



# W2BW NEWSLETTER

## WELCOME TO THE WORK2BEWELL NEWSLETTER!

What a fantastic journey we've had in 2023, and we are thrilled to have you with us every step of the way. The autumn and winter seasons have been busy, and the positive effects of our efforts are reaching far and wide, extending across the U.S. and beyond. At Work2BeWell, our commitment remains to serve as the go-to hub for educational tools and resources that empower and activate teens, educators, and communities. This mission is made possible through our diverse partnerships, engaging social media campaigns, and the invaluable contributions of our National Student Advisory Council. Thank you for being a part of our community, together, we're making a real impact.

## WHAT WE'VE BEEN UP TO

This autumn and winter, we had the pleasure of participating in over 19 events, where we had the incredible opportunity to connect with and make a positive impact on 10,425 people. Here are some of the wonderful highlights:

### MN State STUCO & National Honor Society Leadership Forum

550 students and advisers from high schools across Minnesota came together in Northern Minnesota at the beginning of November to network and share service ideas in addition, the entire group was trained using the Work2BeWell Emotional First Aid Kit.

### IOWA State STUCO Conference

W2BW NSAC student and Iowa student leader, Lily Proctor, presented four workshop sessions using the W2BW self-care module. Work2BeWell staff met virtually with Lily to practice the presentation and mailed her some handouts/swag to make sure she was well prepared. Lily even received standing ovations after two of her sessions – we have no doubt she did awesome!



### NASSP LEAD CONFERENCE- WASHINGTON D.C.

This conference was for National Student Council, National Honor Society and National Junior Honor Society. What an event this was with about 500 students from across the nation and countries such as Honduras, Dominican Republic, Panama and more. Work2BeWell hosted an exhibit table and presented two deep-dive sessions on self-care and two sessions on using the Emotional First Aid Kit. NSAC students Anjali Verma (PA), Shreeya Gogia (TX), and Co-Founder Sara Freau presented and worked the exhibit table.

*"The opportunity to present at the 2023 NASSP LEAD Conference on behalf of Work2BeWell was an inspiring experience that I am beyond grateful for. Our wellness focused workshops were filled with laughter, growth, and motivated leaders ready to make an impact in their communities!"*

- Anjali Verma (NSAC Student, W2BW Club Leader - PA)



### NCASC (North Carolina StuCo) District Conference

Hosted by Marvin Ridge Middle School in mid-November. Approximately 300 middle and high school students were in attendance, and all were trained in the self-care module. Eight high school students from across the state met with W2BW staff virtually to be trained in teaching the workshop and handouts/swag were shipped to support their efforts.



### National Conference on Student Activities (NCSA)

This conference hosted in San Francisco included almost 300 state and school leaders from across the nation coming together to network and share the latest and greatest topics and ideas. Work2BeWell was honored to be a gold sponsor of this event, hosted an exhibit table and presented two breakout sessions. The breakout sessions featured a sneak peek into our upcoming curriculum inspired by the PBS Documentary, *Hiding in Plain Sight*.

## CURRICULUM

In 2023, Work2BeWell has added four new curriculum modules. These topics cover a range of critical issues, and all are equally impressive. These new curriculums are BIYOC: Advocacy and Activism, BIYOC: Family Stigma, Anxiety (which includes a handout) and Mental Health 101, these topics cover a range of critical issues and understanding of the challenges youth face daily. These four curriculums are now available on our website under the tab "Explore Topic"

In addition to our four curriculums, it is impressive to see how much progress has been made in translating and reviewing the original 12 curriculum topics. Six of our original 12 has already translated into Spanish and Vietnamese and are available on the website is a great accomplishment. These 7 originals include:

- [Stress](#)
- [Self-Care](#)
- [Wellness Wednesday](#)
- [Emotional First Aid Toolkit](#)
- [Structural Racism](#)
- [Loss & Grief](#)
- [Critical Conversations](#)

We are determined to have four more of our curriculums translated and on our website that includes:

- [BIYOC: Intersectionality of Race and Mental Health](#)
- [ECPR \(Emotionally, Connect, Partner, and Respond\)](#)
- [Substance Use Disorder \(SUD\) 1](#)
- [Substance Use Disorder \(SUD\) 2](#)

It is wonderful to see the commitment to making the curriculum accessible to a wider audience. It is a testament to the dedication to ensuring that individuals from various communities have access to resources that help navigate mental health and emotional wellness. We wanted to say a big, THANK YOU, to Dr. Chau and Dr. Rentas for taking time and reviewing all our translated curriculums in Spanish and Vietnamese. We hope you can help us by taking our Translation Survey to help us determine what is our next language we should translate our curriculum to. You can find the survey here:

[Work2BeWell Translated Languages Survey](#)

Looking ahead, it is encouraging to see that five curriculum topics are already in the works for 2024. These five new curriculum topics came from our current National Student Advisory Council. We are starting the year with the topic Mindfulness and will have that on our website by March 2024. Stay tuned with us to unlock all five curriculums this year.

