental health problems by age 17.**
- "Recent studies by the U.S. Centers for Disease Control and Prevention found that **44.2% of sampled high school students in the U.S. reported being depressed** for at least two weeks in 2021, with one in 10 students who were surveyed having reported attempted suicide that year."

What Is The Conflicting View Point?

Some adults such as teachers or staff may disagree with our policy due to needing a **certain space and time taken up** for these issues.

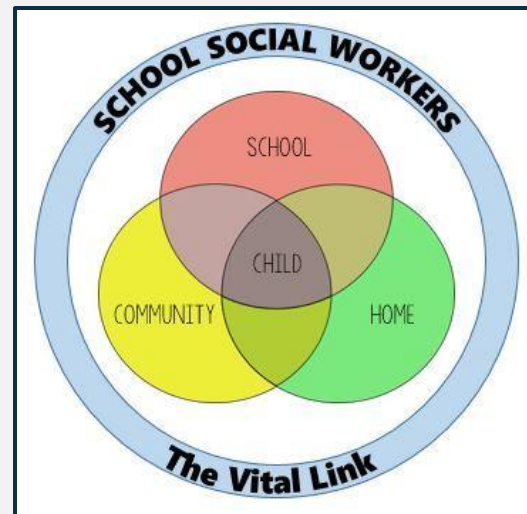
How Solutions in Place Affect Students

Many schools have implemented similar policies such as increasing the amount of professionals present in the school, whether that is teaching faculty or hiring new ones, and implementing SSP in lessons.

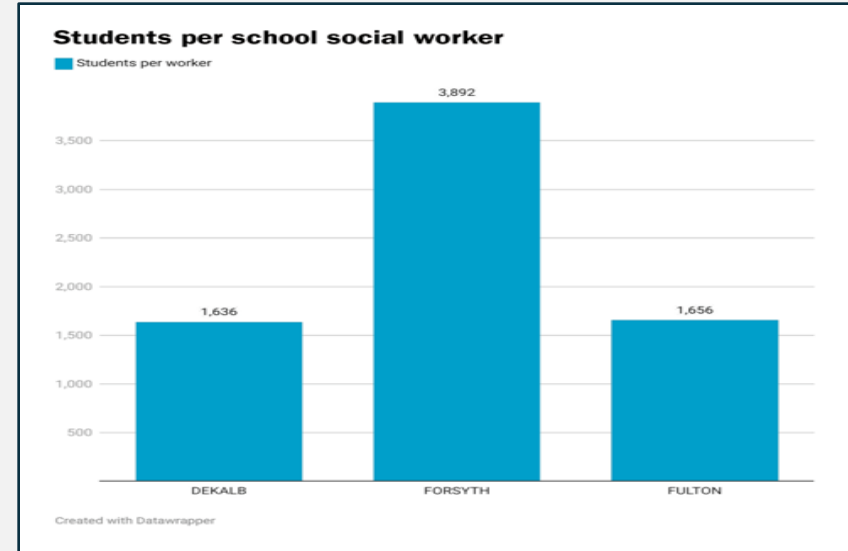
58% of schools reported that the number of students who **sought school-based mental health services increased since the prior school year**. Similarly, there was a 61% decrease from the 23-24 school year to the 24-25 school year in concerns expressed by staff about students exhibiting depression, anxiety, trauma, or emotional dysregulation/disturbance.

The Current Policy

The current mental health policy in schools is limited to dynamic support given **only** through social workers or school counselors.



The Current Policy: How It Affects Students



School social workers provide safe spaces for students experiencing mental health issues or illnesses. They also improve students' well being and mental health.

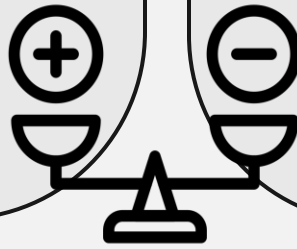
The Current Policy: Advantages And Disadvantages

Advantages

- Having individual workers on campus
- Having professional help accessible for students

Disadvantages

- Verified workers are difficult to access
- Workers are costly
- Limited staff available



Portfolio Section II



Alternative policy

Have a peer counseling program in schools to provide students help from people in the same age range.

Alternative Policy: What Is Peer Counseling?

Peer counseling is a form of support where people of similar age, background, or experiences help each other by listening, encouraging, and offering guidance

- They are not therapists or psychologists
- They do not give medical diagnoses or advice
- They do not keep things confidential if someone is at serious risk of being harmed
- Builds leadership, empathy, and communication
- Creates a supportive and inclusive environment

Alternative Policy: What Do Peer Counselors Do?

- Peer counselors complete training which usually includes active listening skills, confidentiality rules and limits, when and how to report safety concerns, conflict resolution, and boundaries (knowing what they can and cannot help with).
- They work under the supervision of a licensed adult (school counselor, social worker, or administrator).
- They sign a confidentiality agreement and a code of conduct or ethics policy. Parents may also need to sign permission forms.



