

Project Cal-Well Final Brief

5-Year Journey: 2014-2019

In partnership with the California Department of Education, the San Diego County Office of Education (SDCOE) was awarded a 5-year Federal grant to implement the Project Cal-Well initiative. Project Cal-Well's mission is to increase awareness of and improve mental health and wellness of California's K-12 students and provide training for school personnel to build positive school climate and detect and respond to mental health issues.

County-Wide Highlights, 2014-15 to 2018-19

30%

Increase in both 9th and 11th graders reporting that there were **caring adults in their schools**

6,726

Staff from 42 school districts and charter schools trained on **mental health and wellness, positive school climate and trauma-informed care**

11%

Increase in both 9th and 11th graders reporting high levels of **school connectedness**



Youth Mental Health First Aid (YMHFA)

Trainings introduce common youth mental health challenges, review adolescent development, and help participants learn to identify, understand and respond to signs of mental distress or illness.

1,811

Educators were trained and certified in **YMHFA**

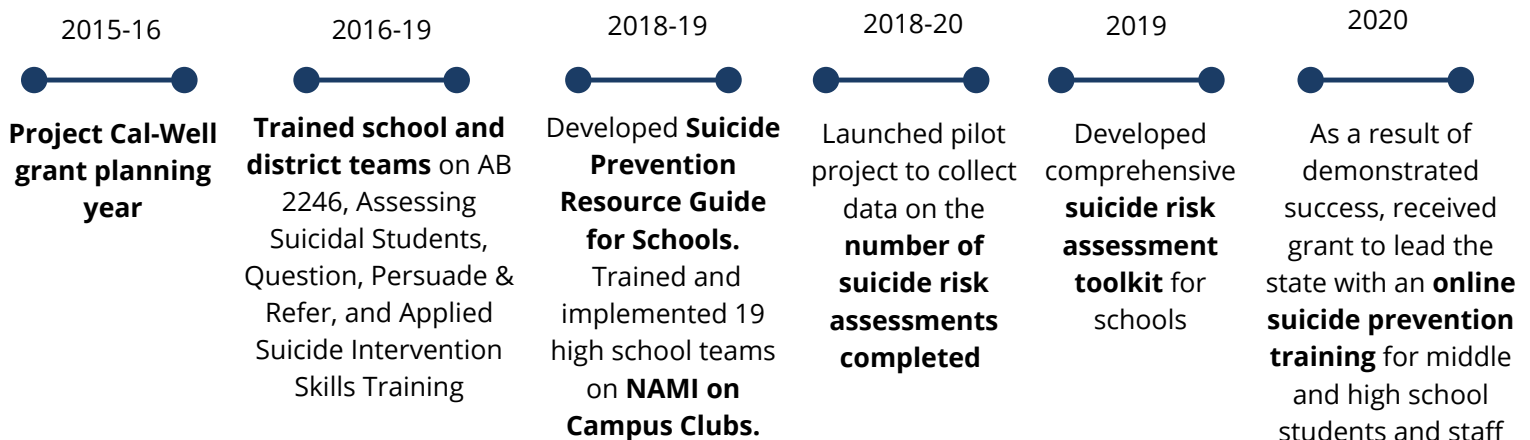
2,550

Youth **referred to a mental health service** by a YMHFA trained adult

Suicide ideation declined across the county:

from 17% to 15% among 9th graders and 17% to 16% among 11th graders (2015-2019)

Suicide Prevention in San Diego Schools: A Proactive Approach



Mountain Empire School District (MEUSD)

Rural School Spotlight: Mountain Empire High School

School Staff Professional Development: Positive Behavioral Interventions and Supports (PBIS), School-Wide Information Systems (SWIS), Restorative Practices, Science of Gratitude, AB2246 (Pupil Suicide Prevention Policies), Assessing Suicidal Students, Social Emotional Intelligence, and YMHFA.

Youth Activities: National Alliance on Mental Illness (NAMI) on Campus Clubs, No Place for Hate, Directing Change, and Walk in our Shoes campaigns.

School-Wide Interventions: Social Emotional Learning (SEL) curricula, MSW interns, and adoption of SDCOE's suicide risk assessment toolkit.

MEUSD was the first district in the state to train and certify ALL staff in YMHFA.



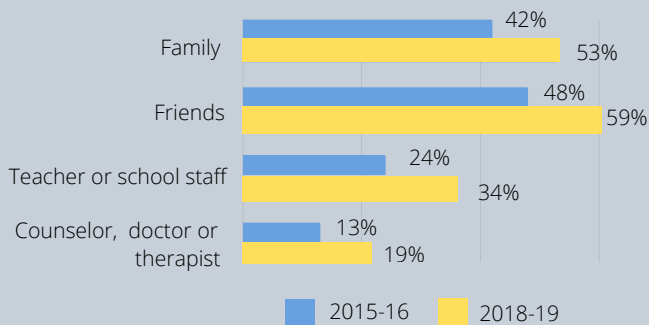
12%

Decline in 9th graders reporting that they **seriously considered attempting suicide** in the past 12 months (2015-2019)

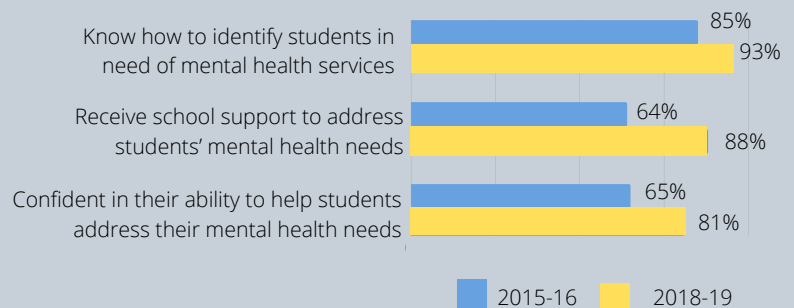
"MEHS has seen a positive transformation within the last 5 years and we have laid the foundation for a positive school culture that has set the stage for learning. While there is much work to be done to continue this positive trend, we feel we have developed the knowledge, skills, and capacity to continue this work into the future."

-Patrick Keeley, Principal

Students report increases in willingness to seek help from others



School staff report increases in supporting student mental health



Chula Vista Elementary School District

Urban School Spotlight: Lauderbach Elementary School

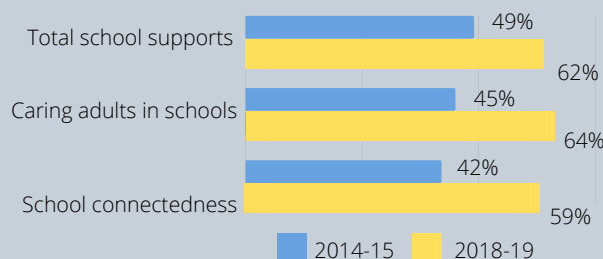
School Staff Professional Development: PBIS, YMHFA, Restorative Practices, and SWIS.

School-Wide Interventions: SEL curricula, MSW interns, SWIS, and ongoing coaching.

"Over the past 5 years our campus climate has transformed dramatically where students feel safe, secure, and a sense of belonging. Our students are able to better manage and self-regulate their behaviors, and form positive relationships with their peers. We will continue this work because we know it works."

-Melody Belcher, Principal

Students report improvements in school environment



These improvements were greater than district wide changes during the same period, pointing to the success of Project Cal-Well interventions.

