

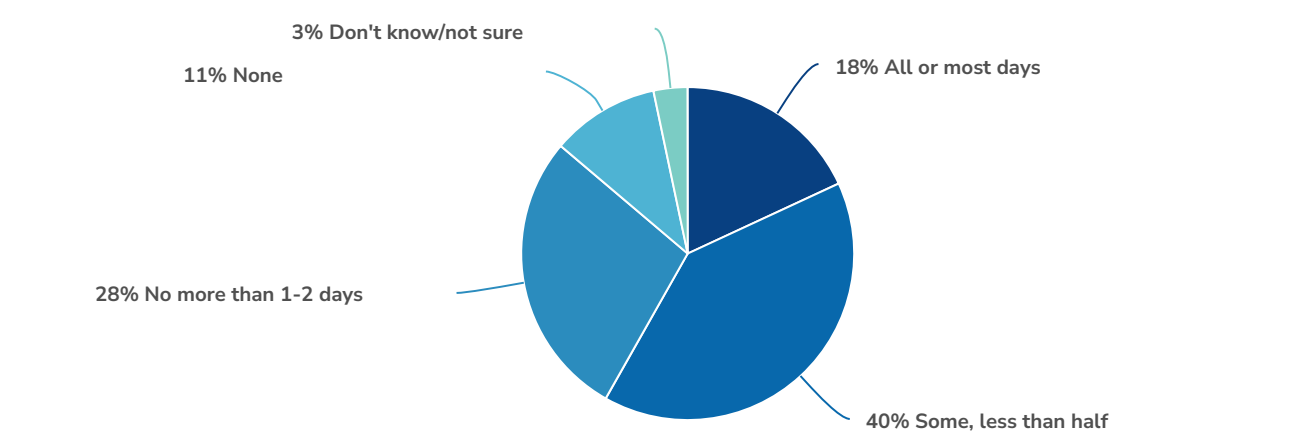
(Full Report) Report for Behavioral Health Supports for school staff

Response Counts



Totals: 332

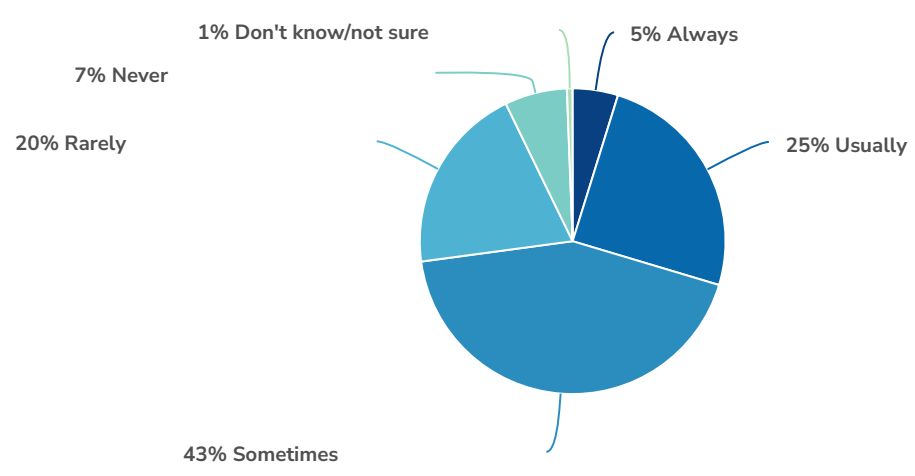
1. Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past school year was your mental health not good?



