

# Tamalpais High School Wellness Survey Summary (Staff Report)

**April 27, 2016**

**ETR**

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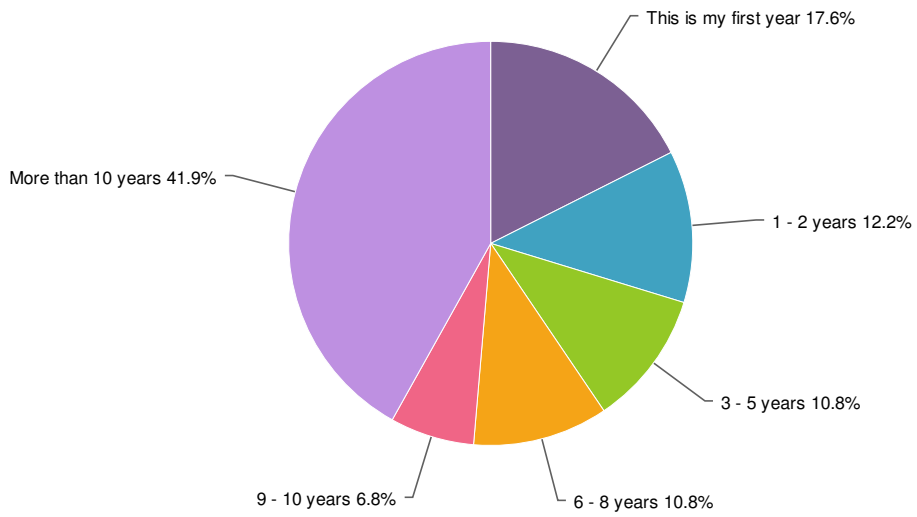
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# Tam HS Staff Survey Report

## Survey: Tam Counseling & Wellness Staff Survey

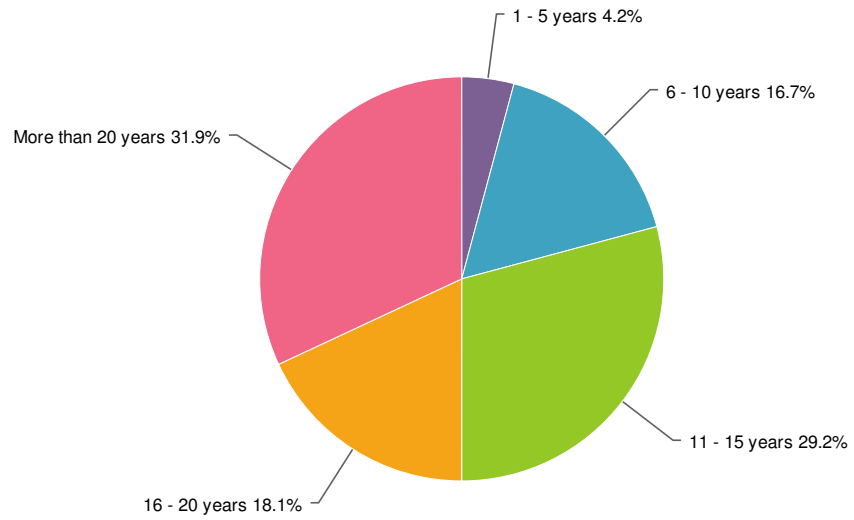
1. How long have you been working at Tam High School?



Value	Percent	Count
This is my first year	17.6%	13
1 - 2 years	12.2%	9
3 - 5 years	10.8%	8
6 - 8 years	10.8%	8
9 - 10 years	6.8%	5
More than 10 years	41.9%	31
<b>Total</b>		<b>74</b>

Statistics	
Sum	126.0
Average	4.2
StdDev	2.9
Max	9.0

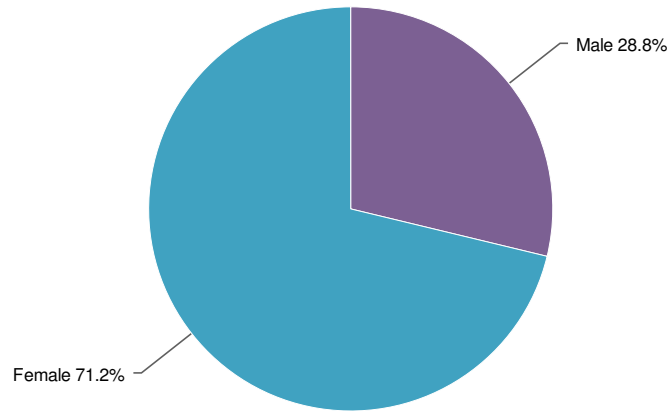
2. Including your work at Tam High School, how long have you been working with youth under the age of 18?



