

Student Mental Health & Wellbeing: Updates on Data and Initiatives





District Framework: Protection, Connection & Action

Turning district data into proactive, multi-layered support for every student.



Data Review & Crisis Protocols

Tracking indicators to deploy rapid, school-wide crisis support and develop support strategies.



iMatter Campaign

Interactive learning materials for all school stakeholders: students, parents, and staff.



Youth-Led Leadership

Elevating youth voices to eliminate stigma and build peer-to-peer connections on campus.



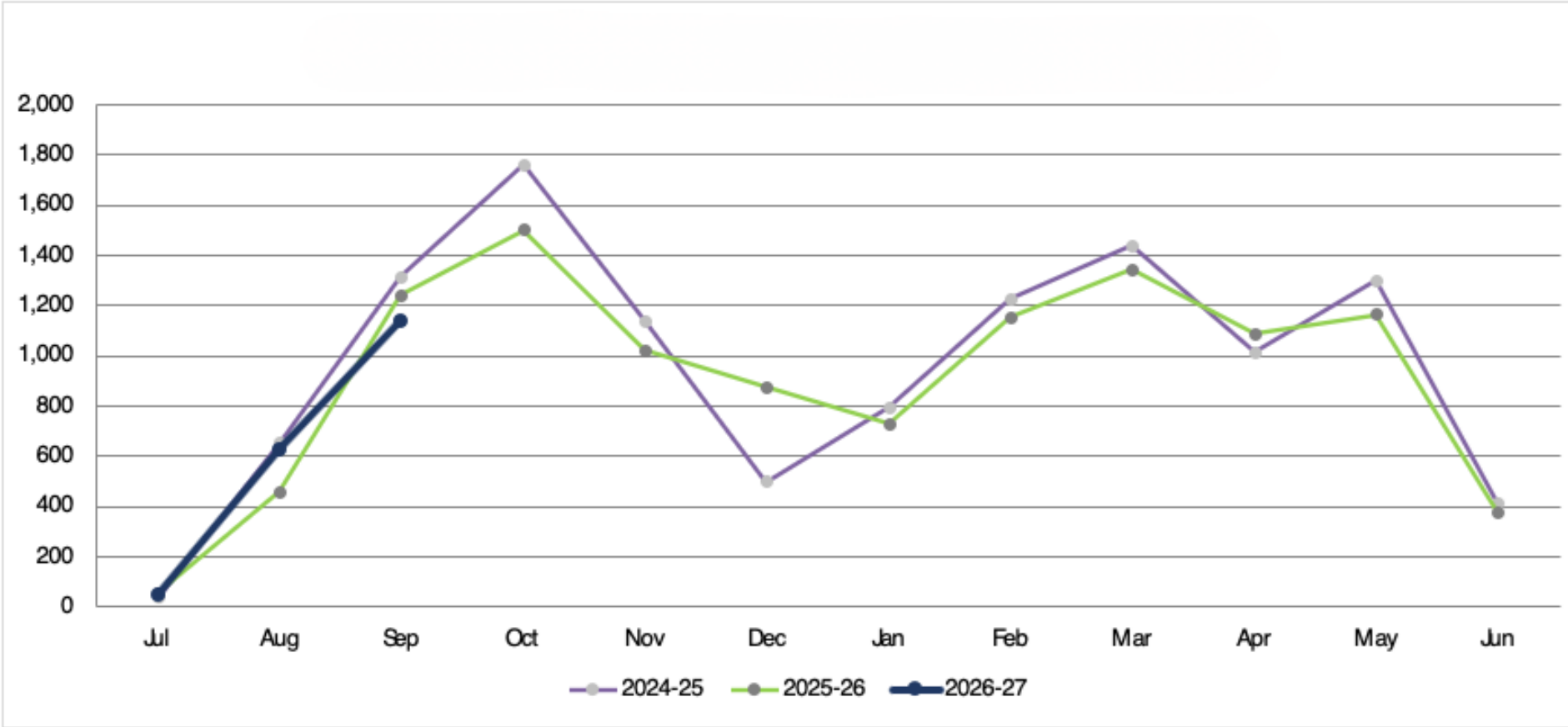
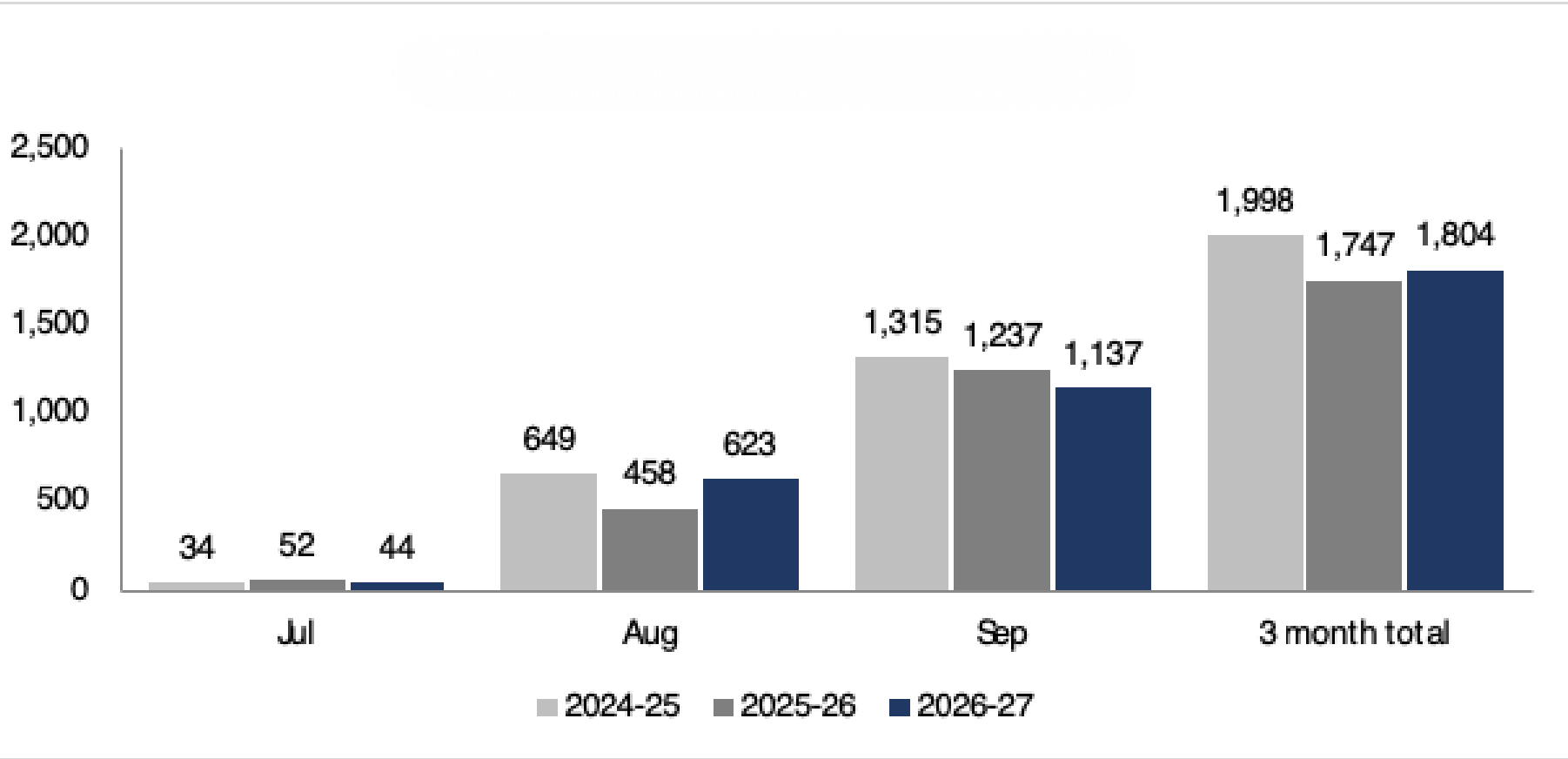
School Highlight

Hear directly from the Venice High School Principal and PSWs on their proven strategies for driving meaningful, campus-wide impact.



iStar Data on Suicide Behavior Risk Incidents

Three-year comparison: first three months and the entire year.





