

STUDENTS SUPPORTING STUDENTS (TRIPLE S)

2025-2026 SCHOOL YEAR REPORT

Triple S Overview

Participating Schools

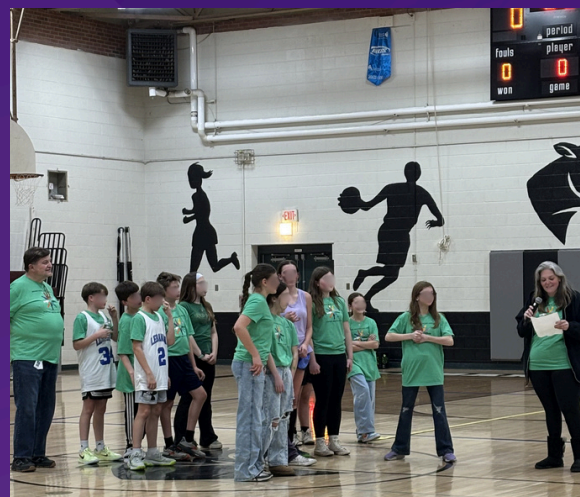
4

Peer Team Advisors

8

Peer Team Members

61



Trainings

Students trained by
NAMI

1,782

NAMI Student
Navigators Trained

61

CHDI Peer Team
Members Trained

61

CHDI Peer Team
Advisors Trained

12

Slogans

Bristol Eastern High
School

*"L.A.N.C.E.R.S. [Let's Talk. Always Care.
Notice the Signs. Check in Regularly.
Everyone Matters. Raise Awareness. Students
Supporting Students]"*

Highville Charter School

*"M.I.N.T.S. (Mental health is real, Inform about
effective supports, Notice and recognize the
signs, Tell an adult right away if someone
mentions suicide, Self-care): The Refresh"*

Lebanon Middle School

"Brains need hugs, not shrugs"

Lyman Memorial High
School

"Shatter the Silence"

Kick-Off Events

Bristol Eastern High
School

Organized and hosted a tabling event during lunch waves to introduce the peer team and talk about mental health stigma.

Highville Charter School

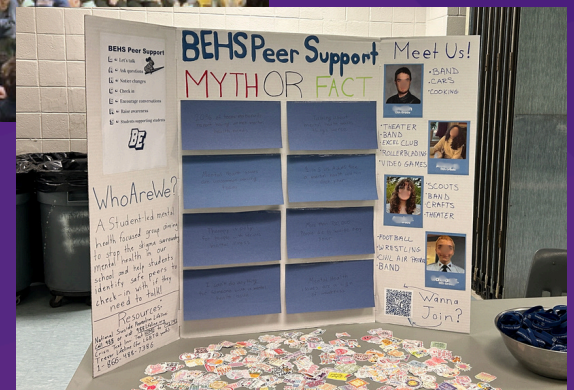
Distributed self-care kits to the entire school. Purchased t-shirts for the peer team with the phrase, "Nothing can dim the light that shines within".

Lebanon Middle School

Hosted the Miles for the Mind community walk in October to introduce the peer team to the community and promote local behavioral health resources.

Lyman Memorial High
School

Hosted an assembly where the peer team explained the purpose of the peer council, went over M.I.N.T., and modeled how to have supportive conversations.



