



Family and Staff Wellness

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Family Wellness

- **A sense of wellbeing of the family, which is defined and informed by its members, in which individual and family-level needs interact.**

Family Wellness



**Supportive Family
Relationships**



Economic Security



**Outside Social
Connection**



**Physical Safety
and Health**





Supportive Family Relationships

- Share appreciation
- Quality family time (e.g., mealtimes, recreation time, supporting each other's hobbies)
- Healthy communication
- Develop strong problem-solving skills (e.g., model positive ways to handle life's challenges)
- Individual accountability (the ability to rely on others)



Economic Security

- Need help finding the right resources:
211 can provide resources all across the Pikes Peak region: <https://www.ppunitedway.org/get-help>



Outside Social Connection

- Plan safe get-togethers
 - virtual book clubs
 - use technology to connect with family and friends
- Participate in hobbies/passion areas
- Spend time outdoors
- Check on your neighbors who live alone



Physical Safety and Health

- Establish Routines:
 - Family Safety Plan (e.g., If this..., then this..., Shared family document with important phone numbers and addresses)
 - Self-Care/Family Care Plan
 - Consistent bedtimes
 - Healthy meal plans
 - Exercise routines
 - Mindfulness activities
- Time management
 - Families who balance their time more effectively have better overall relationships, and consequently better health

Staff Wellness



Self-Care Professional Learning Opportunities



Employee Assistance Program



Within Building Opportunities



Thriving School Champions w/ Charmas Lee



Checklist: 5 starter plays for enhancing staff and teacher well-being

These plays are useful in both in-person and virtual learning environments.

Print this page to help track your progress toward completing the 5 starter steps.



1. Promote equity and collaboration

- ✎ Collaborate with staff, teachers, and local bargaining units on your reopening and continued learning plan and work duties.
- ✎ Provide professional learning on COVID-19's impact on your school, particularly equity, [racial justice](#), and health access.
- ✎ Gather, review, and address feedback on the effectiveness of your reopening and continued learning plans.



2. Prepare staff

- ✎ Provide job-specific development opportunities, such as [virtual learning techniques](#).
- ✎ [Build processes](#) that help staff and teachers [express emotions](#) and collaborate on solutions.
- ✎ Develop clear and consistent messages to use throughout your school community.



3. Foster collective resilience

- ✎ Build in time during meetings for staff, parents, and caregivers to connect.
- ✎ Provide opportunities for [collaboration](#) and [shared decision-making](#) about employee well-being.
- ✎ Engage staff and teachers during the workday with [well-being activities](#).



4. Empower personal well-being

- ✎ Provide learning opportunities on [burnout](#) and [stress reduction](#).
- ✎ Allow staff and teachers to schedule breaks to [care for their well-being](#).
- ✎ Set clear and realistic expectations for in-person and virtual working hours.
- ✎ Promote healthy work routines.



5. Provide resources

- ✎ Promote district-sponsored health offerings.
- ✎ Review and revise your [human resource policies](#).
- ✎ Connect employees to community and financial-planning resources.

◀ 5.16 ▶ kp.org/thrivingschools

 KAISER PERMANENTE®

Kaiser Permanente: Staff and Teacher Wellness

- D11 Three Areas of Foci
 - Professional Learning
 - Staff Support Groups
 - Staff Wellness



Staff Wellness



Staff Wellness

D11 Staff Wellness Website

- <https://www.d11.org/Page/16926>
 - 630 Total Visits
 - 1400+ Page Visits

D11 Coach On Call

- 15 min coaching sessions are offered every Wednesday from 6:45-7:30 pm

