



ECHELON
INSIGHTS



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

teen Mental Health First Aid

School Board Members Survey

N=344 School Board Members in the U.S.

September 30 - October 17, 2022

Key Findings

- **56% of school board members are “Extremely concerned” about Students’ mental health**, a higher level of concern than was expressed for funding (51%), staffing challenges (48%), and school safety (46%).
- When asked to rank 12 issues in order of importance, **students’ mental health (3.7) and school safety (3.7) had the highest average rankings.**
- **Nearly half (47%) of school board members placed students’ mental health in their top three issues.**
- **Students’ family and home life (66%), social media (57%), and bullying (44%) are thought to be the biggest factors affecting students’ mental health.**

Key Findings

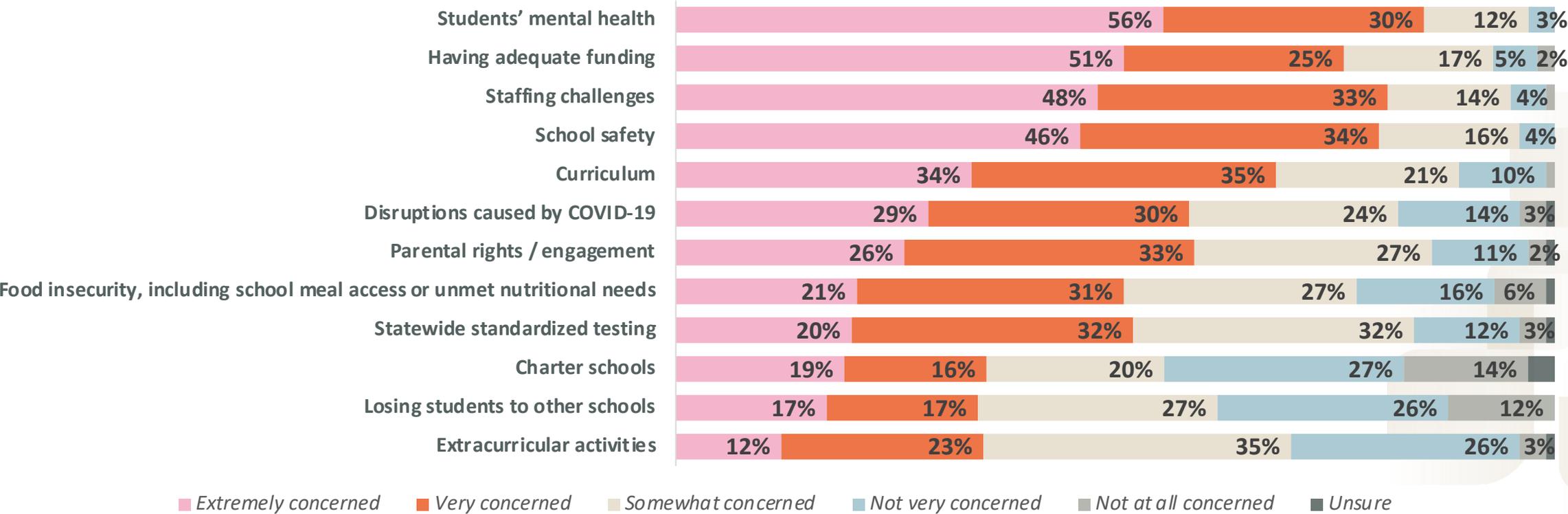
- Nearly half (49%) say that parents or other close family are the most likely to recognize if a student is facing mental health challenges, and **31% say that friends are first to recognize such signs.**
- **98% of school board members say that schools should at least play somewhat of a role in addressing students' mental health.**
- **66% say that giving high schoolers access to tMHFA or a similar program is extremely or very important.**

Survey Demographics

GENDER	AGE	RACE	ETHNICITY	IDEOLOGY	PARTY
44% Male	1% 18-29	83% White	7% Hispanic	40% Conservative	37% Republican
54% Female	6% 30-39	9% Black	86% Non-Hispanic	28% Moderate	27% Independent
2% Other	22% 40-49	1% Asian		24% Liberal	28% Democrat
	37% 50-64	5% Native American			7% Something else
	32% 65+	9% Something else			

