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**ON**

**POWERED BY EVERFI**

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# Building a Culture of Wellbeing in Your District

Panel Discussion



# Opening Discussion Question

Thank you for joining us today. To kick things off, we want to hear from you! In the chat box, please answer the following:

*What does wellbeing mean to you?*

*What are contributing factors of wellbeing?*

# AGENDA

- Defining Wellbeing
- Introducing Our Panelists
- Panel Discussion
- Q+A / Open Forum
- Resource Review
- Next Steps





# But First, Housekeeping...

## Audio

- Can't hear? Be sure that your computer is allowing audio output
- You can ask questions in the chat if you're having issues - we have live tech support!

## Questions

- Type your questions into the questions box - we have an EVERFI rep ready to answer in real time, or we will answer them during the Q&A

## Social

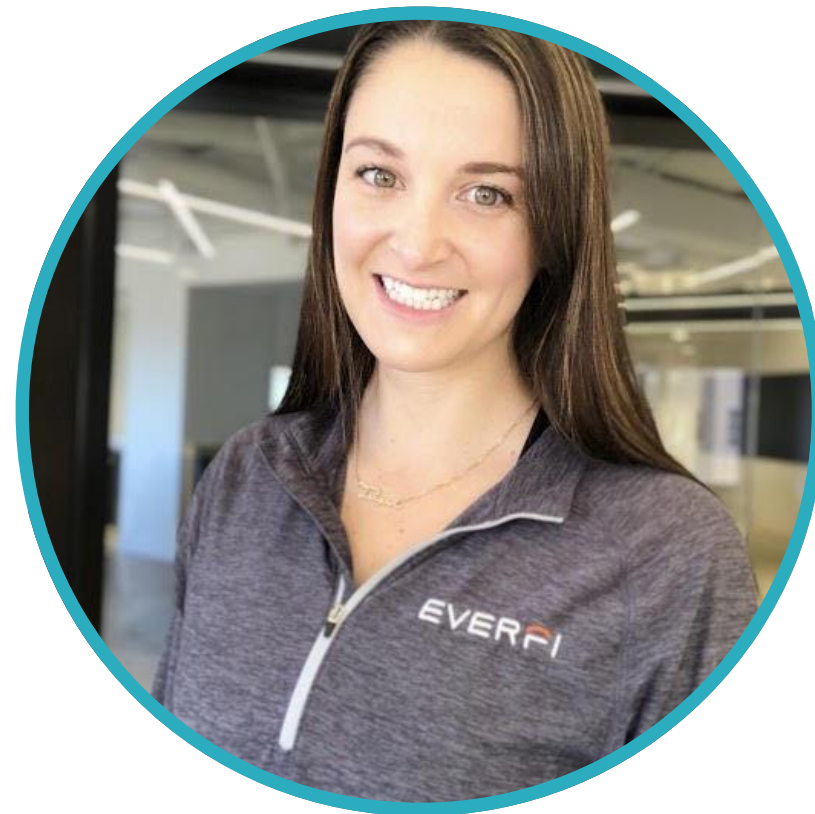
- Find us on Twitter, Instagram, Facebook, and TikTok @EVERFIK12 and use #EVERFIempowers and #LearnOn2022 when you share out!

