# Mental Health & Wellbeing Program Planning Template

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| Program Name | |
| Target Audience | |
| Program developer/ Owner | |

| Program Quality and Evidence | |
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| 1. What type of program is this? | |
| 2. What are the aims and expected outcomes of the program? | |
| 3. What is the underlying theory and/or research base for the program? | |
| 4. What evidence does the author or organisation provide showing the program's effectiveness? | |
| 5. Are modifications to the program required or allowed? | |
| 6. Does the person delivering the program require training? If Yes, what does this entail? | |

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| Program Connection to School | |
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| 7. How do the aims and outcomes of the program reflect the needs of your students and your school priorities? | |
| 8. How will this program complement other schoolbased programs and/or initiatives? | |
| 9. Describe any feedback you have from other schools that have used this program? | |

| Organisational Considerations | |
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| 10. What are the costs associated with running this program? | |
| 11. How many sessions are in the program and how often do they run? | |
| 12. Do you have the resources to implement this program (staff / space/ time/ funding)? | |
| 13. Will the program be run by school staff, or external personnel? Have mandatory child protection processes occurred? | |
| 14. How are students selected to participate in this program? | |
| 15. Does the program require student and/or parent permission for participation? If so how will this be managed? | |
| 16. What procedures are in place to support students who may become distressed during program delivery and require follow up action? | |
| 17. How will you evaluate the effectiveness of the program? | |

**References**

This resource is based on work by Monash University as well as existing resources, which have been adapted for school settings.

Berger, E., Reupert, A. & Allen, K. (2020). School-based prevention and early intervention for student mental health and wellbeing: Evidence brief. Monash University.

https://youth.gov/evidence-innovation/selecting-programs

https://bullyingnoway.gov.au/PreventingBullying/STEPS/Documents/steps-framework.pdf

**education.nsw.gov.au**