

CENTER FOR ADVANCING
HEALTHY
COMMUNITIES



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

Supports to Advance Emotional Well-being in Schools

Fall PD Event

November 7, 2024
12:00 – 3:00PM 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.

Background

“Supports to Advance Emotional Well-Being in Schools”

Goal: Support states, 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.





Agenda

Welcome

Introduction: The Socio-Ecological Approach for School Employee Well-Being

General Session - A Whole School, Systems Approach to Educator Wellness in Schools

Concurrent Presentations

General Session - Workplace Mental Health and Well-being: The Surgeon General's Framework

Reflections & Wrap Up



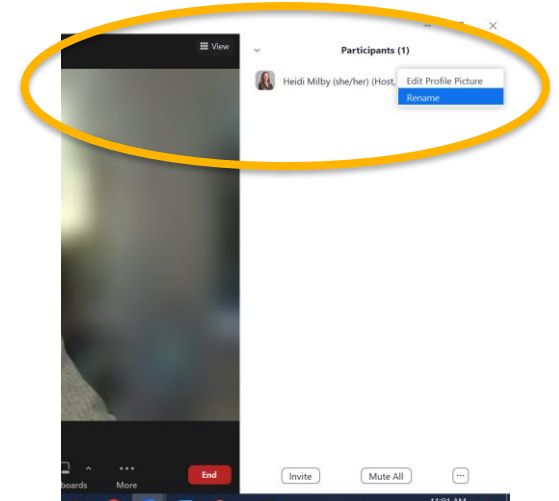
Objectives

- **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.

Zoom Name

- To change your Zoom name, click on:
 - Participants
 - Click on 3 dots
 - Rename

Name (preferred pronouns), state abbreviation, organization





Housekeeping

- We are recording and will share out slides + recording + resources
- Pop in and out today as needed
 - Please complete the post-session evaluations (brief polls) + end of session evaluation
- Mute your microphone when not speaking
- Feel free to be on video if you can
- Be curious – Ask questions!
 - Use the Q&A feature for questions
 - Use the Chat feature for conversations with presenters/participants
- Share your insights/expertise/experience
 - Don't worry about being polished

Mindfulness Activity



Additional Resources

Mindfulness Resources

- [Mindful Moment Activity Video](#) (Action for Healthy Kids)
- [Mindful Breathing Printable Cards](#) (Action for Healthy Kids)
- [Mindful Breathing Exercises](#) (Action for Healthy Kids)

Managing Election-Related Stress/Anxiety

- [Election Mental Health Resources](#) (Mental Health America)
- [Day After Election Guide](#) (Virginia Center for Inclusive Communities)
- [Social Workers: Supporting Student Well-Being During and After Elections: A Guide for School Social Workers](#) (School Social Work Association of America)
- [School Counselors: Election Conversations: The School Counselor's Role](#) (American School Counselor Association)
- [Election Stress: Tips to Manage Anxious Feelings about Politics](#) (JED Foundation)
- [When Everything Feels Hostile: 6 Ways to Cope](#) (JED Foundation)
- [News can be hard: How to protect your mental health while navigating the news on social media](#) (Good for Media)

Upcoming Webinar

- **Date:** Thursday, November 14
- **Time:** 3PM ET
- **Title:** The Post-Election Landscape for Mental Health
- **Description:** Please join us for a policy-focused webinar where we will take a hard look at the post-election landscape and analyze anticipated impacts on federal mental health policy. Bipartisan Alpine Consulting Group staff members will join the Mental Health America policy team to offer a high-level overview of anticipated priorities of the new administration and what might be expected in the 119th Congress. During this 60-minute session, participants will:
 - Identify areas of opportunity and challenges related to mental health policy during the 119th Congress
 - Learn about the anticipated attitudes of the new administration
- Registration Link: https://mhanational.org.zoom.us/webinar/register/WN_557evzZCQEmm138wuGCtvA#/registration