# Building a Culture of Wellbeing in Your District



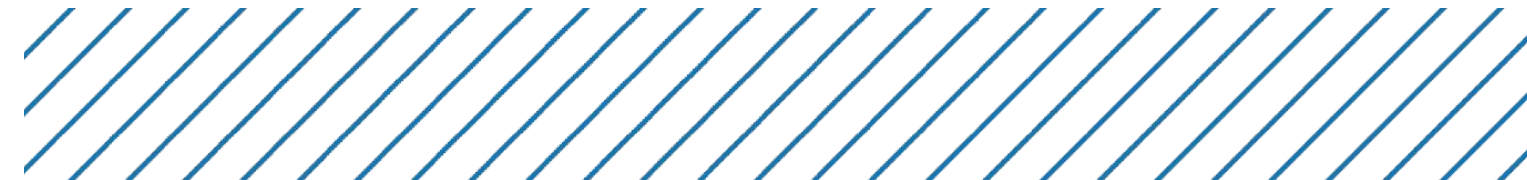
**Jessica Golden, M.Ed**

Senior Director, K12 District Partnerships  
EVERFI  
She/Her/Hers



**Teagan Seeley, M.Ed**

Director, K-12 District Partnerships  
EVERFI  
She/Her/Hers





# Defining Wellbeing

“

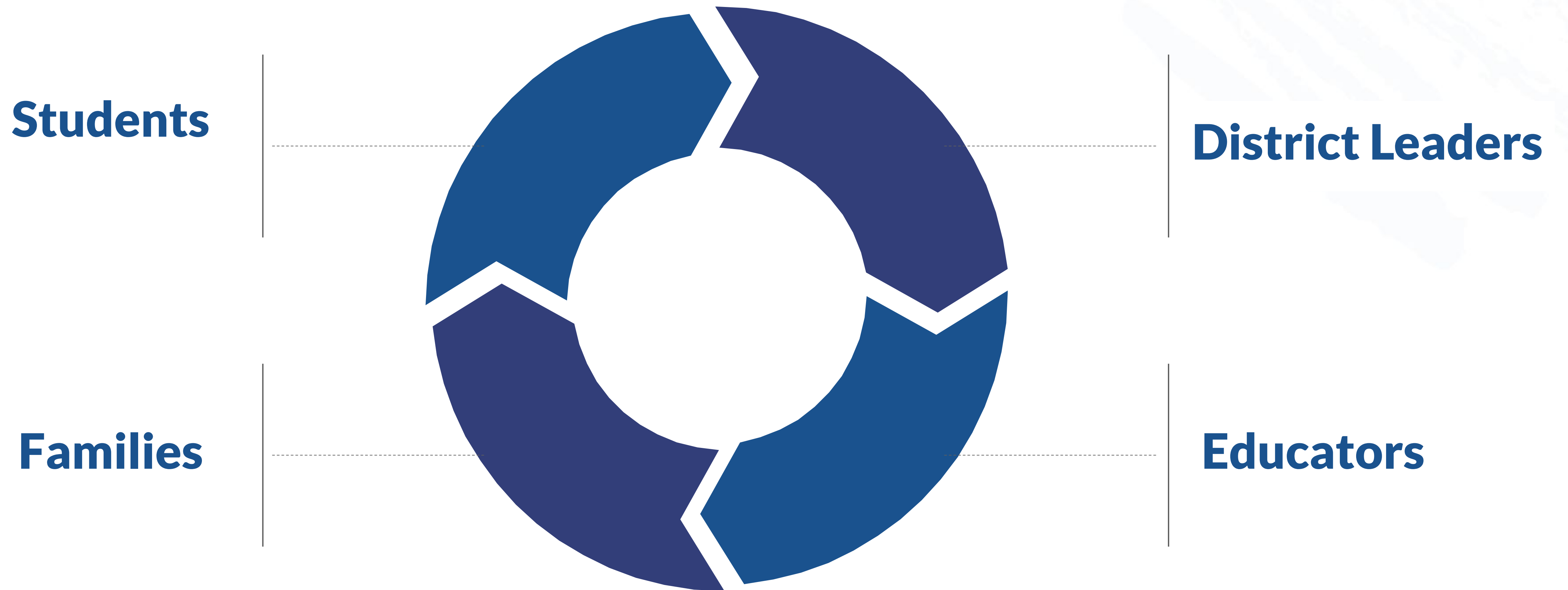
As we continue transitioning into an era of recovery and re-entry, teacher wellness represents a top priority to protect the people providing high-quality education to our students. Teacher wellness isn't just institutional. **All teachers, no matter who they are and where they teach, deserve access to resources honoring and protecting their wellness.**”

”

Justin Lopez-Cardoze  
2020 DC Teacher of the Year



# A Community Approach



# Deep Dive: The 8 Dimensions Of Wellness

## Emotional

Understanding your feelings and coping with stress in healthy and effective ways

## Physical

Maintaining a healthy body and seeking help when needed. Includes getting enough sleep, eating nourishing foods, exercise, and routine healthcare maintenance.

## Intellectual

Having an open mind when you encounter new ideas and continuing to expand your knowledge. It encourages active participation in scholastic, cultural and community activities

## Spiritual

A set of values that help you seek meaning and purpose. Spirituality can be represented in many ways, for example, through relaxation or religion.

## Environmental

Living a lifestyle that is respectful of our surroundings. To live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment.

## Financial

The overall financial health of an individual. Includes learning how to successfully manage financial expenses.

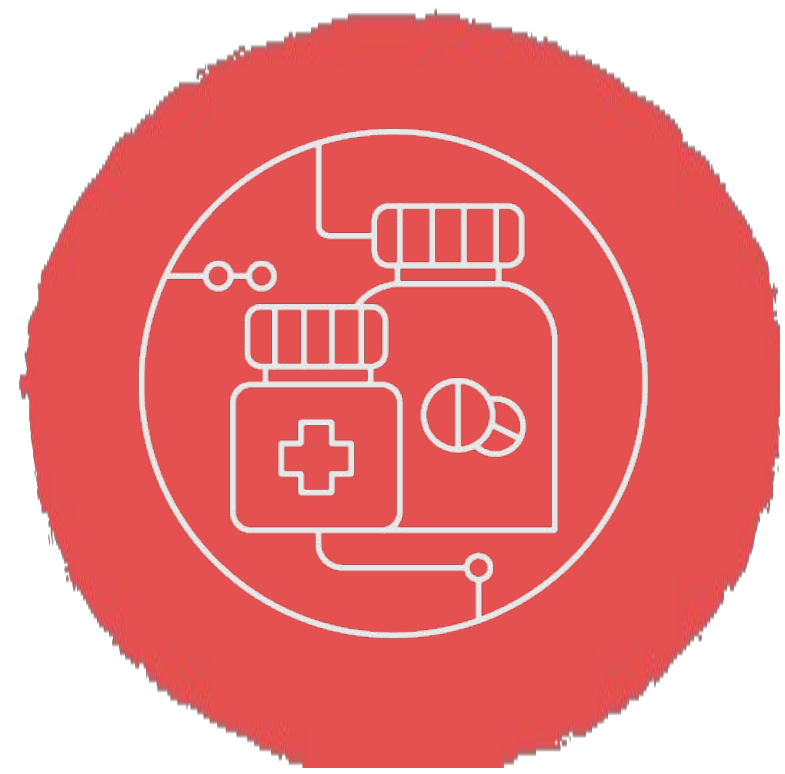
## Occupational

Enjoying your occupational endeavors, feeling hopeful about occupational prospects, and appreciating your contributions

