



W2BW NEWSLETTER

WELCOME TO THE WORK2BEWELL NEWSLETTER!

We're thrilled to see our subscriber family grow and stoked to have you along for the ride. These past few months have been buzzing with activity, and it's been incredible to witness the ripple effect of our work spreading! Our mission remains as strong as ever: to be your trusted go-to for educational tools and resources that uplift and empower teens, educators, and communities. And you know what? None of this would be possible without our amazing partnerships, engaging social media campaigns, and the invaluable contributions of our National Student Advisory Council. Stick around for more exciting updates and inspiring content – together, we're making waves!

WHAT WE'VE BEEN UP TO

Here are some of the wonderful highlights from our spring:

NatStuCo LEAD D.C. National Student Leader Conference

Held from January 26-28, 2024, brought together over one thousand National Student Council and National Honor Society students from the USA and multiple countries in Washington D.C. The event focused on learning and leadership development. Anjali Verma from the W2BW NSAC, along with Sara Freauf, Educational & Leadership Development Consultant, worked at an exhibit table and led two Deep Dive sessions on using the **Self-Care Module** in schools, groups, clubs, or training. Additionally, Anjali created a 5-finger breathing video with Rashaan from Colorado during the event. 1,000 people were impacted at this conference.



South Fayette High School Vision with Sara Freauf

On January 30, 2024, Club Members dedicated a half-day to working with Sara Freauf. They discussed their club's vision and mission, prepared for the 2024-2025 school year, and developed their own Roadmap to Wellness. Additionally, Sara conducted a training session for over 100 student athletes on the Emotional First Aid Toolkit in the afternoon. Alycia Stier, a student leader, expressed how Sara's visit inspired the club to generate new ideas and expand on topics beneficial to the student body. This event not only introduced new members to SFBeWell and W2BW but also emphasized the importance of mental health advocacy. In total, 182 people were impacted.



Emotional First Aid Toolkit In Action

On January 29, 2024, the Union Area School District (Middle and High School) hosted an event where student leaders collaborated with Sara Freauf to present two assemblies, one for the middle school and one for the high school, focusing on the Emotional First Aid Toolkit Module. The presentation compared the Emotional First Aid Toolkit to a physical First Aid Toolkit (for example: First Aid Toolkit that would be States in sports) emphasizing tools for mental well-being. Students shared personal strategies for coping during tough times. Later that afternoon, approximately 30 students participated in additional training and contributed ideas to begin crafting a school-wide roadmap to wellness. The event impacted 600 people.



Georgia Student Conference Chose Work2BeWell

Georgia Student Council chose Work2BeWell as their state service project for the 2024-2025 school year. They announced this commitment at their state conference at the end of February in Eatonton, GA with special guest and hometown hero T.Y. McGill of the San Francisco 49ers. Sara Freauf was there to help launch the project and worked with a team of students from each school, including W2BW NSAC member Divya, in developing ideas for the GASC Roadmap to Wellness. This conference impacted 600 students & advisers from 33 schools in Georgia.

WACA Conference

The WACA (Washington Activity Coordinators Association) conference was held on March 13-14, 2024, bringing together hundreds of educators and activity coordinators from across Washington in Yakima, WA. The event provided an opportunity for networking, learning, and inspiration. Sara Freauf hosted a Work2BeWell exhibit table, where she presented the new Hiding in Plain Sight Curriculum and conducted a "Meet The Pros" session about the W2BW Self-Care Module. This initiative impacted 400 people, offering valuable insights into mental health and wellness resources.

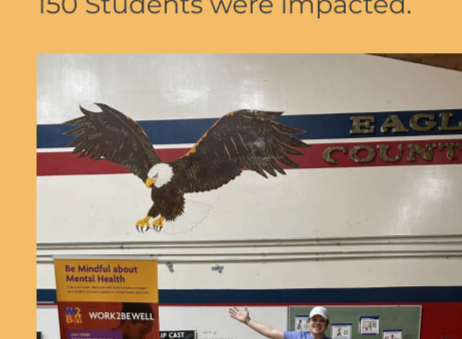
The CADA Conference

The CADA (California Association of Directors of Activities) conference took place from March 6-9, 2024, attracting thousands of educators from across California to Reno, NV. It served as the largest gathering of Activities Directors globally, fostering networking, learning, and inspiration. The W2BW team organized its largest exhibit booth yet, engaging attendees in discussions about mental health and wellness in schools. They highlighted the new Hiding in Plain Sight Curriculum, with support from administrators from Grants Pass School District in Oregon who had witnessed its successful piloting. Heather Ransom, a W2BW Curriculum Consultant, also shared insights about HIPs and the conference. 1800 people were impacted.



