

# Health & Wellness in times of Crisis

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1003.42 (2)([n](#)) – Required Instruction

Trauma<sub>∞</sub>  
Suffering<sub>∞</sub>

Grace<sub>∞</sub>  
Compassion<sub>∞</sub>

HOPE

Perseverance

Healing

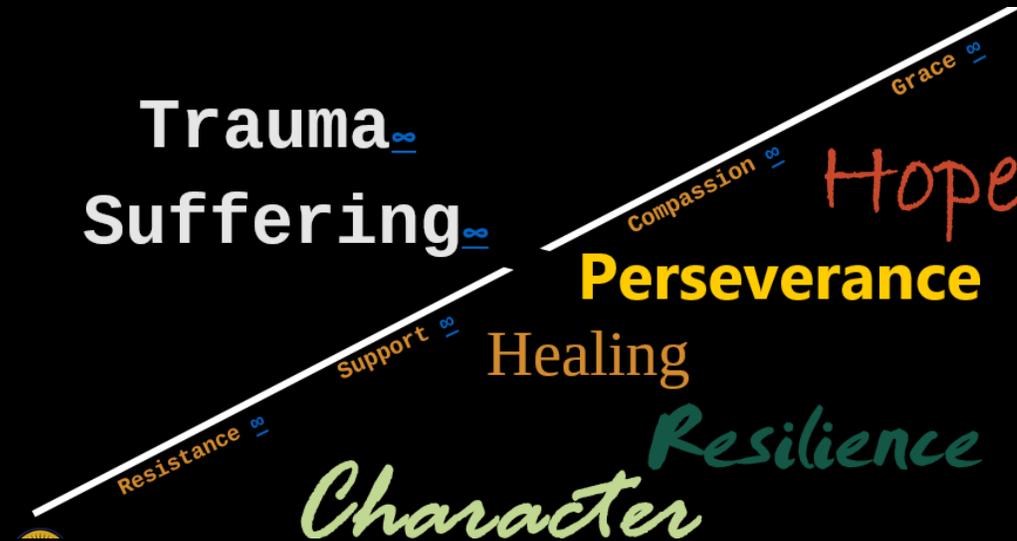
Resistance<sub>∞</sub>  
Support<sub>∞</sub>

Resilience

Character

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and **manage emotions**, set and achieve positive **goals**, feel and **show empathy** for others, establish and maintain **positive relationships**, and make **responsible decisions**.

Collaborative for Academic, Social, and Emotional Learning (CASEL) 

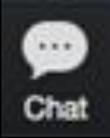


# Session Outline

1. Check-In 5
2. Civic engagement starting point 5
3. Central health and wellness data 5
4. Collective Impact 5
5. CDC & ASCD WSCC Model 5

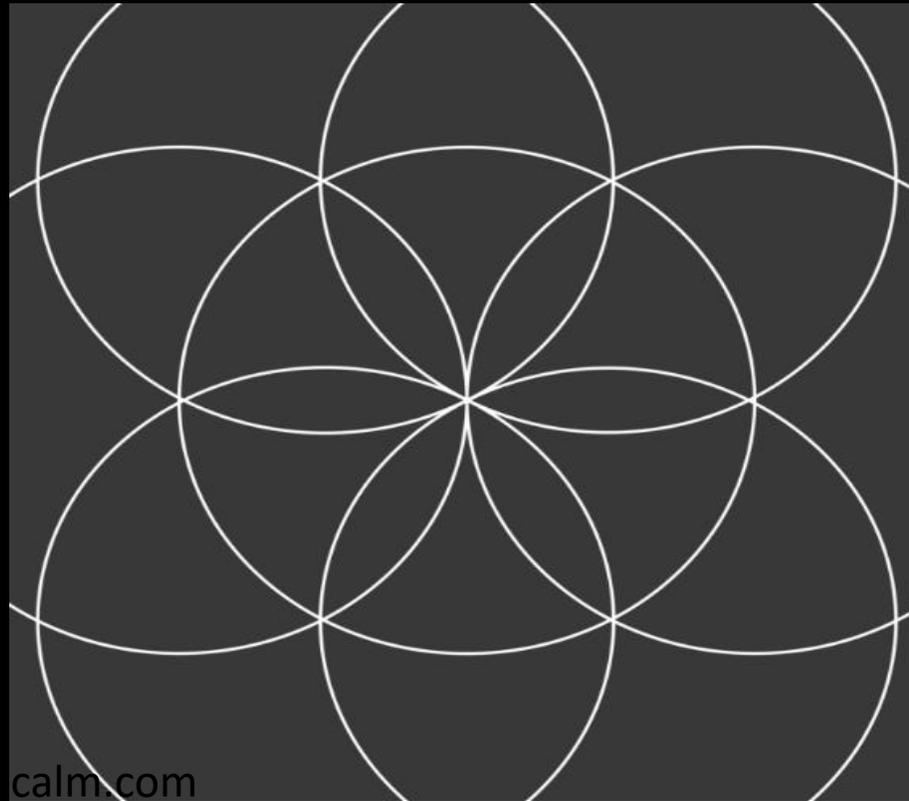
5 = links to additional details/resources

