CVUSD Community Views on Mental Health Checks
Prior Research
How Do Mental Health Checks Work?

Steps:
1. RCADS questionnaire$^1$
2. Analysis
3. Intervention
Prior Research

Why Are Mental Health Checks Needed?

- **Prevalency**
  - 1 in 5 adolescents experience mental health problems \(^2\)
  - Only 30% receive treatment \(^2\)
  - Most schools use a “wait-to-fail” method to find struggling students \(^2\)
Prior Research
Why Are Mental Health Checks Needed?

● Importance of Early Intervention
  ○ Increased chance of success
  ○ Unresolved issues carry into a student’s future
    ■ 2-50% of college students experience mental instability
    ■ Overlooked problems can turn into severe diseases
Prior Research
What Are the Setbacks?

- **Drawbacks**
  
  - Does not find students who are “at risk”
  
  - Validity of responses
Are mental health checks needed for students in the Conejo Valley Unified School District (CVUSD) and would community members advocate for them?
Purpose of Research

- Feasibility of Implementation in the CVUSD
  - Acceptability
  - Demand
  - Practicality
  - Adaptation
Survey Methods

Questions:
- Frequency of stress/anxiety occurrence
- Frequency of seeking help
- Extent of agreeance to statements

Likert Scale:
- Always, very often, sometimes, rarely, never
- Strongly agree, agree, disagree, strongly disagree
Interview Methods

Questions:
● Frequency of stress/anxiety occurrence
  ○ Indicators

● Existing programs/resources
  ○ Most effective

● Levels of advocacy and support
  ○ Limitations
Survey Data Analysis

Student Survey
(n = 250)

How often do you experience stress/anxiety from any cause? (ie: school, sports, family, etc)

Parent Survey
(n = 100)

To your knowledge, how often do you think your child/children experience stress/anxiety from any cause? (ie: school, sports, family, etc)
Survey Data Analysis

Student Survey
(n = 250)

If you do experience stress/anxiety, how often do you seek help from parents or school counselors?

- Always: 10
- Never: 75
- Rarely: 80
- Sometimes: 50
- Very Often: 25

Parent Survey
(n = 100)

To your knowledge, if they do experience stress/anxiety, how often do they seek help from parents or school counselors?

- Always: 40
- Never: 20
- Rarely: 30
- Sometimes: 20
- Very Often: 40
Survey Data Analysis

**Mental Health is Equally as Important as Physical Health**

![Graph showing the comparison between students and parents on the importance of mental health.]

- Students: Strongly Agree - 150, Agree - 70, Disagree - 10, Strongly Disagree - 0
- Parents: Strongly Agree - 100, Agree - 20, Disagree - 0, Strongly Disagree - 0

**Students could benefit from a program that discovers and helps those who are struggling with stress, anxiety, etc.**

![Graph showing the response of students and parents to the need for such a program.]

- Students: Strongly Agree - 100, Agree - 50, Disagree - 20, Strongly Disagree - 0
- Parents: Strongly Agree - 70, Agree - 30, Disagree - 0, Strongly Disagree - 0
Interview Results

- API and Counselor Findings
  - Emotional problems are prominent
  - Students are self-identified or found by teachers, parents, etc
  - Only have support resources
    - Counselors/school psychologists
    - Breakthrough
Interview Results

● Positives
  ○ Support the concept of mental health checks
  ○ Willing to allocate resources as needed
    ■ More counselors/psychologists
    ■ Time

● Drawbacks
  ○ Validity of student responses
  ○ Finances
Limitations

- **Participants**
  - Limited administrative participants

- **Survey/Interview Questions**
  - Lack specificity to school, grade, gender, etc
  - Refer only to stress/anxiety
Further Research Considerations

- Inclusion of...
  - More mental health issues
  - Demographic based questions
  - District member opinions

- Look towards other forms of mental health treatment
Conclusion

- **Acceptability**
  - Supported by students, parents, and administrative members

- **Demand**
  - Stress/anxiety are prominent among CVUSD students

- **Practicality**
  - APIs and counselors will allocate time and resources
    - Money remains a drawback

- **Adaptation**
  - Alter counselors’ roles
  - Increase amount of counselors/psychologists


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