



I am good  
enough, smart  
enough and  
people like  
me.

Boosting student well-being, academic success, and professional sustainability utilizing a 3-tiered approach that integrates social emotional learning and the Common Core State Standards.

# Objectives

- Participants will be able to develop strategies for effectively implementing a full continuum of integrated school mental health approaches to supporting students' academic, behavioral and social-emotional outcomes.
- Participants will be able to align interventions to the Common Core State Standards and Social Emotional Learning frameworks.
- Participants will be able to develop strategies for overcoming challenges to implementation of evidence based programs and practices.



# Los Angeles Unified School District School Mental Health

## **Mission Statement**

School Mental Health professionals promote the mental health, well-being and academic achievement of all LAUSD students.



**150  
interns**

**135 School Based**

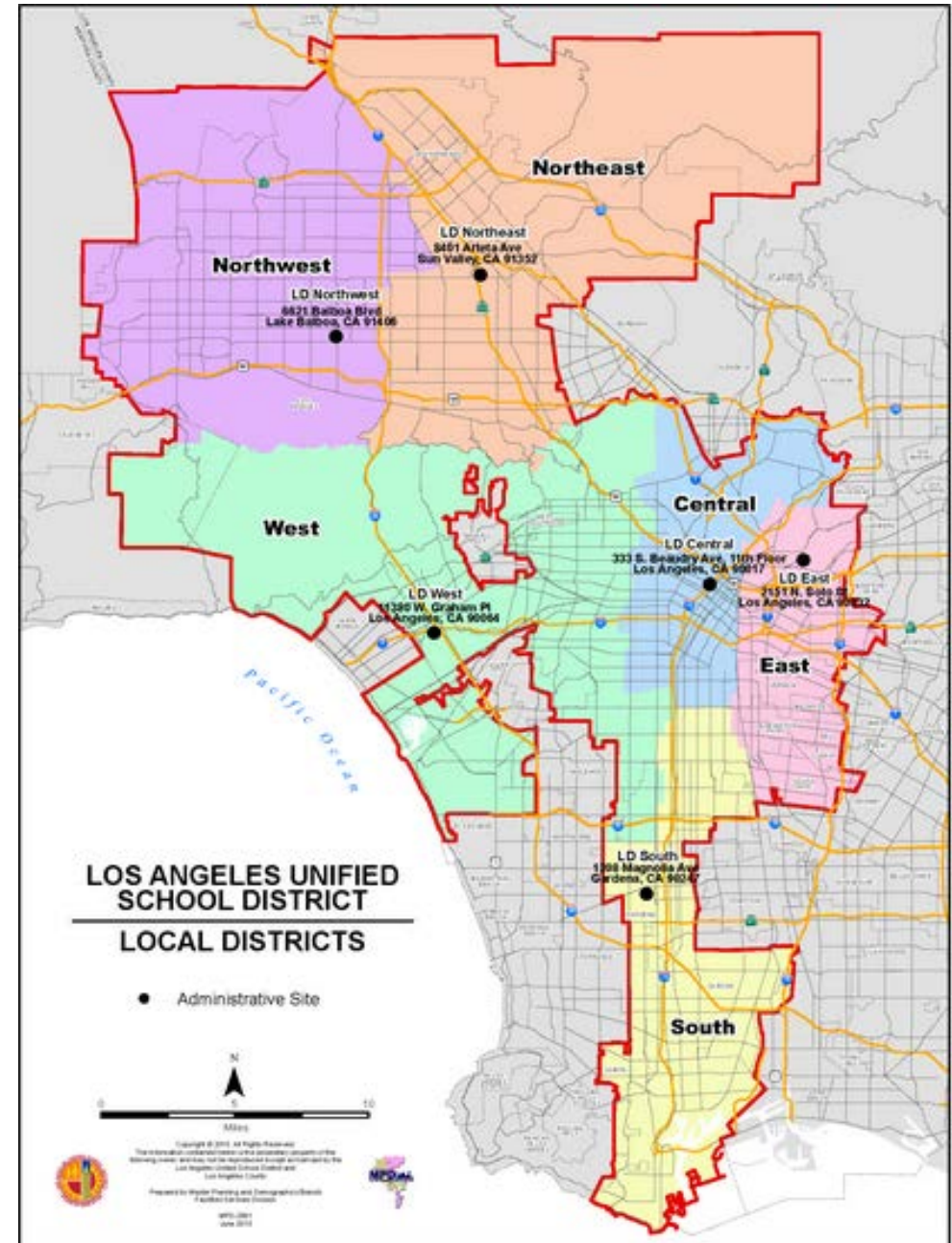
**64 Clinic Based in Wellness**

**54 in Special Education**

**9 Mental Health Consultants**

**5 Crisis Counseling  
Intervention Services**

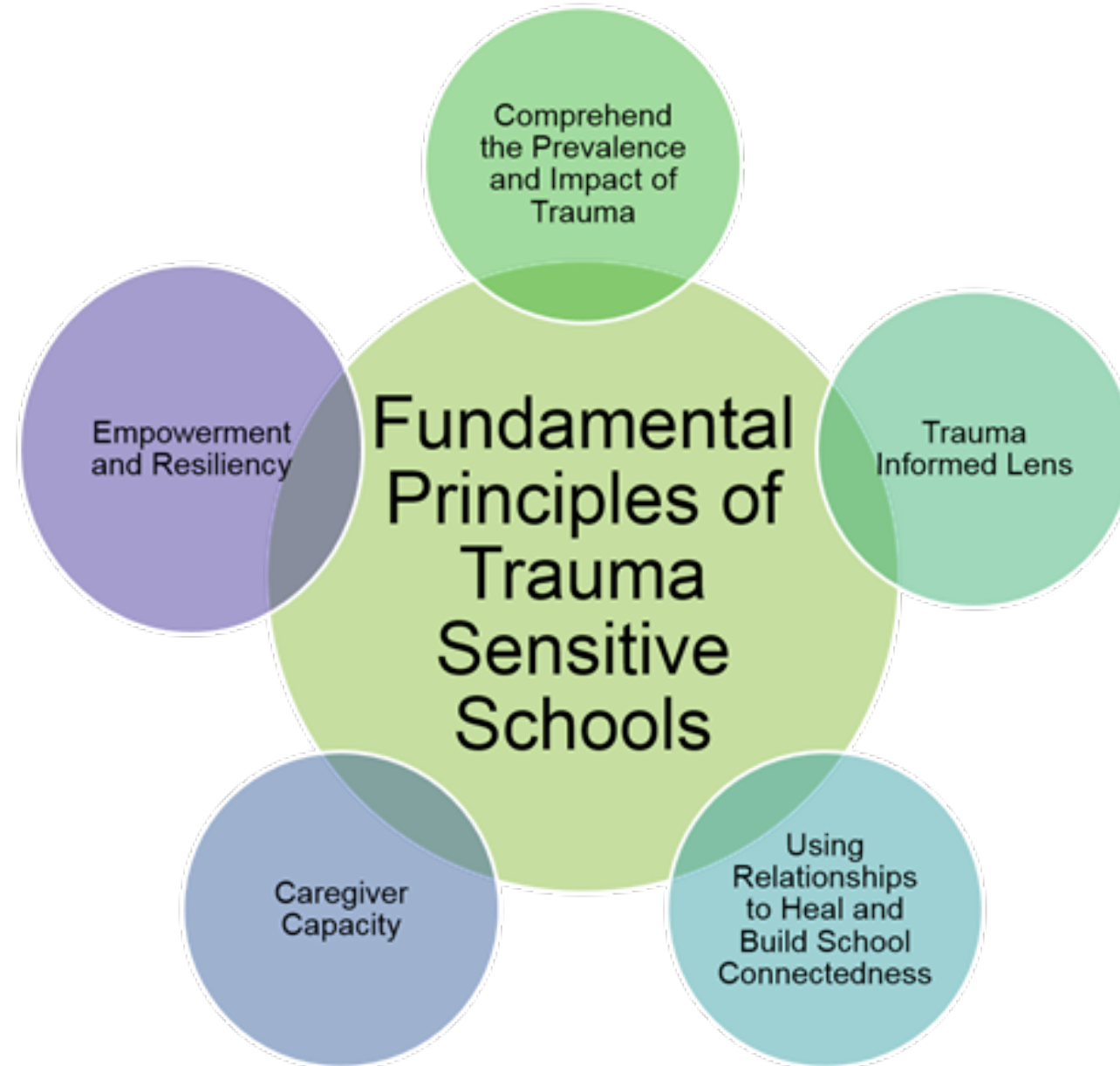
**6 Crisis Counseling**

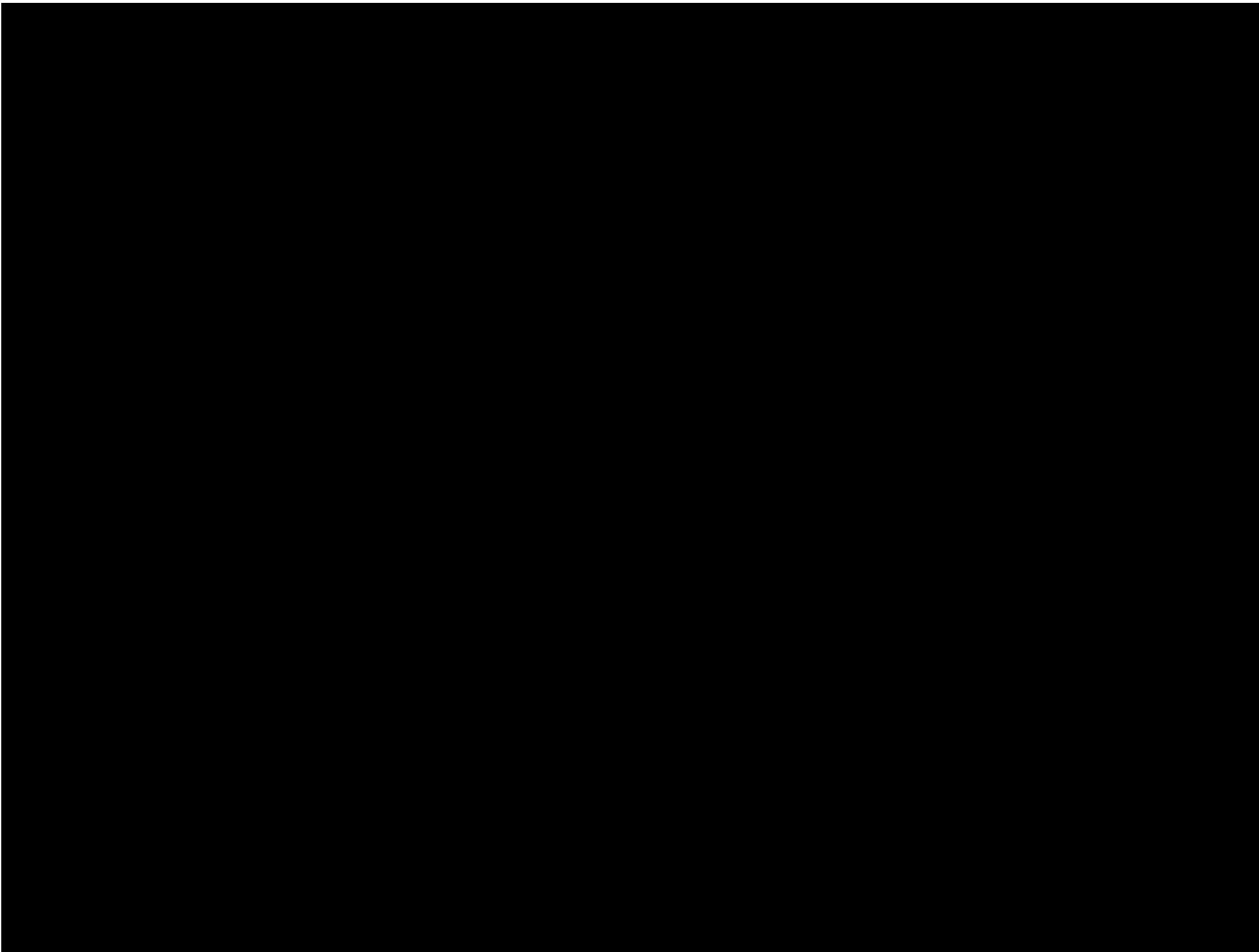


Remember: everyone in the classroom has a story that leads to misbehavior or defiance. 9 times out of 10, the story behind the misbehavior won't make you angry. It will break your heart.

