HOW TO RUN THE PTA HEALTHY MINDS PROGRAM

The PTA Healthy Minds program is flexible and free to run so your PTA can use the program resources to meet the needs of your community, whatever those needs might be.

HOW DO WE GET STARTED?

The PTA Healthy Minds program is designed to meet the unique needs of each school community and there are plentiful resources on our website to help get you started.

Here are some immediate steps you can take:

1. Use this guide to understanding the needs of your school community.
2. If you can, create a Healthy Minds Committee to lead your local efforts.
3. Ask for a meeting with your school leadership. (We have a helpful guide for that conversation!)
4. Find out what data the school has on the mental health, social and emotional needs and supports in your school. You may choose to administer a survey to help inform your program.
5. With data and information in hand, build your local program.

WHAT ARE THE COMPONENTS OF THE PTA HEALTHY MINDS PROGRAM?

There are only two key components to run the PTA Healthy Minds program, and the rest is based on the needs in your community. The two primary program components (which are required for Healthy Minds grantees) are:

1. Share the PTA Healthy Minds resources with the families in your community. You can determine what method makes the most sense for your school and families; and
2. Host the PTA Healthy Minds Family Learning Series. Ask your school counselor or community mental health partner to facilitate. The sessions are for parents and caregivers:
   - PTA Healthy Minds 101
   - PTA Healthy Minds: Building Social and Emotional Skills at Home
   - PTA Healthy Minds: Building Resilience

All three learning sessions come with a slide deck, facilitator guide and planning guide to make hosting the series easy for PTA leaders! We also have an at-home version! The learning sessions take about an hour each and can be done either at-home or in-person, depending on what works best for your community.
WHAT OTHER ACTIONS HAVE PTAS TAKEN TO SUPPORT HEALTHY MINDS?

Here are just a handful of examples from local PTAs who have successfully implemented the PTA Healthy Minds program. PTAs have:

- Worked with the school counselor and physical education teacher to create tools to support students’ mental health, including relaxation stations, physical activities and healthy eating.
- Administered a mental health survey and connected the school’s Case Manager with students who indicated they or their family had mental or emotional health concerns and agreed to be contacted.
- Organized monthly lunch bunches with parents to raise awareness of mental health issues and the impact of COVID-19 on students.
- Created a Mental Health Toolkit that was published on their school system’s website and created a QR code for ease of access.
- Provided Healthy Minds materials in the office, at special events and directly from Guidance Counselors to families and students who came in for help.
- Showed two documentary films related to mental health in all history classes.

Special thanks to August Boeger Middle PTSA (California), Adams Hill PTA (Texas) and Bob Jones PTSA (Alabama) for these great ideas and inspiration!

For any additional questions, email Programs@PTA.org and a member of our team will be happy to help!