



W2BW NEWSLETTER

WELCOME TO THE WORK2BEWELL NEWSLETTER!

We hope you're having a fun and safe summer so far! This has been a pleasantly busy season for us with plenty of school and conference visits, soccer matches, and Summer Camps attended. Scroll through the newsletter to see your Work2BeWell quarterly updates.

WHAT WE'VE BEEN UP TO



CASL State Conference

Work2BeWell went to Santa Clara for the California Association of Student Leaders State Conference April 13-17. Sara (Work2BeWell Co-Founder and Educational and Leadership Development Consultant) and Ash (Access Team Co-Lead) presented information on W2BW and the Emotional First Aid Kit Module to hundreds of middle and high school students. In all, there were close to 2,000 attendees at the CASL State Conference.



TASC State Conference

Jawanza Hadley, Work2BeWell Program Director, and two members of W2BW NSAC from Texas represent our organization at the Texas Association of Student Councils State Conference April 20-23. Shreeya, Sahasra and Jawanza presented four sessions of the Stress Module with 100 high school students attending each one. Over 4,000 high school students from across TX attended the conference and learned about Work2BeWell resources. We even connected with a fellow NSAC member, Larsen, whose high school was hosting the conference.



CHSAA (Colorado High School Student Activities Association) Summer Leadership Camp

We presented info about Work2BeWell and our Emotional First Aid Kit Module on June 7 at Costa Mesa University. Students worked in their school groups to create plans and Roadmaps to Wellness for their schools in the 2023-2024 school year. During the Emotional First Aid Kit Module presentations, students created their own personalized emotional first aid kits to share.



StuCoVision 2023

The 2023 VISION National Student Leadership Conference: Where Dreams Come True took place in Collinsville, IL from June 26-28. Conference is a magical place to be inspired by incredible national youth speakers, elevate leadership skills and make a difference through hands-on community service while focusing your vision on the future and your role as leaders. Check out Anjali and Molly's experiences below!

Anjali on the 2023 StuCoVision Conference

"Attending the 2023 VISION conference was a one-of-a-kind experience that expanded my perception of student voice. I am beyond thankful for the opportunity to grow with leaders from across the nation through the power of vulnerability, storytelling, and passion to uplift the world around us. VISION inspired me to be a champion for change and gave me the tools to make the magic of my personal "VISION" further come to life. Work2BeWell's presence at the conference was essential in sparking and maintaining conversations surrounding teen mental health in schools and communities. Delegates were excited to share their perspectives and were propelled to take steps in creating their own mental health clubs at their schools and bring other mental health advocacy events to their community!" - Anjali

Molly on the 2023 StuCoVision Conference

"VISION was truly a magical experience. Watching so many students from all over the United States gather together at this conference to learn, connect, and even dance made me feel so inspired and hopeful for the future generation of leaders. One part of VISION that stuck with me in particular was how many of the guest speakers encouraged us to step out of our comfort zones. Being at VISION was already a step outside my comfort zone given that attending this conference required me to travel across the country all by myself, so the extra motivation I received from the speakers encouraged me to make more connections and even talk in a room full of hundreds of adult advisors about Work2BeWell. Even though it was nerve-racking, I was glad that I took the opportunity to challenge myself by speaking about Work2BeWell because I felt that many advisors valued my perspective and were interested in learning more about the organization. And not only did the advisors have the opportunity to learn about Work2BeWell, so did the students. Our booth allowed students to explore our educational resources and learn more about how they can bring Work2BeWell to their own lives and communities. The love and support we received from students interested in mental health advocacy was so heartwarming, and I hope to see some of the amazing leaders I met become involved with Work2BeWell in the future. I'm so grateful to have been a part of such a special few days and I'll hold onto the memories I made at VISION forever." - Molly



Sounders x Providence x Work2BeWell Partnership

This spring W2BW and Providence announced their partnership with Sounders FC. This partnership is built on an initiative to destigmatize mental health and make education and resources accessible. The Work2BeWell Pledge is an opportunity to commit to better mental health practices - [sign up here!](#)



Sounders FC Match | May 27

The matchday theme was Mental Health Recognition and to honor this Sounders fans completed the Providence Challenge activation and visited the W2BW Exhibit Booth. At the booth, NSAC members Keira, Melisa, Taanvi and Hailey spoke with fans about the resources W2BW has to offer and encouraged them to take the Work2BeWell Pledge.

Talley High School

Reid Sundblad, Youth Curriculum and Programs Manager, and student leaders at Talley High School invited Sounders FC and RAVE Foundation to host a mental health assembly on June 7. Regina Fernandez, Associate Project Manager, presented the Self Care Module and shared organization information during the school visit.