School Experience Survey Student Data

Three-year comparison of Trusted Adult on campus.

There is an adult at my school whom I trust and can talk to no matter what is bothering me.					Total Number of Responses	SCHOOL % Agree or Strongly Agree	LAUSD % Agree or Strongly Agree	Previous Year Agree or Strongly Agree
2025-26	7%	7%	24%	34%	28%	225,405	62%	
2024-25	8%		30%	38%	19%	98,694	57%	
2023-24	8%		30%	37%	20%	99,865	57%	



Districtwide Ongoing Crisis Preparedness

Equipping staff with proactive skills to identify, assess, and manage mental health concerns.

Annual Crisis Training

Training for administrators, psychiatric social workers, and other District crisis responders.

Region Team Workshops

Specialized training on psychological first-aid, trauma-informed care, and crisis policy and practices.

School Site Training

On-campus training tailored to site specific needs: student risk assessments, grief, anxiety and depression, crisis protocols.

Ongoing Consultation

Monthly expert consultation calls and dedicated clinical resource support for District crisis team members.



Trusted Adults: A Consistent Message Across iMatter Campaigns

Monthly messages reinforcing trusted adults through different mental health and wellness topics.

August Building Community

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BACK TO SCHOOL

Build Your Community

Together we build community.

YOUR COMMUNITY CHALLENGE

Complete the four challenges below to get to know your school community and help everyone feel welcome.

1 Find a Trusted Adult

Find two caring adults at school you could go to for help or support.

Say hi and introduce yourself.

2 Find Your Go-To Place

Explore your school and find a place where you feel calm, comfortable, supported, or welcome.

My Go-To Places:

3 Check in With Someone

Check in with someone today. Ask, "How are you doing?" "Want to sit with us?" or another question - take a moment to really listen.

Who did you check in with?

4 Welcome Someone

Do one small thing that helps someone feel included.

Say hi. Invite someone to join in. Make room for someone.

What did you do?

iMatter
My school health authority, my school wellness

Every small connection helps build a stronger school community.

September Suicide Prevention

WEEK 2 • CONNECTION IS SUPPORT

TALK TO A TRUSTED ADULT

You don't have to wait until things feel really hard.

A **trusted adult** can listen, support, and help you figure out what's next.

Think of one adult at school you could talk to.

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988 **SUICIDE PREVENTION MONTH**
Call or text **988** for crisis support.

October Healthy Relationships

iMatter | October 2026
HEALTHY RELATIONSHIPS MONTH

YOU DON'T HAVE TO FIGURE IT OUT ALONE.

Asking for help is a relationship skill, too!

One small thing:
know a trusted adult you can turn to.

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Healthy Relationships

iMatter | October 2026
HEALTHY RELATIONSHIPS MONTH

RELATIONSHIPS
GROW.

So do the skills that help us connect.

This month, notice the small things.

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HEALTHY RELATIONSHIPS MONTH

LISTEN

like you don't already know what they're going to say.

One small thing: really listen

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HEALTHY RELATIONSHIPS MONTH

SAY
WHAT
YOU
NEED.

People can care about you and still not know what you're thinking.

One small thing: say what you need.

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iMatter | October 2026
HEALTHY RELATIONSHIPS MONTH

YOU DON'T HAVE TO
FIGURE IT OUT
ALONE.

Asking for help is a relationship skill, too!

One small thing: know a trusted adult you can turn to.

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Healthy Relationships Activities

What Helps Relationships Grow?



Palms Middle
Students planted the seeds of connection by recording their innovative ideas for strengthening relationships and displaying them proudly on a relationship tree.

iMatter October 2026
HEALTHY RELATIONSHIPS MONTH

WHAT HELPS RELATIONSHIPS GROW?