56% Of School Board Members “Extremely Concerned” About Student Mental Health

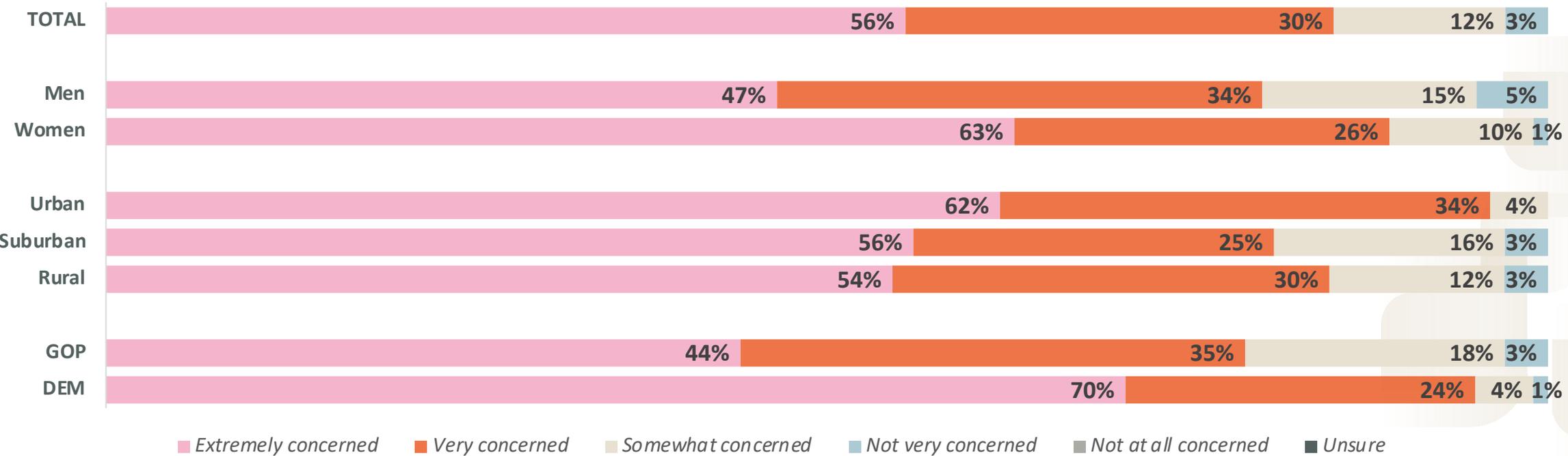
Q. Thinking about your role as a school board member, how concerned are you about each of the following?



Women, Urban Residents, Democrats Most Concerned About Students' Mental Health

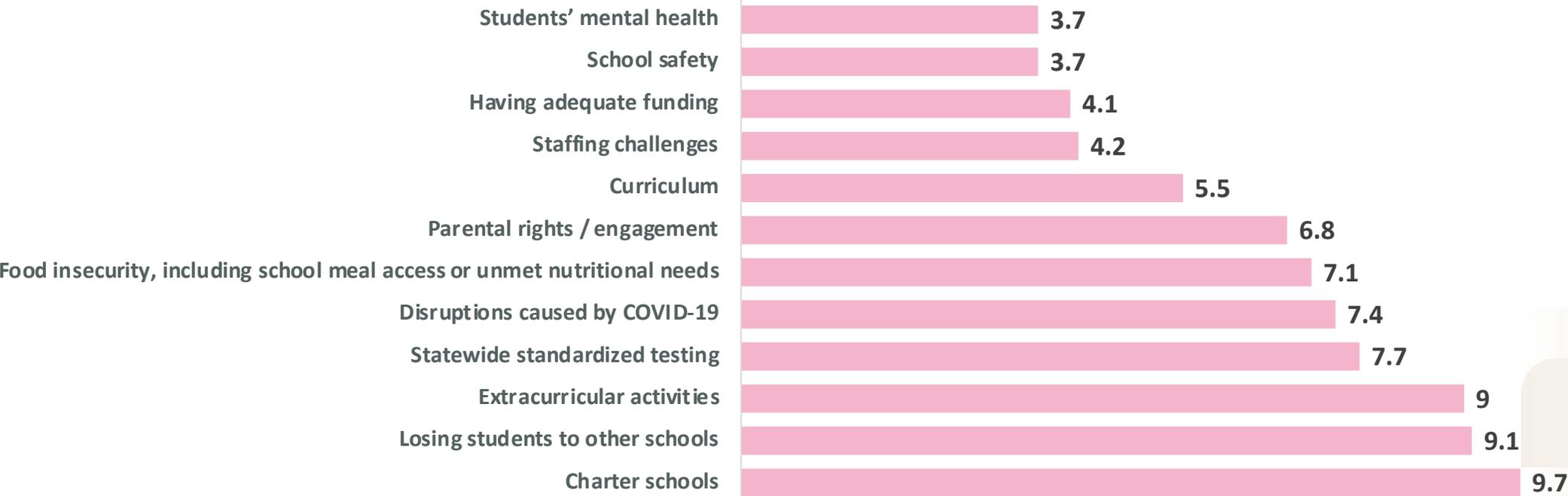
Q. Thinking about your role as a school board member, how concerned are you about each of the following?

