



# WSCC Emotional Well-Being Learning Collaborative

## State Kickoff Meeting

CDC National Initiative to Advance Health Equity in K-12 Education  
by Preventing Chronic Disease and Promoting Healthy Behaviors  
Priority 2: Emotional Well-Being

**National Center for School Mental Health &  
Collaborative for Academic, Social, and Emotional Learning**





# Agenda

Welcome and Introductions

Overview of Comprehensive School Mental Health and  
Social Emotional Learning

Overview of State Teams Role

State Breakout Groups

Next Steps



# Before we get started...



Please type your name and location so we know who all is here today!



If you have questions throughout the session, please feel free to add them into the chat



We will also have time for your team to meet with your faculty liaison at the end of today's session



breathe in

*Calme*



# National Center for School Mental Health

## MISSION:

**Strengthen policies and programs in school mental health to improve learning and promote success for America's youth**

Focus on advancing school mental health policy, research, practice, and training

Shared family-schools-community agenda

Funded in part by the  
Health Resources and  
Services Administration

[www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)  
[www.theshapesystem.com](http://www.theshapesystem.com)



Facebook.com/  
CenterforSchoolMentalHealth



@NCSMHtweets





# CASEL: The Collaborative for Academic, Social, and Emotional Learning



## RESEARCH

**Build shared knowledge**



## PRACTICE

**Drive quality implementation**



## POLICY

**Guide supportive legislation**



## COLLABORATION

**Convene SEL Champions**





# Our Team



## NCSMH

## CASEL



Jill Bohnenkamp, PhD  
Co-Principal Investigator



Tiffany Beason, PhD  
Co-Principal Investigator



Zahra Ladhani, EdD  
Project Manager



Karen VanAusdal  
SEL Project Expert &  
Strategy Director



Jessica Bernstein  
SEL Project Facilitator &  
Trainer



Nancy Lever, PhD  
Co-Investigator &  
Expert Faculty



Joanna Prout, PhD  
Evaluation Director

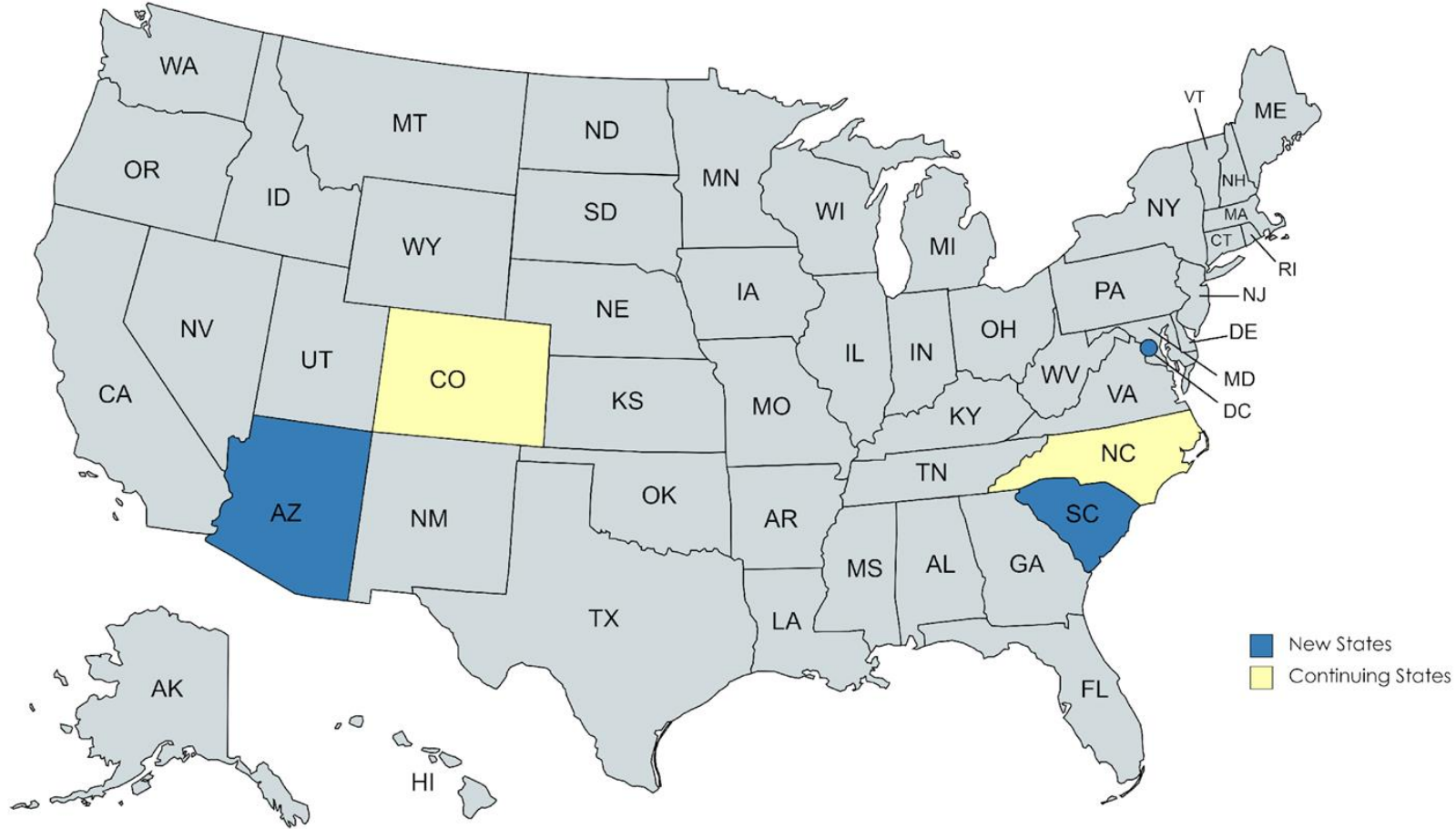


Ruth Cross  
Senior SEL Consultant





# Cohort 2







# Team Introductions



Team leads, please share one accomplishment your state has made in the area of emotional well-being





# Team Introductions!

## Team Leads

- Arizona- Kyle Holschlag & Ernest Sunjo
- Bureau of Indian Education- Teresia Paul & Ralph Groves
- Colorado- Michelle Malvey
- DC- Jessica Duncan
- North Carolina- Susanne Schmal & Heidi Austin
- South Carolina- Suzanne Snyder & Bob Stevens





# Why we are here





# Our Mission



To improve the emotional well-being of youth in communities that are marginalized and disproportionately affected by chronic diseases and their risk factors



