

Educator and Student Well-Being Resource Page

Resources to Support Educator and Student Well-Being

- [Mental, Social, and Behavioral Health Resources](#) (OSPI)
- [Social Emotional Learning Resources](#) (OSPI)
- [Workforce Secondary Traumatic Stress in K–12 Legislation and Resources](#) (OSPI)
- [Mental Health Related Absences Policy, Guidance, and Resources](#) (OSPI)
- [Student/Youth Mental Health Literacy Library](#) (Chad’s Legacy Project and the University of Washington SMART Center)
- [Integrating Social and Emotional Learning Within a Multi-Tiered System of Supports to Advance Equity: SEL MTSS Toolkit for State and District Leaders](#) (The Council of Chief State School Officers [CCSSO], the Collaborative for Academic, Social, and Emotional Learning [CASEL], and the American Institutes for Research® [AIR®])
- [Instructional Practices That Integrate Equity-Centered Social, Emotional, and Academic Learning](#) (American Institutes for Research® [AIR®], Center to Improve Social and Emotional Learning and School Safety, and National University)
- [National Alliance on Mental Illness](#)

Washington State Professional Educator Standards Board SEL Professional Learning Series

- January 17, 2023, 4:00–6:00 p.m.: [Self Management/Self Guidance: Responding to emotions wisely](#)
- February 6, 2023, 4:30–6:30 p.m.: [Social Awareness/Self Management/Self Guidance: Community building using transformative strategies](#)
- March 21, 2023, 4:00–6:00 p.m.: [Social Awareness: Growing empathy across differences](#)
- April 17, 2023, 4:30–6:30 p.m.: [Self Efficacy and Social Engagement/Community: Activating my superpower in sustaining a health ecosystem](#)

