



The Jed Foundation

JED High School: A Comprehensive Mental Health Initiative for Secondary Schools

Program Summary

JED High School is a systematic approach school districts and/or schools can use to assess and strengthen their policies, programs, and systems that support emotional well-being, mental health, and suicide prevention for students. JED High School is an adaptation of [JED Campus](#), a national, higher education initiative implemented in over 290 colleges and universities. JED High School will help school districts/schools assess and enhance their approach in the following key areas: developing life skills, promoting social connectedness, identifying students at risk, increasing help-seeking behavior, providing mental health and substance misuse services, following crisis management procedures, and restricting access to potentially lethal means.

How It Works

Each school district/school will create a multidisciplinary team to work on the initiative with support/involvement from senior leadership within the school district/school leadership and with ongoing support from JED High School staff. Participants will complete an optional, online student survey (Healthy Minds Study-High School version) that will assess three core components: a) demographics, b) social and emotional health status, and c) help-seeking and health engagement behaviors. In addition to the Healthy Minds Survey, the team will complete a baseline assessment measuring school policies, procedures, and systems. Based on these assessments, each school district/school will receive data reports and recommendations, as well as ongoing technical assistance from the JED team to develop and implement a strategic plan focused on enhancing and improving their policies, procedures, and systems

Components of the Program

- Support in identifying the members of a leadership team to oversee mental health planning at the district/school
- A detailed feedback report on the JED High School Baseline Assessment responses as well as the students' reported experience obtained from The Healthy Minds Study
- A meeting between the school district/school team and JED team to review the feedback report and begin strategic planning
- Support in the creation of a strategic plan to enhance policies, programs and systems to strengthen supports for student mental health and to reduce risks for suicide
- Ongoing technical assistance from a dedicated JED High School Advisor liaison. This technical assistance support will include regular updates from the school to JED on progress being made relative to the actions identified in the strategic plan.
- A detailed summary report with pre-post data analysis after the second administration of the JED High School Assessment and The Healthy Minds Study (program duration ~ 2 years)
- Participation in the JED High School Learning Community, consisting of webinars, monthly newsletters, and other resources
- Access to the JED High School Playbook – a comprehensive online resource library consisting of resources, sample policies, programs, educational campaigns and research/professional journal articles

How to Participate

- Submit the provided memorandum of understanding stating school participation
- Verify active or passive consent policy for research involving minors in your district (only for school districts/schools completing The Healthy Minds Study)
- Provide us with contact information of the person to whom you would like all initial correspondence to be sent (a school representative or liaison)
- Provide us with contact information of a person to whom you would like study emails to be sent (a school representative or liaison)

For more information:
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