Value	Percent	Count
This is my first year	0.0%	0
1 - 5 years	4.2%	3
6 - 10 years	16.7%	12
11 - 15 years	29.2%	21
16 - 20 years	18.1%	13
More than 20 years	31.9%	23
Total		72

Statistics	
Sum	514.0
Average	10.5
StdDev	4.3
Max	16.0

3. What is your gender?



Value	Percent	Count
Male	28.8%	21
Female	71.2%	52
Transgender	0.0%	0
Total		73

4. 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	1138	1
Anxiety	826	2
Alcohol Use	683	3
Drug Use (Other than Alcohol)	656	4
Depression	635	5
Social Challenges (Fitting In)	619	6
Family Issues	564	7
Low Self-Esteem	408	8
Making Decisions about Sex	342	9
Unhealthy Relationships	269	10
Cyber-Bullying	266	11
Self-Harming Behaviors	235	12
Eating Disorders	187	13
Suicidalty	172	14
Verbal Harassment	166	15
Financial Stresses	139	16
Bullying at School	125	17
Other	4	18

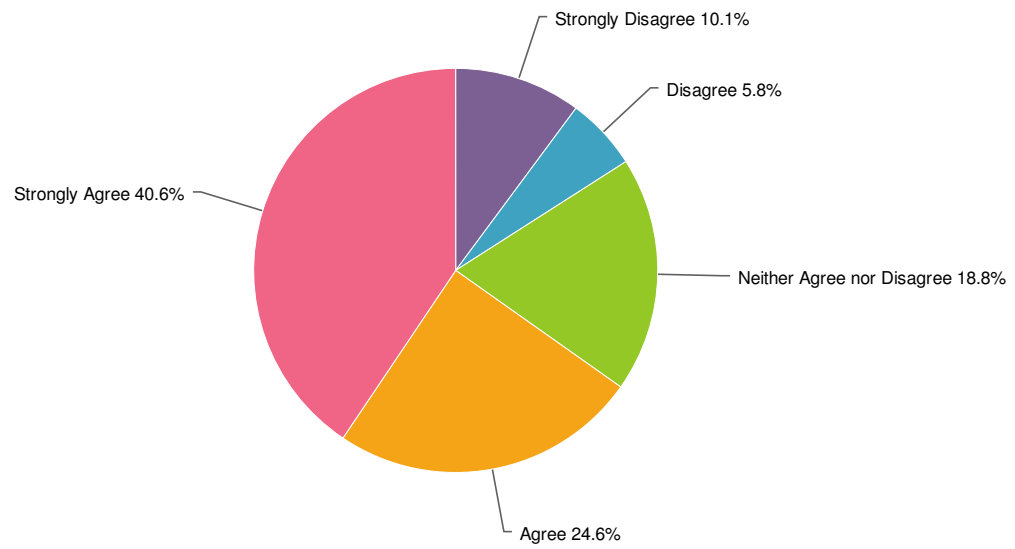
Total Respondents 69

\*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.

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

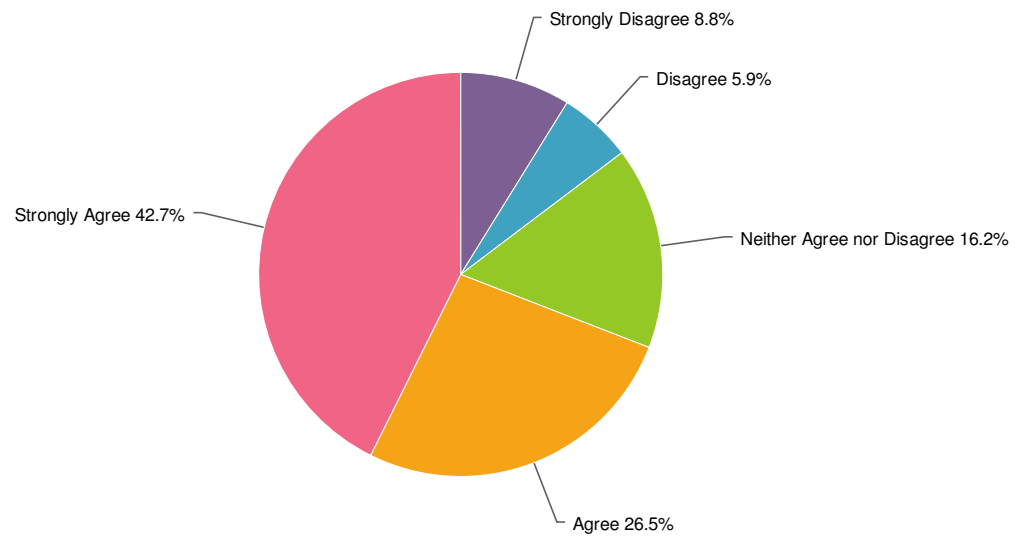
	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither Agree nor Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Responses</b>
Student academic success is linked to their physical health.	<b>0</b> 0.0%	<b>1</b> 1.4%	<b>8</b> 11.6%	<b>30</b> 43.5%	<b>30</b> 43.5%	69
Student academic success is linked to their peer relationships.	<b>0</b> 0.0%	<b>0</b> 0.0%	<b>9</b> 13.4%	<b>45</b> 67.2%	<b>13</b> 19.4%	67
Student academic success is linked to their emotional well-being.	<b>2</b> 2.9%	<b>1</b> 1.4%	<b>5</b> 7.2%	<b>21</b> 30.4%	<b>40</b> 58.0%	69
Student academic success is linked to their relationships with staff.	<b>0</b> 0.0%	<b>3</b> 4.5%	<b>6</b> 9.0%	<b>35</b> 52.2%	<b>23</b> 34.3%	67
Student academic success is linked to their home / family relationships.	<b>1</b> 1.5%	<b>0</b> 0.0%	<b>6</b> 9.0%	<b>26</b> 38.8%	<b>34</b> 50.7%	67

6. Please rate your level of agreement with the following statement. Students should be able to access emotional health services (e.g., individual counseling, case management, and support groups) through a Counseling & Wellness Center at Tam.