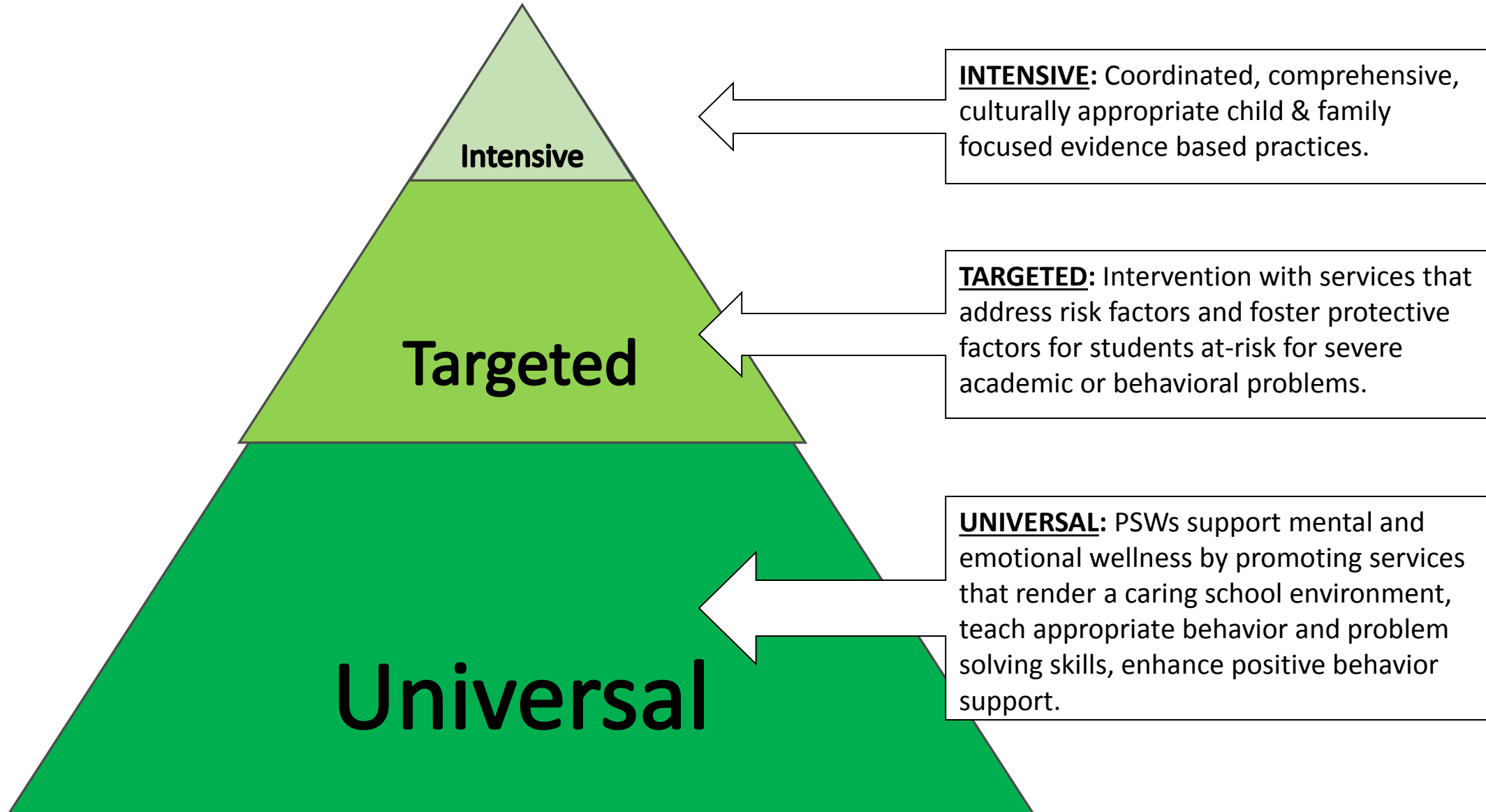
– Annette Breaux

# Develop trauma-informed school communities



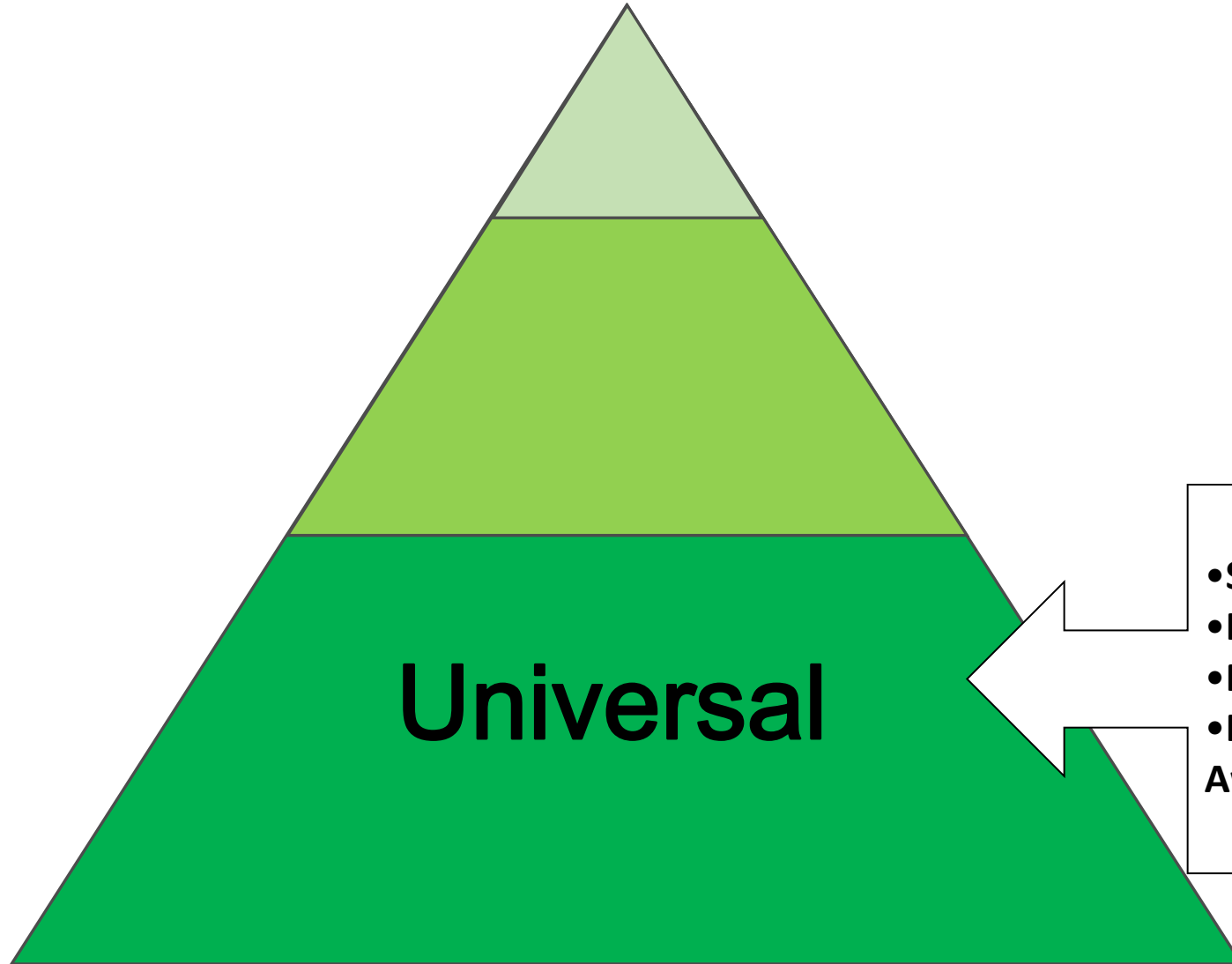


# Mental Health Interventions





# Universal Interventions



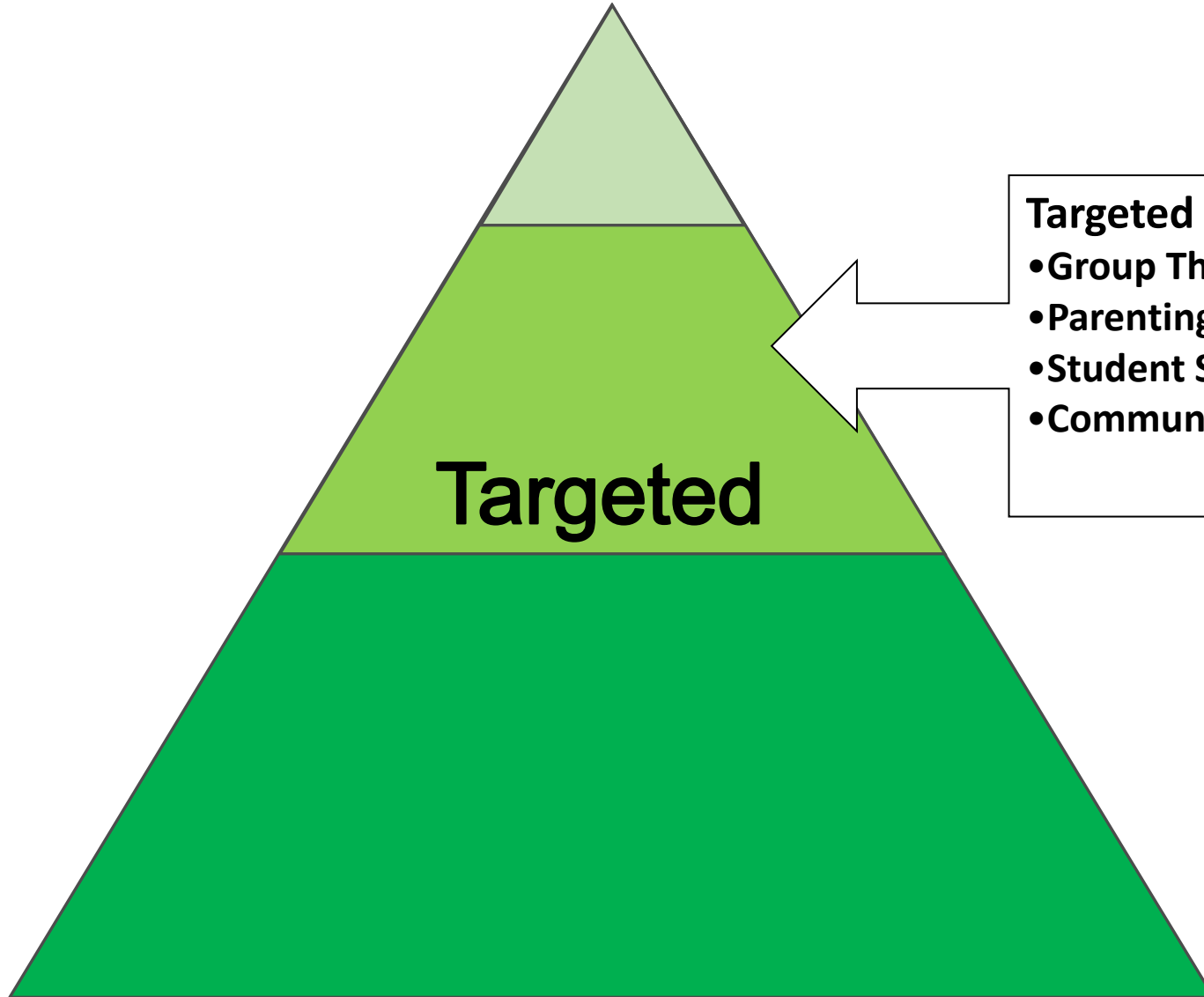
## **Universal Social-Emotional Interventions:**

- School-wide Implementation of Second Step
- Restorative Justice
- Mental Health Consultation
- Professional Development (Resiliency, Trauma Awareness)

# Suicide Prevention Awareness



# Targeted Interventions



## **Targeted Social-Emotional Interventions:**

- **Group Therapy (e.g. CBITS)**
- **Parenting Education**
- **Student Success and Progress Team**
- **Community Referrals**

