

# Strengthening and Sustaining School Health Initiatives

## Our Framework, Toolkit, and Success Factors



### Presented By:

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Friday, May 1, 2015



# Welcome!



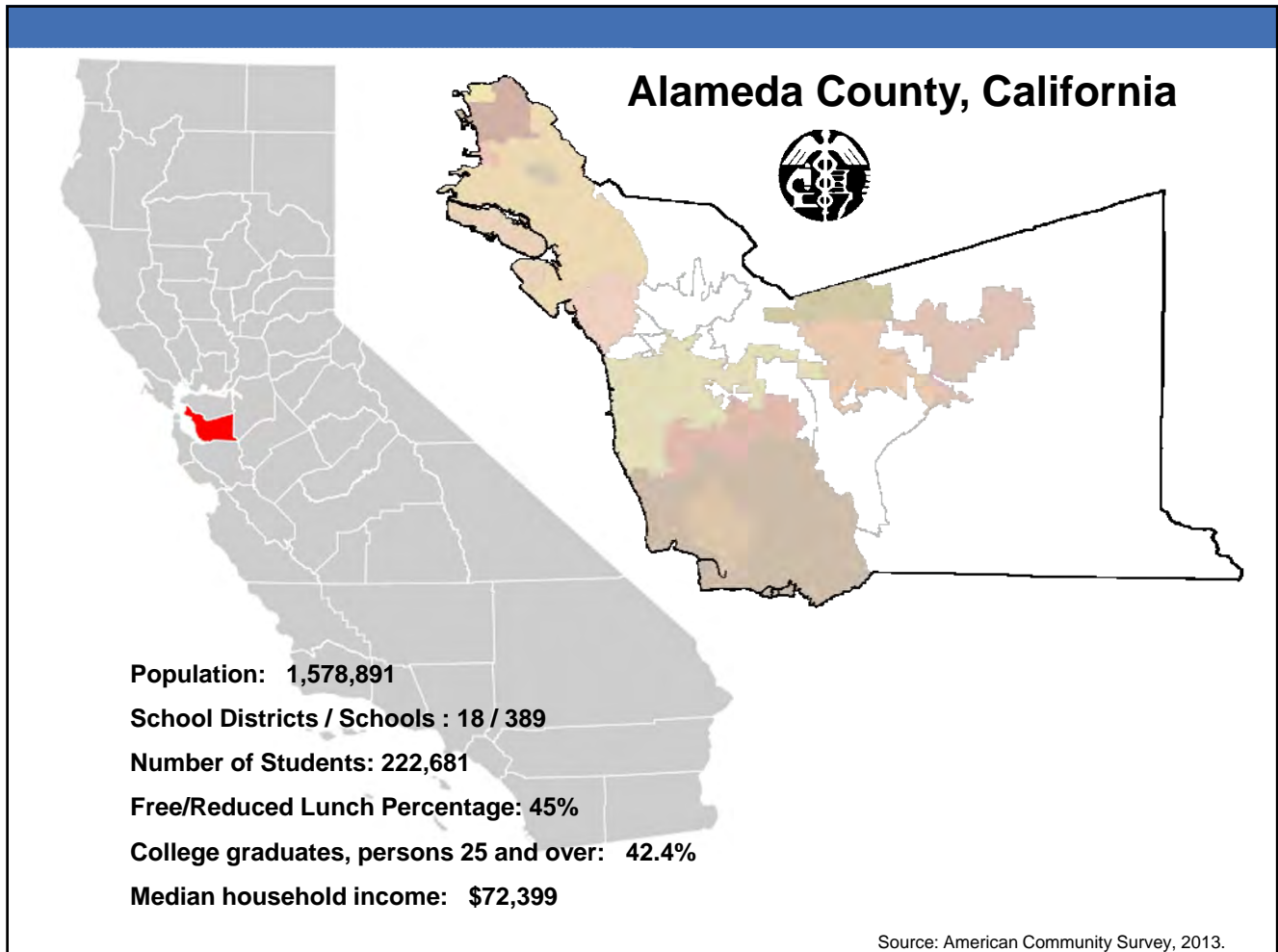
Center for Healthy Schools and Communities

# Agenda

1. Welcome and Agenda
2. Background  
The Center for Healthy Schools and Communities
3. Making the Case for School Health
4. Exploring the Success Factors  
Our School Health Initiative Framework
5. Preview of *School Health Works* Online Website
6. Wrap Up

