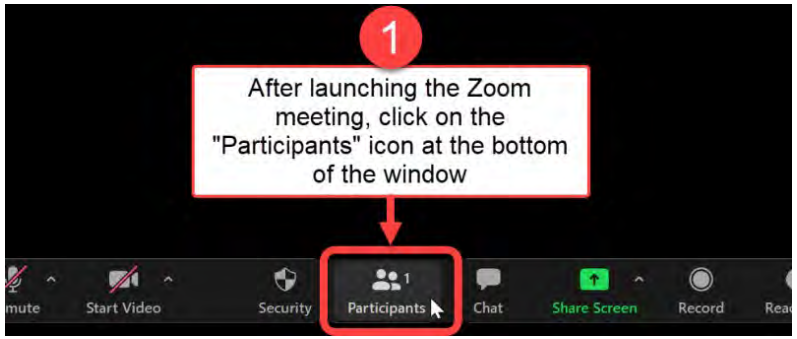
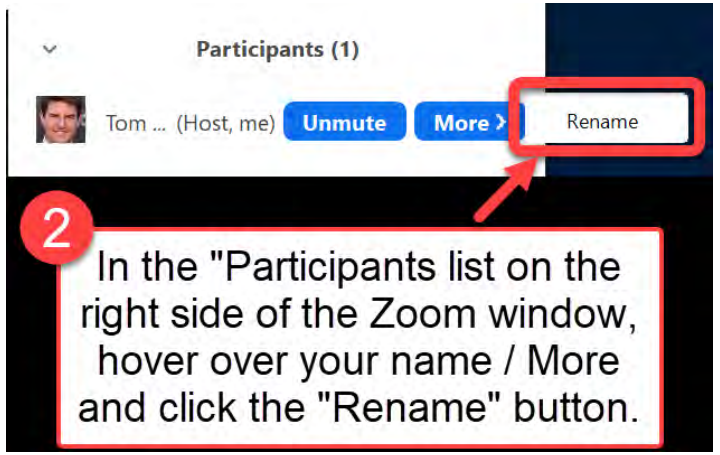
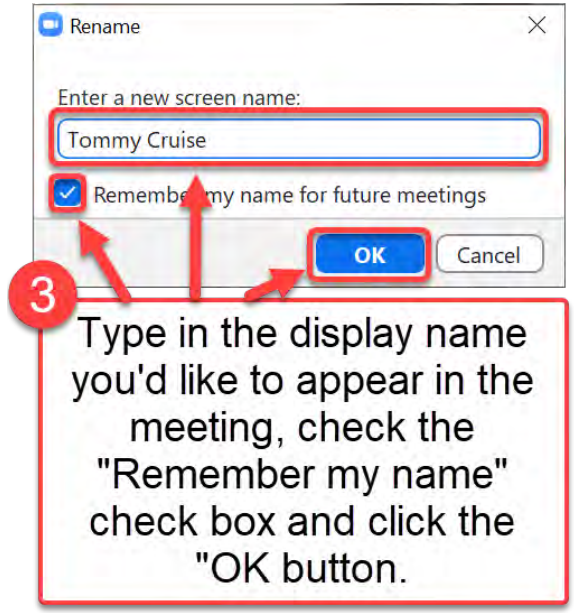
ECHO Session Reminder







Growing Healthy Minds
Project ECHO®

Building a Culture of Wellness in School Staff

April 18, 2024 | 5:30-6:30pm

New Jersey Chapter
OF THE AMERICAN ACADEMY OF PEDIATRICS
INCORPORATED IN NEW JERSEY

GROWING HEALTHY MINDS
Project ECHO®

Acknowledgements & Disclosures

This Project ECHO® is made possible through a grant from the New Jersey Department of Children and Families.

Today's speakers have NO disclosures or conflicts of interest in relation to this presentation.

