



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



# WSCC Emotional Well-Being Learning Collaborative

January Community of Practice Call  
Deep Dive on Youth Partnership to Enhance Emotional  
Well-Being

CDC DASH 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

**Seated Stretch**

**Connecting WSCC & RISE to Today's Session**

**State Breakout – Goal Progress Tracking**

**Youth Partnership to Enhance Emotional Well-Being**

**Breakout Group by Topic**

**Intentional Close**

**Action Items**

**Feedback Survey**

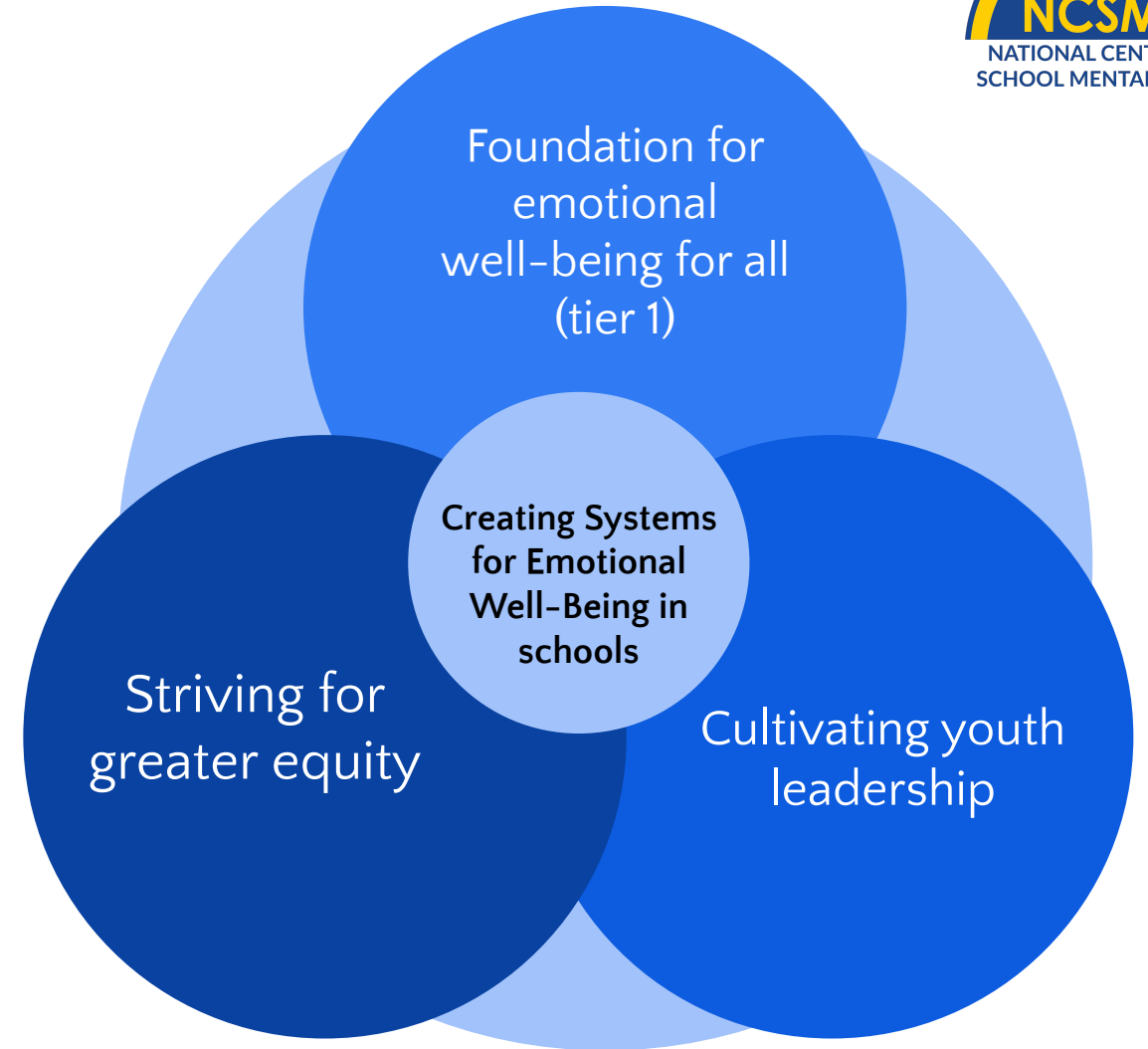






# WSCC Emotional Well-Being LC

Content Focus Areas







# Breakout Group – Goal Setting & Making Progress with Your Goal

Sharing your goal progress:

- Is your state/district/school making progress on the goal?
- Describe the status of your goal and/or challenges
- What support/resources do you need from us?

Support your district/school in tracking:

- What is working? What needs more support?
- Your progress and celebrating your small wins!



## Deep Dive on Youth Partnership to Enhance Emotional Well-Being



# WSSCC Youth Leader Skills and Interests

## Youth Leaders Said:

**Their top 2 ways to enjoy learning are by working with peers & engaging in physical activity/sports.**



**Nearly 100% of youth believe in their ability to perform academically and show care and empathy towards others.**



**Most of youth wish to contribute to their families, communities, and society.**



**Many of the youth said they can manage their emotions and behavior, take positive risks, and keep going through life's challenges.**



# Next Steps for WSCC Youth Leaders

- **COMPLETED:** Youth Leadership Summit focused on teaching youth about SMH, SEL, & Health Equity and learning more about student interests.
- **NEXT STEP:** Youth Action Calls start this month! Focused on building youth skills and helping youth with a small project related to their interests
- **ON-GOING:** Integration of student representation and/or voice in your state/district goal setting and action planning







# Youth Initiatives in Your Districts & Schools

How have you integrated youth in your emotional well-being work?

- What do the meetings look like?
- What do the interactions look like/what do you say to the youth during the meetings?
- How frequently do you meet with them?
- How do you support their leadership development?







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# Breakout Group Time







## Topic Areas

### **Tiffany Room 1**

Integrating Youth  
Voice in Your  
Emotional  
Well-Being Work

### **Nancy Room 2**

Building Your  
Action Planning  
Team

### **Karen/Jessica Room 3**

Developing and  
Refining Your Goal

### **Jill Room 4**

Next Steps to  
Achieve Your Goal



# Intentional Close

1. Considering the unique opportunities and challenges of 2025, what is 1 thing you think young leaders need most from adults (i.e., educators, mentors, etc.) to support their success?
2. Set an intention for how you will support the success of young leaders (directly or indirectly) through our WSCC work and/or other professional or personal work this year. **Share your intentions in chat! :)**





# Action Items

1. Take time to focus on your own well-being.

2. Meet as a team to continue to work on your goal.

3. Plan to attend the first Youth Leader Action Call –  
January 28th







# 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



2:00



# Thank you for joining today!

Next Monthly Call:  
February 11, 2025

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





# 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](#)  
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[@CenterforSchoolMentalHealth](#)  
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