

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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Laguna Beach Unified School District

&



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Access to Presentation



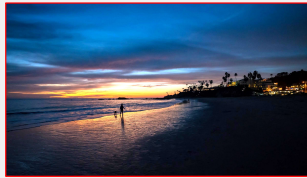
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The Why



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Laguna Beach Unified Profile



A Little About LBUSD

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

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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.*

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Our Focus in LBUSD

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

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What do we want for ALL students?

thrive

/THrīv/

- grow or develop well or vigorously
- prosper; flourish.

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“

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

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Item		LBUSD 7th	LBUSD 9th	LBUSD 11th
Reasons for Absence, Past 30 days *In the past 30 days, did you miss school for any of the following reasons?*"	Felt very sad, hopeless, anxious, stressed, or angry	3%	9%	21%
	Didn't get enough sleep	10%	15%	35%
	Were behind in schoolwork or weren't prepared for a test or class assignment	2%	7%	26%

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

Item		LBUSD 7th	OC 7th	LBUSD 9th	OC 9th	LBUSD 11th	OC 11th
Chronic Sadness, Past 12 Months *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?*"	2015-2016	18%	23%	24%	27%	38%	32%
	2017-2018	14%		25%		31%	

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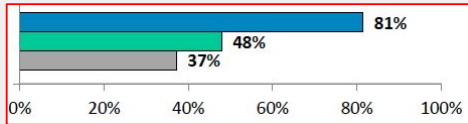
Response: "Yes"
California Healthy Kids Survey 2016 & 2018:
Secondary (7th, 9th, and 11th) Other Mental Health Risks

Item		LBUSD 9th	OC 9th	LBUSD 11th	OC 11th
Seriously Considered Attempting Suicide, Past 12 Months *During the past 12 months, did you ever seriously consider attempting suicide?*"	2015-2016	11%		16%	
	2017-2018	11%	15%	13%	16%

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

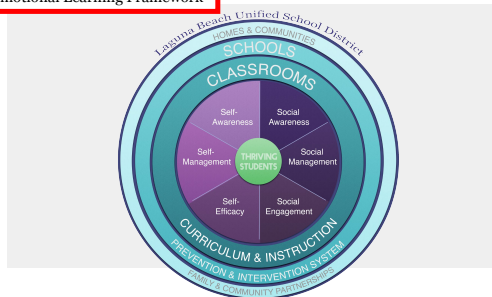
...students are comfortable talking to school staff about their social and emotional concerns.



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Hanover Research (May, 2017):
School Climate Survey, Students, Parents, Staff

Social Emotional Learning Framework



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Climate of Care



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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



DATA



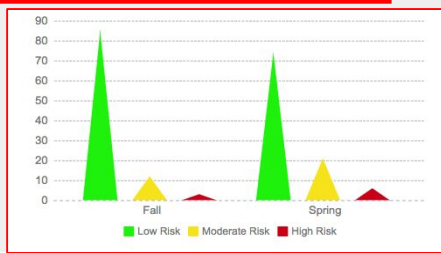
KNOWLEDGE



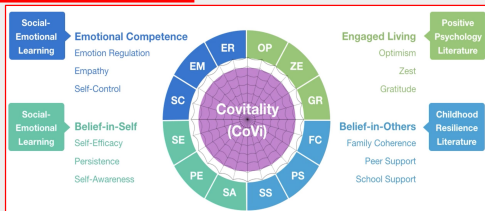
ACTION

DATA → KNOWLEDGE → ACTION

Student Risk Screening Scale (SRSS) K-3



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



The whole is greater than the sum of its parts.

