



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



## Youth Action Call January 23, 2024

Whole School, Whole Community, Whole Child  
Learning Collaborative (WSCC LC)

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**





**Keep cameras on (It's good to see you 😊 )**



**Change your Zoom Name to: State Initials – First Name, pronouns, grade**



**Example: MD - Tiffany, she/her, 10**



**Then, share in chatbox: One thing (or person or experience) that helps you feel motivated to meet your goals.**



# Agenda



Welcome



SMARTIE Goals



Breakout Groups



Wrap up



# MINDFUL MOMENT





# SHARED AGREEMENTS FOR LEARNING & DISCUSSIONS



# Shared Agreements



- Use “I statements” to state opinions or feelings
- Respect everyone’s differences
- Respect everyone’s opinions
- Use inclusive language
- Use you right to say: “pass” or “pass and come back”

**Please feel free to share additional shared agreements in the chatbox!**



# Share your wisdom about school community needs!

## Share this!

- Share your opinions, ideas, and questions about school mental health

## Avoid this.

- Do not share names or specific details about personal struggles or traumatic or scary experiences.



# Setting Goals



# Specific Ideas for Youth Engagement

## Outreach and Advocacy

- Create a social media hashtag
- Write or co-write a blog/school newspaper post

## Youth Representative on Team Meetings, Councils

- Join or create a committee or council, including School Mental Health team

## Research and Assessment

- Gather information about community resources that help meet students develop social and emotional learning skills

## Peer Education

- Lead classroom presentations; present at school resource fairs; lead morning school announcement about mental health

## Youth Training & Shadowing Experiences



# S.M.A.R.T.I.E. Goals

- **Specific:** state exactly what you will do.
- **Measurable:** use numbers or measurable details to define it.
- **Achievable:** make sure it's within your reach.
- **Relevant:** ensure it fits and makes sense for your interests.
- **Time-bound:** give yourself a timeline.
- **Inclusive:** it includes everyone.
- **Equitable:** it considers what people need not solely what is equal.





# Specific

**State exactly what you will do.**



**GOAL: “I want to share helpful tips at school”**

**How do I make this goal more specific?**

**Example: I want to share helpful tips on how to take care of your emotional health over social media**



# Measurable

Use numbers or measurable details to define it.



What am I going to do to achieve this goal?  
Put some numbers to it!!

For example:

I will spend **1 hour per week** researching emotional well-being tips.

I will create **2 TikTok videos per week** sharing a new tip.

I will repost 1 helpful video **3x a week**.



# Achievable

**Make sure it's  
within your  
reach.**



**Based on where you are right now, are you able and willing to do this?**

**Not Achievable:** I will create my TikToks on Thursday to post on Friday, even though I usually have quizzes to study for on Thursday night.

**Achievable:** I will create my Tik Tok on Tuesday, when I don't have an after-school activity, and schedule it to post on Friday.



# Relevant

**Ensure it fits  
and makes  
sense for your  
interests.**



- Is this actually related to what you want to do?
- There are lots of things you can do to share mental health tips, so pick something that makes sense for your interests.
- **Examples for goal (I want to share mental health tips on social media)**
  - Do students at my school use Tik Tok, or is there another platform to consider?
  - Am I reaching the most people this way? How can I amplify it?
  - Are there other ways to reach students off social media?



# Time-Bound

**Give yourself a timeline.**



- **What is my deadline for meeting the goal?**
- End of day? I will ask all my teachers to share the Tik Tok handle or “@”
- By a number of weeks? I will share 4 videos
- End of the Quarter? I will have 60 people following the school mental health Tik Tok



# Inclusive

It includes  
everyone.



- Does my goal include everyone, including youth of color, LGBTQIA+ youth, low-income youth, immigrants, etc.?
- Ask yourself:
  - Am I looking for resources that meet the needs of all students in my school/district?
  - Am I sharing resources/tips from creators who reflect diverse identities in my student population?
  - Am I getting input regarding what resources students need from a diverse group of students?



# Equitable

Does my goal ensure that everyone has what they need to be well?  
Sometimes this may not mean everybody gets the same thing,  
because we all have different needs.





# What is your goal?



What is one overall interest you have related to student mental health and/or social and emotional learning in schools?



Please share your general idea in the chat!



We will break out into smaller groups to refine your goal.



# Breakout Groups



# Breakout Groups



- Today you will practice setting SMARTIE goals related to your interests, but you don't have to have a finalized goal!
- We have a SMARTIE goal worksheet for you to complete.
- Think of this like a **rough draft** that you can bring back to your adult school/district leader to finalize a goal that is simple for you to accomplish this semester.



# Breakout Rooms – What will we do?



Share ideas for goals.



Work on making a practice goal 'SMARTIE' together.



Time to work on a rough draft of your own goal.



# Directions for Breakout Group

You will be sent to your Breakout Group

Facilitators will lead discussions & take notes

Youth leaders to share your ideas



# S.M.A.R.T.I.E. Goals

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# Report Out

Please share your 'SMARTIE' goals in the chat



- Write one take away from today in the chat
- Thank you for being awesome!!!



## Future Sessions



Our next call will be on  
February 27th.



Please meet with your district  
youth liaison to talk about  
your goal

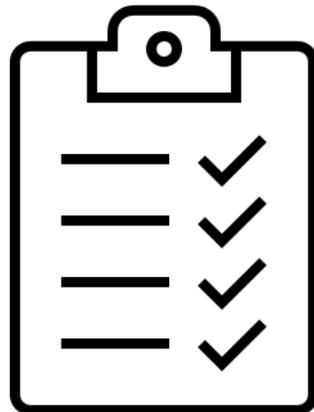


What other topics would you  
like to learn and talk about  
during our future calls?



# Feedback Survey

- We want your feedback to improve your experience
- Please take 1-2 minutes to provide feedback on today's session before you log off!
- Click on the link in the chat OR;
- Type in [bit.ly/youthwsc](https://bit.ly/youthwsc)





# WSCC 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](#)

