



WSCC Emotional Well-Being Learning Collaborative

February 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-Zahra

Once you're done,
please share 1 thing you do to
practice self-love or self-care.



Agenda

Mindful Moment

Breakout Groups - SHAPE Check In

Supporting Adult Emotional Well-Being

Youth Leader Update

Feedback Survey





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Mindful Moment





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





Checking in on action plans!



Checking in on Action Plans



We support you in using a process that works for YOU



Turning in action plans is optional

If you'd like feedback or check points/accountability, let us know!



Your short-term goal for this year may be part of a larger goal that goes beyond this learning collaborative



Consider how youth goals are integrated into overall district goals



Next month, we are going to have opportunities for states and districts to share what they are working on



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Breakout Group Time



Breakout Groups (20 minutes)

Main Objective:

- Check in on state, district, & school goals
- Faculty Liaison will walk through Action Planning Guide
- Brainstorm solutions to barriers
- Discuss/Plan for next steps
 - When will we meet as a state/district next?
 - What is our next actionable item to achieve?
- Complete the Google Form with your goal



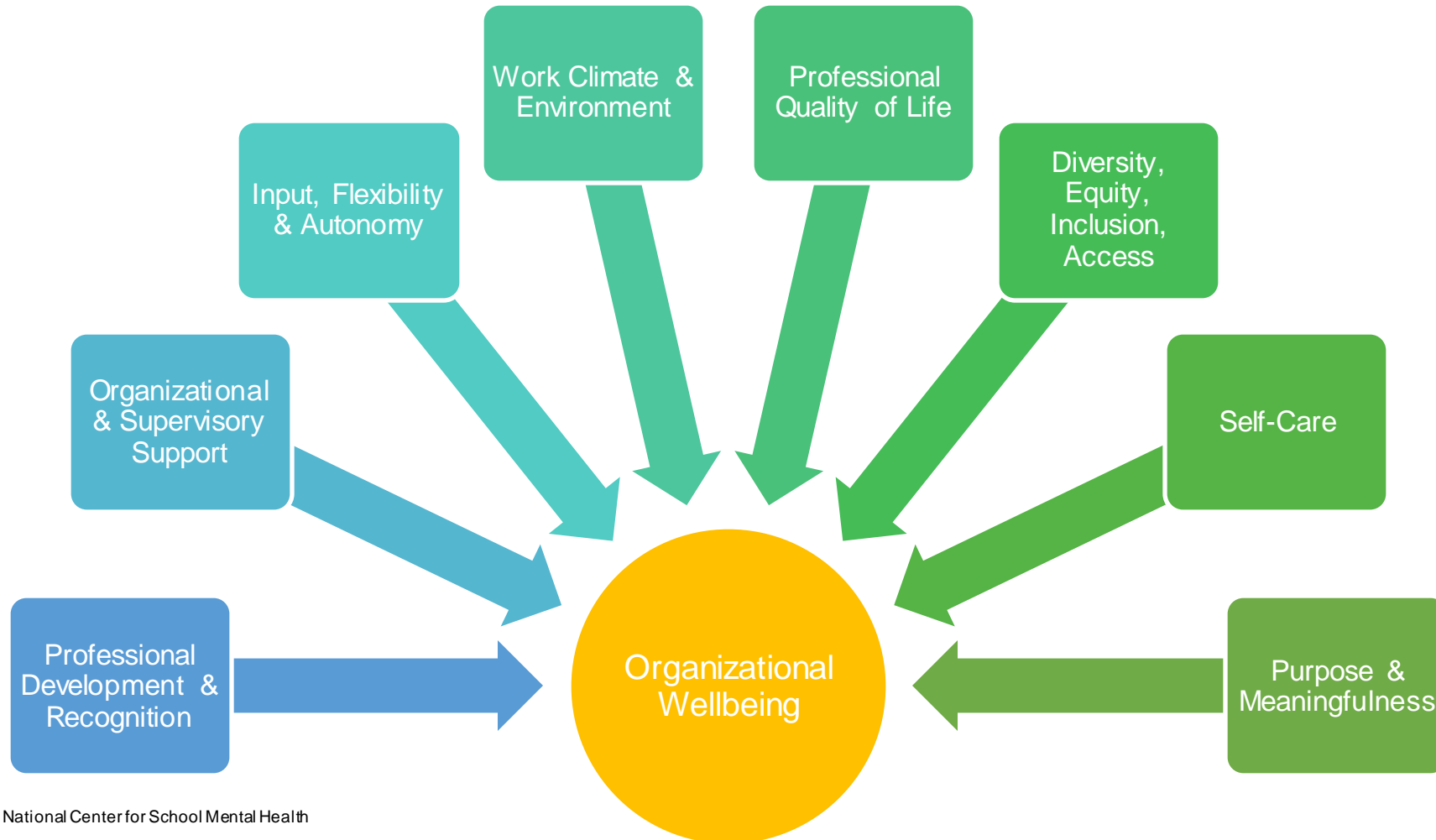
[Join State Breakout Room](#)



