



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE



WSCC Emotional Well-Being Learning Collaborative

November Community of Practice Call
Engaging Youth in Promoting Emotional Well-Being

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**





Agenda

Inclusive Welcome

Connecting WSCC & RISE to Today's Session

Integrating Youth Voice

BIE – Youth Engagement

Breakout Group Discussion

Intentional Close

Action Items

Feedback Survey





Inclusive Welcome – Neuroplasticity Activity

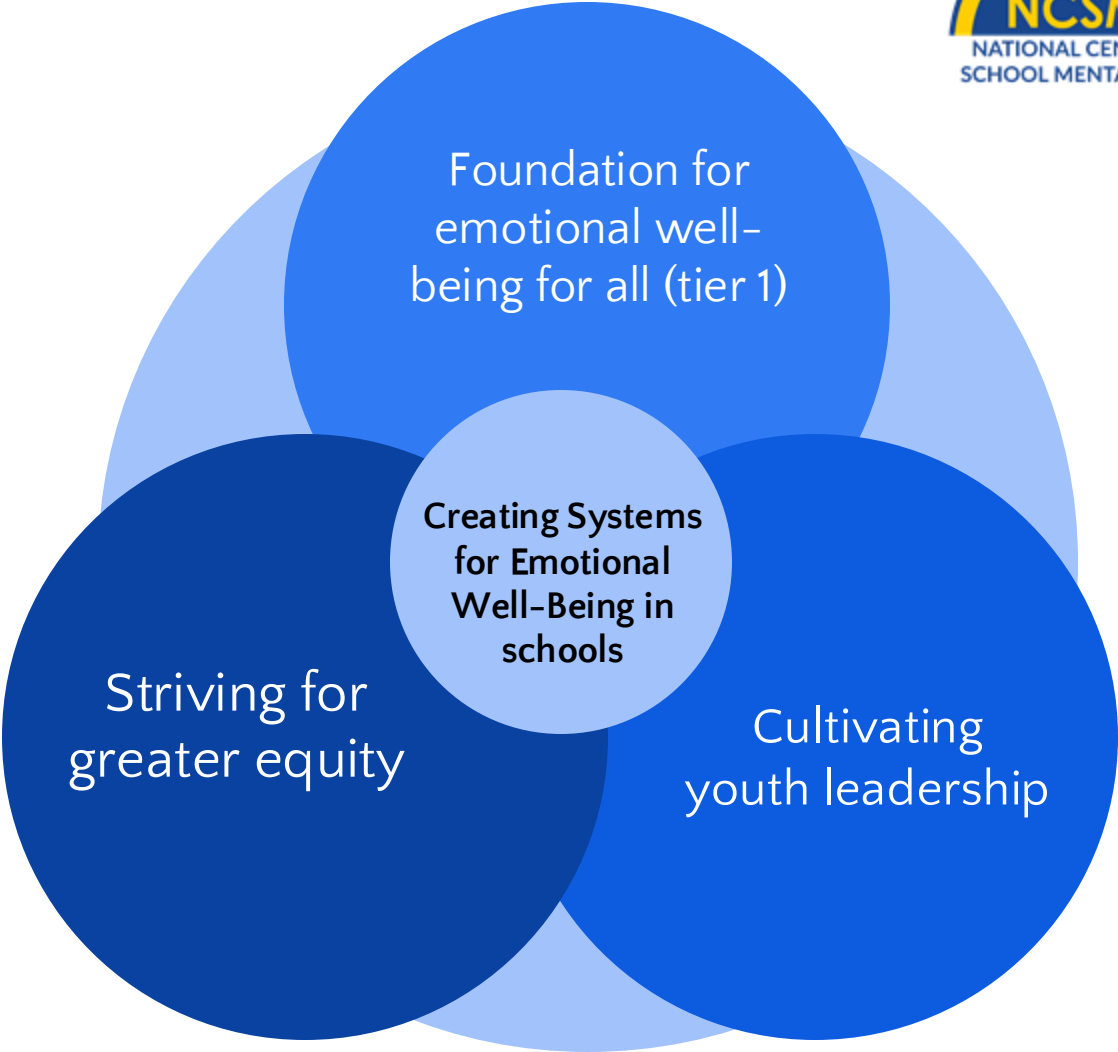


<https://www.youtube.com/watch?v=B5Agl8vvlxc>



WSCC Emotional Well-Being LC

Content Focus
Areas





Connecting WSCC & RISE



Relationships

Intentional learning experiences

Skills development

Environments that are emotionally safe and promote belonging



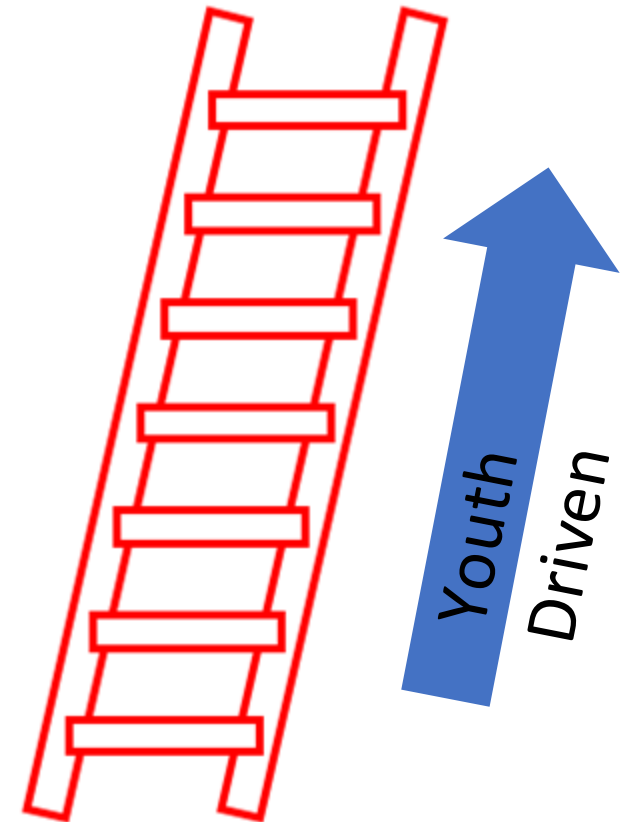
Youth Engagement



Poll: Ladder of Youth Participation

On which rung is your school or district?

1. Youth Initiated and Directed
2. Youth Initiated, Shared Decisions with Adults
3. Youth and Adult Initiated and Directed
4. Adult Initiated, Shared Decisions with Youth
5. Consulted and Informed
6. Assigned and Informed
7. Tokenism
8. Decoration
9. Manipulation





What Youth Said They Want

- Choice of how to participate
- Options that build on skills/interests
- Clear understanding of roles, tasks, and expectations
- Support and coaching from caring adults
- Be a meaningful partner
- Grow with opportunities to participate in the work
- Connection with others who share a common experience





Trauma-Informed Youth Engagement Practices

Principle	Practical To Dos
Safety	Co-create safety norms with youth.
Trustworthiness & Transparency	Communicate goals and expectations.
