

# TRAILS-DPSCD Student Health Survey

## General FAQs

### What is TRAILS?

TRAILS (*Transforming Research into Action to Improve the Lives of Students*) is a mental health training program that helps students impacted by stress, anxiety, depression, and exposure to trauma. TRAILS trains school counselors, social workers, and teachers to teach students skills fit for the school setting and each school's culture. TRAILS also works with schools to develop plans that help students who are suicidal or who threaten to harm themselves. TRAILS is active in over 50 Michigan counties.

***TRAILS IS WORKING TO ENSURE THAT EFFECTIVE MENTAL  
HEALTH CARE IS WITHIN REACH FOR ALL STUDENTS,  
RIGHT AT SCHOOL.***

### What is the partnership Detroit Public Schools Community District has with TRAILS?

Emotional health is important for students to succeed in their education. We know that many Detroit families face hardships in their personal lives. Because of this, as a school district, the emotional health of our students must be a priority. Last fall, DPSCD began a partnership with the University of Michigan TRAILS Program to review school services related to student emotional health. After this review, a road map will be created with program recommendations for addressing needs and highlighting strengths that line up with district goals.

### What is The Youth Policy Lab?

The Youth Policy Lab (YPL) is assisting with the review of school services. YPL advances the work of non-profits, agencies, policymakers and philanthropists by helping them make decisions based on best practices, applied research and feedback on program impact. They also identify and evaluate promising programs and share best practices related to youth-focused policies and data-driven partnerships.

### Will I find out the results of the student health survey?

Results will be written in a report provided back to the district and made available on the school district's website.

### If I have questions about the needs assessment or surveys, who should I contact?

For questions about TRAILS or the needs assessment, contact Aileen Pagán Vega at [aileen.paganvega@detroitk12.org](mailto:aileen.paganvega@detroitk12.org).



## FAQs about the Student Survey

**When will the survey take place and which students will be taking it?**

Students in grades K-12 will take the survey on a computer at home during the month of November.

**What content does the student survey cover?**

Students will be asked about several topics, including knowledge about mental health, worry or distress, difficult experiences they may have had, access to healthcare, barriers to healthcare, and programming they would like to have in school.

**Is the survey available in other languages?**

No. Currently the survey is only available in English.

**How will student privacy be protected?**

The survey results will only be shared with the school's counselor. The counselor will work to assign students to Tiered interventions and refer students to mental health services.