Peer Team Data

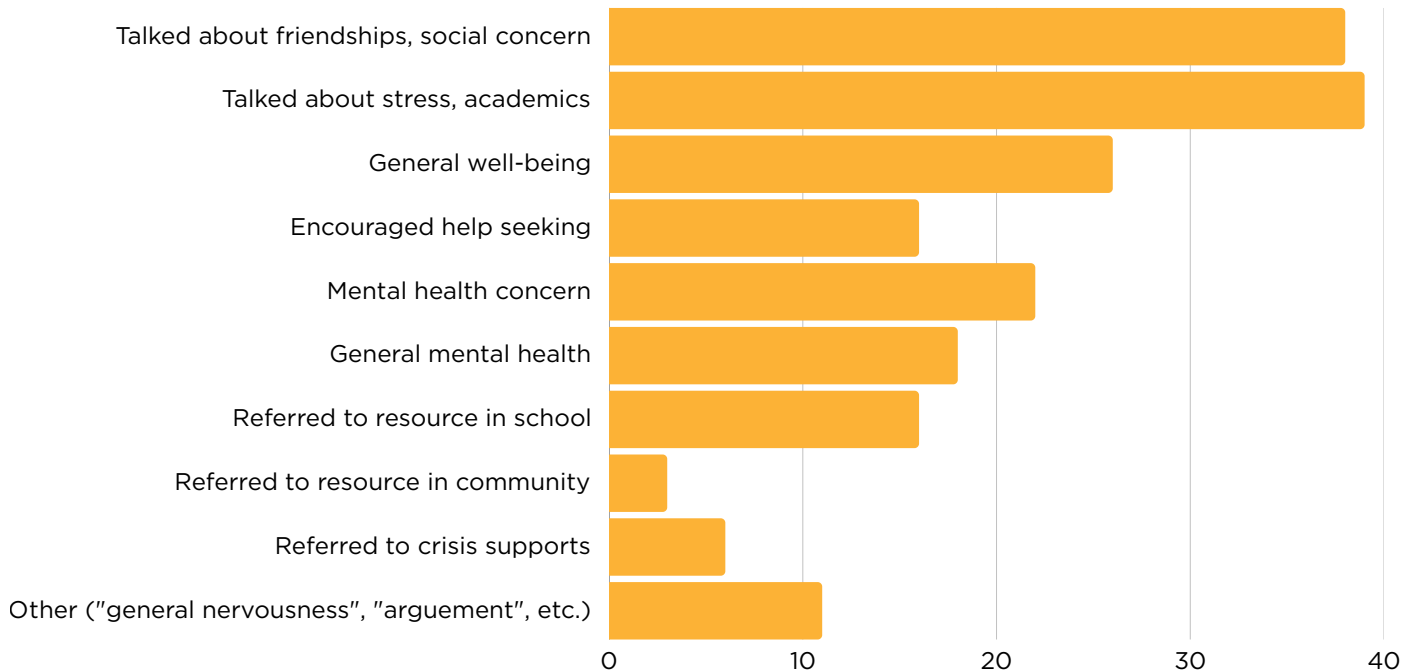
Conversations Logged

75

Conversations that identified a student in
need of immediate crisis supports

6

What did your conversation include?



What did you do after the conversation?

49

**Recommended they talk
with a trusted adult**

12

Shared resources
(examples: 988 crisisline,
school resource sheet)

14

Other
"Let them know I'm here to lend an ear at
all times!"
"Encouraged them that I will support
them no matter what"

Survey Data

Student Pre-Survey
Responses

515

Staff Pre-Survey
Responses

103

Student Post-Survey
Responses

270

Staff Post-Survey
Responses

57

Program Student Data Highlights

Mental Health Knowledge

75% → 80% correct (+5.6 percentage points)**Students demonstrated a small but statistically significant increase in mental health knowledge.**

Key areas of improvement included:

- 59% → 79% identified that anxiety is a treatable condition.
- 80% → 87% recognized that depression can run in some families.
- 51% → 61% identified at least four signs of depression.

Mental Health Stigma

Mean Stigma Score: 2.18 → 2.14

Stigma was relatively unchanged, but decreased slightly across overall.

Additionally, the overall percentage of students who did not endorse stigmatizing beliefs or behaviors remained similar before and after the program: **63.7% → 64.3%**

Help-Seeking

66% → 65% Students' willingness to ask for help if they thought they had depression or anxiety remained similar.**47% → 51%** More students reported knowing how to access school-based mental health support.**28% → 42%** Students were significantly more likely to report they would seek help from a crisis line.

Note: These findings are based on surveys completed by students from three Triple S schools (Highville Charter, Lebanon Middle School, Lyman Memorial High School).

One participating school was not included in the analyses because the program was not fully implemented during the evaluation period.