



**CVUSD
Community
Views on Mental
Health Checks**

Prior Research

How Do Mental Health Checks Work?

Steps:

1. RCADS questionnaire¹
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 ³
 - Unresolved issues carry into a student's future
 - 2-50% of college students experience mental instability ⁴
 - Overlooked problems can turn into severe diseases ⁵

Prior Research

What Are the Setbacks?

- Drawbacks
 - Does not find students who are “at risk”²
 - Validity of responses²

Question

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 ⁶
 - 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:

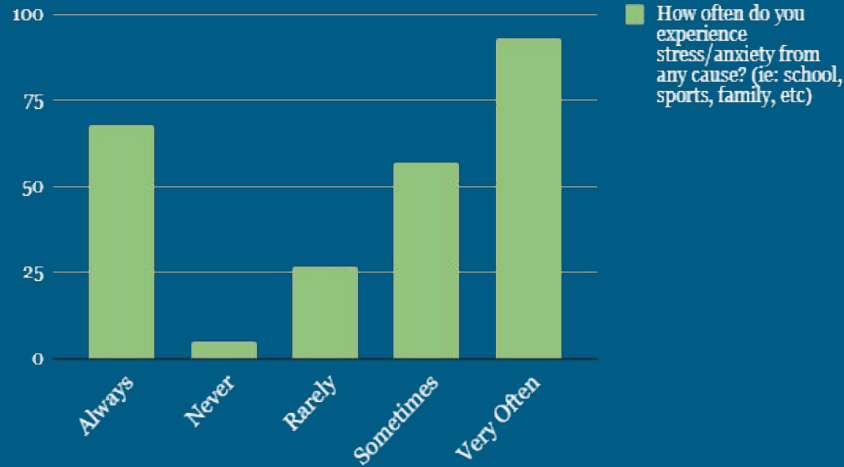
- Frequency of stress/anxiety occurrence
 - Indicators
- Existing programs/resources
 - Most effective
- Levels of advocacy and support
 - Limitations

Survey Data Analysis

Student Survey

(n = 250)

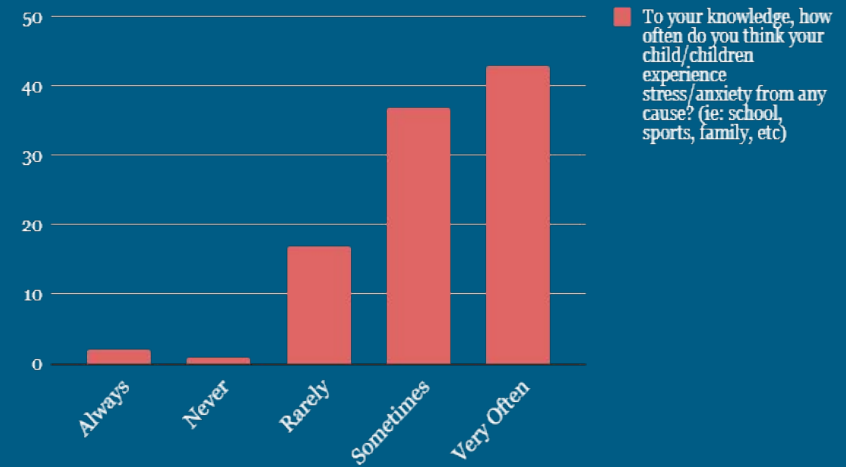
How often do you experience stress/anxiety from any cause? (ie: school, sports, family, etc)



Parent Survey

(n = 100)

To your knowledge, how often do you think your child/children experience stress/anxiety from any cause? (ie: school, sports,...

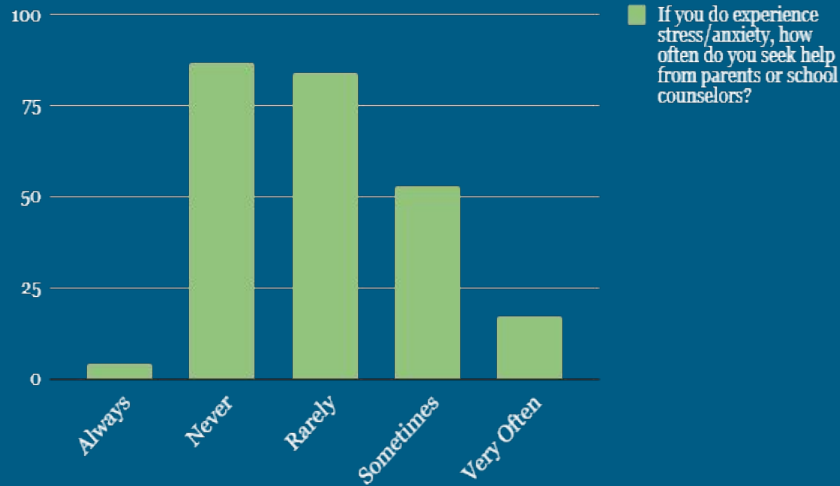


Survey Data Analysis

Student Survey

(n = 250)

