



# Strategies to Support Student & Educator Wellness

3/30/2022

**Presented by**

Kelly Vaillancourt-Strobach, Ph.D.

Nationally-Certified School Psychologist



eLuma

**Hosted by**

Dr. John Kelly

& George Dayton

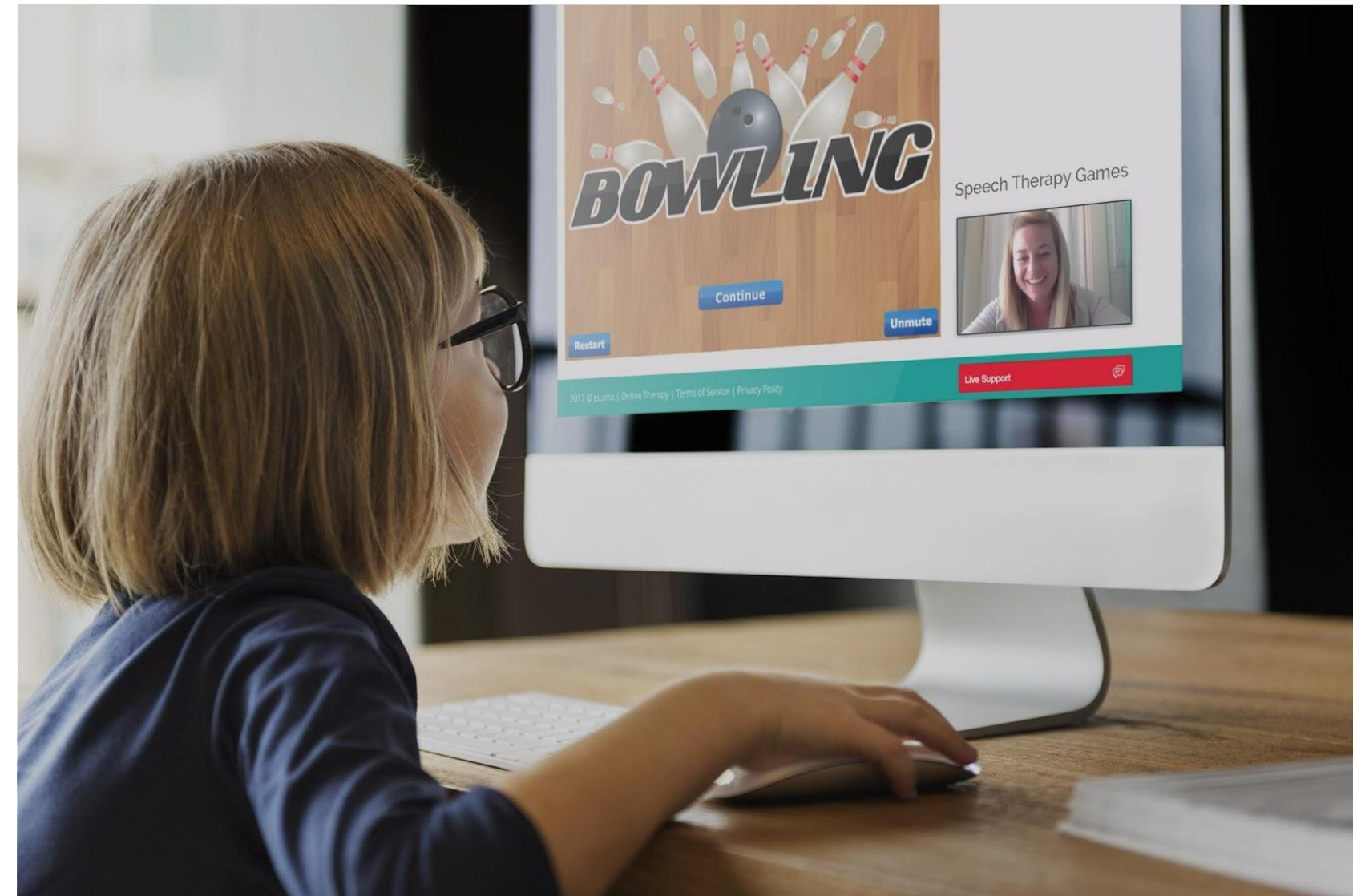
# Agenda

<b>Introduction</b>	5:00 pm EST (5 minutes)
<b>Presentation</b>	5:05 pm EST (25 minutes)
<b>Discussion</b>	5:30 pm EST (20 minutes)
<b>Q&amp;A</b>	5:50 pm EST (10 minutes)

# Who is eLuma?

## eLuma

- ▶ Dedicated to solving problems in the areas of special education and mental health
- ▶ Provides live services online with dedicated therapists
- ▶ Founded in 2011
- ▶ Comprised of 300+ dedicated team members
- ▶ Over 30,000 students served in 36 states
- ▶ Follow us on Twitter [@eLumaTherapy](https://twitter.com/eLumaTherapy)
- ▶ Follow us on Facebook [facebook.com/elumatherapy/](https://facebook.com/elumatherapy/)













# The Webinar


## A few facts:

- ▶ Part of our Webinar Series, "Office Hours with Dr. John Kelly."
- ▶ Closed captioning provided via Zoom
- ▶ Recording link, Slide Deck and Certificate of Attendance will be sent after the webinar.

