



# W2BW NEWSLETTER

## WELCOME TO THE WORK2BEWELL NEWSLETTER!

We're excited to say our newsletter subscription continues to grow and we love sharing all things W2BW with you. Work2BeWell has had a busy couple of months, and that means our impact can be felt across the US and beyond. As always, our mission is to be the trusted source for educational tools and resources to help activate and empower teens, educators and communities – this is possible through our various partnerships, social media campaigns and National Student Advisory Council.



### Wellbeing Kits

50 Wellbeing Kits were made by the Graduate Medical Education team and will be delivered in April to students at Risdon Middle School, Renton Washington. These kits were made with mindful cards, fidget spinners, stress balls and other mental health resources to support students at school and home.



### W2BW x Providence x Sounders Pledge

We're thrilled to announce a long-term partnership between Providence - Work2BeWell program, Sounders FC Club and Renton school district. Part of this partnership is a pledge to "Kick the Stigma" on mental health. [Click here to sign!](#) We are looking forward to being represented at the May 27th Sounders game during May Mental Health Month.



### CADA

W2BW was a silver level sponsor at the California Association of Directors of Activities Annual Convention in San Diego, California. The W2BW team had an exhibit booth, in which we earned an award for runner-up for "Best Booth" and presented workshops highlighting our resources. There were a little over 2,000 attendees at the convention. Shoutout to W2BW supporter and National Speaker [Cara Filler](#) for helping us prepare for this event.



### WACA

W2BW team had exhibit booth and presented workshops highlighting our resources at the Washington Activities Coordinators Association Annual Conference in Vancouver, Washington. There were close to 500 people registered.

"We are excited about the resources and look forward to using them in our mental wellness club, and hopefully incorporating some into the classroom too." - A Washington High School Counselor

## Where Will W2BW Be Next?

- April 13-17:** [CASL State Conference](#) in Santa Clara, CA
- April 20 - 23:** [TASC State Conference](#) in Dallas, TX
- June 26 - 28:** [VISION National Student Leadership Conference](#) - Collinsville High School, Collinsville, IL
- July 8:** Presenting at [Washington Mt. Triumph Leadership Camp](#)



### Apply to Join W2BW NSAC 2023-2024!

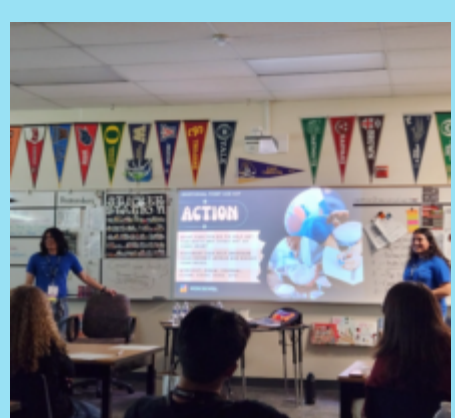
The W2BW National Student Advisory Council (NSAC) is a group of teens dedicated to the W2BW program and vision. The NSAC works to make mental health a top priority in schools and communities across the nation through Access, Education and Activation.

If you are a teen dedicated to breaking the stigma around mental health and impacting change in your school and beyond, [click here to apply!](#)

#### Quick Facts About NSAC

- Teens from across the nation participate
- Three student-led teams: Access, Education and Activation
- Meetings are virtual!
- Some in-person events or presentations are possible
- Time Commitment: 1-2 hours per week from August 2023-2024
- No cost to participate!

## ACCESS



### Emotional First Aid Toolkit Presentation: JayJay

NSAC ACCESS team member JayJay has put on a few W2BW presentations in 2023. These presentations have been held at their school, in their community, and on April 14th the Nevada State Conference.

"The presentation went GREAT! Creating an Emotional First Aid Kit with the audience went very smoothly, and we had a wonderful discussion about the importance of mental health in STUCO, school, and in life in general." - JayJay



### #ICanHelp: Saanvi, Maya, Luna and Sophia

Shout out to more of our amazing NSAC members. Saanvi, Maya, Luna and Sophia attended the #ICanHelp Summit promoting mental health advocacy. Luna and Sophia represented W2BW and shared general information about our program.

There were over 5,000 Livestream views of the #ICanHelp Summit and W2BW was a sponsor of the event. This is a partnership we value and will continue to support in years to come.