Continuing Education Credits

Requirements:

1. Participation in each complete Growing Healthy Minds ECHO session
   - **For social work credits:** Your camera must be turned on for the full duration of the session
2. Completion of each ECHO session evaluation, which will be sent to the email you used to register following each session

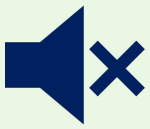
No one with the ability to control content of this activity has a relevant financial relationship with an ineligible company.

This continuing education activity was approved by the Ohio Nurses Association, an Ohio Board of Nursing approver. (OBN-001-91)

Expiration date: 11/16/2025 for all recorded sessions

Housekeeping

We encourage you to attend the sessions with video capability.



Kindly mute your microphone when not speaking.

By participating in these ECHO sessions, you are consenting to being recorded.

To protect privacy, please do not provide any identifiable information.

Use the chat function to engage in discussion with our hub team and fellow participants.

Growing Healthy Minds:

An ECHO on Strategies to Support Student Mental Health

Bert Mandelbaum, MD
School Physician for Montgomery, Hillsborough, North Brunswick, Chapin
Chair, Department of Pediatrics, Penn Medicine Princeton Health
Chair, NJAAP Task Force on Adolescent Health and School Start Times

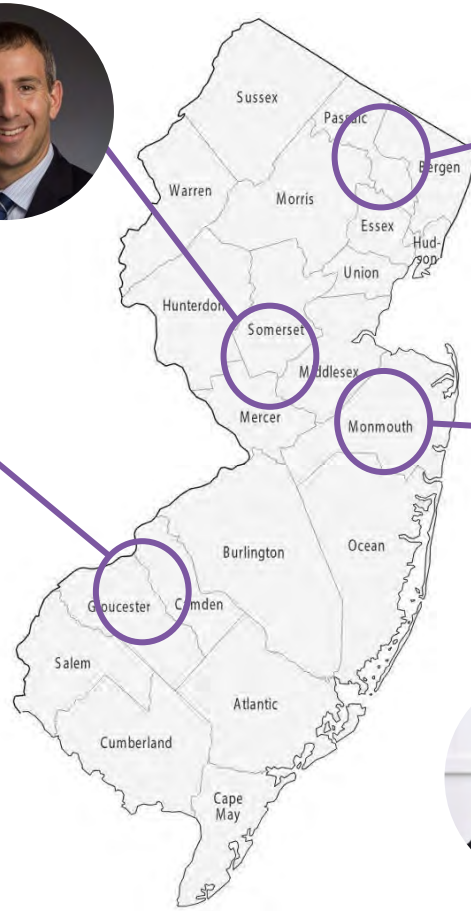
Jennifer Chuang, MD
Section Chief, Adolescent Medicine
Pediatrics Residency Program Director
St. Joseph's University Medical Center, Paterson, NJ

Laura Williams, MA
School Counselor, Oak Valley School, Deptford
BIPOC Committee Chair, NJ School Counselor Association

Kristina Donovan, PhD
Administrative Supervisor of Student Services
Office of Guidance & Operations
Freehold Regional High School District

David Nash, Esq
Director of Legal Education and National Outreach for
the Foundation for Educational Administration

Kathy McCutcheon MSN, RN, NCSN
Executive Board, New Jersey State School Nurse Association



Our Speakers

Kathy McCutcheon MSN, RN, NCSN
Executive Board,
New Jersey State School Nurse Association

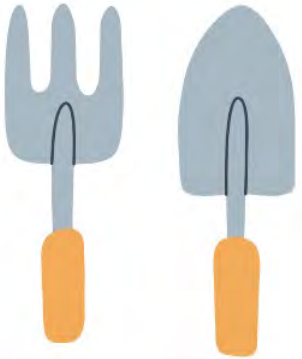
Stefanie Lachenauer, EdM
Educator, Montgomery Township
Certified Trauma & Resilience Practitioner