Peer Support	Facilitate peer relationship building activities.
Collaboration & Mutuality	Actively invite youth to share their opinions.
Empowerment, Voice & Choice	Use shared decision-making processes.
Cultural, Historical and Identity Concerns	Focus on cultural responsiveness, diversity, equity and inclusion. Solicit youth feedback.



Youth Engagement Best Practices



- **Respect youth as the expert** on their strengths and needs.
- **Facilitate goal-oriented meetings** – seek to guide conversations towards goal-oriented outcomes.
- **Use a strengths-based approach** – focus on the successes and opportunities from experiences shared.



Youth Engagement Best Practices



- **Ensure fair and equitable incentives and compensation** for youth efforts.
- **Engage parents/caregivers** – consider communications sent home, opportunities to share feedback, invitations to meetings, etc.)



Previous Youth Leader Goals

Organize 4 events in the gym, to help students in grades 9-12 network with like-minded peers to find their own personalities and feel more comfortable in their abilities. - **South Carolina**

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

I will work with our counselor to lead a town hall for our 8th graders on the importance of mental health. We will do these town halls based on gender as it is easier to open up with a smaller group and a group that you trust with your thoughts and feelings. - **D.C.**

I want to make a pamphlet giving people resources for mental health, drug abuse, alcohol, and sexual assault/abuse. I want to also make sure that it is in different languages. - **Colorado**

I will continue 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. - **North Carolina**

