



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-Katie

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



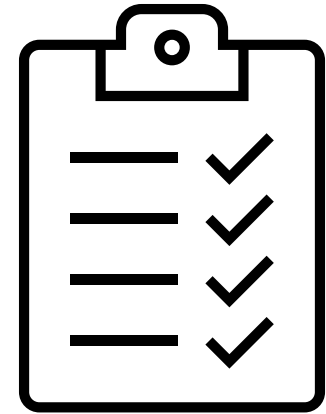
Agenda

Check-in

State Breakout Time

Adult Well-Being

Next Steps







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



Colorado Mental Health Collaborative

**Meet monthly - one week
after National WSCC
Collaborative meeting**

**Agenda is a mix of
review from National
meeting and topics of
focus for our state as
determined by district
representatives**

**Review resources being
used and discuss
support that is needed**

**Basecamp link is kept at
the top of our running
agenda for easy access**

**Shared Google Folder:
houses running agenda
and folders for each
district/state/national
group to share
resources**



Youth Updates

- Youth worked on developing goals during last session
 - District liaisons should meet with youth in February to refine goals and plan to implement
 - Check out Basecamp for resources
- Some examples of youth's broad goals that they worked on making 'SMARTIE'

Example Youth Goals

Create a google survey (needs assessment) for students to share about what their needs are and what supports they recommend; versions for the first languages of students in school community.

Create opportunities via groups or restorative circles for teachers and students to talk about equity and well-being

Create a social media account about mental health literacy, different ways people from diverse cultures engage in healing, etc.



Youth Leader Updates

- District Youth Liaisons to submit youth goals via Google Form prior to the next Youth Action Call
 - Look out for Katie's email to complete form
- Optional Office Hour for District Youth Liaisons:
 - **March 1, 2023, 1-2 PM EST/12-1 CST/11-12 MST**
 - Submit your questions/resource needs via email to Katie
- Next Youth Action call:
 - **March 21st 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 report outs from youth!



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SCHOOL OF MEDICINE



Breakout Group Time



Breakout Groups (20 minutes)

Main Objective:

- Check in on state and district goals
- 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?



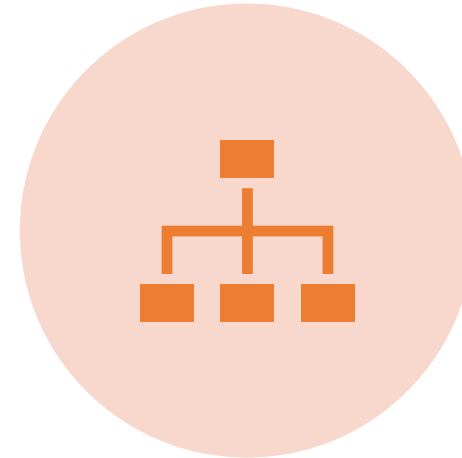
Supporting Adult Well-being



Adult Emotional Well-Being



INDIVIDUAL (OR PERSONAL) WELL-BEING is a state of feeling satisfied, fulfilled, and having a sense of meaning or purpose.



ORGANIZATION WELL-BEING is an organization's efforts to promote and maintain the physical, psychological, and social health for all staff.



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





Organizational Well-Being



Comprehensive School Mental Health Systems

**Treatment
for a few**

- Treat mental health challenges or disorders.

**Prevention for
some**

- Prevent small challenges from getting big.

