



WSCC Emotional Well-Being Learning Collaborative

March Community of Practice Call

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**





Welcome!

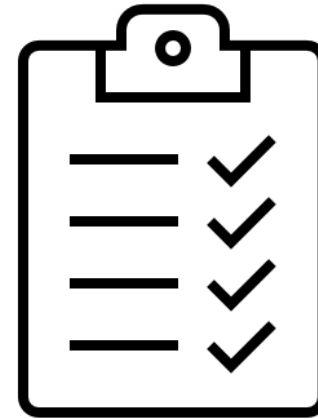
-Please change your Zoom
Name to: STATE-Name, i.e.
MD-Jill

Once you're done,
Please share one thing you are
looking forward to this Spring



Agenda

- Inclusive Welcome**
- District/School Sharing**
- Intentional Closing**
- Next Steps**
- Feedback Survey**





Share Seamlessly, Steal Shamelessly





Inclusive Welcome



Which picture best illustrates what collaboration *really* feels like for you/in your work context, most of the time? Why/how?



Synectics is a creative problem solving methodology that allows for a high level of inclusion and encourages the acceptance of innovative and divergent ideas.

It promotes creative and fluid thinking. It sparks conversation and establishes readiness for further exploration of a topic.

SEL Focus: *Low-risk activity on a high stakes topic in which all voices are included.*



Feedback Survey

Please open the the feedback survey link. We will ask you to fill this out at the end of the call.

- Link is available in the chat or;
- Scan the QR Code; or
- Type in bit.ly/wscclc2





District & School Sharing

- Each State will have one district/school share about their goals, successes and challenges so far this year
- Each district/school will have 10 minutes total:
 - 3-5 minutes to share their information
 - 3-5 minutes to ask questions and receive feedback
- We will be taking notes for each district/school on the feedback from others
 - You can add to the feedback form directly if you would like



Districts & Schools

Arizona - San Carlos Unified School District

BIE - Rocky Ridge Community School

Colorado - Harrison School District 2

D.C. - Ingenuity Prep Public Charter School

North Carolina - Newton-Conover City Schools

South Carolina - Rock Hill School District 3



Arizona – San Carlos Unified School District



Priority Goal(s)

1. Improve school mental health system
2. Improve Needs Assessment/Resource Mapping



Challenges

1. Lack of School MH Professionals
2. Disconnected from the community (resources)
3. Lack of MH resources



Successes

1. Improved early intervention
2. Good MH promotion services and supports
3. Established Parent Educators and Cultural Success Coach Programs



Q&A: Questions for/from the group



BIE - Rocky Ridge Community School



Priority Goal(s)

1. Increase number of students receiving counseling services by 10 students



Successes

1. Two students who have been journaling as an SEL activity. Regulating emotions



Challenges

1. Acknowledge student body need counseling to deal with bullying.



Q&A: Questions for/from the group



Colorado – Harrison School District 2

Priority Goal(s)



1. Complete District SHAPE Assessment
2. Completion of SHAPE Assessment by 3 Pilot School Sites

Challenges



1. Limited Previous Use of MH Data
2. Siloed Departments/Grants
3. No Universal Screener

Successes



1. Completed District SHAPE Assessment
2. High School Focus Groups
3. Mental Health Referral Workgroup

Q&A: Questions for/from the group





D.C. – Ingenuity Prep Public Charter School

Priority Goal



1. To build buy-in among leadership for a comprehensive approach to educator wellness.
2. To update an existing staff survey or use a new survey to assess staff needs and develop a plan using the survey data.

Challenges



1. Supporting a mindset shift for educator wellness.
2. Integrating strategies to the school day.

Successes



1. Already have early dismissal days.
2. Staff receive 3 wellness days/year.
3. Implementing in-person therapy for staff.

Q&A: Questions from the group





North Carolina - Newton-Conover City Schools

Priority Goals

Based on district Indistar goals, the district establishes two-way communication to encourage transparency, feedback loops, and access to information for families and the community.



1. NCCS will utilize SHAC as the committee that will oversee the areas of need to ensure that staff and student wellness is being addressed
2. SHAC sub-committees are created, and data pieces are identified. Progress monitoring occurs quarterly (whole group) and monthly during SHAC lead meetings.

Successes



1. The Well-Fair had over 100 attendees (N-CCS staff and BOE members)
2. Approximately 100 staff participate in weekly HopeCheck



North Carolina-Newton-Conover City Schools



Challenges

1. More staff engagement in wellness opportunities.
2. Identifying more wellness opportunities for staff



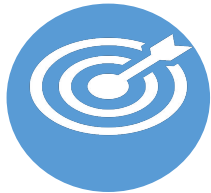
Q&A: Questions for/from the group?

Does anyone else have an event similar and have suggestions of things to consider or include if we have another one?



South Carolina – Rock Hill School District #3

Priority Goal(s)



1. Reaching our 2400 RHSD Employees with access to mental health services & Resources
2. Reaching our Rock Hill Community with Mental Health Awareness & Resources



Successes



1. Parent Academy – Live-stream zoom weekly production
2. Site-Based Community Health Center – Fed. Grant collaboration
3. Mental Health & Wellness Fair (for Community) in May, 2024 (in progress)
4. Weekly employee newsletter – The Rundown <https://www.smore.com/mscvx>
5. CARES/Warm Line/RHSD Mental Health Hotline -803-324-7464

Parent Academy:

https://www.youtube.com/playlist?list=PLuw9wFIHcRXrWdp_TaH70dAWRJQXtKs_bU

Parent academy Presentations

<https://www.facebook.com/rhsparentacademy>

Parent Academy FB Page

CARES- <https://youtu.be/dmhFJGQf-sl>

Free Yoga/Zumba Classes (paid by Mental Health Dept.) for all 2400 employees



South Carolina -Rock Hill School District #3



Challenges

1. Initiating access to RHSD staff & community using minimal funding
2. Creating task force(s) with motivated/dedicated Staff –all have a “full plate”
3. Constantly working with School Board, Cabinet, and other stakeholders to consider new initiatives for mental health services & programs –students/adults



Q&A: Questions for/from the group?



Intentional Close

3 Something's

Something that I'm going to keep thinking about...

Something that I want to learn more about....

Something that inspired me...





Next Steps

SHAPE/Action Planning Office Hours (Optional)

- March 21st; 1–2pm EST/12–1pm CST/11–12pm MST
- Calendar invite to follow today's call



Youth Leader Action Call

- March 19th; 1–2pm EST/12–1pm CST/11–12pm MST
- Topic: Giving and Receiving Constructive Feedback





Feedback Survey

- Please take 1-2 minutes to provide feedback on today's session!
- Click on the link in the chat OR;
- Scan the QR Code OR;
- Type in **bit.ly/wscclc2**





Thank you for joining today!

Next Monthly Call:
April 9, 2024

Remember to visit
e4ed.com to access our
Learning Collaborative
Resources, Monthly Call
Recordings and Slides





WSSCC Emotional Well-Being LC Communications

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Websites: schoolmentalhealth.org; www.e4ed.com
casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

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