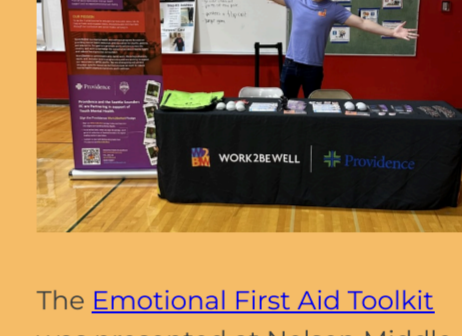
Sounders, FC & Renton School District Partnership Update

Lindbergh High School Career Fair was held on February 1, 2024. 150 Students were impacted.



The CASC Conference

The Connecticut Association of Student Councils (CASC) conference took place on March 8, 2024, where W2BW NSAC member Charli Hughes from Connecticut played a pivotal role in organizing a Work2BeWell exhibit booth. Charli effectively shared information about W2BW resources, contributing to spreading awareness. Charli expressed excitement about the positive response from both students and advisors, stating that it drummed up intrigue about Work2BeWell. In total, 185 people were impacted.




Emotional First Aid Toolkit

was presented at Nelsen Middle School on January 19, 2024, and 800 people were impacted.



School Spotlight: Nelsen Middle School

On March 22, 2024, Nelsen Middle School conducted a teacher training session as part of a **5-week advisory pilot** using the Work2BeWell (W2BW) curriculum. The training aimed to **equip teachers** with the necessary tools to deliver mental wellness content to students and **facilitate conversations about mental health**. Specifically, teachers were trained on the Mental Health 101 Module, which they later taught to students. This initiative impacted 50 people, enhancing their ability to address mental wellness in the school community.




Nelsen Middle School Roadmap met with 7 students that volunteered to participate in a Roadmap to Wellness activity to identify things their school was already doing to **support their mental wellness**, and ideas they could bring to ASB to promote even more mental wellness. The students provided great feedback and brainstormed a few ideas that could be implemented moving forward.

Events in Renton School District, WA

- On March 12, 2024, a lunch tabling event was held at **Dimmitt Middle School**; a table was set up in the cafeteria during 6th, 7th, and 8th-grade lunch periods. The table featured **Work2BeWell resources** and swag for distribution. Students had the chance to engage with **Jawanza, W2BW Program Director**, and **James, W2BW Senior Program Manager**, after being released from their tables by answering, "How do you know to be well?" before selecting an item from the table. **Insightful conversations took place** during each period. Over 400 items, including fidget pens, stickers, stress ball brains, ChapSticks, lanyards, and post-it notes were distributed. Additionally, information about Work2BeWell was shared, including plans for further engagement in the school through advisory lessons and potential assemblies.
- From March 26-28, 2024, the **Talley Virtual Advisory** took place, focusing on the **Critical Conversations Module** and the significance of non-verbal communication in **heartfelt discussions**. **Students were encouraged to engage** with pictures of individuals showing only their eyes, and speculate on the emotions portrayed. As more of the person's face or body was revealed, students were prompted to reassess their initial assumptions and consider if their opinions changed. This activity aimed to highlight the **importance of non-verbal cues** in understanding others' feelings.
- On March 12, 2024, **Dimmitt Leadership Advisory Training/Overview** session was held. The ASB students participated in a **Roadmap to Wellness** exercise. This activity involved reviewing a "calendar" of mental wellness topics and activations created by **Work2BeWell NSAC teens**. The students identified items that they: A) Already practiced B) wanted to implement but hadn't yet, or C) Were listed on the roadmap. Participants expressed interest in hosting a game/movie night at the school. The next steps for ASB include incorporating input from members unable to attend and brainstorming ways to host the event in the coming weeks.

What Our Access Team Has Been Up To!


Work2BeWell, in partnership with Providence, provides free, clinically vetted mental health resources and curriculum modules to students, educators and parents through our digital platforms. Our Access Team assists with many of our external communications and content creation. Access Team members with the help of our partners at Well Being Trust sent press releases to local news outlets highlighting our National Student Advisory Council members and their mental health advocacy work.

