

Tamalpais High School Wellness Survey Summary (Parent Report)

ETR

1333 Broadway Street, Suite P110
Oakland, CA 94612

www.etr.org

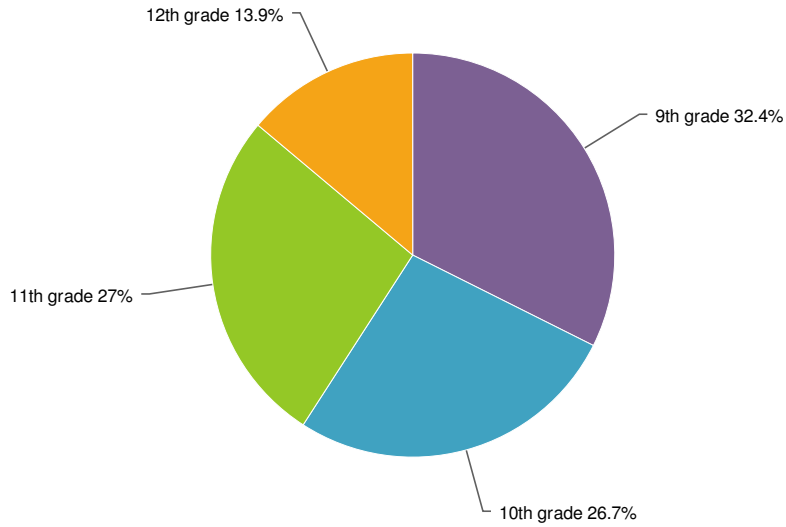


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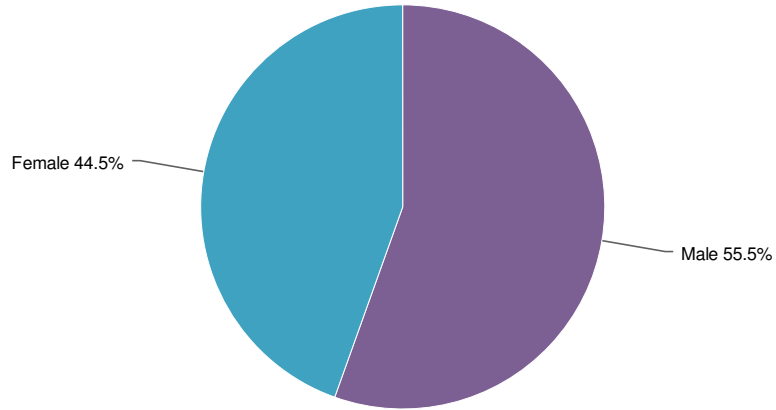
Tam HS Parent Survey Report

1. Please provide some basic, non-identifying information about your Tam High School student. If you have more than one child at Tam, you will be able to provide information on them too. In what grade is your child?



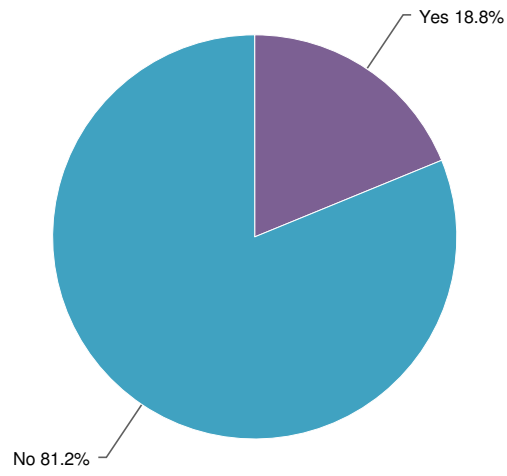
Value	Percent	Count
9th grade	32.4%	126
10th grade	26.7%	104
11th grade	27.0%	105
12th grade	13.9%	54
Total		389

2. What is your child's gender?



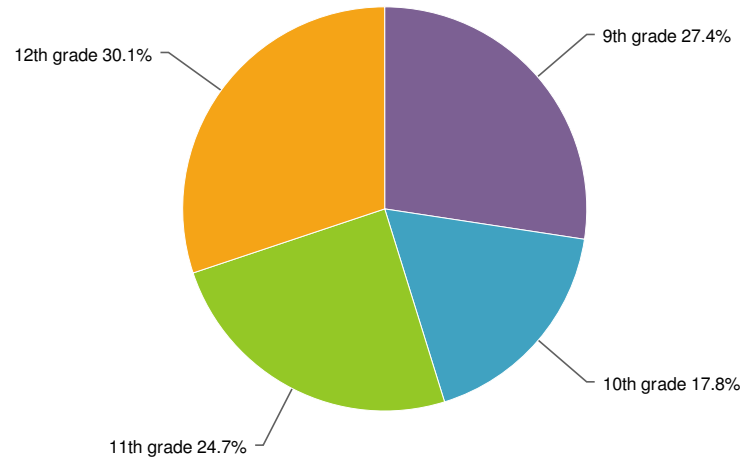
Value	Percent	Count
Male	55.5%	213
Female	44.5%	171
Transgender	0.0%	0
Intersex	0.0%	0
Total		384

3. Do you have another child at Tam?



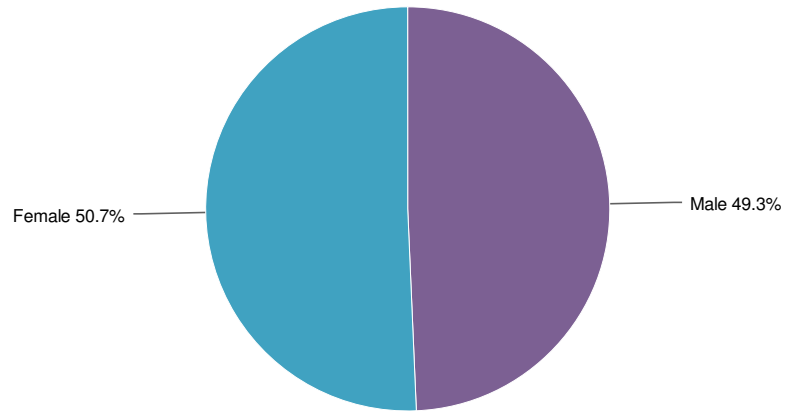
Value	Percent	Count
Yes	18.8%	73
No	81.2%	315
Total		388

4. In what grade is your child?



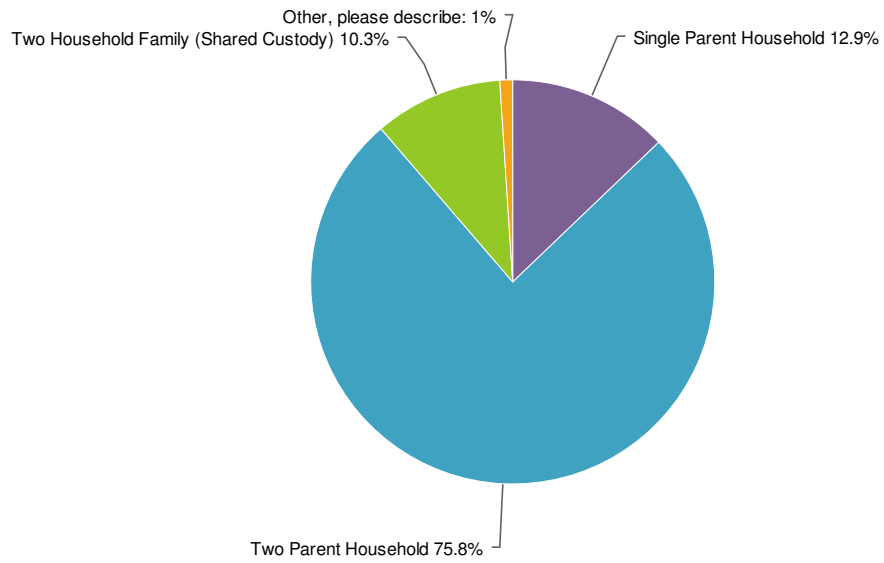
Value	Percent	Count
9th grade	27.4%	20
10th grade	17.8%	13
11th grade	24.7%	18
12th grade	30.1%	22
Total		73