## Social

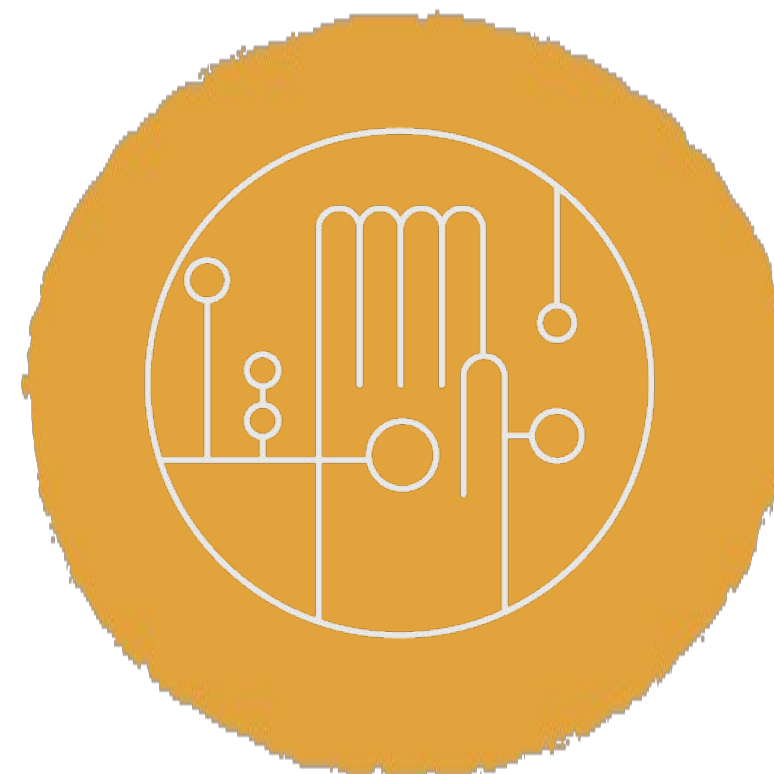
Helps you perform social roles effectively and comfortably, and create a support network. Allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partners

# Connections between Wellness Dimensions



## Substance Misuse

Youth aged 12-17 who had experienced a major depressive episode more likely to use illicit drugs.



## Bullying

Students who are both targets for and engage in bullying are at greater risk for mental health problems.



## Financial Wellness

Perceived social status/socioeconomic status has been found to be correlated with a mental health disorder.



## Compassion

Loneliness, stress, and anxiety can be combated with compassion for self and others. Compassion is a building block for mental wellness.



# Panelist Introductions



# Meeting Our Panelists



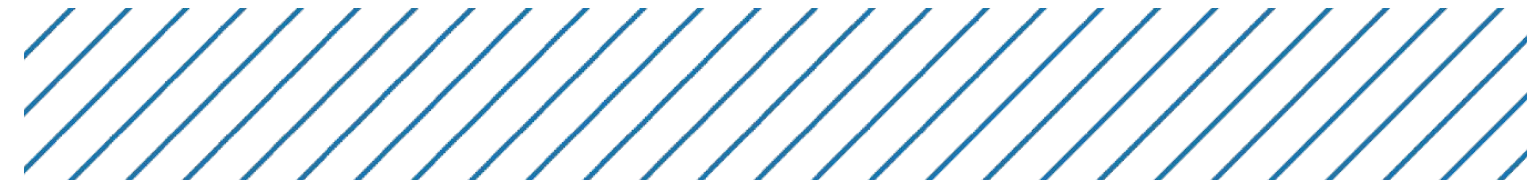
**LaTrayl Adams, M.S.**

Director of Social Emotional Learning and  
Restorative Practices  
Winston Salem/ Forsyth County Public Schools



**Jeff Vasquez**

Math Coordinator  
Wonderful College Prep Academy  
Delano, CA





# Panel Discussion

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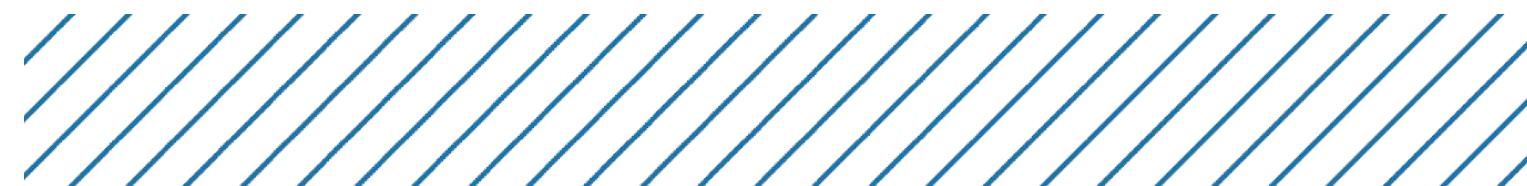
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# Q&A and Open Forum



