



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

School Mental Health Virtual Learning Series

September 2020-January 2021

Integrating Social-Emotional
Learning into the Classroom

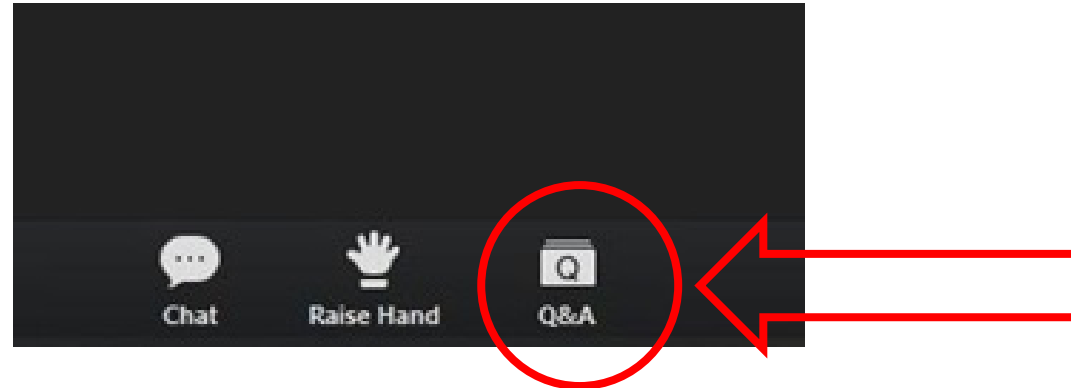
September 2, 2020



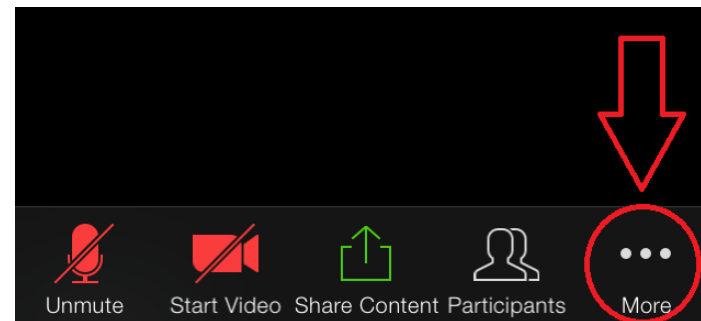
Technology Support

- Slides will be posted on the NCSMH website (www.schoolmentalhealth.org) and emailed after the presentation to all registrants
- Please type questions for the panelists into the Q&A box.
- Use chat box for sharing resources, comments, and responding to speaker

Web



Mobile App





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Oscar Morgan
MHTTC Project Director



Michael Thompson
MHTTC Sr. TA Specialist



Tiffany Beason
NCSMH Faculty



Lorraine Bernstein
Coordinator



Taneisha Carter
Senior RA



Elizabeth Connors
NCSMH Faculty



Dana Cunningham
PGSMHI Director



Sharon Hoover
NCSMH Co-Director



Nancy Lever
NCSMH Co-Director



Perrin Robinson
Communications Director



Britt Patterson
NCSMH Faculty



Kris Scardamalia
NCSMH Faculty

Central East Geographical Area of Focus

HHS REGION 3

Delaware

District of Columbia

Maryland

Pennsylvania

Virginia

West Virginia





What Does Central East MHTTC Do?

Actions

- **Accelerate** the adoption and implementation of evidence-based and promising treatment and recovery-oriented practices and services
- **Strengthen** the awareness, knowledge, and skills of the behavioral and mental health and prevention workforce, and other stakeholders, that address the needs of people with behavioral health disorders
- **Foster regional** and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance to the behavioral and mental health field

National Center for School Mental Health

MISSION:

Strengthen policies and programs in school mental health to improve learning and promote success for America's youth

- Focus on advancing school mental health policy, research, practice, and training
- Shared family-schools-community mental health agenda

Directors: Drs. Nancy Lever & Sharon Hoover

Faculty: Tiffany Beason, Ph.D. Jill Bohnenkamp, Ph.D., Elizabeth Connors, Ph.D, Britt Patterson, Ph.D., Kris Scardamalia, Ph.D., Cindy Schaeffer, Ph.D.



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School Mental Health Webinar Series

Objectives

- Gain increased awareness of high quality, sustainable multi-tiered system of school mental health supports and services
- Support trauma-informed systems in schools
- Discover the impacts of social determinants of health on student academic and social-emotional-behavioral success
- Learn to provide more culturally responsive and equitable services and supports
- Hear perspectives on school mental health from school, district and state levels
- Obtain insight into how youth, families, schools and communities can best work together to address student mental health needs



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Upcoming Webinars

Wednesday, October 7, 2020, 3:00-4:00 PM ET

Supporting LGBTQ+ Youth

Wednesday, November 4, 2020, 3:00-4:00 PM ET

*Promoting Educator Well-Being: Understanding and Combatting
Compassion Fatigue, Burnout and Secondary Traumatic Stress*

Wednesday, December 2, 2020, 3:00-4:00 PM ET

Address Racial Stress and Trauma

Wednesday, January 6, 2021, 3:00-4:00 PM ET

Trauma Responsive Care for Younger Students

Today's Presenter

Kris Scardamalia, Ph.D.