Alternative Policy: How It Will Affect Students

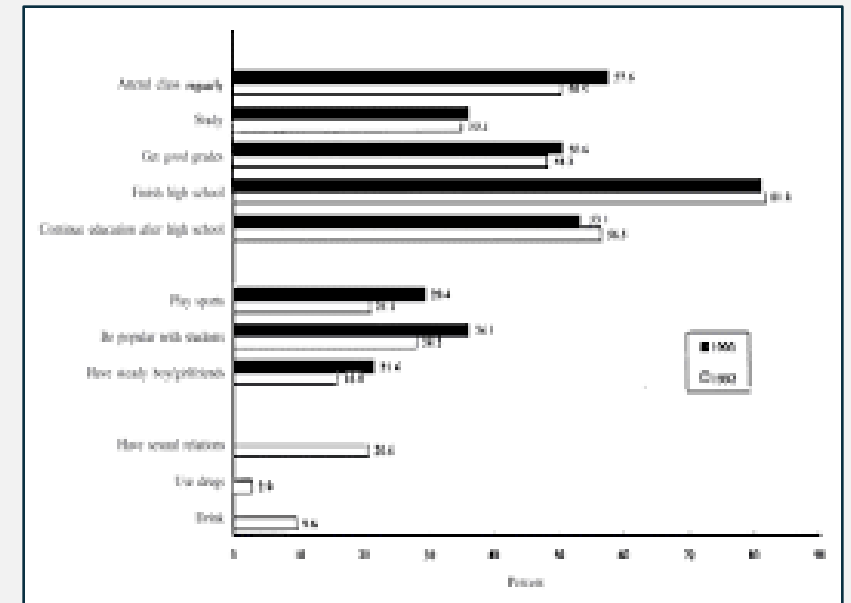
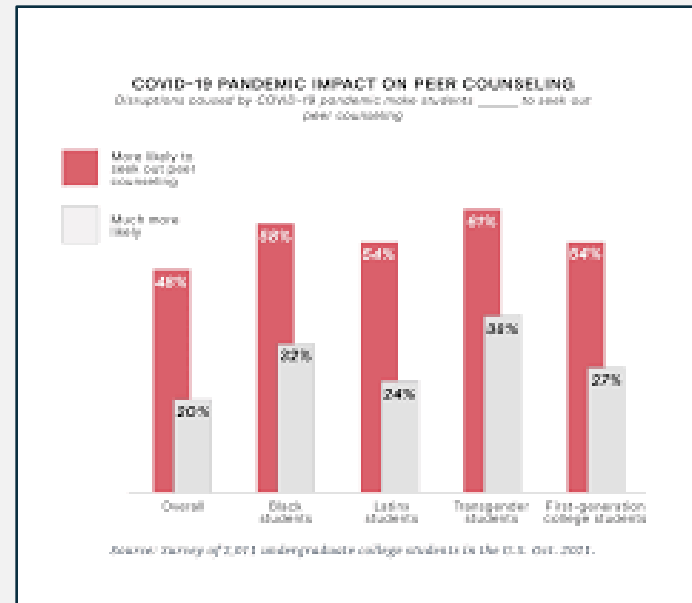
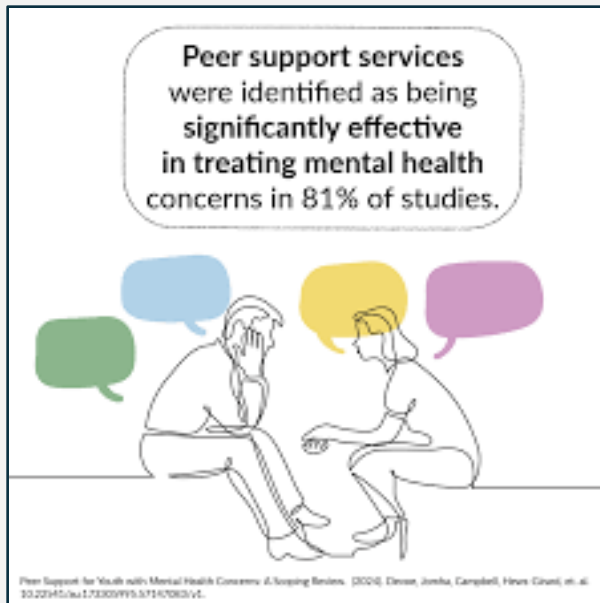
This policy will:

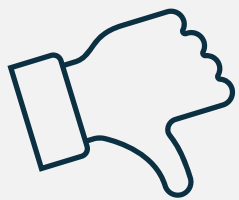
- Create a better and stronger school community
- Improve student's mental health
- Teach students how to handle/ help others who may have issues



Alternative Policy: The Advantages

It will allow students to get over mental health issues and feel better, and they can use the counseling program to their benefit by getting help from them etc.





