



Mental Health and Resilience of K-12 School Personnel during COVID-19 School Closures: Baseline Survey



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BACKGROUND

The arrival of SARS-CoV-2 to the United States, also known for causing the Coronavirus 2019 (COVID-19) led to significant disruptions to the lives of K-12 school personnel including: school closures; virtual teaching from home; fears of contracting or transmitting COVID-19 to self or loved ones; loss by death of family and/or colleagues; decreased social interaction; changes in household finances and many others.

In response to the COVID-19 pandemic, Indianapolis, IN schools closed beginning March 13, 2020.

ACTIVITIES

Survey developed for Indianapolis PK-12 public school personnel to:

- Identify changes in physical and mental health and family functioning experienced during the initial and summer months of school closures
- Determine the health needs of school personnel and
- Inform school administration recommendations to support personnel needs as schools and school buildings reopen

METHODS AND SAMPLING

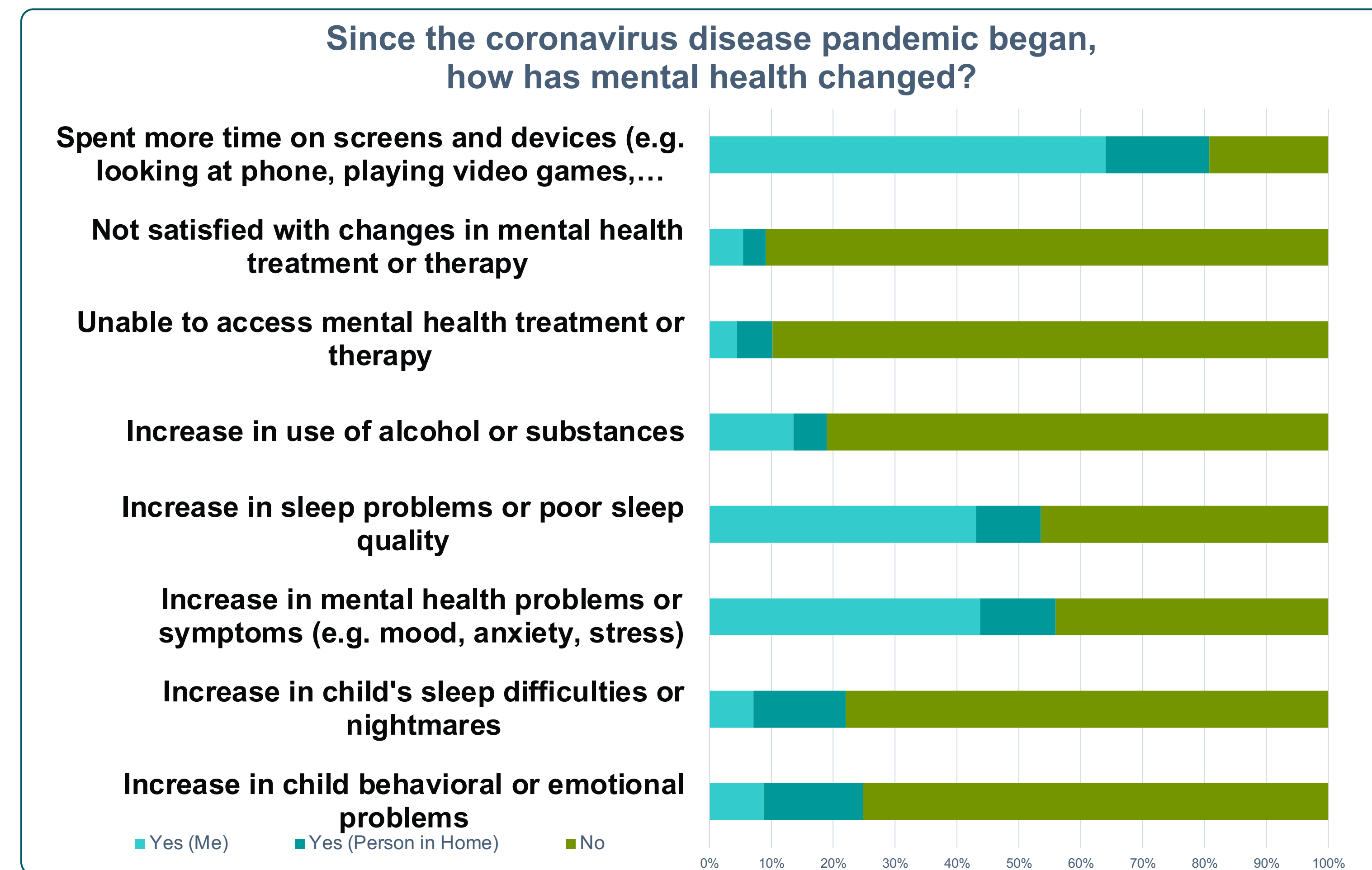
- Cross-sectional design endorsed by Indianapolis school district superintendents and school districts and IRB approved
- Surveys distributed electronically to all school personnel, including teachers, teaching assistants, behavioral and instructional coaches over three-weeks from July to August 2020

