

CENTER FOR ADVANCING
HEALTHY
COMMUNITIES



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

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

April 10, 2024

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





NACDD School Health

- NACDD School Health builds the capacity of State Education Agencies (SEA), State Health Departments (SHD), and Local Education Agencies (LEA) to support the health of youth and school staff through training and technical assistance.
- We are a funded NGO through the *National Initiative to Advance Health Equity in K-12 Education by Preventing Chronic Disease and Promoting Healthy Behaviors* to support evidence-based policies, practices, and programs focused on the emotional well-being of students and staff.

Resources:

- [Project Overview](#)
- <https://chronicdisease.org/page/schoolhealth/>



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Mindful Moment

Ashley Krombach
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Webinar Objectives

- **Identify six school-based strategies** and associated approaches that can help prevent mental health problems and promote positive behavioral and mental health of students.
- **Outline at least one next step** to take after the webinar to enhance student mental and behavioral health and well-being.



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Jorge M. Vallery Verlenden, PhD |



Reflections & Wrap Up

Reflection Polls

- What strategies does your state or school district implement well?
- In thinking about the next school year, in what strategies could your state or school district improve implementation?

Evaluation

Please take a few minutes to complete a brief evaluation for this call:

<https://chronicdisease.zoom.us/survey/QTr95wIvbjuRK01JI3tWtjiYhkdHjUgsIhk51GNDTAArjXvFW-U.XUgcN40nQFPcJ1Rh/view?id=HE7HAWRoTaePM6cSzYZJmg#/sharePreview>

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