



# EASY A: A Self-Paced Health and Wellness Training for Educators



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## Why Easy A?

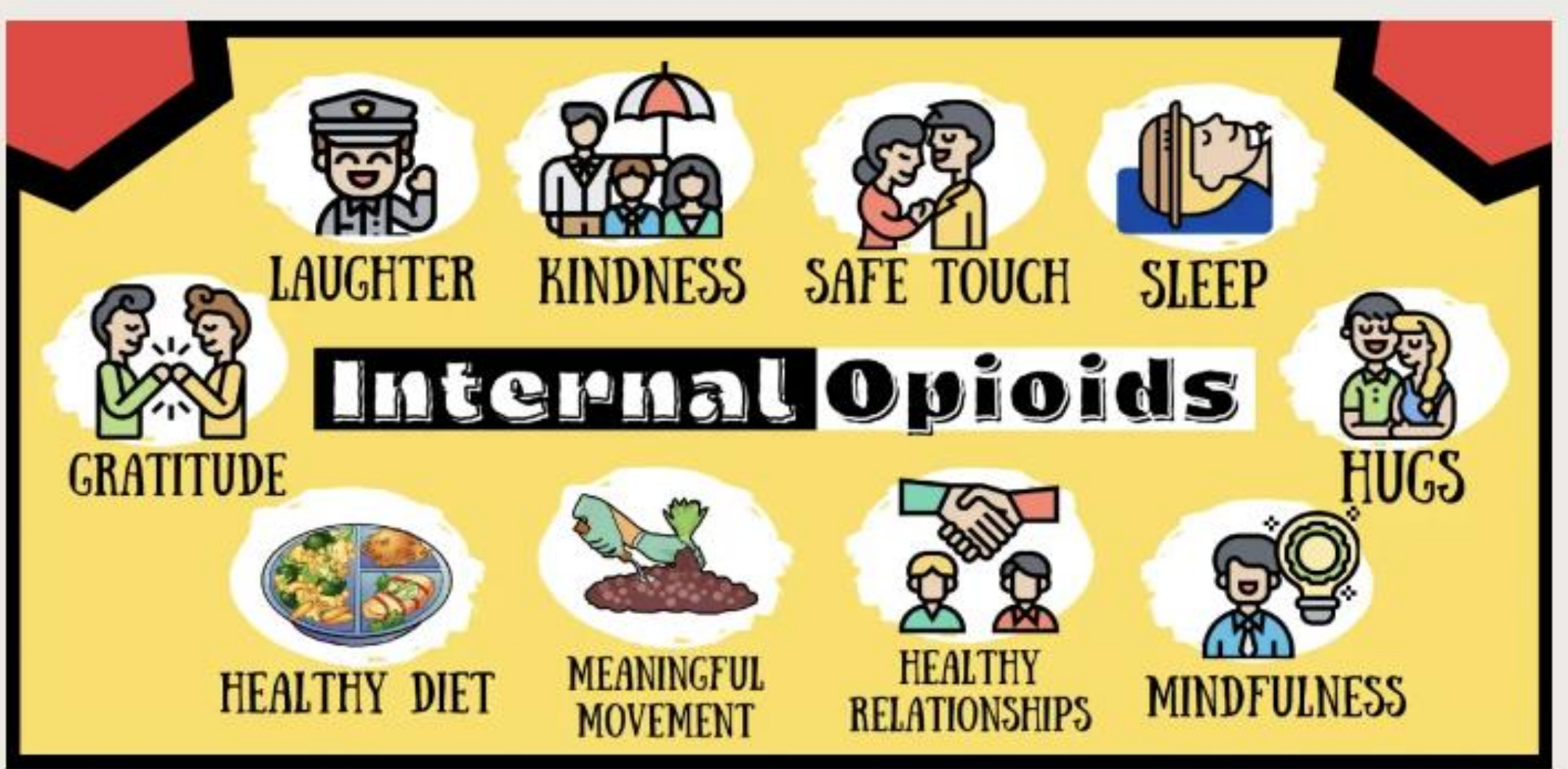
- Non-communicable diseases account for 7 out of 10 deaths (40 million) annually in the United States.
- Drug overdose deaths have risen by over 30% in the United States in 2020; which may be associated with effects of the COVID-19 pandemic and the sudden environmental changes that have occurred.
- Throughout the COVID-19 pandemic educators were called upon to still work, with no support on how to handle working in a new context (i.e., working remotely and relying on technology).
- Easy-A was developed through an iterative process with health professionals across various backgrounds, with the goal of creating a holistic training module that supports the self-management of health, tailored specifically to educators.

