



**Healthy & Resilient Schools: It Starts with You!**

**Oregon Small Schools Association Conference**  
**April 30 2021**

# OEA Choice Trust:

Inspiring schools to create healthy workplaces for all staff

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## OUR VISION

All Oregon public school employees are healthy, resilient and engaged as champions for healthy school environments and vital communities. As a result, they are fulfilled in their work, model well-being for students and are better equipped to foster student success.

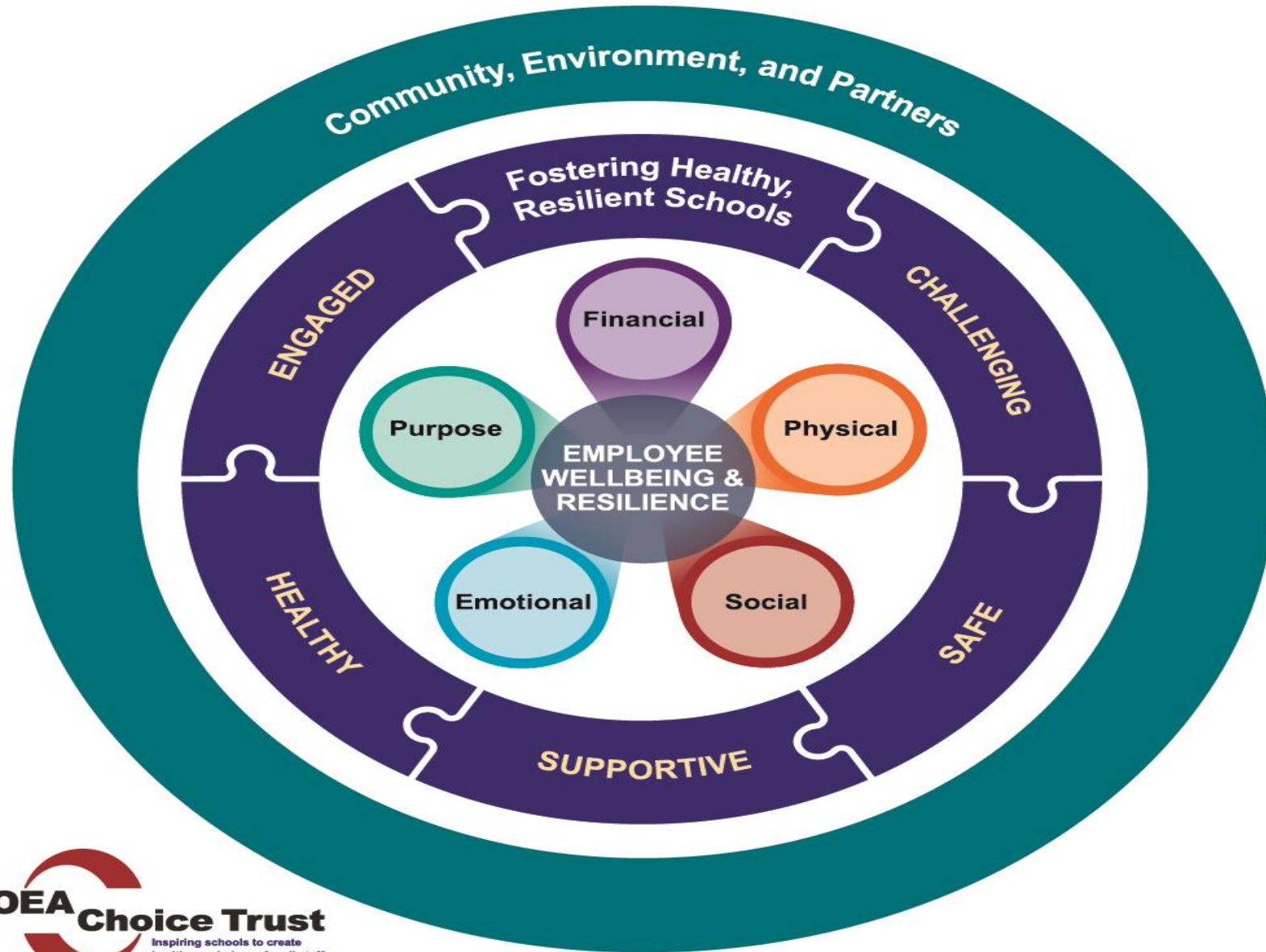


# OEA Choice Trust:

## How we are making a difference

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- \$4.5 million to 71 employee groups
  - 25 active grantees across the state
  - Directly touching 40,937 employee lives
  - School Employee Wellness Conference
    - 291 people attended and 53 education/district groups represented in 2019, including districts, ESDs and community colleges

