

New CDC Resource: Promoting Mental Health and Well-Being in Schools - An Action Guide for School and District Leaders

Wednesday, April 10, 2024

Resource Package

Resources from NACDD & CDC

National Association of Chronic Disease Directors (NACDD)

NACDD's Website

NACDD's School Health Resource Repository

Project Overview: Supports to Advance Emotional Wellbeing in Schools

Healthy School, Staff & Students: A Guide to Improving School Employee Wellness

Genters for Disease Control and Prevention (CDC)

<u>Promoting Mental Health and Well-Being in Schools: An Action Guide for</u> <u>School and District Leaders</u>

Health Education Curriculum Analysis Tool (HECAT)

School Connectedness: What Can Schools Do?

Promoting Mental Health and Well-Being in Schools: How to Get Started

<u>Promoting Mental Health and Well-Being in Schools: Presentation and</u> <u>Communication Template</u>



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Additional Resources



Increase Students' Mental Health Literacy

<u>Classroom WISE</u> (Mental Health Technology Transfer Center)

<u>Mental Health Literacy and Wellness Education</u> (Wisconsin Department of Public Instruction)



Enhance Connectedness Among Students, Staff, and Families

<u>School Connectedness: What Can Schools Do?</u> (CDC)



Promote Mindfulness

Mindfulness Resources (Mindful Schools)

<u>Resources on Mindfulness in Education</u> (Edutopia)



Provide Psychosocial Skills Training and Cognitive Behavioral Interventions

<u>Bounce Back</u> (Center for Safe & Resilient Schools and Workplaces)

<u>Teen Talk</u> (Sexuality Education Resource Centre MB)



Promote Social, Emotional, and Behavioral Learning

<u>The CASEL Guide to Schoolwide Social and</u> <u>Emotional Learning</u> (CASEL)

<u>SEL 3 Signature Practices</u> (CASEL)



Support Staff Well-Being

<u>School Employee Wellness</u> (CDC)

<u>Healthy School, Healthy Staff, Healthy</u> <u>Students: A Guide to Improving School</u> <u>Employee Wellness</u> (NACDD)

<u>A Toolkit for School Systems to Advance</u> <u>Comprehensive School Employee Wellness</u> (Child Trends)

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