CENTER FOR ADVANCING
**HEALTHY**
COMMUNITIES

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

# Supports to Advance Emotional Well-Being in Schools

Learning Collaborative Roadmap



Aligning Frameworks

Effective Implementation for Staff and Student Well-Being

Teaming for Success

Data-Driven Decision-Making
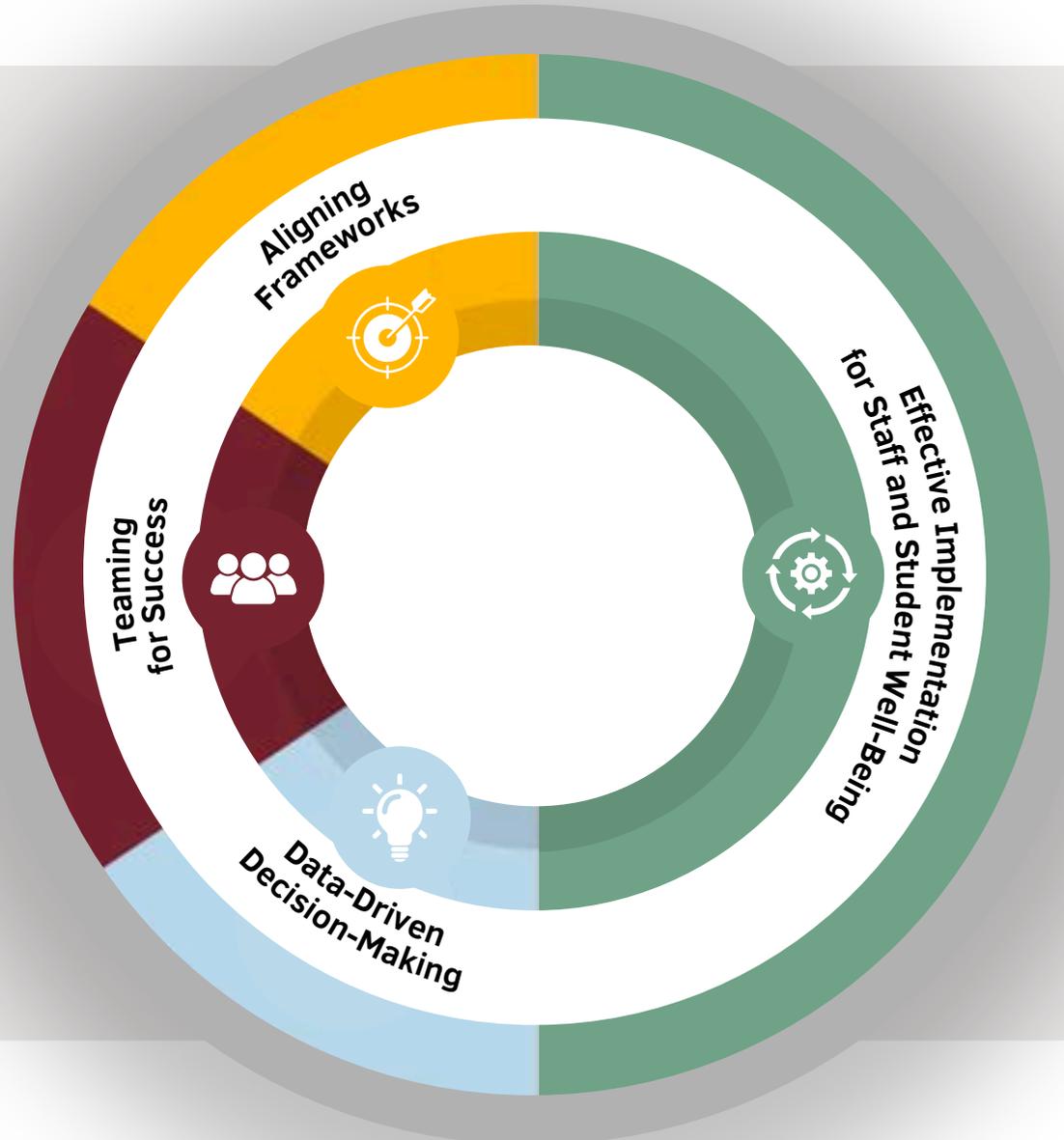
# Phase 1: Establishing an Infrastructure

Establishing an infrastructure ensures a coordinated and cohesive effort to comprehensive school-based mental health programming. It helps to foster a collaborative environment that brings together cross-sector perspectives, addresses the needs of staff and students, and enables data-informed decision-making for strategic implementation of interventions.