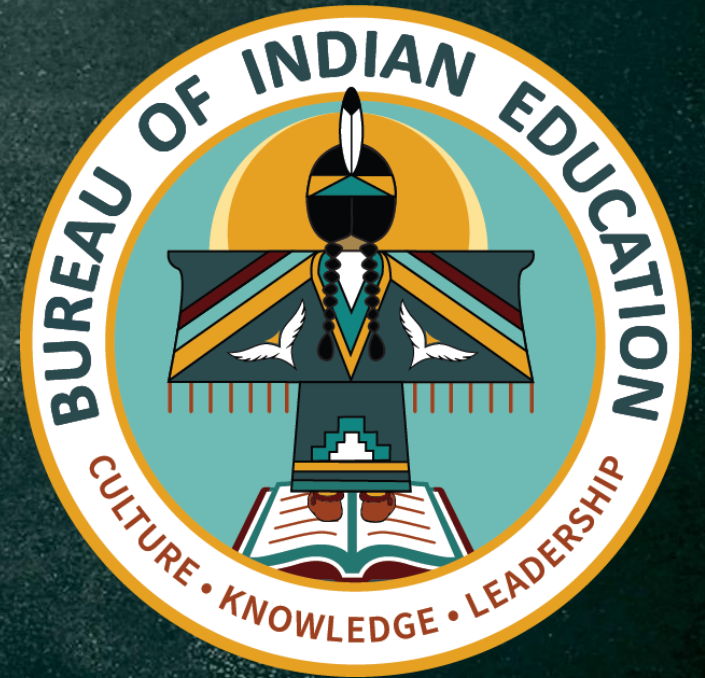
I will implement a kindness awareness system within my school. I will have fellow peers nominate one another regarding random acts of kindness. - **BIE**



U.S. Department of the Interior
Bureau of Indian Education

Bureau of Indian Education Youth Leadership Summit & Whole School, Whole Child, Whole Community Learning Collaborative

Crystal Becenti, Student Behavioral Health
Program Specialist, Navajo ADD
Leslie Crow, Student Behavioral Health
Program Specialist, BOS ADD

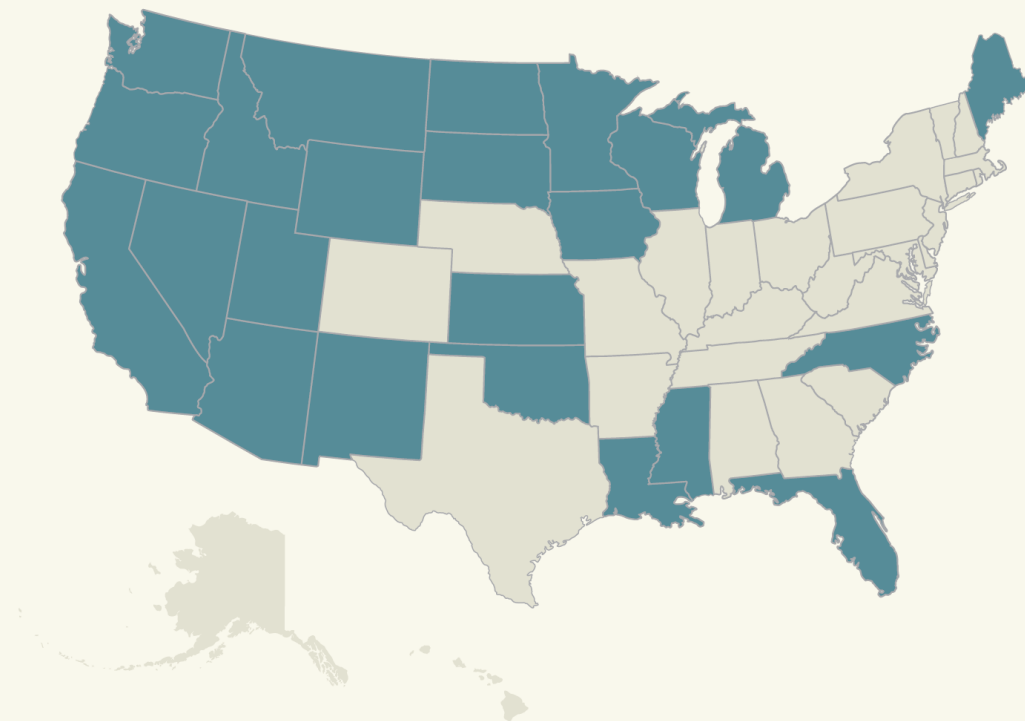
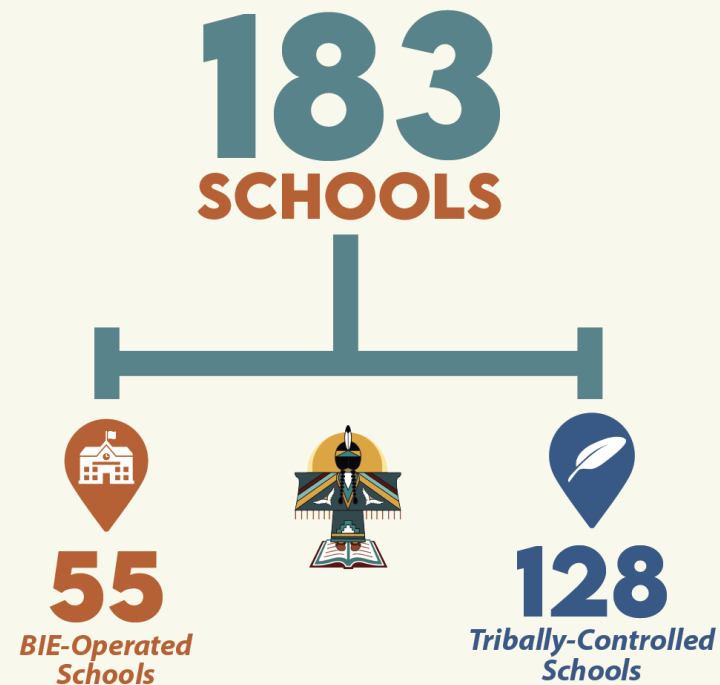




