

SUPPORTING STAFF MENTAL HEALTH

Adult well-being is foundational for creating learning environments in which children feel safe and connected. As a partner to innovative schools that are helping educators come from a place of strength, Transcend believes the following:

- Adults who feel safe and cared for are better able to create spaces where children feel safe and cared for
- Patterns of adult behavior influence the patterns of behavior among children
- Establishing and maintaining one's own well-being is an ongoing effort

The following resources are aimed at supporting the mental health and well-being of all adults in a school setting. A clear vision for adult well-being helps schools build the intra- and inter-personal skills everyone—including students and their families—needs to better regulate their emotions, manage stress, and handle conflicts productively.



Building Adult Capacity and Culture

This 2-pager offers research, guidance, and resources to begin building adults' own social-emotional competence so they can maintain and model wellbeing for students. This involves dismantling implicit biases adults may hold and developing their understanding of mental health and how it is fostered and maintained.

Mental Health Lenses

This Individual-Relational-Societal framework provides three key factors known to influence mental health, which schools can use as lenses to examine their current design and further focus on mental health.

The Daily SEL Leader

This webinar explains the importance of SEL for leaders and offers strategies to help leaders begin to understand themselves better.

School Leaders and SEL: The Self-Competencies

This webinar focuses on how and why SEL for leaders can influence the "emotional path," centering on important elements of leaders' self-competencies (emotions, biases, stress management, and impulse control) and their impact on key organizational elements like trust, relationships, and wellness of adults.

School Leaders and SEL: Social Awareness

This webinar explores how attunement, perspective-taking, and empathy are essential to improving leaders' social awareness and laying a strong foundation for SEL within the school building.

Breathe for Change

In this webinar, learn how educators, leaders, and parents can use mindfulness practices to promote learner's well-being in addition to their own (with active practices embedded throughout).