# Q&A and Open Discussion

## Questions

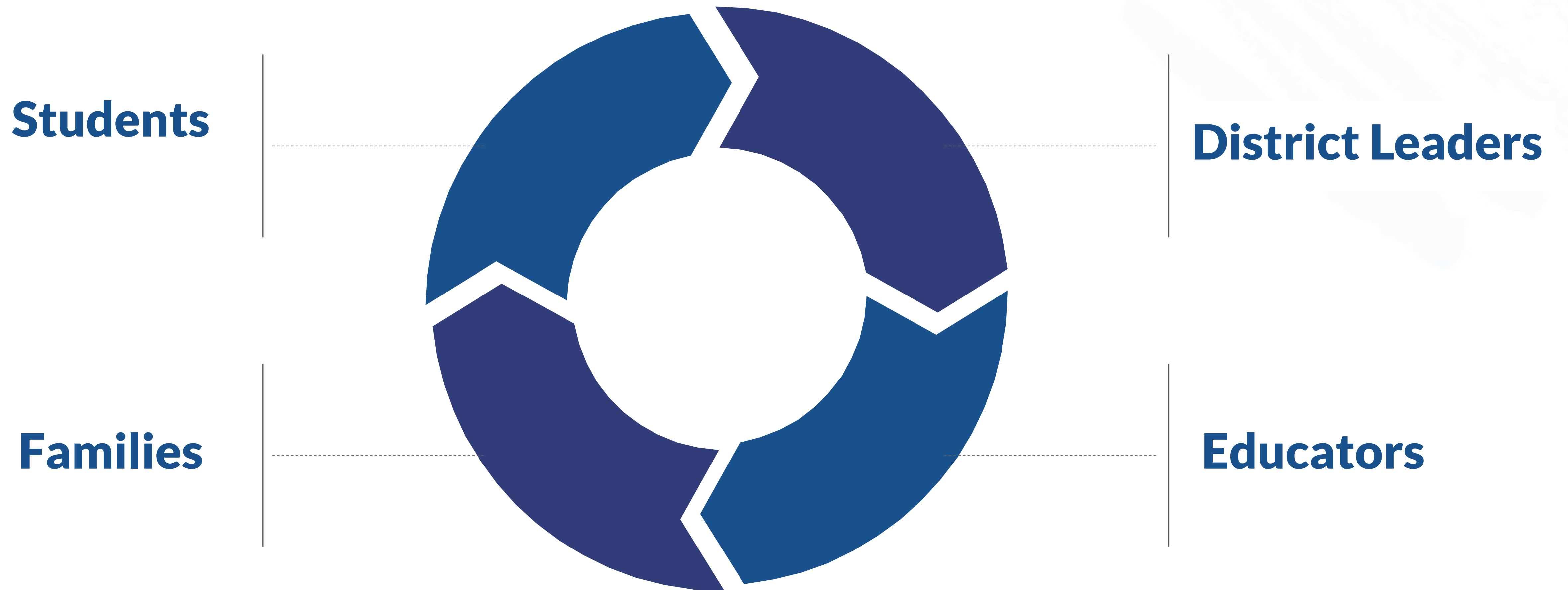
- Type your questions into the questions box (you can also upvote questions from others) or come off mute to share your question and/or response

- What does wellbeing look like in your district?
- What has already been done to prioritize wellness?
- What is an area of growth for your district? What would you like to see improve?



# Resource Review

# A Community Approach



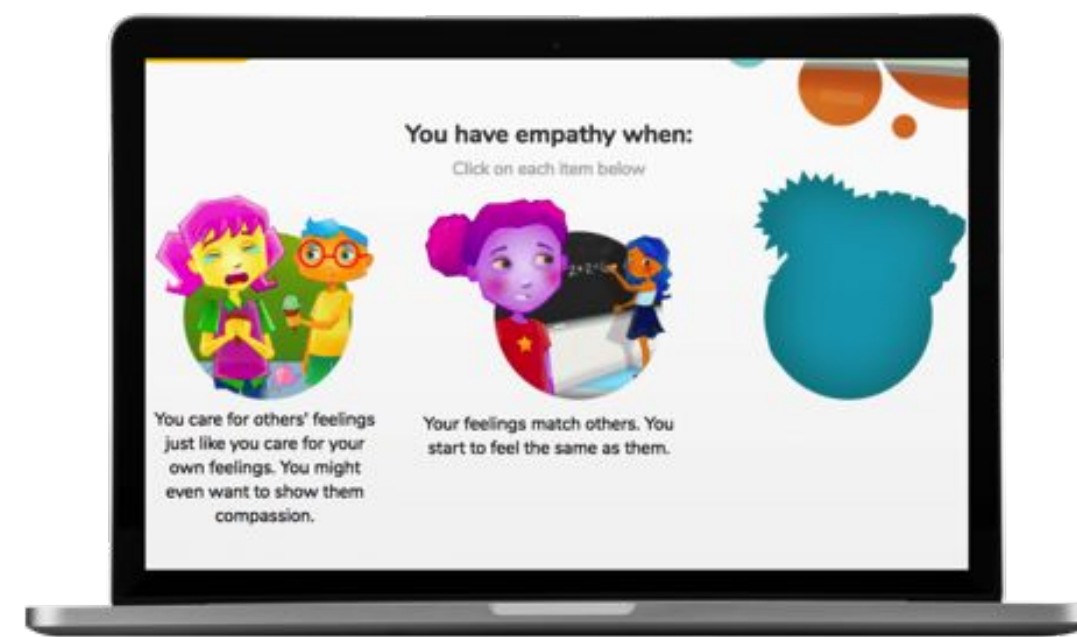
# ● Resources for Students

- Article and Resources to Support Students
  - [How to Provide Mental Health and Wellness Education with EVERFI](#)
  - [6 Mental Health Activities for Students to Embed Mental Wellness into Classroom Culture for High School](#)
  - [Why Teachers Should Introduce Social-Emotional Skills in the Classroom](#)
  - More resources and articles [here](#)
- Digital, Supplemental Resources for All Ages