Value	Percent	Responses
All or most days	18.1%	60
Some, less than half	40.1%	133
No more than 1-2 days	28.0%	93
None	10.5%	35
Don't know/not sure	3.3%	11

Totals: 332

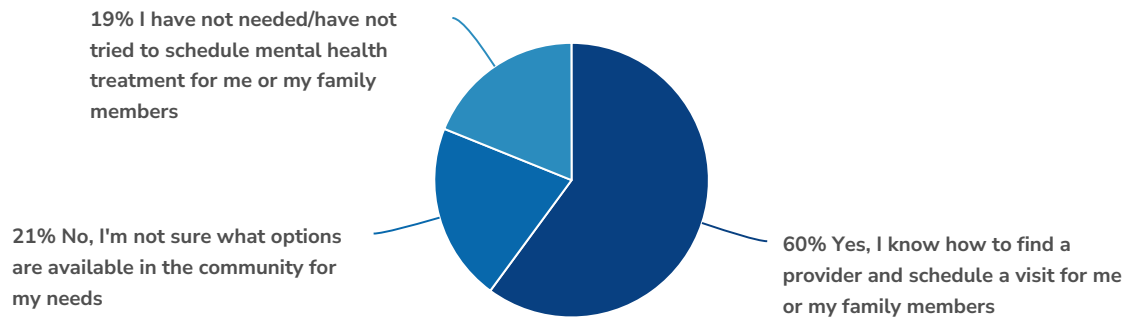
2. Stress means a situation in which a person feels tense, restless, nervous or anxious or is unable to sleep at night because their mind is troubled all the time. Within the last school year, how often have you felt this kind of stress? Was it....



Value	Percent	Responses
Always	4.8%	16
Usually	24.8%	82
Sometimes	43.2%	143
Rarely	19.9%	66
Never	6.6%	22
Don't know/not sure	0.6%	2

Totals: 331

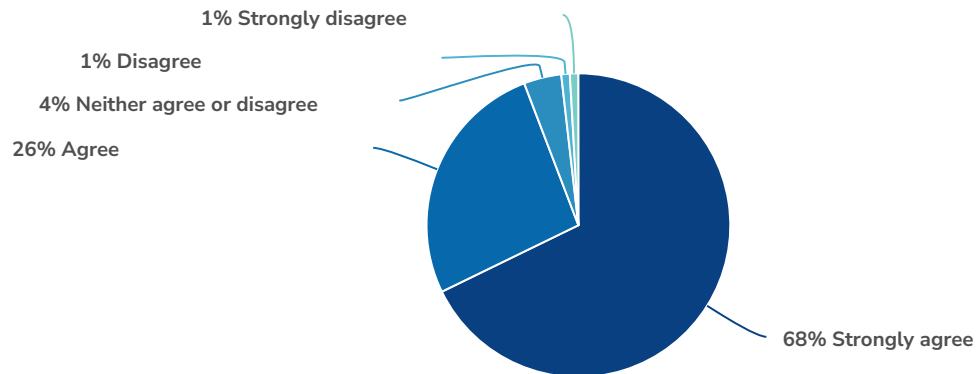
3. Do you know how to access mental health services for yourself or your family member?



Value	Percent	Responses
Yes, I know how to find a provider and schedule a visit for me or my family members	60.1% 	197
No, I'm not sure what options are available in the community for my needs	21.0% 	69
I have not needed/have not tried to schedule mental health treatment for me or my family members	18.9% 	62

Totals: 328

4. Please indicate your agreement with the following statement: Mental Health supports for staff are important



Value	Percent	Responses
Strongly agree	67.8%	221
Agree	26.4%	86
Neither agree or disagree	4.0%	13
Disagree	0.9%	3
Strongly disagree	0.9%	3
Totals: 326		

5. Read the following areas and rank order each option below from 1- 8 with (1) being the most important and (8) being the least important to you:

Item	Overall Rank	Rank Distribution	Score	No. of Rankings
Emotional Wellness (how mentally well you feel)	1		1,840	293
Physical Wellness (taking care of your body)	2		1,562	289
Environmental Wellness (feeling safe, productive, and happy in your surroundings)	3		1,442	283
Spiritual Wellness (finding purpose and meaning)	4		1,398	305
Financial Wellness (balancing expenses, savings, and income)	5		1,275	283
Social Wellness (your relationship with others)	6		1,221	298
Occupational Wellness (building talents and skills in the workplace)	7		935	289
Intellectual Wellness (expanding knowledge and creativity)	8		899	283