Value	Percent	Count
Strongly Disagree	10.1%	7
Disagree	5.8%	4
Neither Agree nor Disagree	18.8%	13
Agree	24.6%	17
Strongly Agree	40.6%	28
Total		69

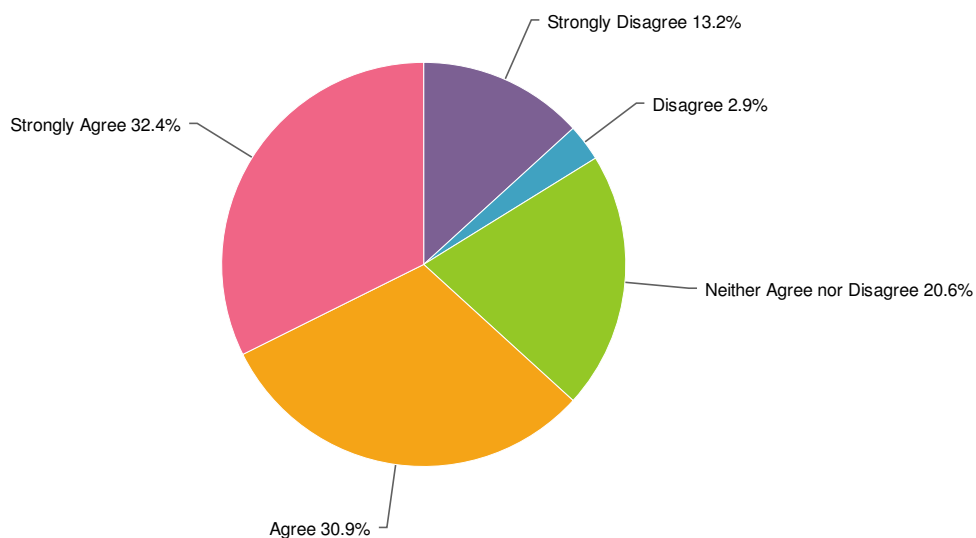
8. Please rate your level of agreement with the following statement. Students should be able to access alcohol and other drug use and abuse services through a Counseling & Wellness Center at Tam.



Value	Percent	Count
Strongly Disagree	8.8%	6
Disagree	5.9%	4
Neither Agree nor Disagree	16.2%	11
Agree	26.5%	18
Strongly Agree	42.7%	29
<b>Total</b>		<b>68</b>

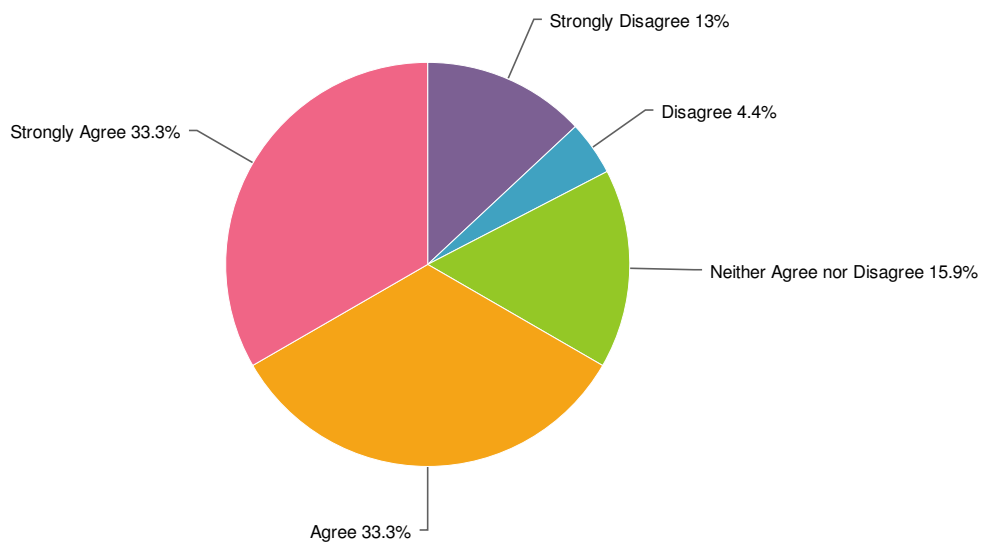


10. Please rate your level of agreement with the following statement. There is a need for reproductive health services for students (e.g., sex education, birth control, STD testing, pregnancy testing) through a Counseling & Wellness Center at Tam.



