



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Back to School Wellness for School Staff

Presenter: Christina Borbely, Ph.D.
School Mental Health Initiative
Southeast Mental Health Technology Transfer
Center (MHTTC)
Rollins School of Public Health, Emory University
September 20, 2023

SAMHSA

Substance Abuse and Mental Health
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Acknowledgement

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services (DHHS) and the Administrator of SAMHSA.

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Post Event Evaluation

At the conclusion of this webinar,
a link to an **evaluation** form will appear on your
screen.

Please take a few minutes to provide us with your
thoughts as this is a very important part of our
funding.

We appreciate your feedback!



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About the Southeast MHTTC

The **Southeast MHTTC** is located at the Rollins School of Public Health, Emory University.

Serve states in HHS Region IV: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.

Our Mission: To promote the implementation and sustainability of evidence-based mental health services in the Southeastern United States.

Our Vision: Widespread access to evidence-based mental health services for those in need.



Visit us!



Follow us!



Join us!

Learning Objectives

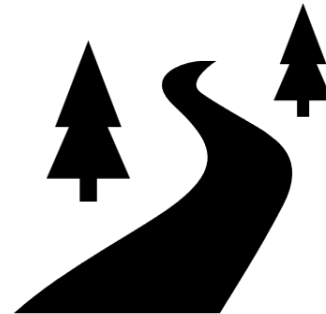
Participants who join this session will be able to:

- Recognize the current factors influencing stress and resilience at work.
- Use strategies to promote their own well-being.
- Select and use easy-to-implement tools to build and maintain compassion for self and others (even when feeling overwhelmed or burned out).

Presenter



Christina Borbely , Ph.D.
School Mental Health Advisor
SEMHTTC



Agenda



Wellness Here & Now: Overview

Taking Care of You Today

Taking Care of You This Year

Taking Care of Us: Stronger Together



Poll



It's Back to School. I feel...

- Invigorated
- Hectic
- Chill
- Stressed
- Wonderful
- Overwhelmed
- Bored
- Anxious





Wellness Here & Now

What is Shaping Our Stress?

Back to school general and personal landscape:

- Change in schedule and responsibilities when we are back on campus
- Increased expectations (demands) on us from colleagues, students, families
- Covid-19 is endemic; likely uptick this Fall and regular back-to-school seasonal illness ([CDC](#))
- Impact of Covid-19 pandemic 2020-2023 and post-pandemic life on:
 - your personal life
 - your students and their families
 - workforce attrition (implications for current school staff)

What is Shaping our Resilience?





Taking Care of You Today

Poll



Thinking about the last couple weeks, rate your wellbeing at work.

- Thriving
- Surviving
- Struggling



Taking Care of You: Resources for Today



INSTRUCTIVE
REFLECTIONS

Instructive Reflection

- Intentional pause to take stock
- Prompts that ground you in your values and motivation
- Accountability between you and you



Reflect on Your WHY

- Remember why you got into teaching in the first place
- Recall an instance where you influenced positive change or growth



Nixon (2022)

Reflect on One GOOD THING

- What's one good thing that happened today?
- When did I feel peace or contentment?
- How did I show up in life today?



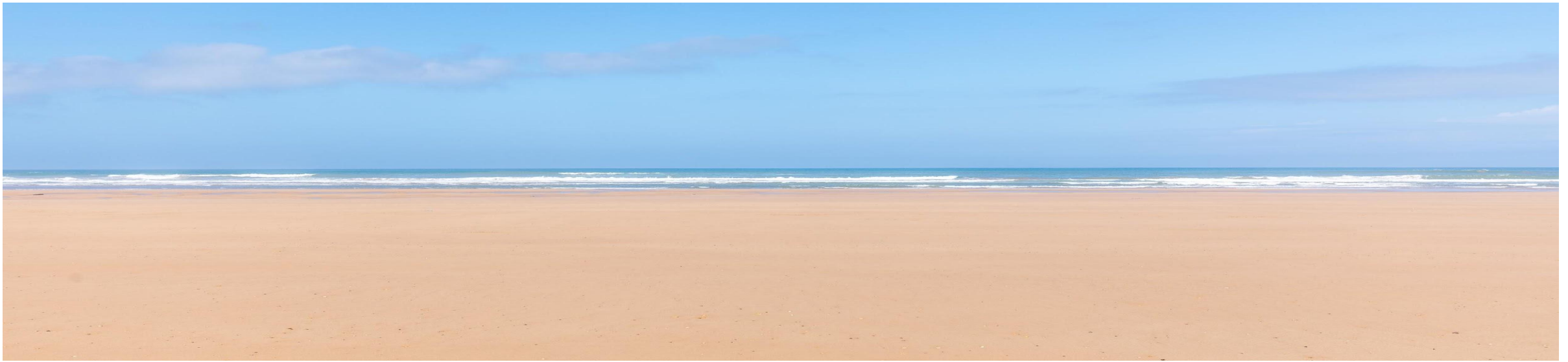
Nixon (2022)