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Supporting Adult Emotional Well-being





Source: National Center for School Mental Health





Adult Emotional Well-Being

Individual or Personal Well-Being	Organizational Well-Being
	
<p>INDIVIDUAL (OR PERSONAL) WELL-BEING is a state of feeling satisfied, fulfilled, and having a sense of meaning or purpose.</p>	<p>ORGANIZATIONAL WELL-BEING is an organization's efforts to promote and maintain the physical, psychological, and social health for all staff.</p>





Individual Well-Being





Individual Well-Being

What is a wellness practice that fills your cup?

Here are some questions to ask yourself/staff about well-being

- What area(s) of my life do I need support in?
- What are activities I can do, places I can go, people I can reach out to for that support?
- What are the plates I can drop and what are the plates that need to keep spinning?
- What are the essentials I need to get done today? What are the “if there is time” things I can get done?
- How can I use SMARTIE goals to achieve my wellness goals?
- How can I stack a new habit onto an already existing habit?



TeacherWise



[Login/Register](#)

What is TeacherWise?

TeacherWise is a research-informed program that helps teachers and school staff manage five areas of their well-being:



Physical



Occupational



Intellectual



Social



Emotional



Adults need SEL too

- Developing SEL skills improves personal well-being and student learning
- Cultivating self-awareness can help us identify the emotional patterns and tendencies that keep us from being kind and compassionate and understanding





