



Using the WSCC Model as a Framework for Mental Healthcare for Teachers and Students

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Independent Domains

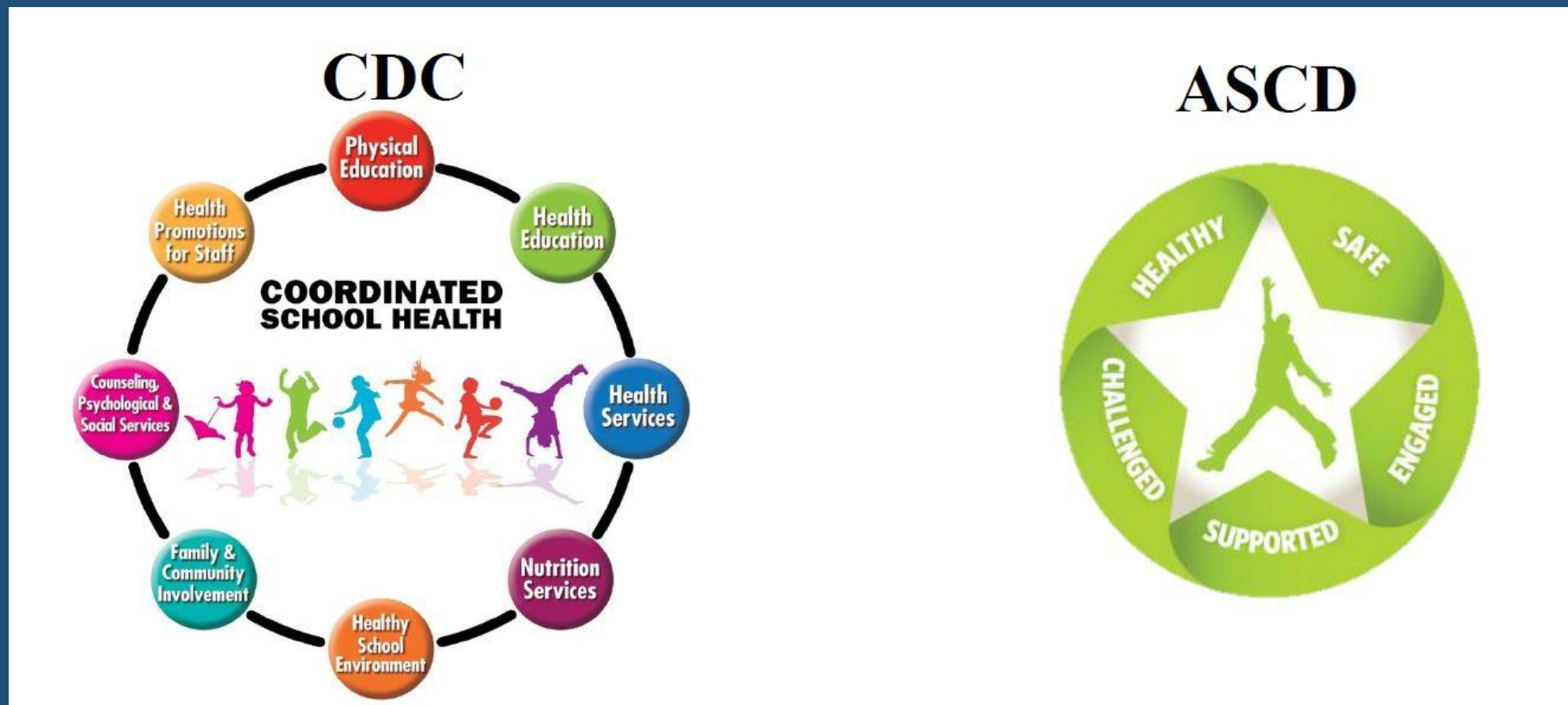
Student
Health



Academic
Outcomes



Historical School Health Initiatives



The Case for Integration

Student Health

Health Related Issues Negatively

Impact:

- Academic Achievement (test scores/grades)
- Attendance
- Connectedness
- Engagement

Academic Outcomes

Proficient Academic Skills are associated with:

- The practicing of health-promoting behaviors (exercise, healthcare checkups/screenings)
- Lower rates of risky behaviors
- Longer life expectancy
- Decreased risk of incarceration



Building the WSCC Model



Policies

The laws, mandates, regulations, standards, resolutions, and guidelines which provide a foundation for school district practices and procedures.

Processes

The plans or procedural steps that schools carry out in working to prepare for and implement initiatives.