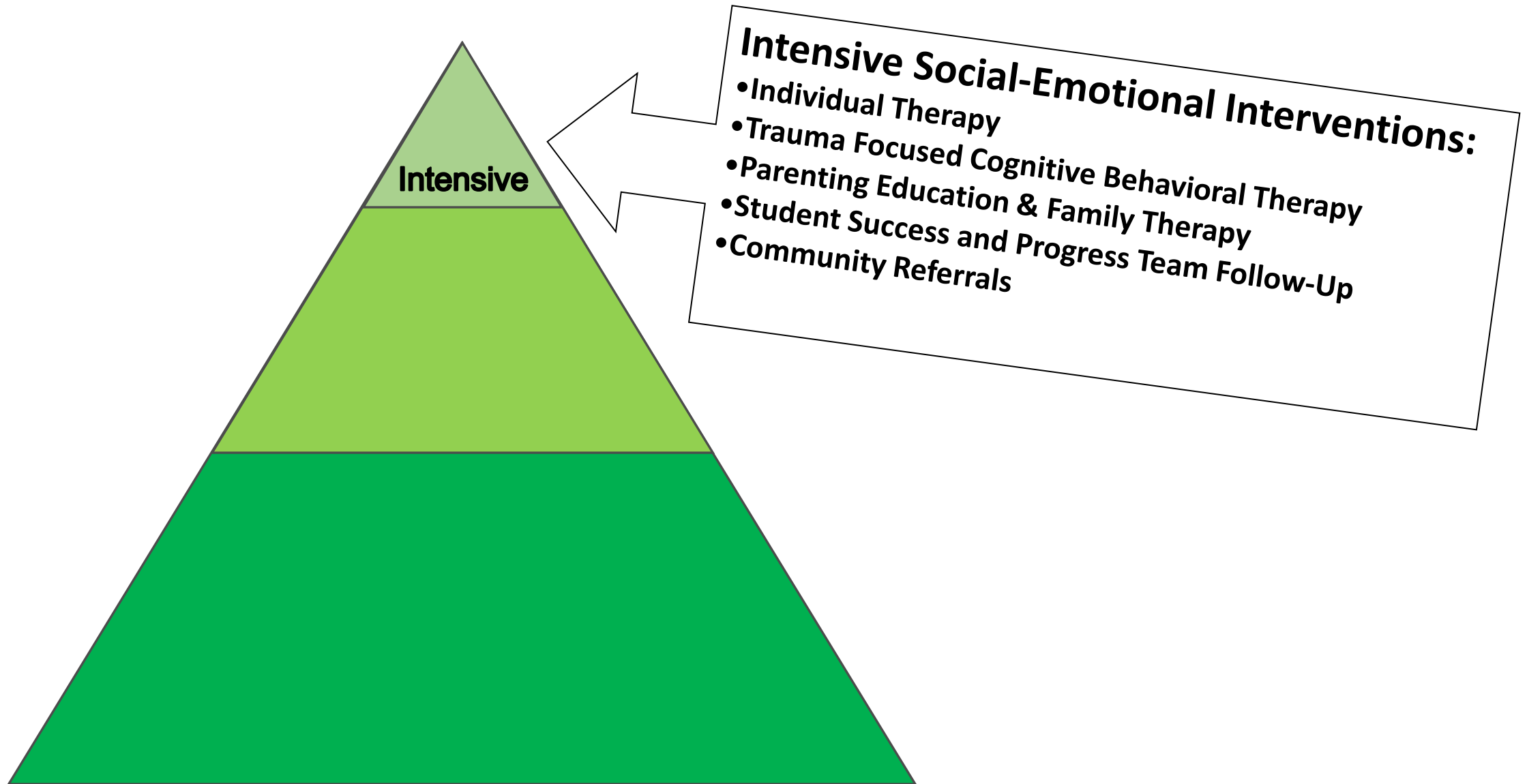


Erika's

Lighthouse

A Beacon Of Hope For Adolescent Depression

# Intensive Interventions





1:00

# What lives under the MTSS Umbrella





# Math Strand Standards

## Standards for Mathematical Content- Procedures & Understanding

- Critical thinking
- Problem-solving
- Reflection
- Analysis





# ELA strand Standards

## Includes Standards for Students in K-12 grades

- Reading: Literature