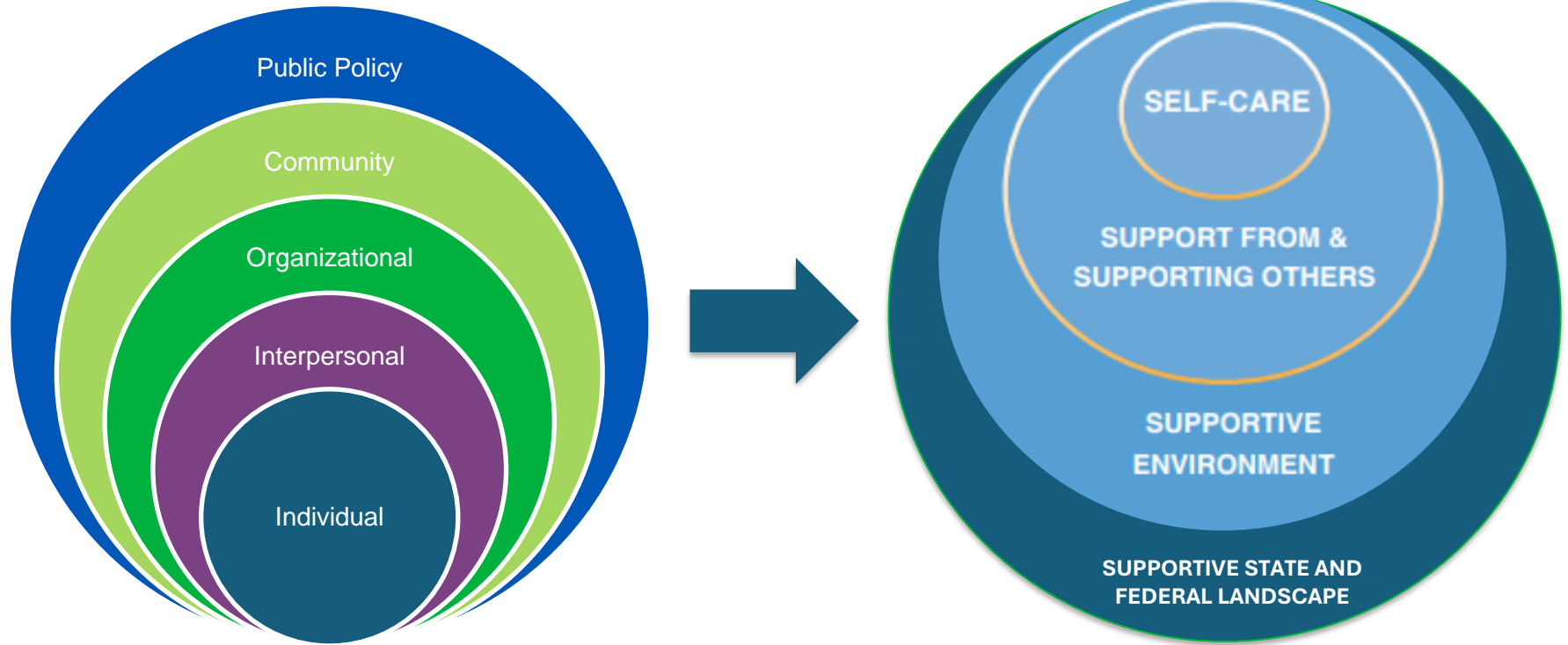




Introduction: The Socio-Ecological Model for School Employee Well-Being

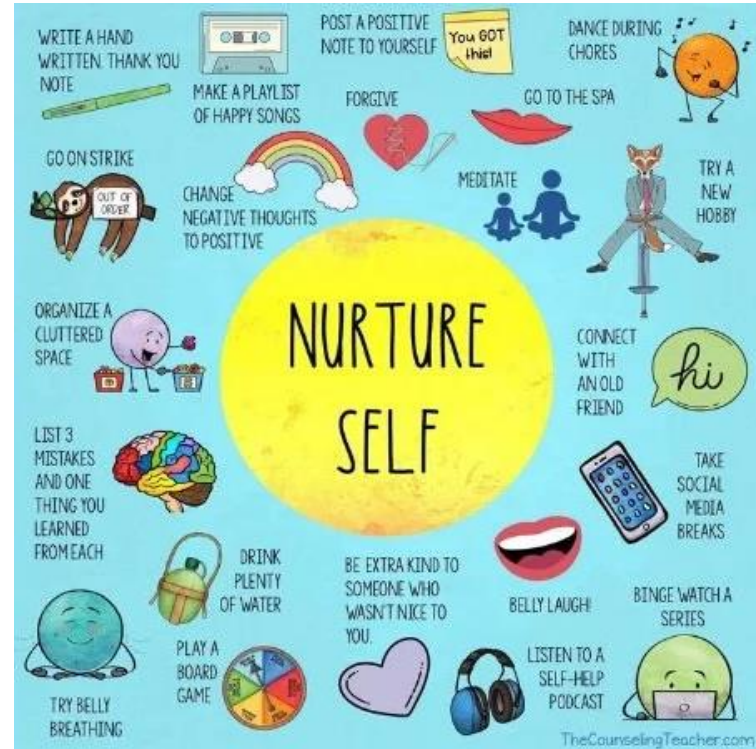
Heidi Milby, MPH
Associate Director, Center for Advancing Healthy Communities
National Association of Chronic Disease Directors

Socio-Ecological Model



Self-Care (Individual)

- Mindfulness
- Deep Breathing
- Intention Setting
- Reframing



Support From and Supporting Others (Interpersonal)

- Relationships
- Professional Collaboration
- Feedback
- Seeking Help
