

## Mental Health Planning and Evaluation Template (MHPET)

### What is the MHPET?

The MHPET is a FREE online tool -- developed by NASBHC in partnership with the Center for School Mental Health -- that helps to systematically assess and improve the quality of mental health services delivered in school-based settings. This quality improvement tool assesses school mental health programs and services and is organized by eight dimensions of school mental health:

- Operations
- Stakeholder Involvement
- Staff and Training
- Identification, Assessment and Referral
- Service Delivery
- School Coordination and Cooperation
- Community Coordination and Cooperation
- Quality Assessment and Improvement

### MHPET: The Process

- A team leader brings together a small multidisciplinary team of individuals who are invested in the mental health services in a school.
- The team completes the MHPET online, reviews scores, and selects improvement targets.
- The team develops and implements an action plan and completes the MHPET a second time (three to six months later) to see what changes have taken place.

### MHPET: The Benefits

- Enhances the quality and effectiveness of mental health services in schools
- Supports multiple perspectives on how to organize and deliver school mental health services
- Offers an objective assessment of both strength and growth areas
- Saves time by offering guided stakeholder feedback
- Provides guidance on targeted areas for improvement

### MHPET: Additional Resources

- Frequently asked questions
- Five-step process for quality improvement
- Instructions for team members
- Action planning template
- Resource pages that support implementation of action plans

