

GRAND CHALLENGES *and* OPPORTUNITIES

USC ROSSIER SCHOOL OF EDUCATION

REIMAGINING MENTAL HEALTH AND WELLNESS IN EDUCATION

PART 5

Uplifting Educators: Teachers & Faculty Perspectives

Educators are central to the vitality of educational systems, yet their well-being is often overlooked amidst the demands of their roles. This panel delves into the broad challenges and opportunities related to supporting teachers and faculty holistically, considering the interconnected dimensions of mental, emotional, physical, and professional well-being. Panelists will highlight the importance of fostering environments where educators feel valued, supported, and inspired.

MODERATOR



Pedro A. Noguera
Emery Stoops and
Joyce King Stoops
Dean, USC Rossier
School of
Education

PANELISTS



Mary Andres PsyD
Professor of Clinical
Education, USC
Rossier School of
Education



**Sheila Bañuelos
EdD**
Associate Professor
of Clinical
Education, USC
Rossier School of
Education



**Stephen P. Hydon
MSW, EdD**
Professor of Social
Work Practicum
Education;
Director, Social
Work in
Schools/PPSC
Programs



**Atheneus
O'Campo EdD**
Associate
Professor of
Clinical Education,
USC Rossier School
of Education



Didi Watts PhD
Co-Founder,
Teacher Village



Dr. Mary Andres

(she / her / hers)



- Psychologist
- Professor
- Mentor/Advisor/Supervisor
- Mission-driven

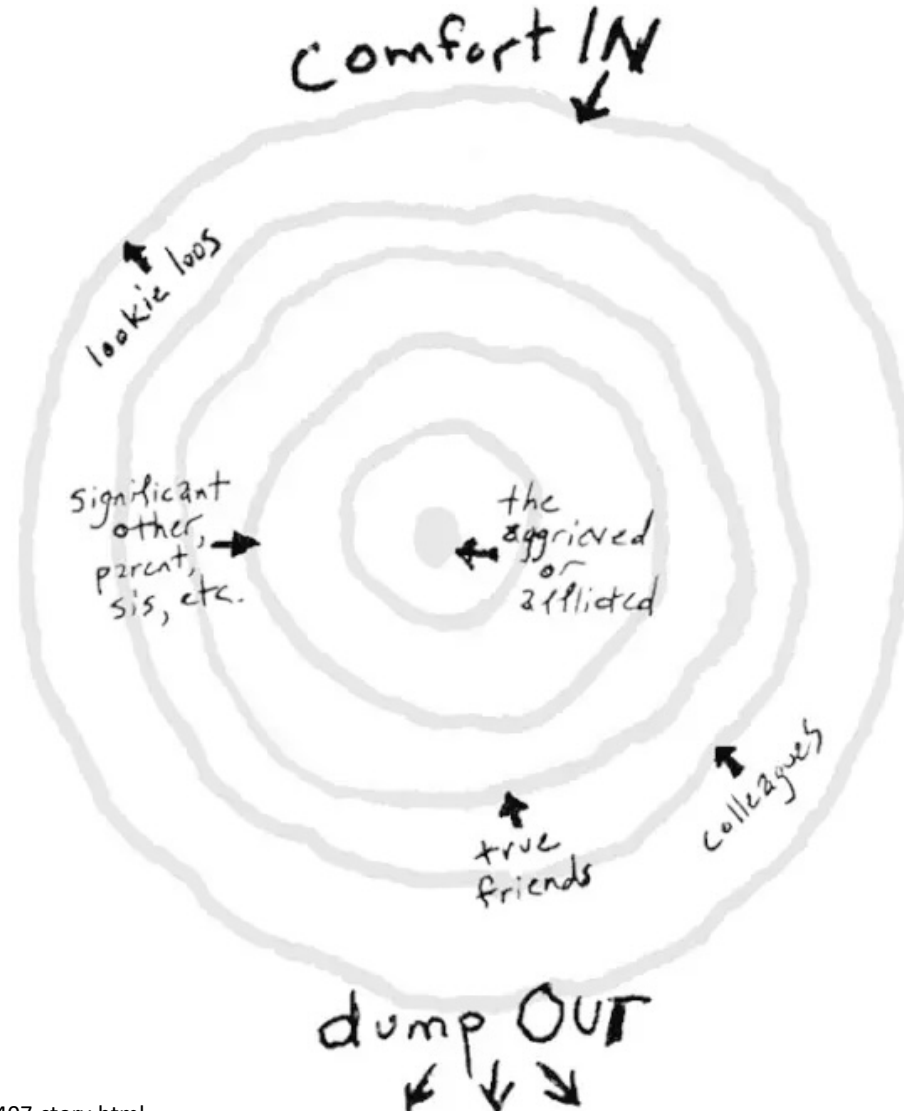
The **MFT** program prepares you to turn the field upside down as a therapist with cultural humility. Critique and transform mental health systems and help clients overcome barriers to their well-being and goals. USC MFT students are trained to challenge and deconstruct systems of oppression and domination and to become change agents in the field of mental health.