5. What is your child's gender?



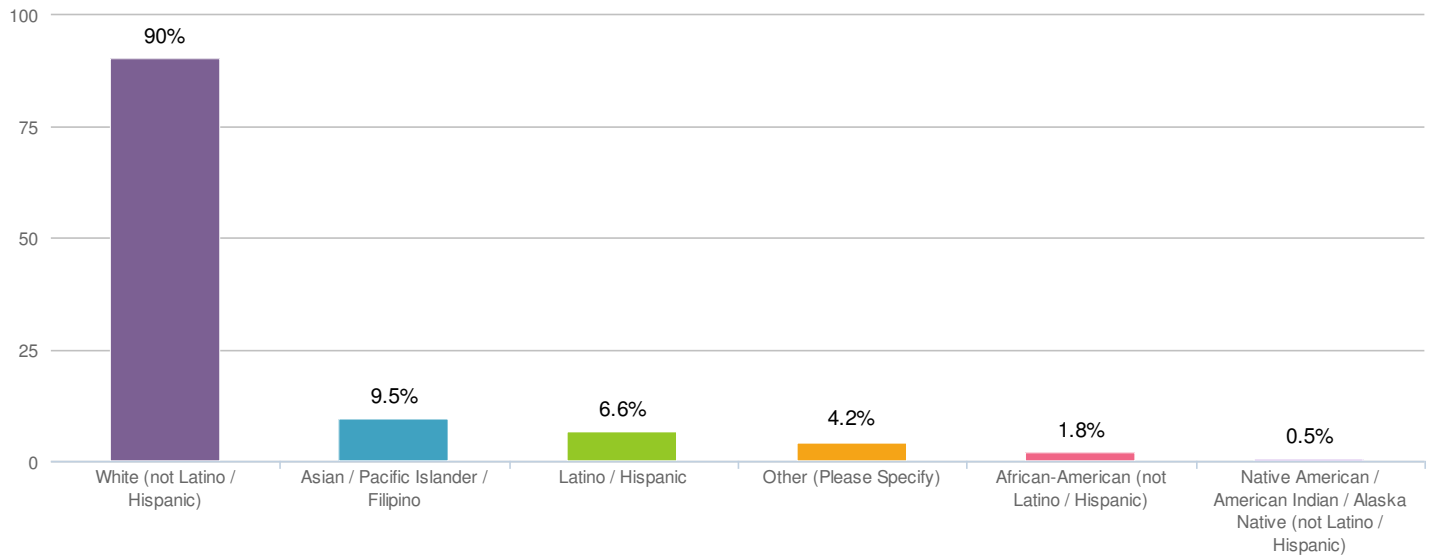
Value	Percent	Count
Male	49.3%	36
Female	50.7%	37
Transgender	0.0%	0
Intersex	0.0%	0
Total		73

12. Please check the option that best reflects your household.



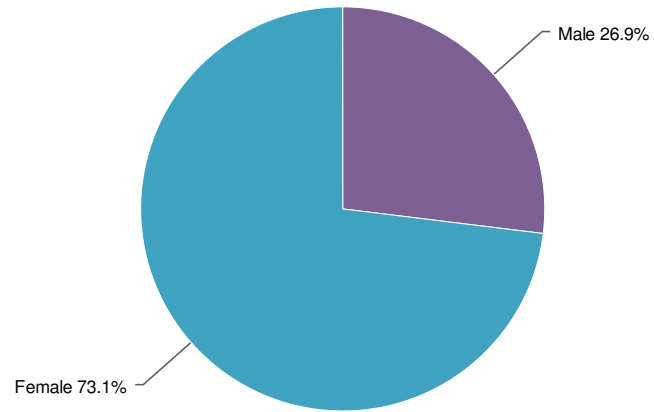
Value	Percent	Count
Single Parent Household	12.9%	50
Two Parent Household	75.8%	295
Two Household Family (Shared Custody)	10.3%	40
Other, please describe:	1.0%	4
Total		389

13. What is your race/ethnicity? Please mark all that apply.



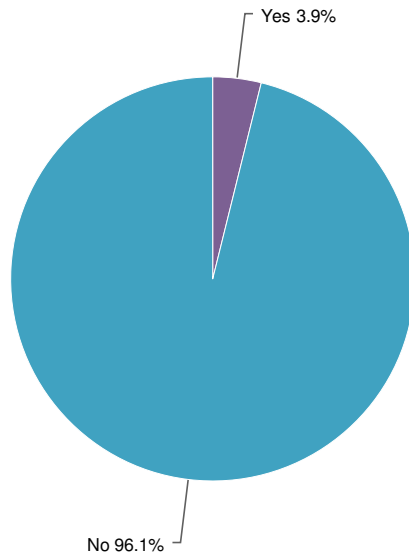
Value	Percent	Count
White (not Latino / Hispanic)	90.0%	343
Asian / Pacific Islander / Filipino	9.5%	36
Latino / Hispanic	6.6%	25
Other (Please Specify)	4.2%	16
African-American (not Latino / Hispanic)	1.8%	7
Native American / American Indian / Alaska Native (not Latino / Hispanic)	0.5%	2
Total		381

14. What is your gender?



Value	Percent	Count
Male	26.9%	104
Female	73.1%	282
Transgender	0.0%	0
Intersex	0.0%	0
Total		386

15. Does your child or children receive a free or reduced-price lunch?



Value	Percent	Count
Yes	3.9%	15
No	96.1%	373
Total		388

16. What do you identify as the top social and emotional challenges faced by students at Tam High School?

	Score*	Overall Rank
Stress and pressure around academic performance	6052	1
Social Challenges (Fitting In)	4087	2
Anxiety	4055	3
Drug Use (Other than Alcohol)	3539	4
Alcohol Use	3518	5
Sleep Deprivation	2485	6
Depression	2280	7
Low Self-Esteem	1969	8
Making Decisions about Sex	1715	9
Family Issues	1618	10
Unhealthy Relationships	1031	11
Self-Harming Behavior	848	12
Cyber-Bullying	802	13
Eating Disorders	758	14
Verbal Harassment	649	15
Cultural Isolation	644	16
Bullying at School	635	17
Suicidalty	574	18
Other	215	19

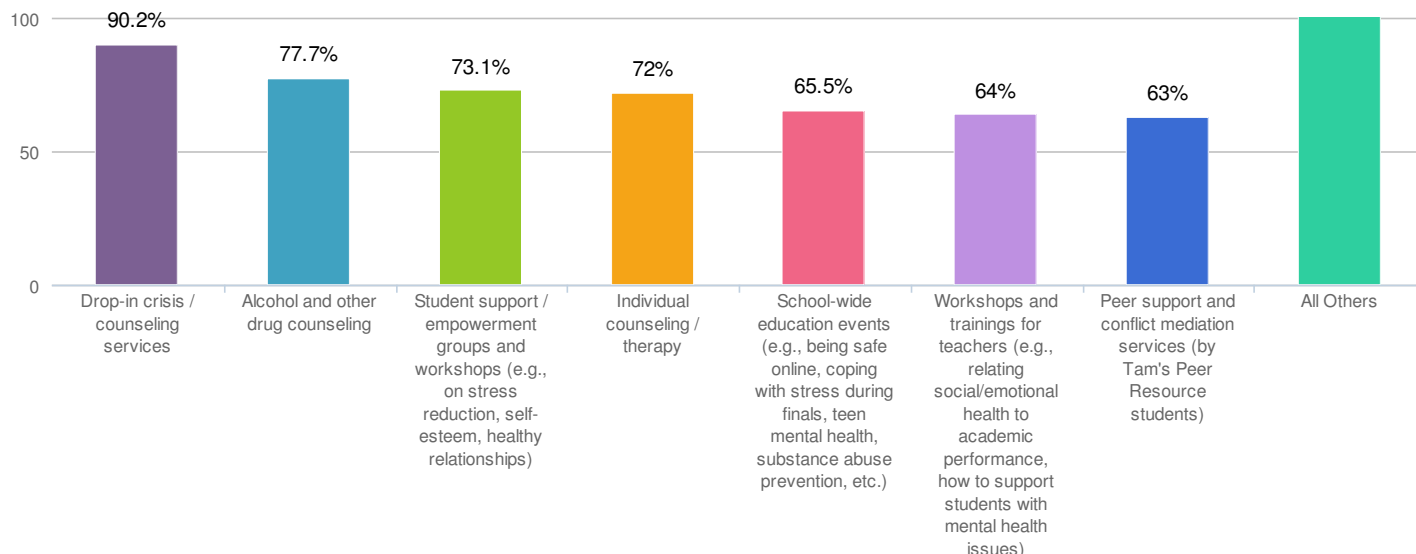
Total Respondents 375

*Score is a weighted calculation. Items ranked first are valued higher than the following ranks, the score is the sum of all weighted rank counts.