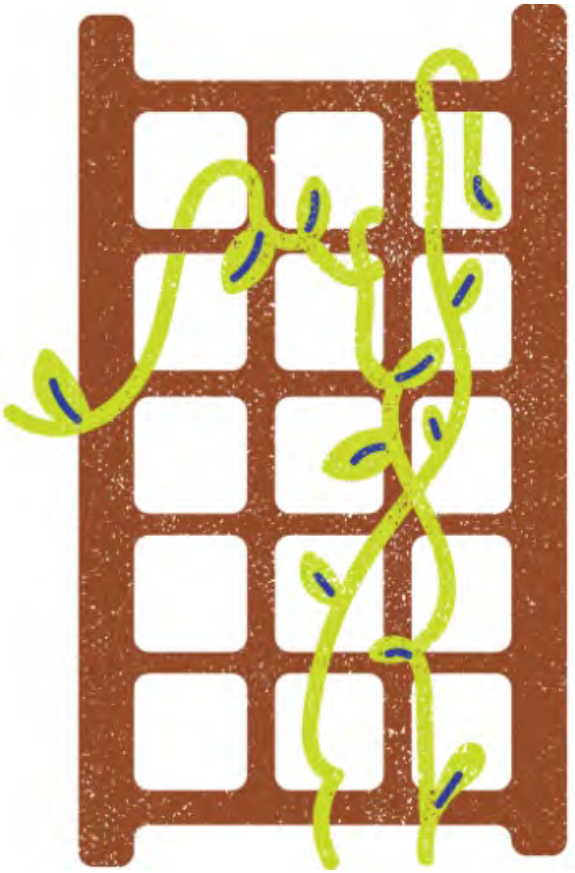
Ilana Nankin, PhD
Founder and CEO,
Breathe for Change