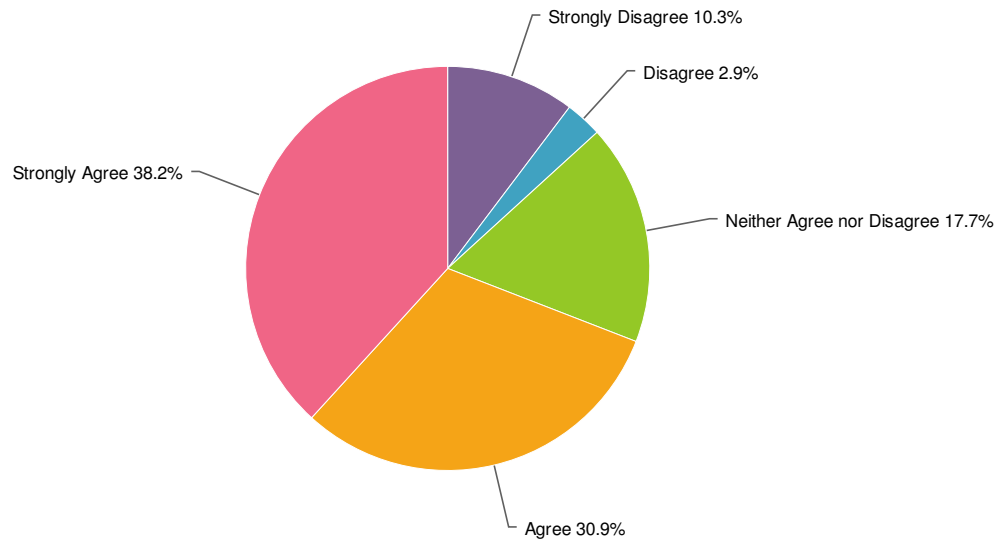
Value	Percent	Count
Strongly Disagree	13.2%	9
Disagree	2.9%	2
Neither Agree nor Disagree	20.6%	14
Agree	30.9%	21
Strongly Agree	32.4%	22
<b>Total</b>		<b>68</b>

11. 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 & Wellness Center at Tam.



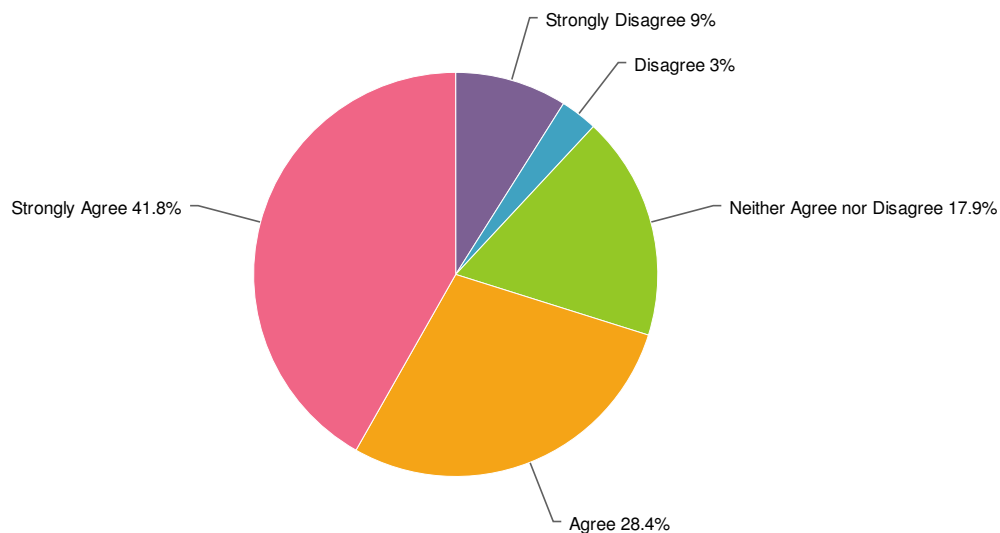
Value	Percent	Count
Strongly Disagree	13.0%	9
Disagree	4.4%	3
Neither Agree nor Disagree	15.9%	11
Agree	33.3%	23
Strongly Agree	33.3%	23
<b>Total</b>		<b>69</b>

13. After reviewing the results of 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 & Wellness Center at Tam.



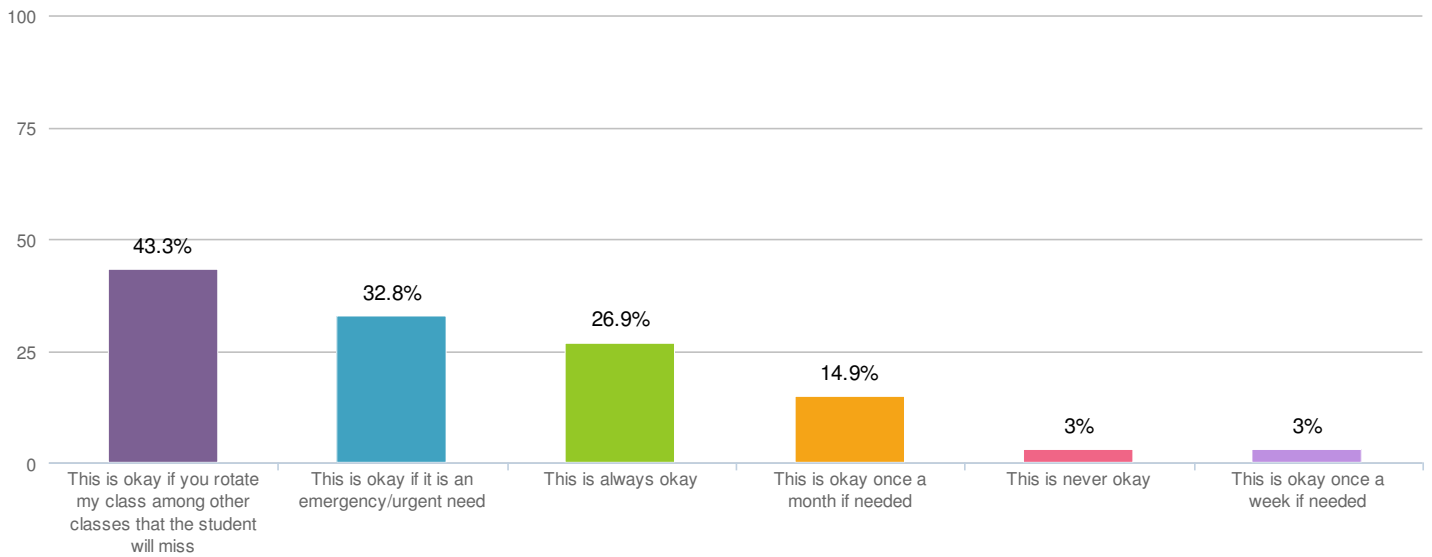
Value	Percent	Count
Strongly Disagree	10.3%	7
Disagree	2.9%	2
Neither Agree nor Disagree	17.7%	12
Agree	30.9%	21
Strongly Agree	38.2%	26
<b>Total</b>		<b>68</b>