-Students' mental health



Students' Mental Health, School Safety Ranked Highest Among School Board Member Concerns

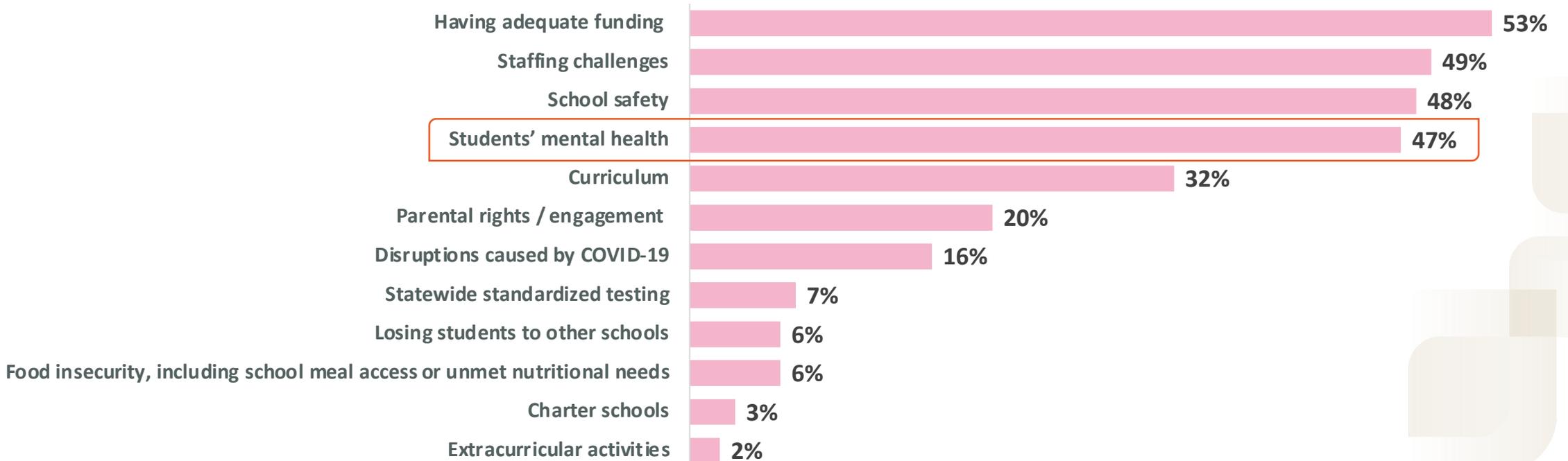
Q. Please rank each of the following in order of most important to least important in your role as a school board member.