Promotion for all

- Increase positive mental health



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

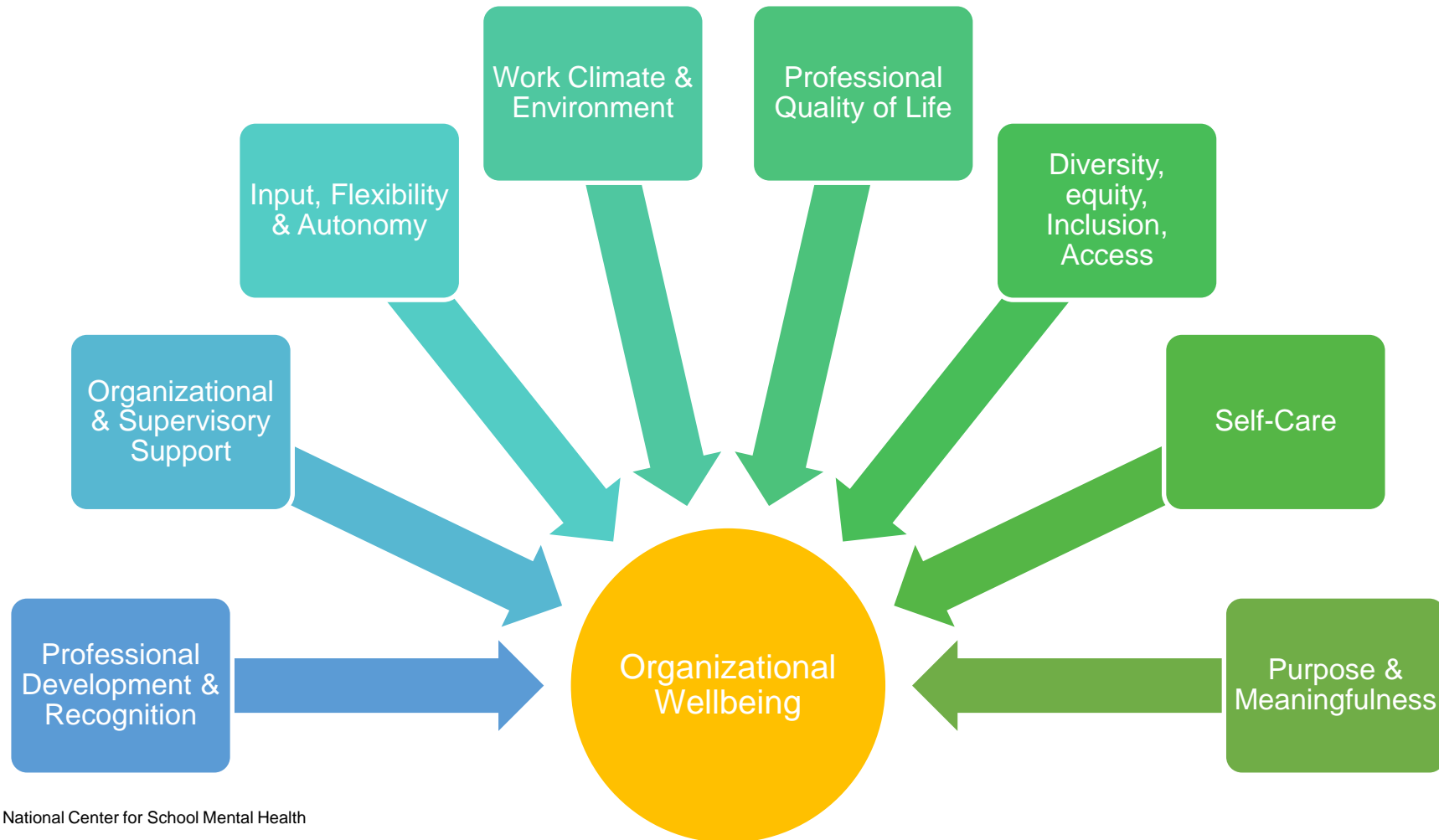


Adult SEL





Organizational Wellbeing Inventory (OWBI)



Source: National Center for School Mental Health



Reflection Questions

- What are you currently doing in your state or district to support adult well-being from an organizational standpoint?
- What are the current barriers to implementing systemic procedures/programs to support adult well-being?





Monthly CoP and Learning Sessions





Thanks for a great session!

Next monthly call :
March 14th



Please fill out an evaluation of today's activities!





WSSCC Emotional Well-Being LC Communications

Contact: Dr. Katie Trainor- ktrainor@som.umaryland.edu

Websites: schoolmentalhealth.org
casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

Social Media



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



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





Resources

- TeacherWise Well-Being in School Environments: <https://www.teacherwise.org>
- [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 \(Greater Good\)](#)
- [Structural Supports to promote Educator Well-being \(Ed Research for Recovery\)](#)
- [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 \(Garrison Institute\)](#)