Subjective Well-Being

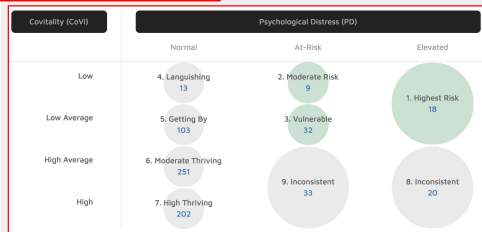


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Belief-in-Self		Belief-in-Others	
Self-Awareness	Perceiving and attending to the private and public aspects of one's self	Peer Support	Appraising the caring and helpful nature of one's relationships with peers
Persistence	Working diligently to accomplish one's goals, including maintaining interest in the face of adversity and failure	School Support	Appraising the caring and helpful nature of one's relationships with teachers
Self-Efficacy	Sensing one's ability to act effectively to meet environmental demands	Family Coherence	Appraising the caring and helpful nature of one's relationships with family
Emotional Competence		Engaged Living	
Empathy	Perceiving, sharing, and considering the emotional states expressed by others	Gratitude	Sensing thankfulness that arises in response to one's benefitting from some kind of transactional means
Emotional Regulation	Effectively expressing one's positive emotions (e.g. happiness) and managing one's negative emotions	Zest	Experiencing one's life in the present moment as exciting and energizing
Self-Control	Effectively expressing and managing one's behavior within given contexts	Optimism	Expecting the occurrence of good events and beneficial outcomes in one's future

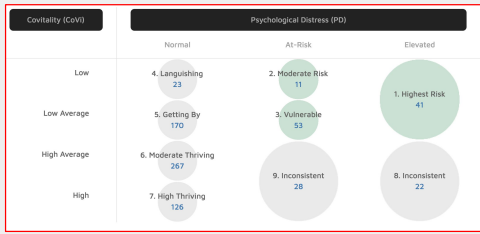
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Thurston Middle School: Spring 2018 Strengths by Risk



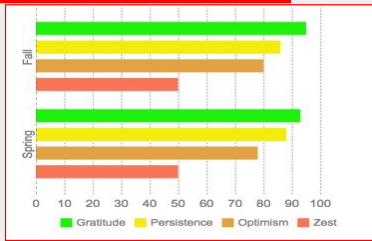
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**Laguna Beach High School:
Spring 2018 Strengths by Risk**



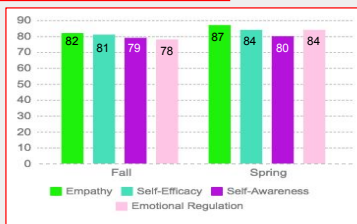
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**EL Morro & Top of the World:
CoVitality Strength Scores**



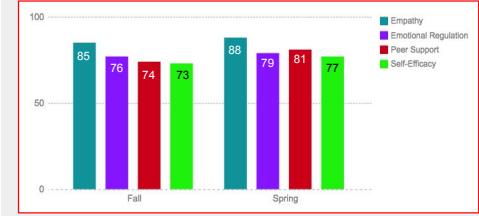
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**Thurston Middle School:
Top Four CoVitality Strength Scores**



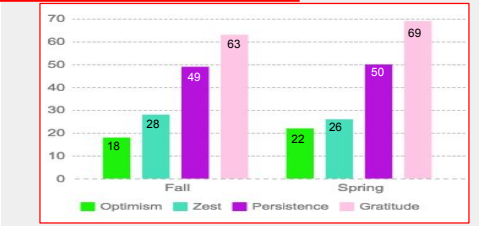
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Laguna Beach High School:
Top Four CoVitality Strength Scores



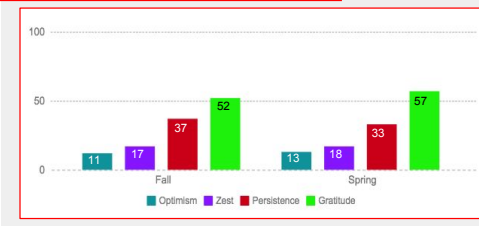
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Thurston Middle School:
Bottom Four CoVitality Strength Scores



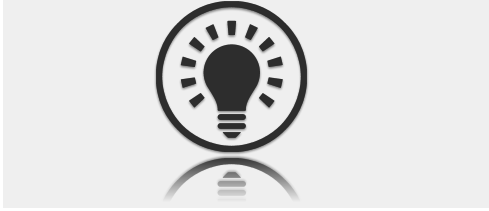
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Laguna Beach High School:
Bottom Four CoVitality Strength Scores



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Leadership Strategies



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Vision, Mission, & Long-Term View



*Social Emotional Learning:
Not a "nice to have," but a "must have."*

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Adding Personnel vs. Shuffling Deck



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Opportunity Costs

\$1.00

or

\$11.00

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Word of the Week

Zest noun

Zestful
Zestfully

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

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We Teach: Infusing SEL Every Day

?

Thank You

You can find us @



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