Average Ranking From 1-12

47% Of School Board Members Say Students' Mental Health One Of Their Top 3 Issues

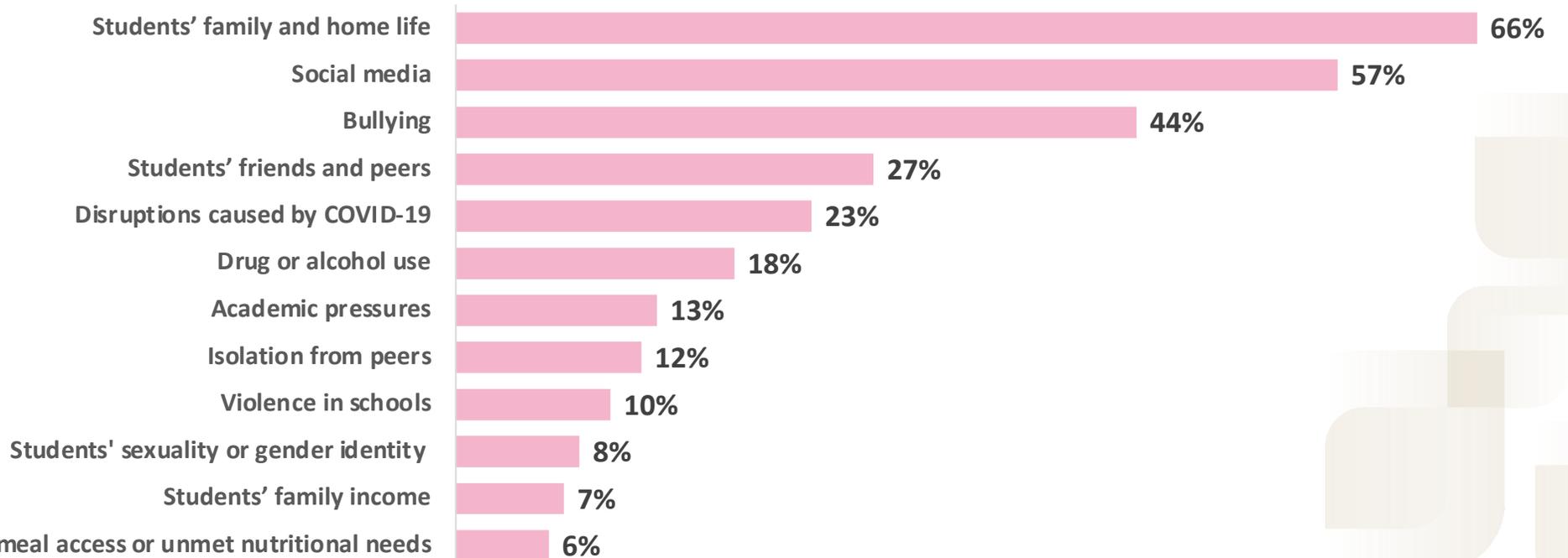
Q. *In general, what would you consider your top three issues in your role as a school board member? Select up to 3.*



NOTE: Something else (10%) and None of these (0%) not shown

2-In-3 Say Students' Family and Home Life Most Affects Their Student Health; Social Media, Bullying Also Seen As Influential

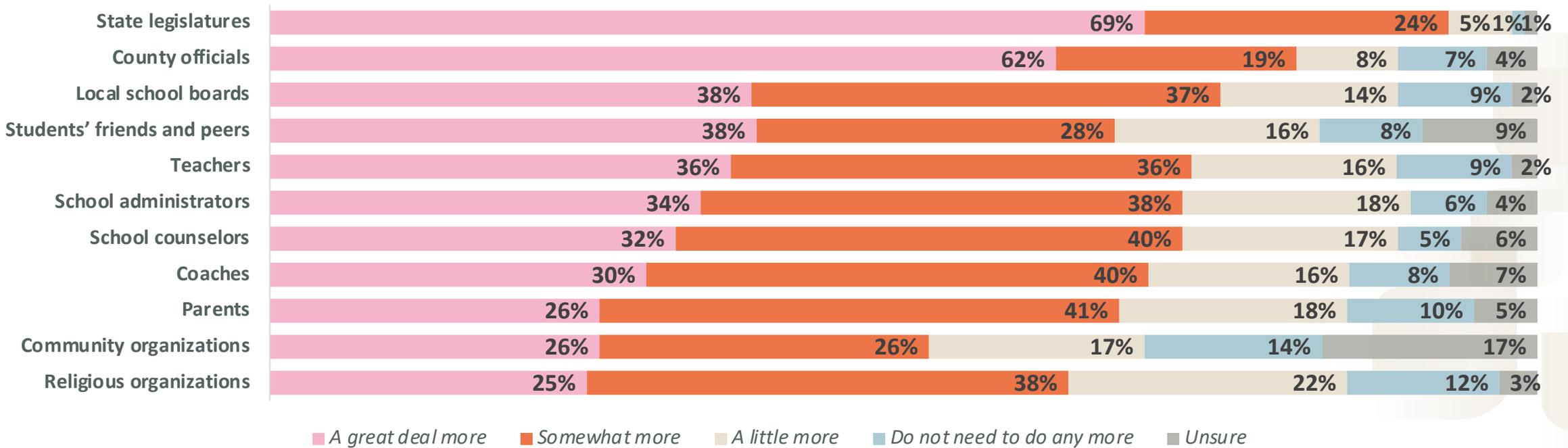
Q. As a school board member, which of the following do you think most affect students' mental health? Select up to 3.