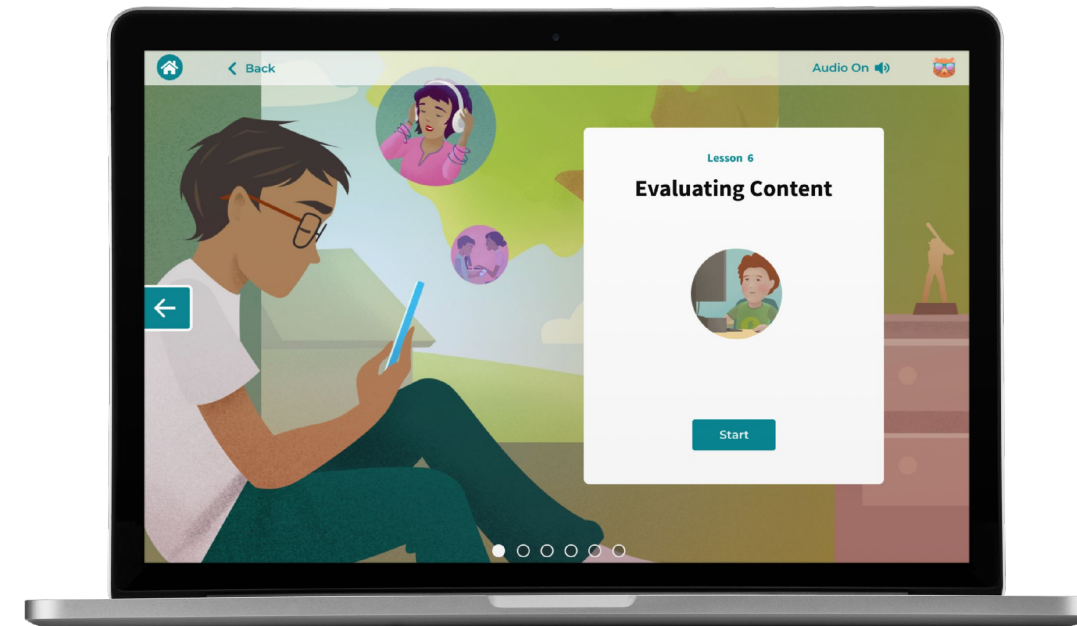


# Social Emotional Learning for All Ages



## The Compassion Project Lower & Upper Elementary

*Grades 2-5*



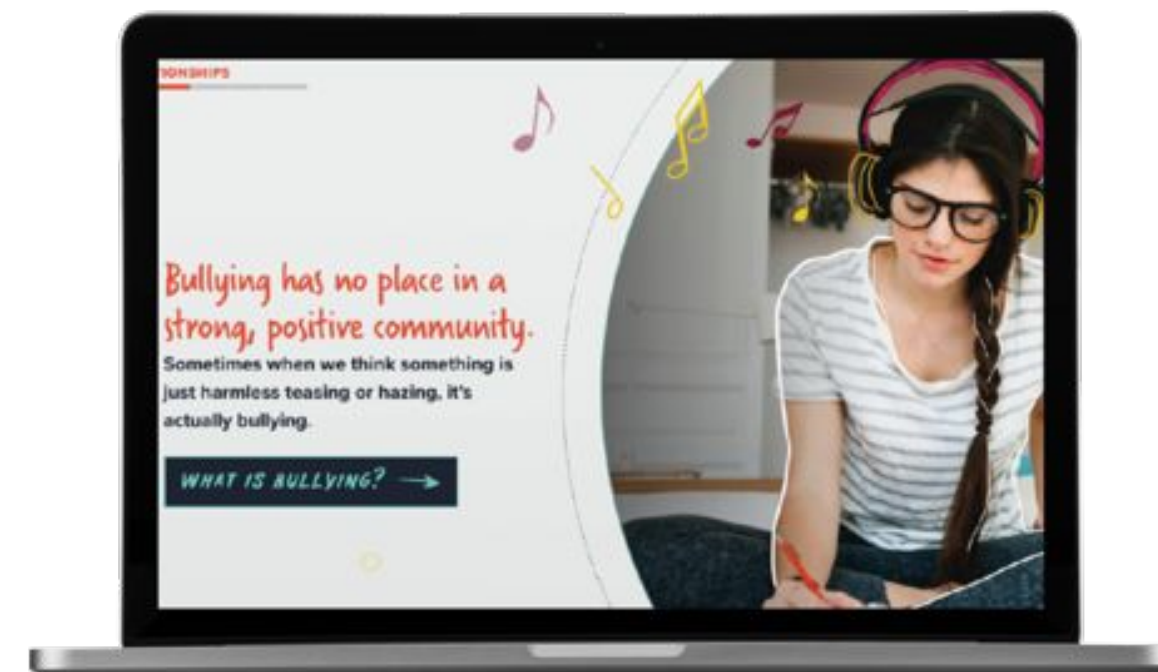
## Ignition: Digital Wellness & Safety

*Grades 6-9*



## Character Playbook: Healthy Relationships

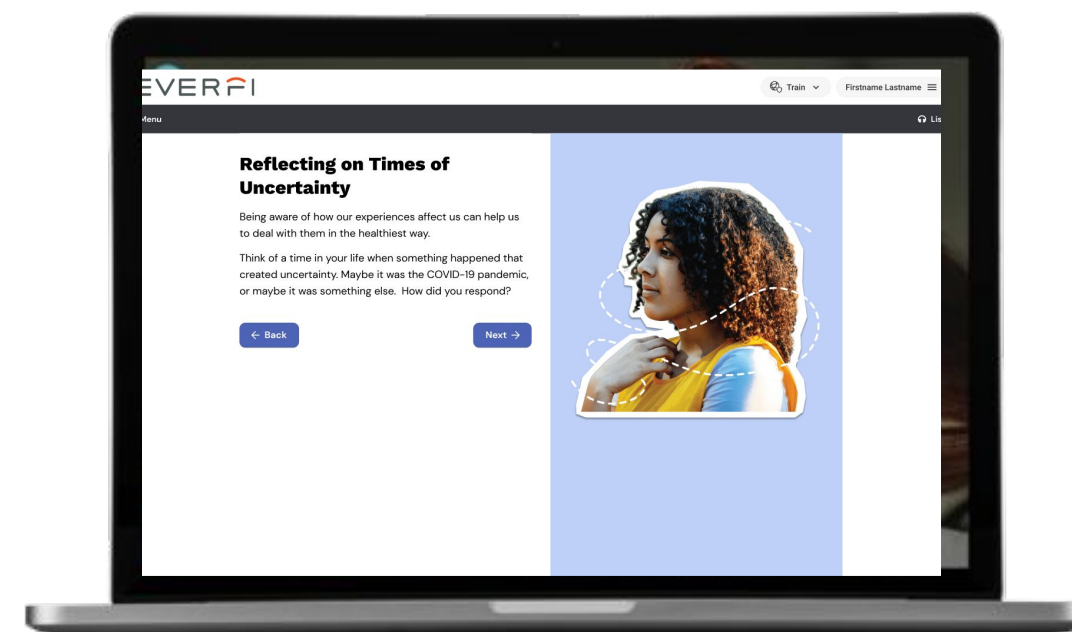
*Grades 7-9*



## Honor Code: Bullying Prevention

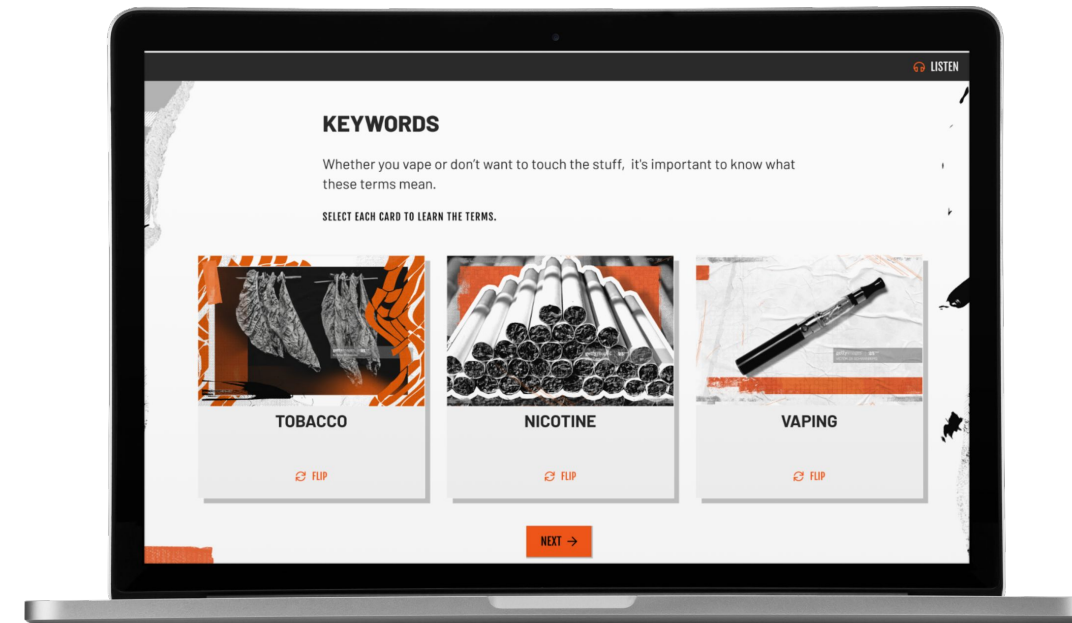
*Grades 8-10*

# Health & Wellness



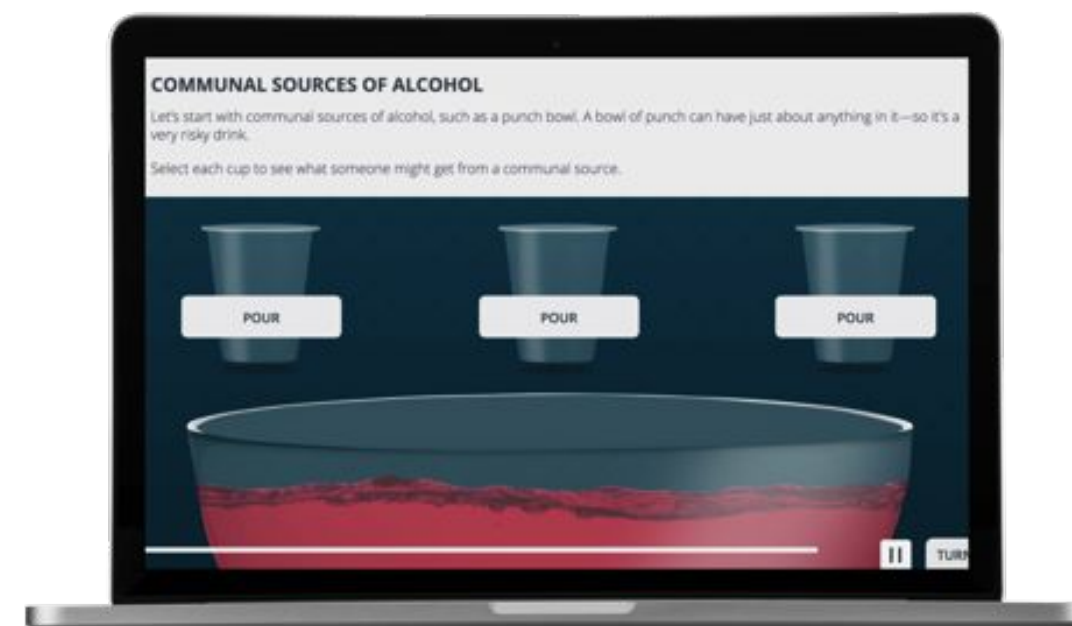
