



Unveiling the State of STUDENT WELLNESS

in K-12 Schools: Insights from eLuma's SELS 2023 Survey

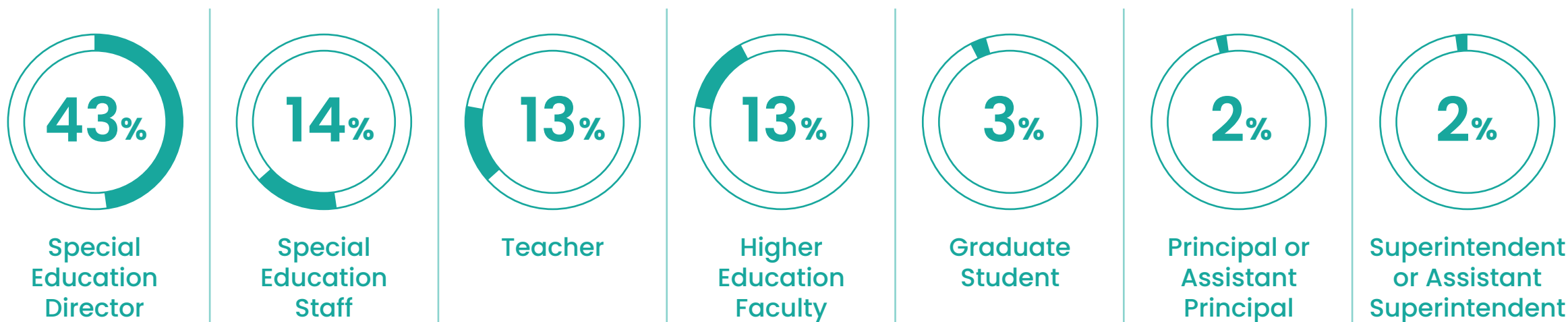
ABOUT THE SURVEY

In July 2023, more than 300 members of the Special Education community gathered in Washington DC for the CEC & CASE Special Education Legislative Summit.

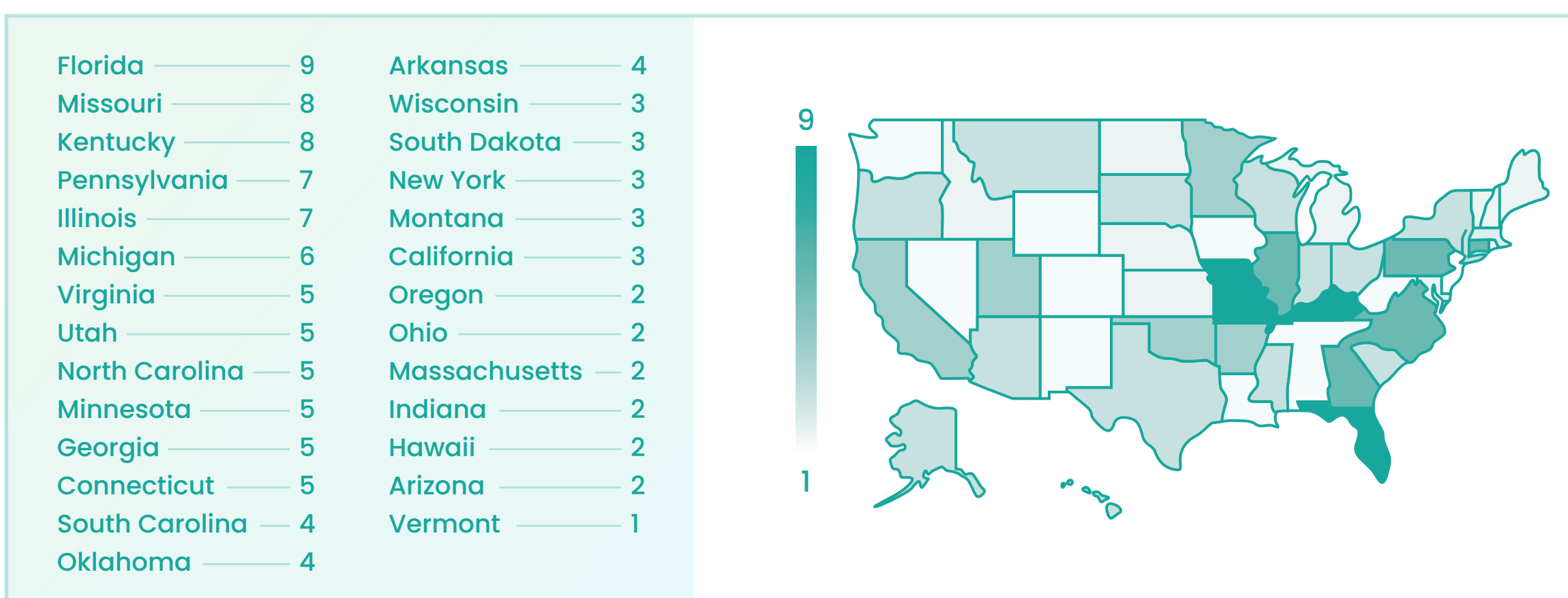
Their mission: to address the crucial challenges faced by schools and educators.

