

## EDC Solutions for Education & Wellbeing



**Educator Wellness** provides educators and administrators with strategies for alleviating stress, trauma, and other common challenges faced in today's schools and districts.

### What can Educator Wellness do for your district or school?

The focus of Educator Wellness is to **help teachers and administrators integrate practices and policies** that support adult wellbeing into their daily routines.

- ✓ Reinforce a **holistic understanding** of social-emotional learning
- ✓ Explore the **benefits of wellbeing and examine strategies** and related tools around adult wellbeing
- ✓ Consider **ways to align these practices** with policy and practice
- ✓ Reflect on the **current successes and challenges** with wellbeing
- ✓ Plan and act to further **apply wellness strategies and share learnings** with colleagues to scale these practices



**Educator Wellness** is a service dedicated to helping teachers, support staff, and leaders prioritize and support wellness individually and with peers.

### What participants will do

- ✔ **Prioritize Wellbeing:** participants will engage in four workshops on social emotional learning and adult wellbeing, including reflection, planning, and learning about applying wellness strategies
- ✔ **Implement Strategies:** participants will have opportunities to practice integrating these strategies into practice and policy, including daily routines, administrative meetings, and interactions with peers and students, with the support of technical assistance, as well as opportunities to share learnings and iterate on their approaches.

### What will educators learn to do?

**This service is comprised of technical assistance, and four, 90-minute in person or virtual workshops on the following topics for school or district level teams of 8-10 practitioners.** Sessions will provide various tools for reflection, self-assessment, strategy application, and related tools. Additionally, application considerations for multi-tiered systems of support are discussed within each session.

- ✔ An Ecological Approach to Supporting Adult Wellness in Schools
- ✔ Leveraging Relationships to Support Adult Wellness
- ✔ Establishing Systems and Structures to Support Adult Wellness
- ✔ Peer Sharing and Lessons Learned

### About EDC

**Education Development Center (EDC)** is a global nonprofit that advances lasting solutions to improve education, promote health, and expand economic opportunity. We have decades of experience helping districts promote students' social and emotional well-being through research-informed and culturally responsive interventions. RAAP builds on this experience, which includes the following exemplary initiatives:

#### **SEL & Mental Health Academy:**

EDC is providing school districts across Massachusetts with intensive professional development, including in-person trainings, customized consultations, and user-friendly SEL and mental health resources on topics that include COVID-19.

**UPTAKE:** EDC is working with 10 districts in Indiana (over 120,000 students) to support evidence-based program selection, program implementation and monitoring, and district system change.

#### **Cross-State Collaborative to Support Schools in the Opioid Crisis:**

Through a partnership with SRI International and with funding from the U.S. Department of Education, EDC is working with state education agencies, districts, and researchers from Appalachia to develop tools and resources to support schools addressing student trauma and COVID-19 school closures and re-openings.