Alternative Policy: The Disadvantages

Schools relying on students to provide a service can be a slippery slope by itself, it can also be an issue to **find a time during the day** for this service, and students may feel *nervous* to talk to their peers about their personal issues. Even if the counseling is anonymous, **kids can still be freaked out** knowing that whoever they're talking to is someone they may pass everyday, or someone who could easily spread a nasty rumor.

Alternative Policy: How It Will Affect Schools

Overall, this policy will affect schools in a **positive** way by showing that schools care about mental health issues and the health of their students. Peer counseling doesn't only improve mental health, but also **increases the availability of staff** and education for other students. It will also **reduce the money being spent**, as peer counseling is a *volunteer-based* program. Schools may be hesitant about it at first since it may take time from students learning, but schools provide summer school or after-school assistance for those who have missed classes or need a refresher.



Portfolio Section III

Our Policy



Have various staff provide safe spaces for students or apply SSP (Student Success programs) and give people who have issues calm places to cool down or relax.



Our Policy: What Is It?

This policy will make sure that schools have a **classroom -or period of time-** where students can get help if they are experiencing any type of mental illness or just need to get things off their chest. This program will be **run by teachers or trained professionals** (social workers, counselors, etc) where they will help students get out of a negative mental state, help them with academic stress, or just lend an ear when times are tough.

Our Policy:

What Is A Student Success Program?

Student Success programs are the framework schools use to help **students learn important life and people skills**, not just academic ones.

Focuses on:

- Self awareness
- Social awareness
- Self management
- Relationship skills
- Responsible decision-making skills

Pricing For Various Programs:

- High school: \$690
- Middle school: \$890
- Elementary School: \$990

Includes core content lessons, academic extensions, at-home resources, and hands-on learning content.

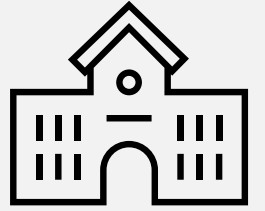
Our Policy: How It Will Affect Students

This program will help students...

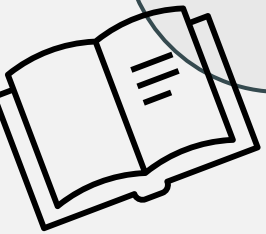


- Provides safe spaces
- Improve students' mental illness
- Safe classrooms for students to debrief
- Staff are accessible to all
- Students will be given access to further sources

Our Policy: How It Will Affect Schools



- Improves the academic performance. Higher academic achievement will enforce a positive outlook on the school.
- Influence the school's well-being, since it can reduce bullying.
- Creates a safer environment for students as it may lead to less risk of school threats, shootings, or other tragic disasters.



Our Policy: The Disadvantages

- Costs money
- Must have accessible space on campus
- Faculty must be willing to support



Annual Schoolwide Pricing

Elementary School (PreK-5)	High School (9-12)	Middle School (6-8)
\$990 /school	\$690 /school	\$890 /school
<ul style="list-style-type: none"> • 60 Core Content Lessons • 60 Academic Extensions • 60 At-Home Resources • 60 Lesson Slide Decks • Illustrated Children's Stories (K-2) 	<ul style="list-style-type: none"> • 13 High School Units that Include 5 Core Content Lessons, One Final Project, Slide Decks, Additional Resources, Activities, and Family Letters for each unit <p>BUY NOW</p>	<ul style="list-style-type: none"> • 30 Core Content Lessons • 30 Academic Extensions • 30 At-Home Resources • 30 Lesson Slide Decks • Student-Recorded Mindfulness Moments

Our Policy: The Advantages

- Improve the mental state of students'
- Helps faculty understand students
- Improves academic performance
- Creates a welcoming environment for students
- Improves school safety
- Creates an over all positive environment for students

Our Policy: How The Government Will Support and Funding

The local and state government must provide funding to this program and further support in verifying the policy.

- Provide federal grants
- Provide state education budgets
- Get Every Student Succeeds Act (ESSA) Funds
- Provide loan repayment programs



Our Policy: Who Will Support



- **School faculty** - They would be willing to provide a space or classroom for this program.
- **Teachers** - They must be willing to let the students who need it, access the resource, or volunteer to be a person that students can talk to.
- **Social workers/counselors** - They would talk with students and provide the necessary resources to them.
- **District board members** - They must enforce this policy.
- **School district leadership** - They must provide schools with the necessary resources, such as money, staff, or even curriculum for a SEL program.

Portfolio Section IV

Our policy: The Action Plan

- Define and understand the problem
- Create a possible solution (our policy) or aid to the issue
- Know what assistance we'd need such as: Funding
- Gain support
- Inform decision makers such as: Elected officials, prior to our pitch
- Raise awareness
- Draft out our execution steps
- Monitor/test out the effects of our policy

***If approved* Enact it !**



All We Need Is You!

Support PUSD Students Mental
Health!

Thank You!



