Annual Update:

- Wellness Clinic
- Better Together Grants
- Member Support Program (MSP)
- CliftonStrengths

Downey Education Association
Est. 1963

Better TOGETHER

Downey Unified
SCHOOL DISTRICT

Wellness Clinic Update

Better TOGETHER

Emotional

Physical

Financial

DUSD WELLNESS

Jim Mogan

Wellness TOSA

Benefits

Usage for April 2024 to May 2025

Month Year	Kaiser	Blue Shield
Apr 1, 2024	26	71
May 1, 2024	59	163
Jun 1, 2024	50	136
Jul 1, 2024	32	83
Aug 1, 2024	36	77
Sep 1, 2024	29	86
Oct 1, 2024	41	126
Nov 1, 2024	25	96
Dec 1, 2024	49	104
Jan 1, 2025	47	105
Feb 1, 2025	42	99
Mar 1, 2025	34	76
Apr 1, 2025	33	83
May 1, 2025	76	125

What's New?

Better TOGETHER

- **New Clinic Hours- Tuesday and Thursday:**
  - **8:00 a.m. to 5:00 p.m.**

Monday, Wednesday, & Friday (Stay the Same)

  - **7:30 a.m. to 4:30 p.m.**

- **Weight Management Program**

- **Travel Vaccines**

DUSD WELLNESS CLINIC

Better Together Grants

Downey Educators Association

Jim Mogan, Treasurer

Grants Awarded

Rounds 1-3 (thru 6/12/25) = $533,166.26

Round 4 = $583,781.43

Total Awarded To-Date = $1,136,947.69

Staff Wellness Toolbox

MIND-BODY RESET 2025-2026

Join us as our fabulous Clinical School Therapists (CSTs) devote a few moments during certain staff meetings to promote staff wellness.

SEPTEMBER
The Why of Self-Regulation:
What is self-regulation? Why does it matter for educators and students?

OCTOBER
Regulate Before You Escalate
Recognizing early signs of stress allows for more effective self-regulation

NOVEMBER
The Power of Routine
How sleep impacts emotional resilience, attention, and patience

Emotional
Physical
Financial
DUSD WELLNESS

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Downey Unified SCHOOL DISTRICT

JANUARY
Mind-Body Connection
How movement regulates the nervous system

FEBRUARY
Breathing & The Nervous System
How the physiological sigh & stress response can help you re-set

MARCH
Sensory Regulation and Mindfulness
Using the 5 senses to ground yourself

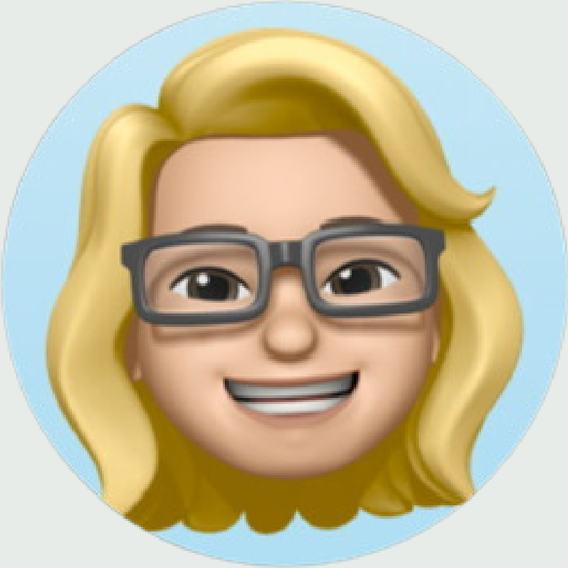
APRIL
Affirmations & Identity
How positive self-talk shapes our stress response

MAY
"Our Why" Photo Frame
Focusing on values and purpose enhances emotional resilience and motivation

Member Support Program Update

Better TOGETHER

Vonnie Casalegno- TOSA



M.S.P.

Member Support Program Coaches

Chris Bowen - TOSA

MSP Panel

MSP Panel is the governing body of the program. The panel consists of four (4) appointed teachers named by the DEA President and three (3) appointed district representatives named by the DUSD Superintendent.