17. Please rate your level of agreement with the following statements.

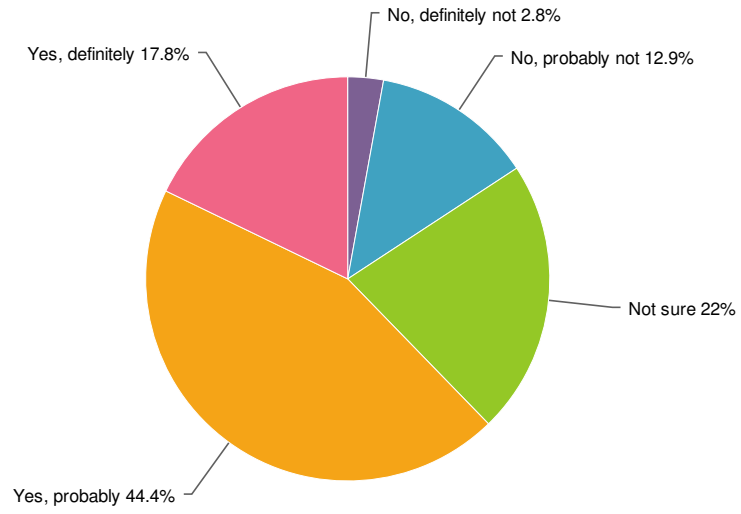
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Responses
Student academic success is linked to their physical health.	14 3.6%	13 3.4%	38 9.8%	170 43.9%	152 39.3%	387
Student academic success is linked to their peer relationships.	7 1.8%	16 4.2%	71 18.5%	218 56.9%	71 18.5%	383
Student academic success is linked to their emotional wellbeing.	7 1.8%	3 0.8%	17 4.4%	131 33.8%	230 59.3%	388
Student academic success is linked to their family relationships.	5 1.3%	9 2.3%	35 9.1%	188 49.0%	147 38.3%	384
Student academic success is linked to relationships with teachers and school staff.	2 0.5%	5 1.3%	34 8.8%	194 50.3%	151 39.1%	386

18. If we were to create a Counseling & Wellness Center at Tam, what services do you think should be offered? (Please select all that apply)



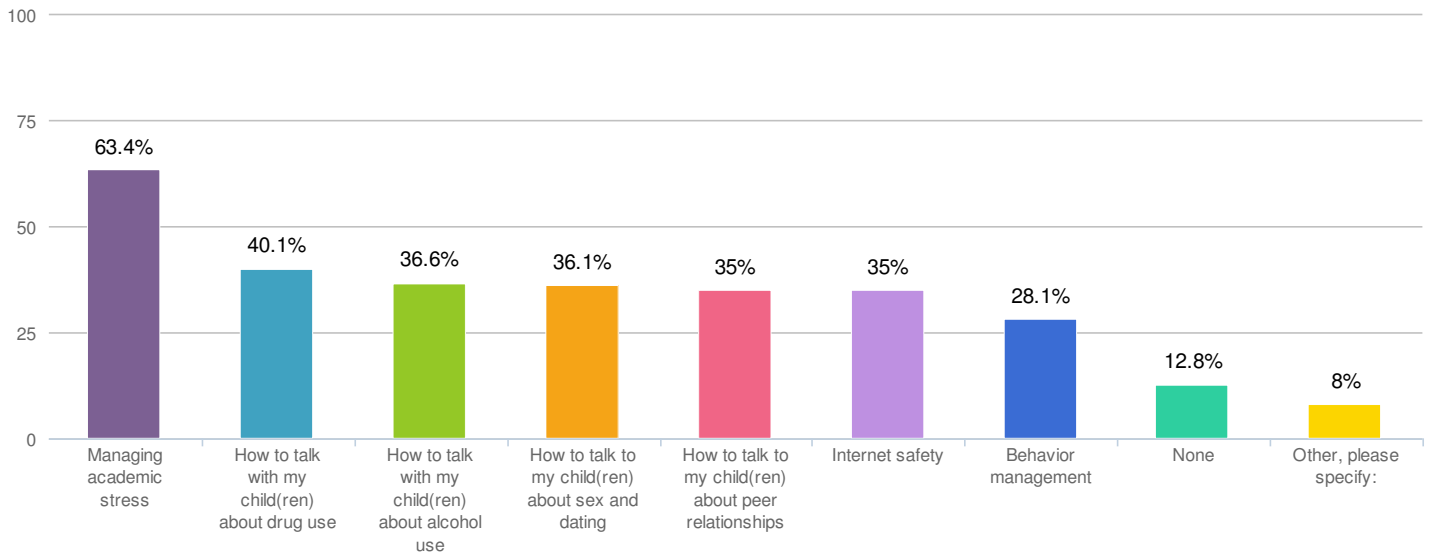
Value	Percent	Count
Drop-in crisis / counseling services	90.2%	348
Alcohol and other drug counseling	77.7%	300
Student support / empowerment groups and workshops (e.g., on stress reduction, self-esteem, healthy relationships)	73.1%	282
Individual counseling / therapy	72.0%	278
School-wide education events (e.g., being safe online, coping with stress during finals, teen mental health, substance abuse prevention, etc.)	65.5%	253
Workshops and trainings for teachers (e.g., relating social/emotional health to academic performance, how to support students with mental health issues)	64.0%	247
Peer support and conflict mediation services (by Tam's Peer Resource students)	63.0%	243
Reproductive health services (i.e., for physical exams, birth control, and safer sex education and counseling)	58.8%	227
"Break Zone" - a hang out space for students when classes are not in-session where students can hang out, de-stress, get water/tea/healthy snacks, play games	58.0%	224
Workshops, training, and support groups for parents / guardians	47.4%	183
Other (please specify)	9.8%	38
	Total	386

19. If parent workshops on adolescent health topics were offered through a Counseling & Wellness Center at Tam, would you participate?



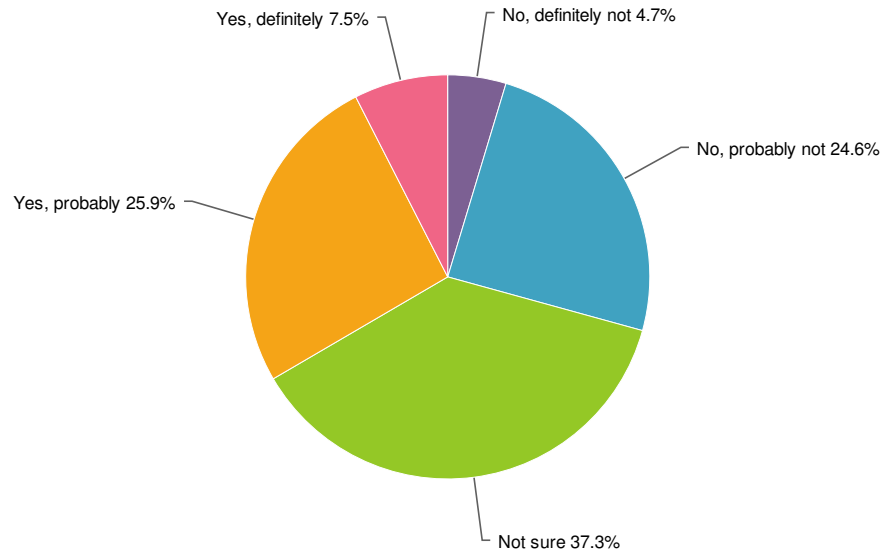
Value	Percent	Count
No, definitely not	2.8%	11
No, probably not	12.9%	50
Not sure	22.0%	85
Yes, probably	44.4%	172
Yes, definitely	17.8%	69
Total		387

