



COLORADO

Department of Education

School Staff Health and Wellness Resources

<http://www.cde.state.co.us/healthandwellness>

Quick Tools and Ideas	
RESOURCE	DESCRIPTION
CDC - Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic LINK	Quick tips on recognizing stress, building resilience, and where to go for help
CDC - Mental Health in the workplace LINK	Practical ways to promote health and wellness in the work setting
Colorado Crisis Services LINK	Free, confidential, professional, 24/7 support 1-844-493-8255 Text "TALK" to 38255
Frontline Help - Coaching for Frontline Heroes (Healthcare Workers, Emergency Responders, and Teachers) LINK	Free coaching support for frontline staff dealing with COVID-19. Advise on managing stress and challenging situations, and how to tap into your own strengths.
CDPHE - Reducing Fear and Taking Care of Yourself LINK	Practical tips on reducing fear
CDPHE - Guidelines for Leaders LINK	Tips for leaders during a crisis
CDPHE - The Viral Blog LINK	Informal journals and tips from professional community members with unique COVID-19 perspectives - including Colorado's Teacher of the Year, Hilary Wimmer
Podcast: Grief and Finding Meaning - David Kessler and Brene' Brown LINK	Discussions that include losses and grief attributed to COVID-19 and how to find meaning that can transform the grief into a more manageable experience
2-1-1 Colorado https://www.211colorado.org/	Confidential multilingual service connecting people to resources
Anschutz Medical Campus Free Teacher-Educator Well-Being Support Line LINK	Free confidential service for all educators and school employees including ECE, K-12 programs, and higher education. This includes teachers, administrators, paraprofessionals, health care teams, and support staff.

Ongoing Programs and Resources	
Wellness Training Specialists LINK	STAFF WELLNESS WORKSHOPS Transforming Compassion Fatigue into Compassion Satisfaction
Colorado Education Initiative and THE HUB LINK Reopening Collaborative Toolkit LINK	CDE has a partnership with the Colorado Education Initiative and other stakeholders to provide resources, tools, and trainings for schools across Colorado related to behavioral supports, mental health, and social and emotional resources. The Hub is a platform that connects health and education stakeholders across Colorado with a broad array of resources—peers, organizations, programs, professional development, toolkits, templates, research, and more. We look for solutions that align tools, resources, and messages to support the shared vision that Colorado youth are healthy and reach their full potential. Browse The Hub’s resource library created by organizations that support their work, and those closest to the work: Teachers, counselors, specialized staff, and administrators. Colorado Education Initiative’s Strategic Reopening Collaborative Toolkit and the Healthy Schools Hub
CDE COVID-19 Resources for Schools LINK Support from Teachers of the Year LINK	The Colorado Department of Education has compiled resources to help provide guidance to schools and districts during the COVID-19 pandemic. This includes a section titled “Support from Teachers of the Year” where current and former Colorado Teachers of the Year provide advice to their teaching colleagues.

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