





# The VIA Classification of 24 Character Strengths

ViaCharacter.org

<b>WISDOM</b>	<b>CREATIVITY</b> <ul style="list-style-type: none"> <li>Originality</li> <li>Adaptive</li> <li>Ingenuity</li> </ul>	<b>CURIOSITY</b> <ul style="list-style-type: none"> <li>Interest</li> <li>Novelty-Seeking</li> <li>Exploration</li> <li>Openness</li> </ul>	<b>JUDGMENT</b> <ul style="list-style-type: none"> <li>Critical Thinking</li> <li>Thinking Things Through</li> <li>Open-mindedness</li> </ul>	<b>LOVE OF LEARNING</b> <ul style="list-style-type: none"> <li>Mastering New Skills &amp; Topics</li> <li>Systematically Adding to Knowledge</li> </ul>	<b>PERSPECTIVE</b> <ul style="list-style-type: none"> <li>Wisdom</li> <li>Providing Wise Counsel</li> <li>Taking the Big Picture View</li> </ul>
<b>COURAGE</b>	<b>BRAVERY</b> <ul style="list-style-type: none"> <li>Valor</li> <li>Not Shrinking from Fear</li> <li>Speaking Up for What's Right</li> </ul>	<b>PERSEVERANCE</b> <ul style="list-style-type: none"> <li>Persistence</li> <li>Industry</li> <li>Finishing What One Starts</li> </ul>	<b>HONESTY</b> <ul style="list-style-type: none"> <li>Authenticity</li> <li>Integrity</li> </ul>	<b>ZEST</b> <ul style="list-style-type: none"> <li>Vitality</li> <li>Enthusiasm</li> <li>Vigor</li> <li>Energy</li> <li>Feeling Alive</li> </ul>	
<b>HUMANITY</b>	<b>LOVE</b> <ul style="list-style-type: none"> <li>Both Loving and Being Loved</li> <li>Valuing Close Relations with Others</li> </ul>	<b>KINDNESS</b> <ul style="list-style-type: none"> <li>Generosity</li> <li>Nurturance</li> <li>Care &amp; Compassion</li> <li>Altruism</li> <li>"Niceness"</li> </ul>			<b>SOCIAL INTELLIGENCE</b> <ul style="list-style-type: none"> <li>Aware of the Motives/Feelings of Self/Others</li> <li>Knowing what Makes Other People Tick</li> </ul>
<b>JUSTICE</b>	<b>TEAMWORK</b> <ul style="list-style-type: none"> <li>Citizenship</li> <li>Social Responsibility</li> <li>Loyalty</li> </ul>			<b>FAIRNESS</b> <ul style="list-style-type: none"> <li>Just</li> <li>Not Letting Feelings Bias Decisions About Others</li> </ul>	<b>LEADERSHIP</b> <ul style="list-style-type: none"> <li>Organizing Group Activities</li> <li>Encouraging a Group to Get Things Done</li> </ul>
<b>TEMPERANCE</b>		<b>FORGIVENESS</b> <ul style="list-style-type: none"> <li>Mercy</li> <li>Accepting Others' Shortcomings</li> <li>Giving People a Second Chance</li> </ul>	<b>HUMILITY</b> <ul style="list-style-type: none"> <li>Modesty</li> <li>Letting One's Accomplishments Speak for Themselves</li> </ul>	<b>PRUDENCE</b> <ul style="list-style-type: none"> <li>Careful</li> <li>Cautious</li> <li>Not Taking Undue Risks</li> </ul>	<b>SELF-REGULATION</b> <ul style="list-style-type: none"> <li>Self-Control</li> <li>Disciplined</li> <li>Managing Impulses &amp; Emotions</li> </ul>
<b>TRANSCENDENCE</b>	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> <ul style="list-style-type: none"> <li>Awe</li> <li>Wonder</li> <li>Elevation</li> </ul>	<b>GRATITUDE</b> <ul style="list-style-type: none"> <li>Thankful for the Good</li> <li>Expressing Thanks</li> <li>Feeling Blessed</li> </ul>	<b>HOPE</b> <ul style="list-style-type: none"> <li>Optimism</li> <li>Future-Mindedness</li> <li>Future Orientation</li> </ul>	<b>HUMOR</b> <ul style="list-style-type: none"> <li>Playfulness</li> <li>Bringing Smiles to Others</li> <li>Lighthearted</li> </ul>	<b>SPIRITUALITY</b> <ul style="list-style-type: none"> <li>Religiousness</li> <li>Faith</li> <li>Purpose</li> <li>Meaning</li> </ul>