21. Which of the following parent workshops would you participate in?



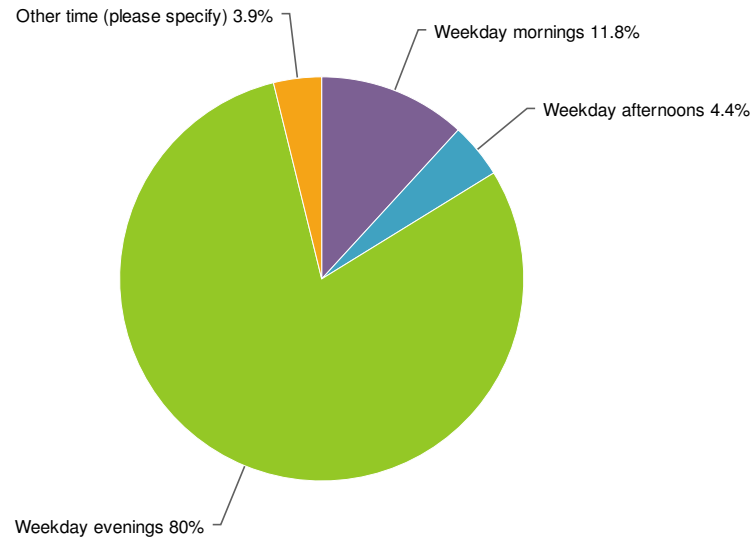
Value	Percent	Count
Managing academic stress	63.4%	237
How to talk with my child(ren) about drug use	40.1%	150
How to talk with my child(ren) about alcohol use	36.6%	137
How to talk to my child(ren) about sex and dating	36.1%	135
How to talk to my child(ren) about peer relationships	35.0%	131
Internet safety	35.0%	131
Behavior management	28.1%	105
None	12.8%	48
Other, please specify:	8.0%	30
Total		374

22. If parenting support groups were offered through a Counseling & Wellness Center at Tam, would you participate?



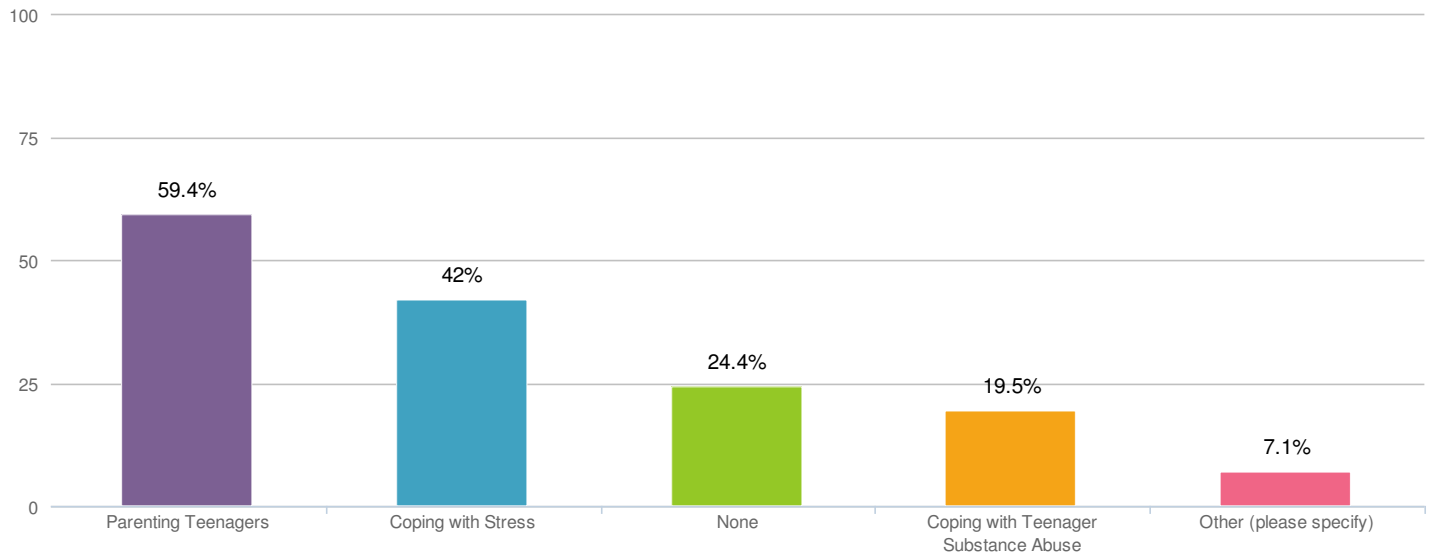
Value	Percent	Count
No, definitely not	4.7%	18
No, probably not	24.6%	95
Not sure	37.3%	144
Yes, probably	25.9%	100
Yes, definitely	7.5%	29
Total		386

24. To maximize participation, what time of day should we hold parent workshops / support groups?



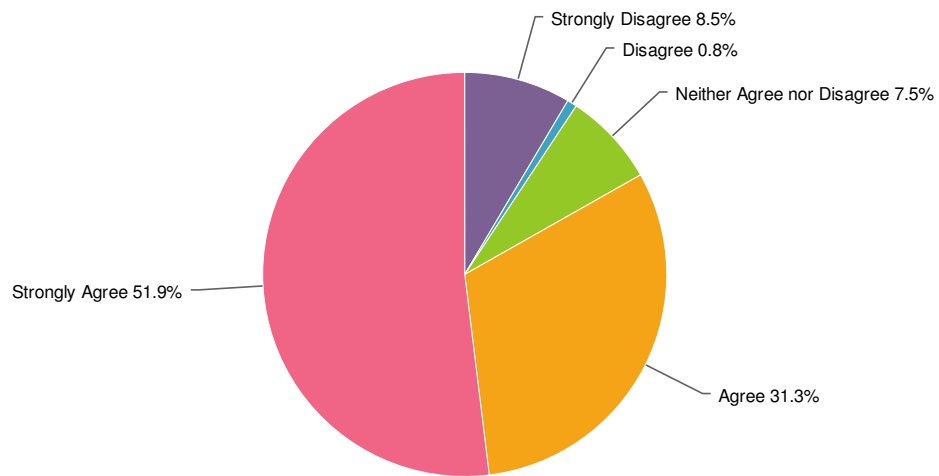
Value	Percent	Count
Weekday mornings	11.8%	43
Weekday afternoons	4.4%	16
Weekday evenings	80.0%	291
Other time (please specify)	3.9%	14
Total		364

25. Which of the following parent support groups would you participate in?



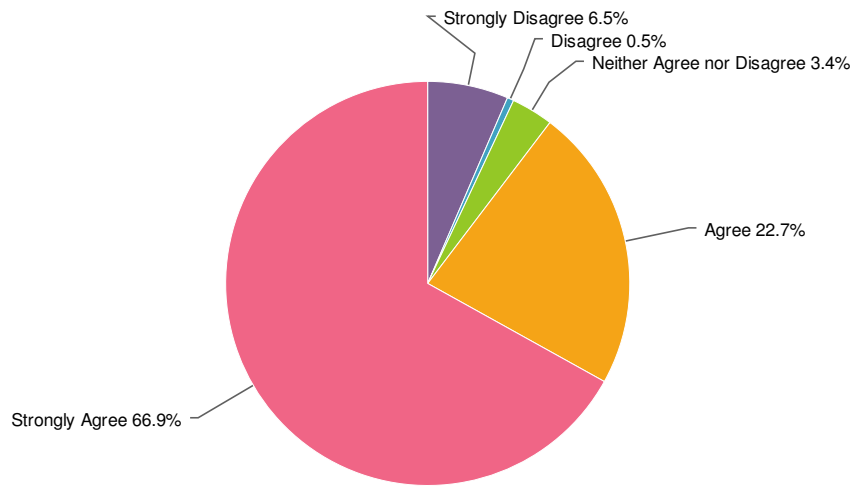
Value	Percent	Count
Parenting Teenagers	59.4%	219
Coping with Stress	42.0%	155
None	24.4%	90
Coping with Teenager Substance Abuse	19.5%	72
Other (please specify)	7.1%	26
Total		369

26. Please rate your level of agreement with the following statement. Students should be able to access mental health services (e.g., individual counseling, support groups) at school.