# Check - In

- What's your primary professional role? 
- How do you apply health and wellness, particularly social and emotional learning (SEL)? 



# So where do we begin?



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# Defined.

Civic engagement means working to make a difference in the civic life of our communities and developing the combination of **knowledge, skills, values** and motivation to make that difference. It means promoting the quality of life in a community, through both political and non-political processes (Ehrlich, 2000). [∞](#)

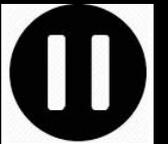
Civic engagement is **individual and collective actions** designed to identify and address issues of public concern. Civic engagement can take many forms, from individual voluntarism to organizational involvement to electoral participation (APA, 2009). [∞](#)

In 2019, Governor Ron DeSantis signed into law House Bill 807 and Executive Order 19-32 which require a comprehensive review of Florida's civics education standards. [∞](#)

# Start here.



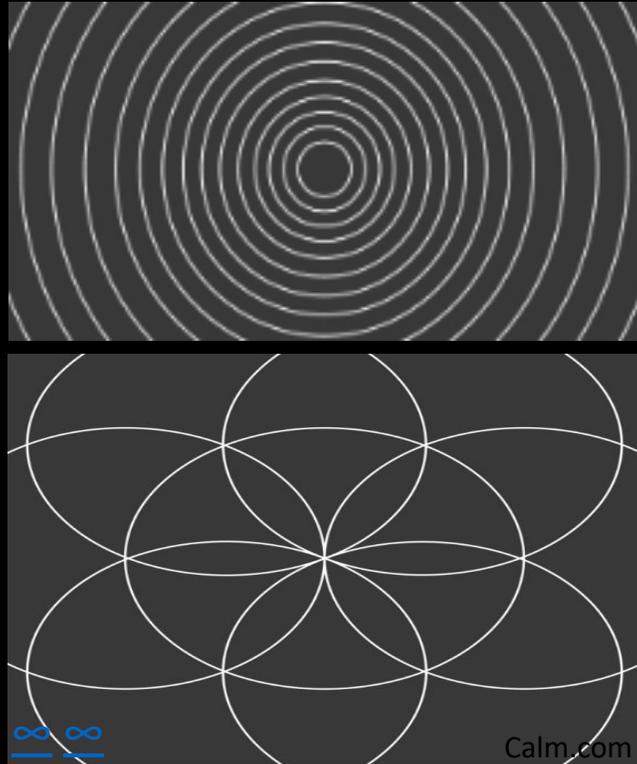
1. Self-care ∞ ∞ ∞ [dis-ease]
2. Connections ∞ ∞ ∞ ∞ ∞ ∞
3. Collective Impact ∞ ∞



# Central Data

- 2019 YRBS Storyboard (floridahealth.gov | Visual Story)  [∞](#)
- 1 in 5 children (will) have a serious mental health illness (CDC, 2019) [∞](#)
- 1 in 2 teens have used an illicit drug by the time they graduated high school (NCDAS, 2020) [∞](#)
- 1 in 10 children will sexually abused before their 18<sup>th</sup> birthday (D2L, 2013) [∞](#)
- Between 2017 and 2019, U.S. trends in adolescent vaping more than doubled (NIDA, 2019) [∞](#)

# Collective Impact



Reopening  
Florida's  
Schools and  
the CARES Act

Closing Achievement Gaps and  
Creating Safe Spaces for Learning



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EDUCATION  
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# Collective Impact



 Youth Black History Reality Program depicts sacrifices and legacies in Florida

Palm Coast Observer

Monday, Jan. 28, 2019 | Oslyn Bryant, Maya Felton, Sofia Curtain, Nia Felton, Samira Taite-Headspeth and Shaunté White perform a routine to "Strange Fruit." Photo by Paige Wilson