Uplifting Educators: Teachers and Faculty Perspectives

The next best thing to being wise oneself
is to live in a circle of those who are.

~ C.S. Lewis

Uplifting Educators: Teachers and Faculty Perspectives



How to Not
Say the
Wrong Thing
by Susan Silk
and Barry
Goldman
Illustration by
Wes
Bausmith
*The Los
Angeles Times*
April 7, 2013

Uplifting Educators: Teachers and Faculty Perspectives



Breathe



Mindfulness



**Deep
listening**



Community



Humility



**Comfort in /
Dump out**

Nurturing Community Care: A Love Letter Written in Partnership



Dr. Atheneus C. Ocampo EdD
Associate Professor of Clinical Education

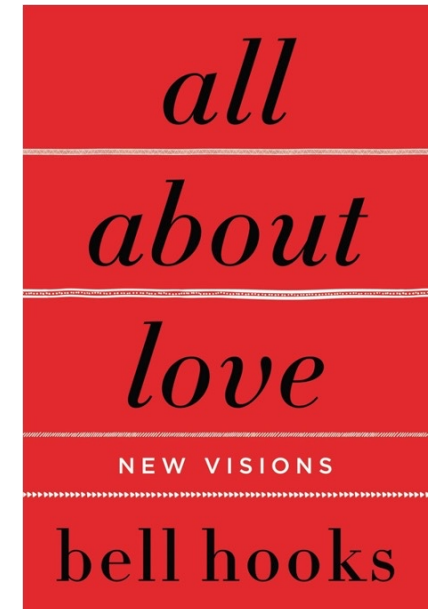
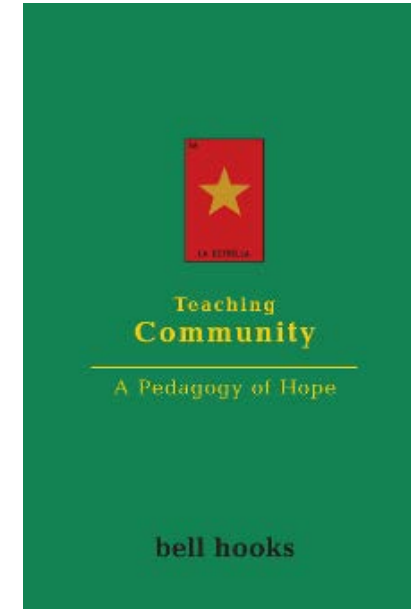


Dr. Sheila M. Bañuelos EdD
Associate Professor of Clinical Education

Teaching Community

Community:

M. Scott Peck adapted from bell hooks defines community ‘as the coming together of a group of individuals “who have learned how to communicate honestly with each other, whose relationships go deeper than their masks of composure, and who have developed some significant commitment to ‘rejoice together, mourn together,’ and to delight in each other, and make other’s conditions our own.”



Teaching Community: A Pedagogy of Hope/All About Love

- Care as Radical Love
- Teaching Community
- Community as Healing

Nurturing Care Towards Collective Growth

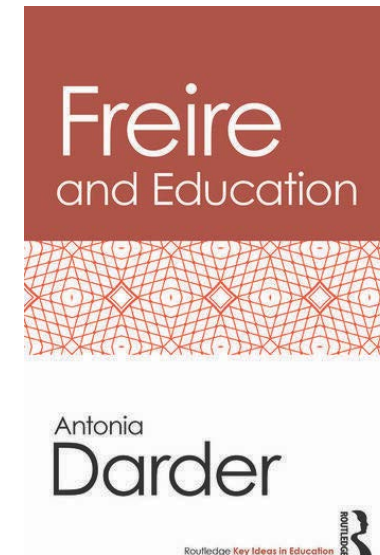
Emergent Strategy

- Interdependence and Mutual Aid
- Change as Spiral, Not a Linear Path



Freire and Education

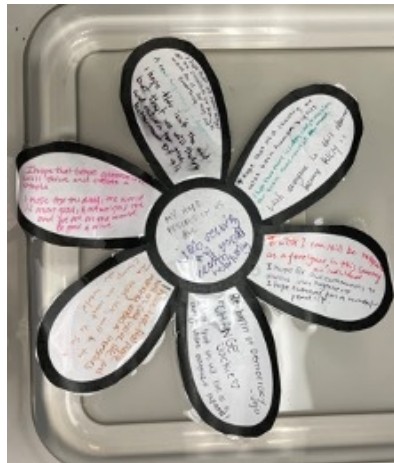
- Pedagogy of Love and Freedom
- Dialogue in Community Building



A Love Letter Written in Partnership: Gesturing Towards Community Care

Ultimately, community care is a commitment to contributing in a way that leverages one's relative privilege while balancing one's needs. It's trusting that your community will have you when you need support and knowing you can be trusted to provide the same.