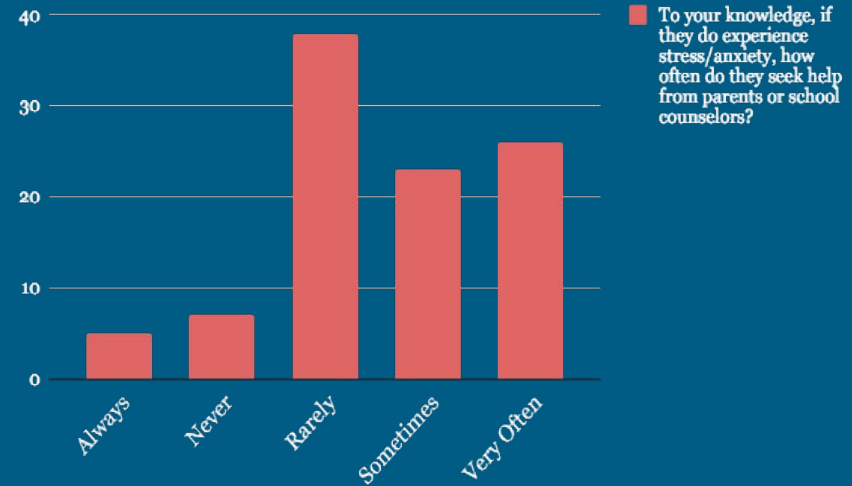
If you do experience stress/anxiety, how often do you seek help from parents or school counselors?



Parent Survey

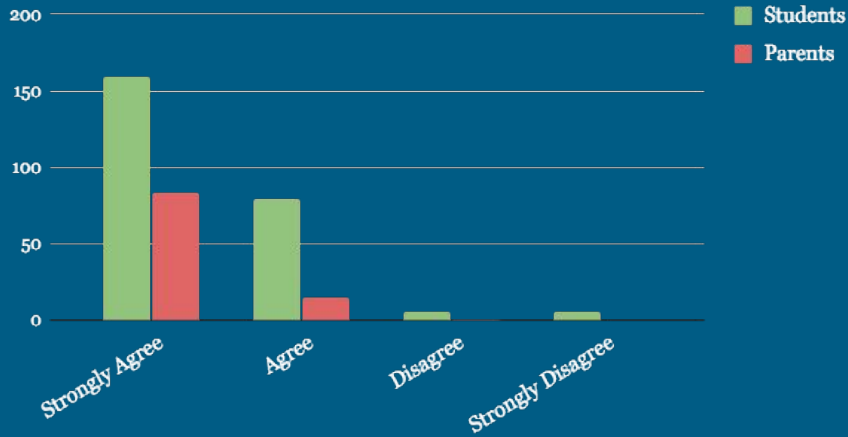
(n = 100)

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

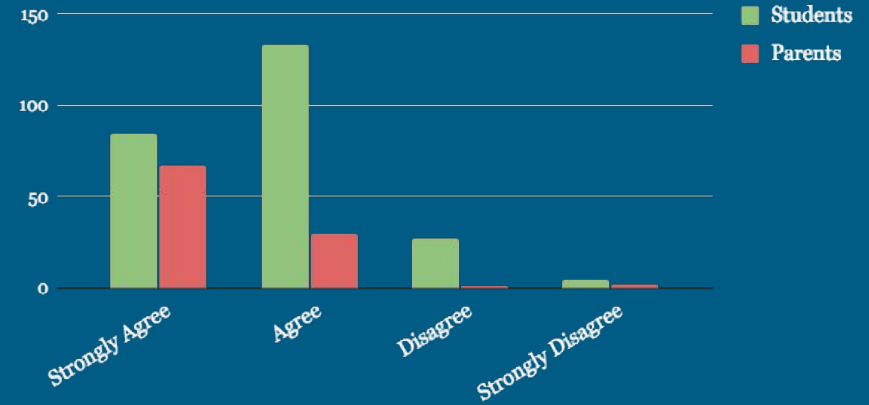


Survey Data Analysis

Mental Health is Equally as Important as Physical Health



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



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

References

- ¹ Chorpita, B. F., Ebesutani, C., & Spence, S. H. (2015). Revised children's anxiety and depression scale.
- ² Shirk, S. R., & Jungbluth, N. J. (2008). School-based mental health checkups: Ready for practical action? *Clinical Psychology: Science & Practice*, 15, 217-223. doi: 10.1111/j.1468-2850.2008.00131.x
- ³ Allen, P. L., & McGuire, L. (2011). Incorporating mental health checkups into adolescent primary care visits. *Pediatric Nursing*, 37, 137-140.
- ⁴ Bhujade, V. M. (2017). Depression, anxiety, and academic stress among college students: A brief review. *Indian Journal of Health & Wellbeing*, 8, 748-751. doi: n/d ISSN: 2229-5356
- ⁵ Fox, J. K., Halpern, L. F., & Forsyth, J. P. (2008). Mental health checkups for children and adolescents: A means to identify, prevent, and minimize suffering associated with anxiety and mood disorders. *Clinical Psychology: Science & Practice*, 15, 182-211. doi: 10.1111/j.1468-2850.2008.00129.x
- ⁶ Bowen, DJ., Kreuter, M., Spring, B., Linnan, L., et al. (2009). How we design feasibility studies.



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