## COMING SOON

**Youth Mental Health Curriculum**  
INSPIRED BY THE FILM  
HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS

**We are excited to announce what is coming soon on our website.**

Curriculum inspired by the powerful Ken Burns/Ewers Bros. PBS documentary "Hiding in Plain Sight". This curriculum delves into the complex world of mental health through a compelling youth lens, making it both informative and emotionally resonant. We are excited for you to explore this FREE Work2BeWell complete curriculum package with 26 lessons (grades 7-12) and discover how it can enhance your students' awareness of mental health topics. Together, we can ensure that mental health is no longer "Hiding in Plain Sight."

Stay tuned in the coming months for updates on when this curriculum will be available.

## W2BW CLUBS

**How to Start a W2BW Club!**

1. Start a W2BW Club
2. Complete the Club Application
3. Review club application
4. Sign your agreement
5. Designate your leaders

Work2BeWell is a student-led, adult- advised school club that focuses on the Work2BeWell mission and vision. Work2BeWell Clubs create their own mission and vision based on the needs of their students, school, and community with W2BW vision as a foundation. Clubs are a brave place for students to be themselves, where they can share their journey with mental health and wellness. Clubs also plan events to raise awareness and decrease the stigma associated with mental health.

Over the past year, Work2BeWell has received applications from 29 schools across 13 different states. We have launched a recognition page on our website for all the clubs that have formally applied.

Upon application, new clubs will receive a welcome email and swag via snail mail. Our Activation Team of our NSAC has created a GroupMe to actively engage and build a network for us to communicate and share ideas with all student-leads of their club. This is a benefit to becoming an "official" Work2BeWell Club that student leaders can now join GroupMe with other club leaders from across the country. This is a great opportunity for additional networking and collaboration.

**Interested in Activating Work2BeWell in your school?**

**CLUBS AND SCHOOLS**

Do you want to create a Work2BeWell Club at your school? Do you already have a mental health club at your school and already use our resources? Come apply and get your club recognition on our website. For more information you can find it here: [Work2BeWell in Clubs and Schools/](#)

## W2BW Partnerships

### Working Together

Work2BeWell was proud to help be a part of a recently announced 10-year partnership between the Seattle Sounders professional soccer team and Providence. The partnership is focused on supporting the health and well-being of students from the Renton School District where both organizations are located.

In addition to district-wide efforts and activations, W2BW and district leaders and administrators identified four Schools to pilot mental health curriculum and resource integration. Through six assemblies, various student leadership engagements, homeroom presentations, lunchtime tabling, and community events, we were able to impact over 4,800+ students within the district. Additionally, there were 5 "train the teachers" workshops conducted on the W2BW curriculum for 250+ teachers. We look forward to expanding to more schools within the district in 2024 and using feedback and best practices from this partnership to guide our current and future regional and national partnerships.

## EDUCATION

### Talk2BeWell

At the beginning of the school year, W2BW reached a pivotal milestone with our podcast: in recording our 100th episode! Talk2BeWell has grown and evolved so much since its inception in 2019. The podcast has amplified the voices of over 4 National Student Advisory Councils with guest speakers ranging from professional athletes to teachers. Catch up on the latest Talk2BeWell episodes and learn the voices of our NSAC '23-'24. [HERE](#)

**Give these episodes a listen!**

- [EP 100: School Anxiety vs. Social Anxiety](#)
- [EP 101: Domestic Violence Awareness](#)
- [EP 102: Coping with College Application Stress](#)
- [EP 103: Fighting Fair - Political Debate Etiquette](#)