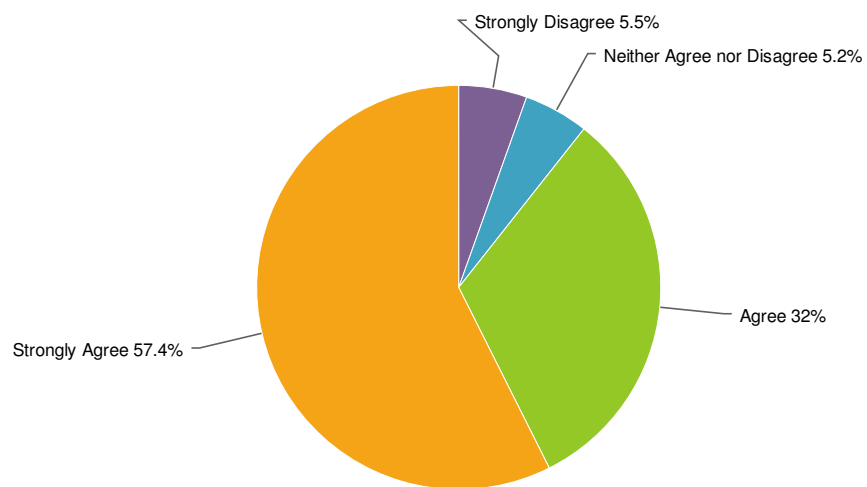
Value	Percent	Count
Strongly Disagree	8.5%	33
Disagree	0.8%	3
Neither Agree nor Disagree	7.5%	29
Agree	31.3%	121
Strongly Agree	51.9%	201
Total		387

28. Please rate your level of agreement with the following statement. If my child was participating in mental health services at a Counseling & Wellness Center at Tam, I would be willing to attend one or more sessions with them.



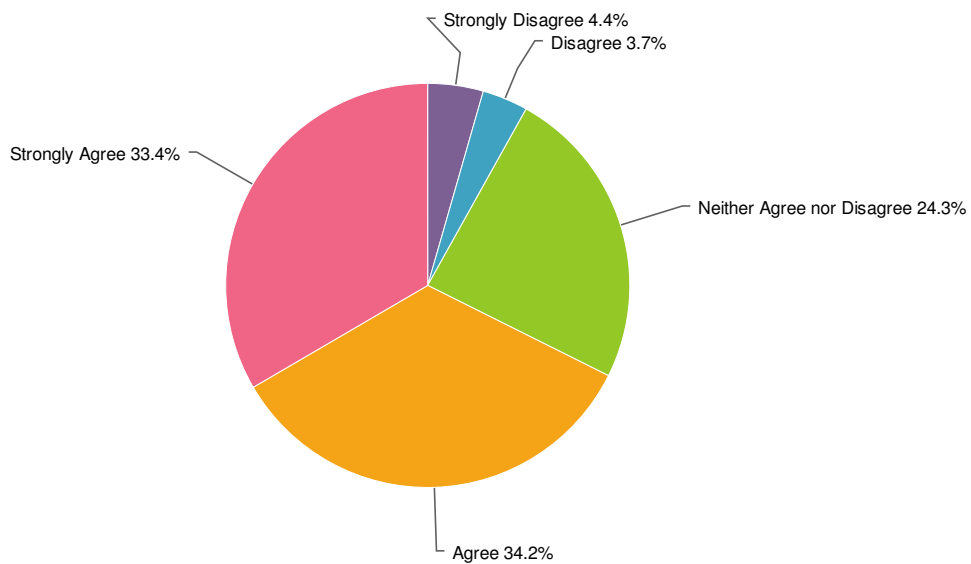
Value	Percent	Count
Strongly Disagree	6.5%	25
Disagree	0.5%	2
Neither Agree nor Disagree	3.4%	13
Agree	22.7%	88
Strongly Agree	66.9%	259
Total		387

29. Please rate your level of agreement with the following statement. Students should be able to access education and counseling services for alcohol and other drug use / abuse at a Counseling & Wellness Center at Tam.



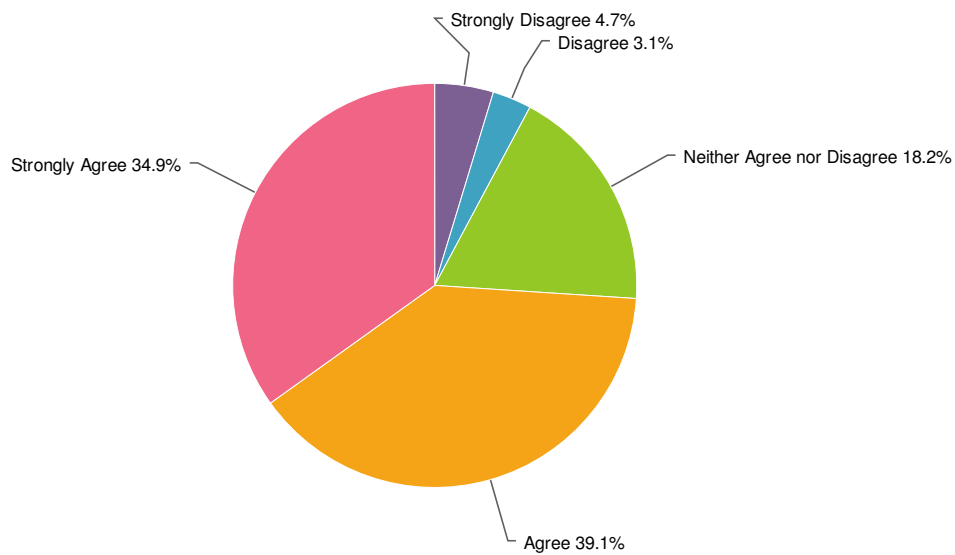
Value	Percent	Count
Strongly Disagree	5.5%	21
Disagree	0.0%	0
Neither Agree nor Disagree	5.2%	20
Agree	32.0%	123
Strongly Agree	57.4%	221
Total		385

30. Please rate your level of agreement with the following statement. There is a need for reproductive health services for students (e.g., sex education, birth control, STD testing, pregnancy testing) through a Counseling and Wellness Center at Tam.



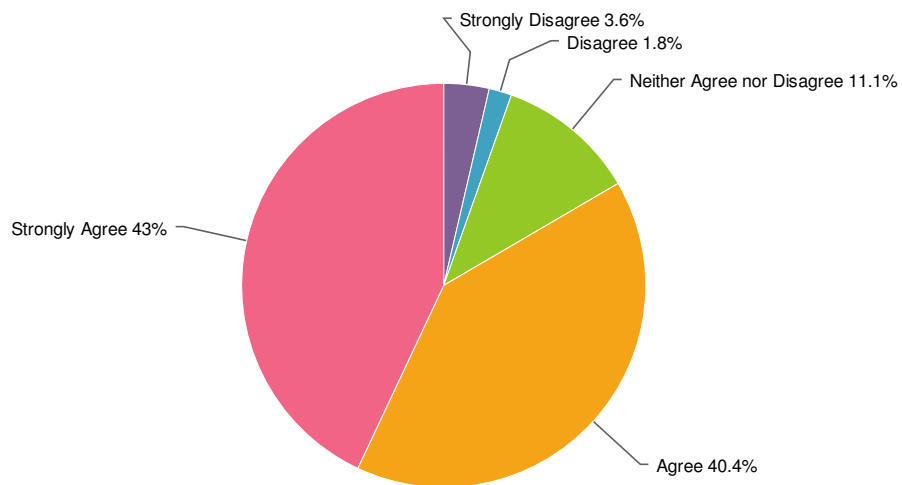
Value	Percent	Count
Strongly Disagree	4.4%	17
Disagree	3.7%	14
Neither Agree nor Disagree	24.3%	93
Agree	34.2%	131
Strongly Agree	33.4%	128
Total		383

31. Please rate your level of agreement with the following statement. Students should be able to access reproductive health services (e.g., sex education, birth control, STD testing, pregnancy testing) through a Counseling and Wellness Center at Tam.