- Nakita Valerio





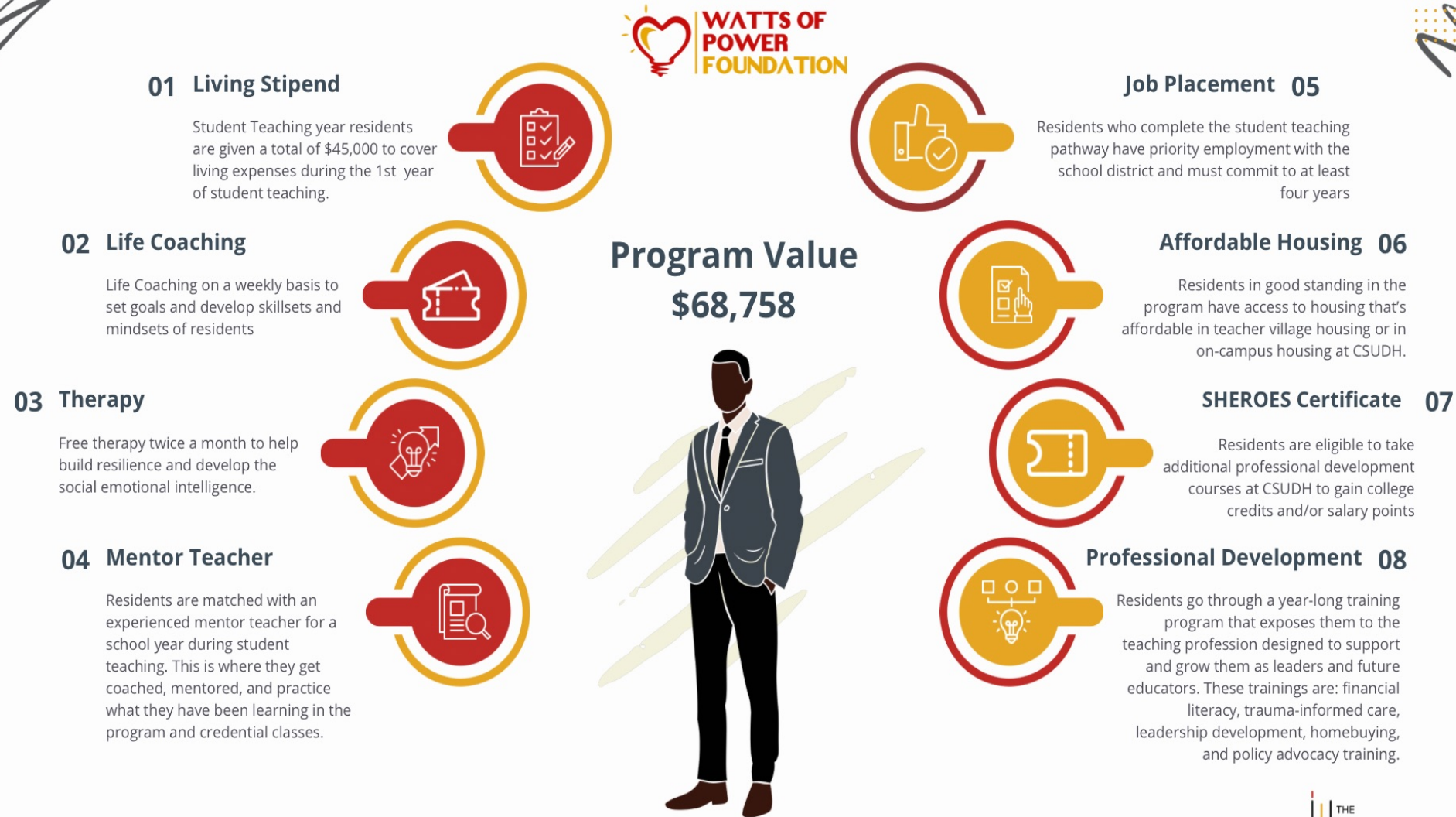
Didi Watts EdD



Dr. Didi Watts is a lifelong educator who has spent the last twenty-nine years as an educator back to her community. She is an accomplished educator who holds a Bachelor's Degree in Psychology, a Master's Degree in Education with a concentration in Counseling and an Ed.D in Educational Leadership for Social Justice. Additionally, she holds multiple subject, school psychology and administrative credentials.