NOTE: Something else (5%) and None of these (3%) not shown

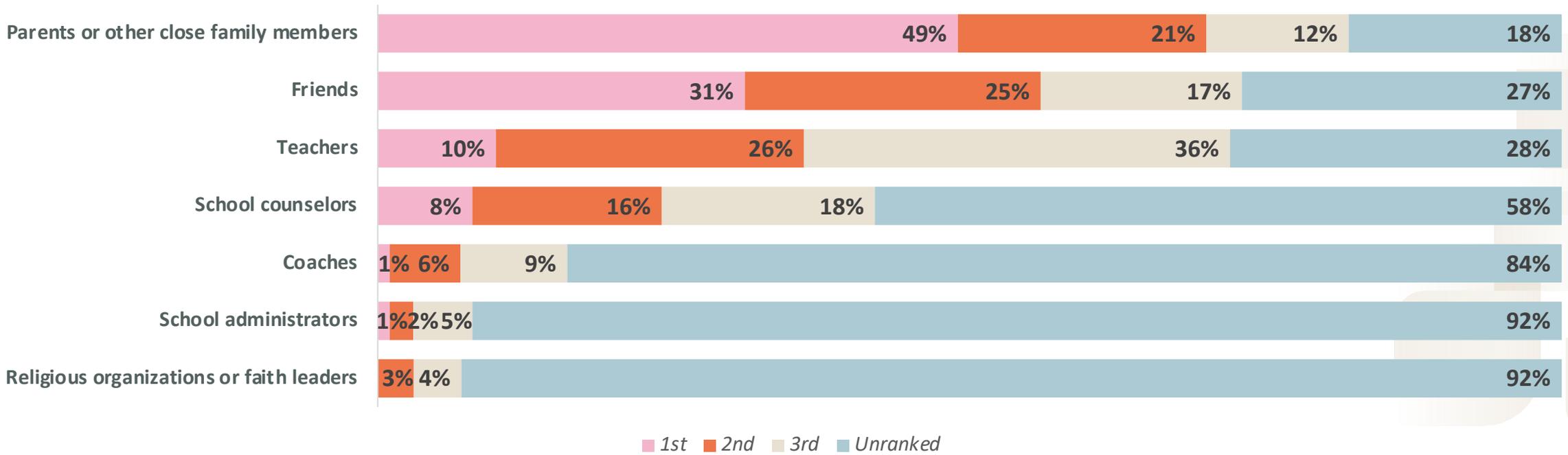
Over 6-in-10 Say State Legislatures, County Officials Should Be Doing A Great Deal More To Address Student Mental Health

Q. Please consider how each of the following is currently addressing student mental health, and rate whether you feel they should be doing more or do not need to do any more than they are currently to address student mental health.