MISSION

The mission of the BIE is to provide students at BIE-funded schools with a culturally relevant, high-quality education that prepares students with the knowledge, skills, and behaviors needed to flourish in the opportunities of tomorrow, become healthy and successful individuals, and lead their communities and sovereign nations to a thriving future that preserves their unique cultural identities.





STUDENTS

45,000



RESERVATIONS

64

STATES

23



POSTSECONDARY



SOUTHWESTERN INDIAN
POLYTECHNIC INSTITUTE

Haskell





www.bie.edu/schools/directory



***Tribally-
Controlled
Schools***



***BIE-Operated
Schools***

WSCC LC Selected Schools

Second year:

- Four BOS schools: Dunseith Day School, Flandreau Indian School, Riverside Indian School, and Santa Rosa Ranch School
- One Navajo School: Rocky Ridge Boarding School

Third year:

- Four BOS Schools: Dunseith Day School, Flandreau Indian School, Riverside Indian School, and San Simon School
- Two Navajo Schools: Many Farms High School and Tuba City Boarding School





Input Vehicles:

- ✓ Questionnaire
- ✓ Listening Sessions
- ✓ Tribal Consultations

Desired Audiences:

- ✓ Employees
- ✓ Students and Families
- ✓ Tribal Leaders
- ✓ Educational Partners
- ✓ School Boards
- ✓ Unions

WSCC Student Leadership Summit

May 7th-10th, 2024

Washington, DC.

- In two days, students, accompanied with school staff, and BIE leaders met to discuss their WSCC LC smartie goals and shared what they learned in the initiative.
- They met with the leaders to be involved in the strategic direction planning.
- They met with DOI partners and allied programs (Secretary's Office and AS-IA), including an itinerary tailored by the National Park Service and Office of Public Health.



