

# Get Smart Fast: Supporting Student and Staff Well-Being

## Why does this topic matter?



Adverse childhood experiences (ACEs) can impair children's ability to learn, form relationships, and function appropriately in the classroom.



The COVID-19 pandemic increased the incidence of ACEs and trauma in children and adults and limited access to mental health resources.



A school-based focus on student and staff well-being benefits students and leads to improved family engagement, teacher retention, and a stronger and more equitable school community.

## What do conditions of success look like?

Supporting student and staff well-being in schools requires the gradual incorporation of trauma-informed practices (TIPs) into policies, systems of student support, and the overall culture, as outlined in the table below.

| School-Based Conditions of Success             | Description  |
|--|--|
| Bullying prevention                            | Address the underlying mental health issues of both perpetrators and victims of bullying to contribute to a safer school environment.                  |
| Educator knowledge of mental health conditions | Teach educators to <a href="#">recognize how mental health conditions</a> manifest in school settings and how they can be addressed.                   |
| Educator well-being                            | <a href="#">Promote positive mental well-being and job satisfaction</a> among educators, thus raising the quality of education provided to students.   |
| Focus on equity                                | Intentionally focus on equity and use culturally responsive practices. This is critical across all phases of planning, implementation, and evaluation. |

| School-Based Conditions of Success | Description   |
|------------------------------------|---|
| Multi-tiered systems of support    | Integrate multi-tiered systems of support that can meet the varying level of students' academic and social-emotional needs.                                     |
| Network of support                 | Provide ideas, expertise, and resources through <a href="#">school–community partnerships</a> to strengthen school mental health programs and enhance outcomes. |
| School climate and culture         | Create a positive school climate and culture in which belonging and engagement can be fostered and students and staff are supported.                            |
| Youth and family voices            | <a href="#">Empower students</a> and family members as partners in the creation of a trauma-informed school as well as in the planning of TIPs.                 |

## What innovative models exist?



Resilience Education to Advance Community Healing (REACH) Learning and Resource Hub provides free, virtual, and on-demand resources to help interested parties better support the mental health of children and youth in their communities.

**Illinois**



Arkansas THRIVE is a collaborative project that helps districts develop and sustain multi-tiered systems of support, so students have access to the personalized academic, behavioral, and health supports they need to be successful.

**Arkansas**



The Alaska Department of Education hosts many publicly available statewide training courses focused on student and staff well-being, including trauma-engaged schools, child nutrition, and health and safety.

**Alaska**

## How are efforts funded?

Schools can partner with local healthcare providers, community organizations, and mental health agencies to access shared funding. Here are federal grant programs to consider as well:

- [Title IV, Part A - Student Support and Academic Enrichment \(SSAE\) grants](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\) grants](#)
- [Project AWARE \(Advancing Wellness and Resiliency in Education\)](#)
- [School-Based Mental Health Services \(SBMH\) Grant Program \(Department of Education\)](#)
- [Mental Health Service Professional \(MHSP\) Demonstration Grant Program](#)
- Block grants: [Title V Maternal and Child Health](#), [Title I funds for disadvantaged youth](#), [Title XX Social Services](#), and the [Preventive Health and Health Services block grant](#)
- [The 21st Century Community Learning Centers program](#)

For more information and helpful resources, visit <https://compcenternetwork.org/>

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