

## Supports to Advance Emotional Well-Being in Schools

**Overview:** The National Association of Chronic Disease Directors (NACDD), in partnership with Child Trends and Mental Health America, will partner with State Education Agencies (SEA) and Local Education Agencies (LEA) (i.e., school districts) to advance health equity in schools through supports for developing, implementing, and evaluating evidence-based policies, practices, and programs focused on the emotional well-being of students and staff. Each year, NACDD will engage a cohort of up to two to four SEAs, their respective State Health Department (SHD) partners, and a minimum of five LEAs collectively across all SEAs’ states. Participating LEAs will receive mini grants to support their participation in the cohort.

**Collaborative Learning:** Each cohort will participate in a five-step, two-phased process over the course of an estimated 18-24 months that involves the following:

Step	Phase	Description	Timing
1) Assess	One	Conducting an assessment of the needs of students and school staff and mental/behavioral health and social emotional learning (SEL) supports (e.g., existing partnerships, policies, practices, and programs)	~3 months
2) Plan	One	Developing a Plan of Action based on assessment results and learnings, and unique to each SEA/LEA, to address gaps in partnership, policies, practices, and programs, with a focus on the Whole School, Whole Community, Whole Child (WSCC) framework and school priority (e.g., school improvement plan) alignment	~3 months
3) Implement	One	Implementing the Plan of Action to enhance or increase social-emotional and school-based mental and behavioral health for students and school staff; note that NACDD and its partners in this work will provide tailored follow-up to support effective implementation of the Plan of Action	Ongoing
4) Learn	Two	<p>Receiving intensive professional development and technical assistance (PD and TA) focused on SEL, student and school staff emotional well-being and mental health, and skill development that is culturally responsive, equitable, and inclusive</p> <p>Receiving disseminated evidence-based tools and resources that a) emphasize developmentally appropriate and culturally relevant SEL competencies, b) promote the social and emotional well-being of students and school staff, and c) address equity and inclusion</p> <p>Participating in a Training of Trainers (ToT) cadre to build capacity, leverage resources, and sustain efforts</p>	Ongoing

5) Evaluate	Two	Evaluating ongoing efforts to sustain Plan of Action activities	Ongoing
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**Health Equity:** This work will focus on addressing social determinants of health and interrelated barriers to learning and teaching, implementing strategies and activities to promote health equity and generate culturally responsive systems in settings of greatest need. Selected LEAs will represent communities that are underserved, economically marginalized, and disproportionately affected by chronic diseases and chronic disease risk factors, with a specific focus on reaching children, adolescents, and adults experiencing overweight/obesity and limited access to healthy foods and beverages, safe physical activity opportunities, consistent and appropriate resources to manage chronic health conditions, and mental health services.

**Subject Matter Expertise:** NACDD will convene an eight-member National Technical Assistance Partnership (NTAP) made up of national-, state-, and local-level school health and well-being experts to inform the (1) development and delivery of PD and TA; (2) dissemination of evidence-based tools and resources; and (3) implementation of evidenced-based school health policies, practices, and programs using the WSCC framework. Further, collaboration will engage other CDC-funded national organizations, including the National Center for School Mental Health (also funded under the *Emotional Well-Being* priority area), and partnering SEAs and LEAs, to coordinate supports for mental/behavioral health for students and school staff and optimize the delivery of resources.

**About Us:** Since 1988, [NACDD](#) has become the recognized national leader in improving the health of the public by strengthening state-based leadership and expertise for chronic disease prevention and control in states and at the national level. For over 15 years, NACDD worked with national and state education and health agencies to impact school nutrition environments, physical education/physical activity, and the management of chronic conditions through systems- and environmental-level changes to support and reinforce healthful behaviors, reduce disparities, and address non-academic barriers to learning. Additionally, NACDD addressed mental/behavioral health within the context of chronic disease management and the WSCC framework, and addressed advancing health within the context of educational priorities such as school improvement planning and reducing absenteeism. [Child Trends](#) is a leading national research organization focused exclusively on improving the lives of children and youth, especially those who are most vulnerable. They work to ensure that all kids thrive by conducting independent research and partnering with practitioners and policymakers to apply that knowledge. [Mental Health America](#) is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all. Their programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research, and services.

### Contact

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