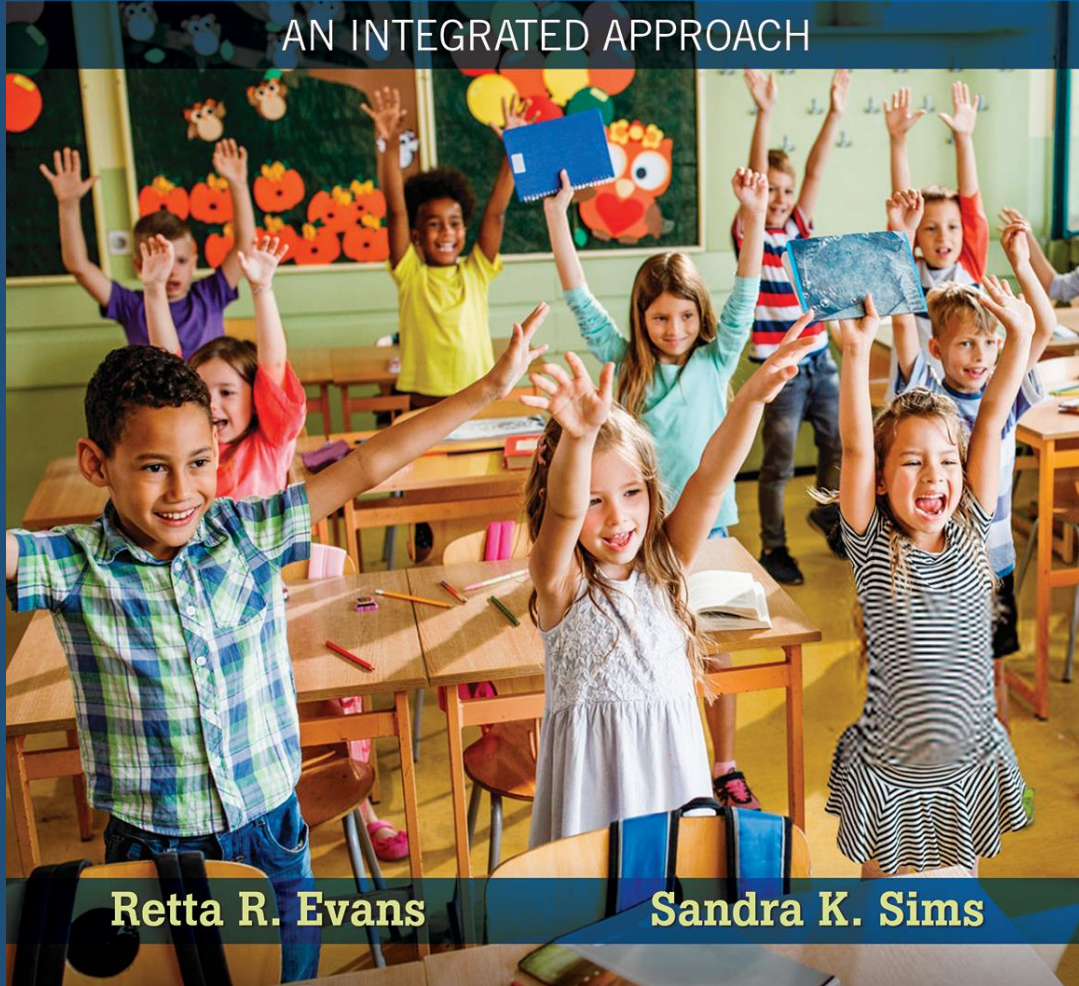
Practices

The specific actions that schools take to best implement, adapt, and sustain initiative goals.

SECOND EDITION

Health and Physical Education for Elementary Classroom Teachers

AN INTEGRATED APPROACH



Retta R. Evans

Sandra K. Sims

WSCC Model overview and integration strategies for health and physical education



How Components of WSCC Fit With School Mental Health

Directly Address Student Health Needs

Health Education

Physical Education and Physical Activity

Nutrition Environment and Services

Health Services

Counseling, Psychological, & Social Services

Employee Wellness

Support Healthy Student Behaviors

Community Involvement

Social/Emotional Climate

Physical Environment

Family Engagement

Both Direct & Indirect Ties to SMH:

- Student safety
- Relationships
- Connectedness
- Multi-System Involvement

COVID-19 and Stress

The Impact on Students and Teachers



KIDS UNDER PRESSURE

A Look at Student Well-Being and Engagement
During the Pandemic

Reported By NBC and Challenge Success



Three key findings addressed stress.

- Students, especially females and students of color, continue to experience high levels of stress and pressure.
- 56% of students report that their stress about school has increased.
- The major sources of stress shared by students are relatively consistent before and during the pandemic. The four major sources of stress cited by students are “grades, tests, and other assessments” followed by “overall workload,” “lack of sleep,” and “time management.”

