



## NATIONAL PTA + GOGUARDIAN HEALTHY MINDS PROGRAM

### BACKGROUND

The current program model and resources were influenced by 1) outcomes of the Mental Health Working Group hosted in Summer 2020 alongside GoGuardian, 2) in-depth pilots with three PTAs in Spring 2021, 3) ongoing engagement with non-profit mental health experts, and 4) consultation with experts in family engagement and adult learning.

### PROGRAM COMPONENTS: FOR PTA LEADERS

With GoGuardian's funding, National PTA has created tools for PTAs to use to assess the mental health needs of families in their school community, partner with local and district school leaders in providing relevant school-based mental health supports and services and educate families about mental health and how to prioritize it. The three components of the National PTA + GoGuardian Healthy Minds programming include:

- 1. Listen to and learn from your school community.**
  - Review existing local and district school mental health survey data, resources and services.
  - Distribute a school-wide survey, host group listening sessions and/or have individual family conversations to learn:
    - Families' mental health needs and their awareness and use of existing school and community mental health resources and supports.
    - The effectiveness of existing school mental health resources and supports.
    - Where there are gaps in family mental health resources and support services.
- 2. Partner with your school leadership.**
  - Share feedback received from families with your local and district school administration.
  - Discuss together ways your PTA can support school leadership in:
    - Providing relevant school-based mental health supports and services to families.
    - Teaching positive social and emotional skills to kids.
- 3. Empower families with the information and tools they need to make mental health a priority.**
  - Promote and distribute National PTA's Healthy Minds tools and resources, including:
    - Mental health educational resources,
    - Family discussion guides,
    - Family action plans, and
    - Customizable social media/email/newsletter messaging.

### FAMILY RESOURCES

Current family resources include tools like:

- Overarching Healthy Minds Action Plans and Discussion Guides
- Educational resources to help families better understand what different mental health topics are, how to get help, and what other actions their families can take. Current topics include:
  - Depression
  - Anxiety
  - Loneliness & Isolation

Existing resources can be found on [PTA.org/HealthyMinds](https://pta.org/HealthyMinds); more resources will be added in September and throughout the school year to build out the components listed above for PTA leaders.