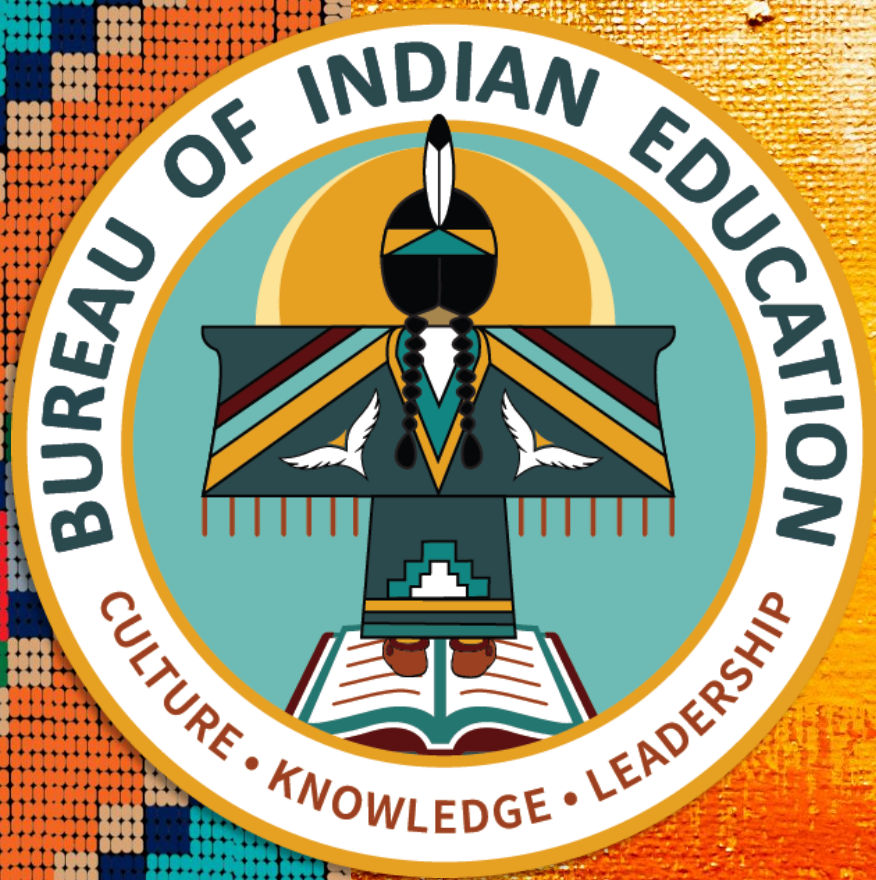
**Culture Identity
& Language**



Student Success



Wellness



Strategic Direction Strategy:
**Wellness, Behavioral Health,
and Safety**

WSCC State Level Goal:
**To strengthen youth
engagement and increase
youth leadership
opportunities.**

*Does the BIE's **Proposed Vision Statement** reflect **what we should aspire to achieve** as a school system? Why, or why not?*

**Proposed
Vision
Statement**



**Excellence in Student-centered, Indigenous
Education**

Current Vision Statement: The Bureau of Indian Education (BIE) is the preeminent provider of culturally relevant educational services and supports provided by highly effective educators to students at BIE-funded schools to foster lifelong learning.

*Does the BIE's **Proposed Mission Statement** define what **we should be doing** to achieve our Vision? Why, or why not?*

Proposed
Mission
Statement



In partnership with Sovereign Native Nations, the BIE provides a culturally-based education that prepares and empowers students to be healthy and successful.

Current Mission Statement: Provide students at BIE-funded schools with a culturally relevant, high-quality education that prepares students with the knowledge, skills, and behaviors needed to flourish in the opportunities of tomorrow, become healthy and successful individuals, and lead their communities and sovereign nations to a thriving future that preserves their unique cultural identities.

Bureau Operated School: Flandreau Indian School, Flandreau South Dakota





Bureau Operated School: Flandreau Indian School

- **Principal:** Everall Fox
 - **School Counselor & Youth Liaison:** Zonya Tantype
 - **2023-2024 Youth Leaders:** 1 Freshman and 1 Senior
- 1.) Identified key staff to complete SHAPE assessments together
 - 2.) Used results to identify need for TEAMING
 - 3.) **School Goal: Establish a School Team to increase mental health resources and therapeutic programs**