## Understanding Mental Wellness

Grades 8-10



## Vaping: Know the truth

Grades 8-12



## AlcoholEdu

Grades 9-12



## Prescription Drug Safety

Grades 9-12



# Understanding Mental Wellness

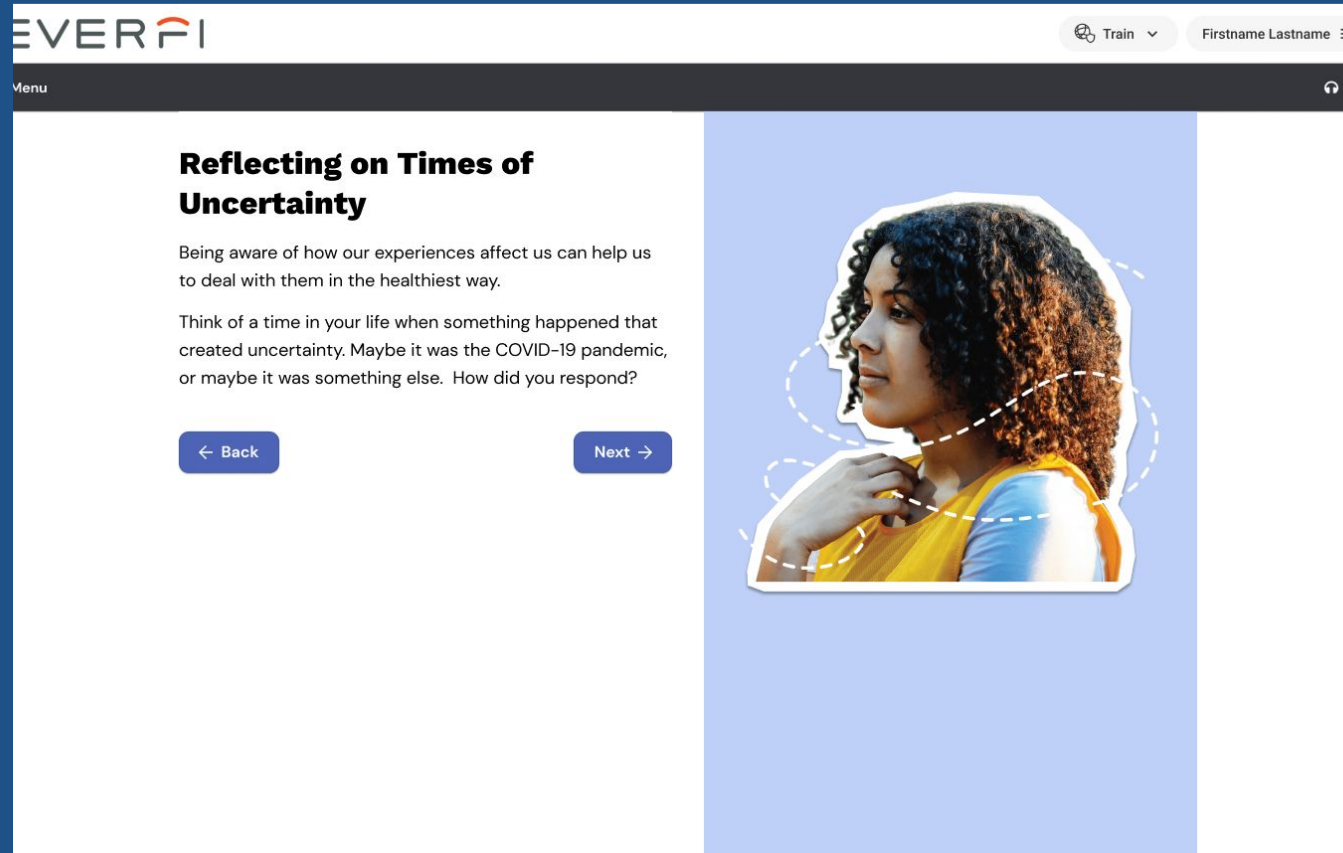
**Grade Level:** 8th-10th

**Total Lessons:** 5 lessons, ~10-15 mins each

**Course Length:** ~60 minutes

**Subject Alignment:** Advisory, Homeroom, Health/PE, Response to Intervention

**Languages:** English, Spanish



## At-a-Glance

*Understanding Mental Wellness* introduces students to the topic of **mental health** and the ways in which they can **implement coping strategies** to manage their own challenging thoughts, emotions, and behaviors. The course will recognize that students can be faced with external circumstances beyond their control which can impact their mental health. Students will learn how to support friends and family who may be struggling, how to recognize when to seek help, and how to access appropriate resources to do so.

