Riding the Wave from Insights to Implementation

Key Leadership Strategies to Build a Sustainable School-Based Social Emotional Support System

Laguna Beach Unified School District Advancing School Mental Health Conference October 11, 2018

Welcome!

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Superintendent
Laguna Beach Unified School District

&

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Laguna Beach Unified School District

Access to Presentation
Laguna Beach Unified Profile

- 2,900 Students
- 10% FRLP
- High Achieving
- High Expectations
- Strong Community Support
- Funding: $16k

Why the Focus on SEL?

Local Control Accountability Goal

Increase student academic achievement and social and emotional strength through collaboration, critical thinking, creativity, and communication.
Our Focus in LBUSD

Every Student, Every Day
Focus on Continuous Improvement
It's all about Relationships

What do we want for **ALL** students?

**thrive**
/THriv/
-grow or develop well or vigorously
-prosper; flourish.

“When we help students to engage productively with one another, understand themselves and how they think, and better handle the stresses and challenges in their lives, we prepare them for success now and in the future.”

—Dr. Linda Darling-Hammond
### Reasons for Absence, Past 30 days

<table>
<thead>
<tr>
<th>Item</th>
<th>LBUSD 7th</th>
<th>LBUSD 9th</th>
<th>LBUSD 11th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt very sad, hopeless, anxious, stressed, or angry</td>
<td>3%</td>
<td>9%</td>
<td>21%</td>
</tr>
<tr>
<td>Didn’t get enough sleep</td>
<td>10%</td>
<td>15%</td>
<td>35%</td>
</tr>
<tr>
<td>Were behind in schoolwork or weren’t prepared for a test or class assignment</td>
<td>2%</td>
<td>7%</td>
<td>26%</td>
</tr>
</tbody>
</table>

*California Healthy Kids Survey 2016: Secondary (7th, 9th, and 11th) Core Module*

### Chronic Sadness, Past 12 Months

<table>
<thead>
<tr>
<th>Item</th>
<th>LBUSD 7th</th>
<th>OC 7th</th>
<th>LBUSD 9th</th>
<th>OC 9th</th>
<th>LBUSD 11th</th>
<th>OC 11th</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?</td>
<td>18%</td>
<td>24%</td>
<td>38%</td>
<td>32%</td>
<td>27%</td>
<td>31%</td>
</tr>
</tbody>
</table>

*California Healthy Kids Survey 2016 & 2018: Secondary (7th, 9th, and 11th) Other Mental Health Risks*

### Seriously Considered Attempting Suicide, Past 12 Months

<table>
<thead>
<tr>
<th>Item</th>
<th>LBUSD 9th</th>
<th>OC 9th</th>
<th>LBUSD 11th</th>
<th>OC 11th</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the past 12 months, did you ever seriously consider attempting suicide?</td>
<td>11%</td>
<td>15%</td>
<td>16%</td>
<td>16%</td>
</tr>
</tbody>
</table>

*California Healthy Kids Survey 2016 & 2018: Secondary (7th, 9th, and 11th) Other Mental Health Risks*
...students are comfortable talking to school staff about their social and emotional concerns.

Social Emotional Learning Framework

Climate of Care

Stanford University’s Challenge Success Model (2015)
Measuring SEL: Results Matter

K-3
Student Risk Screening Scale
October/April-May

4-12
CoVitality
October/April-May

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Student Risk Screening Scale (SRSS) K-3

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CoVitality (4-12)
Social Emotional Health Survey + Social Emotional Distress Scale

The whole is greater than the sum of its parts.
Subjective Well-Being

Thurston Middle School: Spring 2018 Strengths by Risk
Laguna Beach High School: Spring 2018 Strengths by Risk

<table>
<thead>
<tr>
<th>CoVitality Level</th>
<th>Psychological Distress (PDI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>1. High Healing 12%</td>
</tr>
<tr>
<td>Low Average</td>
<td>2. High Volition 78%</td>
</tr>
<tr>
<td>High Average</td>
<td>3. Moderate Flexibility 84%</td>
</tr>
<tr>
<td>High</td>
<td>4. High Healing 12%</td>
</tr>
</tbody>
</table>

EL Morro & Top of the World: CoVitality Strength Scores

Thurston Middle School: Top Four CoVitality Strength Scores
Leadership Strategies

Vision, Mission, & Long-Term View

Social Emotional Learning:
Not a “nice to have,” but a “must have.”

Adding Personnel vs. Shuffling Deck
Opportunity Costs

$1.00
or
$11.00

We Teach: Infusing SEL Every Day

Zest noun

Zestful zestfully

Living life with a sense of excitement, anticipation, and energy
Approaching life as an adventure
Performing tasks wholeheartedly

Thank You

You can find us @
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References