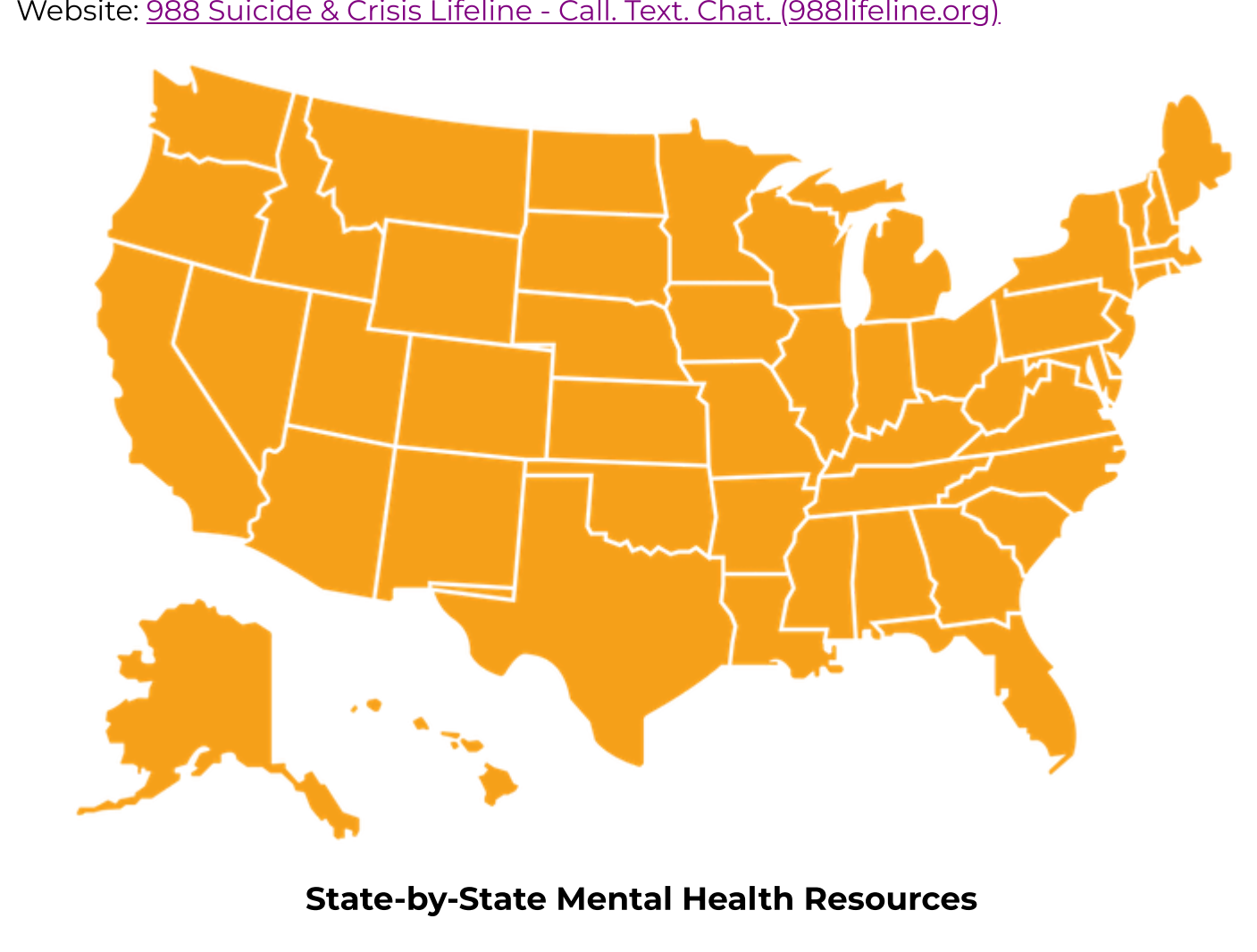
## RESOURCES & Activation

As we go into the new year, we want to provide resources of contact when you or someone you might know need to talk.

**YouthLine: a service of lines for life**  
Call: 877.968.8491  
Text: teen2teen to 839863  
Website: [YouthLine - A teen crisis helpline with teen to teen support](#)

**Teenline: teens helping teens**  
Call: 310.855.4673  
Text: TEEN to 839863  
Website: [Teen Line | Teens Support hotline - Connect, talk, get help!](#)

**988 Suicide & Crisis Lifeline**  
Call: 988  
Website: [988 Suicide & Crisis Lifeline - Call, Text, Chat. \(988lifeline.org\)](#)



### 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's 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!](#)

## MESSAGE FROM OUR DIRECTOR

We achieved unprecedented engagement, reach, and participation from community members this past year, making it one of the most successful years in our existence. We grew this year by expanding the number of W2BW clubs from 5 to 27 and established new partnerships. New states we have a presence in are Colorado, Rhode Island, New York, Connecticut, Missouri, Utah, Wisconsin, Minnesota and Maine.

I am excited by two of our largest projects for 2024; the launch of the Hiding in Plain Sight Curriculum and our partnerships with the Renton School District. With the support of our NSAC and the W2BW team, we are poised to continue our growth and expansion!

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