- Praise/Recognition



 **Niagara Institute**
@niagarainst

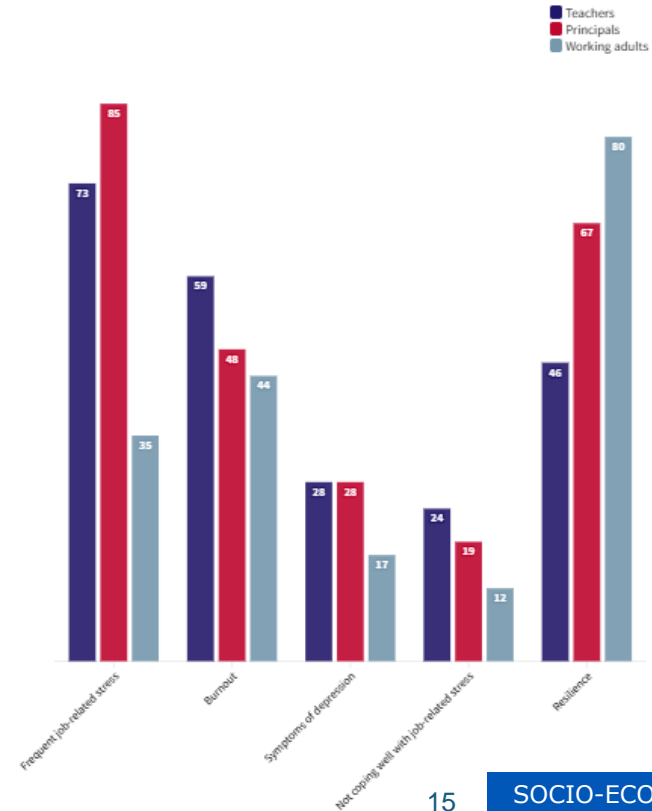
Building Relationships with Your Colleagues Checklist

- Set and Respect Boundaries
- Show Genuine Interest
- Practice Active Listening
- Offer to Help
- Say Thank You
- Extend an Invite
- Stay In Touch
- Ask for Advice
- Be Empathetic
- Share Credit
- Be Humble
- Share Knowledge and Resources
- Be a Trustworthy Confidante
- Ask for Feedback
- Be Positive
- Celebrate Milestones
- Proactively Address Conflict
- Be Transparent

