

Mental Health & Wellbeing Program Planning Template

Program Name	
Target Audience	
Program developer/ Owner	

Program Quality and Evidence	
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?	

Program Connection to School

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

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>