Building a Culture of Wellness in School Staff

Growing Healthy Minds Recap

- Gardening tools – variety of interventions
- Trellis adds support

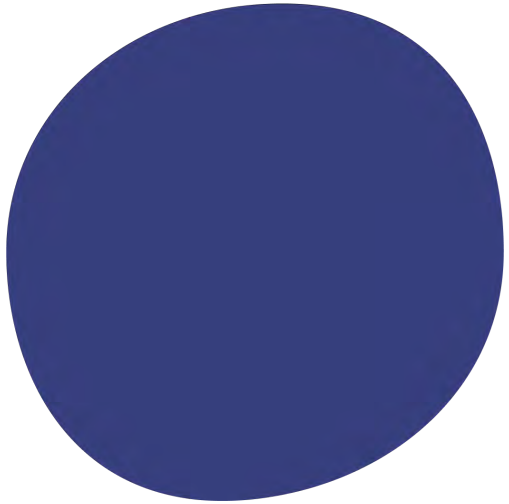




Settle In

3 Collective Breaths

2 Word Check In



Intention Setting

From Breathe For Change Mindfulness, SEL, and Yoga Teacher Training

How to Lead Settle In Practices

Find a Seated Position

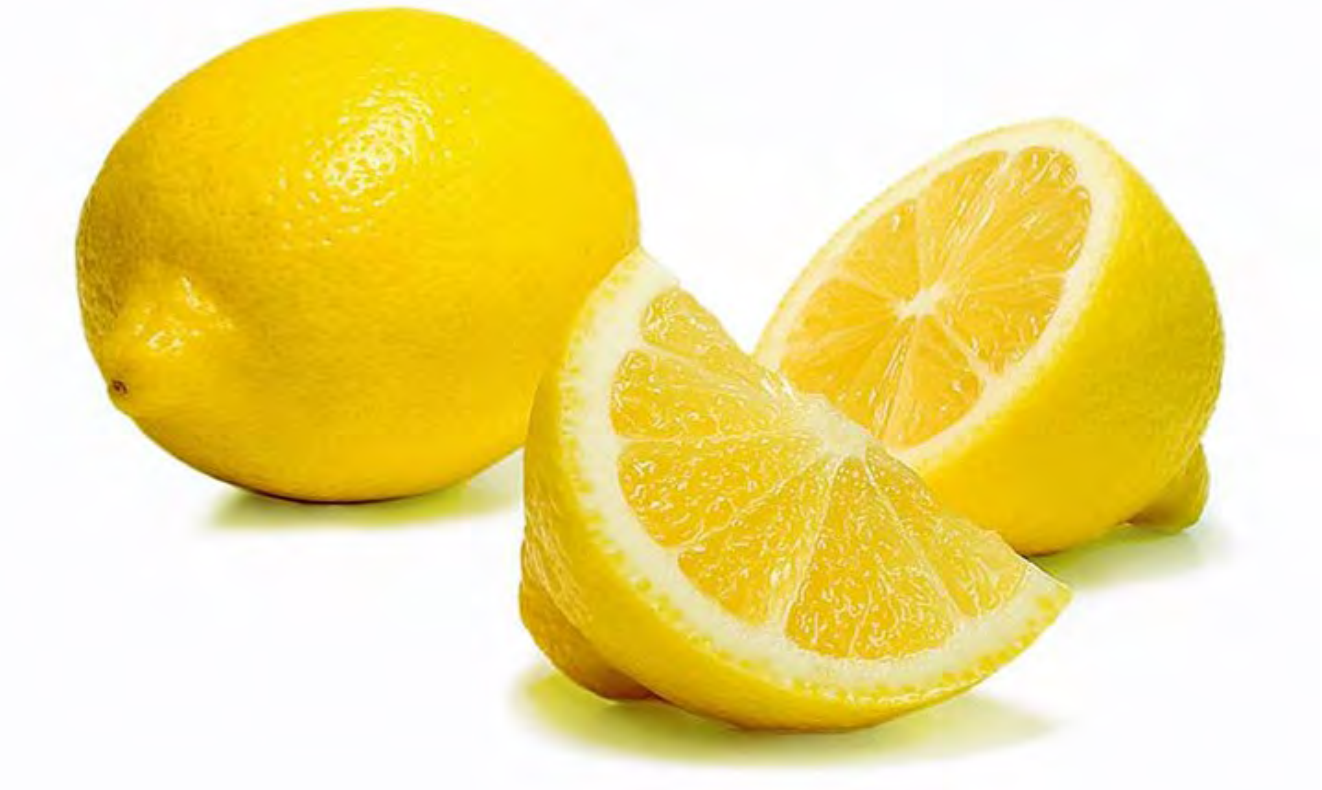
Connect To Your Breath

Connect To Your Body

Connect To Your Emotions

From Breathe For Change Mindfulness, SEL, and Yoga Teacher Training

Experiment!



What did you notice about this experience?

How do we see mirror neurons show up in our spaces?

