



# The VIA Classification of 24 Character Strengths

ViaCharacter.org

<b>WISDOM</b>	<b>CREATIVITY</b> • Originality • Adaptive • Ingenuity	<b>CURIOSITY</b> • Interest • Novelty-Seeking • Exploration • Openness	<b>JUDGMENT</b> • Critical Thinking • Thinking Things Through • Open-mindedness	<b>LOVE OF LEARNING</b> • Mastering New Skills & Topics • Systematically Adding to Knowledge	<b>PERSPECTIVE</b> • Wisdom • Providing Wise Counsel • Taking the Big Picture View
<b>COURAGE</b>	<b>BRAVERY</b> • Valor • Not Shrinking from Fear • Speaking Up for What's Right	<b>PERSEVERANCE</b> • Persistence • Industry • Finishing What One Starts	<b>HONESTY</b> • Authenticity • Integrity	<b>ZEST</b> • Vitality • Enthusiasm • Vigor • Energy • Feeling Alive	
<b>HUMANITY</b>	<b>LOVE</b> • Both Loving and Being Loved • Valuing Close Relations with Others	<b>KINDNESS</b> • Generosity • Nurturance • Care & Compassion • Altruism • "Niceness"			<b>SOCIAL INTELLIGENCE</b> • Aware of the Motives/Feelings of Self/Others • Knowing what Makes Other People Tick
<b>JUSTICE</b>	<b>TEAMWORK</b> • Citizenship • Social Responsibility • Loyalty			<b>FAIRNESS</b> • Just • Not Letting Feelings Bias Decisions About Others	<b>LEADERSHIP</b> • Organizing Group Activities • Encouraging a Group to Get Things Done
<b>TEMPERANCE</b>		<b>FORGIVENESS</b> • Mercy • Accepting Others' Shortcomings • Giving People a Second Chance	<b>HUMILITY</b> • Modesty • Letting One's Accomplishments Speak for Themselves	<b>PRUDENCE</b> • Careful • Cautious • Not Taking Undue Risks	<b>SELF-REGULATION</b> • Self-Control • Disciplined • Managing Impulses & Emotions
<b>TRANSCENDENCE</b>	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> • Awe • Wonder • Elevation	<b>GRATITUDE</b> • Thankful for the Good • Expressing Thanks • Feeling Blessed	<b>HOPE</b> • Optimism • Future-Mindedness • Future Orientation	<b>HUMOR</b> • Playfulness • Bringing Smiles to Others • Lighthearted	<b>SPIRITUALITY</b> • Religiousness • Faith • Purpose • Meaning

## 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

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

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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*.

	1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
_____ 1. I am happy.					
_____ 2. I am preoccupied with more than one person I [help].					
_____ 3. I get satisfaction from being able to [help] people.					
_____ 4. I feel connected to others.					
_____ 5. I jump or am startled by unexpected sounds.					
_____ 6. I feel invigorated after working with those I [help].					
_____ 7. I find it difficult to separate my personal life from my life as a [helper].					
_____ 8. I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help].					
_____ 9. I think that I might have been affected by the traumatic stress of those I [help].					
_____ 10. I feel trapped by my job as a [helper].					
_____ 11. Because of my [helping], I have felt "on edge" about various things.					
_____ 12. I like my work as a [helper].					
_____ 13. I feel depressed because of the traumatic experiences of the people I [help].					
_____ 14. I feel as though I am experiencing the trauma of someone I have [helped].					
_____ 15. I have beliefs that sustain me.					
_____ 16. I am pleased with how I am able to keep up with [helping] techniques and protocols.					
_____ 17. I am the person I always wanted to be.					
_____ 18. My work makes me feel satisfied.					
_____ 19. I feel worn out because of my work as a [helper].					
_____ 20. I have happy thoughts and feelings about those I [help] and how I could help them.					
_____ 21. I feel overwhelmed because my case [work] load seems endless.					
_____ 22. I believe I can make a difference through my work.					
_____ 23. I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].					
_____ 24. I am proud of what I can do to [help].					
_____ 25. As a result of my [helping], I have intrusive, frightening thoughts.					
_____ 26. I feel "bogged down" by the system.					
_____ 27. I have thoughts that I am a "success" as a [helper].					
_____ 28. I can't recall important parts of my work with trauma victims.					
_____ 29. I am a very caring person.					
_____ 30. I am happy that I chose to do this work.					

# 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**

