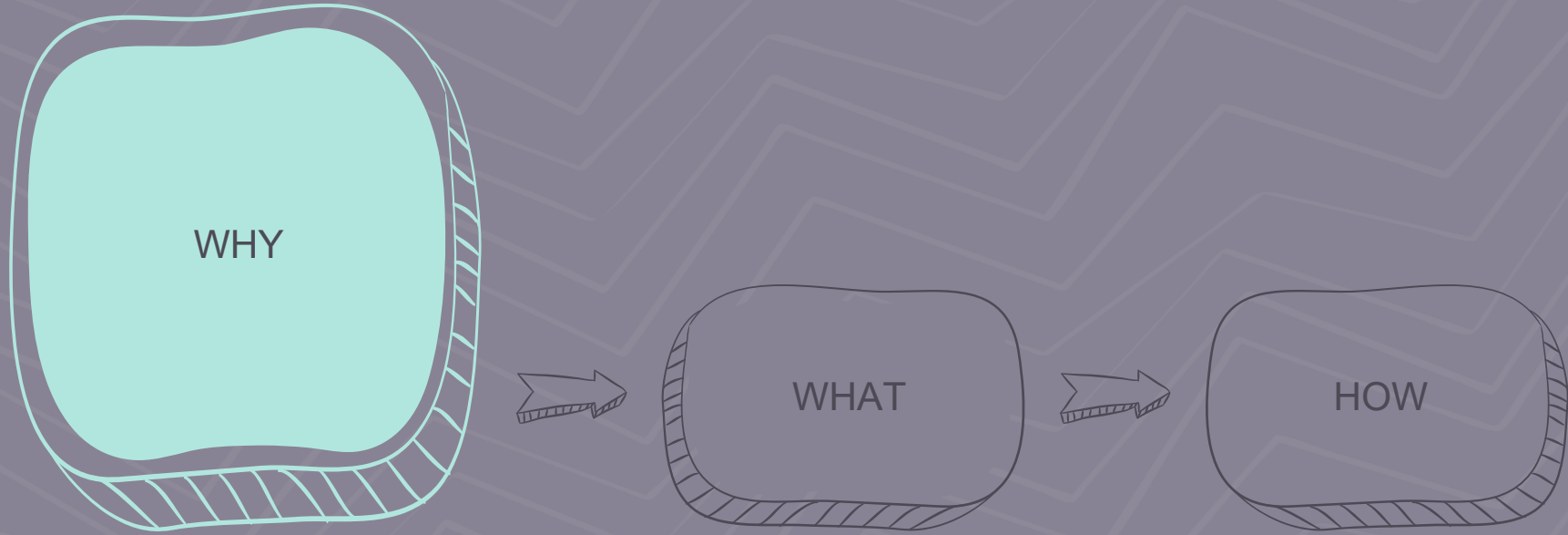




Social-Emotional Learning & Mental Health Updates

*Dr. Thacker's Forum Presentation
October, 2020
Presented by Dr. Sears,
Director of SEL & Mental Health*



Let's explore some reasons "WHY" we have
SEL.



It is for everyone and can help everyone

Increase In:

- ▷ Prosocial Behaviors (e.g., kindness, sharing, empathy)
- ▷ Student Positive Attitudes Toward School
- ▷ Lifetime Earning Potential
- ▷ Mental & Physical Health
- ▷ Graduation Rates
- ▷ Adjustment Rates
- ▷ Sense of Psychological Safety
- ▷ Ability to Reach Full Potential
- ▷ Positive Images
- ▷ Tools to Manage Stress
- ▷ Skill Acquisition
- ▷ Foundation to Build & Maintain Healthy Relationships
- ▷ College & Career Readiness
- ▷ Potential to Reach Post-Secondary Goals
- ▷ Social, Emotional, Psychological & Behavioral Skills
- ▷ Positive School Climate
- ▷ Employability (work on team, problem-solve, make decisions & communicate)

