



TASC Endorsed Program Request



Board of Directors Policy Regarding Endorsements and/or Partnerships

Programs/projects that complement the mission and purpose of student council may be considered by the Board for an endorsement/partnership. Programs or projects interested in forming a partnership with TASC must demonstrate in writing the ways in which the program enhances the work of or provides a resource to student councils. Programs/projects sponsored by member schools are preferred. The Board will approve this type of relationship at the summer board meeting. The board may determine to limit the number of endorsed programs. These relationships benefit TASC member schools directly, either by providing a resource to the council or to individual students. Endorsed programs often exhibit at TASC events and present at TASC events. Benefits to an endorsed program/partner may include access to member schools data for marketing, inclusion in conferences through presentations and reduced exhibit rates, a link on the TASC website, and inclusion in the TASC Resource Guide. Relationships are established by a board vote and are renewed annually. Existing programs must demonstrate participation by and benefit to schools and justify the continuation of the relationship in writing.

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| Indicate if this is a new or continuing partnership | Continuing |
| Name of Organization/Program | Work2BeWell |
| Primary Contact Information | |
| Name | Sara Freauf |
| Address | 6150 Kenny St. Lake Oswego, OR 97035 |
| Phone Number | 503-887-1838 |
| Email | Saranilles13@gmail.com |
| Website | www.work2bewell.org |
| Secondary Contact Information | |
| Name | Dr. Robin Henderson |
| Address | 3785 Fairhaven Dr. West Linn, OR 97068 |
| Phone number | 541-610-9179 |
| Email | Robin.henderson@providence.org |
| Mission/Purpose of Organization | <p>Work2BeWell is a teen-led mental health and wellness program focused on providing FREE, clinically-vetted, mental health resources for teens, educators, and communities. Our goal is to promote wellness, actively working to normalize the conversation about mental health and reduce stigma through education. We create spaces where teens feel seen, heard, and supported in their own wellness journeys through real stories and honest dialogue.</p> <p>Our mission is to be the trusted source for educational tools and resources to help activate and empower teens, educators and communities through their curriculum and social media campaigns.</p> |

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| How does your mission align with the goals/purpose of Texas Student Councils? (See About Us tab at www.tasconline.org.) | So many words align which is exciting . . . empowers leadership, student voice, strong web of support, and positive impact! |
| Describe in detail the process for TASC member school participation in this program. | Our program is FREE and open to all. Anyone can follow our social media, go to our website, use our resources etc. This can be individuals, students, schools, community. Schools can apply to have a Work2BeWell Club in which we support with additional resources and/or students can apply to be on the National Student Advisory Council. Work2BeWell is a choose your own adventure – we can meet you where you and/or your school are at on their mental health and wellness journey and provide tools and resources to help move the journey forward. |
| What is the benefit of this partnership to the TASC organization as a whole, its member schools or individual advisors/students? | Many mental health programs, trainings, curricula cost money. We have clinically vetted resources and tools available for free thanks to our sponsoring organization Providence Health (Covenant in Lubbock and 3 rd largest in the nation as well as a non-profit). Increased opportunities for your students and schools in the mental health and wellness space. |
| What is the benefit of this partnership to your organization? | One of our key pillars is Access - making sure that anyone has access to free clinically vetted mental health tools and resources. A partnership with TASC would help us to make sure more people / schools have free access to these tools / resources and supports. |
| Is there a fee for TASC schools to attain resources or participate in the program | No |
| Does participation in this program require student fundraising of any type? | No |
| Is this program available to student councils statewide? | Yes, worldwide! |
| Describe in detail the resources available to TASC schools through this partnership. | Social media (share content), a website with clinically vetted resources, curricula, activities, professional support, networking, teen podcast, SWAG, and support for mental health/wellness clubs. This year we are launching a free password protected ClubHub for those schools who register their mental health clubs. |
| Describe the plan for serving schools across the state of Texas. | We are here to meet students and schools where they are at and help with their needs to improve mental health and wellness in their schools. They can go to our website and or email / connect with us for more information. We can connect them with solutions to their needs. We have student leaders in Texas we can connect them with as well. |

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| Describe your intent to exhibit or present at the TASC Advisors Workshop in September, the TASC Middle Level Conference in November, and the TASC Annual Conference in April. (Presentation topics must be submitted and approved prior to each conference. Endorsed programs are eligible for reduced fees for exhibiting. Forms are available under Exhibitors/Sponsors at www.tasconline.org .) | We can present and/or exhibit at the TASC Annual Conference in the spring. |
| <u>Continuing Programs Only:</u> Provide data on the number of TASC schools that participated in this program in the previous year. | We don't know the total # of schools participating; however, we have 3 Texas students selected to our upcoming National Student Advisory Council thanks to TASC with 2 of them being a team co-leads and we currently have 8 registered clubs. |
| <u>Continuing Programs Only:</u> Explain how TASC school/student participation has increased or changed since the partnership began. | 2021 3 students on our National Council 2022 4 students on our National Council 2023 7 students on our National Council / 1 registered club 2024 4 students on our National Council / 4 registered clubs 2025 3 students on our NSAC (2 co-leads) / 8 registered clubs |
| <u>Continuing Programs Only:</u> Describe any new plans for serving schools and student councils across the state of Texas. | We are excited to create more opportunities for Clubs to network by providing quarterly zoom meet-ups for mental health club leaders. We are also launching a free ClubHub filled with free resources. We will continue our podcast and adding new curriculum each quarter as well. We are launching Eco-Anxiety, Gratitude and Identifying Feelings this fall and just added lessons on Empathy. |
| <u>Continuing Programs Only:</u> Please share any suggestions you have regarding ways that TASC can add value to this partnership. | TASC is doing great - we are thankful for your support and sharing our message and communications! We met a student at TASC spring conference who we hired to design and make our t-shirts this year! We love supporting teens! |

Thank you for your service to student councils, schools, and student leadership.