Building Embrace The Mind: A Mental Wellness Initiative for ICEF Public Schools

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Where to Start?
Social Ecological Model
Harvard Center on the Developing Child: Three Principles to Improve Outcomes for Children & Families
Creating a Theory of Change
Mental Health in the Classroom
Lessons & Takeaways
Breakout: What would you include in a mental wellness program?
Maybe we should build a boat instead...
Identify the members of your assessment team. Why they are needed for the team?

Create a list of questions to ask to learn about the strengths and weaknesses of your school’s environment.

Determine your data collection methods and data sources.

Identify key informants in the school.

Maintain consistent recordkeeping.
Social Ecological Model

Three Principles to Improve Outcomes for Children & Families

Theory of Change

A theory of change is a conceptual model that maps out how, why, and under what circumstances an intervention’s component parts lead to change in a particular ultimate outcome.
2018 Timeline: Embrace the Mind

**July:** Informal needs assessment performed via interviews with ICEF teachers and staff

**August:** Personal development on student & teacher mental health offered during all-ICEF staff Summer conference

**September:** Conducted school-wide surveys on social-emotional & mental wellbeing

**October:** Embrace the Mind mental health curriculum roll-out at four ICEF schools; mental health at Literacy Fest

**November:** Weekly “Wellness Wednesday” emails sent to staff, online mental health modules started at ICEF View Park K-8
Mental Health Curriculum

2018-2019 Wellness Lesson Plan
ICEF Middle Schools

2018-2019 Wellness Lesson Plan
ICEF View Park High School

2018-2019 Wellness Lesson Plan
ICEF Elementary Schools: 3-5th grade
Lessons and Takeaways

- Find your champions!
- Seek out student input early & often
- Be aware of the *affective filter*
- Don’t forget family involvement
- Give yourself ample time for planning & building buy-in
Resources

Free Online Educational Materials:
- [https://everfi.com/offerings/listing/mental-wellness/](https://everfi.com/offerings/listing/mental-wellness/)
- [https://circles.projecthappiness.org/documents/mindful-moments.pdf](https://circles.projecthappiness.org/documents/mindful-moments.pdf)
- [https://www.mentalhealth.org.uk/publications/emotional-resilience-toolkit/](https://www.mentalhealth.org.uk/publications/emotional-resilience-toolkit/)
- [https://www.mentalhealthednys.org/](https://www.mentalhealthednys.org/)
- [https://www.edutopia.org/social-emotional-learning](https://www.edutopia.org/social-emotional-learning)
- [https://www.tolerance.org/classroom-resources/learning-plans](https://www.tolerance.org/classroom-resources/learning-plans)

Online survey resources:
- [https://www.panoramaed.com/social-emotional-learning](https://www.panoramaed.com/social-emotional-learning)
- **Strengths & Difficulties Questionnaire:**
Thank you!