

## Student Wellness Module

2026-2027

**This survey asks about your perceptions of students' social and emotional wellness and mental/behavioral health needs, as well as availability of supports and services to address these needs.**

**How common are the following issues among students at your school?**

|                                                               | Not at All | A Little | Moderate | Very Common |
|---------------------------------------------------------------|------------|----------|----------|-------------|
| 1. Social, emotional, and mental health needs                 | A          | B        | C        | D           |
| 2. Exposure to trauma/violent events in the home or community | A          | B        | C        | D           |
| 3. Stigmatization of students with mental health needs        | A          | B        | C        | D           |

**How much do you agree with the following statements?**

|                                                                                                                                                                          | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|----------|----------------------------|-------|----------------|
| 4. My school emphasizes helping students with their mental health needs.                                                                                                 | A                 | B        | C                          | D     | E              |
| 5. My school collaborates well with community organizations to help address students' mental health needs.                                                               | A                 | B        | C                          | D     | E              |
| 6. My school provides adequate counseling and support services for students with mental health needs.                                                                    | A                 | B        | C                          | D     | E              |
| 7. My school communicates to students that help is available for their mental health needs.                                                                              | A                 | B        | C                          | D     | E              |
| 8. I receive support from my school to address students' mental health needs, for example, trainings, access to mental health professionals, and administrative support. | A                 | B        | C                          | D     | E              |
| 9. <b>What barriers, if any, do students at your school face in accessing services and supports to address mental health needs? (Mark all that apply.)</b>               |                   |          |                            |       |                |
| A) They do not know where to go for help.                                                                                                                                |                   |          |                            |       |                |
| B) They are afraid of what people might think if they seek help.                                                                                                         |                   |          |                            |       |                |
| C) There are not enough services to meet students' needs.                                                                                                                |                   |          |                            |       |                |
| D) They do not have insurance or another way to pay for it.                                                                                                              |                   |          |                            |       |                |
| E) Their parents do not follow through.                                                                                                                                  |                   |          |                            |       |                |
| F) Other                                                                                                                                                                 |                   |          |                            |       |                |

10. Does your school have a written policy about how to support students with mental health needs, including suicide prevention and postvention, for example, support after a suicide has occurred?

- A) Yes, I have put this policy into practice.
- B) Yes, but I have never put this policy into practice.
- C) No, our school doesn't have a written policy.
- D) Don't know

For each statement below, please indicate how confident you are that you can successfully do these things.

|                                                                                                                                          | Not at All<br>Confident | A Little<br>Confident | Somewhat<br>Confident | Very<br>Confident |
|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------------|-----------------------|-------------------|
| 11. Develop caring relationships with students.                                                                                          | A                       | B                     | C                     | D                 |
| 12. Create a classroom climate that fosters a sense of safety and belonging for all students.                                            | A                       | B                     | C                     | D                 |
| 13. Recognize a student who may be in emotional distress or at risk due to stressful or traumatic life events.                           | A                       | B                     | C                     | D                 |
| 14. Refer a student in need to mental health supports or services.                                                                       | A                       | B                     | C                     | D                 |
| 15. Integrate self-care approaches and strategies into your life that will foster your own mental well-being.                            | A                       | B                     | C                     | D                 |
| 16. Respond to a student who discloses sensitive information to you in relation to mental health and well-being (e.g., suicidal intent). | A                       | B                     | C                     | D                 |

How often have you experienced the following in the last month?

|                                                                                                                      | Never | Rarely | Sometimes | Often | Very<br>Often |
|----------------------------------------------------------------------------------------------------------------------|-------|--------|-----------|-------|---------------|
| 17. My work makes me feel satisfied.                                                                                 | A     | B      | C         | D     | E             |
| 18. I find it difficult to separate my personal life from my work life.                                              | A     | B      | C         | D     | E             |
| 19. I think that I might have been affected by the traumatic or stressful life experiences of the youth I work with. | A     | B      | C         | D     | E             |
| 20. I feel worn out because of my work.                                                                              | A     | B      | C         | D     | E             |
| 21. I feel good about how I am able to support students with their overall well-being.                               | A     | B      | C         | D     | E             |

|     |                                                                                                             | Never | Rarely | Sometimes | Often | Very Often |
|-----|-------------------------------------------------------------------------------------------------------------|-------|--------|-----------|-------|------------|
| 22. | I feel overwhelmed because my workload seems endless.                                                       | A     | B      | C         | D     | E          |
| 23. | I believe I can make a difference through my work.                                                          | A     | B      | C         | D     | E          |
| 24. | I feel that I am successful in supporting my students who have experienced trauma or stressful life events. | A     | B      | C         | D     | E          |

**During the last month, how often did you do any of the following when talking with students about their mental health needs?**

|     |                                                      | Never | Once | 2–9 Times | 10 Times or More |
|-----|------------------------------------------------------|-------|------|-----------|------------------|
| 25. | Spent time listening to their issues                 | A     | B    | C         | D                |
| 26. | Helped to calm them down                             | A     | B    | C         | D                |
| 27. | Talked to them about their issues                    | A     | B    | C         | D                |
| 28. | Gave them information to help them with their issues | A     | B    | C         | D                |

**During the last month, how often did you refer students to the following supports/services for mental health concerns?**

|     |                                                                                                     | Never | Once | 2–9 Times | 10 Times or More |
|-----|-----------------------------------------------------------------------------------------------------|-------|------|-----------|------------------|
| 29. | School-based mental health professional, for example, school counselor, therapist, or social worker | A     | B    | C         | D                |
| 30. | Community-based mental health services                                                              | A     | B    | C         | D                |
| 31. | Crisis hotline                                                                                      | A     | B    | C         | D                |
| 32. | Self-help strategies, for example, books, websites, yoga, meditation, etc.                          | A     | B    | C         | D                |

33. If you did not make any referrals, what best describes the reason(s) why you did not refer youth to mental health or related services? (Mark all that apply.)

- A) Does not apply; I made referrals.
- B) I have no direct contact with youth.
- C) I have contact with youth, but none needed mental health-related referrals.
- D) No time to offer support
- E) Not yet confident in my ability to make a referral
- F) Don't know of places to refer youth
- G) Other

**Thank you for taking this survey!**

**ACKNOWLEDGEMENTS:** This survey was developed by the School Health Services Research & Evaluation Team from the University of California, San Francisco, and the California Department of Education, with support from Project Cal-Well partners and WestEd, for the SAMHSA-funded Project Cal-Well Mental Health Program: <http://healthpolicy.ucsf.edu/school-health-services-evaluation>.

**NOTES:**

1. Questions 11–16 are adapted from: De George-Walker L. An Investigation of Teachers' Efficacy for Promoting and Supporting the Social and Emotional Health and Wellbeing of Students (Appendix E: 32-Item Teacher Self-Efficacy for Supporting Student Wellbeing Scale). Dissertation submitted to the School of Psychology Health, Griffith University. December 2010.  
<https://pdfs.semanticscholar.org/b511/e92580e0c9eb805bf8c8aea0cd8a8e3feb22.pdf>
2. Questions 17–24 are from: B. Hudnall Stamm, 2009–2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL). [www.proqol.org](http://www.proqol.org).