<u>Current Members:</u>

Union – Kevin Welch, Julia Wright, Jim Mogan, Joey Tendler, and Dina Carter

District – Dr. Rebekah Ruswick, Dr. Wayne Shannon , and Dr. Roger Brossmer

Consulting Teachers

- Participating members are assigned a Consulting Teacher* (CT) for professional development and mentoring. The CT and the member review the California Standards for the Teaching Profession (CSTP) to facilitate the member's self-evaluation process.
- The member and CT analyze and set practical goals for improvement based on the CSTP.
- Based on these goals, the CT may set up training, follow-up conversations, and observations with the member.

*Current Consulting Teachers – Vonnie Casalegno and Chris Bowen

Teachers Served by MSP

– Historical Data

School Year	Members in Program	Left DUSD	Retired	Completed Program	Active
2025-2026	15				15
2024-2025	17	2	1	4	10
2023-2024	14		1	3	10
2022-2023	9		2	2	5
2021-2022	12		2	4	6
2020-2021	7	1	1		5
2019-2020	3		1	1	1
2018-2019	5	2	1	2	
2017-2018	5		2	1	2

CliftonStrengths Journey

Anna Beth Fishman

TOSA - Gallup CliftonStrengths Coach

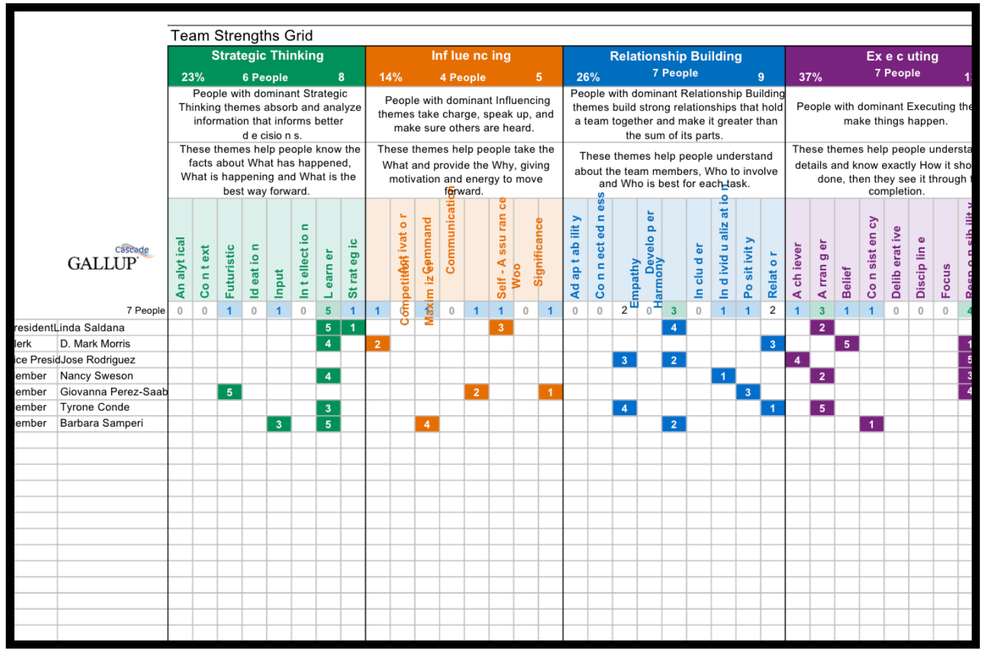
Change Is Inevitable, Growth is Optional.

-John Maxwell

DUSD

Where CliftonStrengths has been, and where it is going…

- **CliftonStrengths Experience (2016–Present)**
- **Organizational Reach**
- **Train-the-Trainer Model:** Champion Training to sustain and expand strengths-based practices.
- **Integration into Evaluation**



Better TOGETHER

CliftonStrengths Integration

- **Aligned with DUSD systems**: Embedded CliftonStrengths into the evaluation process, PLC structures, and coaching models to support educator growth and improve collaboration.
- **Fostering Strengths-Based Conversations**: Supported school leaders and staff in using a common strengths language to deepen reflection, build trust, and enhance team effectiveness.
- **Student and Family Engagement**: Led strengths-based initiatives such as the Student Greatness Club, Student Site Advisory Council (SSAC), and partnered with Downey Council PTA to extend the impact beyond the classroom.
- **District-Wide Reach**: Delivered CliftonStrengths training and coaching across all departments in Downey Unified, creating a consistent, strengths-focused culture across the district.

Questions?

Thank you!