Bureau Operated School: Flandreau Indian School

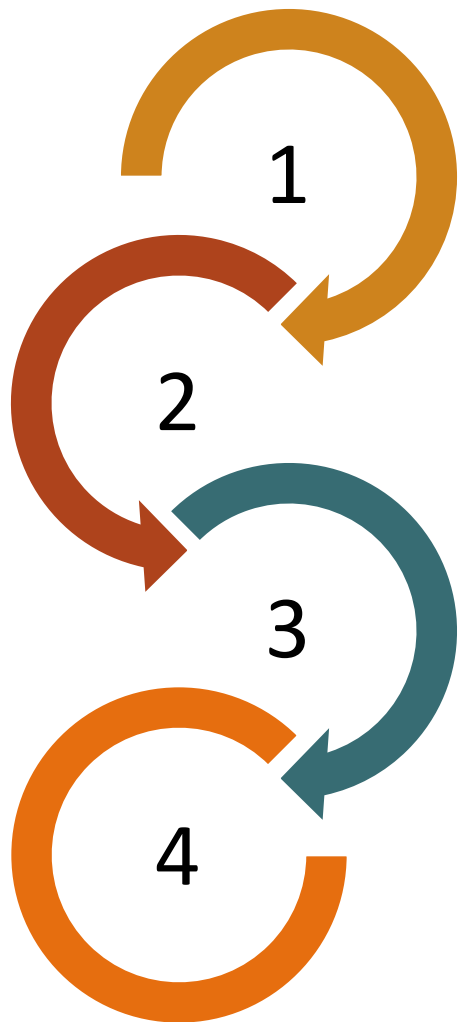
Formed a team called GRITTY

(Gaining Resilience & Treating Trauma in Youth)

- Team members include the Principals, Special Education Coordinator, 2 School Counselors (1 Youth Liaison), and 2 Dorm Counselors.
- Meeting biweekly to work on identified objectives
- Youth Liaison connects Youth Leaders with GRITTY to align efforts



Engaging Youth Leaders



Step 1: Find a consistent time and location for Youth Leaders to meet

- *Remove any meeting barriers*

Step 2: Ensure youth participation in WSCC Learning Collaborative events

- *Review Learning Collaborative materials and resources*

Step 3: Allow Youth Leaders to give feedback and ideas to School Team

Step 4: Guide Youth Leaders in setting SMARTIE Goals

- *Assist Youth Leaders in planning action steps to achieve goal*



Bureau Operated School: Flandreau Indian School

Youth Leader SMARTIE Goal

Conduct monthly mental health awareness activities

- **Awareness Events**

Erickaslighthouse.org

Valentine's Day – activity to encourage conversations about mental health

- **Poster Displays**

South Dakota mental health campaign posters displayed throughout school

doe.sd.gov/studentwellness/promos.aspx

- **Resource Toolkits**

Youth Leader gathered Native specific resources, hotlines, handouts and other support materials for students to take home over the summer.

*Bags, bracelets, and cards from Helplinecenter.org, the 988 Suicide and Crisis Lifeline for SD

*Wernative.org Youth Support Resources guide

*Ericka's Lighthouse

Big Feelings?

Try this!

Use your finger to trace the edges of the cloud.

BREATHE IN slowly on the **BLUE LINES**.

BREATHE OUT slowly on the **BLACK LINES**.

Stop and try to hold your breath
for 3 seconds at each **dot**.

Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

988
SUICIDE
& CRISIS
LIFELINE



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

Funded with federal dollars made available through the
American Rescue Plan

TAKE CARE OF YOUR MIND



BE KIND TO
OTHERS AND
YOURSELF



MAKE POSITIVE
FRIENDSHIPS



EAT HEALTHY
FOODS



EXPRESS YOUR
EMOTIONS



GET
OUTSIDE

YOUR MENTAL HEALTH MATTERS

Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

988
SUICIDE
& CRISIS
LIFELINE



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American Rescue Plan



Flandreau Indian School Virtual Chill Room

Welcome! This is a place for students and staff to visit when a break, relaxation, and/or coping techniques are needed. Enjoy!

<https://sites.google.com/flandreauindianeducation.com/fisvirtualchillroom/home>

Flandreau Indian School



[Resets](#)



[Learn](#)



[Mindfulness](#)



[Resources](#)



Purpose

The purpose of Flandreau Indian School Reset is to give you tools to use that will help you get into right body and mind for optimal learning. There are times that all people can be in a state that makes it difficult for learning. This resource is to bring you into a calm, alert mindset to increase success in your education and personal life.

**DEPRESSION IS COMMON, CAN
BE SERIOUS AND IS TREATABLE.**

IF YOU THINK YOU MAY HAVE DEPRESSION

*you
are
not
alone*

With the right kind of support and professional treatment, anyone can move on to live a healthy, happy and productive life.