EVALUATION

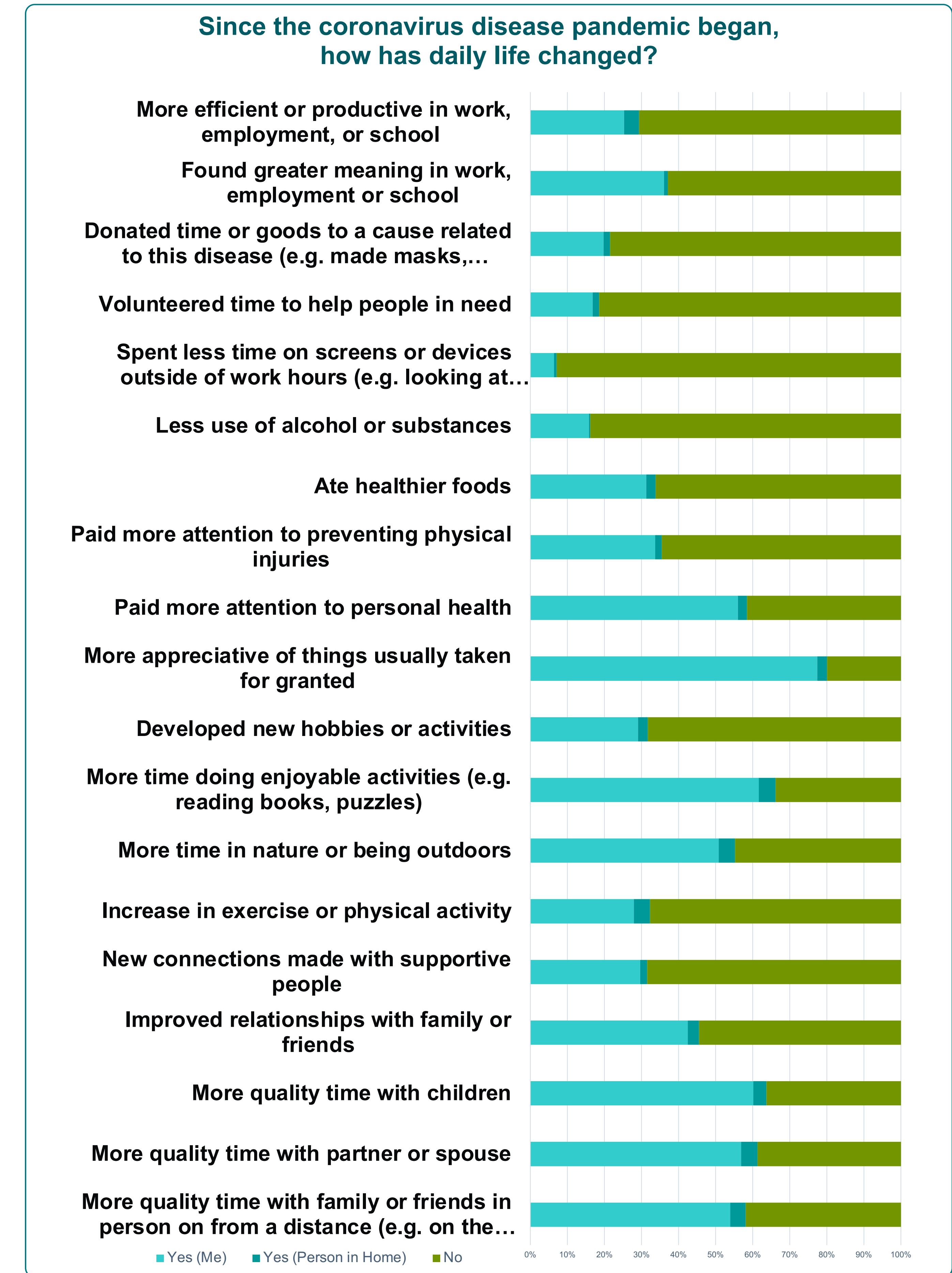
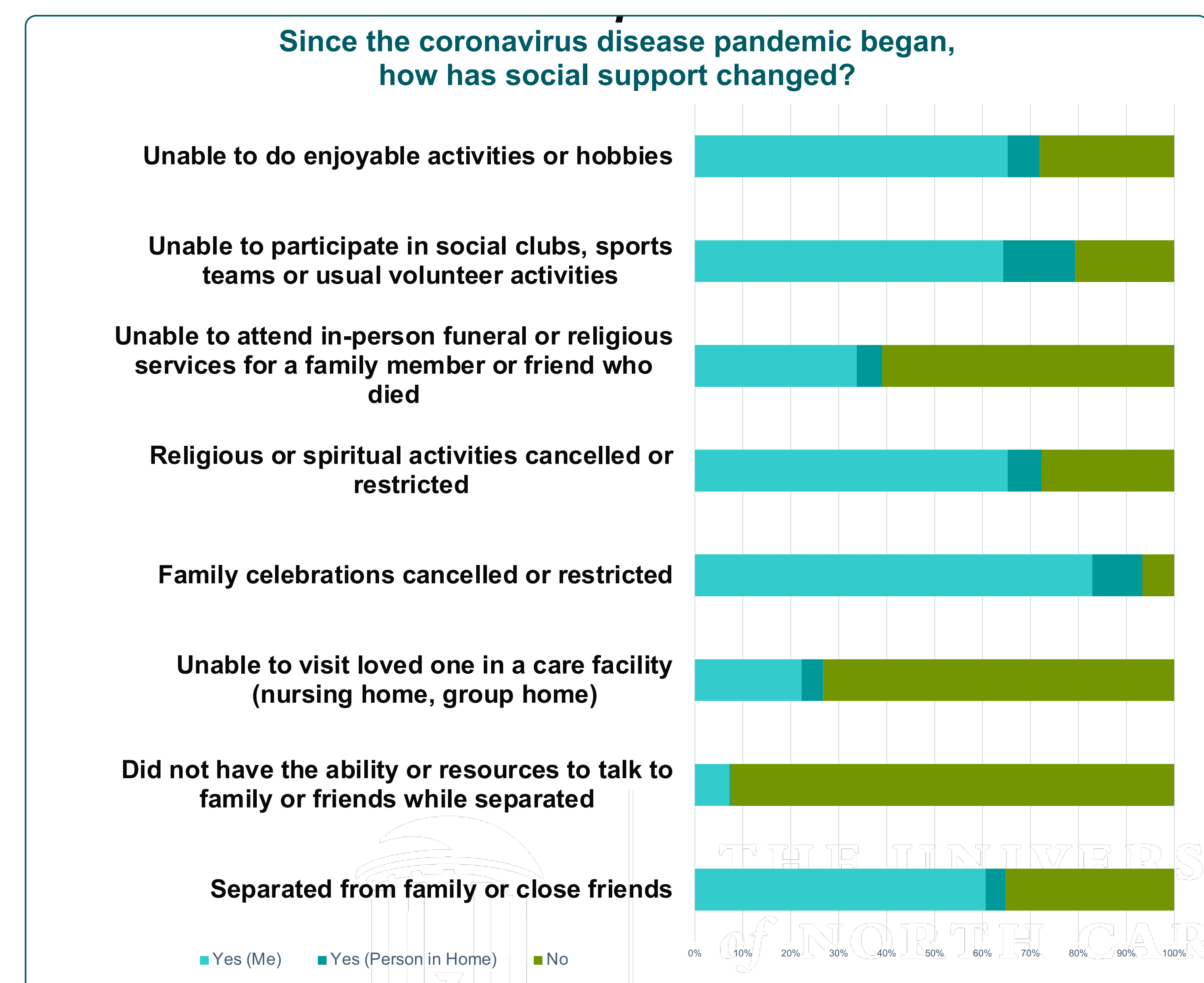
Surveyed 2500 school district personnel
562 (10.6%) survey responses received

- 55% aged 40-59 years;
- 68% were white;
- 83% female;
- 94% have children under 19 years of age at home; and
- 64% identified as teaching personnel

We report preliminary data on mental health, social support, and changes in family functioning for one school district.



Even with evidence of many resiliency behaviors, 75% of school personnel households reported experiencing new symptoms that altered mental health well-being, including anxiety and sleep disturbances, and a majority reported having had difficulty accessing their social support systems.



NEXT STEPS

1. Write and distribute personalized reports for each school district providing recommendations as indicated
2. Re-survey during mid-year to determine changes
3. Continue to provide recommendations to the school districts
4. Disseminate results