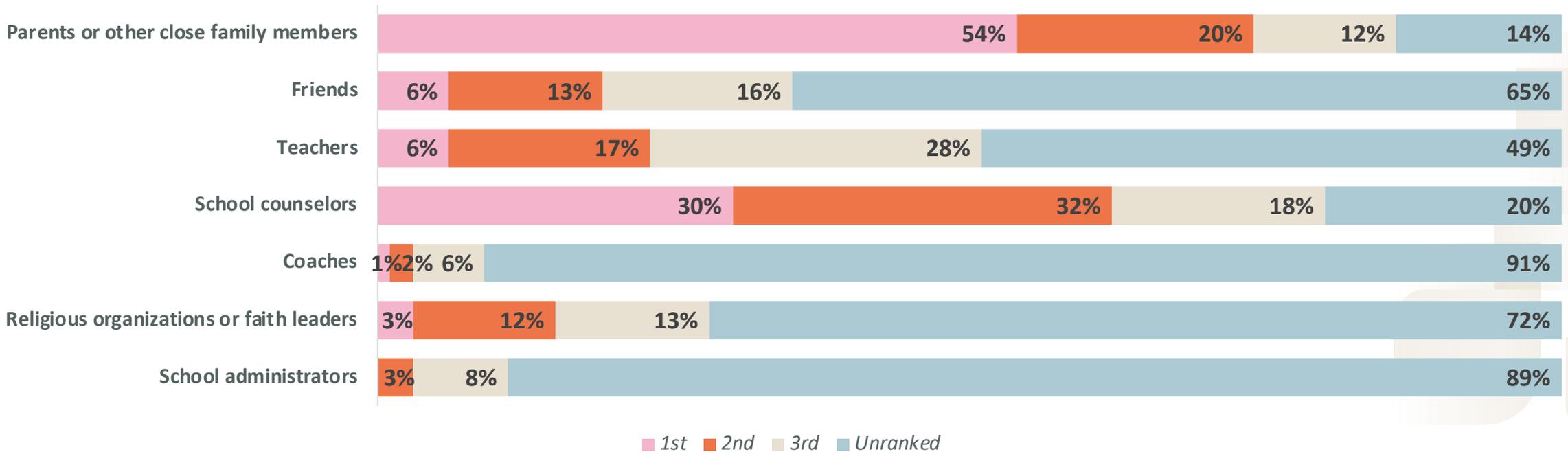
Parents and Close Family, Friends, Teachers, School Counselors All Seen As People Likely To Recognize Signs Of Student Mental Health Struggles

Q. *If a student is experiencing a mental health challenge, including suicidal thoughts or behaviors, who do you think are the top three people to know about it and/or recognize the signs and symptoms? Rank your top three choices from 1-3.*



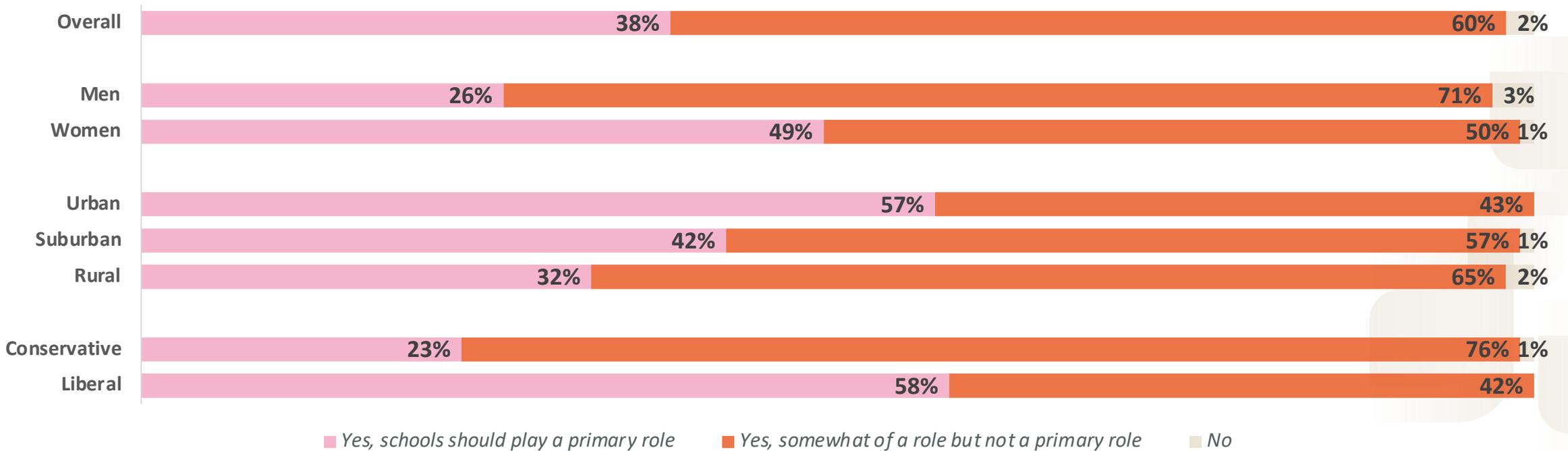
Parents, Close Family and School Counselors Seen As Having the Most Resources To Help Student Facing Mental Health Challenges