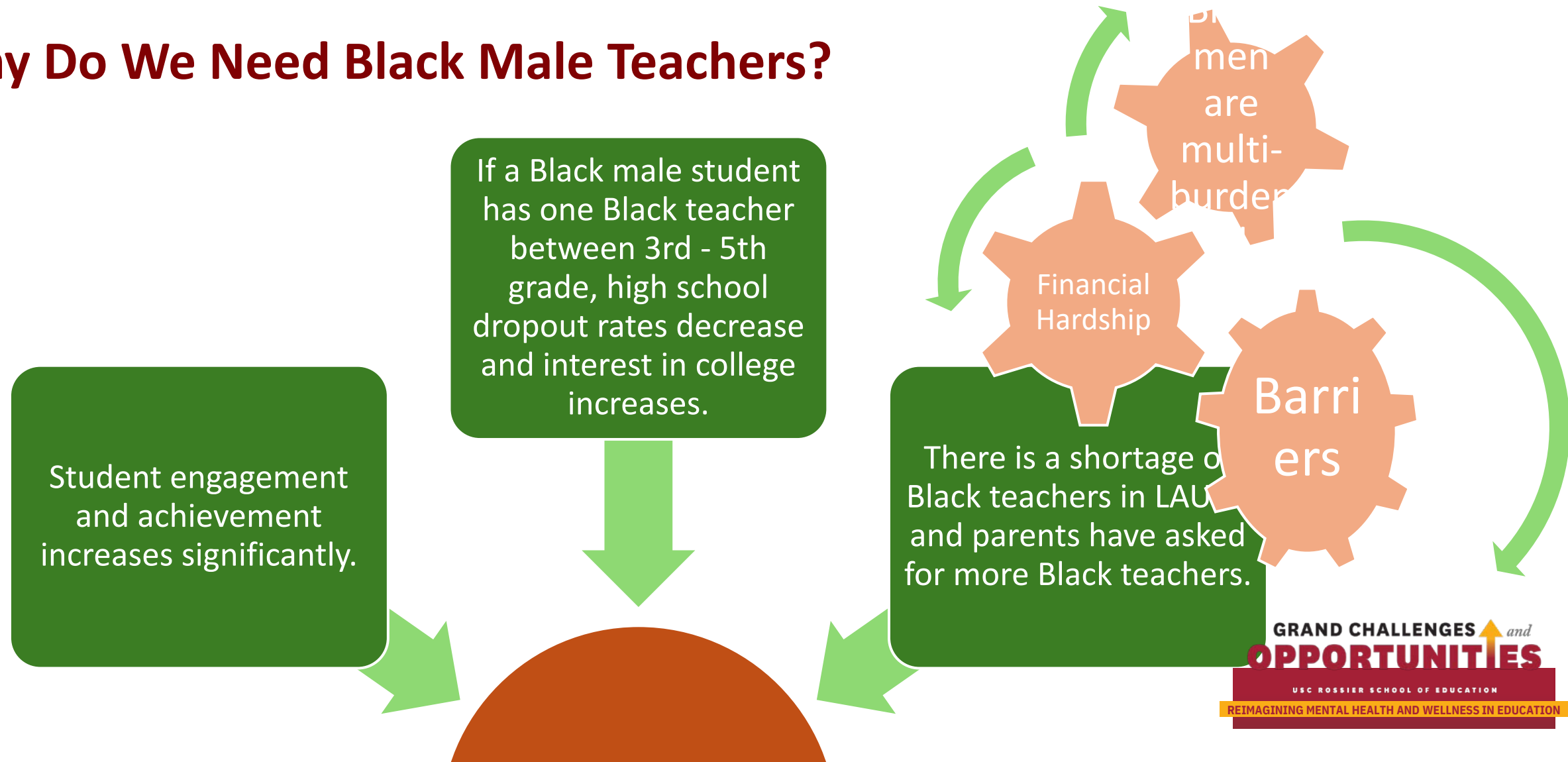
Didi is the Co-Founder of the Watts of Power Foundation which she started with her husband to change the narrative of foster youth in education. They run the The Village Initiative where they recruit, train, place and house Black men who are interested in becoming teachers in LAUSD. They do this work in collaboration with CSU, Dominguez Hills and LAUSD.

Our Approach to Well-Being in the Post-Secondary Ecosystem



The Need and Impact of Our Approach

Why Do We Need Black Male Teachers?



Human-Centric Insights from Our Students



I have really understood the value I bring to my school and to my kids. Having a community of Black educators empowers me to continue to grow and impact my community.

I have grown as a leader in my classroom and campus, the conversations I have had have prompted me to take on more of a leadership role on campus.



"The village initiative felt specifically curated for me and the issues I've encountered on my journey to become a teacher. There's a lot of options and roads one can take to become credentialed but this one felt special in that, I had the chance to develop some solid relationships with leadership that didn't feel generic at all."

-Mr. James David Wilson