- Reading: Informational Text
- Reading: Foundational Skills (K-5 only)
- Writing
- **Speaking & Listening**
- Language



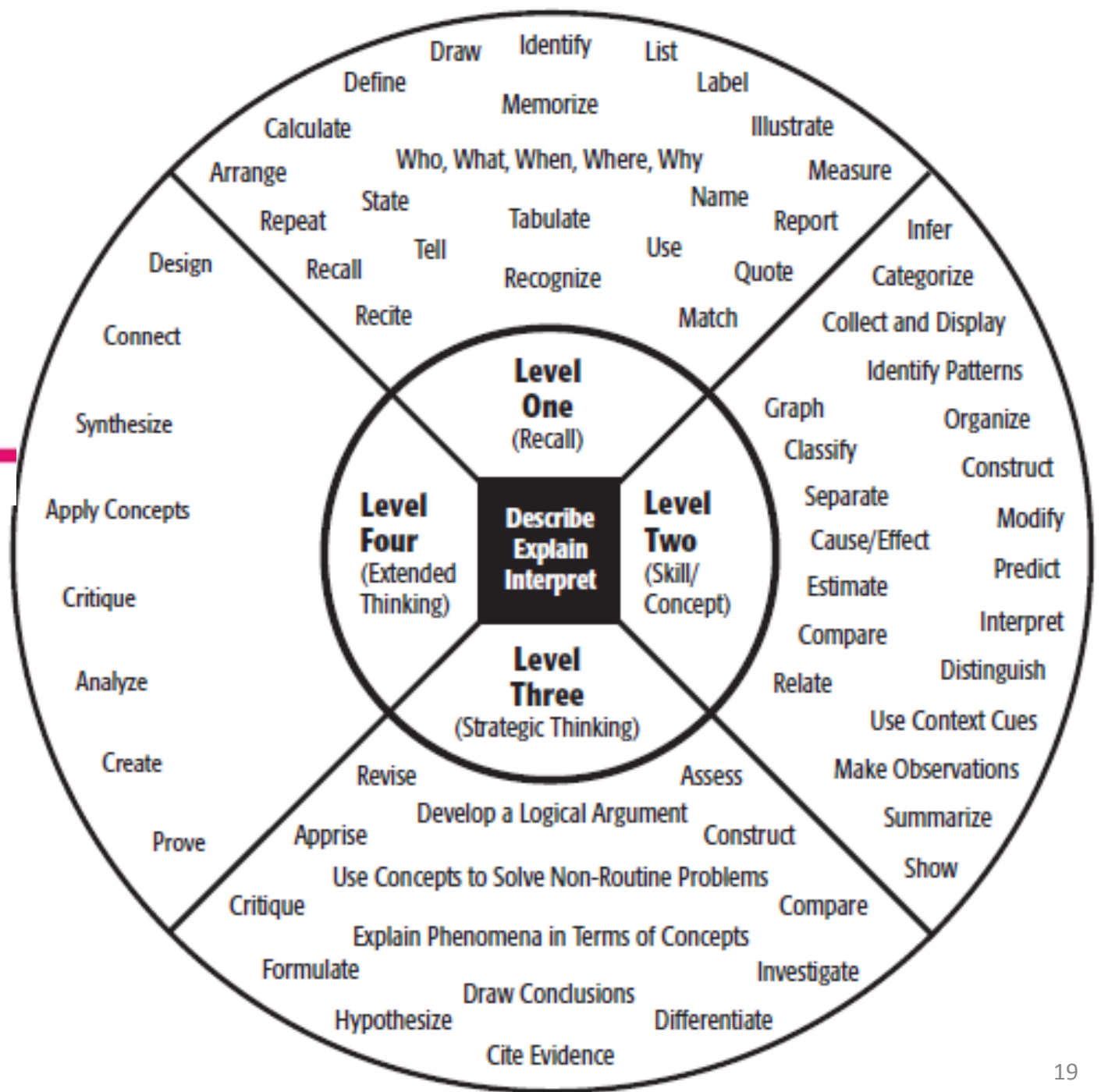


www.shutterstock.com · 24141007

- Speak
- Listen
- Engage
- Interpret
- Delineate
- Adapt
- Present
- Participate
- Describe

- Produce
- Recount
- Initiate
- Collaborate
- Integrate
- Evaluate
- Use digital media
- Ask & Answer Questions

