**FORMING A HEALTHY MINDS TEAM**

{Insert PTA name} is establishing a Healthy Minds Team to develop and implement our school-based mental health initiative this year.

**GOALS:**

The goals of the Healthy Mind Team would ideally be to:

1. Learn from our school what, if any, school-based mental health programs or services exist and then share those out with families.
2. Distribute mental health resources and supports that help ALL families with their identified concerns and needs.
3. Help schools create an environment that support students’ mental health.

**DESCRIPTION:**

Our Healthy Minds Team will include anyone who can **impact** or **be impacted** by the school-based mental health services or supports offered to students and families. We are looking for team members who are:

* Local and district school leaders
* School or district mental health support personnel
* Teachers and aides
* PTA members
* Families and students representing a variety of racial, ethnic and financial backgrounds.

**ROLES AND RESPONSIBILITIES:**

The Healthy Minds Team will create, plan, and implement our school’s Healthy Minds strategy. Our strategy may include: {add/delete as appropriate}

* Assessing families’ mental health knowledge, needs, barriers.
* Sharing existing school-based mental health resources, supports or data available to students and families
* Distributing National PTA’s [Healthy Minds](https://www.pta.org/home/programs/Healthy-Lifestyles/mental-health) family education, action plans, and discussion guides.
* Hosting Healthy Minds education events featuring local mental health or medical experts.
* Facilitating opportunities for parents/caregivers to talk, learn and get support from each other.
* Advocating at the district level for increased mental health support personnel.

**SPECIFIC REQUIREMENTS:**

Healthy Minds Advisory Team members must:

1. Share the goal of supporting students’ and families’ mental health and well-being.
2. Be willing to attend team meetings {insert meeting frequency}.
3. Work collaboratively with all team members.
4. Communicate openly, frequently and respectfully.
5. Give everyone the same opportunity to share their perspectives, opinions and ideas, regardless of their professional background. Everyone has mental health so everyone is qualified to be involved!
6. Fully participate in discussions and contribute to the collective work of the team.
7. Be committed to making sure all work is equitable and all programming is accessible to all families in the community.
8. Agree to serve on the team from {insert start date} to {insert end date}.