# School Employee Well-being Model

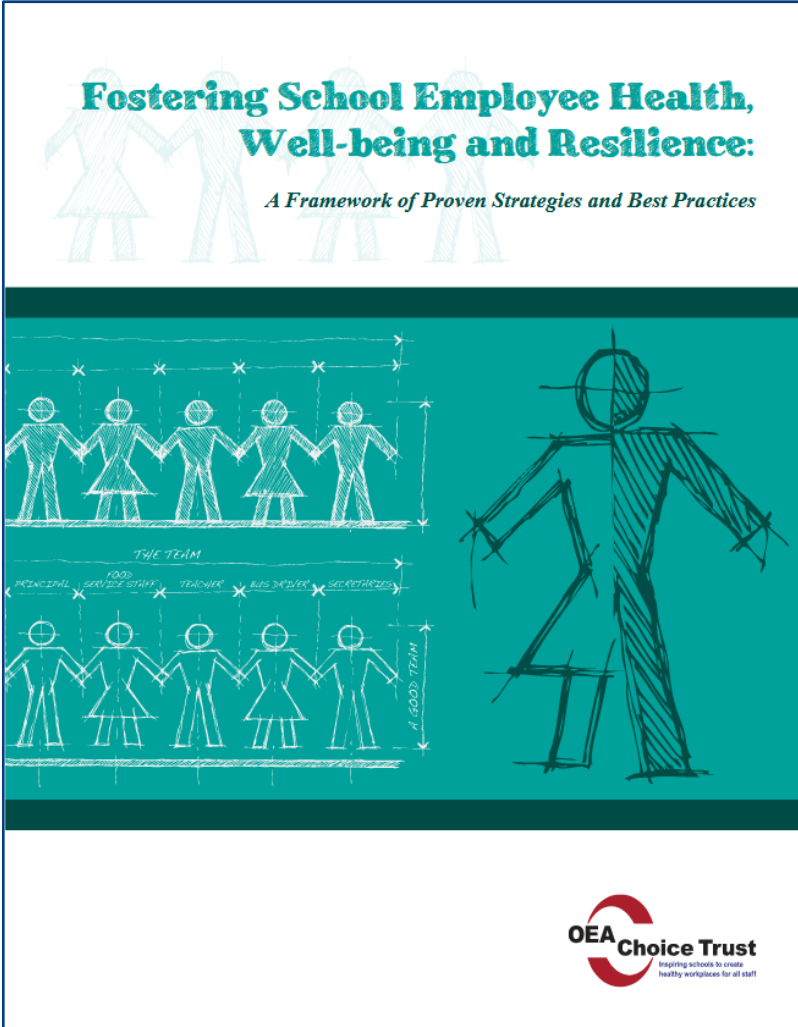
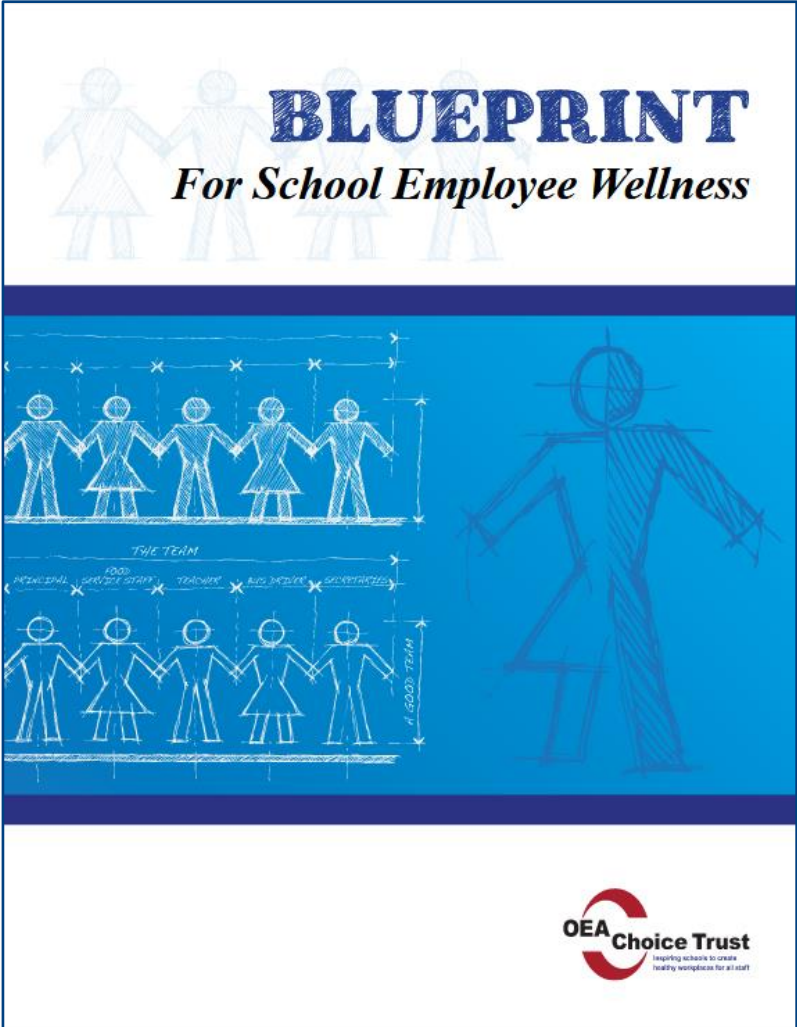