14. 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 & Wellness Center at Tam.



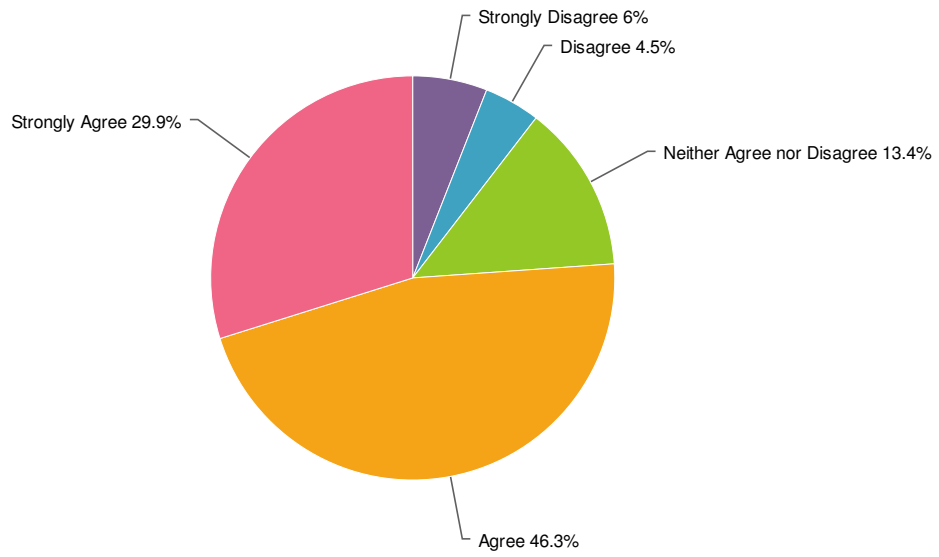
Value	Percent	Count
Strongly Disagree	9.0%	6
Disagree	3.0%	2
Neither Agree nor Disagree	17.9%	12
Agree	28.4%	19
Strongly Agree	41.8%	28
Total		67

15. How would you feel about students missing class for a health, mental health, substance use/abuse or reproductive health services appointment through a possible Counseling & Wellness Center at Tam High School? (Select all that apply)



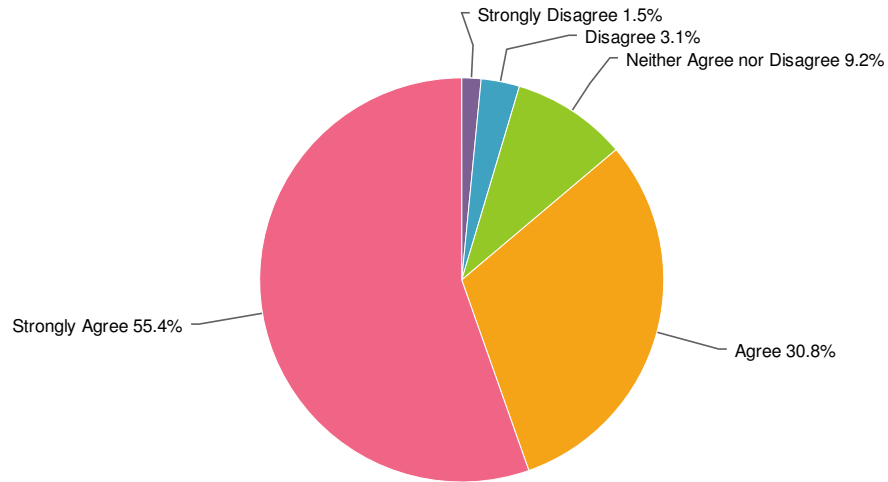
Value	Percent	Count
This is okay if you rotate my class among other classes that the student will miss	43.3%	29
This is okay if it is an emergency/urgent need	32.8%	22
This is always okay	26.9%	18
This is okay once a month if needed	14.9%	10
This is never okay	3.0%	2
This is okay once a week if needed	3.0%	2
Total		67

