

SOCIAL-EMOTIONAL WELLBEING

Our Three Pillars of Work and Related Strategies

At the 2023 Children's Summit participants embarked on a process of identifying a focus for our work for the next 2-5 years. After many meetings and conversations, the Children's Agenda Network decided our focus should be Social-Emotional Wellbeing (SEW). After more meetings and more conversations, we identified 3 pillars of work and a set of strategies we felt would help us move the needle on SEW.

Pillar 1 Cultivating Caring Communities

In all settings, including schools, workplaces, libraries, etc., implement strategies that create caring spaces, with a focus on positive youth development and supportive of children's and families' social-emotional wellbeing.

WHY: Wellbeing starts with relationships, and with a positive youth development approach we can create caring schools, families, and communities.

Levers/Strategies

- Cultivate a culture throughout Santa Clara County where children are seen, heard and loved by the adults in their lives.
- Support schools as resource hubs for social-emotional wellbeing by providing counselors, school wellness centers, social workers, School Linked Services, Community School model, and parent partnership.
- Ensure young people have opportunities and spaces - in & outside of school - that are free and accessible in order to develop their talents and access activities that bring them joy - or to just hang out.
- Ensure positive youth development, restorative practices, and connection undergird education and other youth serving programs.
- Ensure every young person has thriving developmental relationships such as mentors, coaches, and other adults.

Pillar 2 Address Basic Needs

Address the economic and social barriers that cause stress and affects the social-emotional wellbeing of young people, families and caregivers.

WHY: This is foundational to all issues we see with youth. If youth and families do not have their basic needs met, then it leads to other challenges.

Levers/Strategies

- Support the implementation of and access to supplemental financial supports to children and families that will support their basic needs such as:
 - Child tax credits.
 - Housing, food, and transportation subsidies.
 - Guaranteed Basic Income Programs.
 - Access to affordable physical, dental, and behavioral health care.
- Develop affordable, high quality early care and education for every child.
- Provide opportunities for young people to earn income while they are in secondary and postsecondary education programs.

Pillar 3 Education for Families & Communities

Support programs that educate communities about the importance of social-emotional wellbeing, parenting for social-emotional wellbeing, & how to get help when needed. Focus on reducing negative stereotypes, bias and stigma around seeking help for behavioral health challenges.

WHY: Education deactivates the stigma associated with seeking help, can help connect people to services, and support healthy parenting.

Levers/Strategies

- Invest in education and training in community and schools, giving parents and caregivers the tools that will help them support their children's social-emotional wellbeing.
- Create culturally responsive messaging and community campaigns that provide information about how to get help.
- Support public education and messaging that deactivates the stigma that prevents children, youth, and families from seeking help for mental health challenges.



SANTA CLARA COUNTY
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