

1. Welcome and Introduction

- Warm welcome and session overview
- Importance of mental health and educator well-being in student success

2. Oregon's Transformative SEL (TSEL) Framework

- Guiding Principles: foundational values, conditions for learning, policies/practices
- Adult Transformative SEL and Adult Well-being focus
- Student Transformative SEL: Five standards and growth indicators

3. Adult Competencies in TSEL

- Importance of adult social-emotional skills
- Competencies: self-awareness, self-management, social awareness, relationship skills, responsible decision-making
- Equity and cultural responsiveness
- Discussion prompts on adult SEL challenges and supports

4. We Are All Connected: Culture of Belonging and Wellness

- Link between employee well-being, retention, and student outcomes
- Urgency of investing in educator preparation, success, and retention

5. Systemic Shift in Educator Well-Being

- Moving beyond individual self-care to systemic supports
- Risks of overreliance on individual strategies
- Emphasis on organizational culture, workload, trust, psychological safety

6. Oregon's Reimagined Accountability Framework

- Three elements: Priorities for Student Success, Levers, System Health Measurements
- Focus on systems and shared accountability

7. The Big 5 for Mental Health

- Sleep, Helping Out, Social Connections, Healthy Eating, Physical Activity
- Invitation for reflection and peer discussion

8. Somatic and Well-Being Practices

- Introduction to "The Body Keeps the Score" toolkit
- Menu of mild to spicy somatic offerings
- Participant choice on practices to explore

9. When is Mental Health a Possible Child Find or Section 504 Referral?

- Criteria triggering evaluation or referral
- Impact on academics, behavior, attendance
- Diagnosed or suspected conditions
- Withdrawal, school avoidance, emotional distress
- Unresolved concerns despite interventions

10. Mental Health and IEP/504 Plans

- IEPs for students with disabilities affecting curriculum access (e.g., Emotional Disturbance, OHI)
- 504 Plans for students with diagnosed conditions limiting major life activities
Goal of individualized support for access and success

11. Resources and Support Offerings from ODE

- Safe and Inclusive Schools initiatives
- Mental Health guidance for staff and families
- Student Investment Account funding
- Comprehensive School Counseling
- Transformative SEL resources
- Recovery Schools and other specialized programs
- Community Care Development Project

12. Places to Get Help

- Overview of local and national mental health resources
- Encouragement to reach out and normalize help-seeking

13. Closing and Reflection

- Recap key messages about systemic care and individual well-being
- Encourage ongoing engagement with resources and supports
- Invitation for questions and sharing