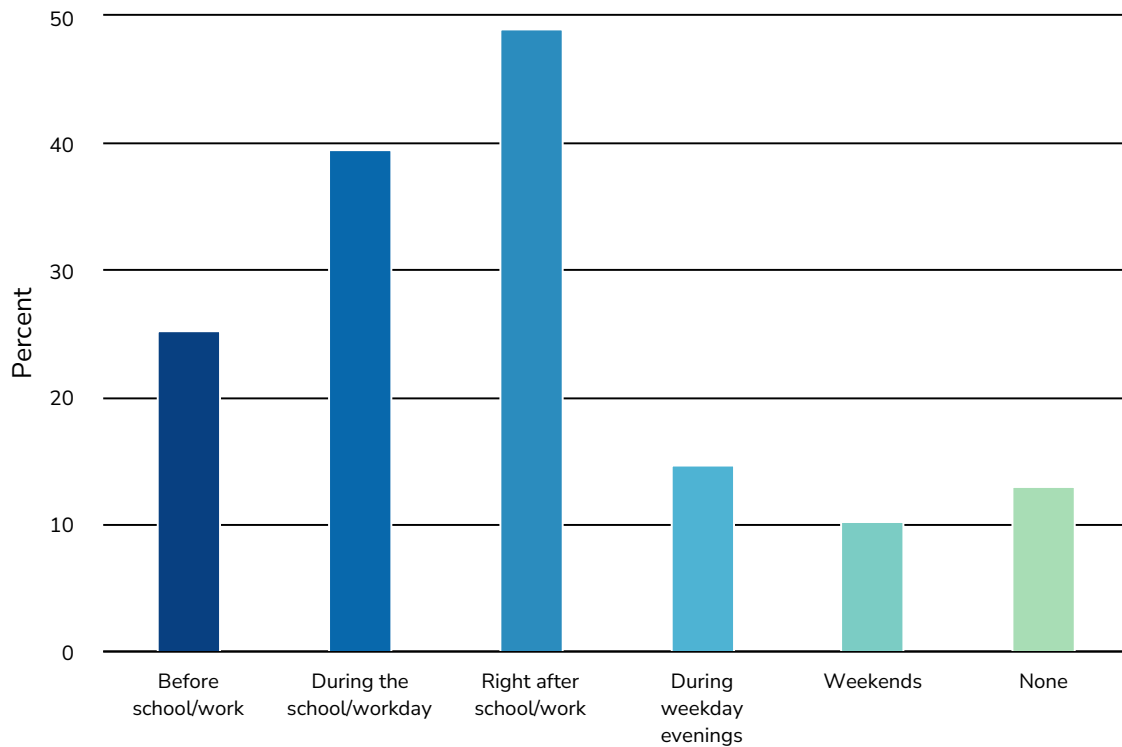
Lowes
t Rank

Highes
t Rank

6. The following are samples of activities offered by other schools or companies that we could consider offering as part of this pilot. Please let us know your interest level for each of the following.

