

Large California District Focuses on Improving **Educator Resilience and Mental Health**

Elk Grove USD reignites educator passion and commitment while **equipping staff with skills to support student well-being.**

SITUATION

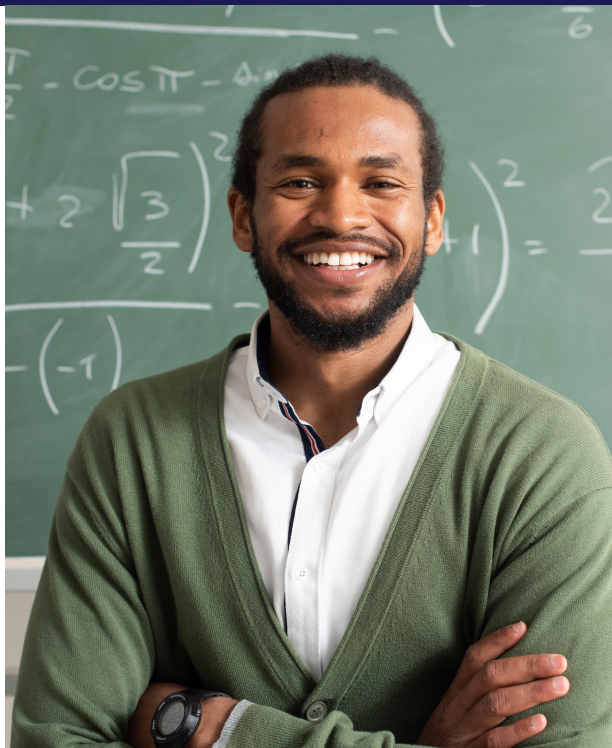
Elk Grove Unified School District is the largest school district in northern California, with 68 schools and 62,000 students. On the heels of the pandemic, district leadership saw a rise in the mental health needs of its staff and began seeking programs to support educators, many of whom were experiencing high levels of overwhelm and burnout.

The district's goal was to find an **easy-to-implement solution** that could both support educators in their own well-being and give them tools to help their students cope with their challenges – ultimately creating a healthier community by **expanding capacity to recognize and support the mental health needs of everyone.**

PARTNERSHIP

Elk Grove USD first partnered with EmpowerU as a Wellness Provider in 2022-23, making EmpowerU's Educator course available to staff who completed the district's Mental Health First Aid Training. Educators were awarded 12 clock hours that could be used toward salary advancement within the district.

In the first year of partnership, over 150 educators participated in EmpowerU's Educator Resilience and Self-Care Professional Development course. The self-paced online course, supported by a 1:1 EmpowerU instructor, provided staff with skills and strategies **to support well-being and included practical tools for promoting resilience, modeling pro-social behaviors, and fostering classroom success.**



"EmpowerU helped me gain a deeper understanding of tools to help me with my well-being. It has provided me with valuable strategies to better support my students' social, emotional, and motivational needs. I now feel more equipped to create a positive and inclusive learning environment where my students can thrive and reach their full potential."

ELK GROVE EDUCATOR



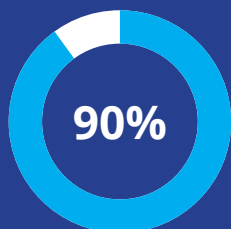
Supporting the well-being of educators and students

Receiving overwhelmingly positive outcomes and feedback – including 97% of participants rating the course as helpful to their well-being – district leaders decided to expand the program for the 2023-24 school year. In addition to inviting educators who completed Mental Health First Aid Training, enrollment in EmpowerU’s Educator program was opened to other staff and immediately had high interest, including transportation positions and SPED staff.

As in the previous year, staff interest and engagement in the program were high and outcomes very positive. Notably, educators commented on their own **personal growth** and the acquisition of new **skills to support their students**.



OUTCOMES 2023-24 School Year



Made pre-to-post goal progress



Rated course as helpful to well-being and confidence



Would recommend to a friend or colleague



Rated 1:1 EU coaching support as crucial to success

"This course provided me with new ideas and strategies to use in the classroom and has reignited my passion for teaching. Through this course, I have been able to reconnect with my purpose of making a positive impact on my students' lives and shaping them into lifelong learners."

EDUCATOR, ELK GROVE USD

"The EmpowerU program has proven to be an invaluable resource in providing educators with the tools they need to maintain their own well-being, and model these same tools with the students with whom they work."

PROGRAM SPECIALIST, ELK GROVE USD

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