# School Employee Wellness Grants



- Public school districts, community college or ESD
- \$100,000 to be used over 5 years
- \$30,000 limit per grant year
- 50% match through in-kind donations/contributions
- **Fall grant opportunity with applications due in November**

# OEA Choice Trust: Tools and Resources



# OEA Choice Trust:

## Tools and Resources

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### Free Curated Resources

- [www.oeachoice.com](http://www.oeachoice.com)
  - [Blueprint for School Employee Wellness](#)
  - [Framework of Proven Strategies and Best Practices](#)
  - [Success Stories](#)
  - [Webinars](#)
  - [Blog](#)
  - [Grantee SEW Strategies during COVID-19](#)
  - [Resource Library](#)
- Handout: Social-Emotional and Mental Health Resources



## OEA Choice Trust: Partner Health Benefit Resources

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- WW
- Stay Well/Health Team Healthy U
- [COVID-19 Wellness Resources](#)
- [Newsletter](#)
- [Total Brain App](#)



- [Thriving Schools](#)
- [Wellness space grants](#)
- [Apps: Calm and myStrength](#)
- [Class Pass](#)
- [Apps: Calm and myStrength](#)



## OEA Choice Trust: Partner Health Benefit Resources

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- Monthly Webinars
- App: [Meru](#)
- Employee Health Assessments
- Lifestyle Coaching



- Employee Assistance Programs (EAP)
- [Webinars](#)



# Healthy, resilient school employees!

- On your own or with a partner, reflect and write your thoughts to
- the 3 -2- 1 below



3

**3** things that caught my attention



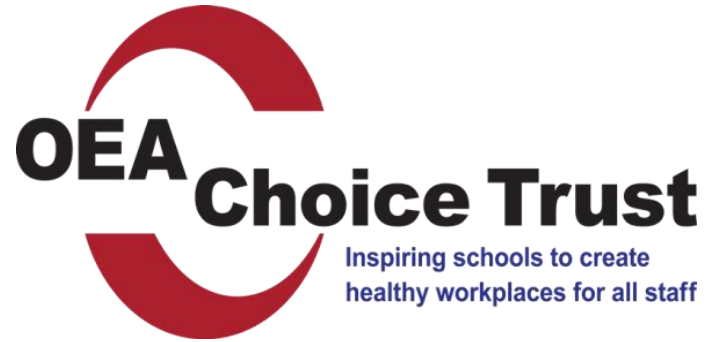
2

**2** things I will do to promote staff health and well-being



1

**1** thing I am still wondering about



**Thank you  
May you ..... Stay Well & Wonderful**

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