MOVE your body

- Notice where there is tension or discomfort
- Breathe
- Stretch/Walk



Nixon (2022)



Wellness All Year

Poll



What are factors that **contribute** to your wellbeing at work?

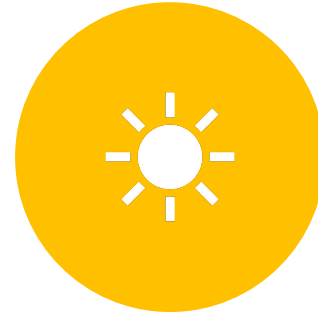
- Feeling safe (emotionally and physically)
- Team-building/group activities
- Professional development opportunities
- Positive relationships
- Having what you need to do your job
- Other (add to Chat)



Taking Care of You: Resources for This Year



TRUTH FOR
TEACHERS PODCAST



HAPPINESS IN
EDUCATION/SET
YOUR MINDSET

Key Practices



- Give yourself permission to slow down and make a plan for yourself
- Explore how working toward being “finally done” with tasks is not necessarily the goal
- Understand that planning ahead creates freedom and allows presence in whatever experiences arise
- Define the goal so that it isn't to execute your plan perfectly but to re-evaluate priorities

Key Practices

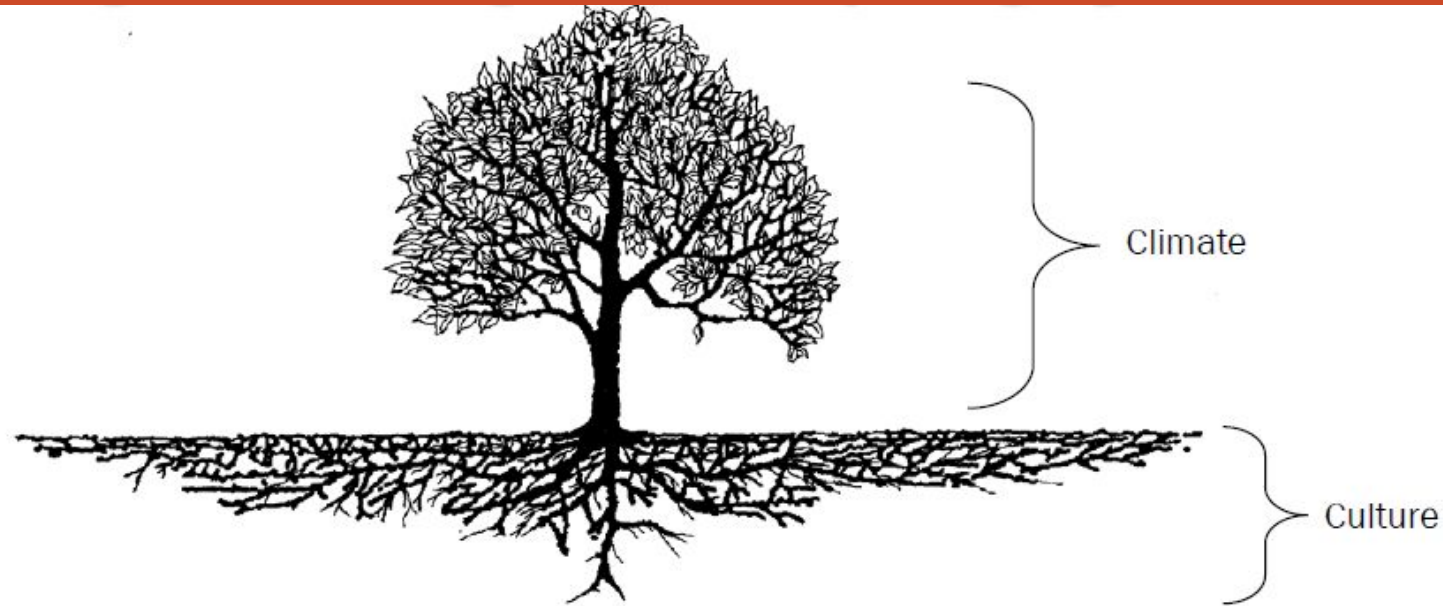


- Debunk the “irrational optimism” barrier to prioritizing fulfillment at work