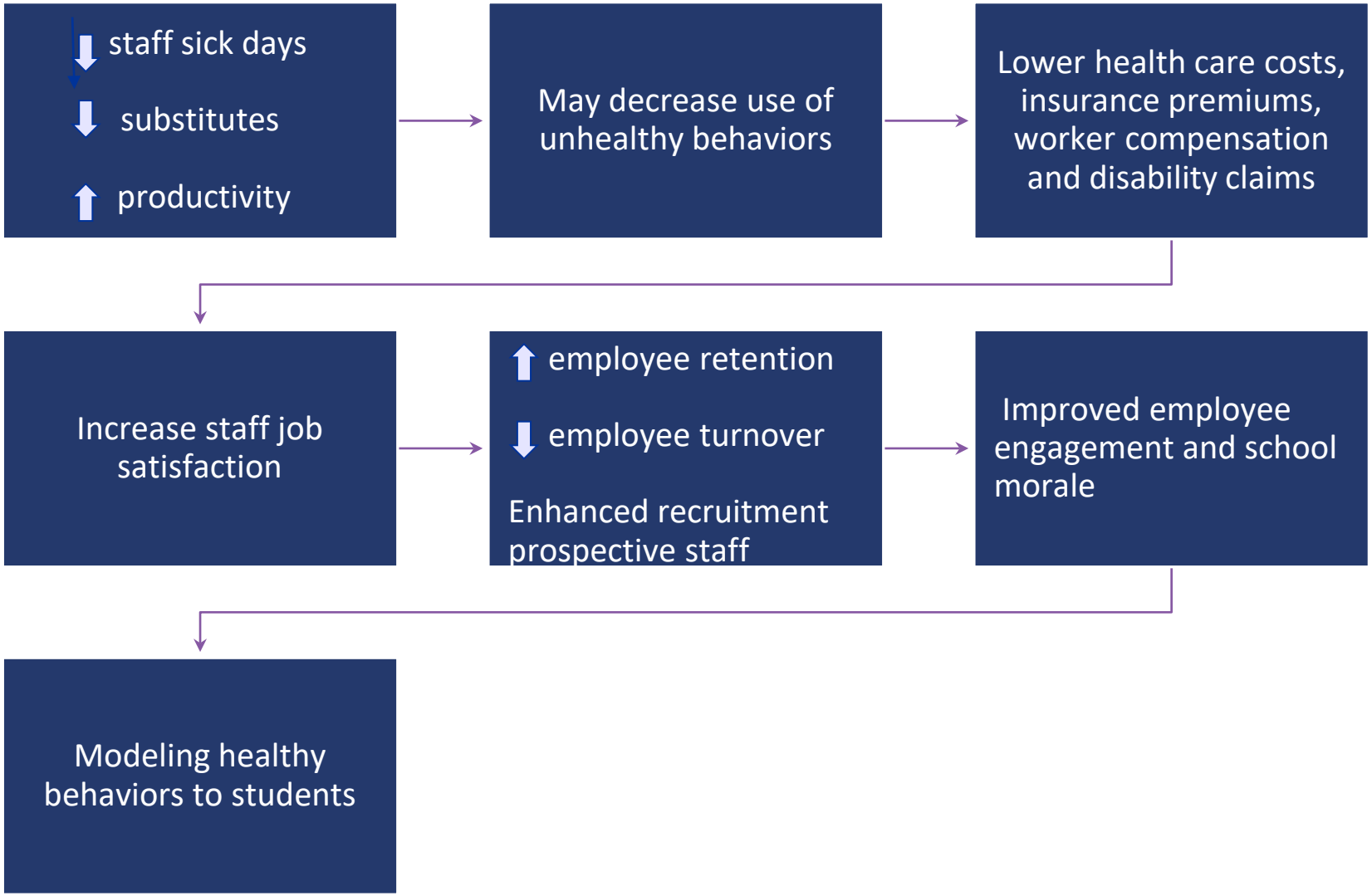
Be the thermostat not the thermometer

We are the best resource for our students in our schools!

Our regulated nervous system is the first line of defense for heightened students.

Wellness is more than the absence of disease

Promoting staff health may support students' health and academic success by:



60% of adults in the US have chronic health conditions

40% of adults have multiple chronic conditions

More than 40% of school aged children have a chronic health condition

Source: From the National Association of Chronic Health Disease Directors

Source: CDC Healthy Schools

Keeping Our Students Safe, Healthy & In School – NJDOE

Student Wellness – Keeping Our Students Safe, Healthy & In School notes:
"Recognizing that education cannot achieve this alone, the department works with other state agencies to support the implementation of statutes and regulations designed to promote student and staff wellness." NJDOE

New Jersey School Boards Association Task Force on the Impact of Health and Wellness on Student Achievement 2014-2015 and specifically recommended:
"Health Promotion for Staff: Schools can provide opportunities for school staff members to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities encourage staff members to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs"

School Health, Nutrition and Physical Activity – NJDOH
Strengthen state and local school wellness policies and facilitate policy implementation and monitoring in every school through strong school wellness teams as directed by the USDA nj.gov/health