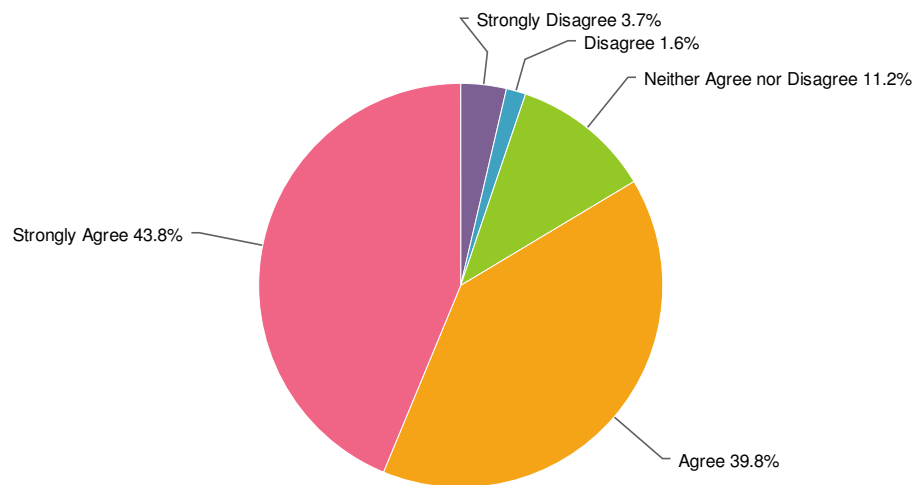
Value	Percent	Count
Strongly Disagree	4.7%	18
Disagree	3.1%	12
Neither Agree nor Disagree	18.2%	70
Agree	39.1%	150
Strongly Agree	34.9%	134
Total		384

32. After reviewing the CDC fact sheet, please rate your level of agreement with the following statement. There is a need for reproductive health services for students (e.g., sex education, birth control, STD testing, pregnancy testing) through a Counseling and Wellness Center at Tam.



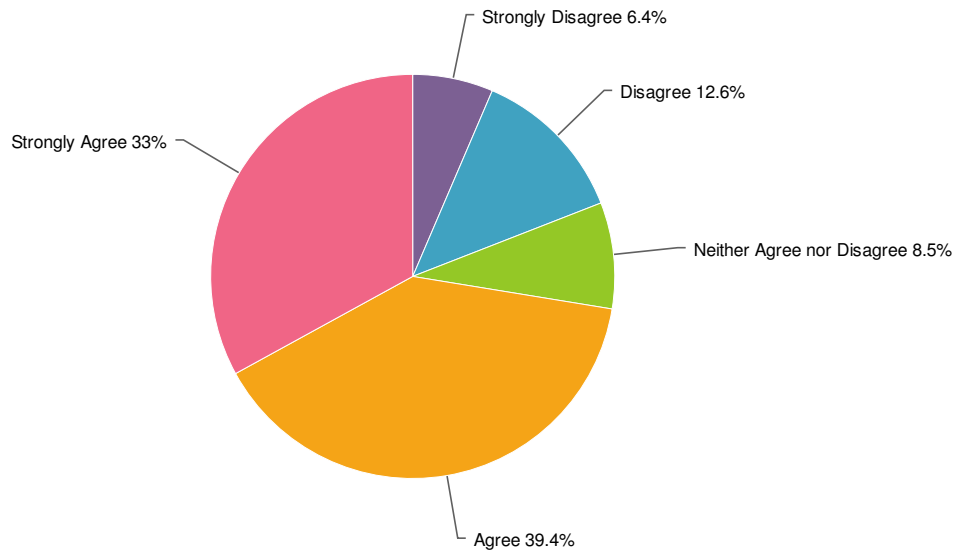
Value	Percent	Count
Strongly Disagree	3.6%	14
Disagree	1.8%	7
Neither Agree nor Disagree	11.1%	43
Agree	40.4%	156
Strongly Agree	43.0%	166
Total		386

33. After reviewing the CDC fact sheet, please rate your level of agreement with the following statement. Students should be able to access reproductive health services (e.g., sex education, birth control, STD testing, pregnancy testing) through a Counseling and Wellness Center at Tam.



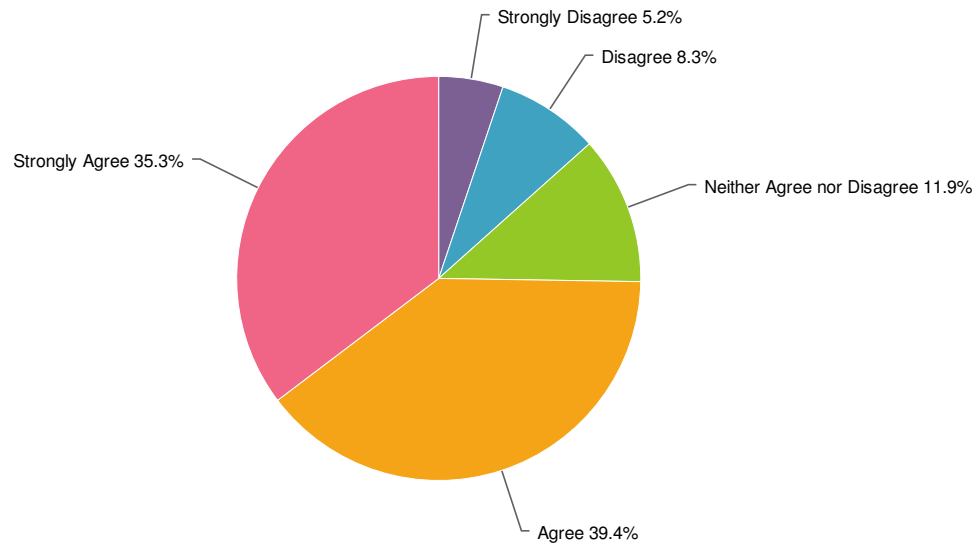
Value	Percent	Count
Strongly Disagree	3.7%	14
Disagree	1.6%	6
Neither Agree nor Disagree	11.2%	43
Agree	39.8%	153
Strongly Agree	43.8%	168
Total		384

34. California law states that parental consent is not required for youth 12 or older to access reproductive health services. Do you agree with this law when it comes to your child(ren)?



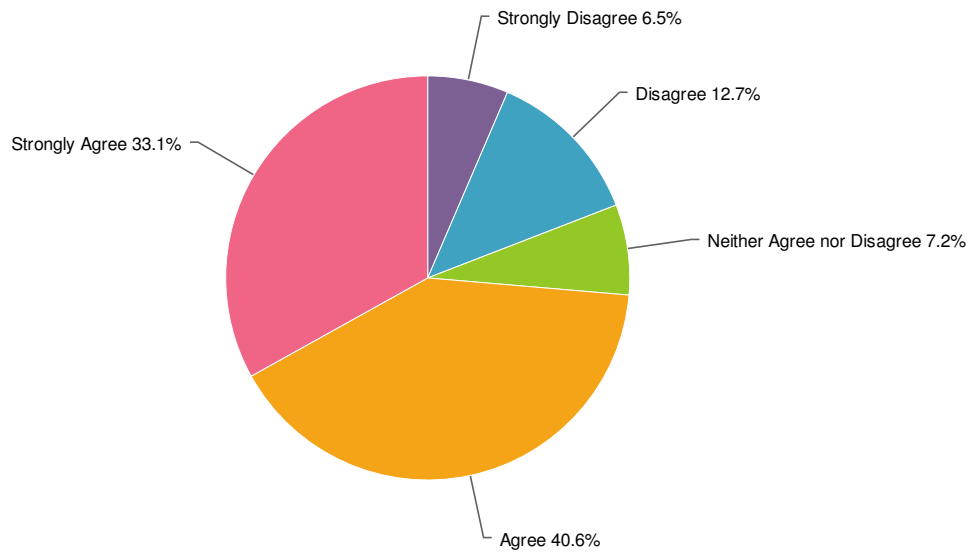
Value	Percent	Count
Strongly Disagree	6.4%	25
Disagree	12.6%	49
Neither Agree nor Disagree	8.5%	33
Agree	39.4%	153
Strongly Agree	33.0%	128
Total		388

35. California law states that parental consent is not required for youth 12 or older to access reproductive health services. Do you agree with this law when it comes to Tam students in general?



