

Introducing CARES and Its Purpose



CARES: Universal Wellness Screening

- Developed for California students in **grades 6-12**
- Validated with responses from **over 1.2 million** students



Proactive School-Wide Support

- Enables early identification and intervention for student mental health needs
- Shifts schools from reactive to **preventive** approaches



Inclusive and Efficient Design

- Brief, voluntary survey with **27 items**
- Accessible for all schools, including under-resourced districts

Key Principles Behind CARES

● Schools: Frontline for Mental Health

- Educational settings are the most accessible and acceptable place for youth mental health support.

● Balanced Dual-Factor Approach

- CARES integrates both **well-being** and **emotional distress** for a holistic student assessment.

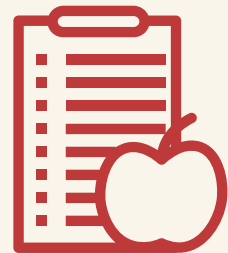
● Resilience & Protective Strengths

- Measures key factors like self-efficacy, emotional skills, and supportive relationships.

● Universal, Inclusive, Efficient

- Designed for all students with a brief, voluntary 27-item survey.

CARES Components Explained



Student Well-Being Assessment

- Evaluates **life satisfaction** and **emotional distress** using the California Student Wellness Index.
- Combines validated scales for a comprehensive view of student wellness.



School Connectedness Insights

- Measures students' sense of **belonging** and quality of relationships within the school.
- Assesses school climate to guide improvement efforts.



Student Strengths Evaluation

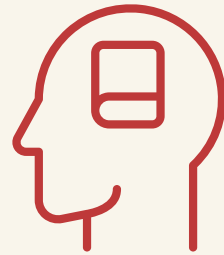
- Identifies **resilience**, self-efficacy, and social-emotional competence with the SEHS-S short form.
- Highlights individual and group strengths to inform support strategies.

How CARES Works in Practice



School-Wide Universal Screening

- CARES is administered to all students in grades 6-12, enabling early identification of mental health needs.
- Screening is brief, efficient, and designed for **voluntary participation**.



Targeted Individual Assessments

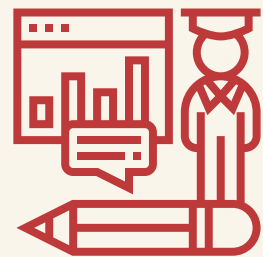
- CARES supports psychoeducational evaluations for students requiring additional support.
- Results guide tailored interventions and follow-up by school mental health teams.



Consent & Secure Data Collection

- Students provide consent and enter their school ID, ensuring responses are linked for follow-up.
- Data is accessed in real-time via a secure dashboard, facilitating rapid response.

Data Management and Real-Time Insights



Seamless Online Survey Integration

- CARES administered via Qualtrics for efficient student participation



Secure Real-Time Data Access

- Responses instantly available on a Tableau dashboard for school teams



Rapid Intervention Enabled

- Immediate review of student data supports timely follow-up and support



Guided Interpretation with Standard Scores

- Population norms and **standard scores** (M = 100, SD = 15) help contextualize student wellness

Applications and Benefits for Schools



Early Detection for Timely Support

Universal screening enables schools to identify student needs before issues escalate.

Strengths-Based Student Insights

CARES assesses both well-being and resilience, offering a balanced view of each student.

Enhancing School Climate

Data on connectedness and belonging guide efforts to build a supportive environment.

Efficient, Actionable Data

Real-time dashboards empower teams to deliver targeted interventions quickly.

Resources and Support for Implementation

Comprehensive Documentation

- Access the CARES Technical Manual for detailed administration and scoring guidance.
- Review the California Student Wellness Index and Social Emotional Health Survey resources.

Implementation Support

- Utilize wellness screening and monitoring guides for best practices.
- Contact your school mental health team for tailored assistance.

Connect & Learn More

- Visit the California School Mental Health Collaborative for additional resources and updates.



Key Takeaways for School Teams

● Proactive Student Support

- CARES enables early identification of mental health needs for all students.
- Shifts school teams from reactive to **preventive** approaches.

● Efficient Data-Driven Action

- Brief, voluntary survey with only **27 items**.
- Real-time dashboard access supports timely interventions and follow-up.

● Validated & Inclusive Screening

- Standardized with responses from **1.2 million** California students.
- Designed for diverse populations and accessible to under-resourced schools.

● Holistic Wellness Insights

- Measures well-being, distress, school connectedness, and resilience.
- Actionable data guides school climate improvement and student support.