Key Legal Protections

- Americans with Disabilities Act and Section 504
  - Protects adults and students
  - See EEOC Guidance on ADA and Mental Health
- NJ Law Against Discrimination
  - Protects adults and students
- Interactive Process Required
- District Anti-Discrimination / Affirmative Action Policies
- NJ Expansion of Sick Leave Law
  - See Article Reviewing Key Aspects of Law

COMMUNITY
COMMUNITY
COMMUNITY
Health Education
Physical Education & Physical Activity
Nutrition Environment & Services
Health Services
Counseling, Psychological, & Social Services
Social & Emotional Climate
Physical Environment
Employee Wellness
Family Engagement
Community Involvement
COORDINATING POLICY, PROCESS, & PRACTICE
IMPROVING LEARNING AND IMPROVING HEALTH
HEALTHY
SAFE
ENGAGED
SUPPORTED
CHALLENGED

Common Staff Wellness Activities

- Flu shots
- CPR training
- Blood drives
- Go Red for Women
- Targeted school-related concerns: Biggest Loser Contest
- Employee assistance programs
- Avoiding exposure to environmental hazards at school (mold, asbestos)
- Reimbursement for smoking cessation
- Reimbursement for stress management
- Reimbursement for going to the gym

Evidence-Based School Wellness Programs

More successful with comprehensive approach

Wellness team/committee

Administrative support

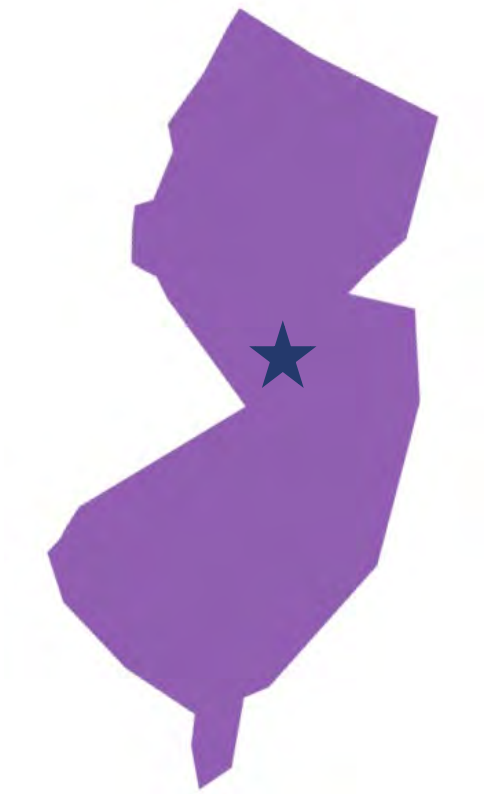
Staff needs assessment

Yearly

Wellness Committee ➡ Staff Wellness

- School wellness is a shared goal
- Get administrative support
- Start with staff survey
- Enlist community to help with programs
- Evaluate progress and repeat!
- Specific examples in Resources section

Staff Wellness Programs



Montgomery Township School District

- MTSD Wellness Champion
  - Stipended position
- Wellness Fair on a Professional Development Day
  - Vendors Tables from community
  - Workshops in a wide variety of wellness and health topics
- Free yoga and other workshops throughout the year
- Wellness offers, discounts, free or discounted classes or workshops
- Ongoing free opportunities- money can come from health insurance, PTO, union, Municipal Alliance grants, education foundations, other grants.

Staff Appreciation

- Work with PTO for funding and ways to create appreciation
- At faculty meetings Apple Award
- At weekly meetings form for shoutouts
- Notes in mailboxes
- Celebrate big and small successes together
- Create spaces that help educators feel more like professionals- staff rooms with nice furniture, good quality coffee machines, etc

It's More than Self Care
We Need Community Care

Resources

Gase LN, Gomez LM, Kuo T, Glenn BA, Inkelas M, Ponce NA. Relationships Among Student, Staff, and Administrative Measures of School Climate and Student Health and Academic Outcomes. J Sch Health. 2017 May;87(5):319-328. doi: 10.1111/josh.12501. PMID: 28382671; PMCID: PMC5876042.