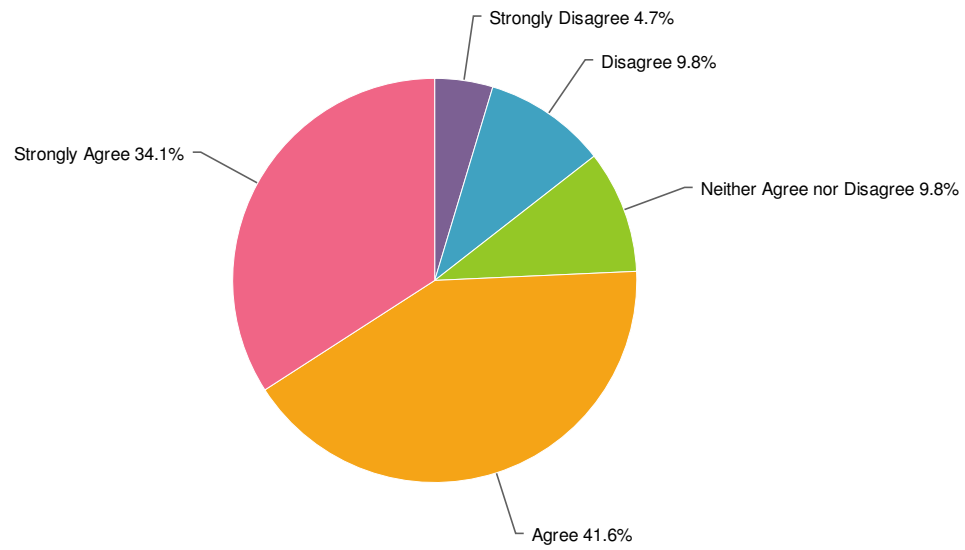
Value	Percent	Count
Strongly Disagree	5.2%	20
Disagree	8.3%	32
Neither Agree nor Disagree	11.9%	46
Agree	39.4%	153
Strongly Agree	35.3%	137
Total		388

36. California law states that parental consent is not required for youth 12 or older to access mental health services in some instances (for example: if a clinician determines that the minor is mature enough to participate intelligently without parent consent or if it is determined that involving the parents is detrimental to the health of the minor). Do you agree with this law when it comes to your child(ren)?



Value	Percent	Count
Strongly Disagree	6.5%	25
Disagree	12.7%	49
Neither Agree nor Disagree	7.2%	28
Agree	40.6%	157
Strongly Agree	33.1%	128
Total		387

37. California law states that parental consent is not required for youth 12 or older to access mental health services in some instances. Do you agree with this law when it comes to Tam students in general?



Value	Percent	Count
Strongly Disagree	4.7%	18
Disagree	9.8%	38
Neither Agree nor Disagree	9.8%	38
Agree	41.6%	161
Strongly Agree	34.1%	132
Total		387

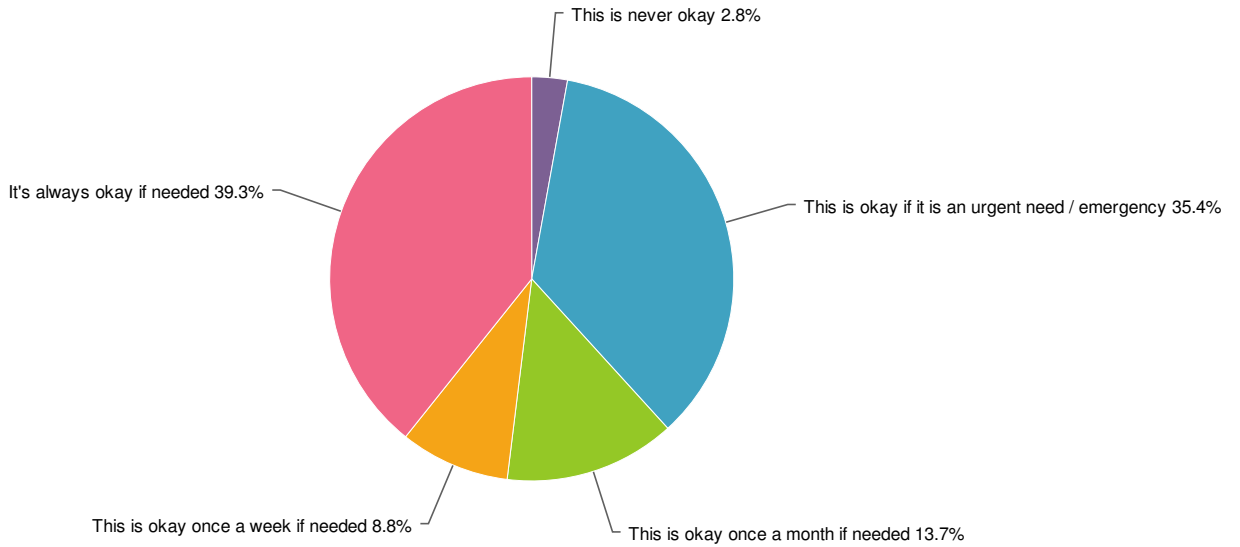
38. If your child was going to participate in mental health services at a Counseling & Wellness Center at Tam, would you prefer to be informed?

	I would greatly prefer to be informed	I would generally prefer to be informed	I would not need to be informed	I would generally prefer not to be informed	I would greatly prefer not to be informed	Responses
For ongoing therapy sessions	236 61.0%	118 30.5%	26 6.7%	5 1.3%	2 0.5%	387
For support groups	195 50.5%	132 34.2%	54 14.0%	3 0.8%	2 0.5%	386
For educational and skill building groups	160 41.3%	117 30.2%	102 26.4%	7 1.8%	1 0.3%	387
For drop-in counseling	145 38.1%	118 31.0%	113 29.7%	3 0.8%	2 0.5%	381

39. If your child was going to participate in alcohol and drug abuse counseling through a Counseling & Wellness Center at Tam, would you prefer to be informed?

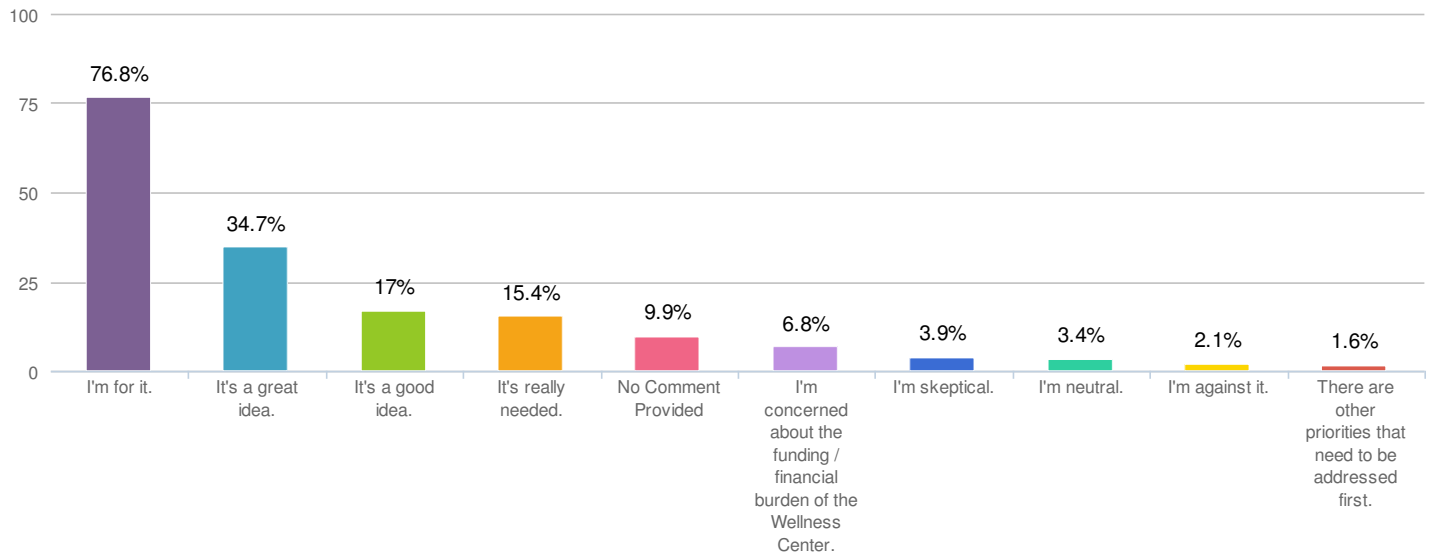
	I would greatly prefer to be informed	I would generally prefer to be informed	I would not need to be informed	I would generally prefer not to be informed	I would greatly prefer not to be informed	Responses
For ongoing therapy sessions	220 57.4%	135 35.2%	25 6.5%	1 0.3%	2 0.5%	383
For support groups	182 48.0%	131 34.6%	63 16.6%	2 0.5%	1 0.3%	379
For educational and skill building groups	149 39.2%	107 28.2%	118 31.1%	5 1.3%	1 0.3%	380
For drop-in counseling	165 43.4%	118 31.1%	94 24.7%	2 0.5%	1 0.3%	380