# Depth of Knowledge



# All about College & Career Readiness: SEL Five Core Competencies



# Connecting SEL with CCSS

## Self-Management

- Self-control as they get wiggly
- Self-motivation to stay engaged with text
- Manage stress as they encounter more unfamiliar vocabulary than before
- Setting and achieving goals

## Social-Awareness

- Perspective-taking as they make meaning of the text
- Empathy for classmates who are struggling
- Understanding social and ethical norms for behavior when working in peer groups

## Relationship Skills

- Communicating Clearly and Working Cooperatively with peers
- Seeking help if they struggle with longer passages, unfamiliar vocabulary and structure

## Responsible Decision Making

- Considering the well-being of self and others
- Seeking help if they struggle with longer passages, unfamiliar vocabulary and structure

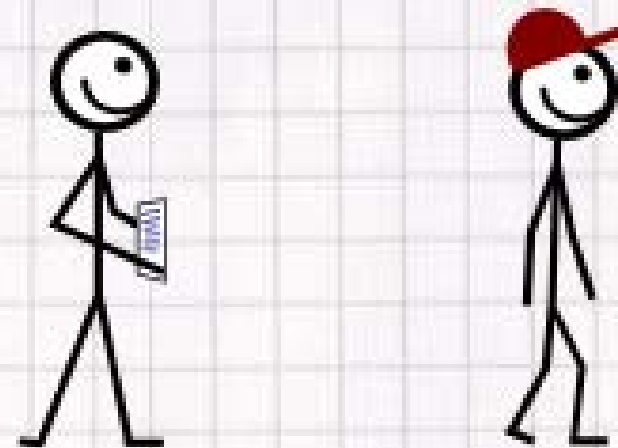
# Gratitude Letter



WRITING A **GRATITUDE LETTER**...



...WILL MAKE BOTH YOU AND THE RECIPIENT **FEEL GREAT!**



WRITING A SIMPLE GRATITUDE LETTER IS  
A PROVEN **WIN-WIN HAPPINESS HABIT**



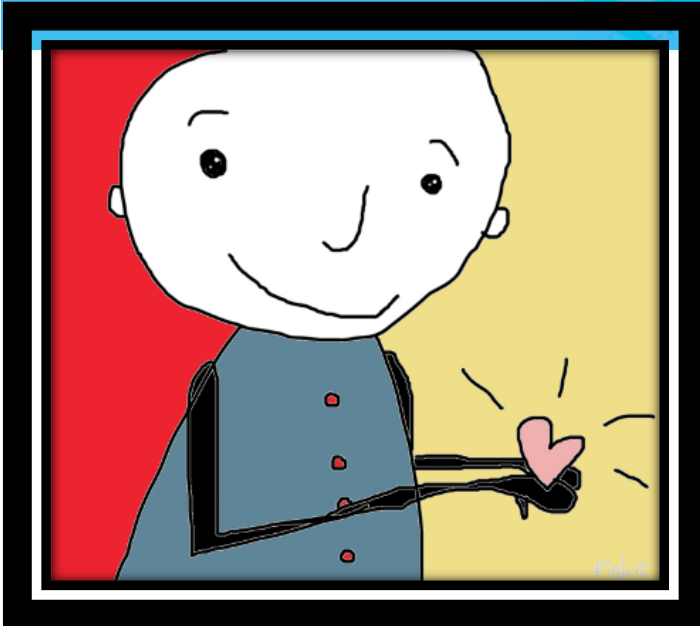
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The Compassion Games are designed to help, heal and inspire, making our community a safer, kinder, more just and better place to live.  
**GAME ON!**



### COMPASSION GAMES FOUR STEPS





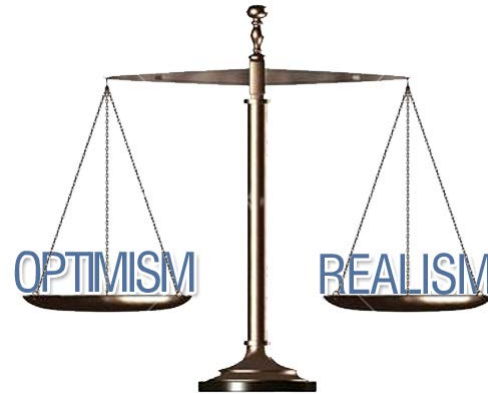
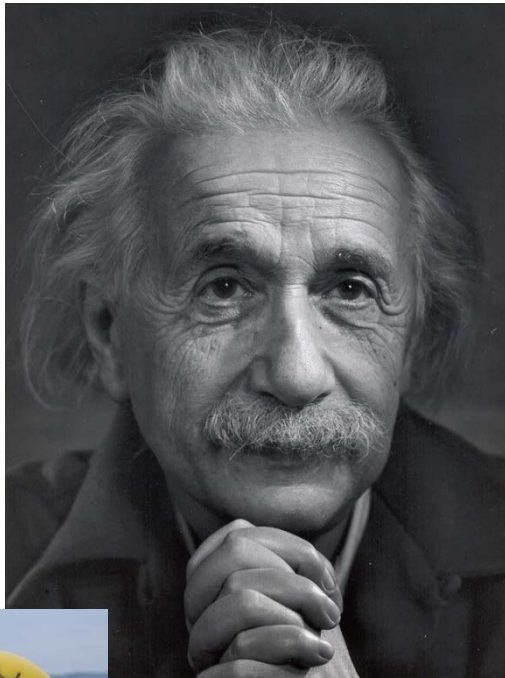