Renton School District Visits

Through the work being completed with the Sounders FC Work2BeWell has partnered with the Renton School District to bring resources to their school communities - students, parents, teachers and admin.

ACCESS

Each year over a 3-month span Work2BeWell shares targeted messaging to support mental health initiatives and communities in need of resources. These social media campaigns are an opportunity for us to highlight the work and special projects of our National Student Advisory Council. These campaigns also help us to assess what areas we can continue to grow as an organization. While we don't have a solution to every issue this is when we lean on our trusted partners and associates to offer wrap-around support when needed.

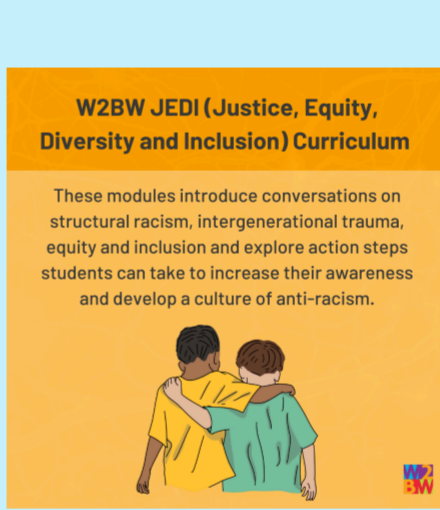
Thank you [Digital4Good](#) + [#ICANHHELP](#), [The Trevor Project](#), [Mental Health America](#) and many more for their life saving work.



May: May Mental Health Month



June: June LGBTQ+ Mental Health Month



July: Minority Mental Health Month

EDUCATION

Talk2BeWell

The Work2BeWell podcast 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.

During the summer months, W2BW takes a break from recording as we onboard our new council members and recharge for Back to School. We highly encourage listening to past recordings and there is a wide variety of topics to choose from. Access all T2BW podcast episodes [here](#). We look forward to accessing with new students' voices in September.

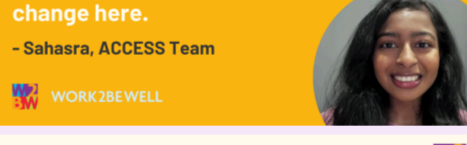
Give these episodes a listen!

[EP 96: Behind the Scenes - National Student Advisory Council](#)

[EP 97: College Acceptance & Rejections](#)

[EP 98: NSAC Alumni Dos and Don'ts](#)

Why should someone apply for NSAC?
If you're passionate about mental health advocacy and making a change - I think GO AHEAD AND TRY! because the work we do here for mental health is very important. Maybe I'm a little biased, but I think it's a great organization. The people here are so amazing, and I think anyone would feel welcome and happy. You would be able to make good change here.