16. Please rate your level of agreement with the following statement: I am more likely to be okay with a student missing my class if I understand the challenges the student is facing and/or if Counseling & Wellness Center staff communicates with me about those challenges. (NOTE: CA/Federal law may prohibit information sharing with teachers)



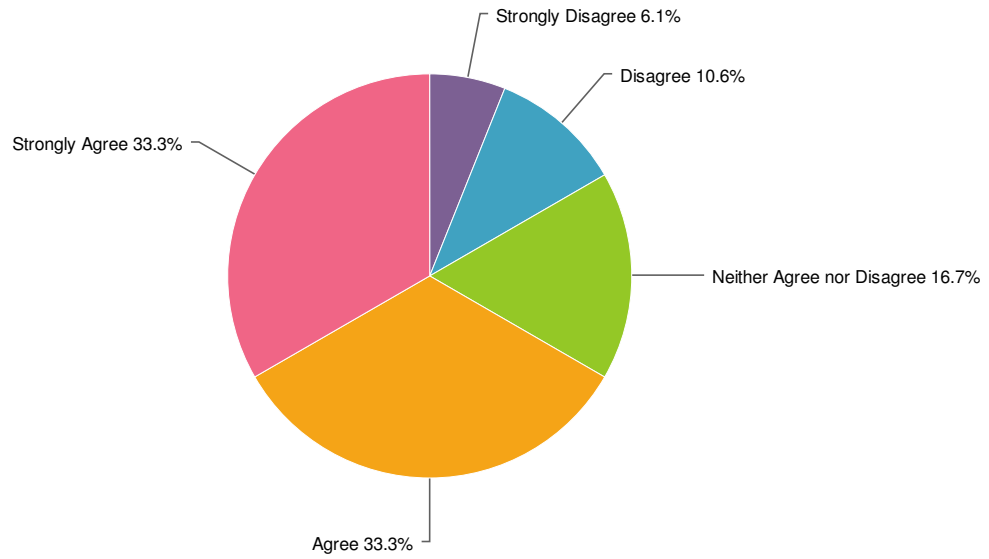
Value	Percent	Count
Strongly Disagree	6.0%	4
Disagree	4.5%	3
Neither Agree nor Disagree	13.4%	9
Agree	46.3%	31
Strongly Agree	29.9%	20
<b>Total</b>		<b>67</b>

17. Please rate your level of agreement with the following statement: If one of my students is accessing services through a Counseling & Wellness Center at Tam (not including reproductive health services) and is comfortable with Counseling & Wellness Center Staff sharing information, I would welcome feedback from Counseling & Wellness Center staff on how I can support this student in my classroom.



Value	Percent	Count
Strongly Disagree	1.5%	1
Disagree	3.1%	2
Neither Agree nor Disagree	9.2%	6
Agree	30.8%	20
Strongly Agree	55.4%	36
Total		65

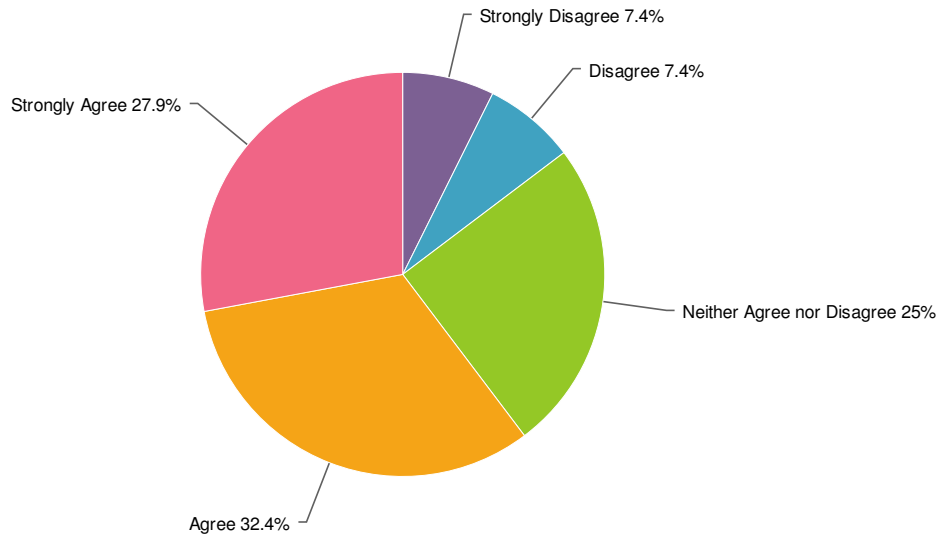
18. Please rate your level of agreement with the following statement: I would sign up for classroom presentations 2-4 times a year for my students to receive education on health, mental health, substance use/abuse and reproductive health services. (Wellness workshops in your classroom, Peer Resource workshops, Community partner workshops, etc.).