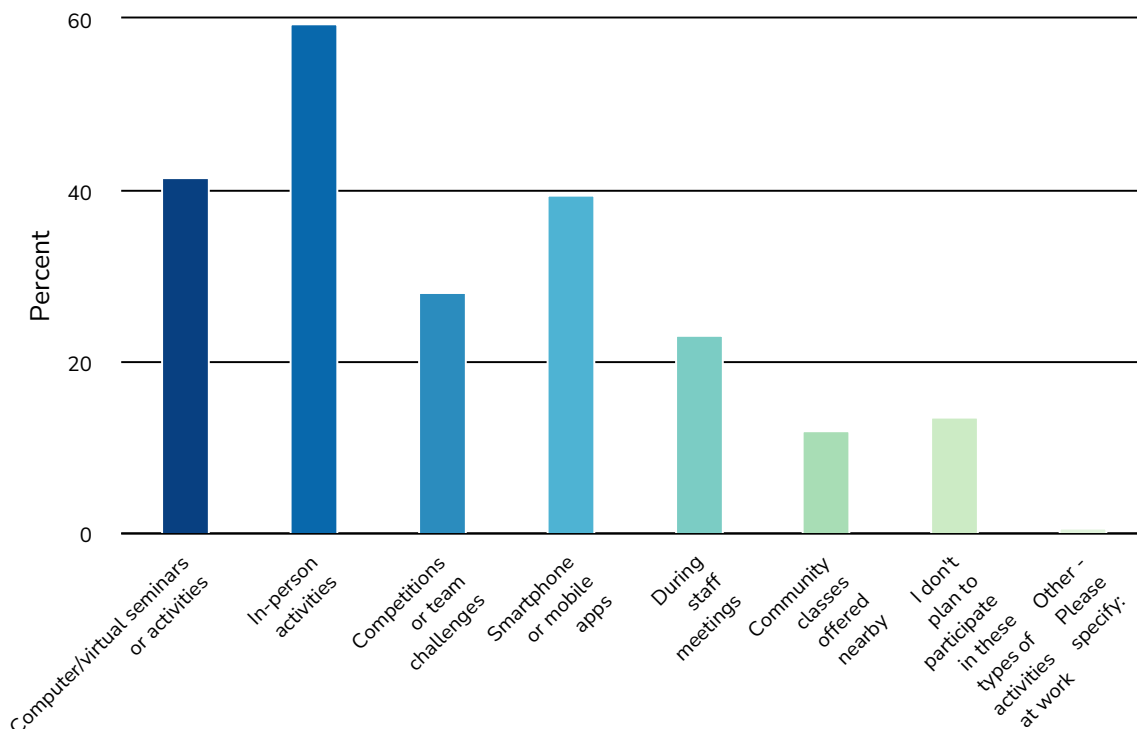
	Very Interested	Somewhat Interested	Not Interested	Responses
Onsite stretching, balancing or meditation classes Count Row %	95 29.0%	131 39.9%	102 31.1%	328
Employee Challenges around stress reduction, improving sleep, etc. Count Row %	69 21.1%	176 53.8%	82 25.1%	327
Mindfulness and/or stress reduction classes Count Row %	99 30.4%	151 46.3%	76 23.3%	326
Financial management speakers Count Row %	51 15.6%	141 43.1%	135 41.3%	327
Individualized wellness coaching around behavioral health supports Count Row %	75 23.1%	159 48.9%	91 28.0%	325
Workshop/webinars around work/family balance Count Row %	40 12.2%	140 42.8%	147 45.0%	327
Volunteer opportunities with co-workers/school Count Row %	22 6.7%	151 46.3%	153 46.9%	326
Self-Defense or safety courses Count Row %	72 22.2%	151 46.5%	102 31.4%	325
Totals Total Responses				328

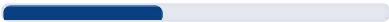
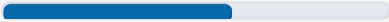
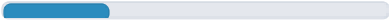
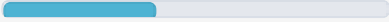
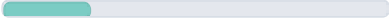
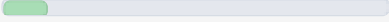
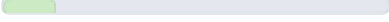
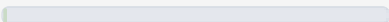
7. If our team develops different types of programming available to staff, what time of day would be most convenient for you to take part in this activity?