One Small Thing: _____



iMatter octubre del 2026
MES DE LAS RELACIONES SALUDABLES

¿QUÉ AYUDA A LAS RELACIONES CRECER?

Una pequeña cosa: _____

Tener confianza con la familia

Responsabilidades entre si mismo



Arleta High School
Families actively discovered how intentional, everyday actions create strong, thriving, and deeply supportive relationships.

iMatter octubre del 2026
MES DE LAS RELACIONES SALUDABLES

¿QUÉ AYUDA A LAS RELACIONES CRECER?

Una pequeña cosa: La comunicación

y pasar tiempo de calidad

(convivencia)



Five simple actions to strengthen relationships and build connection activity.

[illegible]

Students put connection into action by identifying trusted adults they can turn to for support.



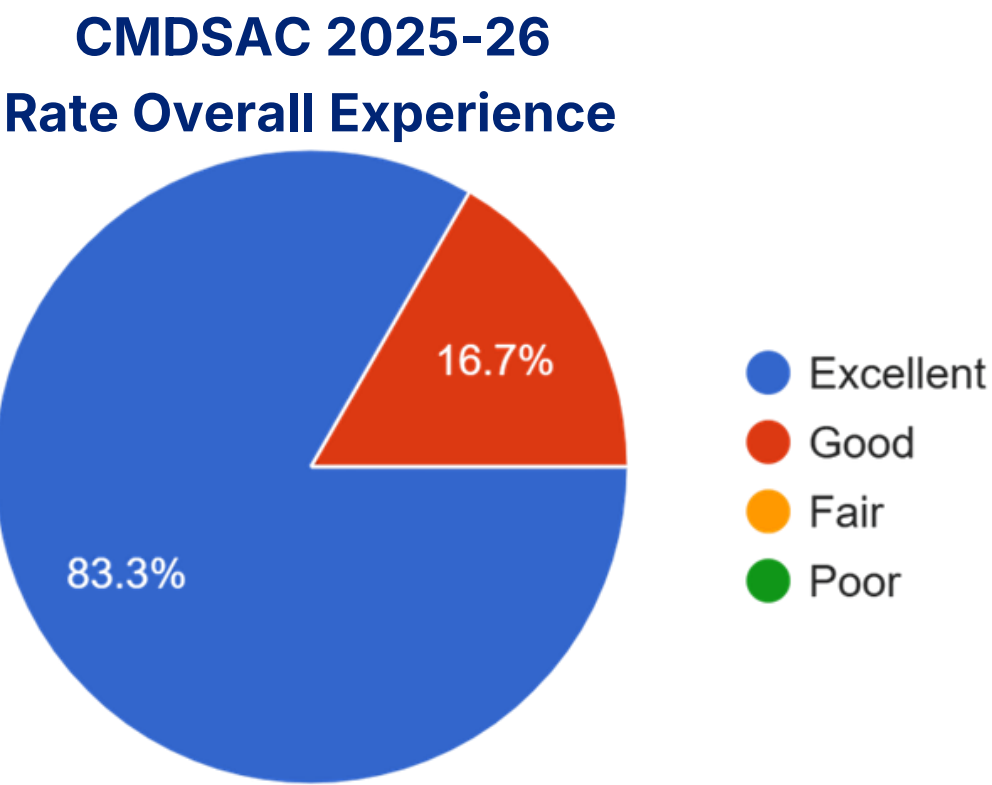
2026-2027

Chief Medical Director Student Advisory Council



Chief Medical Director Student Advisory (CMD SAC)

Expanding district-wide student representation across grade levels and regional areas.



2026–2027 Advisory	
Grade Level	Students
8th Grade	5
9th Grade	13
10th Grade	15
11th Grade	17
12th Grade	19
Regional Reach: North (18), West (17), East (12), South (21), XS (1)	

CMD SAC Committee Focus Areas & Key Objectives

Four core student-led committees driving health campaigns, peer learning, and campus connection.