Hawkins, G. T., Chung, C. S., Hertz, M. F., & Antolin, N. (2023). The School Environment and Physical and Social-Emotional Well-Being: Implications for Students and School Employees. *The Journal of school health, 93(9)*, 799–812. https://doi.org/10.1111/josh 13375

Pitt Barnes, S., & Lang, J. E. (2023), Supporting School Staff. Insights From Employee Health and Well-Being Programs. *The Journal of school health, 93(9),* 842–852. https://doi.org/10.1111/josh.13377

Evidenced Based Resources for Staff Wellness

CDC Employee Wellness

CDC Healthy Schools Evidenced Based Practice Strategies

SOPHE School Employee Wellness

Workforce Evidenced Based Practice Healthy People 2030

RISE Resilience in School Environments

Websites

Chronic Disease.org

Healthier Generation.org Prioritizing Well-Being Among School & District Staff, Educators & Administrators

Who We Are

We are on a mission to bring wellness, inspiration, and community to every educator and student

SELF: Why We Tag on the F to SEL

Mental Well-Being

Physical Well-Being

Emotional Well-Being

CASEL Competencies

- Self Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

From Breathe For Change's Mindfulness, SEL, and Yoga Teacher Training

Belly Breathing

- **Purpose**
  - Calms the body and mind
  - Cultivates mindful awareness
  - Improves attention and focus
- **SEL Competency**
  - Self Awareness
  - Self Management
- **Teaching Tips**
  - Integrate this practice into your daily routine
  - Draw on this practice in response to stress

Mindful Movement

- **Purpose**
  - Enhance physical and mental well-being
  - Increase energy and focus
  - Improve performance
- **SEL Competency**
  - Self-Awareness
  - Self Management
- **Teaching Tips**
  - Use as a settle in strategy, brain break, transition, or community builder
  - Use invitational language & provide options

Appreciation Circle

- **Purpose**
  - Cultivate an attitude of gratitude
  - Deepen relationships & build community
- **SEL Competency**
  - Self-Awareness
  - Social Awareness
  - Relationship Skills
- **Teaching Tips**
  - Invite whoever feels called to share
  - Lead at the close of a class or experience

Teaching Toolkit

3 Collective Breaths

2 Word Check In

Intention Setting

Belly Breathing

Mindful Movement

Appreciation Circle

From Breathe For Change Mindfulness, SEL, and Yoga Teacher Training

Breathe FOR Change

YOU'RE INVITED TO

TEACHELLA

WELLNESS & SEL*FESTIVAL

TUESDAY, APRIL 23
4PM PT / 7PM ET

EXPERIENCE

Trauma-Informed Chair Yoga for You & Your Students

with Dr. Ilana Nankin & Michelle Cordero

WEDNESDAY, APRIL 24
4PM PT / 7PM ET

LEARN

Backed by Science: The Power of Wellness & SEL in Education

with Dr. Ilana Nankin & Michael Fenchel

THURSDAY, APRIL 25
4PM PT / 7PM ET

INTEGRATE

Expert Panel: Practical Strategies to Transform Wellness, SEL, and Mental Health in Schools

Educator & School Leader Panelists
Moderated by Dr. Ilana Nankin

Get Your Free 3-Day Pass

bitly

Evaluation

Reminder:

If you are seeking educational credit for your participation in this webinar, you must complete a webinar evaluation at:

https://www.surveymonkey.com/r/CT725RQ

Thanks for joining us!

If you have joined 3+ Growing Healthy Minds ECHO sessions, we want to hear from you!

Keep an eye out for an email from our team in the first week of May with a link to a brief survey

The first 25 respondents will receive a bundle of books to support continued learning on topics related to student mental health

33rd Annual School Health Conference

Wednesday, October 16, 2024

The Palace at Somerset Park
333 Davidson Ave.,
Somerset, NJ 08873

New Jersey Chapter
INCORPORATED IN NEW JERSEY

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

RegisterToday!