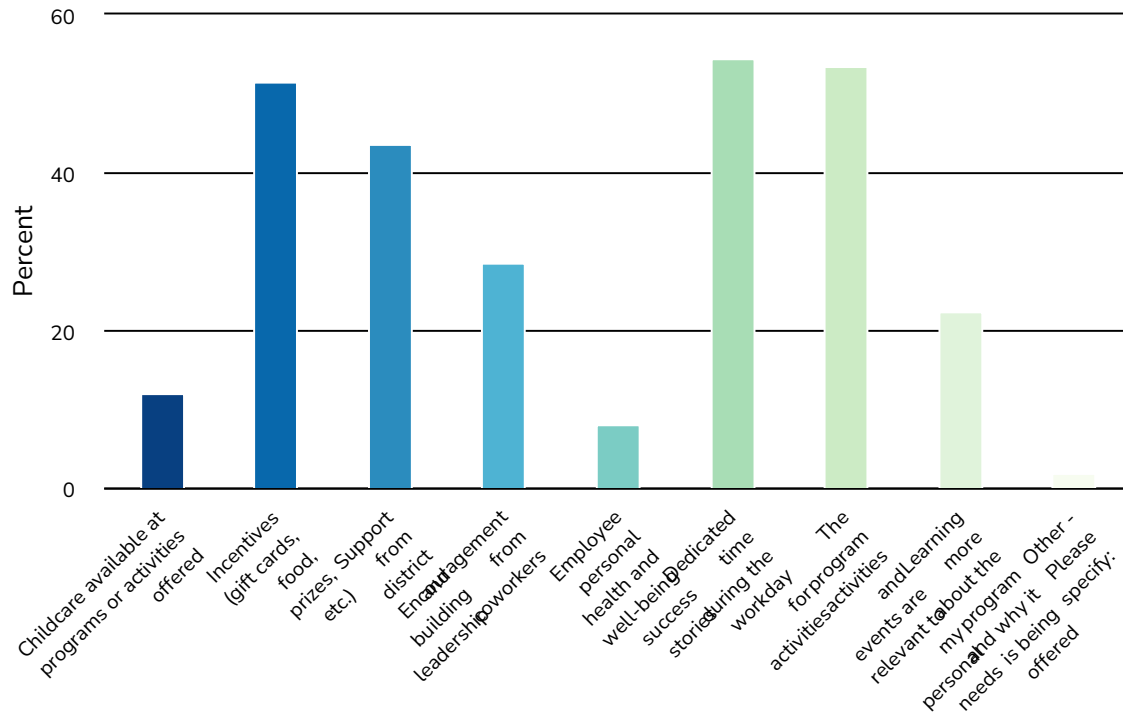
Value	Percent	Responses
Before school/work	25.3% 	82
During the school/workday	39.5% 	128
Right after school/work	49.1% 	159
During weekday evenings	14.8% 	48
Weekends	10.2% 	33
None	13.0% 	42

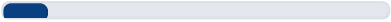
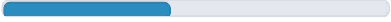
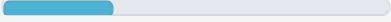
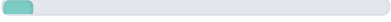
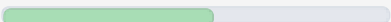
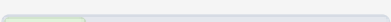
8. How would you prefer to engage in programming and activities? (Check all that apply)



Value	Percent	Responses
Computer/virtual seminars or activities	41.7% 	135
In-person activities	59.6% 	193
Competitions or team challenges	28.1% 	91
Smartphone or mobile apps	39.5% 	128
During staff meetings	23.1% 	75
Community classes offered nearby	12.0% 	39
I don't plan to participate in these types of activities at work	13.6% 	44
Other - Please specify:	0.6% 	2

9. Which, if any, of the following factors would motivate you to be involved in mental wellness programs? (Check all that apply)



Value	Percent	Responses
Childcare available at programs or activities offered	12.0% 	38
Incentives (gift cards, food, prizes, etc.)	51.7% 	164
Support from district and building leadership	43.8% 	139
Encouragement from coworkers	28.7% 	91
Employee personal health and well-being success stories	8.2% 	26
Dedicated time during the workday for activities	54.6% 	173
The program activities and events are relevant to my personal needs	53.6% 	170
Learning more about the program and why it is being offered	22.4% 	71
Other - Please specify:	1.9% 	6