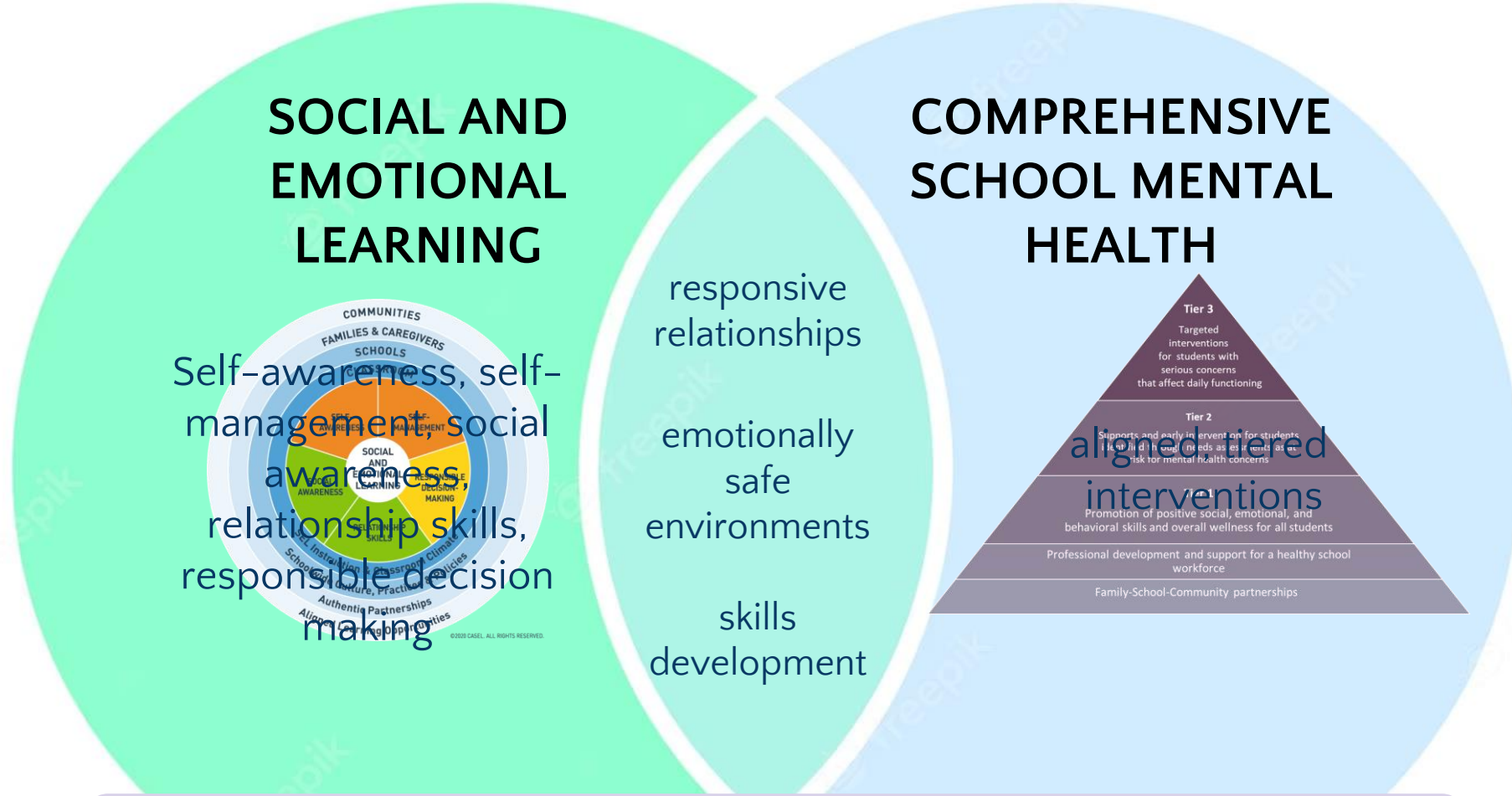
How will we do this:

By advancing health equity in K-12 schools through mental health and emotional well-being supports





# Promoting Well-being for Students and Adults



**STRONG FOUNDATION**



**R**elationships

**I**nterventions that are aligned & tiered

**S**kills development

**E**nvironments that are emotionally safe and promote belonging



# The WSCC Model

- Centers the child and emphasizes the role of the community in supporting the school
- The 10 domains overlap with CSMH and SEL





# Physical and Emotional Health are Connected!

- There is an interrelated relationship between physical and emotional health
- Research has found a link between an upbeat mental state and improved physical health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life (NIH, 2015).
- Physical activity boosts mental wellness. Regular physical activity can relieve tension, anxiety, depression and anger. (American Heart Association)





# Overview of the Learning Collaborative



# What we want you to walk away with



Increased knowledge of integrated frameworks that promote well-being



A plan for systemically implementing well-being into your context



Actionable steps to advance health equity



A foundation to continue to build upon after this year



A network of youth motivated and engaged to champion this work



# Share Seamlessly, Steal Shamelessly





# State Leads Overview

- Provide the structure and organization for the districts to move forward
- Supplement the districts understanding of resources and content
- Support the districts in implementing their efforts