# The Center for Healthy Schools and Communities



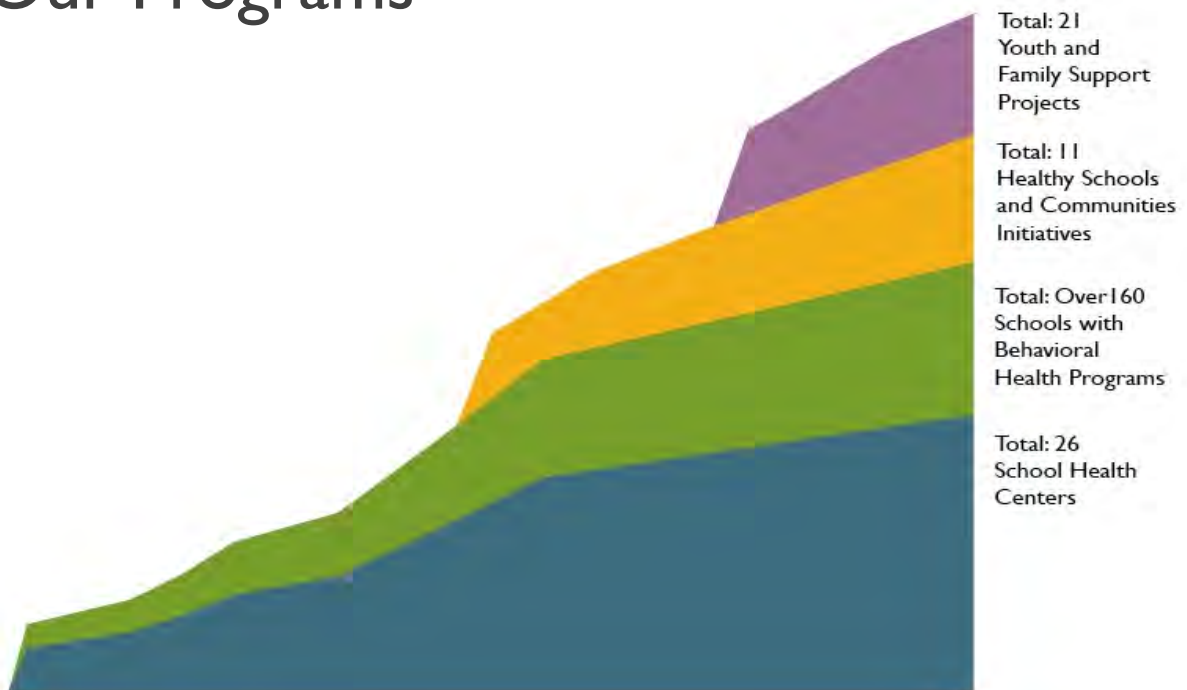






We envision a county where all youth graduate from high school healthy and ready for college and career.

# Our Programs



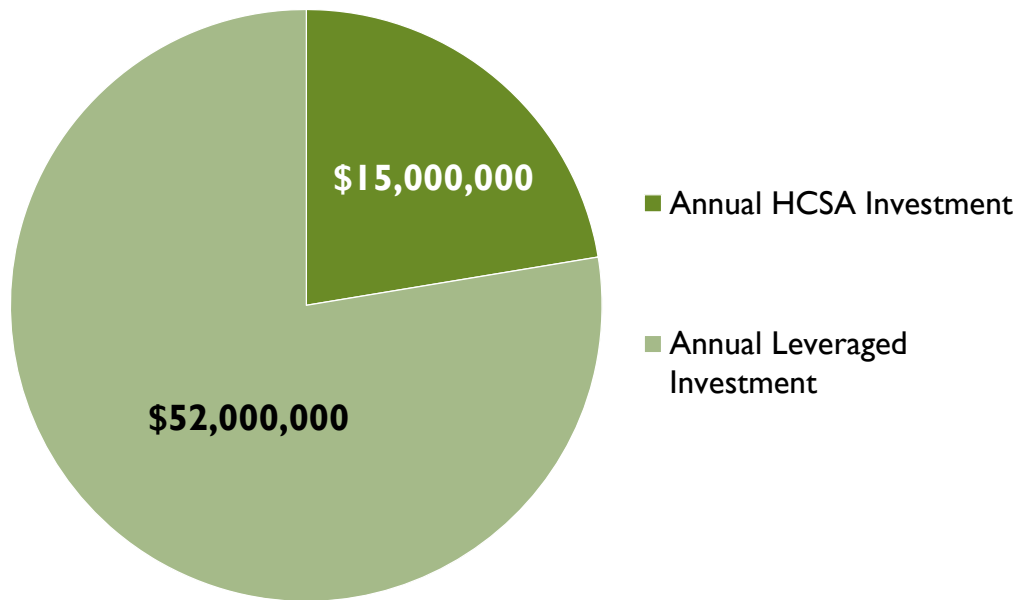
Since 1996, the CHSC has worked to improve health and education outcomes for Alameda County youth and their families.

