

| Brief Description of Strategy   | Objective/Goal/Purpose  | Family Engagement Category  | Logistics   | Resources  |
|---|---|---|---|--|
| <p>Family Mental Health Night - Screening of short documentary film (Angst by Indieflix) followed by a panel including school counselors, school social workers, and community mental health providers already connected to our middle schools.</p> <p>Film in English with Spanish subtitles.</p> <p>Interpretation for post-film panel.</p> | <ul style="list-style-type: none"> <li>● Raise awareness of mental health - specifically anxiety and knowledge of anxiety symptoms</li> <li>● Normalize talking about mental health and reaching out for help</li> <li>● Learning who in the school can help with mental health support and/or referrals</li> </ul> | <p>-Linked to Learning: AAP - Climate and Culture and Family Engagement</p> <p>-Developmental - Builds Social and Human Capital</p> <p>-Interactive - Provides time to learn (if Q&amp;A is included)</p> | <p>- Guardians with their students (age 10+), teachers, members of the community</p> <p>-Evening (6-7:30pm)</p> <p>-1.5 hours</p> <p>-Annually</p> <p>-Virtual webinar (but could be an in-person event)</p> <p>-Communication (all in both English and Spanish): slide in advisory for 3 weeks leading up to event, robocalls, email flyer, push notification (text), social media posts on our school pages (Facebook and Instagram), pop-up on</p> | <p>-Cost</p> <ul style="list-style-type: none"> <li>● Hybrid film-screening (live event, plus link to view for 48 hours for families that miss live event) - \$2,000</li> <li>● Staff needed - School counselors and social workers volunteered (could also use flex hours or paid).</li> <li>● Interpreter - paid for 1.5 hours</li> </ul> <p>-Written translations - provided by Indieflix</p> |

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|--|--|--|--------------------|--|
|  |  |  | our school website |  |
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### Some family questions:

What are schools currently doing to address mental health issues?

Who can I talk to at the school if I think my child has anxiety?

How can I support my child if I think they are anxious, but it shows up as extreme anger?

What about if I think I have anxiety? How can I help my child?

### A couple of family quotes

"What a fantastic event! I learned a lot."

"Thank you so much for putting this on for families. Very good information and a great film as well.. Thank you!"

"Thank you for sharing the film and translation with us and phone numbers to reach the counselors."

### Outline of our process

1. Met with admin to get buy-in for family mental health night evening event
2. Met with Indieflix to get logistics for film screening - cost, timing, etc.
3. Budget approval and date confirmation with admin (recommend minimum 6 weeks out for advertising, etc.)
  - a. Seek out partnership with other school/s if budget isn't available
  - b. Get creative about funding. Our partner school used SBIRT money for their portion of the cost
4. Once approved start advertising and getting the word out\*
  - a. Advisory
  - b. Robocalls/texts
  - c. Email blast
  - d. Social media
  - e. Work with leadership class or existing clubs
5. Put together panel\*
  - a. Community mental health provider
  - b. School counselor

- c. Social worker
- d. Someone to serve as moderator
- e. Bi-lingual para or translator

6. Work with office manager or bookkeeper on contract logistics\*

\*These steps happened simultaneously