



## Turning the Tide on Mental Health: Teacher Intern Wellness Workshops

With the overwhelming mental health crisis battering our nation, educating teachers and students on the effects of mental health has become a top priority. Coming back from a post-pandemic world, schools & districts that act quickly, can mitigate the rising rates of depression, anxiety, and hopelessness in our youth.

 **Visible Learning**  
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It's no surprise that depression has a negative effect on [#students](#) w/ an effect size of  $-0.26$  as of the latest research. Thank you to all the [#teachers](#) who are addressing mental health & prioritizing [#SEL](#) needs during these difficult times. [#MetaXMonday](#)

[ow.ly/FSYg50ExknD](https://ow.ly/FSYg50ExknD)

**Influence:**  
Depression

**Impact:**  
Likely to have a negative impact on learning

For up-to-date effect sizes and definitions visit [visiblelearningmeta.com](https://visiblelearningmeta.com)

 CORWIN Visible Learning Meta+

By becoming trauma and resiliency informed and utilizing the latest interventions from neuroscience and trauma therapy, educators, as a collective force, can turn the tide on the mental health crisis. This is why Dr. Randy Yerrick, Dean of the Kremen School of Education and Human Development, reached out to Nichi Avina at the [CA Council on Teacher Education 2022 Conference](#) and asked her to host a series of workshops for Fresno State teacher interns. Nichi, a 2022 [CA Teacher of the Year](#) at the [Palm Springs Unified School District](#), was part of a panel discussion covering the

immense post-pandemic reset in the education system. Dr. Yerrick was inspired by her [Keynote Speech](#) on how sensational awareness can help a nation heal, and felt that it was a subject that deserved to be incorporated in teacher education.

Individuals in the teaching profession are experiencing historically high burnout rates. Stress levels are rising, and many educators are feeling overwhelmed and leaving the profession. Teaching interns how to regulate one's nervous system not only helps their mental health and wellness but can mean the difference between life and death for populations that have suffered from intergenerational trauma born out of poverty & systemic oppression.

Nichi has enlisted the assistance of Yesenia Aguilar, M.Ed, Somatic Experiencing trained School Counselor, and [Denise Hooks](#), Licensed Professional Counselor, MS, CPC, in creating two digital Zoom workshops that show teacher interns how to hack into their nervous system and stay regulated within their "resilient zone." These workshops are intended to increase a teacher's capacity to deal with the current mental health crisis through self-regulation and by harnessing the most effective teaching frameworks.

By law, the [California Commission on Teacher Credentialing](#) (CCTC) requires that each intern receive 144 hours of professional support per year, or 72 hours per semester to ensure that interns are receiving the appropriate amount and type of support as they participate in the internship program. There are 4 workshops within each semester (3 mandatory 1 optional). Nichi will be using two of these workshops, one on February 4th and one on February 18th, to help interns identify and reverse trauma-driven behaviors so that they feel supported and safe.

Workshop #1 will primarily focus on understanding the neurobiology of stress and trauma. Interns will be able to gain insights into their stress levels and be given tools to regulate their nervous system based on the latest neuroscience research and techniques. They will be instructed using the [Community Resiliency Model](#) (CRM)® which trains community members to help themselves and others within their wider social network. The primary focus of this skills-based stabilization program is to reset the natural balance of the nervous system. CRM's goal is to help to create "trauma-informed" and "resiliency-focused" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

Workshop #2 will allow Teacher and Counseling Interns to "teach better and work less" through using the [Eduprotocols](#), learning frameworks that renowned Author and Fresno State Alum [Jon](#)

[Corippo](#) developed. Nichi was able to secure Jon as a special guest speaker for this workshop due to his insight and expertise. EduProtocols are instructional lesson frames that are designed to engage students in learning through critical thinking, collaboration, communication, and creativity.

EduProtocols can be used with any subject, grade level, kindergarten through adult. The frameworks are a powerful pedagogical tool that enables teachers to teach effectively and efficiently, lessening their prep time and, subsequently, their stress level. Students learn the lesson frame so that their focus is on the content instead of how to do the lesson.

By taking part in these two workshops, educators will gain expertise with tools and techniques in turning the tide on the mental health crisis afflicting our youth. Through simple classroom exercises focusing on sensational awareness and trauma, resiliency-responsive educators can teach themselves and their students how to hack into and regulate their nervous systems. The experiential activities in the workshops will not only prevent educator burnout but also save lives.

For more information on the Teacher Internship Pathway visit our [website](#).

*(Written by Audra Burwell, a Creative Writing student employed by the Kremen School of Education and Human Development )*