

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"> • Raise awareness of mental health - specifically anxiety and knowledge of anxiety symptoms • Normalize talking about mental health and reaching out for help • Learning who in the school can help with mental health support and/or referrals 	<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&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"> • Hybrid film-screening (live event, plus link to view for 48 hours for families that miss live event) - \$2,000 • Staff needed - School counselors and social workers volunteered (could also use flex hours or paid). • Interpreter - paid for 1.5 hours <p>-Written translations - provided by Indieflix</p>

			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