Adult SEL



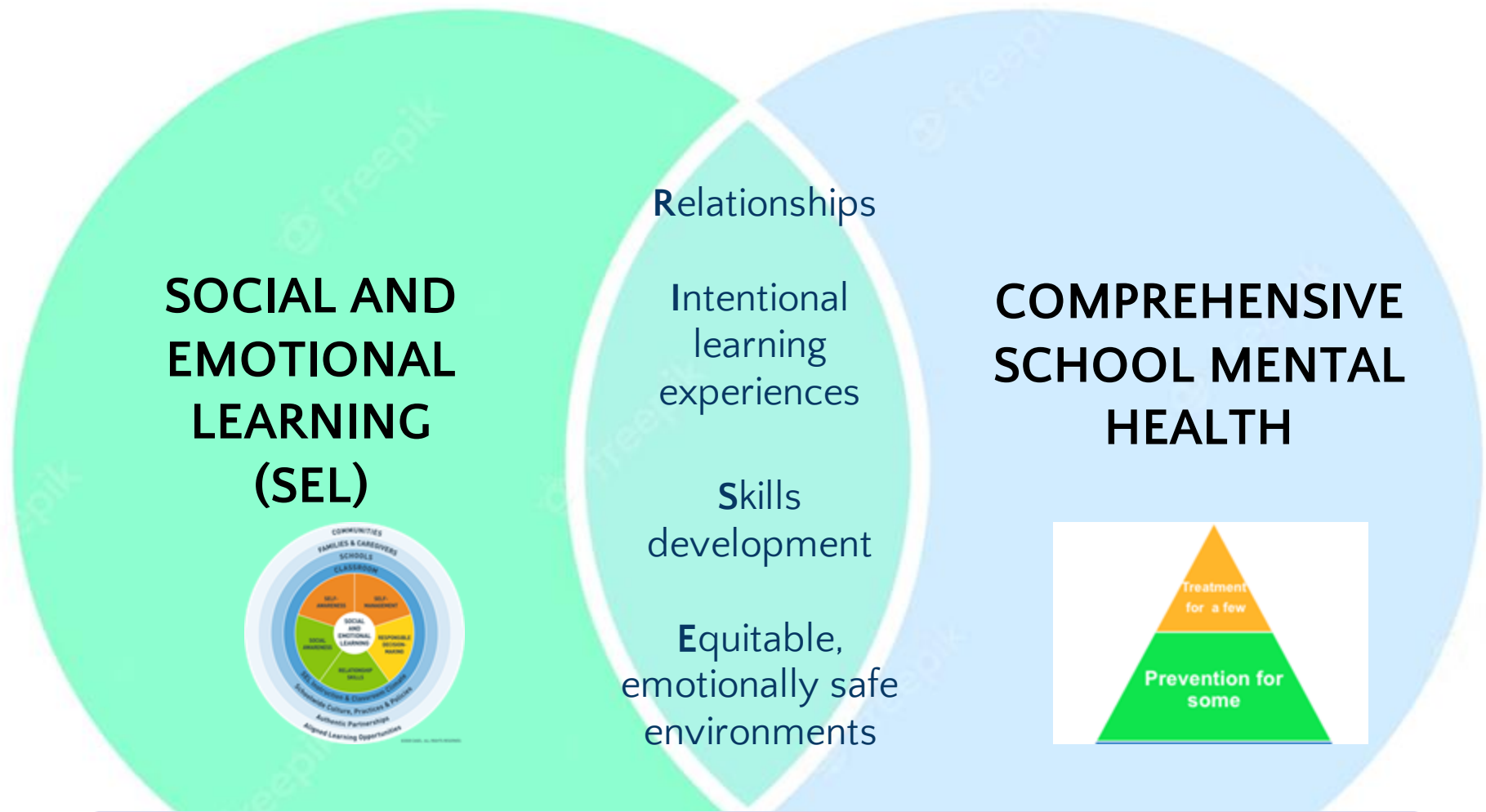


Organizational Well-Being





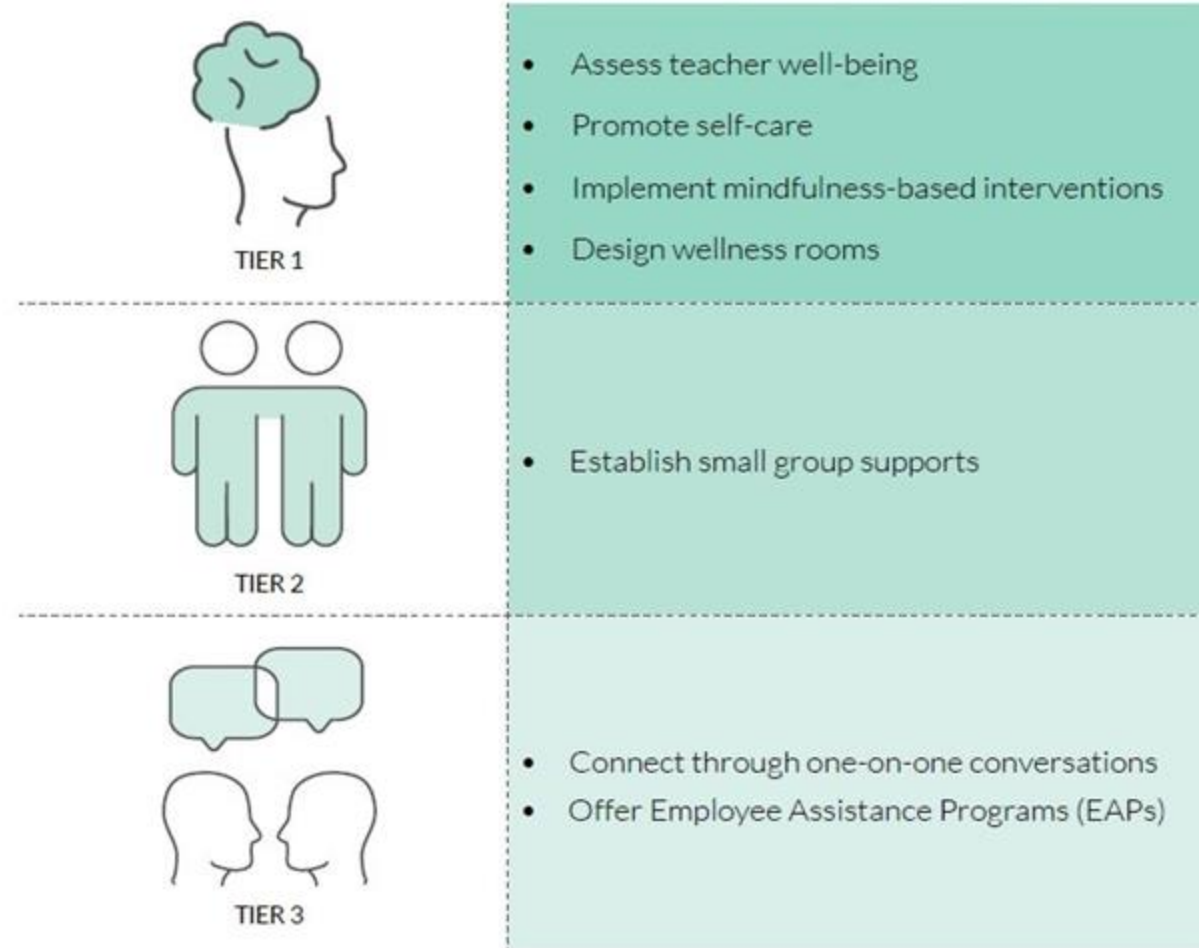
Promoting Well-being for Students and Adults