**You don't need to be the expert!!**





# State Team Expectations

Assist	Districts in setting up their teams
Support	Districts in selecting youth representatives
Complete	State School Mental Health Profile & Action Plan
Attend	District Intensive Training & Monthly LC Calls
Provide	Structure and organization for districts to action plan and implement strategies



# What does providing structure look like?

- A few ideas:
  - Meeting with districts in-between sessions to check in on progress, answer questions, connect them to resources
  - Setting accountability goals for your districts or asking for regular updates on goals
  - Encouraging participation in all LC sessions
  - Connecting with faculty liaison for expert advice



# Colorado Mental Health Collaborative

Meet monthly - one week  
after National WSCC  
Collaborative meeting

Agenda is a mix of  
review from National  
meeting and topics of  
focus for our state as  
determined by district  
representatives

Review resources being  
used and discuss  
support that is needed

Basecamp link is kept at  
the top of our running  
agenda for easy access

Shared Google Folder:  
houses running agenda  
and folders for each  
district/state/national  
group to share  
resources



## Timeline

August 2023–June 2024

### September

Individual State Meeting (1 hr)

September 12–District Kickoff and Intensive Training (4 hrs)

### October 17<sup>th</sup> and 19<sup>th</sup>

Youth Leadership Intensive Training

### Ongoing starting November

Monthly Calls–2<sup>nd</sup> Tuesday of the month, 12:30–2 PM EST/11:30–1 PM CST/10:30–12 PM MST

Youth Leadership Academy Action Calls–4<sup>th</sup> Tuesday of the month, 1–2 PM EST/12–1 PM CST/11–12 PM MST

### Ongoing Assessment

Access to expert consultation and technical assistance





# District Selection

- Commitment to equity
- Holistic approach to supporting adults and students
- Population of youth in communities that are socio-economically marginalized and disproportionately affected by chronic diseases and risk factors that cause them
- District leadership teams should include:
  - Directors of Behavioral Health/Student Support services
  - SEL Director
  - Administrators
  - Educators
  - Youth and Family Partners
  - **District Youth Liaison**



# District Expectations

Establish	a district team (including a district youth liaison)
Select	Youth Representatives for the District
Complete	District SMH Profile & SMHQA
Attend	District Intensive Training & monthly LC calls
Implement	content learned in the learning collaborative





# Youth Engagement Overview

Informing the work  
Building capacity





# Youth Leadership Academy

- District Liaison
  - Works with youth leaders to integrate them into the district team
  - Supports the implementation of their goals
  - Attend Intensive Training and Action Calls
- Youth Leaders
  - Attend Intensive Training (October 17 & 19, 2023)
  - Attend Bi-Monthly Action Calls (November, January, March, April)
  - Define and Implement a goal addressing emotional well-being in their school/district



# Youth Leadership Academy

- Youth Intensive Training
  - Overview of CSMHS, SEL, Equity and more!
  - Opportunities to engage with youth leaders from their state and across the country
  - Engagement with State and District Leaders
- Youth Action Calls
  - Content on leadership skills (setting SMARTIE goals, assertive communication, getting feedback, mentorship)
  - Mentorship from expert faculty
  - Collaborative with other youth leaders



# State Team Breakout

## Goals:

- District selection
- The role of the state team
- How faculty can support you moving forward





