

## Mental Health Best Practices Checklist

**Staff Member:** \_\_\_\_\_

**Date of Observation:** \_\_\_\_\_

**Note:** \*The term “children” is used throughout this checklist to refer to any individual between the ages of 6 weeks and 12 years of age.

	<i>Staff member never does this or does not seem aware of the practice.</i>				<i>Staff member always does this.</i>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Staff member describes the characteristics of children who are going through stressors such as divorce, death in the family, trauma, and deployment.					
Staff member identifies the children in their care who are experiencing stressors like those described above.					
Staff member provides strategies and support before predictable stressors like deployment or relocation.					
Staff member provides strategies and support while a child and family are experiencing stressors.					
Staff member provides strategies and support after stressors end or are resolved (i.e., family member returns from deployment, parent moves out of the house).					
Staff member describes resources (books, websites, support groups, etc.) to support families experiencing stress.					
Staff member recognizes stress in themselves and asks for help as needed.					

**Notes:**