Supportive Environment (Organizational)

- Leadership
- Communication
- Classroom Management
- Work-Life Balance

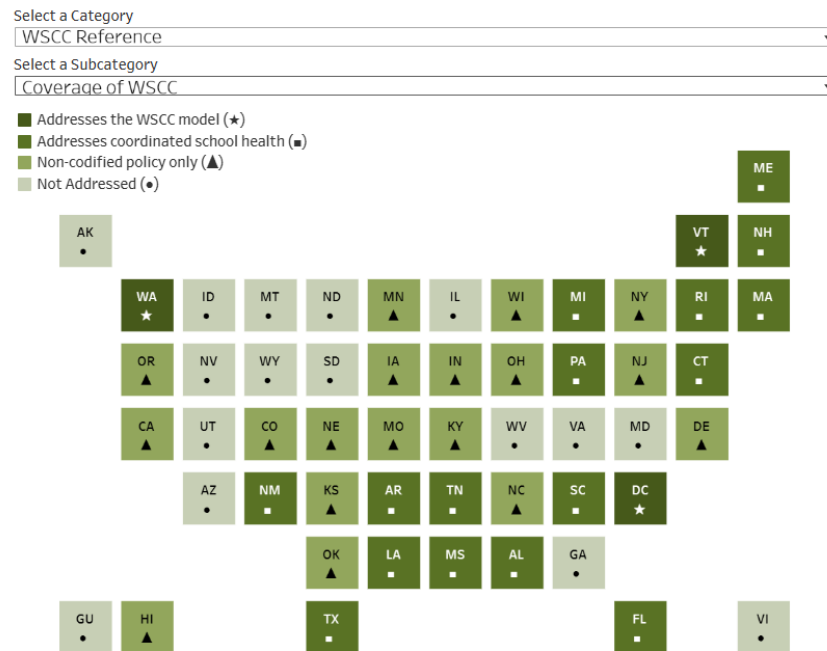
Well-Being of Teachers, Principals, and Working Adults in January 2022





Supportive State and Federal Landscape (Public Policy)

- Workplace Secondary Trauma
- Teacher Mentorship
- Planning Time/Work Hours

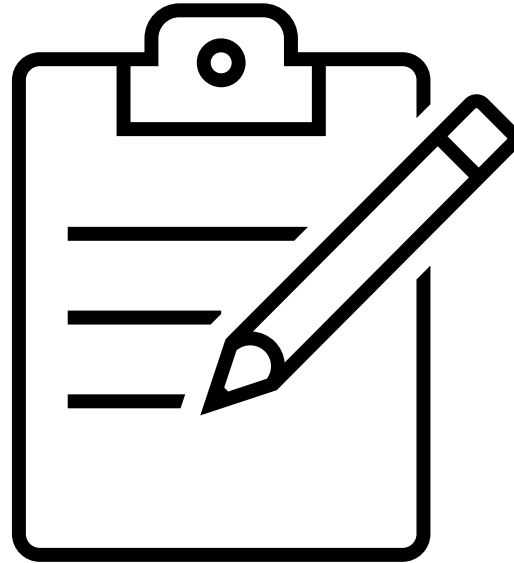




General Session #1 - A Whole School, Systems Approach to Educator Wellness in Schools

Brandon Stratford, PhD, MSW
Deputy Program Area Director, Education Research
Child Trends

Scott Goldstein, MAT
Director and Founder
EmpowerED



How'd We Do?

Let's pause for a brief post-session evaluation poll.