## Pain & Addiction

- Easy A began as a program to address misconceptions about pain



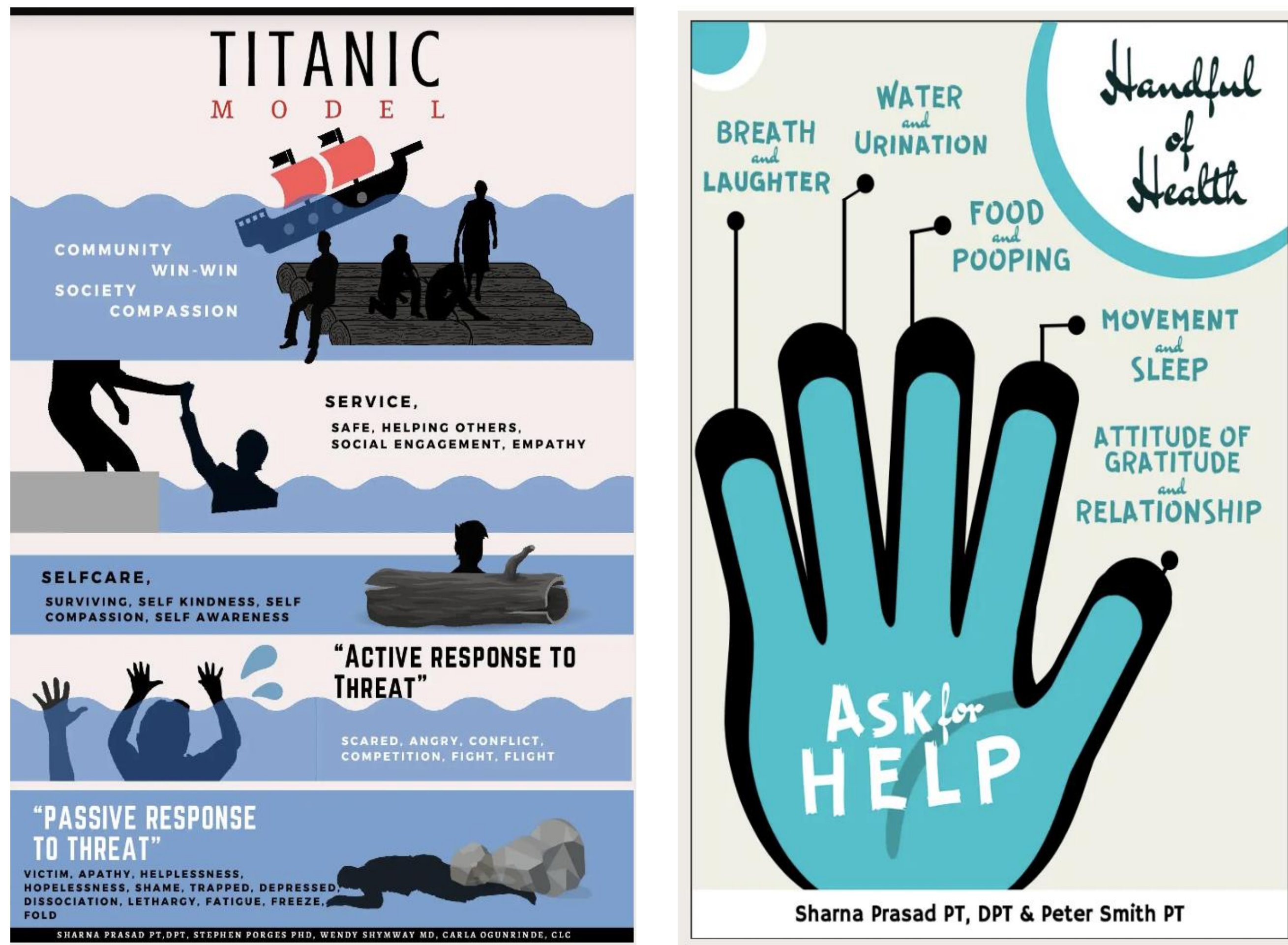
- Easy A then included an addiction focus