During this event, eLuma, a trusted partner in school-based mental health and IEP-based services, conducted a survey to assess the state of mental health in K-12 schools. An impressive number of SELS participants (nearly half) responded to eLuma's survey.

WHO WERE THE PARTICIPANTS?



STATES REPRESENTED



What are the most PREVALENT MENTAL HEALTH OR BEHAVIORAL CHALLENGES facing the students in your school or district?

5 most prevalent mental health or behavioral challenges your school face are:

Anxiety is the #1 mental health/behavioral challenge facing students today.

- Anxiety
- Behavioral Regulation
- Emotional Regulation
- Depression
- ADHD



How confident do you feel that your school or district PROVIDES ADEQUATE MENTAL HEALTH SERVICES for all students?

Less than 1% of respondents are **extremely confident** that their school provides adequate school-wide mental health services.

46% of respondents did not feel confident that their school provided adequate mental health services for all students.

20% were **neutral**.

and **less than 1%** felt **extremely confident** that their school provided adequate mental health services to all students.



What supports and services does your school (district) HAVE in place now to ADDRESS SCHOOL-BASED STUDENT MENTAL HEALTH NEEDS?

Over two-thirds of respondents indicated their school provides professional development, psych evaluations, classroom guidance, licensed social workers and school psychologists.

- 75% Professional Development for Staff
- 69% Psych Evaluations
- 68% Classroom Guidance (SEL)
- 68% Counselor LCSW
- 65% School Psychologist
- 53% Universal Screeners
- 13% Caregiver Support & Training



What supports and services does your school (district) NEED to ADDRESS SCHOOL-BASED STUDENT MENTAL HEALTH?

- Caregiver Support & Training
- Classroom Guidance (SEL)
- Universal Screeners
- Staff Professional Development
- FTE Counselors and Psychs

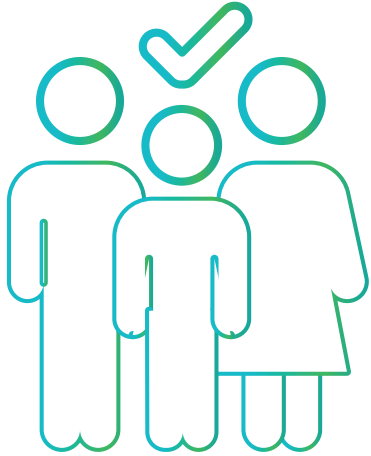
72% of respondents indicated that their school needed to provide more student caregiver support and training.



How does your district address STAFFING SHORTAGES pertaining to school-based mental health services for all students?

- Contract Services
- Community partnerships

- Grant Funding
- Professional Development
- Support Services
- Outside Agencies
- Remote Providers



What does school-based mental health SERVICES AND SUPPORT mean to you?

Eight key themes emerged from the answers to the question, what does school-based mental health services and support mean to you?

- Access and Availability
- Comprehensive & Holistic Support

- Identification and Intervention
- Collaboration and Teamwork
- Emotional and Behavioral Regulation
- Staff Training
- Integration with Learning
- Inclusivity

