



WSCC Emotional Well-Being Learning Collaborative

January 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



Agenda

Inclusive Welcome

Getting in SHAPE in the New Year!

SHAPE - District Examples

**Breakout Groups – Action Planning and
SHAPE Assessment**

Intentional Closing

Next Steps and Feedback Survey



Inclusive Welcome

For you: What is a 'new year's resolution' that you have for yourself around emotional well-being?

For your organization: What is your hope for this Spring semester around emotional well-being?

Be mindful that both partners have opportunity to share.



Pulling Back the Curtain: SEL 3 Signature Practices

Weave the signature practices throughout the day, every day, as a regular part of planning and facilitating lessons, meetings, and professional learning. These **research-based** practices can be part of a **systemic approach** to SEL. They help us build and practice social and emotional skills and create a climate of belonging for everyone, building strong, equitable, effective learning and working environments.



Pulling Back the Curtain: SEL 3 Signature Practices



Inclusive Welcome



Engaging Strategies



Intentional Close



Getting in SHAPE in the new year!

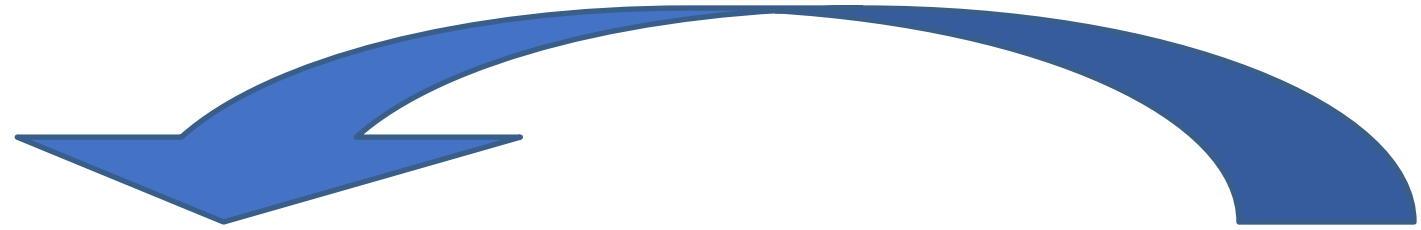


Why are we using the
SHAPE assessment?

How is it important to
our work in this learning
community?



How to use SHAPE



Map

Inventory of services and supports (SMH Profile)



Assess

Alignment with best practices (SMHQA)



Plan

Strategic Planning Guides



Act

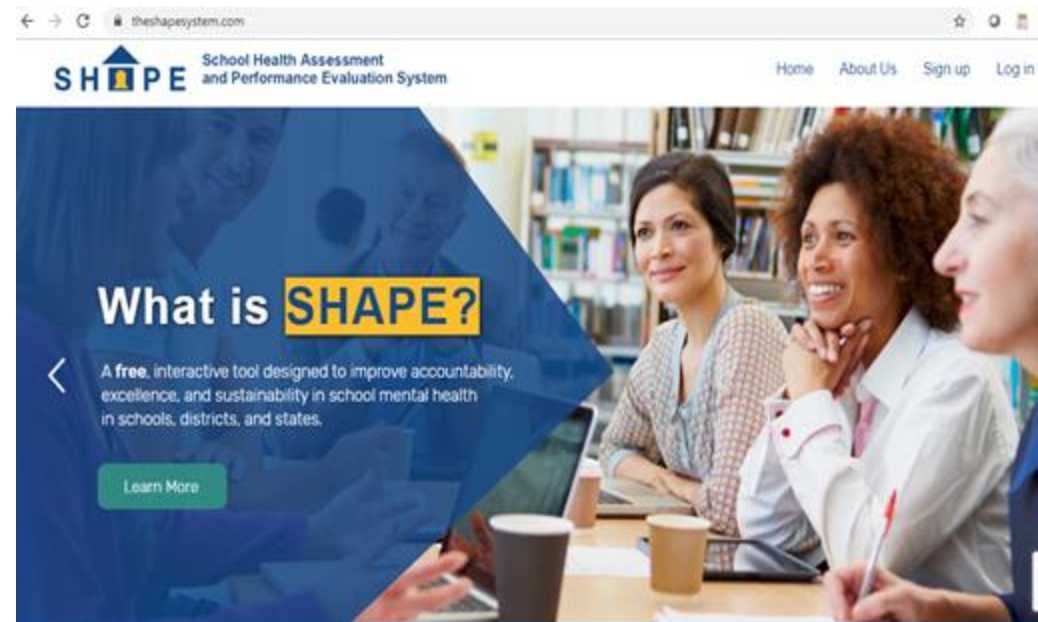
Use resource library for implementation





District Examples

Thomasville City and Archuleta School Districts share their experiences with SHAPE assessments and goal implementation.





UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE



Breakout Group Time!





Breakout Group (30 minutes)

Group 1	Group 2
<p data-bbox="257 644 1166 858">Need to Complete SHAPE Assessment</p>	<p data-bbox="1460 608 2117 686">Completed SHAPE</p> <p data-bbox="1717 715 1798 825">↓</p> <p data-bbox="1518 805 2058 886">Identify Priority</p> <p data-bbox="1717 919 1798 1029">↓</p> <p data-bbox="1317 1001 2262 1168">Breakout further by SHAPE Domain</p>



Share Out on the Padlet

Please share out one thing you learned in your breakout group or, share a preliminary goal or next step.





Intentional Close

When we opened up this session, we asked you to think about your hope for this Spring semester around emotional well-being for your organization.

What is a new idea or question that you will keep thinking about related to that hope?





Next Steps - Youth Action Call

Tuesday, January 23, 2024
1-2 PM ET/12-1 PM CT/11-12 PM MT

- Meet with Youth Representative and brainstorm areas of interest/goals
- In the action call, we will work with the youth to **make SMARTIE goals**
- Youth and District Liaison meet in February to further refine and implement goal





Thanks for a great session!

Next Monthly Call
February 13, 2024



Please fill out an evaluation of
today's activities!





WSCC Emotional Well-Being LC Communications

Contact: Dr. Zahra Ladhani- zladhani@som.umaryland.edu

Websites: schoolmentalhealth.org

casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

Social Media



[@NCSMHTweets](#)

[@caselorg](#)



[@CenterforSchoolMentalHealth](#)

[@CASELorg](#)