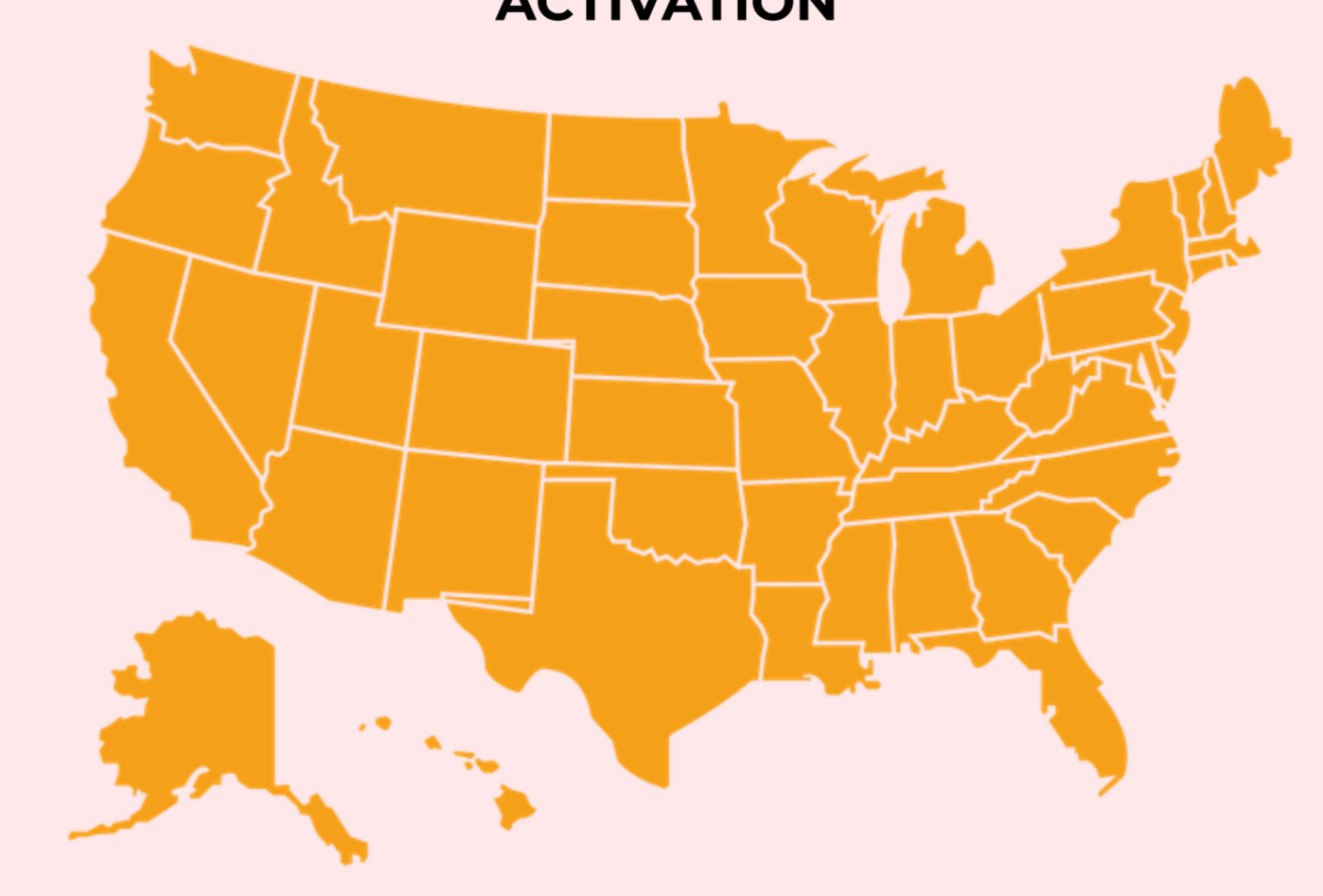


Listen to TALK2BEWELL
[EP 97: College Acceptance & Rejections](#)

A Talk2BeWell Podcast on College Acceptance and Rejections. Graduates from Class of 2023 share their personal experience navigating college applications, and the acceptances and rejections that come with it.

Quote from EP 98 - NSAC Alumni Dos + Don'ts
"I am an NSAC Alum. I was on the Activation team and Fin was my team lead, which was fun getting to meet him in person eventually. And I just recently, at the beginning of the year was a part of the HPS curriculum for Healing in Plain Sight. And that was just an awesome experience of applying everything that we learn at Work2BeWell into an important project."

ACTIVATION



New! State-by-State Mental Health Resources

This national resource webpage was developed by the Work2BeWell Activation Team. All of the resources listed have been vetted by Dr. Robin Henderson, Chief Executive, Behavioral Health for Providence Oregon and Work2BeWell Chief Clinical Officer. In our mission to provide resources and accessibility to mental health services to all, it was very important to us to ensure that the resources cited are free. The website is interactive, and all links are clickable.

[Click here to explore our state-by-state resources!](#)

W2BW GRADS - CLASS OF 2023

Thank you to all our amazing NSAC members but we also want to give an extra special shoutout to our graduates in the Class of 2023! These seniors have had a tremendous impact on W2BW, with many of them having served on NSAC for two to three years. This talented and passionate group of students have been leaders in and out of the classroom. We're so proud and honored to have these individuals transition into their next chapter - NSAC Alumni!

- Molly Donovan - Connecticut College
- Ash Carreno-Franco - Sacramento State
- Kianna Victor - Columbia University
- Mohammad Shedeed - University of Pennsylvania
- Emily Haile - University of Southern California
- Kaiya Bates - Brigham Young University
- Sydney Schneider - Oregon State University
- Larsen Melton - Louisiana State University
- Lianna Smith - University of Connecticut

- Saanvi Shetty - University of California, San Diego
- Melisa Shaffie - University of Washington, Seattle
- Sara Hayes
- Payton Rettig
- Sophia Ruiz
- Jel'ei Gatchalian
- Iralda Cutierrez
- Luna Molina



WHERE WE WILL BE

July 31 - August 1, 2023: CHSAA (Colorado High School Student Activities Association) All High School Summit

SPREAD THE WORD!

The 2023 - 24 school year is just around the corner and with it new opportunities for building community with like-minded individuals ready to stand up for mental health. Please help us spread our message by sharing our newsletter and encouraging family and friends to [subscribe here](#). Have a great summer and practice self-care! #HowDoYouWork2BeWell