# Results Focus





## Countywide HCSA Investment



**\$67 Million of annual investments  
in health and wellness continuum**

# Making The Case for School Health



## School Health Initiatives

School health initiatives are a collaborative approach for improving health and education outcomes for all students...



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# Crafting an Elevator Speech

*Be ready to share the importance of School Health with a well-structured pitch!*

## Exercise 1: The 60-Second Version

**Hi. I wanted to talk to you about school health. School health combines the expertise and resources of the educators and health professionals to [achieve what]** \_\_\_\_\_

\_\_\_\_\_.

**[Sentence about why school health is needed]** \_\_\_\_\_

\_\_\_\_\_.

**It will help us achieve [school/person's goal] \_\_\_\_\_ by**

**[1-2 sentences about benefits or need being met]** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

# Examples of How to Make the Case

## Research

- Basch - causal links between 7 health issues and achievement
- Adverse Childhood Experiences
- Brain research and impacts of trauma

## Needs Data

- 70% experienced ACEs; 1 in 5 children suffers mental health issues
- CHKS – exposure to violence and bullying; caring relationships

## Disparity Data

- Life expectancy, disciplinary actions, graduation, incarceration

## Impact Data

- Increased health access for those furthest from opportunity
- Improved attendance, academics, discipline
- Improved health and wellness
- Youth leadership and self-efficacy

## Personal Stories!!



# Communications

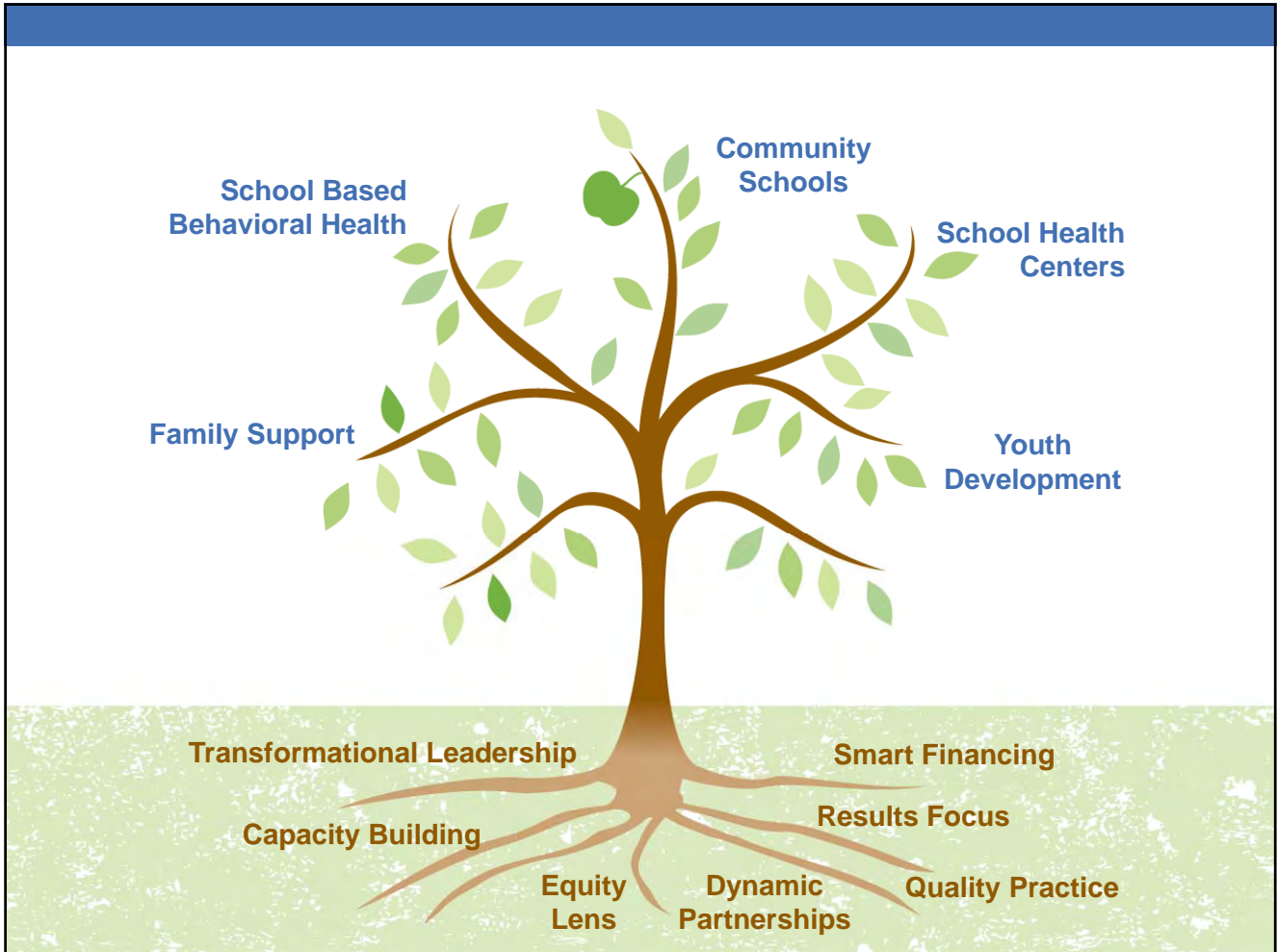
## Take aways:

- You've got the skills, knowledge, and passion
- You've got the opportunity
- You already do it...
- ... just get more intentional and focused!



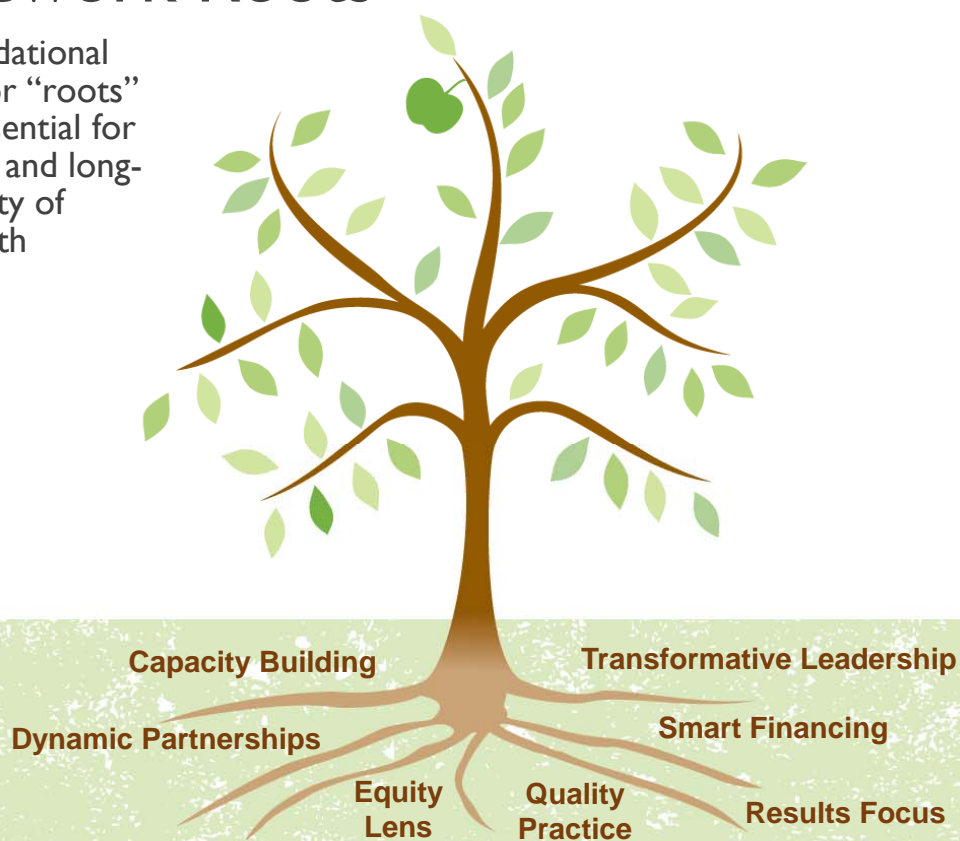
# Exploring The Framework





## Framework Roots

Seven foundational elements, or “roots” that are essential for the growth and long-term stability of school health initiatives.