- Consider how to enjoy the process of tending to your own life, needs, and healthy habits





Wellness Together



School Climate - “The quality and character of school life.” (National School Climate Council)

School Culture - “The way teachers and other staff members work together and the set of beliefs, values, and assumptions they share.” (Association for Supervision and Curriculum Development)

Poll



What makes you feel **supported** at work?

- Collaboration with others
- Recognition for your role/contribution
- A sense of where you fit in the big picture
- Consistent expectations
- Shared values
- Resources for self-care/collective care
- Feeling respected



Taking Care of US: Resources to be Stronger Together



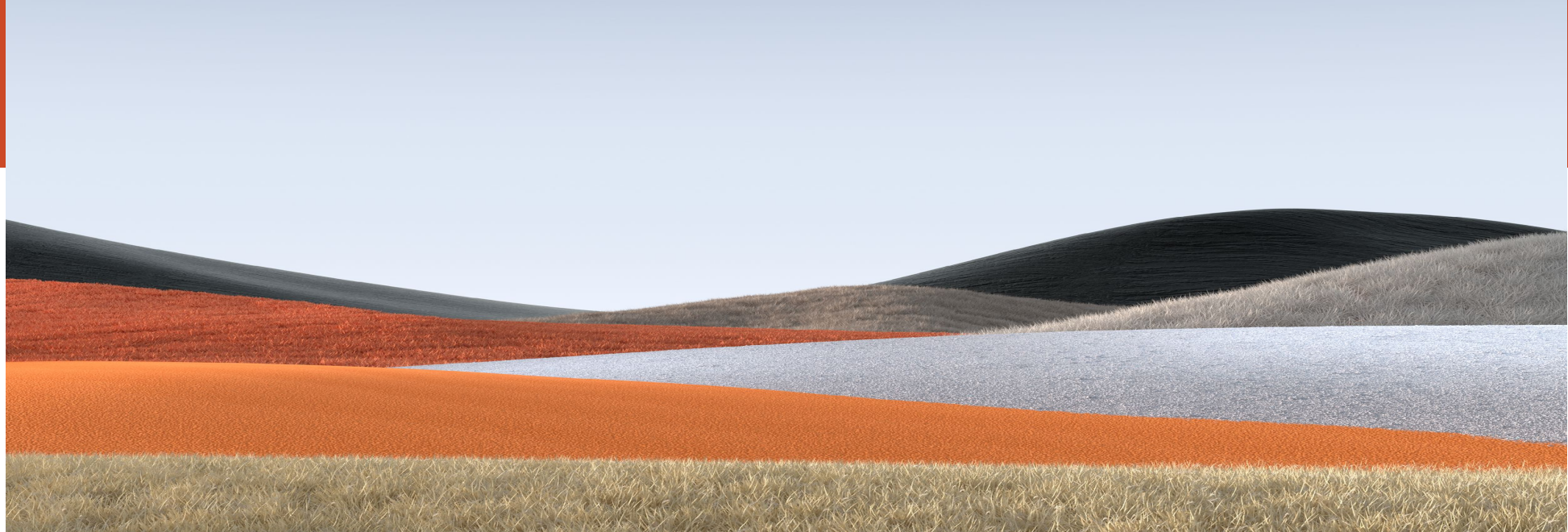
GATHER A TEACHER
CIRCLE



BUILD COMPASSION
RESILIENCE



INTEGRATE ADULT
SEL (CASEL) VIDEO
(5MIN); PLAYBOOK



Compassion Resilience - “A reservoir of well-being that we can draw upon on difficult days and in difficult situations.”