Health & Wellness Initiatives

- Shadow health professionals
- Promote health education & tabling at monthly health events
- Network with LAUSD health leaders

Youth Mental Health Symposium

- Opening ceremony
- Student-led workshops
- Student gallery walk projects

Peer-to-Peer Curriculum

Developing student-led activities and wellness frameworks across high school sites.

Student Connectedness

- iMatter social media campaigns
- Peer support posts & reels
- Schoolwide connection projects

iMatter Student Videos

Members of the Chief Medical Director's Student Advisory Council (CMDsAC) bring iMatter themes to life through student-created videos.



Audrina Carranza, a member of the Chief Medical Director's Student Advisory Board, shares why connections matter.

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Principal

Yavonka Hairston-Truitt

Psychiatric Social Worker Team

Rosa Escobar, Charlie Paap, Jasmin Roseland



School Spotlight: Venice High School Action Plan

How one high school translates district tools into a thriving campus-wide safety net.

1. Data-Driven Action Plan

- **Review campus survey trends to identify common student concerns and unmet needs.**
- **Use findings to prioritize outreach and target counselor check-ins where they may have the greatest impact.**
- **Revisit feedback over time to adjust outreach and identify areas that may need additional attention.**

2. Integrated Multi-Step Support

- **Established staff check-in protocols, peer support circles, and rapid clinical referral pathways.**
- **Create peer support circles that strengthen connection, belonging, and supportive conversations.**
- **Maintain rapid clinical referral pathways so students needing additional support can be connected to appropriate services.**



School Spotlight: Venice High School Action Plan

How one high school translates district tools into a thriving campus-wide safety net.

Mental Health Advocacy Club

- Mission: Create a positive change in mental health and wellness over time through interactive activities that engage students and adults alike
- Yearly Mental Health & Wellness Resource Fair
- How Bubbles are Therapeutic Presentation to staff
- Monthly campaigns
 - School-Wide Campaigns
 - Club Meeting Activities



myC.R.E.W.

Creating Resilience Empowering Wellness

- Mission: Through promoting mental health and wellness through Peer-to-Peer mentorship led by BSAP PSWs we are cultivating healthy social connections, setting positive examples, and organizing school-wide student led mental health events. myC.R.E.W. address the issues that affect the mental health and wellness of Black students to ensure their academic success. All student allies are welcome.



WHAT THIS APPROACH MAKES POSSIBLE

- **Earlier connection:** Targeted check-ins can help surface concerns before they escalate.
- **Stronger belonging:** Peer activities create opportunities for students to feel seen and connected.
- **Clearer pathways to care:** Staff protocols and clinical referrals help connect students with additional support.
- **Student ownership:** Youth leaders help shape a campus culture where asking for help is encouraged.

**SUSTAINED STUDENT ENGAGEMENT • ANNUAL WELLNESS RESOURCE FAIR •
SCHOOL-WIDE CAMPAIGNS • COMMUNITY PARTNERSHIPS**

MODEL CAMPUS ACTION

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WHAT THIS HAS LED US TO!

- 2x LAUSD Human Relations Commission Awards as a MHAC
- 4x Attending/Presenting at the LAUSD Youth Mental Health & Wellness Symposium
- 3x Directing Change
- 5x LA Promise- Student Build, formerly known as GirlsBuild
- 1x LAUSD spotlighted Venice HS and created a video regarding mental health
- 2x- LAUSD Chief Medical Director's Student Advisory Council
- 1x Student- Didi Hirsch Mental Health Services- Teen Line
- 5x Venice Mental Health & Wellness Resource Fair
- 1x Bringing Change to Mind
- House the Drug Prevention Kit
- Resilience Daily Messages
- Donations from a local surf shop/PTSA/etc...



MOTTO

- “Yes!”
- “SURE, WHY NOT!”
- “I’M DOWN, AND SO ARE THEY!”
- Defines my practice at my school.

4th Annual Youth Mental Health & Wellness Symposium Highlights





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Let's do this together!

thank you!