### Goals

**School Climate:**
Create school climates that promote healthy social-emotional development and well-being

- Implement research-based school-wide interventions (i.e., PBIS, Restorative Practices, NAMI on Campus High School, Second Step, etc.)
- Provide professional development to district and school staff

**School-Based Services:**
Increase access to and availability of school-based mental health (SBMH) services for students and their families

- Build partnerships to expand SBMH interns/staff
- Provide SBMH services, including early intervention and treatment
- Provide family member/caretaker mental health awareness activities
- Improve tracking of referrals to SBMH services

**Community Partnerships:**
Build partnerships and cross-system collaborations to promote youth well-being and access to community-based services

- Enhance relationships with and improve tracking of referrals to community-based mental health organizations
- Participate in cross-system collaboration activities
- Provide professional development to community-based organizations and partners

**YMHFA:**
Implement Youth Mental Health First Aid (YMHFA) trainings to school staff, community members and other professionals at the state and local levels

- Train instructors to provide YMHFA trainings
- Train participants to identify, understand, and respond to signs of student emotional distress and/or mental illness
- Train participants to engage in ALGEE:
  - Assess for risk of suicide or self harm
  - Listen non judgmentally
  - Give reassurance and information
  - Encourage appropriate professional help
  - Encourage self-help

### Activities

### Outcomes

#### # Schools implementing SBMH interventions

#### # Professional development opportunities

#### Awareness of mental health and wellness among students and district and school staff

#### # SBMH providers (i.e., school psychologists, school counselors, social workers, interns)

#### # Students served by SBMH interventions and supports*

#### # Students receiving SBMH services*

#### # Students referred for and received community-based mental health services*

#### Student feelings of sadness, hopelessness, or suicidal ideation

#### Student suspension rates

#### # Individuals trained as YMHFA First Aiders and Instructors*

#### Use of ALGEE by participants to support the mental health needs of youth

#### Capacity throughout the state by partnering with existing YMHFA Instructors to deliver free trainings in their areas

#### # School-aged youth referred to mental health services*

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* Mandatory government reporting measures

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**Project Cal-Well is a 5-year (2014-2019) “Now Is The Time Project Advancing Wellness and Resilience Education” grant funded by the Substance Abuse and Mental Health Services Administration. Through the California Department of Education, Project Cal-Well is implementing programs statewide and in partnership with ABC Unified School District, Garden Grove Unified School District, and San Diego County Office of Education. A team from University of California, San Francisco is conducting the evaluation.**

**Overall Mission:** Increased awareness of and improved mental health and wellness of K-12 students.