Q. *Who do you believe is the most appropriate person to help a student experiencing mental health challenges, including suicidal thoughts or behaviors, before they decide to seek outside professional/medical care? Rank your top three choices from 1-3.*



98% Say Schools Should Play At Least Somewhat Of A Role In Helping To Address Students' Mental Health Challenges

Q. Do you think schools have a role to play in helping to address students' mental health challenges, including suicidal thoughts or behaviors?



Description of tMHFA Provided to Survey Respondents

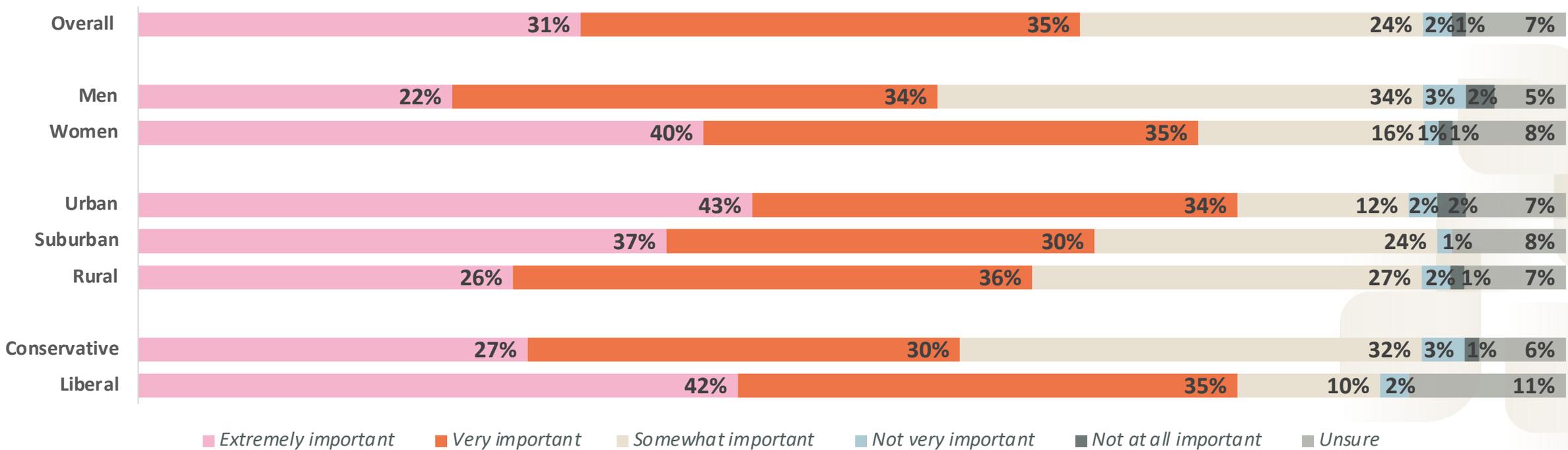
teen Mental Health First Aid (tMHFA) is a 4.5 hour course delivered to students in grades 10-12 over either 3 or 6 non-consecutive sessions that focuses on how teens can identify, understand and respond to signs and symptoms of mental health or substance use challenges among friends or peers. tMHFA Instructors complete a rigorous 3-day certification training and evaluation. Many are mental health professionals from the community.

tMHFA does not teach teens how to diagnose or treat — it gives information about being a supportive friend and how to encourage friends and peers to seek help. tMHFA emphasizes the importance of getting a parent or other trusted adult involved early so young people do not try to take on too much, especially when it comes to matters of mental health.

Schools sponsoring the tMHFA training are encouraged to provide parents with information on the training in advance and notify them of their right to opt a child under 18 out of the training. Furthermore, any teen can opt out of the training.

2 In 3 Say Access To tMHFA Or Similar Program Extremely Or Very Important For High School Students

Q. Having read some things about this program, how important do you think it is for high school students in grades 10-12 to have access to tMHFA or a similar program?





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