## Highlights

- Updated in 2022 to include larger focus on adverse childhood experiences and coping in times of uncertainty
- New sixth module coming in Fall 2022 to address mental distress in youth

## Topic Areas

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decisions

# Problem

Given the very different academic and social emotional learning opportunities during the pandemic, returning to face-to-face learning will require more support for social emotional knowledge and skills - [Elmhurst University](#)

Students say they feel **isolated and disengaged** from school, their friends and life in general, according to a July report by the Center for Reinventing Public Education. - [CRPE](#)

Decades of research demonstrate the effectiveness of SEL for supporting students' academic and long-term success as well as greater student engagement, social-emotional health, and academic achievement (in addition to improving the well-being of educators, family members, and school leaders)

[Penn State Crisis Brief](#)

# Our Solution

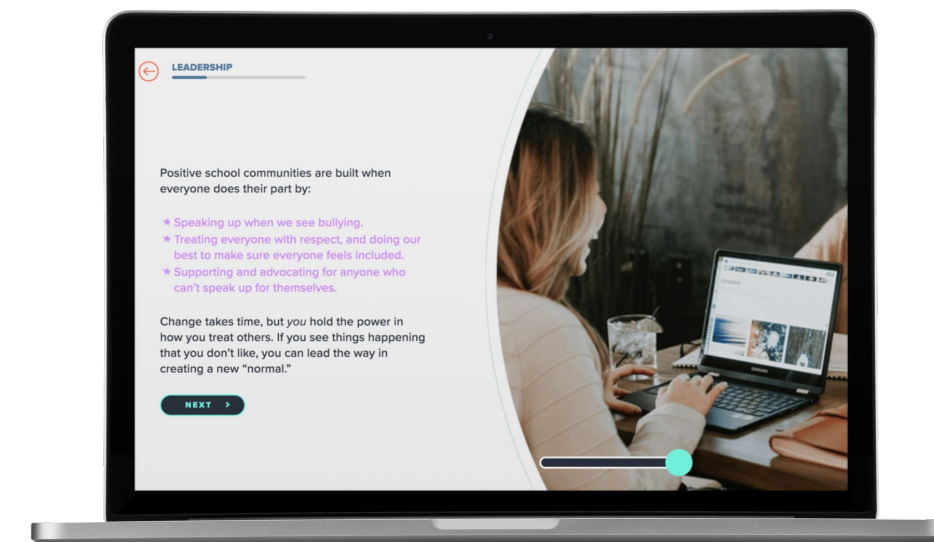
## The Compassion Project : Upper and Lower Elementary

*Grades 2-5*



## Character Playbook Healthy Relationships

*Grades 7-9*



## Honor Code Bullying Prevention

*Grades 8-10*



## ● Resources for Educators

- [Teacher self-empowerment: 4 strategies to protect your teacher energy and purpose](#)
- [10 Teacher Mental Health Tips You Can Put Into Practice Today](#)

## ● *Elevate: Mental Wellbeing for Educators*

- Limited availability for these select districts New Mexico, Palm Beach, Mesa Public Schools, San Jose, District of Columbia
- Email District Lead to express interest
- [MassMutual Educator Personal Finance](#)

## ● Resources for Families

- [MassMutual Foundation Hub](#)



# Elevate Example Lessons

## Mental Wellbeing for Educators

IN PROGRESS (4)

COMPLETED (0)



### Mental Well-Being Basics

Understand mental well-being, common mental health challenges, when and how to seek help for yourself and others.

8 min

Start >



### Managing Mental Health Challenges

Learn about mental health challenges and practical strategies to help support your mental well-being.

6 min

Start >



### Developing Resilience

Learn concrete strategies on how to build your own resilience during times of acute stress.

7 min

Start >



### Supporting Loved Ones with Mental Health Challenges

Learn how to support friends, family, and colleagues who may be struggling with mental health challenges.

8 min

Start >

Resource for  
Administrators

# ACCELERATE

LINK LEARN LEAD

A PLC for Administrators  
Powered by EVERFI

Link

**Network with district leaders** from your region and beyond to solve challenges that you're facing right now

Learn

**Drive change within your community** using the knowledge and skills gained from leaders in education, business, & more

Lead

**Share your experiences and shine a spotlight on** the accomplishments of your district in PDs, articles, social, & more

**Register Today**  
[everfi.com/accelerate](https://everfi.com/accelerate)







## Next Steps:

- Email [districts@everfi.com](mailto:districts@everfi.com) if you are interested in offering *Elevate* to your district network
- Engage with your District Lead/ Implementation Specialist to develop a plan for creating a culture of wellness across your school community.
- [Register for Accelerate](#) to engage with other district leaders on building a culture of wellbeing + many other topics





**What is one take-away  
you have from this  
conversation?**



# Let's go Forward Together!

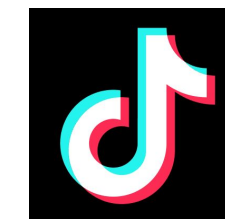


## #LearnOn2022

- Join the EVERFI K-12 Facebook Page: [Educator Resources for Real-World Learning](#)
- Follow us on social



@EVERFIK12



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