Concurrent Presentations

Breakout Session #1

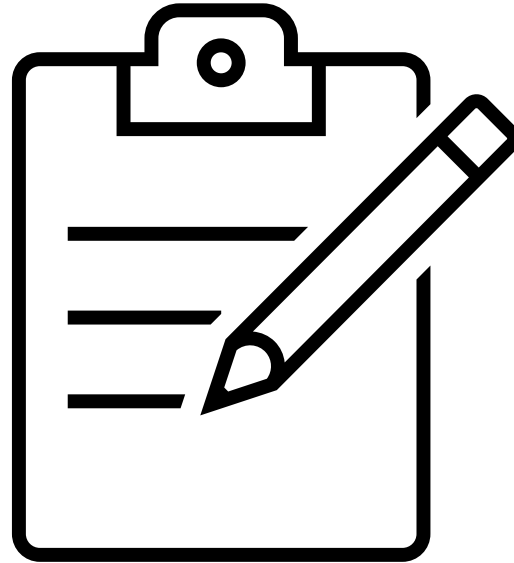
- **Title:** Applying the Social Justice Framework to Advance School Employee Well-Being
- **Presenter:** Pascale Edouard, DrPH, MPH | Program Manager | Center for Justice in Public Health at the National Association of Chronic Disease Directors

Breakout Session #2

- **Title:** Assessing and Implementing Organizational Well-Being Practices to Improve School Employee Wellness: An Introduction to the Organizational Well-being Inventory
- **Presenter:** Zahra Ladhani, EdD | Lead Clinical Research Specialist | National Center for School Mental Health

Breakout Session #3

- **Title:** Know Your Yes: Set Boundaries for Individual and Collective Well-Being
- **Presenter:** Alexis Lassus | National Advisor, Whole Child Health | Alliance for a Healthier Generation



How'd We Do?

Let's pause for a brief post-session evaluation poll.



Five Minute Break

Please return at 1:35PM ET



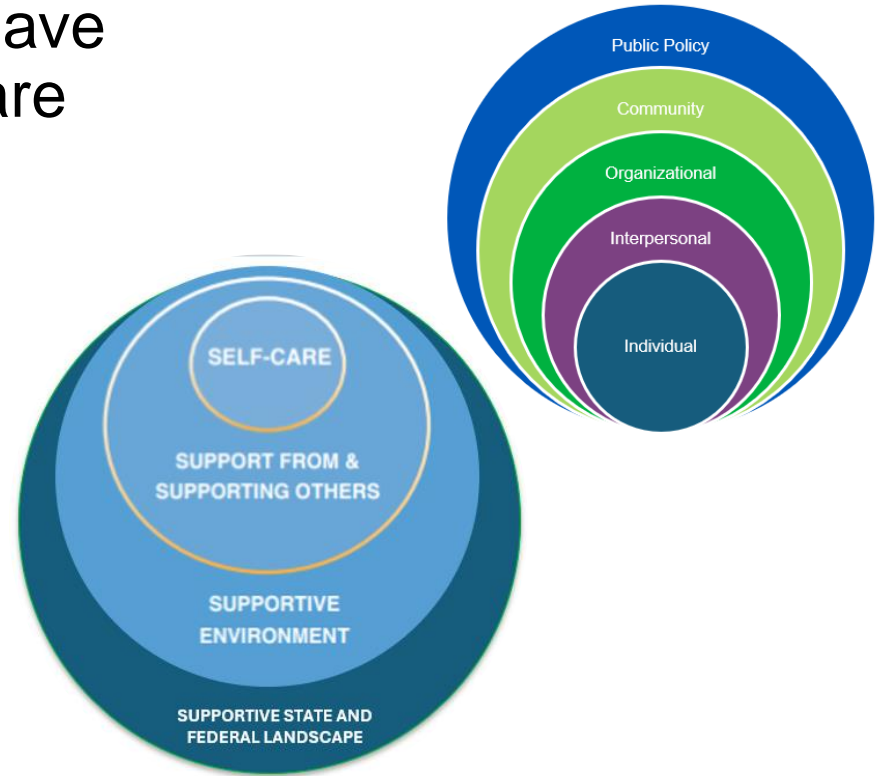
Application: The Socio-Ecological Model for School Employee Well-Being

Heidi Milby, MPH
Associate Director, Center for Advancing Healthy Communities
National Association of Chronic Disease Directors

Application: Socio-Ecological Model

What are some strategies you have learned about so far today or are already doing?

