



Engaging Students in Building Emotional Self-Awareness

March 28, 2023
2:00 – 3:00 p.m. ET



Disclaimer

This webinar is being presented as part of the *The National Initiative to Advance Health Equity in K-12 Education by Preventing Chronic Disease and Promoting Healthy Behaviors* project. This project is supported by the Centers for Disease Control and prevention (CDC) of the U.S. Department of Health and Human Services (HHS). The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.

NACDD at a Glance

Founded in **1988**, the National Association of Chronic Disease Directors is a national, nonprofit, professional Association.

We **advocate, educate,** and **provide technical assistance** to inform programming and grow chronic disease prevention knowledge, leadership, and capacity among our Membership.

7,000
MEMBERS NATIONWIDE

35+
PROJECTS

60+
SUBJECT MATTER
EXPERTS

50
STAFF MEMBERS

59
STATE AND
TERRITORIAL CHRONIC
DISEASE DIRECTORS

>\$40 M
REVENUE



Project Overview

National Initiative to Advance Health Equity in K-12 Education by Preventing Chronic Disease and Promoting Healthy Behaviors

Priority 2: Emotional Well-Being

Goal: Support SEAs, districts, schools, and NACDD's constituents in developing, implementing, and evaluating evidence-based policies, practices, and programs that support emotional well-being of both students and staff in disproportionately affected communities.



Today's Moderator



Denise Hildreth, PhD, LICSW
Mental Health Collaborative



Today's Learning Objectives

Participants will be able to:

1. Explain the importance of youth mental health literacy to both student and community well-being;
 2. Understand how personal, social, and cultural identities impact the way in which youth identify and manage emotions; and
 3. Deploy strategies...
- Teachers & those working directly with youth: To support students in developing self-awareness and emotion regulation skills.

Admin: To support teachers in integrating realistic and sustainable SEL practices.

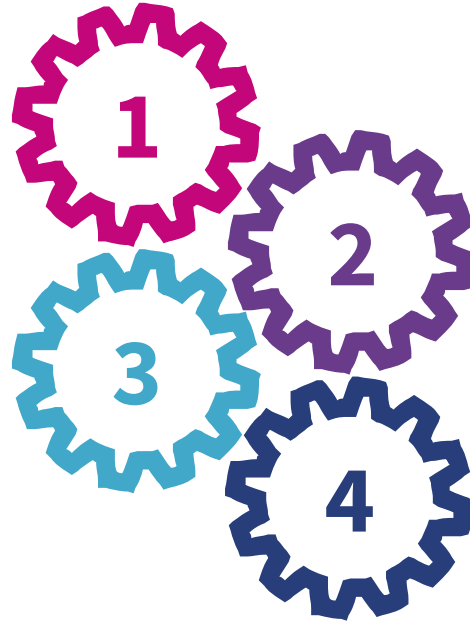




Mental Health Literacy: The 4 Components

Decrease stigma

**Understand how to
obtain and maintain
good mental health**



**Understand and
identify mental
illnesses and their
treatments**

**Enhance help-seeking
efficacy**



Why do we all need MHL?

MHL is the proactive foundation

Treatments & Care

Health Promotion



Prevention

Mental Health Literacy

Obtain & Maintain
Positive Mental Health

Understand
Disorders

Reduce
Stigma

Know How & When
to Get Help



Mental Health
Collaborative

CASEL SEL WHEEL



<https://casel.org/casel-sel-framework-11-2020/>



SELF-AWARENESS IS:

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose. Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose