

CENTER FOR ADVANCING  
**HEALTHY**  
COMMUNITIES



NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.

# Supports to Advance Emotional Well-Being in Schools

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## School District Welcome Call

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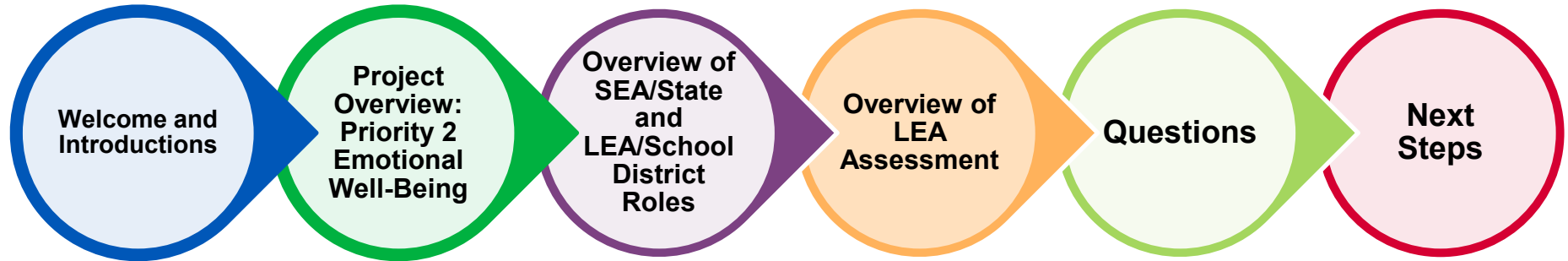
December 18, 2023  
1:00 – 2:00 p.m. ET

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

# Welcome Call Objectives

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- Describe the project: *Supports to Advance Emotional Well-Being in Schools Learning Collaborative Cohort.*
- Differentiate between the roles of SEA/State and LEA Teams in project implementation.
- Articulate the components of the LEA Assessment





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# Welcome and Introductions

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# Introductions: NACDD and Partners

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# Introductions: NACDD

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# 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

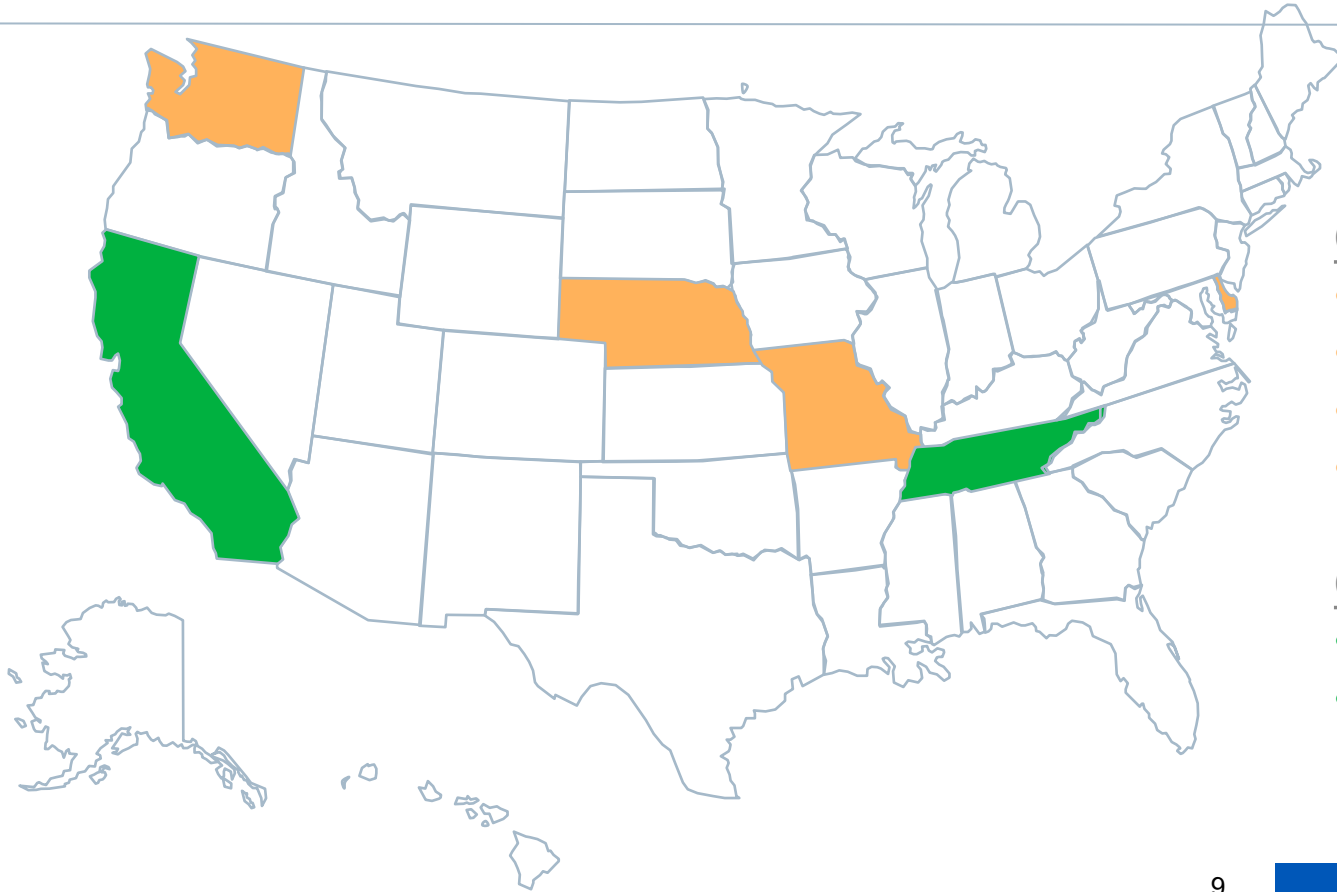
50  
STAFF MEMBERS

59  
STATE AND  
TERRITORIAL CHRONIC  
DISEASE DIRECTORS

>\$40 M  
REVENUE







### Cohort 1

- Delaware
- Missouri
- Nebraska
- Washington

### Cohort 2

- California
- Tennessee

## Delaware (DE)

Christina School District

Caesar Rodney School District

## Missouri (MO)

Monett R-1 School District

Neosho School District

Breckenridge R-I School District

Richards R-V School District

## Tennessee (TN)

TBD

TBD

## Nebraska (NE)

Papillion LaVista Community School District

TBD

## Washington (WA)

Kelso School District

Seattle Public Schools

## California (CA)

Kernville United School District

TBD



# Introductions: In the Chat...

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**Introduce yourself by sharing the following in the chat:**

- 1) Name
- 2) Role
- 3) Organization
- 4) The answer to this question →

What's a personal or professional goal you have for 2024?



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# Project Overview

## Priority 2: Emotional Well-Being

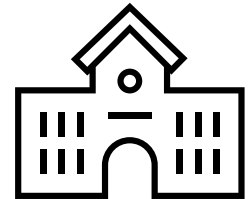
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**DP22-2203:** National Initiative to Advance Health Equity in K-12 Education by Preventing Chronic Disease and Promoting Healthy Behaviors

- Four (4) Priority Areas: This work focuses on Priority 2: Emotional Well-Being

**Length:** 5-year cooperative agreement

**Goal:** Improve the health and well-being of children, adolescents, and school staff in underserved and disproportionately affected communities



## Priority 2: Emotional Well-Being

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**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

### **Four main strategies:**

1. Professional Development and Technical Assistance
2. Dissemination
3. Partnership
4. Implementation

## Cohort *Learning Collaborative*

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- Each year, NACDD will engage a cohort of up to 2-4 States and 4-8 School Districts collectively across all states

## Funding *Mini-grants*

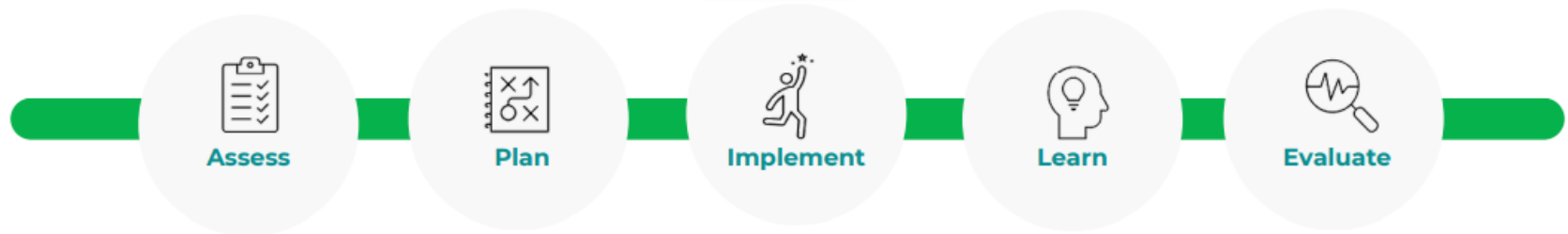
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- Participating school districts will receive stipends to support their participation in the cohort

Each cohort will participate in a five-step, two-phased process over the course of an estimated 18-24 months

**Cohort 1: 22-23 and 23-24 school years**

**Cohort 2: 23-24 and 24-25 school years**







## What You Can Expect from Us

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- Providing technical assistance
- Being an accountability partner
- Being a thought partner
- Facilitating connections to others in learning collaborative, partners, etc.
- Sharing resources



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# SEA/State and LEA/School District Roles

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# Roles: General

SEA/State team role	LEA/School District team role
<p><b>Big picture: Support funded LEAs and extend learnings across LEAs in your state</b></p> <p>Identify 3-6 team members, including representation from State Department of Health and State Education Agency</p> <p>Convene with NACDD team:</p> <ul style="list-style-type: none"> <li>• All SEAs: 5-6 <i>times/year (every other month)</i></li> <li>• Individual LEA with SEA teams: 8-9 <i>times/year (monthly)</i></li> <li>• All SEA + LEA teams: 3-4 <i>times/year (quarterly)</i></li> </ul>	<p><b>Big picture: Enhance implementation of evidence-based policies, practices and programs to support emotional well-being.</b></p> <p>Identify 3-6 administrator and district/school staff members to participate on LEA team</p> <p>Convene with NACDD team:</p> <ul style="list-style-type: none"> <li>• Individual LEA with SEA teams: 8-9 <i>times/year (monthly)</i></li> <li>• All SEA + LEA teams: 3-4 <i>times/year (quarterly)</i></li> </ul>

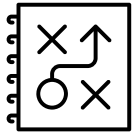


# Roles: Step 1, Assess (Nov 23–Jan 24)



SEA/State team role	LEA/School District team role
<p>Engage and support identified LEAs (2/state) in completing the LEA assessment</p> <p>Be in the know re: the results and learnings both at your state's level and at an aggregate cohort level</p>	<p>Complete assessment on behalf of the LEA/district</p> <p>Review and discuss assessment results and learnings with state team and NACDD team</p> <p>*1<sup>st</sup> mini-grant installment provided after LEA Assessment and MOU are submitted</p>

# Roles: Step 2, Plan (Jan–Mar 24)



<b>SEA/State team role</b>	<b>LEA/School District team role</b>
<p>Support LEAs in development of Action Plan and as applicable, ensure alignment with state goals/priorities with respect to emotional well-being</p>	<p>Develop Action Plan informed by assessment results and learnings</p> <ul style="list-style-type: none"><li>• Collaborate with determined partners, including equity-focused leaders and youth, to support development of plan</li></ul> <p>*NACDD will provide template</p>



# Roles: Step 3, Implement (Mar 24–May 25)



<b>SEA/State team role</b>	<b>LEA/School District team role</b>
Support implementation of Action Plan, as needed	Implement Action Plan and report on progress during monthly meetings

# Roles: Step 4, Learn (Ongoing)



<b>SEA/State team role</b>	<b>LEA/School District team role</b>
<p>Engage in 2 PD opportunities annually and associated evaluations in support of LEAs; all PD opportunities will be recorded</p> <p>Participate in Training of Trainers (ToT) cadre (including associated evaluations) to support overall sustainability of efforts in your state (this occurs as part of SEA Bi-monthly Call)</p> <p>Use/adapt information from email campaign and overall learnings for sharing with other LEAs in the state</p>	<p>Engage in 2 PD opportunities annually and associated evaluations; all PD opportunities will be recorded</p> <p>Actively review and share email campaign distributions + overall learnings</p>

# Roles: Step 5, Evaluate (Ongoing)



<b>SEA/State team role</b>	<b>LEA/School District team role</b>
<p>Support LEAs in evaluation efforts</p> <p>Complete End-of-Project Survey</p> <p>Complete Post-Project Survey</p>	<p>Complete evaluation activities including written action plan updates, End-of-Project Survey, and Post-Project Survey</p> <p>*2<sup>nd</sup> mini-grant installment provided after End-of-Project Survey is submitted</p>





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# LEA Assessment

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**Due Friday, January 19, 2024\***



- A district-level tool to assess policies, programs, and practices related to emotional well-being and mental health for staff and students.
- Results of the LEA Assessment will guide the development of the Action Plan





- Topics Addressed: Teams | Mental Health Screening | Tier 1, 2, 3 supports | Funding + Sustainability | Policies
- Two components (to be completed online):
  - The SHAPE System
  - The NACDD Supplemental Assessment

## **Has your school district used the SHAPE System?**

- Yes
- No
- I'm not sure

# Component 1 – SHAPE System



The SHAPE System is designed to improve school mental health accountability, quality, and sustainability nationwide.

SHAPE is hosted on an online portal by the National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine.

<https://www.theshapesystem.com/>



- Step 1: Complete School Mental Health Profile
- Step 2: Complete School Mental Health Quality Assessment – **District Edition**
- Step 3: Add NACDD as District Admin



# Step 1: School Mental Health Profile



Services and Supports	Not in place	Available in 1-25% of schools	Available in 26-50% of schools	Available in 51-75% of schools	Available in 76-100% of schools
Mental Health Screening					
Tier 1 Services and Supports					
Tier 2 Services and Supports					
Tier 3 Services and Supports					
Evidence-based practices and programs (as identified in national evidence-based registries)					
Community partnerships to augment school mental health services and supports provided by the school system					
Quality improvement process to understand and improve the comprehensive school mental health system					



# Step 2: School Mental Health Quality Assessment – District Edition




**Teaming**




Take Survey View Report

**Needs Assessment/ Resource Mapping**



Take Survey View Report

**Screening**



Take Survey View Report

**Mental Health Promotion Services & Supports**



Take Survey View Report

**Early Intervention and Treatment Services & Supports**



Take Survey View Report

**Funding and Sustainability**



Take Survey View Report

**Impact**



Take Survey View Report



# Step 3: Add NACDD as District Admin



Add Heidi Milby ([hmilby@chronicdisease.org](mailto:hmilby@chronicdisease.org)) as District Admin to allow NACDD to see your assessment results

Overview School Mental Health Profile Mental Health Quality Resources Screening & Assessment Trauma Responsiveness My Schools My District Account

JEFFERSON UNITED My Star Status View Certificate

Pending Requests District Admins District Team Members Permissions

My Data State Access My Group Access

Allow my district team to review my assessment responses (recommended).  
*This allows your responses to be included in an aggregated district report.*





## Component 2 – NACDD Supplemental Assessment



- This component collects additional information on staff health and well-being as well as policies, successes, and challenges.
- Complete via online link: [https://nacdd.sjc1.qualtrics.com/jfe/form/SV\\_0cGKYS2MAW9flvi](https://nacdd.sjc1.qualtrics.com/jfe/form/SV_0cGKYS2MAW9flvi)





- Be as honest as possible with your responses
  - Intended to guide project planning, not evaluate your efforts
- Complete as a team
  - Whole Child lens
  - Youth and community voice