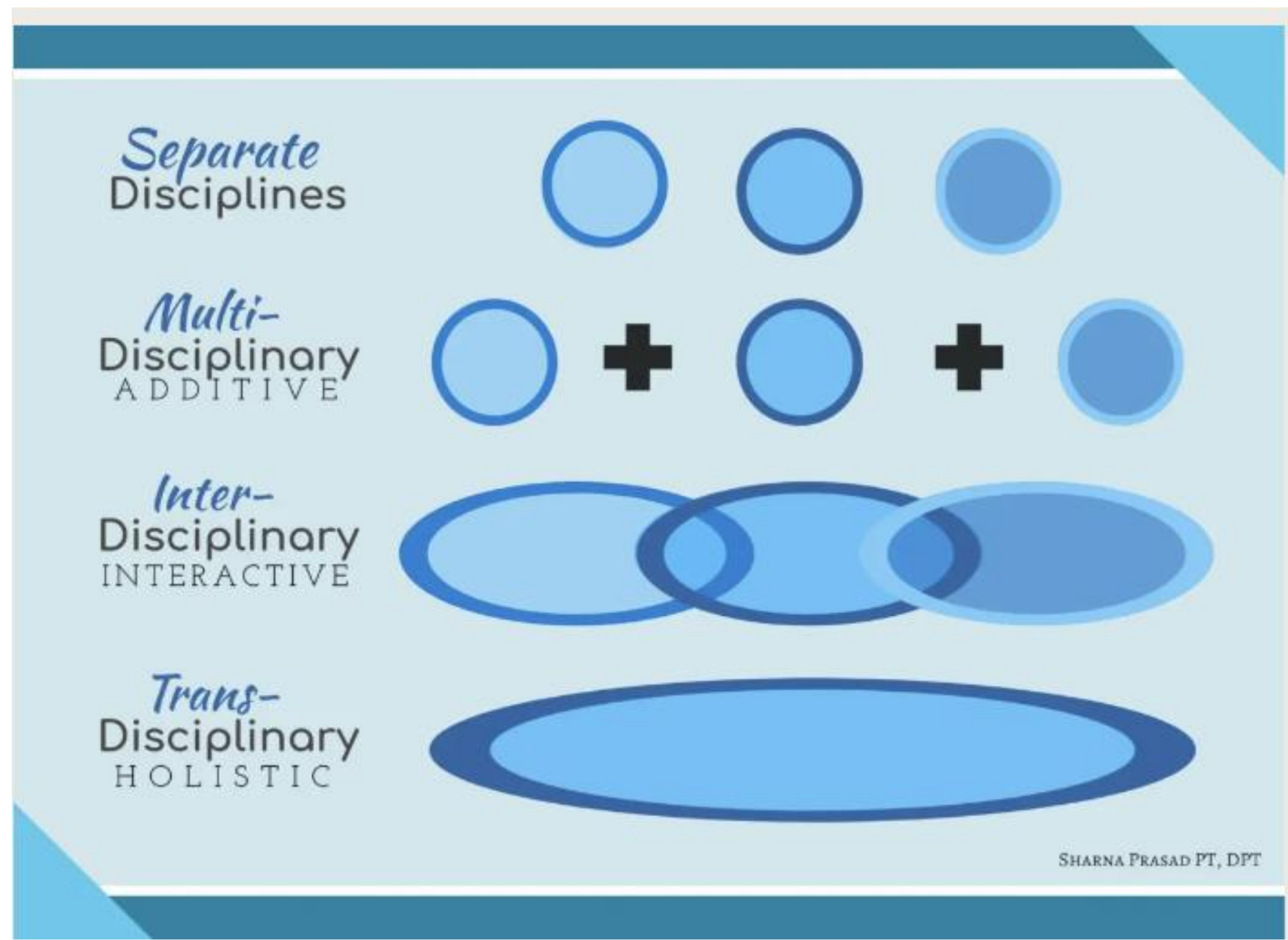
- Easy A to included factors associated with pain and addiction
- The curriculum continues to grow as the iterative process of team continues to adapt and evolve new theory and research as they develop

## Easy- A Development

- Addresses self-care, physical health, mental health, and behavioral health



- Professionals in physical therapy, occupational therapy, education, counseling, and health promotion evaluated and provided feedback on a draft curriculum, led by the lead curriculum developer.



emphasize educator health

## Who are Educators?

- Educators are individuals who support the learning, growth and wellbeing of others.



- School teachers and staff
- Health professionals
- Parents/Guardians/ Caretakers
- Brothers, Sisters, Friends

## Curriculum

- 12 Module curriculum implemented A-synchronously
- Introduction
- The Titanic Model
- Social Determinants of Health
- Internal Compass
- Teeter Tottering with Lions
- Might as well admit it, you're addicted to...
- Making Sense of it All
- Catch some Zzzz
- Medicine Cabinet in the Body
- Fueling our Bodies
- Handful of Health
- Conclusion
- Coach Support included
- Activities workbook to support learning

## Whole School, Whole Community, Whole Child (WSCC) Model