Assistant Professor, Division of Child and Adolescent Psychiatry

Faculty, National Center for School Mental Health

University of Maryland School of Medicine



Social-emotional learning is the process of acquiring skills for cognitive regulation, emotion regulation, goal setting, perspective taking, relationship-building, decision-making, and social effectiveness.

(Elias et al., 1997; Jones et al., 2017)



© CASEL 2017

Why SEL in schools?

- ✓ Improvement in academic performance
- ✓ Increased in verbal fluency
- ✓ Increased planning skills via increased problem solving
- ✓ Improvement of vertical control (intentional control of impulses)
- ✓ Improved ability to regulate emotion
- ✓ Improved attitude
- ✓ Decreased in emotional distress
- ✓ Fewer conduct problems

Quality SEL start with us

- We know teachers are stressed and leaving the classroom in alarming numbers
- We know teachers report having significantly fewer ‘good mental health’ days than peers in the general workforce
- We know that students with highly stressed teachers demonstrate worse academic outcomes and have more behaviors
- Most importantly – we know that **modeling** skills is a powerful mode of learning

Resources for Adult focused SEL

- WISE Teacher Well Being Workbook from MedStar Georgetown Center for Wellbeing in School Environments
<http://www.medstarwise.org/resources/> (Scroll down to resources for Educators)
- CASEL Adult SEL Resources <https://casel.org/adult-sel/>
- 5 Simple Lessons for Social and Emotional Learning for Adults.
<https://www.edutopia.org/blog/five-social-emotional-learning-lessons-for-adults-elena-aguilar>
- Adult SEL
<https://ocde.us/EducationalServices/LearningSupports/HealthyMinds/Pages/Adult-SEL.aspx>

Integrating SEL throughout the Day



- ✓ Daily check ins to build connection
- ✓ Daily mood monitoring – can be combined with check ins
- ✓ Build in class-wide calming, focus, or relaxation breaks
- ✓ Teachable moments



Check-in Tools

Screenshare a [Kahoot!](#) or [Poll Everywhere](#) to gather student responses to a check in question or brainstorm. A tool like this can be used to gather input on classroom agreements for the remote learning environment.

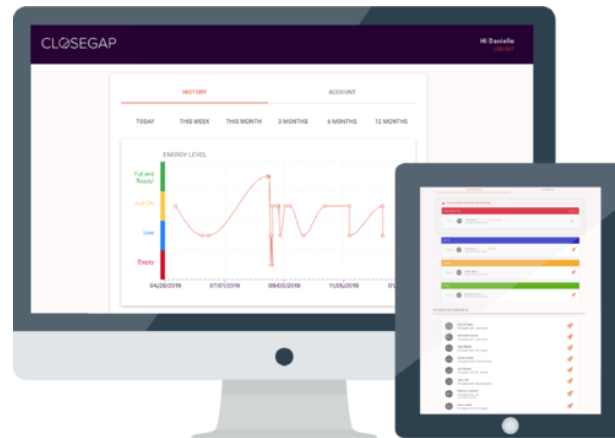
Mood Monitoring Tools Example

(Closegap.org)

Students do a daily emotional check-in



Teachers and Parents get Info in Real Time



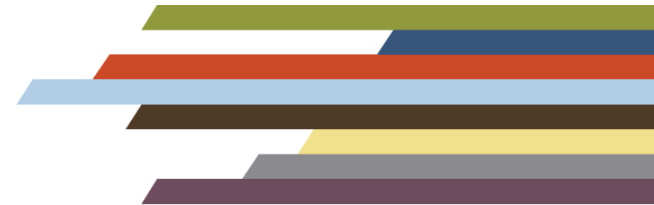
Students connect with an adult or participate in self-guided activities





Do you have tips and tricks for check-ins
in the virtual world?

Tell us about your strategies in the chat box!



Class-wide calming, focus, or relaxation breaks

- **Mindful breathing exercise**
- **Muscle relaxation break**
- **Movement breaks**

Class-wide calming, focus, or relaxation breaks

- **Mindful moments**
- **Round Robin shout-outs**
- **Gratitude journals**

Teachable Moments: Model Your Skills

Make your internal dialogue external by:

- **Labeling your own feelings**
- **Talk through problems out loud**
- **Model problem solving steps**

Academic Integration

- **English/Language Arts**
 - Ask about the feelings and emotions displayed by characters.
 - Ask what the emotion was and what clues the students had to figure out the emotion
- **Math:** So much opportunity for problem solving steps!