A Multi-Tiered System of Support for Teachers and Staff

Through an MTSS framework and implementation process, districts can support employees with varying challenges and needs. Here are some examples of a tiered-approach:



Source: Hanover Research





Promoting Organizational Well-Being



Welcoming Staff
Feedback



Positive recognition
and incentives for
staff



Staff book club on
emotional well-
being



Mentorship &
Accountability
groups



Increasing
Autonomy and
Decision-Making



Incorporate SEL
skills into staff
meetings



Organizational Well-being Inventory for Schools (OWBI-S)

The OWBI-S lives here.

Welcome to SHAPE! Explore all that SHAPE has to offer to improve your entity's school mental health system.

- Map your school mental health system and supports**

Teams are encouraged to start with the School Mental Health Profile, which asks about the structure and operations of your school mental health system. This profile is part of the National School Mental Health Census, an effort to capture the status of school mental health nationally.
- Assess system quality using national performance measures**
 - School Mental Health Quality Assessment
 - Trauma Responsiveness
 - Organizational Well-Being Inventory for Schools (OWBI-S)
- Improve your school mental health system**
 - Custom reports help guide your team's strategic planning for system improvement.
 - Use the Resource Library to inform continuous quality improvement.
- Learn and Share SHAPE**
 - Support your schools and districts as they Map, Assess, and Improve using National Performance Measures
 - Learn about SHAPE features and how to share information about the SHAPE system with others.
- My Districts**
 - View data related to school mental health from districts across your state in the "My Districts" tab.





Current Reporting Period: **August 2021 - June 2022**
Change Reporting Period ?

Summary Report

Jefferson United

My Star Status

View Certificate

The Organizational Well-Being Inventory for Schools (OWBI-S)

The OWBI-S provides an overview of the organizational well-being of your school system, often surfacing numerous strengths and opportunities for improvement or growth.

Administration time is less than 20 minutes. Feedback reports and comprehensive guides will be generated to support schools and districts as they work to enhance their organizational well-being.



Work Climate and Environment
Take Survey View Report

Input, Flexibility, and Autonomy
Take Survey View Report

Professional Development and Recognition
Take Survey View Report

Organizational and Supervisory Support
Take Survey View Report

Self-Care
Take Survey View Report

Diversity, Equity, Inclusion, Access (DEIA)
Take Survey View Report

Purpose and Meaningfulness
Take Survey View Report

Professional Quality of Life
Take Survey View Report



Examples from Cohort 2

D.C. and Harrison 2
School District
share their
examples.





