Mental Health: Multi-tiered Trauma-Informed School Programs– Effectiveness Review Analytic Framework Narrative Description

- The analytic framework depicts postulated pathways through which multi-tiered trauma-informed school programs might improve mental health among youth. Multi-tiered trauma-informed school programs include a 3-tiered system of support. At tier 1 strategies are delivered to all students, teachers, and staff in the school. At tier 2, students may be identified in need of additional intervention at tier 2; these strategies are delivered to students at-risk, and at tier 1 or tier 2 students may be identified in need of intensive intervention; these strategies are delivered at tier 3

- Tier 1 strategies are expected to lead to improvements in the intermediate outcomes in blue at the top, which include improved school environment and trauma-informed practices, teacher and staff knowledge, and classroom engagement and management.

- Tier 1 and tier 2 may work to improve school habits, student social emotional learning competency, resilience and acceptance of others with traumatic exposure, and coping strategies.

- Tier 3 strategies may improve access to mental health services, which then impact coping strategies and referral for diagnosis and treatment. With improvements in the intermediate outcomes, we expect to see changes in the recommendation outcomes listed in red, including: reduced secondary traumatic stress for teachers and staff, improved student-staff relationships and staff satisfaction, improved disciplinary actions, improvements in student behavior, reduced symptoms of PTSD, anxiety, and depression, reduced absenteeism, improved academic achievement, and ultimately improvements in quality of life and health equity.

- In the top right corner, we have potential effect modifiers including setting, population characteristics and intervention characteristics
- In the bottom left corner, we have potential additional benefits and potential harms of the intervention. We've identified reduced financial and structural barriers to receiving services, reduced secondary traumatic stress for parents, and reduced staff turnover as potential additional benefits. We also acknowledge that there is the potential for harms as a result of culturally insensitive programs that may invalidate the experiences of historically marginalized groups.

The Community Guide