**OUT OF THE BOX!**

**FUN!**

**CREATIVE!**

**INTERESTING!**



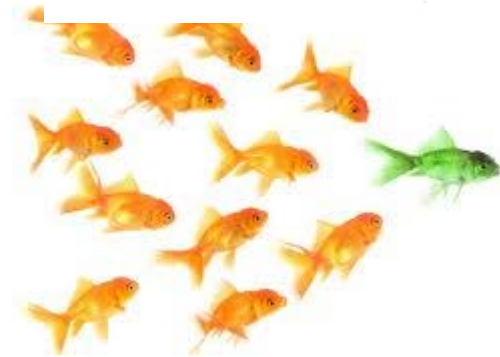
**Yesterday is history.  
Tomorrow is a mystery.  
Today is a gift.  
That is why it is called  
the present.**

- Alice Morse Earle -



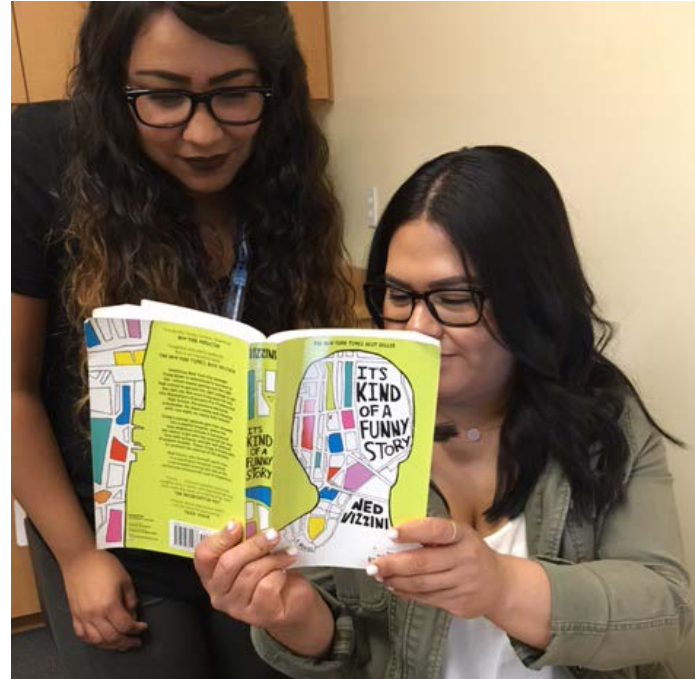
# Developing Interventions that align with SEL/CCSS





# School-Wide Engagement

## Mental Health Campaigns



# Community Engagement

Connecting with Agencies and Community Partners to create programs that are accessible to students that are relevant such as Teen Dating Violence and Healthy Relationships.



# Field Instruction Collaboration

**CSUN**

CALIFORNIA  
STATE UNIVERSITY  
NORTHRIDGE



**USC**  
Suzanne  
Dworak-Peck  
School of Social Work



**School of Social Work**

**CSULB**  
DEPARTMENT OF SOCIAL WORK



California State University  
**DOMINGUEZ HILLS**

**Ucla**

# USC Intern Program







# Intern to Work Force



# TWENTY QUESTIONS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20



DICK

HERB



VAN



FLORENCE



ALDO RAY

# Resources

- [www.corestandards.org](http://www.corestandards.org) Lists the CCSS for Math and ELA
- [http://www.corestandards.org/assets/CCSSI\\_ELA%20Standards.pdf](http://www.corestandards.org/assets/CCSSI_ELA%20Standards.pdf)
- [http://www.corestandards.org/assets/CCSSI\\_Math%20Standards.pdf](http://www.corestandards.org/assets/CCSSI_Math%20Standards.pdf)
- <http://www.americanradioworks.org/documentaries/greater-expectations/>
- [www.cassw.net](http://www.cassw.net) & [www.sswaa.org](http://www.sswaa.org)
- <http://frameworksinstitute.org/toolkits/californiacommoncore/index.html>
- [www.commoncoreil.org](http://www.commoncoreil.org) Info. for parents & teachers re: CCSS
- <http://www.edweek.org/ew/collections/standards-report-diverse-2013/index.html?intc=EW-CC1013-EML> Education Week-CCSS articles
- [www.commoncurriculum.com](http://www.commoncurriculum.com) An online plan book to help align lessons to CCSS
- <http://www.hslda.org/commoncore/topic7.aspx> Private schools and home schools do not have to do common core
- [http://thecenter.spps.org/uploads/standards\\_organization\\_graphic.jpg](http://thecenter.spps.org/uploads/standards_organization_graphic.jpg)
- [English Language Arts Standards | Common Core State Standards Initiative](#)

# Resources

- [www.cgcs.org/](http://www.cgcs.org/) Council on Great City Schools; 67 districts, LB, LA, Santa Ana, SD, SF
- [http://www.corestandards.org/assets/CCSSI\\_Mathematics\\_Appendix\\_A.pdf](http://www.corestandards.org/assets/CCSSI_Mathematics_Appendix_A.pdf) : Common Core Math Standards
- <http://www.corestandards.org/standards-in-your-state/> CCSS
- <http://www.corestandards.org/wp-content/uploads/FAQs.pdf>
- [www.commoncorecafe.blogspot.com](http://www.commoncorecafe.blogspot.com) : SBAC CCSS question writer-reviewer Gabriela Orozco Gonzalez
- <http://www.cde.ca.gov/re/cc/> CDE
- <http://www.cde.ca.gov/re/cc/tl/whatareccss.asp>
- [www.teachingthecore.com](http://www.teachingthecore.com)
- <http://www.teachingthecore.com/ccr-anchor-standards/>
- <http://www.casel.org/social-and-emotional-learning/outcomes/>
- <http://blogs.berkeley.edu/2014/01/22/how-to-integrate-social-emotional-learning-into-common-core/>
- SAMHSA link
- PBIS link