**Mental Health Ministry Brainstorming Template**

**For Lutheran Schools**

*Use this template as a guide to help you and your mental health ministry team create a strategic plan for further developing your school’s mental health ministry initiatives.*

1. What were the top 5 mental health concerns/needs/interests expressed on our school’s mental wellness survey?
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7. What are we currently doing to help meet those concerns/needs/interests?
8. How might we use the free faith-based mental health resources on the Look Up Indiana website to help meet the needs of our students, staff, and their families? <https://lookupindiana.org/faith-mental-health>

Consider highlighting a resource or two each month in your school’s email to parents/newsletter/Facebook page or to place in the students’ take-home folder in their backpacks periodically. Consider how you might share a resource or two in your school’s staff meeting. If your students participate in a koinonia group, would any of the faith-based mental health resources on the Look Up Indiana website complement what they are learning/living out? Use the chart on the next page to help you.

Mental Health Topic/

Need Title of Resource How Will It Be Shared? When Shared?

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1. List some of the possible mental health-related workshops, trainings, presentations, etc. that would best meet the students’/parents’/staff’s needs at this time and list the estimated cost for each. Refer to pages 2-8 of the “Mental Wellness Survey Suggested Resource Guide” and the “Step-by-Step for Creating a Mental Health Ministry” document on the Mental Health Advocate Resource Page to assist you in determining possible events. Consider the target audience for each event.

Name of Workshop/Training/Pres. Target Audience Cost

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1. How frequently do we plan to hold these workshops/trainings/presentations? (Monthly, quarterly, twice annually, during the summer, etc.)
2. Based on the above information, create a schedule of these workshops/trainings/events for the coming year:

Month Event

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1. What are some possible Bible studies/support groups/small groups, other supports our school can offer outside of school hours to our students, staff, their families, and community based on our survey results, and are there any costs for such? Refer to pages 8-15 of the “Mental Wellness Survey Suggested Resource Guide” to assist in your determination. One idea might be to offer some parenting classes that focus on wellness, mental health, teaching kids how to regulate emotions, etc. Consider the target audience for each study or support group. Use the chart below.

Name of Bible Study/Small Group Target Audience Cost

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1. Based on the above, create a time frame for holding these Bible studies and/or small groups over the course of the next year.

Month Bible Study/Support Group/Small Group

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1. Are there any mental health-related books, guidebooks, toolkits, resources that we need for the continuing education and guidance of our mental health ministry team, staff, and students? Do we want to create a mental health resource library? If so, what are the costs of these resources? Refer to pages 18 and 44-49 in the 2023 Mental Health Toolkit on Look Up Indiana for ideas: <https://lookupindiana.org/resources/toolkit> Use the chart on the next page to help you.

Title of Book/Resource Cost

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1. Based on our above plan, what are the total estimated costs for mental health ministry initiatives in our school for the coming year?