

# MENTAL HEALTH IN SCHOOLS

**Community Partner:**

Village of Wisdom, Durham, NC

**Team Members:**

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# DESIGN CHALLENGE

Ensure every child in Durham has the resources they need to reach their fullest potential.

# KEY INSIGHTS

## PARENT/FAMILY PERSPECTIVES

- Consider how MH is defined, considered & supported
- Whole Child perspective

## FAMILY-SCHOOL TRUST

- Consider ways to restore trust
- May differ across schools
- Increase frequency & transparency of communication

## CONFLICT RESOLUTION/ RESTORATIVE PRACTICES

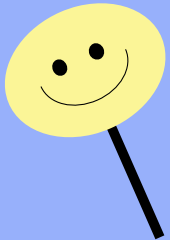
- Increase use of

## CULTURAL CONSIDERATIONS

- Harnessing collective wisdom toward progress & solutions
- Leveraging social media

## ADMINISTRATIVE ACTIONS

concern families &  
can impact children's MH



## HOW MIGHT WE?

How might mental wellness be better supported for all children served by Durham public elementary schools?

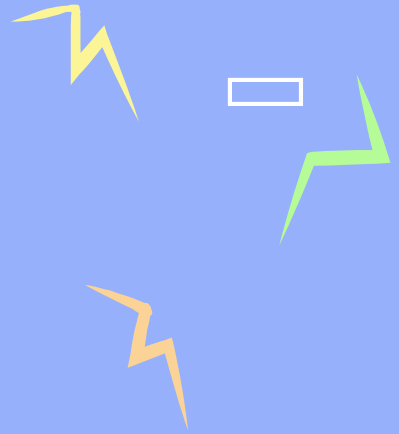


# MENTAL HEALTH SERVICE NAVIGATION GUIDE

<b>FOR</b> (target)	Existing Durham Parent Groups/Organizations
<b>WHO WANT</b> (unmet needs)	To promote mental wellness for their elementary school-aged children
<b>WE WILL OFFER</b> (offering)	Create a service navigation guide similar to resources our community partner, Village of Wisdom, has created for mindfulness, discussing racial incidents, etc.
<b>THAT PROVIDES</b> (benefits)	Information on navigating mental health/wellbeing resources, primarily offered by the school, but also available in the community in language accessible, family-friendly way, focused on what community partner has identified as most pressing needs.
<b>KEY ASSUMPTION</b>	One current barrier to accessing mental wellness supports for Durham elementary school children is the system's need to provide family-centered information and needed connective tissue directly to parents in a way that honors their family expertise and builds trust without judgment.

# TESTING PLAN

- 10 DPS parents will be recruited to review the guide, then provide feedback on what improvements are needed in a semi-structured group interview format.
- Brief group ratings will also be solicited to track the perceived usefulness of the guide.
- Each parent participant will be given a \$10 gift card for their time & expertise.



# EXPERIMENTATION STEPS



1. With support from our community partner, recruit a minimum of 10 DPS parents to review the guide & provide feedback on what improvements are needed.
2. Schedule and conduct a semi-structured group interview.  
(can be conducted in-person or virtually)
3. Solicit group ratings solicited to track the perceived usefulness of the guide.
4. Each parent participant will be given a \$10 gift card for their time & expertise.



# METRICS

- Individual ratings of readability
- Applicability of information included
- Usability Group Rating (*will include format, etc.*)

Longer term metrics could include:

- Website hits  
(to a google site, or if hosted through VOW website, their own analytics)
- Periodic surveys to assess usage in a given time interval



## ANTICIPATED CHALLENGES

(Limited perspectives)

## CONTINGENCY PLAN



Lack of father perspective

Will emphasize need for father perspectives to community partner and in recruitment materials

Difficulty recruiting parents

Team has identified 4 additional local parent groups (*Mocha Moms, Empowered Parents in Community (EPiC), Durham Jack & Jill Chapter, and Y Guides (father group)*) as other avenues to solicit participation.

No DPS representation or feedback

Will share prototype with Mental Health Professional that provides co-located MH services in DPS



# PROTOTYPE



## WELCOME

Defining Mental Health  
You are not alone!



## WHERE TO START?

Important Considerations



## SCHOOL

DPS Provided Supports



## COMMUNITY

Types of Community Resources

Who to Contact?  
Conversation Guide

Additional Resources to Explore



# FEEDBACK PLAN

Our team will gather feedback and reflections on usability, readability, and usefulness from our partner through a variety of discussion and poll questions during a group interview.

We will utilize the “I Like, I Wish, What If” activity to further incite feedback from our community partner on the navigation guide.

The feedback capture grid will be used to organize feedback as it is gathered .



# Gratitude & Acknowledgements



TEAMWORK  
—————  
*makes the dream work...*



Questions?