Value	Percent	Count
Strongly Disagree	6.1%	4
Disagree	10.6%	7
Neither Agree nor Disagree	16.7%	11
Agree	33.3%	22
Strongly Agree	33.3%	22
<b>Total</b>		<b>66</b>

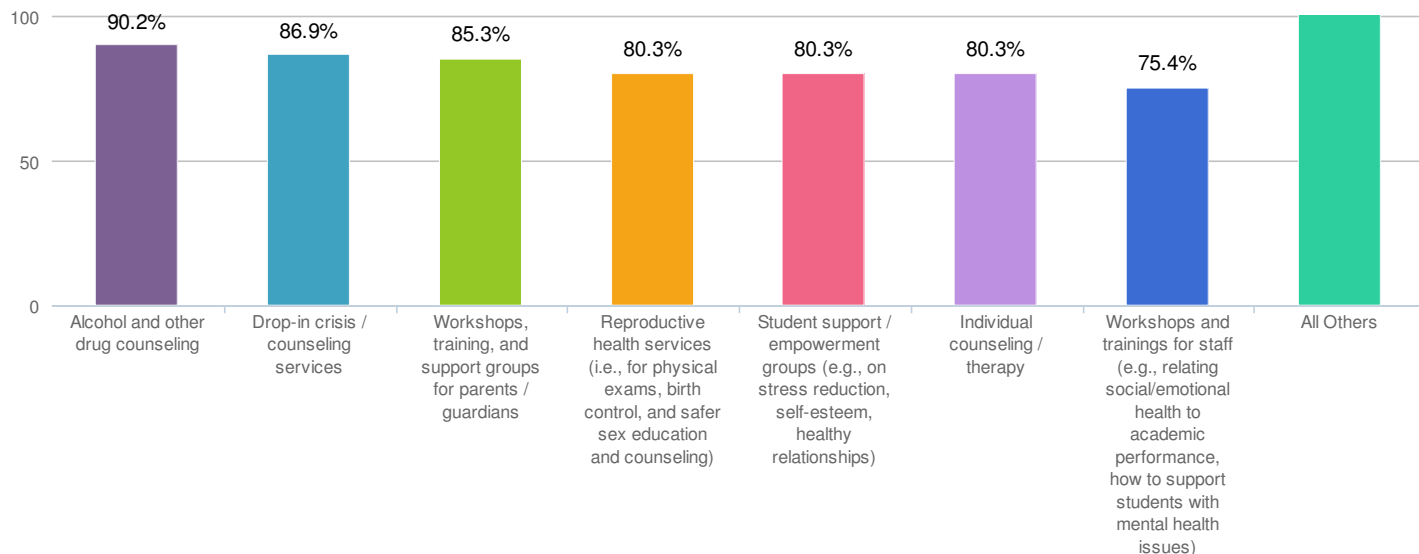


19. Please rate your level of agreement with the following statement: I would want Counseling & Wellness staff to talk to me and my department about integrating social and emotional learning opportunities into my curriculum.



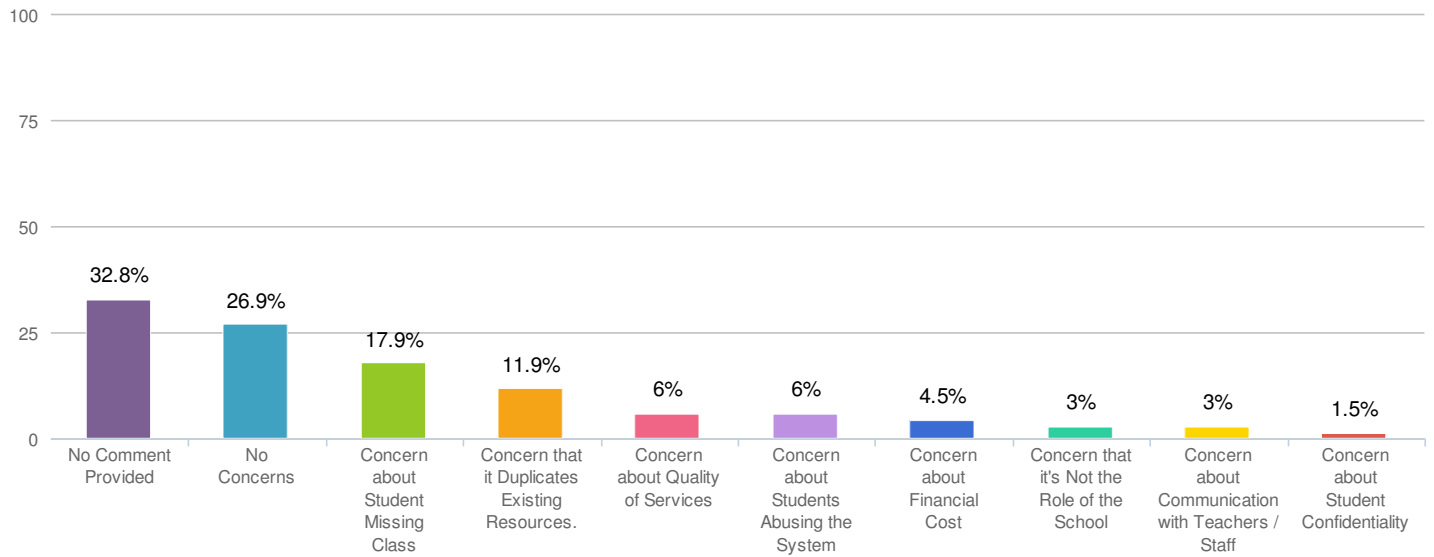
Value	Percent	Count
Strongly Disagree	7.4%	5
Disagree	7.4%	5
Neither Agree nor Disagree	25.0%	17
Agree	32.4%	22
Strongly Agree	27.9%	19
<b>Total</b>		<b>68</b>

