



WISP Attends the BC2M Norcal Summit

The 2026 **Bring Change to Mind** NorCal Summit brought together student leaders and educators from across the region for a day focused on connection, empowerment, and youth-led change.

This year's summit highlighted how important it is for schools to build steady, sustainable mental health communities on campus, especially through student-led clubs that give young people a safe, ongoing place to learn, lead, and support one another.

When these clubs are active, the impact of events like the summit stretches far beyond a single day, helping grow a steady culture of awareness and advocacy.

The **Wellness in Schools Program Wellness Club Support** keeps the summit's energy going. With ready-to-use resources, advisor support, and continued coaching, WISP strengthens student-led wellness clubs and helps schools build lasting, youth-driven mental health communities..





Spring Into Wellness: Emotional Resilience in School Communities

April is a natural moment of renewal. As students and staff navigate testing, transitions, and the end-of-year pressures, emotional resilience becomes a vital protective factor.

Encouraging predictable routines, calm spaces, and supportive connections helps students stay grounded and engaged through the spring months.

When schools normalize conversations about stress and coping, mental health becomes woven into daily school culture, supporting healthier, more connected learning environments.

Learn More: **April Activity Suggestions**

May is Mental Health Month

May is Mental Health Month, giving schools a chance to highlight emotional well-being during a busy time of year. As students and staff move through testing and transitions, early preparation helps make support more visible and easy to reach.

Simple activities, steady routines, and small moments of connection help students feel calm and engaged throughout May.

When schools open up conversations about mental health, it becomes part of the school culture, creating safer, more connected environments where students feel supported.

Learn More: **May is Mental Health Toolkits**

Student Voice Spotlight CCCOE Youth Coalition Newsletter Team

This month's Student Voice section looks at how relationships - healthy or unhealthy - shape student well-being.

These student-written pieces offer honest insight into how connections affect mental health, how adults support students, and how community can be a source of strength. **Scroll down and read the articles below.**

Love or Obligation: Signs of an Unhealthy Relationship

by Mahita Chava

Professional Insight for Staff: Unhealthy Student Relationships and Their Effects on Mental Health

by Rona Daneshnezami

You Aren't Alone: Found Families at School

by Emma Mayta Canales

RESOURCES

Upcoming WISP Events:

Wellness Symposium: April 22

8:30AM – 3:30PM

Join us for a free, inspiring event featuring Dr. Shawn Ginwright, acclaimed author of *The Four Pivots*. This special day is designed to empower educators, school leaders, and wellness professionals with practical strategies for self-care, collaboration, and work-life balance—so we can better support our students and strengthen our communities. See flyer below.

School-Based Mental Health Collaborative: April 30

10:00AM – 11:30AM

A partnership-driven meeting that brings school and community providers together to improve coordination and expand access to student mental health supports.

The 988 Suicide & Crisis

Lifeline provides 24/7, free, confidential support for emotional distress or mental health crises. **Call or text 988, or chat online to connect with trained counselors anytime.**

The Contra Costa Behavioral Health Access

Line is a 24/7 entry point for mental health and substance use services. Trained staff provide immediate support, answer questions, and connect individuals and families to the right care.

**Call the 24/7 ACCESS Line
at
1-888-678-7277**

Looking for more resources?

The Wellness in Schools Program website is a central hub for WISP's mission, programs, events, and partnership opportunities, with resources for educators, families, and students, including our suicide prevention policy and tools to support student safety.

The CCCOE Suicide and Prevention Guide

The CCCOE WISP Website

THE WISP Resource Padlet



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VISIT OUR WEBSITE FOR INFO ON OUR
PROGRAM AND SERVICES



WELLNESS SYMPOSIUM

APRIL 22, 2026

Building Resilient Schools & Healthy Communities

Wednesday, April 22

8:30 a.m. - 3:30 p.m.

Pleasant Hill Community Center
320 Civic Drive, Pleasant Hill

This free event will empower teachers, school leaders and wellness professionals to:

- Build skills around self care, community care, and work-life balance.
- Create language for your site's leaders and staff to collaborate and better serve students and communities.
- Explore how experiences shape student well-being and learning.