## Self-Care Bingo

 <b>EAT SOMETHING HEALTHY</b>	 <b>WATCH A MOVIE</b>	 <b>COLOR / DRAW / DOODLE</b>	 <b>ORGANIZE YOUR DAY</b>	 <b>GO FOR A HIKE</b>
 <b>FREE CHOICE</b>	 <b>GO FOR A WALK</b>	 <b>WRITE IN YOUR JOURNAL</b>	 <b>TAKE A WARM BATH</b>	 <b>FUN EXERCISE</b>
 <b>CALL A FRIEND</b>	 <b>DRINK MORE WATER</b>	 <b>STRETCH</b>	 <b>TURN OFF ELECTRONIC DEVICES</b>	 <b>DECLUTTER SOMETHING</b>
 <b>TAKE A NAP</b>	 <b>BREATHE DEEPLY</b>	 <b>LISTEN TO MUSIC</b>	 <b>GO TO BED EARLY</b>	 <b>HAVE A TREAT</b>
 <b>PLAY WITH A PET</b>	 <b>WRITE A THANK YOU CARD</b>	 <b>SPEND TIME IN THE SUN</b>	 <b>READ A BOOK</b>	 <b>MEET UP WITH A FRIEND</b>

Teacher Subjective Wellbeing Questionnaire

Name:	Age:	Gender:
Date:	Grade(s):	Race/ethnicity:

Below are some questions about your experiences as a teacher.  
Read each sentence and choose the one response that best describes you.

	<i>Almost Never</i>	<i>Some- times</i>	<i>Often</i>	<i>Almost Always</i>
1. I feel like I belong at this school.	1	2	3	4
2. I am a successful teacher.	1	2	3	4
3. I can really be myself at this school.	1	2	3	4
4. I am good at helping students learning new things.	1	2	3	4
5. I feel like people at this school care about me.	1	2	3	4
6. I have accomplished a lot as a teacher.	1	2	3	4
7. I am treated with respect at this school.	1	2	3	4
8. I feel like my teaching is effective and helpful.	1	2	3	4

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

COMPASSION SATISFACTION AND COMPASSION FATIGUE  
(PROQOL) VERSION 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some-questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the *last 30 days*.

	I=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
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30.					

# Crisis Team

## Mental Health Provider List

### Lean on the EAP

### Feeder-Based Therapists



## Health and Wellness Mental Health Therapists:

We are licensed professionals who engage with students, families, and communities to improve and strengthen student mental health and wellness for the Jordan School District.

### What we do:

<b>Bridge Resources</b>	<ul style="list-style-type: none"> <li>Assist students and their families in accessing specialized mental health services in the community</li> <li>Support students who are transitioning back to school from acute care</li> <li>Connect and engage with community mental health providers and partners to assist families with services outside of school</li> </ul>
<b>Collaborate with school teams</b>	<ul style="list-style-type: none"> <li>Assist school counselors and psychologists in mental health risk identification, intervention, and prevention</li> <li>Work with school teams to identify and support Tier 2/3 students in need of additional mental health services</li> </ul>
<b>Provide Therapy</b>	<ul style="list-style-type: none"> <li>Provide short-term, trauma informed, evidence-based therapy for high-risk students</li> <li>Serve students and families by doing group/family therapy</li> <li>Administer mental health services to students and families in the home as needed</li> </ul>
<b>Support with Crisis &amp; Suicide Risk Intervention</b>	<ul style="list-style-type: none"> <li>Collaborate with school teams/Health and Wellness department to support with crisis situations</li> <li>Provide crisis intervention services as well as follow-up care for individuals affected by a crisis or suicide risk</li> </ul>

Health and Wellness Clinical Mental Health Support
<b>Kevin Mossel, LCSW</b> Health and Wellness Therapist - 385-249-7932
<b>Sharon Steadman, M.A.</b> Health and Wellness School Psychologist - 385-235-0322



Mental Health Therapists HB 373 School-Based Mental Health Grant
<b>Annie Larson, LCSW</b> Herriman Feeder - 385-272-4220
<b>Jeremy Etherington, LCSW</b> Riverton Feeder - 385-272-4762
<b>Kitt Curtis, M.S., CMHC</b> Bingham Feeder - 385-271-6955
<b>Janine Hansen, LCSW</b> West Jordan Feeder - 385-272-2699
<b>Ruth Williams, LCSW</b> Copper Hills Feeder - 385-272-1565
<b>Kip Webster, LCSW</b> Mountain Ridge Feeder - 385-272-3296

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**Personal  
Development**

**Or**

**Professional  
Development**

