

Youth Mental Health Needs & Supports: **California School Staff Perspectives**



California Department of Education

The COVID-19 pandemic had profound effects on youth mental health, which increased the role of schools and school staff to recognize and respond to these needs. This brief describes data on school staff's selfreported capacity to support students' mental health needs from a cross-sectional survey administered to California school staff during the 2022-23 school year [1].

55%

of staff survey respondents reported that student depression or other mental health problems were 'moderate' or 'severe' at their schools.



3 out of 4 respondents felt that their school emphasized helping students with their mental health needs.



3 out of 4 felt that their schools provided adequate counseling and support services for students.



Yet, only 1 out of 2 school staff felt 'very confident'...

Recognizing a student who may be in emotional distress or at risk due to stressful or traumatic life events, or

Referring a student in need to mental health supports or services.





% School Staff Reporting Factor is a Barrier to Students Accessing Services/Supports to Address Mental Health Needs

Parent/guardian concerns/cooperation

There are not enough services to meet students' needs

50%

They are afraid of what people might think if they seek help

They do not know where to go for help

38%

They do not have insurance or another way to pay for it

54%

agreed that their school collaborated well with community organizations to help address students' mental health needs.