- Self-Care (*Individual*)
- Support From & Supporting Others (*Interpersonal*)
- Supportive Environment (*Organizational*)
- Supportive State and Federal Landscape (*Public Policy*)

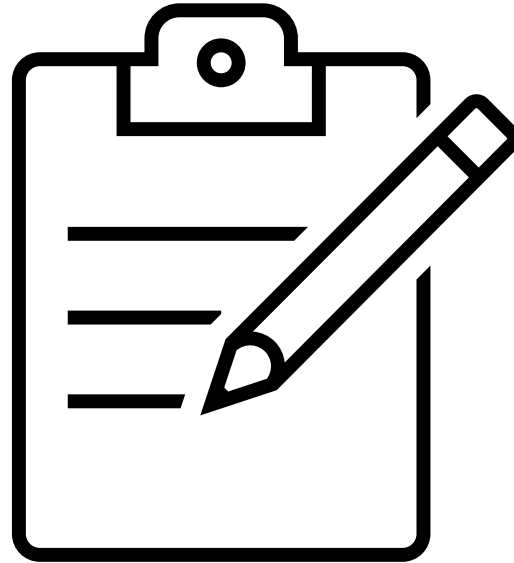




General Session #2 - Workplace Mental Health and Well-being: The Surgeon General's Framework

Jackie Zimmerman
Manager of Public Education Partnerships and E-Learning
Mental Health America

Anthony Sartori
Executive Director and Founder
Evolving Minds



How'd We Do?

Let's pause for a brief post-session evaluation poll.

