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### Student Perspectives of the Value of a Drop-In Room and its Influence on their School Experience

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# Student Perspectives of the Value of a Drop-In Room and its Influence on their School Experience

Presenters:

Marcus Atwood, Sasha Gozan-Keck, Janice Lee

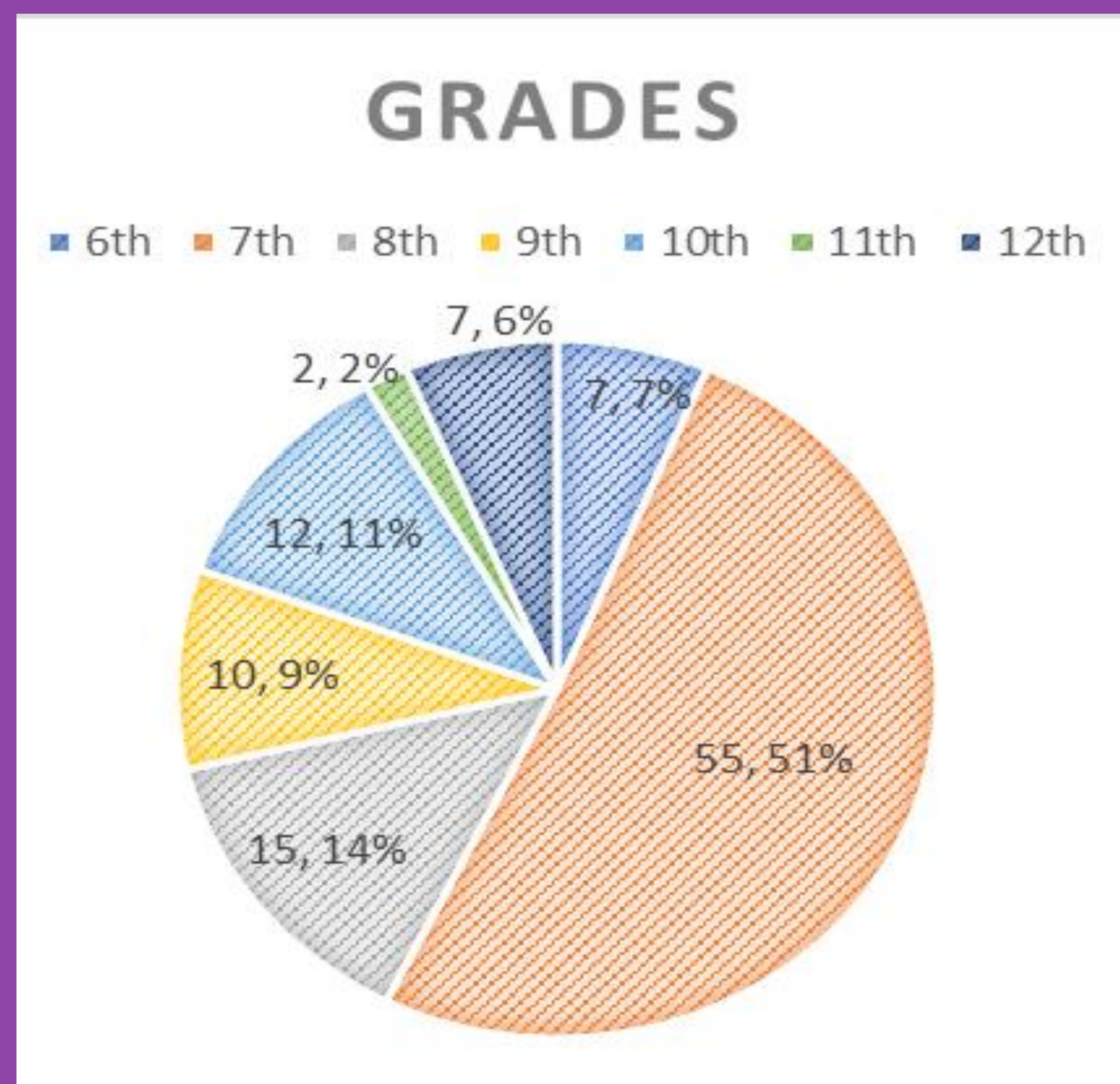
**BACKGROUND:** In the United States, the prevalence of poor mental health among middle and high school kids has increased dramatically. (CDC, 2023). A local school district created a Drop-In Room to help students destress.

## METHODS

1. A non-experimental questionnaire.
2. Informal interviews with students.
3. Used in vivo coding to see which responses students said most.

We would like to thank a local school district for their willingness to be a part of our research.

# Students need separate spaces in schools to do quiet work and de-stress daily.



## Student Quotes:

"Concussion needed a calm and not loud space"

"Yes, because I don't wanna cry in front of people."

"It makes me feel better from taking a break in school"

"it should, it gives kids time to take a break and feel better"

## RESULTS

- 94% of respondents think the drop-in room should be continued.
- 43% visit the Drop-In room to do school related activities like homework and studying.
- 57% visit the Drop-In room to relax and take a break from school.
- Reasons for coming in: stress/anxiety, relaxation, to eat lunch, a quiet place, doing schoolwork, needing a check in, wanting to check it out.

## DISCUSSION

- Students do not have access to the Drop-In Room multiple days in a row.
- Not enough funding and staff to support more "quiet" spaces for students.
- Could be beneficial to have two separate rooms, one for quiet work and one for just de-stressing.

## REFERENCES

Centers for Disease Control and Prevention. (2023, March 8). *Data and statistics on children's Mental Health*. Centers for Disease Control and Prevention. Retrieved from <https://www.cdc.gov/childrensmentalhealth/data.html>