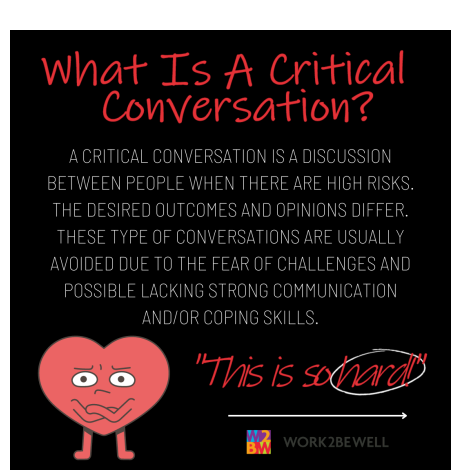


### Virginia Student Council Association Presentation: Kianna

"The Virginia Student conference was AMAZING, especially seeing all the active student leaders who are willing and excited to learn how to facilitate change in their communities and already so active in it! I also saw kids who are aware of mental health challenges in their schools and youth, and passionate about addressing it through the emotional first aid kit that I taught. I felt like I wasn't the one leading a workshop but instead opened a door to an amazing discussion on mental health and collaboration on creating ways to change the conversation in our communities." - Kianna

## STAY ENGAGED! TURN ON NOTIFICATIONS

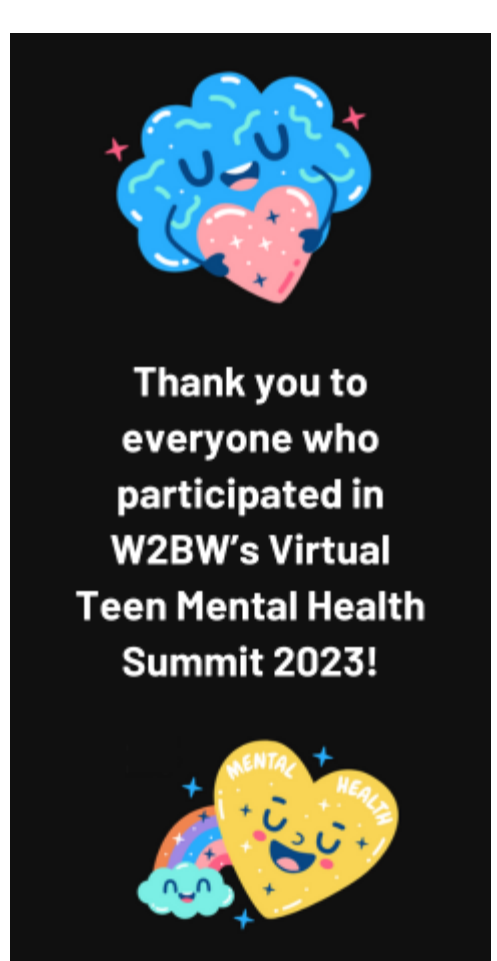
Click on the 'Notifications bell' at the top of W2BW's Instagram account and select the posts you'd like to be notified about. This will ensure you don't miss out on any of our content. [Click here to follow us!](#)



## EDUCATION

The Work2BeWell podcast, Talk2BeWell, features Dr. Robin Henderson and teen voices from across the country focusing on key mental health topics. From conversations on social justice and mental health activism to navigating digital learning or supporting mental health during the holidays, we explore topics that build meaningful dialogue and student activation around mental health.

- Give these episodes a listen!
- [EP 83: School Safety](#)
  - [EP 87: Medication Stigma](#)
  - [EP 90: Love Languages](#)



### Virtual Teen Mental Health Summit

Our annual Virtual Teen Mental Health Summit was a success. Thank you to all the amazing people and who participated in bringing this event to life!

[Ivy Watts'](#) keynote presentation was informative and engaging. Among the other presenters that day during Share2BeWell included NSAC member Kaiya (Staying CALM, Regulation Kits) Melisa and Andia (Brain Besties) Andrew (Advocacy) Abby (Leadership Summit) and Taanvi (Cell Phones Can Be Used for Good!).

A special part of the Summit is the opportunity to join breakout rooms with a specific focus. Thank you to those who lead breakouts, Natalie Taylor, Dr. Michelle McGrath, Sean Casey, Dr. Jeri Turgeson, Ivy Watts and 3 NSAC Students - Emily, Payton and Adriana. Through our annual summit, we can help others develop greater understanding of Work2BeWell curriculum and teen mental health resources.

## ACTIVATION

**Interested in Activating Work2BeWell in your school?** [Click here](#) to find information about Work2BeWell as an organization, your path to starting a club and optional tools and resources for your success. We are here to support you in every step of the way and can't wait to cheer you and your team on! If you have any questions, please don't hesitate to contact us.

**Are you a school and/or club currently using W2BW resources or curriculum?** Would you like to be added to our database of schools and clubs? Contact us at [support@work2bewell.org](mailto:support@work2bewell.org) and let us know!



### Where are They Now?

#### Finn Jacobson - National Student Advisory Council Alum and Former Activation Team Lead (2022)

The ALL RISE for Leadership series explores leadership in multiple arenas, examining how leadership skills transcend location, Finn Jacobson, Youth Mental Health Advocate and student at University of Oregon and Shreyaa Venkat, CEO of Nest4U5 and a student at Georgetown University, joined us to share their experiences with leading in the classroom. Both are examples of young people who took school seriously and also looked for ways to advocate for those that had trouble speaking for themselves.

**Let's stay connected - please let us know the amazing projects and events you are participating in as a NSAC ALUMN. We'd love to feature you!**