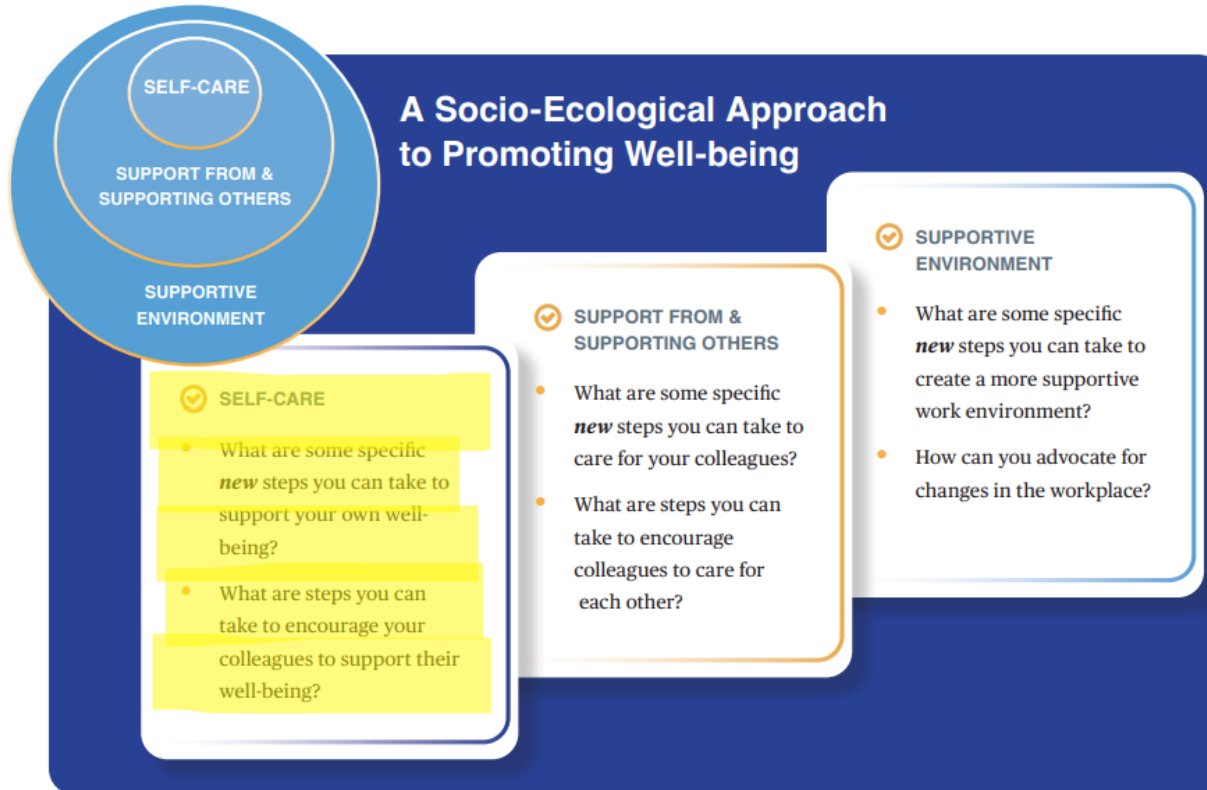


Reflections: The Socio-Ecological Model for School Employee Well-Being

Heidi Milby, MPH
Associate Director, Center for Advancing Healthy Communities
National Association of Chronic Disease Directors