20. What services do you think should be offered through a Counseling & Wellness Center at Tam? (Please select all that apply)



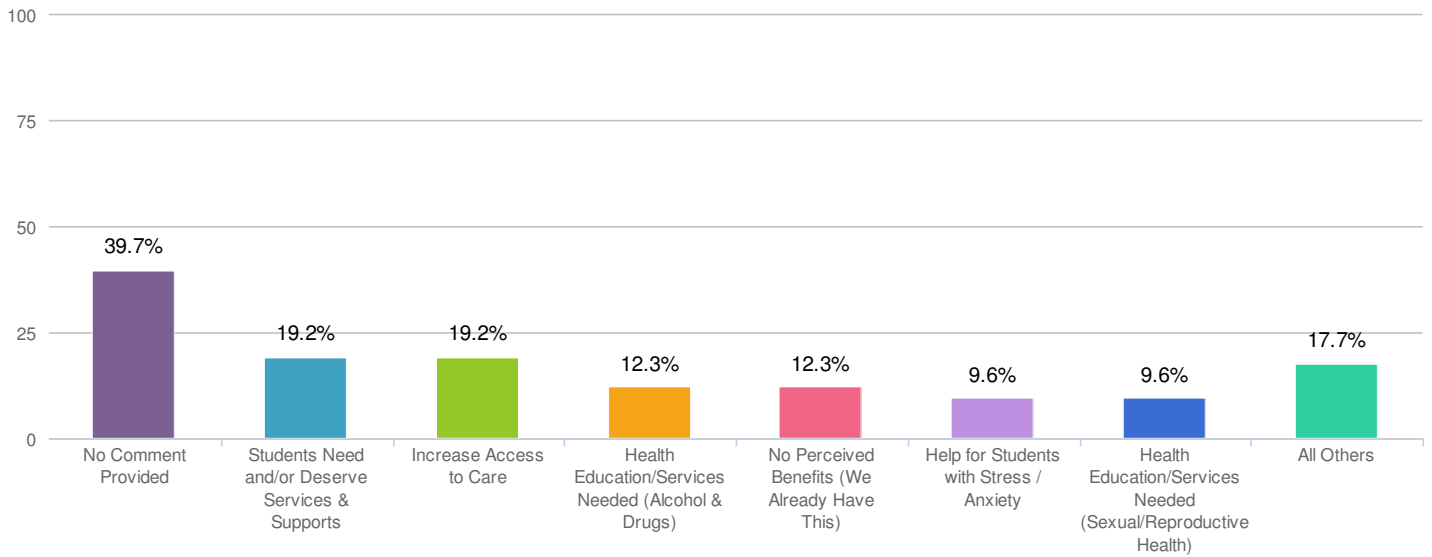
Value	Percent	Count
Alcohol and other drug counseling	90.2%	55
Drop-in crisis / counseling services	86.9%	53
Workshops, training, and support groups for parents / guardians	85.3%	52
Reproductive health services (i.e., for physical exams, birth control, and safer sex education and counseling)	80.3%	49
Student support / empowerment groups (e.g., on stress reduction, self-esteem, healthy relationships)	80.3%	49
Individual counseling / therapy	80.3%	49
Workshops and trainings for staff (e.g., relating social/emotional health to academic performance, how to support students with mental health issues)	75.4%	46
"Break Zone" - A hang out space for students when classes are not in-session (before school, during lunch, after school) where students can hang out, de-stress, get tea/water/healthy snacks, get info, play games	62.3%	38
Peer support and conflict mediation services (by Tam's Peer Resource students)	55.7%	34
Other (please specify)	18.0%	11
Peer support and conflict mediation services (by Drake's Peer Resource students)	14.8%	9
Total		61

22. What concerns, if any, do you have about students receiving services through a Counseling & Wellness Center at Tam?



Value	Percent	Count
No Comment Provided	32.8%	22
No Concerns	26.9%	18
Concern about Student Missing Class	17.9%	12
Concern that it Duplicates Existing Resources.	11.9%	8
Concern about Quality of Services	6.0%	4
Concern about Students Abusing the System	6.0%	4
Concern about Financial Cost	4.5%	3
Concern that it's Not the Role of the School	3.0%	2
Concern about Communication with Teachers / Staff	3.0%	2
Concern about Student Confidentiality	1.5%	1
Total		67

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



Value	Percent	Count
No Comment Provided	39.7%	29
Students Need and/or Deserve Services & Supports	19.2%	14
Increase Access to Care	19.2%	14
Health Education/Services Needed (Alcohol & Drugs)	12.3%	9
No Perceived Benefits (We Already Have This)	12.3%	9
Help for Students with Stress / Anxiety	9.6%	7
Health Education/Services Needed (Sexual/Reproductive Health)	9.6%	7
Health Education/Services Needed (Emotional Wellness / Mental Health)	8.2%	6
No Perceived Benefits (Too Costly)	4.1%	3
Will Raise Awareness of Health, Self	2.7%	2
Will Reduce Stigma	2.7%	2
Help for Students with Depression	0.0%	0
<b>Total</b>		<b>73</b>