# Debrief

## Group Debrief

- What was that like?
- How can this framework help you strengthen or sustain your school health work?

## Individual Reflection

- One thing you will do to strengthen a root of your school health work



# *School Health Works*





# School Health Works

TOOLS, TIPS, AND WISDOM FOR SUCCESSFUL SCHOOL HEALTH INITIATIVES

[HOME](#)
[ABOUT](#)
[WHY SCHOOL HEALTH?](#)
[BUILDING SCHOOL HEALTH INITIATIVES](#)
[PROGRAMS](#)
[YOUR ROLE](#)
[TOOLS & RESOURCES](#)



Young people's health and academic success are deeply connected. Our health and education systems should be, too.

## WHAT IS SCHOOL HEALTH WORKS?

School Health Works offers resources and tools for health and education leaders to build school health initiatives that transform public systems and support all children to thrive.


**CENTER FOR HEALTHY SCHOOLS AND COMMUNITIES**

A PROJECT OF THE ALAMEDA COUNTY CENTER FOR HEALTHY SCHOOLS AND COMMUNITIES

## HIGHLIGHTED TOOLS



**School Health Initiatives**  
Build a collective impact approach to support students' wellness and academic success in your community.



**School-Based Behavioral Health Assessment**  
An interview and set of assessment tools for determining the strengths and gaps of a district's behavioral health system.



**COSH Toolkit**  
Plan or strengthen coordination of services across in your school or district.



**Planning a School Health Center**  
Guidance from Alameda County and national partners for planning SHC facilities and programming.

## MAKING THE CASE VIDEO



## NEWS AND EVENTS


**LINKED LEARNING**

Intern Request Form 2015 Exploring College & Career Options (ECCO)

HOME ABOUT WHY SCHOOL HEALTH? BUILDING SCHOOL HEALTH INITIATIVES PROGRAMS YOUR ROLE TOOLS & RESOURCES



## Building School Health Initiatives

School health initiatives are a collective impact approach for improving health and education outcomes for all students. They are powerful because they go beyond single programs, leveraging and coordinating the relationships and resources of a community towards a shared vision. School health initiatives aim to transform schools into centers of community that create the conditions for students and the adults who support them to thrive.

At the Alameda County Center for Healthy Schools and Communities, we know it will take all of us—public entities, schools and school districts, non-profits, students, families, neighbors, businesses, philanthropy organizations, and political bodies—to make this vision of success a reality.

This section of the website gives you tools to foster the leadership, partnerships, and other elements needed to build and support an effective school health initiative.

### Learn more...



#### Our Framework

The elemental roots of the school health framework that guide our collective work.



#### Roots for Success

An in-depth look at the seven roots of a successful and sustainable school health initiative.



#### Making It Happen

Get started with school health in your community.



#### How to Start or Strengthen a SHI

A comprehensive planning process to guide school health initiatives at any stage of development.



# School Health Wor

TOOLS, TIPS, AND WISDOM FOR SUCCESSFUL SCHOOL HEALTH INITIATIVES

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## Programs

School health service initiatives can include a range of programs and strategies in order to respond to the needs, strengths, and resources of your community. In Alameda County, the Center for Health Schools and Communities has developed school health programs and services across four major program areas.

### School Health Centers



### School-Based Behavioral Health



### Community Schools



### Family Support





## Your Role

We know it will take all of us working together to address health and education disparities, and to support all young people to thrive. Learn more about what you can do to support school health initiatives in your community.

Superintendents



District Leaders



School Site Leadership



Public Agencies



Funders



Policymakers



School-Based Providers



Site Coordinators




Parents and Caregivers



Youth








# School Health Works

TOOLS, TIPS, AND WISDOM FOR SUCCESSFUL SCHOOL HEALTH INITIATIVES



## Coming this summer!

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# Thank You and Good Luck!

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