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# Questions

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# Next Steps

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## By Friday, December 15, 2023:

If you haven't already done so, please email Heidi with the following information so we can send you the Memorandum of Understanding:

- Name, Title, Address, Phone #, Email Address for each of the following roles:
  - Program Contact
  - Fiscal Contact
  - Signatory Contact (the person that must sign the agreement)

## Before January 10, 2024:

- **Register for Spring All SEA/LEA Quarterly Calls:**
  - Wednesday, January 10, 12-1PM ET.
    - [Registration Link](#)
  - Wednesday, May 8, 12-1PM ET
    - [Registration Link](#)
  - WHO: State and School District Team Members
- **Register for the Spring PD Event:** Wednesday, February 14, 12-4PM ET. [Registration Link](#).
  - WHO: Anyone working in school/mental health within your state or school district
- Share your team's availability with Heidi to schedule monthly meetings

[23-24 Calendar](#) for reference

## Before January 10, 2024:

- Plan a five-minute presentation (with or without slides) to introduce your district to others in the learning collaborative and to highlight one staff or student emotional well-being initiative you think others might like to learn about.
  - Email slides (if you have them) to Heidi by 1/9 – [Hmilby@chronicdisease.org](mailto:Hmilby@chronicdisease.org)

## 1/10/23 Draft Agenda:

12:00 - 12:05 PM ET (5 min)	<b>Welcome Mindful Moment Review Agenda</b>
12:05 - 12:30 PM ET (25 min)	<b>Cohort 2 School District Introductions</b> <ul style="list-style-type: none"> <li>•Kernville USD (CA)</li> <li>•Breckenridge R-1 (MO)</li> <li>•Richards R-V (MO)</li> <li>•Seattle Public Schools (WA)</li> <li>•Others TBD (CA, NE, TN)</li> </ul> <p><i>Each school district should briefly introduce their district (e.g., size, demographics, location, etc.) and share 1 initiative related to emotional well-being of student or staff mental health that you think others might like to learn about</i></p>
12:30 - 12:50 PM ET (20 min)	<b>School District Spotlight</b> <ul style="list-style-type: none"> <li>•Christina School District               <ul style="list-style-type: none"> <li>•MTSS - Teaming, Implementation, Evaluation</li> </ul> </li> </ul>
12:50 - 12:55 PM ET (5 min)	<b>Q&amp;A</b>
12:55 - 1:00 PM ET (5 min)	<b>Wrap Up and Next Steps</b>



# Next Steps

## **By Friday, January 12, 2024:**

Sign the Memorandum of Understanding (issued from NACDD to the contacts provided via DocuSign),

## **By Friday, January 19, 2024:**

Complete both components of the LEA Assessment:

- The SHAPE System
- The NACDD Supplemental Assessment

*NOTE: The first installment (75%) of your stipend will be issued to you after signing your MOU and completing the LEA assessment. NACDD will ask you to submit an invoice (using template provided by NACDD) upon completion of the assessment.*

# A Note on Stipends

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- Participating LEAs will receive a \$7,500 stipend in two installments
  - Installment #1 – 75% issued upon submission of LEA assessment and signed MOU
  - Installment #2 – Remaining 25% issued after submission of the End-of-Project Survey (Spring 25)
- NACDD will provide a template invoice to submit for each installment
- Funding can be used at the discretion of the school district, in support of staff and student well-being



# Key Project Resources

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- Project Webpage: <https://chronicdisease.org/nacdd-school-health/>
  - Project materials, call recordings, historical newsletters, etc.
  - Created specifically for State and School District team members participating in the Learning Collaborative
- NACDD School Health Resource Repository:  
<https://chronicdisease.org/page/schoolhealth/>
  - WHAT: Evidence-based resources, toolkits, tip sheets, etc. that support student and staff mental health and emotional well-being
  - WHO: Anyone can access this page when visiting NACDD's website
- [23-24 Calendar](#)
- [Project Overview Document](#)



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**Thank you!**

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