# Breakout Groups

## DC



Jill Bohnenkamp, PhD

## Colorado



Katie Trainor, PhD

## North Carolina



Jessica Bernstein

## Arizona



Ruth Cross

## BIE



Tiffany Beason, PhD

## South Carolina



Karen VanAusdal





# Questions?

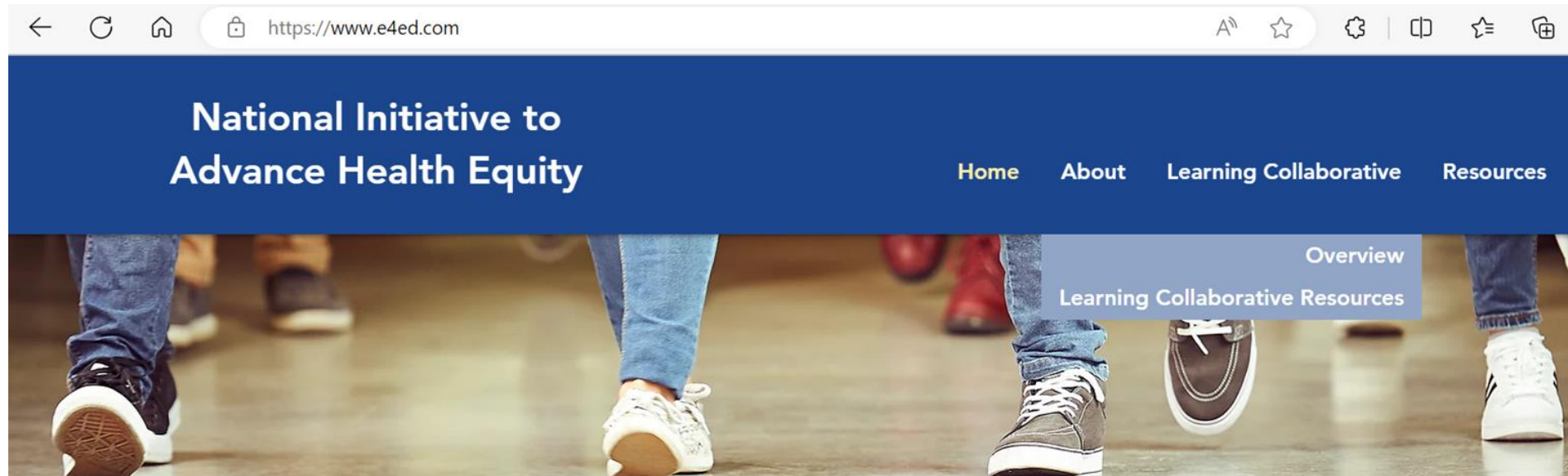






Website: [E4Ed.com](https://www.e4ed.com)

- Centralized Resources for States and Districts
- On-Demand Webinars, Facilitator Guides, etc. for future training
- No login required



**Equity &  
Emotional Well-Being  
for all students in Education**



# Expectations of Our Team

- What do you hope to gain from the Learning Collaborative this year?
- We want to hear from you!





# Coming up next!

## September 12th

District Kickoff and Intensive Training (4 hrs)  
11-3PM ET/10-2PM CT/9-1 PM MT

## October 17<sup>th</sup> and 19<sup>th</sup>

Youth Leadership Intensive Training  
12-2 PM ET/11-1 PM CT/ 10-12 MT



# Next Steps

- Set up meeting with a faculty member if needed
- **District Selection**
  - [Update district contact list](#)
- **Youth Leader Selection**
  - Access [District Liaison Guide](#) for those supporting Youth Leaders



# Evaluation





# WSSCC Emotional Well-Being LC Communications

Contact: Dr. Zahra Ladhani- [zladhani@som.umaryland.edu](mailto:zladhani@som.umaryland.edu)

Websites: [schoolmentalhealth.org](http://schoolmentalhealth.org)

[casel.org](http://casel.org)

Listserv [bit.ly/NCSMH\\_listserv](http://bit.ly/NCSMH_listserv)

CASEL Newsletters: [Newsletters - CASEL](#)

## Social Media



[@NCSMHTweets](#)

[@caselorg](#)



[@CenterforSchoolMentalHealth](#)

[@CASELorg](#)







# Ideal Characteristics for Youth Leaders

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Young people from communities impacted by increased chronic disease risk (i.e., youth living in poverty, youth of color)

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13-18 years old

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Written parent/guardian consent & youth assent

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Passionate about emotional well-being and/or equity

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Can commit to two 2-hour trainings in November and 4 one-hour bi-monthly actions calls in spring semester

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Access to internet and device to participate virtually (during school day)

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