Key Club, Kiwanis One Day

## Whole School, Whole Community, Whole Child (WSCC) Model

ASCD ∞ and CDC ∞



Brandon Griggs, AAHTF



Olivia Connor, HIP, Student Voices

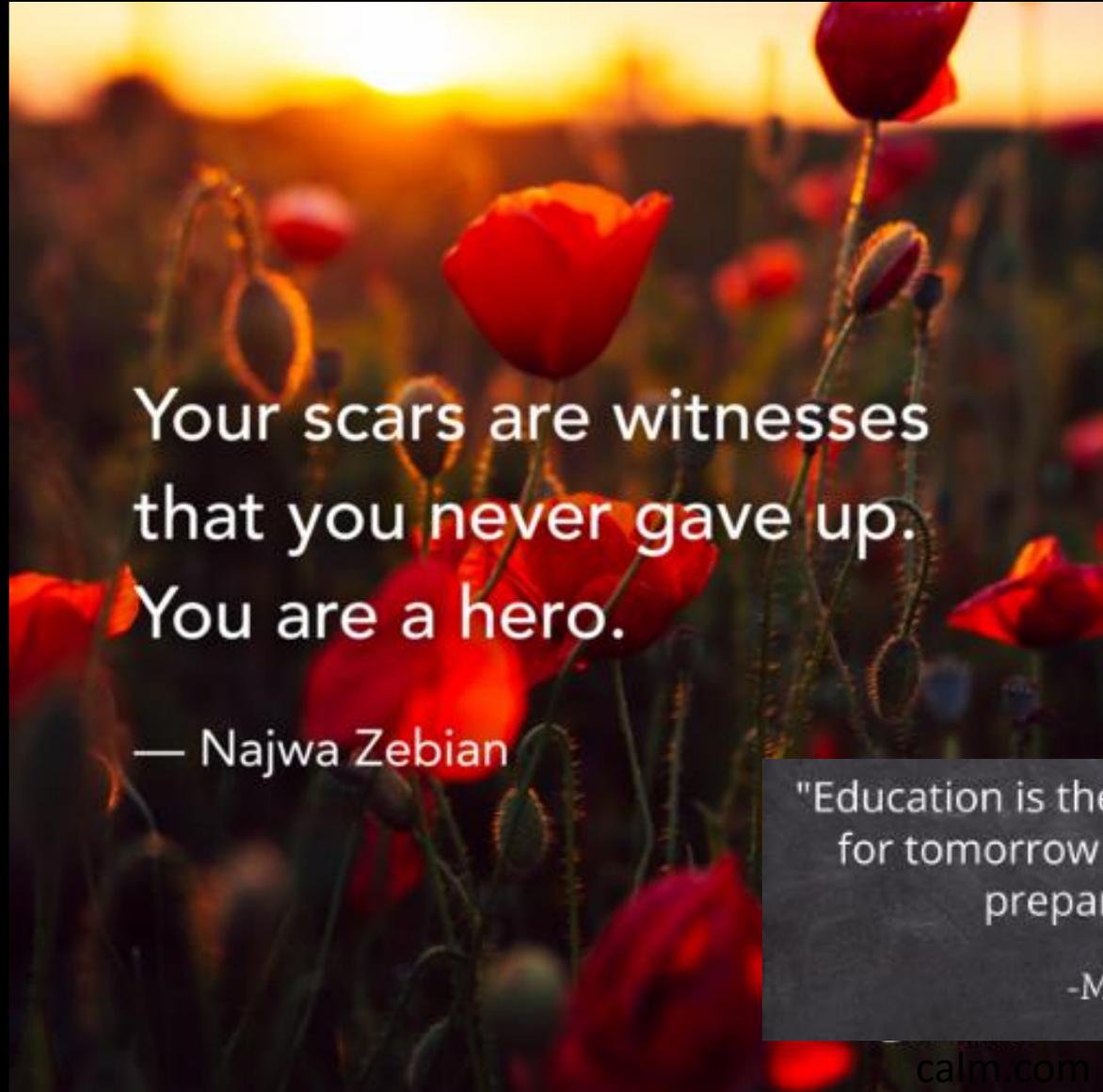


We have a **powerful potential** in our **youth**, and we must have the **courage to change old ideas** and practices so that we may direct their power toward good ends.

– Mary McLeod Bethune



AZ QUOTES



Your scars are witnesses  
that you never gave up.  
You are a hero.

— Najwa Zebian

"Education is the passport to the future,  
for tomorrow belongs to those who  
prepare for it today."  
-MALCOLM X

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# Reflect, Align, Act.

What's your next step?

**BREATHE**  
BLACK LIVES MATTER