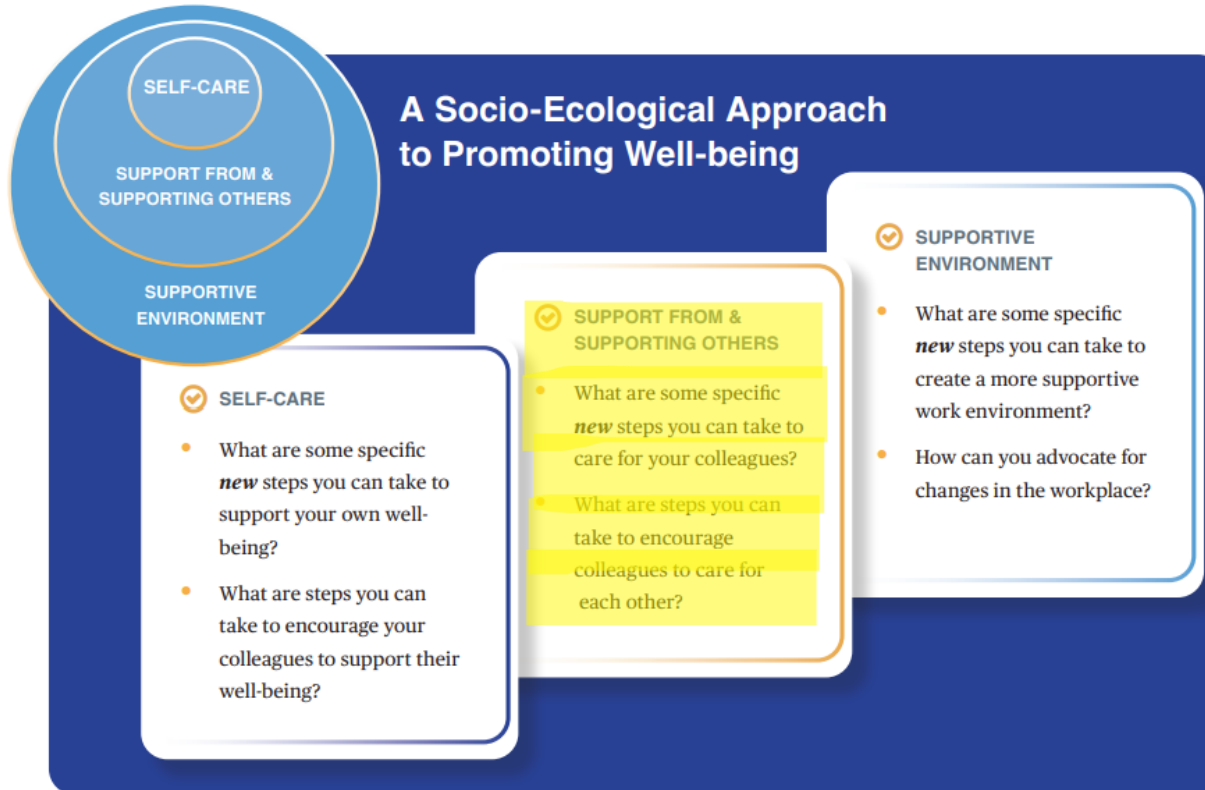


Reflections: Socio-Ecological Model



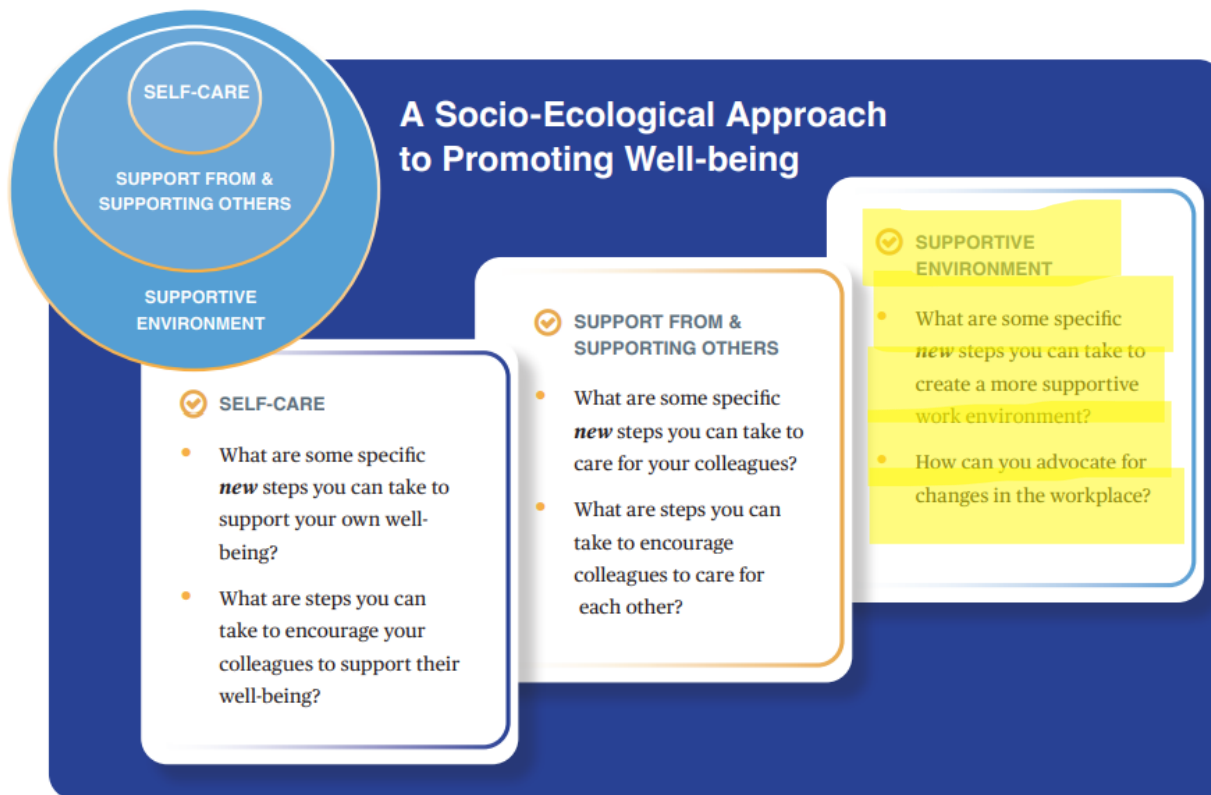


Reflections: Socio-Ecological Model





Reflections: Socio-Ecological Model



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

<https://s.zoom.us/m/bPIO94>
TaW



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