

Utilization

- WISE provided individual wellbeing supports (therapy and/or consultation) to over 130 educators in SY 22-23
 - *Over half had never received support prior to this*
- Nearly 100 educators received consultation on improving classroom practices
- Educators reported that WISE's accessibility, integrated services, and familiarity with their school environment were the biggest facilitators to utilizing services

“Being able to meet with a therapist regularly, in person, without commuting made it infinitely easier to schedule. As a result, I'm healthier and better able to do my job.”

“My therapist really understood the work that happens in schools and all the emotions and stress that come with it.”

93% of educators are very likely to recommend WISE services to others

Progress in Therapy

- 97% of respondents reported making significant progress in therapy
- 97% endorsed more effective coping
- 97% felt more hopeful that things will work out for them
- 88% reported they were able to incorporate personal wellbeing practices into their routine

Stress and Burnout

- Educators showed a *significant decrease in stress* from the start to end of treatment
- The majority reported *improvements in burnout and mental health*

Impact on Self and Others

- 81% felt more effective in their role as an educator/ staff member
- 63% reported that their relationships with students had improved
- 64% reported that their relationships with colleagues had improved
- 75% reported that the emotion regulation of their classroom had improved

“I used to run out of the classroom crying, but I was able to stay in place the last time I was having a meltdown.”

“My colleague and student interactions have drastically improved”