



# Student Mental Health Readiness Assessment

Emerging District Recommendations

**SAMPLE**



eLuma

# About eLuma's Self-Assessment

Our self-assessment helps school districts understand where they stand based on five key specialties:

- Teamwork and Leadership
- Needs Assessment & Resource Mapping
- Screening
- Tier 1 Universal Mental Health Services and Supports
- Tier 2 and 3 Mental Health Services and Supports

This self-assessment provides a snapshot of your district's readiness but is not a comprehensive evaluation. For an in-depth analysis, our full School Needs Readiness Assessment offers expert-led insights into your resources, identifying both gaps and strengths, and providing you with a complete list of recommendations. Visit [eluma.com/consultation/](https://eluma.com/consultation/) to schedule a full district assessment and resource mapping.

*This report was developed by eLuma Therapy. Recommendations follow the best practice norms set forth by the National Center for School Mental Health for the SHAPE System.*

# Teamwork & Leadership

## How well does your district integrate student mental health into district-wide policies?

### Establishing Effective District-Level Collaborative Teams

To enhance the overall district climate and address key issues effectively, it's crucial to establish collaborative teams that are diverse, well-organized, and focused on actionable outcomes. Here's a step-by-step guide to setting up and operating these teams:

#### 1. Forming Collaborative Teams

##### Team Composition:

- **School Staff:** Teachers, counselors, and support staff.
- **School Administrators:** Principals, assistant principals, and other administrative roles.
- **Specialists:** Special education, student mental health professionals, and curriculum experts.
- **Community Members:** Local leaders, non-profit organizations, and business representatives.
- **Parents:** PTA members, parent volunteers, and guardians.
- **Students:** Representatives from various grade levels and backgrounds.

##### Diversity:

- Ensure representation from diverse cultural identities and backgrounds to reflect the community's variety.

#### 2. Developing Procedures and Best Practices

##### Meeting Structure:

- **Regular Meetings:** Schedule meetings regularly (e.g., monthly) and stick to the schedule.
- **Agenda:** Prepare and distribute an agenda before each meeting to ensure focused discussions.
- **Actionable Items:** Document decisions and assign specific tasks with deadlines.
- **Small Starts:**
  - **Identify Issues:** Start with one or two key district-wide issues (e.g., improving district climate).
  - **Assess Strengths and Weaknesses:** Conduct surveys or focus groups to understand current strengths and weaknesses.

#### 3. Goal Setting and Action Plans

##### Vision and Direction:

- **Define Vision:** Collaboratively establish a clear vision for addressing the identified issues (e.g., creating a positive district climate).
- **Set Goals:** Develop specific, measurable, achievable, relevant, and time-bound (SMART) goals.

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**Ready to improve the behavioral health of your students?**

Scan the QR code or visit <https://eluma.com/consultation/> today to schedule a resource mapping consultation for your school district.