40. How would you feel about your child missing class for an appointment at a Counseling & Wellness Center at Tam?



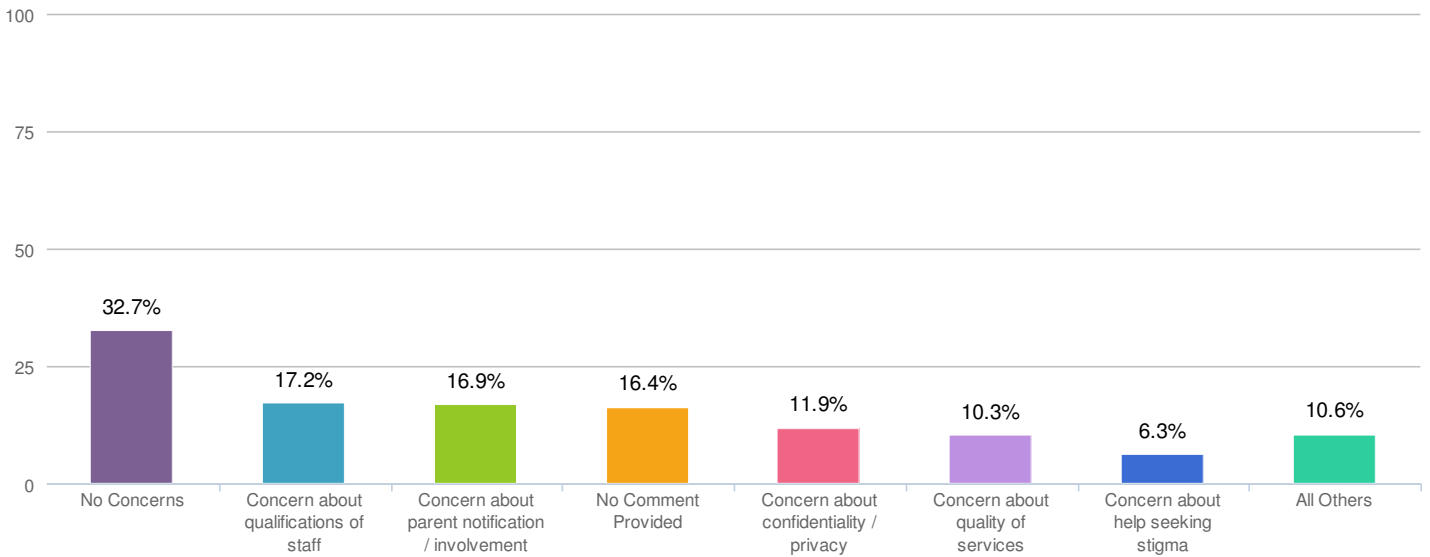
Value	Percent	Count
This is never okay	2.8%	11
This is okay if it is an urgent need / emergency	35.4%	137
This is okay once a month if needed	13.7%	53
This is okay once a week if needed	8.8%	34
It's always okay if needed	39.3%	152
Total		387

42. TEXT ANALYSIS - What do you think about Tam High School developing an on campus Counseling & Wellness Center for students?



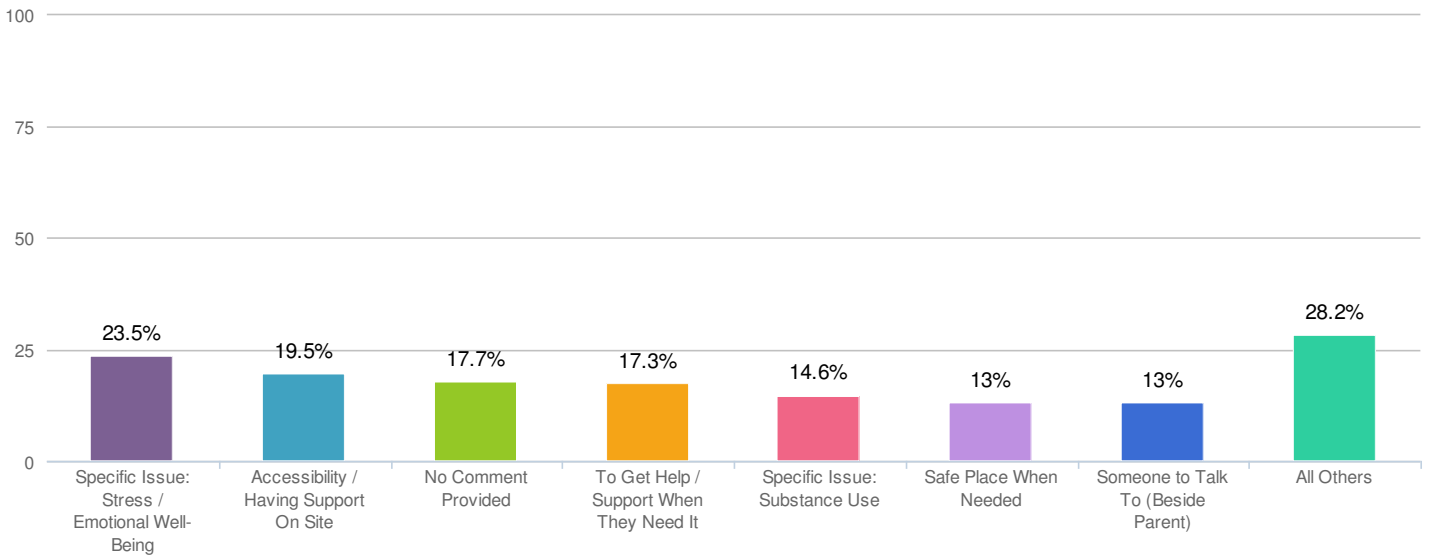
Value	Percent	Count
I'm for it.	76.8%	294
It's a great idea.	34.7%	133
It's a good idea.	17.0%	65
It's really needed.	15.4%	59
No Comment Provided	9.9%	38
I'm concerned about the funding / financial burden of the Wellness Center.	6.8%	26
I'm skeptical.	3.9%	15
I'm neutral.	3.4%	13
I'm against it.	2.1%	8
There are other priorities that need to be addressed first.	1.6%	6
Total		383

44. TEXT ANALYSIS - What concerns, if any, do you have about your child receiving services at a Counseling & Wellness Center at Tam?



Value	Percent	Count
No Concerns	32.7%	124
Concern about qualifications of staff	17.2%	65
Concern about parent notification / involvement	16.9%	64
No Comment Provided	16.4%	62
Concern about confidentiality / privacy	11.9%	45
Concern about quality of services	10.3%	39
Concern about help seeking stigma	6.3%	24
Concern about information provided / values communicated	5.5%	21
Concern about financial costs	2.4%	9
Concern about management of the program	2.4%	9
Concern about missing school work	0.3%	1
Total		379

43. TEXT ANALYSIS - In what ways do you think students at Tam High School could benefit from a Counseling & Wellness Center?



Value	Percent	Count
Specific Issue: Stress / Emotional Well-Being	23.5%	76
Accessibility / Having Support On Site	19.5%	63
No Comment Provided	17.7%	57
To Get Help / Support When They Need It	17.3%	56
Specific Issue: Substance Use	14.6%	47
Safe Place When Needed	13.0%	42
Someone to Talk To (Beside Parent)	13.0%	42
Specific Issue: Reproductive Health	10.2%	33
Get Health Information / Health Education	8.7%	28
Will Help Reduce Help Seeking Stigma	4.3%	14
Confidential Space to Talk	3.4%	11
No Perceived Benefit	1.6%	5
Total		323