- ▷ Academic Gains (13 point percentile increase)
- ▷ Ability to Know and Manage Self
- ▷ Ability to Understand Others' Perspectives & Effectively Relate
- ▷ Ability to Make Sound Choices Related to Personal & Social Happenings
- ▷ Readiness to Learn
- ▷ Acceleration of Learning

Reduction In:

- ▷ Suspension Rates
- ▷ Depression
- ▷ Juvenile Crime Rates
- ▷ Substance Abuse
- ▷ Public Assistance
- ▷ Mental Illness
- ▷ Conduct Problems
- ▷ Unhealthy Risk-Taking Behaviors
- ▷ Emotional Distress
- ▷ Barriers to Learning & Social Relationships



Need SEL Skills for any job or career.

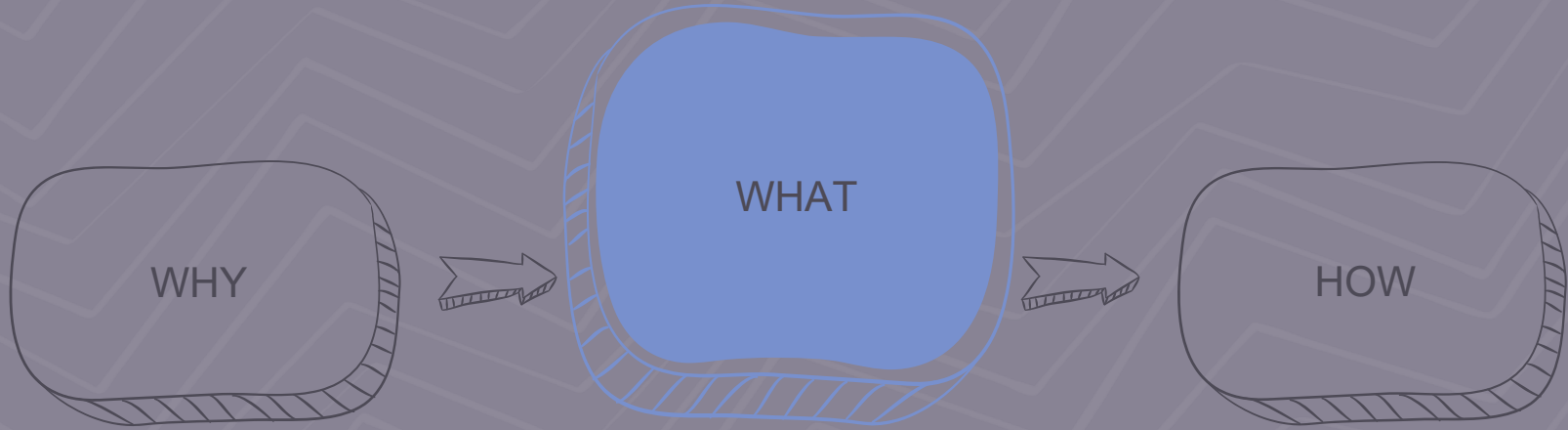
Forbes identified the top skills people will need to learn in 2020 - 2022

△
△

13 of the 15 skills fall under the Social-Emotional Learning Umbrella! You need SEL to be successful in life now and later on. That is why we are being intentional to teach these skills to all students via weekly SEL Lessons so P-H-M students are equipped to help them reach their fullest potential. We believe in you and want to invest to develop these vital life skills in all students.

1. Complex problem solving.
2. Critical thinking and analysis.
3. Creativity, innovation, ideation, originality, and initiative.
4. People management.
5. Coordinating with others.
6. Emotional intelligence.
7. Judgment, reasoning, analytical thinking, and decision making.
8. Service orientation.
9. Negotiation.
10. Cognitive flexibility.
11. Active learning and learning strategies.
12. Technology design and programming.
13. Leadership and social influence.
14. Systems analysis and evaluation.
15. Cultural sensitivity and awareness.





“WHAT” does SEL mean





WHAT IS Social - Emotional Learning (SEL)?

SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Social-Emotional Learning (SEL) Core Competencies

Mindset

*WHAT IS IT? Ability to demonstrate cognitive flexibility & willingness to learn. Growth Mindset. Power of Yet. Grow from mistakes & continue forward.

Critical Thinking

(AKA Responsible Decision Making)

*WHAT IS IT? Ability to make constructive choices & understand metacognitive strategies to help you learn.

Connection

(AKA Social Awareness)

*WHAT IS IT? Ability to be socially aware, take perspective of others, emphasize, and see view of others who have a diverse background and culture

Collaboration

(AKA Relationship Skills)

*WHAT IS IT? Ability to work well with others, including in a group or on a team.

Sensory/Motor Integration

*WHAT IS IT? Ability to have body awareness & recognize sensations

Insight

(AKA Self-awareness)

*WHAT IS IT? Know your emotions & how they affect your thoughts & actions.

Regulation

(AKA Self-Management)

*WHAT IS IT? Ability to recognize & manage your emotions.



WHY



WHAT



HOW

Adult SEL Initiatives



- Half-Day Professional Development Initiative, Summer, 2019
- Opening Day Speaker, August, 2019
- ACE-Interface & Trauma Informed and Responsiveness (Compassion Fatigue)
- Piloted Activities with PLCs
- Teacher Leadership Teams
- Resources
- 50+ Daily PD Sessions for ALL-F-M Employees
- EASEL Assessment
- Strength through Crisis Course
- Restorative Practices



Restorative Practices: Train - the- Trainer Model



Dr. Lavon DearNull
Principal Schmucker
Middle School



Mr. Seth Molnar
Director of Alternative
Education and Special
Projects



Mr. Randy Williams
Associate Principal Penn
High School



Dr. Jennifer Sears
Director of Social
Emotional Learning &
Mental Health



Student SEL Initiatives



- ➔ Continuing to create a Sense of Psychological Safety
- ➔ Weekly SEL Lessons for ALL students PK-Young Adult
- ➔ Ideas for Integration

Community



- Superintendent's Advisory Council focused on SEL, Restorative Practices, & Safety with a Task Force @ each middle school
- MOUs with Oaklawn Psychiatric Center and Reflections Counseling
- Community Partners

Other



- ACE Master Trainer
- Mental Health Crisis Team
- Suicide Prevention
- District Threat Assessment Team

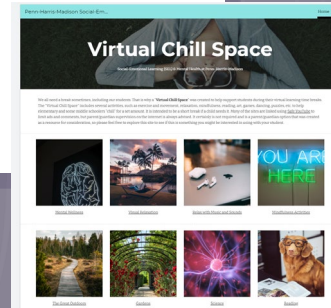
SEL & Mental Health - COVID-19 Updates

What was available in Spring, 2020:

- ▷ **Time for Growth** Daily SEL & Mental Health PD
Largest PD Initiative with 50+ PD sessions for staff
- ▷ Continued to offer weekly SEL lessons
- ▷ Counselors & YSB available for students
- ▷ Resources for staff & family (e.g., Talking to your child about COVID, Anticipatory Grief, Stress Management)

Aware of potential needs moving forward:

- ▷ YSB & Counselors will continue to be available
- ▷ Relationships & Connections will be vital
- ▷ Resources & ideas for SEL integration
- ▷ Resources for Staff
- ▷ Resources & Information for families
- ▷ Created Virtual “Chill Zone” for students
- ▷ SEL Lessons weekly
- ▷ SEL Integration vital
- ▷ Awareness of social unrest
- ▷ Panel Video Resource



20-21 School Year

- Continuing Initiatives
- Partnering with Diversity, Equity, & Inclusion Officer
- Superintendent's Advisory Council Focused on Diversity, Equity, & Inclusion
- SEL Integration
- Adult SEL focus on Stress Management & Self-Care

“

All learning is social and emotional so we can help students reach their fullest potential.



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