

Creating a Mentally Healthy School Environment

A Self-Assessment Checklist for School Leaders

Culture & Climate

- We survey students and staff annually on school climate and safety.
Example: [FJUHSD Climate Wellness Survey](#)
- We have a plan or have implemented a wellness center for all students to access support services.
- We offer peer-led programs to elevate student agency.
Example: [Hope Squad](#) or [Student Voice](#)
- We provide anti-bullying and cyberbullying education and have a clear reporting system. Example: [SafeVoice Nevada](#)

Prevention & Early Intervention

- We update our Suicide Prevention policies and protocols to reflect the needs of our student community.
- We offer school-based SEL programs to build student resilience and emotional regulation.
- We provide parent education resources like webinars, 1:1 parent coaching, or community landing pages. Example: [ParentGuidance.org](#)
- We maintain a healthy student-to-counselor ratio and offer accessible, on-campus mental health support for students.

Crisis Response & Recovery

- We have a trained Crisis Prevention Team and access to local crisis response services.
- We utilize anonymous student reporting systems for safety and wellness concerns. Example: [Stop It](#)
- We support students returning from suspensions, hospitalizations, or community treatment services with reflection and behavior change programs (RPC Model).
- We provide care coordination for students and families in need of mental health or substance use services. Example: [Care Solace](#)

Staff Wellness & Support

- We provide ongoing mental health training for all staff members.
- We have programs to support staff well-being, such as mindfulness spaces or staff care campaigns. Example: [Amplify](#)