Key Practices



Compassion Resilience Toolkit offers easy to grab-and-implement activities for individual and group work that prevents compassion fatigue and generates a culture of caring.

Examples:

- Create a process where staff can nominate each other for staff appreciation
- Create, maintain, and display an ongoing list of assets of your team or workplace
- Develop a gratitude board, or employ other strategies to foster a workplace attitude of gratitude

Key Practices



Gather a Teacher Circle. A Teacher Circle is as simple as an option to congregate, chat about the day, vent, share stories, laugh, and check in on each other.

Examples:

- Formal
 - Regular, structured groups by topic, role affinity, etc.

Informal

- Facebook group
- Who we get our “steps” with 4th period

Key Practices



Adult Social Emotional Learning is an opportunity to nurture personal and interpersonal capacity of adults on campus.

Example:

- Include 3 key elements in all staff activities
 - A welcoming activity
 - Engaging practices
 - An optimistic closing

Additional Resources

Creating Cultures of Staff Wellness & Care for our Schools & Community

Partners (2021)

[Part 1](#): In this Moment: Nudging Ourselves Towards Inner Calm and Connection

[Part 2](#): Listening to Scientists and Our Grandmothers: Seven Self-Care Strategies for Taking Care of a Human Being

- Quality Sleep | [link](#)
- Supportive Relationships | [link](#)
- Mindfulness | [link](#)
- Mental Health | [link](#)
- Access to Nature | [link](#)
- Physical Movement | [link](#)
- Nutrition | [link](#)

[Part 3](#): Creating Intentional Cultures of Wellness and Care Where Staff can Thrive

Additional Resources

Individual-level Strategies

[Back-to-School Anxiety Tips for Teachers](#)

School Climate & Culture

[4 ways educators can manage back-to-school anxiety](#)

Register for Part II Now!

Next Session! Wellness Series Part II: Schoolwide Wellness: Staff, Partners, & Families

September 27 | 12pm-1:30pm EST

[Register here](#)

Create a climate of respect and compassion.

Sustain a culture that values adults as allies.

Build a collective of care for educators, school staff,
partners, and families.

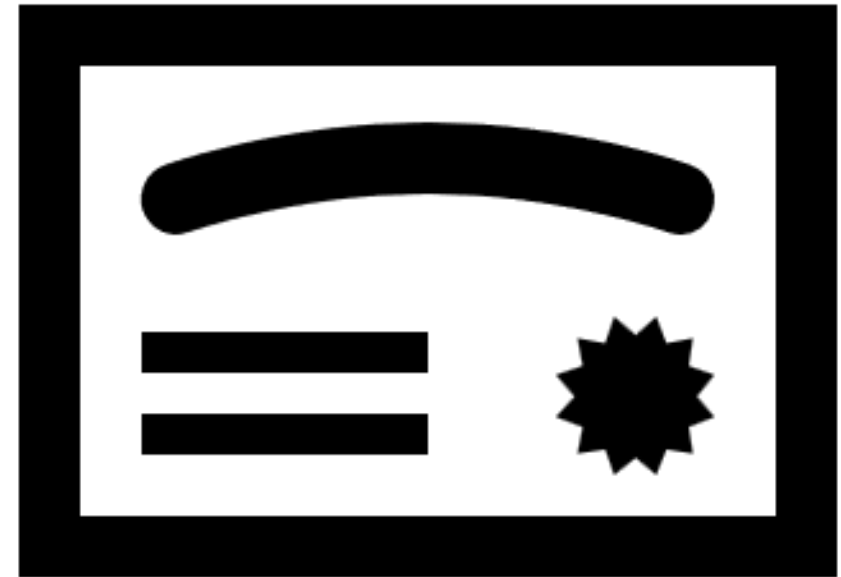
Evaluation & Certificate of Attendance

Thank you for your help with evaluating this webinar!

Here is the [link](#) to an **evaluation** form. The link is also in the chat.

Please take a few minutes to provide us with your thoughts, as this is a very important part of our funding.

We appreciate your feedback!



References

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