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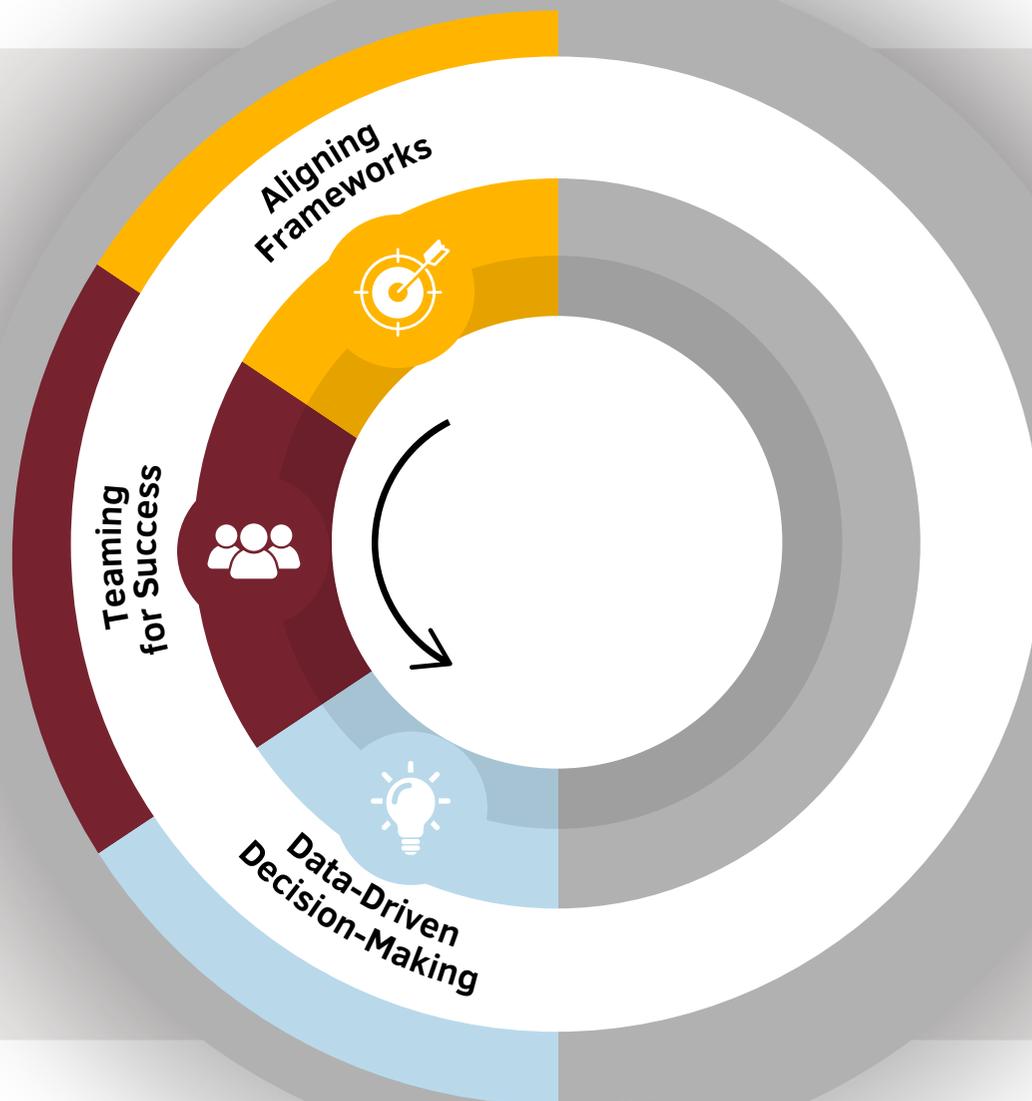
# Phase 2: Implementation & Continuous Quality Improvement

Once a strong infrastructure has been established, interventions to support student and staff emotional well-being are effectively put into practice and are continuously refined based on feedback and outcomes. This fosters a responsive and adaptive system that optimizes the impact of comprehensive school-based mental health.

Effective Implementation for Staff and Student Well-Being

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| Aligning Frameworks | Teaming for Success | Data-Driven Decision-Making | Effective Implementation | Staff Well-Being | Student Well-Being |
|---|---|---|---|---|---|
| • Whole School, Whole Community, Whole Child (WSCC) Model<br>• Comprehensive School-Based Mental Health (CSBMH)<br>• Social-Emotional Learning (SEL)<br>• Multi-Tiered System of Supports (MTSS)<br>• Positive Behavioral Interventions and Supports (PBIS)<br>• Other common frameworks | • Composing balanced teams<br>• Effective teaming dynamics<br>• Working across disciplines<br>• Cross-sector partnerships<br>• Securing buy-in and administrative support<br>• Engaging youth as leaders<br>• Meaningful collaboration and facilitation | • Identifying data sources<br>• Resource mapping<br>• Assessment and screening<br>• Contextualizing data<br>• Translating data into action | • Leveraging Implementation Science<br>• Goal setting<br>• Developing an action plan<br>• Identifying evidence-based policies, programs, and practices<br>• Continuous Quality Improvement (CQI)<br>• Funding<br>• Sustainability and iteration | *A systems-level approach to:*<br><br>• Comprehensive staff well-being<br>• Staff emotional well-being and mental health<br>• Universal and tiered staff supports (e.g., adult SEL, stress management and burnout prevention, social connectedness, etc.)<br>• Tiered staff supports<br>• Staff role modeling<br>• Organizational supports for staff wellness | *A systems-level approach to:*<br><br>• Comprehensive student well-being<br>• Student emotional well-being and mental health<br>• Universal student supports/ early intervention (e.g., screening, SEL, mental health literacy, social connectedness, etc.)<br>• Tiered student supports<br>• Skills development |

**Core thread: Whole School, Whole Community, Whole Child (WSCC)**