Erika's Lighthouse

**GOOD MENTAL HEALTH IS FOR
EVERYONE.**

WE CAN ALL PRACTICE WAYS TO STAY MENTALLY HEALTHY. HERE'S HOW:

- Eight to ten hours of sleep per night
- Three nutritious meals per day
- Three or more days of exercise a week
- Avoid drugs and alcohol
- Take care of your physical health
- Engage in activities that bring happiness
- Spend time with favorite people
- Relaxation exercises, i.e., bubble bath, deep breathing, meditation, a walk in nature
- Maintain reasonable expectations and boundaries
- Ask for help and support when needed

Scan for more
information on
teen
depression.



If you need to speak with someone
immediately, please text or call 988
If this is an emergency, please call 911


**helpline
center**

Youth Support Resources

Scan the QR code with your phone for Native Youth Support Resources



Get Resources



You are not alone! If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.

www.WeRNative.org



SOPHIE – The Emotional Support Dog

Mvto HiyHiy LemLmts Wado
 Wawaenon DaWaEh Miigwech Wopila
 Pinagigi Wimblahaho
 Qu yana Baasee Pilamiya Taikuu
 Ahéhee Nya:Weh Aho
 AnaaBatee HiriweTudahe
 ThankYou Tansi



Let's chat!

Share in chat or click the raised hand button to chime in.

What questions do you have about the information shared?

What is coming up for you?

What curiosities do you have about what's been shared?



State Breakout Group Time





Breakout Groups

Main Objective: Prepare you to engage with youth leaders during the Youth Leadership Summit next week.

- Consider concrete strategies you have for engaging youth leaders
- Develop questions that you will ask youth leaders during the summit.



Example Questions to ask Youth During the Summit

Relationships

Intentional learning experiences

Skills development

Environments that are emotionally safe and
promote belonging

- We've heard from students that it's important for them to feel safe and supported in their relationships with their peers and their teachers. What would you like to see us do more of to help youth feel safe in relationships with teachers?
- What are some creative ways for learning new skills in schools that would get youth excited about learning?
- What would you like to see your teachers do to make your classroom and your school feel more inclusive and promote belongingness of LGBTQ students or students of color?





Youth Leadership Summit



- **November 19 & 21, 2024, 12–2 PM EST/11–1 PM CST/10–12 PM MST**
- Participants: Youth Leaders; District Youth Liaisons, & all District & State team members
 - ***Submit consent/assent forms ASAP by November 18th***
 - *Calendar invite will be sent to youth when we receive their consent form*
 - *Refer to 'School Logistics Checklist'*



Youth Leadership Summit – Overview

Day 1

- Why are we here?
- Where do Youth Leaders fit in?
- Framing our Learning
 1. Understanding Equity
 2. Environments



Day 2

- Framing our Learning
 - Relationships
 - Intentional Learning Experiences & Skills Development
- **Adult & Youth Leaders Conversation**



Youth Engagement Resources

- [Youth Engagement at the Federal Level: A Compilation of Strategies and Practices | Youth.gov](#)
- [Home | Youth Engaged 4 Change](#)
- [Methods and Emerging Strategies to Engage People with Lived Experience | ASPE \(hhs.gov\)](#)
- [What is Lived Experience? | ASPE \(hhs.gov\)](#)
- [What Does it Look Like to Equitably Engage People with Lived Experience? | ASPE \(hhs.gov\)](#)
- [Recruiting Individuals with Lived Experience | ASPE \(hhs.gov\)](#)
- [Participation Guidelines for Individuals with Lived Experience and Family | SAMHSA](#)
- [Youth Engagement Measurement and Indicators Guide \(youthpower.org\)](#)
- [youth.gov Webinar: Meaningfully Engaging Young People: Principles, Strategies, and Success Stories | Youth.gov](#)
- [USAID Youth in Development Policy 2022 Update](#)



Sharing Your Goal

- Submit your state/district/school goal
 - Google Form:
<https://forms.gle/vVXuqxLWkRwnkisDA>
 - QR Code





Goal Setting & Making Progress with Your Goal

Sharing your goal progress: in our monthly calls, each school/district will have time to provide an update on their goal:

- Is your 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!



Intentional Close

What are you most excited about for Youth Leadership this year?





Action Items

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

2. Submit youth leader consent/assent forms by November 18th.

3. Meet as a team to continue to engage in data reflection & refine your action planning goal.

4. Submit your State/District/School Goal by December 10th.



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:
December 10, 2024

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

Websites: schoolmentalhealth.org
casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

Social Media



[@NCSMHTweets](#)
[@caselorg](#)



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

