# How to build and support a peer-based mental health group 101

*-With Professor Chris Anthony*

# Background

# Who?



- Who is the adult facilitator?
  - Social workers, School Counselors, Teachers, other appropriate staff
  - Finding an empathetic teacher who is able to build rapport and has the trust of students is key to boost your initiative
- Who should we invite?
  - Light recruitment campaign and teachers(or similar staff) who identify individuals who could benefit from training and community (sometimes individuals will come up to you to join as well!)
- Who do we ask for help?
  - Community organizations are a great resource for fiscal or logistical support, Social Workers & School Counselors, District professionals too! I am also always happy to help :)

# What?



- What are the objectives of your peer-based program?
  - Our program had 3 main branches Hey Day, Dialogue, Campaigns
  - Great beginner ideas can be Hey Day, Denim Day, Dinner & Dialogue, Disconnect campaign (limit phone/social media usage), Tobacco/vape prevention programs
- What are some common obstacles?
  - Low initial Buy-In, Fiscal Limitations, Bureaucracy, Not enough hours in a day

# Where?



- Where is an appropriate place to house meetings, trainings, etc?
    - A place that can be made into "home"; student art, creativity, and design should be forefront and encouraged within this space
    - The space should be quiet, well kept, and in an accessible location
    - Our Wellness Center is a bungalow that was painted and converted into a space of creativity, community, and safety. Students were completely in charge of designing the wellness center and what was put inside of it.

# Efficacy of our Peer Program

- Happy to be at School
  - Before 67% After 75%
- Comfortable at School
  - Before 71% After 92%
- Mindfulness practice
  - 91.1% of Student Participate in optional practice during class.
- Mental Health Barriers
  - 41.7% of students believe that their mental health has affected their schooling.

*Data from on site surveys and LAUSD's SES Survey. (2018-19 School year)