

# The Schools We Need Now

## A Guide to Designing a Mentally Healthy School

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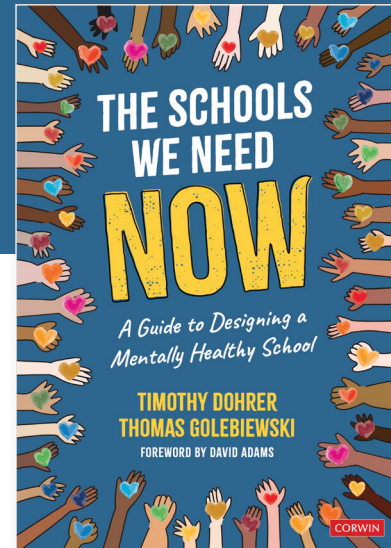
### *Place mental health at the heart of schooling*

Our students have always needed our support, but recent events have brought to the forefront the challenges K-12 schools face in supporting their mental health. Now is the time to transform schools into safe and healthy places that enable students not only to learn but thrive.

Based on decades of research and proven examples from education professionals and the authors, experts in school leadership and social work, *The Schools We Need Now* highlights the importance of placing mental health at the heart of schooling and shares a vision for schools that prioritizes student well-being. Inside you'll discover:

- Practical ways to improve school climate and mitigate the effects of students' stress, trauma, depression, and anxiety
- Preventive activities, school transition and crisis response plans, and community collaboration strategies
- How to create a comprehensive Mental Health Action Plan that is grounded your school's culture and climate
- Examples of schools, classrooms, and organizations that are on the leading edge of creating the schools we need now

For every educator who wants to ensure a healthy and equitable school environment for all students, *The Schools We Need Now* shows you how to create a safe place that protects and supports their academic, social, emotional, and physical growth.



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## FIVE STAR REVIEWS



"This book ensures that educators have systems and practices in place to support the mental health needs of students. It is a gold mine, packed with reflective questions for school teams to discuss while developing or revising their school plans. It provides many examples of student cases, recent data, and strategies that can be implemented immediately."

—**Jessica Johnson**,  
District Administrator,  
Dodgeland School District, WI