

# Work2BeWell

Work2BeWell is a social movement empowering teens and transforming the conversation around mental health. We equip students, educators, and parents with digital wellness tools to foster conversation and resilience so that teens can thrive.

**Work2BeWell program implementation involves three steps:**

**1. access 2. education 3. activation**



## Access: digital rollout of curriculum & hub resources

**Step one—Access Work2BeWell resources!** At [www.work2bewell.org](http://www.work2bewell.org) you will find free, clinically vetted curriculum and social media resources covering Self-Care & Mindfulness, Stress, Anxiety & Depression, and E-CPR.\* Our hub includes mental health articles, videos, and trusted tools for parents, educators, and teens. Our crisis line partners are available 24/7. Join our weekly Talk2BeWell Facebook Live conversations, and build social media dialogue with us on teen resiliency, advocacy, and practical tools! *\*New curriculum in development on Critical Conversations, Systemic Racism & Intergenerational Trauma, Grief, Trauma, and Suicide Postvention.*

## Education: awareness campaign

**Step two—use the Education tools and resources** from our implementation plan to equip your staff and students with Work2BeWell resources. Plan a key event to bring teens, educators, and allies together to discuss critical mental health topics and to hear teen perspectives on mental health needs.

## Activation: student led movement

**Step three—in the Activation phase of implementation,** students are given a platform to identify local mental health priorities and plan their own mental health initiatives. In Oregon, Student Advisory Council work led to the creation of Mental Health Days. Teens in each community are invited to consider priorities, and strategize initiatives to impact their peers, their school, and policy. Activation also encourages leveraging social media to promote mental health awareness, remove stigma, and provide a platform for teen activism.

## Implementation Menu of Options

**Use our Implementation Menu of Options and digital tools at [www.work2bewell.org](http://www.work2bewell.org)** to bring Work2BeWell to life in your community! Each school or community group can adapt Work2BeWell resources to best meet the need of their own teens. Schools within Providence and affiliate regions who want to do a full program implementation can request access to key support through our Work2BeWell school model.



@work2bewell  
[work2bewell.org](http://work2bewell.org)



# Implementation Menu of Options: Schools & Community Groups

All schools and groups interested in promoting mental health awareness can utilize Work2BeWell curriculum and resources. For those who want to go deeper, our **Access, Education, Activation** implementation menu offers a roadmap for integrating resources, creating events, and promoting change.

## Access—choose one or more!

**State level leaders:** Use our digital roll-out guide to introduce your schools and student leadership to Work2BeWell digital platforms, social media, and curriculum.

**District and school level educators:** Use our digital roll-out guide to introduce your school education leaders and student leadership to Work2BeWell digital platforms and social media & invite to key event (see Education).

**Community leaders:** Use our digital roll-out kit to introduce your teen community groups (youth group, clubs, outreach centers, non-profits) to Work2BeWell digital platforms and social media & invite to key event (see Education).

*Work2BeWell.org Resources: Introduction Video, Implementation Menu, Quick Guide, FAQ*

## Education—choose one or more!

**Work2BeWell Presentation:** program overview + intro of digital platforms and curriculum at education staff meeting.

School-wide virtual **mental health summit:** bring teens and educators together in dialogue about mental health and engage students on their priorities. Consider partnering with other schools in your region/league!

School-wide virtual assembly focused on mental health: use **Voices Assembly Tool** to give a special focus to individual experiences (virtual or in-person).

**Virtual community mental health event:** introduce Work2BeWell tools for teen support and peer to peer advocacy.

*Work2BeWell.org Resources: Train the Trainer Video, Mental Health Summit/Event Checklist, Voices Assembly Tool*

## Activation: student led movement

**Form a Work2BeWell student advisory council/club** to support ongoing student-led mental health dialogue and community advocacy.

**Make a plan for incorporating curriculum resources** (lessons plans, social media) into the classroom/community group and developing ongoing teen dialogue on mental health awareness and advocacy.

**Leverage social media:** Work with students to identify priority topics for your community, establish a social media calendar for the year, and create roles for content creation.

*Work2BeWell.org Resources: Social Media Samples and Tools, Coming in 2021: SAC Toolkit and Set-Up Guide*

## Share your Work2BeWell journey!

**Join our Empowerment Hub in 2021!** Participate in our mental health think tank coming in 2021 to dialogue challenges, strategize solutions, and promote teen mental health.

Share with us about your **virtual events** so that we can add to our digital calendar and spread the invitation.

**Tag Work2bewell** in social media posts and use #work2bewell to amplify the movement.

**Invite teens, educators, and parents** to leverage Work2BeWell resources to promote resiliency and mental health awareness.

Share your **student advisory council/club achievements** with us so that we can highlight your successes!

# Implementation Menu of Options: Work2BeWell Schools

Work2BeWell Schools demonstrate a deep commitment to mental health by following the Implementation Menu and receive unique program support along the way from Work2BeWell staff and clinical and community health experts.

## Access—Choose One

**Work2BeWell School Educator Lead:** Use our digital roll-out guide to introduce your faculty and student leadership to Work2BeWell digital platforms and social media & invite to key event (see Education).

*Work2BeWell.org Resources: Work2BeWell Introduction Video, Implementation Menu, Quick Guide, FAQ*

## Education—Choose One or More

**Work2BeWell Presentation:** program overview + intro of digital platforms and curriculum at education staff meeting.

Lead a virtual **school mental health summit:** bring teens and educators/allies together in dialogue about mental health and existing school resources. Engage students to learn their mental health priorities. Use Work2BeWell curriculum and resources to bridge conversations on mental health topics. Consider partnering with other schools/non-profits in your region/league!

School-wide virtual assembly focused on mental health: use **Voices Assembly Tool** to give focus to individual experiences.

*Work2BeWell.org Resources: Train the Trainer Video, Mental Health Summit/Event Checklist, Voices Assembly Tool*

**Unique support for Work2BeWell Schools:** According to individual school event needs, Work2BeWell staff will help coordinate additional resources for your key event. Examples include securing Behavioral Health specialists for a Q&A mental health roundtable, inviting a clinician to speak at a virtual Town Hall event for parents and guardians, a Community Health speaker, or offering a Master Teach or Teen Advocate to present a Work2BeWell curriculum module.

## Activation—Choose Two or More

**Form a Work2BeWell student advisory council/club** to support teen-led mental health dialogue and community advocacy.

**Make a plan for incorporating curriculum resources** (lessons plans, social media) into the classroom/community group and developing ongoing teen dialogue on mental health awareness and advocacy.

**Leverage social media:** Work with students to identify priority topics for your community, establish a social media calendar for the year, and create roles for content creation.

*Work2BeWell.org Resources: Social Media Samples and Tools, Coming in 2021: SAC Toolkit and Set-Up Guide*

**Unique support for Work2BeWell Schools that apply to continue into 2021:** Pre-post data collection, student advisory council support, Work2BeWell Summit perks, early access to new curriculum, and meeting with advocacy expert.

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