So far in 2024 there have been 6 articles released highlighting W2BW NSAC members and their mental health advocacy work. These articles can be found below:

- Jan 17th, 2024- Sofia Fraga- [St. Mary's student serves on mental health council](#) - Southern Maryland News
- Feb 2nd, 2024- [Hallely Zay: Shoreline teen helps lead youth mental health initiative](#) - King 5 Seattle
- Feb 15th, 2024- [Jayda Ward: Mental Health Spotlight Series: Prioritizing Mental Health Support in Black Communities](#) - Well Being Trust Blog Feature Story 1
- Feb 22nd, 2024- [Dorine Mimbano: Mental Health Spotlight Series: Prioritizing Mental Health Support in Black Communities](#) - Well Being Trust Blog
- Feb 25th, 2024- [Hannah Smith: Student Voices | Questioning fate: My journey as a 15-year-old college student](#) - The Seattle Times
- Feb 26th, 2024- [William Schreiber: Work2BeWell Kirkwood High student serves on national advisory council to bring awareness to team mental health](#) - Webster-Kirkwood Times Newspaper

CURRICULUM UPDATE!

After more than a year in the making, the new teen mental health curriculum utilizing the Ken Burns PBS Documentary, *Hiding in Plain Sight: Youth Mental Illness*, has finally begun to make its way into the hands of those who need it!