A Special eLuma Mental Health Webinar Series  
**OFFICE HOURS WITH DR. JOHN KELLY**



 John Kelly	 Charles Barrett 3/2	 Byron McClure 3/9	 Mitch Samet 3/16	 Jack Naglieri 3/23
 Kelly Vaillancourt 3/30	 Kathleen Kryza 4/27	 Celeste Malone 5/4	 Katie Eklund 5/11	

 eLuma **Mar 2 – May 11, 2022**  
5:00 PM EST **Watch in-person**  
or on-demand


# The Presenter

## Kelly Vaillancourt-Strobach, Ph.D.

- ▶ Dr. Kelly Vaillancourt Strobach is a nationally certified school psychologist and the Director of Policy and Advocacy for the National Association of School Psychologists. In this role she collaborates with policymakers, national and state organizations, and individuals to advance NASP's public policy agenda and increase access to comprehensive school psychological services.
- ▶ Prior to assuming this role, Kelly was a school psychologist in Virginia for 8 years.
- ▶ Kelly is a nationally recognized expert on issues including school mental health and comprehensive school safety, and she has authored numerous articles, book chapters, and presented nationally on these topics and the intersection of public policy and educational practice.



**Kelly  
Vaillancourt-Strobach,  
Ph.D.**



# STRATEGIES TO SUPPORT STUDENT AND EDUCATOR WELLNESS

KELLY VAILLANCOURT STROBACH,  
PHD, NCSP

@KMV79

WHAT DO WE MEAN  
BY “WELLNESS?”



# What does Wellness Mean to You?

resilience  
love  
happy



# Quick Refresher: SEL



# School Mental and Behavioral Health?



---

# Why is this Important?

## Supporting Student Wellness:

- Improves students' self esteem, self-concept, and self-efficacy
- Improves academic achievement
- Reduces bullying, discipline, and other risky behaviors
- Facilitates positive peer and teacher-student relationships
- Supports a positive school climate

***Form the foundation of all efforts to support student learning and overall success***

---

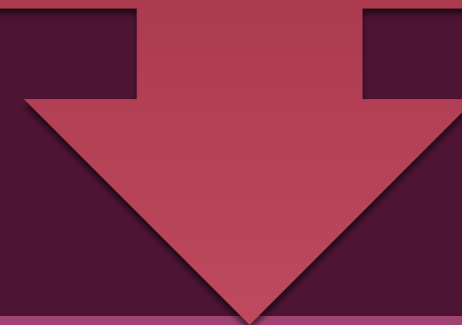
## WHAT ABOUT THE ADULTS?

- Educator wellness is linked to:
  - Improved physical health
  - School stability/reduced turnover
  - More effective teaching
  - Improved student learning
  - Improved wellness of students and staff



## WHAT DO WE KNOW?

Educator burnout and attrition have both increased significantly over the last decade



Reported reasons for leaving the profession include:

Burnout

Mismatch between  
job demands and  
available resources

Lack of  
administrator  
support

Lack of self  
autonomy



SO HOW DO WE DO THIS?



# PROVIDE ACCESS TO SMH PROFESSIONALS



- School psychologists: 1:500
- School counselors: 1:250
- School social workers 1:250
- School nurses 1:750

# CORE ELEMENTS OF COMPREHENSIVE WELLNESS SYSTEM

Framework to support comprehensive student need

Establishing building-level wellness teams to address the SEL needs of both students and staff.

Foster relationships among students, staff, and families.

Create safe, positive, and supportive learning environments

Explicitly teach social, emotional, and academic skills;

Actively engage students in meaningful, culturally and linguistically relevant learning experiences

Provide supportive and specific feedback on student learning

Provide access to support from school counselors, psychologists,

A group of diverse children and adults smiling, overlaid with a green and yellow gradient. The text "Q&A" is centered in white.

**Q&A**

# Upcoming Webinars



**Dr. Kathleen Kryza**

## Developing Hope & Empathy in Schools

**Wednesday, April 27, 2022 at 5 pm EST**

“If we are to reach real peace in the world, we shall have to begin with the children.” Ghandi. In these tumultuous times, it is more essential than ever to teach the skills of peace building in our classroom. Learn the neuroscience behind empathy and hope, along with ideas for developing empathy and hope in your classrooms and with your students. Teaching students peaceful ways of being within themselves and with their peers not only impacts student success, but also sends them out of our schools as agents in creating a more peaceful world.

\*This is part of our Webinar Series, “Office Hours with Dr. John Kelly.” You will receive an email with the watch link as the webinar gets closer.

# Thank You

For more information contact:

**[www.eluma.com](http://www.eluma.com)**



Follow us on Twitter  
**[@eLumaSolutions](https://twitter.com/eLumaSolutions)**