FEATURING AUTHOR OF THE FOUR PIVOTS, DR. SHAWN GINWRIGHT

Dr. Ginwright is Jerome T. Murphy Professor of Practice at Harvard Graduate School of Education. His groundbreaking work on trauma, healing, and the empowerment of African American youth has been instrumental in reshaping the discourse surrounding youth development.

SCAN HERE



Register :
<https://cccoe.link/wellness>

Complete schedule is here!
Lunch catered by
Sunrise Bistro,
Walnut Creek.

Symposium Sessions

Keynote: Dr. Shawn Ginwright — Healing-Centered Engagement

Dr. Ginwright invites educators and leaders to reframe persistent challenges as opportunities for transformation. Drawing on his pioneering work in healing-centered engagement, he illustrates how schools can move beyond deficit-based approaches to cultivate equity, hope, and belonging. Participants will explore how transformative relationships and supportive school cultures unlock student brilliance and resilience, gaining practical insights for meaningful change in classrooms, school systems, and leadership.

Youth Perspectives: What Every Adult Needs to Know About Mental Health

CCCOE Youth Mental Health Coalition Members

Stress Management: Lightening the Mental Load

Via storytelling and metaphors, understand how stress operates in the brain and body. Participants will be able to identify and externalize personal stress patterns through creative and reflective practices to increase self-awareness and self-compassion.

Six Years Later: Healing After COVID in Contra Costa County

A data-driven overview of the pandemic's long-term impact on Contra Costa County students, highlighting rising absenteeism, declining achievement, equity gaps, and emerging healing-centered supports to guide effective, tiered interventions.

Spontaneous or Scheduled: Creating a Balanced Sustainability Plan

A focused session on identifying your self-care default and using The Teaching Well's 4 Ss framework to build a realistic, multi-week sustainability plan that supports steady, proactive renewal rather than reactive recovery.

Balanced Boundaries: A Strategy for Self & Collective Care

A session on redefining boundaries as flexible practices that sustain wellbeing and shared responsibility. Participants align on a common definition, unpack misconceptions, and use TTW's Balanced Boundaries framework to analyze real scenarios where supporting others and protecting personal capacity must be thoughtfully balanced.

CYBHI

Join this interactive session for an in-depth overview of CYBHI and its implementation across Contra Costa school districts. District leaders will share insights into the challenges and successes they have encountered while integrating school-based services, digital tools, community programs, and workforce capacity. Together, we will explore how these efforts are shaping a more accessible and coordinated system of support for students and families.

Healing Centered Engagement in Schools

This engaging session introduces Healing Centered Engagement as a strengths-based approach that goes beyond trauma-informed practice by centering identity, culture, and collective healing. Participants explore how cultural, racial, historical, LGBTQ+, and neurodivergent experiences shape student wellbeing and learning, and engage with research-based, culturally responsive strategies that build belonging, empowerment, and engagement. Educators and mental health professionals leave with practical tools to create school environments where both students and adults can thrive.

Closing Keynote: Lindsey Fuller- Cultivating Critical Hope: Sewing Seeds of Strength During Trying Times

Lindsey Fuller, Executive Director of The Teaching Well, will explore how fostering a mindset of hope and resilience can help individuals and communities persevere through adversity. Lindsey will share practical tools for nurturing optimism, empowering you to build inner strength and create lasting positive change even in the face of challenges.

Wellness in Schools
Program (WISP)
is accepting applications

2026-2027 MENTAL HEALTH YOUTH COALITION



Contra Costa public and charter school
students in grades 9-11 are eligible to apply!

- Leadership & advocacy experience
- Increase student knowledge around mental health, stigma reduction and self-care
- Work with peers to help raise mental health awareness in your schools
- Learn to partner with community mental health organizations & professionals
- Build connections with other students in the County

APPLY NOW!



<https://bit.ly/4hMK6DT>

APPLICATIONS OPEN
FEB 23 - APRIL 10



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Lynn Mackey, Superintendent of Schools



Contact Katherine Chriss
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for any questions.