Adult Well-Being Resources

- [Child Trends – Toolkit for School Systems to Advance Comprehensive School Employee Wellness](#)
- [TeacherWise Well-Being in School Environments](#)
- [Provider Wellbeing – Assess and improve well-being of behavioral health providers and organizations.](#)
- [Give 1/Get 8 \(Self-Care and Re-Energizing\) \(CASEL School Guide\)](#)
- [Tool: Strategies for Building a Staff Culture of Appreciation \(CASEL School Guide\)](#)
- [Why Teachers Need Social Emotional Learning \(Greater Good\)](#)
- [Hanover Research K-12 Staff Well-Being Check-In Toolkit](#)





Adult Well-Being Resources

- [Restoring Teacher and Principal Well-being is an Essential Step for Rebuilding Schools \(RAND\)](#)
- [Teacher Well-being: We Need Systems Change \(Create for Education\)](#)
- [Giving teachers time to recharge \(Edutopia\)](#)
- [SEL Three Signature Practices \(CASEL\)](#)
- [Focus on Adult SEL | Schoolwide SEL - YouTube](#)
- [Improving the Well-being of Teachers and Students \(Garrison Institute\)](#)





Youth Leadership Updates





January Youth Leader Action Call-Update

- Youth worked on developing goals during this session
 - District liaisons should meet with youth this month to refine goals and plan to implement from March to May
 - Check out e4ed.com for resources
- Examples of youth's broad goals that they worked on making 'SMARTIE' are shown on the next slide.



Youth Leader Goals - Examples

Create and send out a message that encourage self-worth and inclusion through my school's magazine by the end of the semester. - South Carolina

Create a club where anyone can join to talk about mental health or anything going on in their life. - Arizona

We want to help with mental health and issues that others may have dealing with speaking up or feeling down about themselves. - D.C.

Put posters up around my school with positive messages and tips to help better ones mental health. - Colorado

My smartie goal is continuing our MIND over Matter club that ensures that all students and many POC/Black students have a safe space to thrive and enjoy things that we participate outside of school also by charity, animal shelters, and connecting with many others on our Tiktok platform also. - North Carolina

Increase the number of students receiving counseling services by 10 students. - BIE





Youth Leadership – Next Steps



- District Youth Liaisons to submit youth goals via Google Form by February 20th.
- Optional Office Hour for District Youth Liaisons:
 - **February 15, 2024, 1-1:30PM EST/12-12:30PM CST/11-11:30AM MST**
- Next Youth Action call:
 - **February 27, 2024, 1-2 PM EST/12-1 PM CST/11-12 PM MST**
 - District youth liaisons and reps from the States invited to participate to hear youth updates!



“Share Your SEL Story” Contest

#SELday

This National SEL Week and [International SEL Day](#), we want to hear your story! Join the “Share Your SEL Story” Contest and tell the world how social and emotional learning (SEL) has impacted you in a written blog, video, or audio story. We are looking for stories from students, parents, teachers, counselors, school and district administrators, community leaders, and employers on the International SEL Day/National SEL Week theme: **Today’s Students, Tomorrow’s Leaders**.

We’ll publish the top stories on the [CASEL blog](#) and social media platforms during National SEL Week, March 4-8, and readers will vote on the most impactful stories. **The winner will receive a \$100 gift card of your choice, and all finalists will receive a certificate and CASEL swag!**

[Learn more about the "Share Your SEL Story" Contest](#), including prompts and guidelines. Please submit your story to blog@casel.org by **February 23, 2024**.





District & Regional Leaders: Apply for CASEL's SEL Fellows Academy!



-  Build capacity for SEL leadership
-  Create or enhance an SEL action plan
-  Develop a capstone project
-  Join a community of practice
-  Influence nationwide SEL adoption

Apply by March 19





Feedback Survey

- We want your feedback to improve your experience
- 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:
March 12, 2024

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