TEACHERS UNDER PRESSURE



Green & Bettini, 2020

- Changes in school structure and available resources.
- Seismic shifts in job responsibilities and work expectations.
- Reduced opportunities for collaboration with skilled colleagues have been shown to be associated with reductions in teacher effectiveness and commitment to continue teaching (Borman & Dowling, 2008; Johnson et al., 2018; Ronfeldt et al., 2015; Valli et al. 2007).

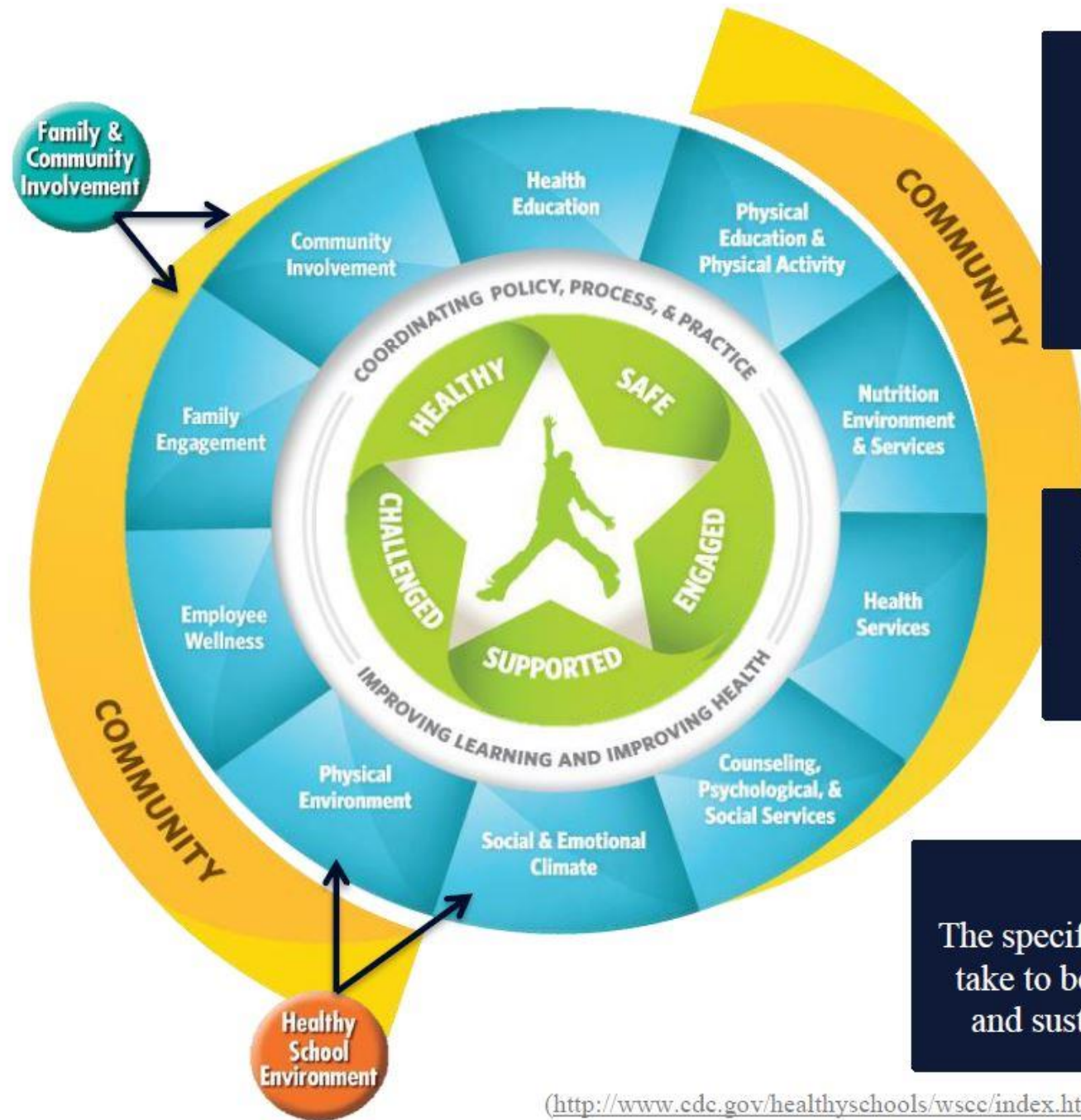


Klapproth, F., Federkeil, L., Heinschke, F., & Jungmann, T. (2020).

- 380 teachers in Germany
- Female teachers were more stressed than male teachers.
- Gender differences in domains outside of work, such that female teachers may experience higher workload for teaching and domestic tasks at the same time or a sharper conflict between work and family roles (Greenglass & Burke, 2003).



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WSSCC Model Example

Social Emotional Health

The following are strategies to help reduce stress during the school day:

- Participate in your favorite physical activity.
- Stop and rest.
- Complete a brain break.
- Take a walk.
- Talk to someone.
- Breathing exercises.
- Laugh.