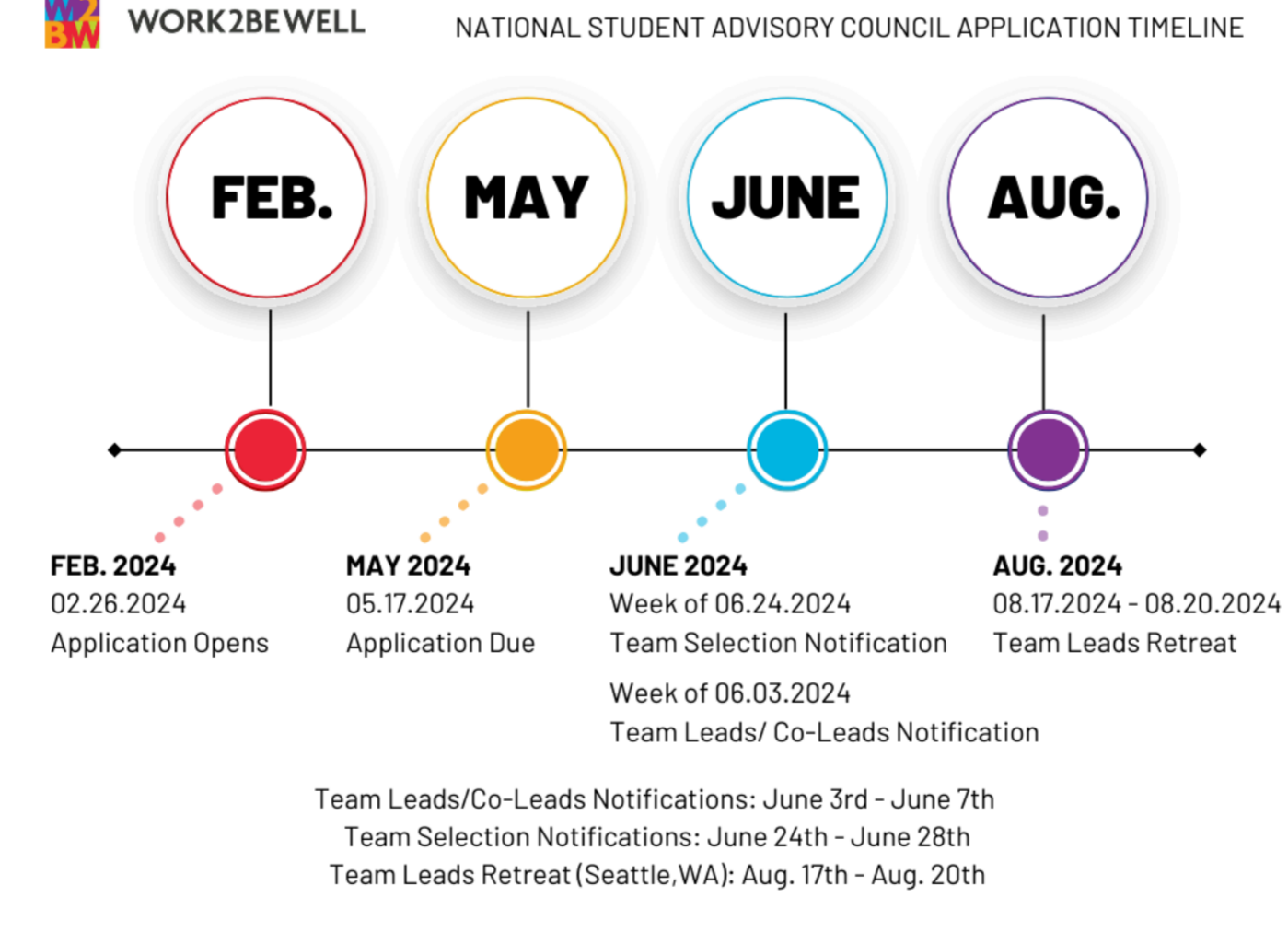


At the March 2024 national conference of the California Association of Directors of Activities (CADA), one of the most highly recognized conferences on school culture and climate by student leadership advisors and activities directors, Work2BeWell (W2BW) staff presented workshops and exhibited at a multi-day booth, promoting a soft release of the first nine lessons in this ground-breaking curriculum. Presenters Sara Freauf, Dr. Robin Henderson, and Heather Ransom, accompanied by pilot program school administrators Michele Napier and Brittany Hall from Grants Pass School District #7, shared with administrators, advisors, and teachers from across the United States and Canada so they could return to their districts with these vetted lesson plans, developed by youth, educators, mental health professionals, and film production staff, to bring light to a topic that touches every community. With the new HIPs curriculum now beginning to make its way out into the world, W2BW is working hard to get the rest of the lessons (26 in all) through the designer phase and final approval process in order to get them posted to the organization's website (<https://work2bewell.org/hips/>). The W2BW team is looking forward to the nationwide release of the full HIPs curriculum at the National Association of Secondary School Principals (NASSP) conference in July in Nashville, Tennessee.

Get Involved!

NSAC Application

WORK2BEWELL NATIONAL STUDENT ADVISORY COUNCIL APPLICATION TIMELINE



It's that time of year again! W2BW's National Student Advisory Council is accepting applications for high school teens to join the 2024 – 2025 cohort. All NSAC applications must be submitted by May 17th before 11:59pm PT to be considered. The NSAC is committed to making mental health a top priority in schools and communities across the nation through Access, Education and Activation.

Some quick facts about NSAC:

- Cohort are teens from across the nation
- Three student-led teams: Access, Education, and Activation
- Meetings are virtual
- Some in-person events or presentations are possible
- Time Commitment: 1 to 2 hours per week during the school year
- FREE – No cost to participate!

For all the information necessary to apply and to access the application link, please visit [Join NSAC - Work2BeWell](#)

W2BW Clubs & Schools Update

Get involved with W2BW Clubs and Schools

W2BW Clubs and Schools network continues to grow with the addition of 3 new clubs and states represented. Check out our list of clubs and connect with them on social media!

It's important to note that W2BW Clubs receive guidance and advice from NSAC's Activation Team via GroupMe. After registering, clubs, club leaders will receive a welcome email and swag via snail mail. In the W2BW Clubs GroupMe chat, club leaders engage with students from all over the country to share ideas and activities to chat better mental health in their communities.

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.

Give these episodes a listen!

[EP 109: Testing Stress](#)

[EP 111: Healthy Ways to Express Yourself](#)

[EP 114: Why You Have to Laugh](#)



NOTE FROM WORK2BEWELL CO-FOUNDER & NSAC ADVISOR

"A pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails."

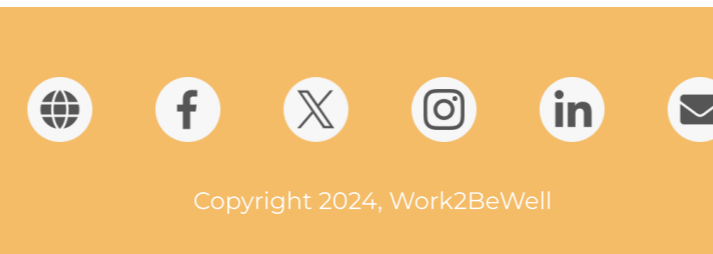
- John Maxwell

JOIN US in adjusting sails across the nation to improve mental health and wellness in your schools and communities by joining the Work2BeWell National Student Advisory Council (NSAC). It's been a joy to travel across the nation working with our student leaders and hearing about all the great projects they are implementing and the conversations they are having.

-Sara Freauf, W2BW Educational & Leadership Development Consultant

As we wrap up this newsletter, we want to extend a heartfelt thank you for being a valued member of our incredible community dedicated to mental health and wellness. At Work2BeWell, our mission is to continue being your go-to source for educational tools and resources that ignite positive change in teens, educators, and communities. Your support means the world to us, so please help us spread the word by sharing this newsletter and encouraging your loved ones to join our journey. Remember, teamwork truly makes the dream work! Together, let's keep asking:

#HowDoYouWork2BeWell?



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