



**Supports to Advance Emotional Well-Being in Schools  
Learning Collaborative Cohort  
Fall PD Event  
Recordings + Slides  
November 7, 2024**

**Meeting Objectives:**

By the end of the meeting, participants will be able to:

- Describe at least one best practice related to advancing school employee well-being from an organizational, interpersonal and individual level.
- Explain the importance of supporting school employee well-being and its impact on student well-being.
- Outline at least one next step you will take to improve school employee well-being in your own community.

**Master Slides:** <https://chronicdisease.org/wp-content/uploads/2024/11/NACDD-Fall-PD-Event-Master-Slide-Deck-11.7.24.pdf>

**Master Recording:** <https://vimeo.com/nacdd/fall24pd>

Time	Topics	Recording + Slides
12:00 - 12:10 PM (10 min)	Welcome	
12:10 - 12:15 PM (5 min)	Introduction: The Socio-Ecological Model for School Employee Well-Being	<ul style="list-style-type: none"> <li>• <a href="#">Slides</a></li> <li>• <a href="#">Recording</a></li> </ul>
12:15 - 12:55 PM (40 min)	<p><b>Title:</b> A Whole School, Systems Approach to Educator Wellness in Schools</p> <p><b>Description:</b> EmpowerEd marries advocacy with direct school support- a formula that helps schools improve not just individual wellness but organizational culture and practices and district-wide</p>	<ul style="list-style-type: none"> <li>• <a href="#">Slides</a></li> <li>• <a href="#">Recording</a></li> </ul>

	<p>policy. In this session we will explore a deeper way to understand educator wellness and wellbeing through a whole-school approach.</p> <ul style="list-style-type: none"> <li>• <b>Presenter:</b> Scott Goldstein, MAT   Director and Founder   EmpowerED</li> </ul>	
12:55 - 1:00 PM (5 min)	Transition to Concurrent Breakout Sessions	
1:00 - 1:30 PM (30 min)	<p><b>Concurrent Breakout Sessions</b> <i>Participants choose one (1) of the following three (3) sessions to attend.</i></p>	
	<p><b>Title:</b> Applying the Social Justice Framework to Advance School Employee Well-Being</p> <p><b>Description:</b> Join this session to learn about the Social Justice Framework for Public Health Practitioners, a tool for advancing health equity on a variety of public health issues. Participants will discuss opportunities to apply components of the tool to support equitable school employee well-being initiatives.</p> <ul style="list-style-type: none"> <li>• <b>Presenter:</b> Pascale Edouard, DrPH, MPH   Program Manager   Center for Justice in Public Health at the National Association of Chronic Disease Directors</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Slides</a></li> <li>• <a href="#">Recording</a></li> </ul>
	<p><b>Title:</b> Assessing and Implementing Organizational Well-Being Practices to Improve School Employee Wellness: An Introduction to the Organizational Well-being Inventory</p> <p><b>Description:</b> Join this session, facilitated by the National Center for School Mental Health, to learn about and discuss opportunities to enhance your school/district/state's organizational well-being efforts. Participants will learn about the domains of organizational well-being, how to assess efforts using the SHAPE System's Organizational Well-Being Inventory for Schools and Districts and ways that schools/districts/states are supporting organizational well-being in their own communities.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Slides</a></li> <li>• <a href="#">Recording</a></li> </ul>

	<p><b>Presenter:</b> Zahra Ladhani, EdD   Lead Clinical Research Specialist   National Center for School Mental Health</p>	
	<p><b>Title:</b> Know Your Yes: Set Boundaries for Individual and Collective Well-Being</p> <p><b>Description:</b> When we know our “yes,” our “no’s” flow with grace. In this session attendees will consider what they want to say yes to this year by reviewing different types of boundaries that support well-being. After interrogating which of our boundaries become less clear when we are under stress, attendees will use a four-part framework for resetting clarity and communicating their needs. Attendees will also leave with a tool for setting boundaries as a team with their colleagues to support collective well-being.</p> <p><b>Presenter:</b> Alexis Lassus   National Advisor, Whole Child Health   Alliance for a Healthier Generation</p>	<ul style="list-style-type: none"> <li>• <a href="#">Slides</a></li> <li>• <a href="#">Recording</a></li> </ul>
1:30 - 1:35 PM (5 min)	Break	
1:35 - 1:45 PM (10 min)	Application: The Socio-Ecological Model for School Employee Well-Being	<ul style="list-style-type: none"> <li>• <a href="#">Slides</a></li> <li>• <a href="#">Recording</a></li> </ul>
1:45 - 2:45 PM (60 min)	<p><b>Title:</b> Workplace Mental Health and Well-being: The Surgeon General's Framework</p> <p><b>Description:</b> In this one-hour workshop, leaders will learn how to create healthier, more connected workplaces using the U.S. Surgeon General’s Mental Health and Well-being Framework. Through interactive exercises, mindfulness practice, and group discussions, participants will gain actionable strategies to foster trust, empathy, and overall workplace well-being.</p> <p><b>Presenters:</b></p> <ul style="list-style-type: none"> <li>• Jackie Zimmerman   Manager of Public Education Partnerships and E-Learning   Mental Health America</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Recording</a></li> </ul>

	Anthony Sartori  Executive Director and Founder   Evolving Minds	
2:45 - 3:00 PM (15 min)	Reflections: The Socio-Ecological Model to School Employee Well-Being	<ul style="list-style-type: none"><li>• <a href="#">Slides</a></li><li>• <a href="#">Chat Waterfall Responses</a></li><li>• <a href="#">Recording</a></li></ul>