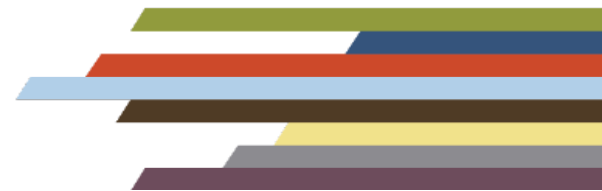
Academic Integration

- **Science:**
 - Cause and effect
 - Hypothesis testing aspect of problem solving
- **Social Studies:**
 - Decision making
 - Goal setting
 - Valuing diversity



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What are your ideas about incorporating SEL into academic lessons?

Tell us in the chat box!



Helping Families Foster SEL Competence

In addition to the plethora of available curricula, videos, activities, and remote learning opportunities, consider ways in which families can weave SEL competencies into their daily lives.

[SEL4US Resource](#) on how families can embed SEL competencies into daily interactions with students. **(Thank you Jim Vetter!)**



NEW RESOURCE

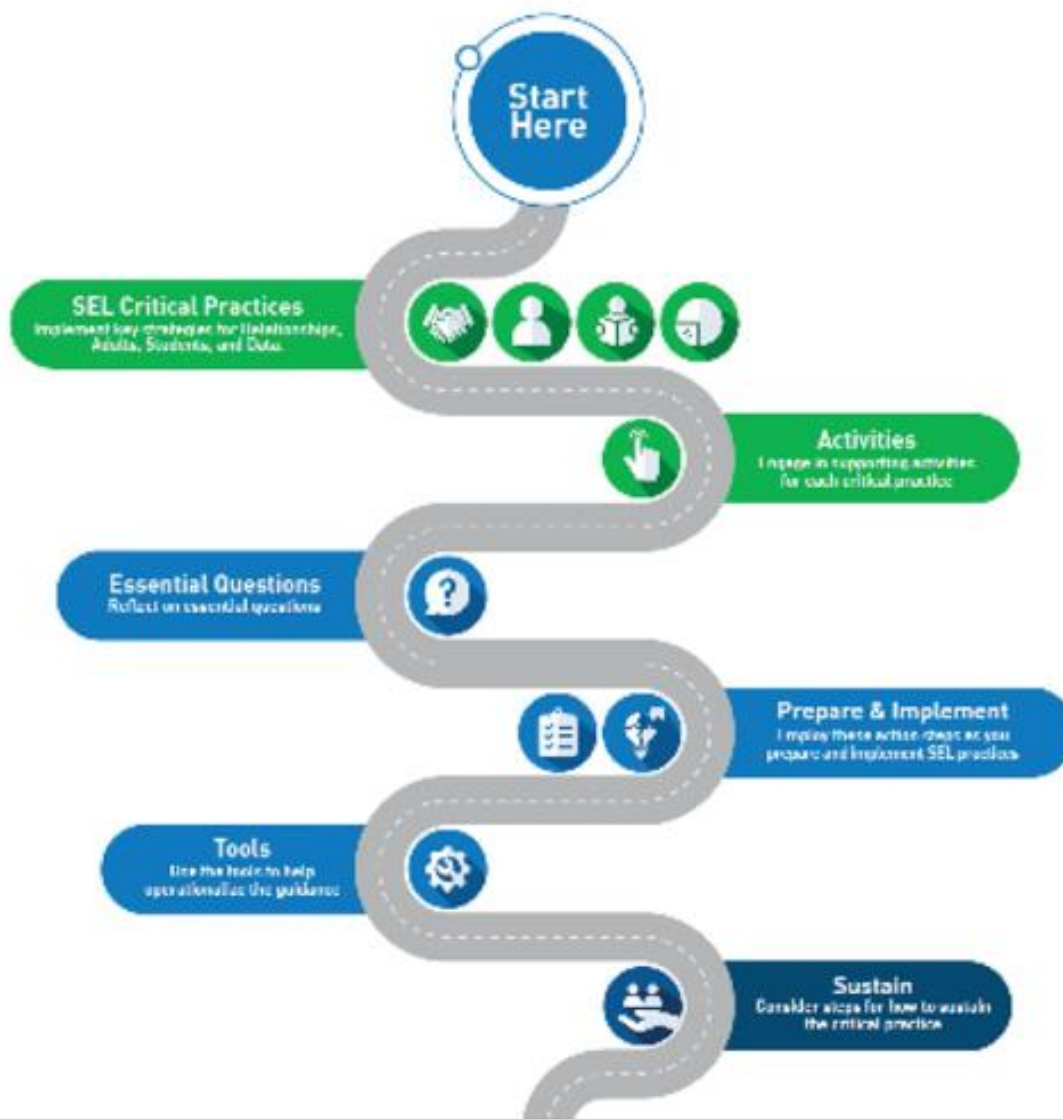
Reunite, Renew, and Thrive: SEL Roadmap for Reopening School

Strategies, guidance, and tools that highlight the importance of adults' own critical self-reflection and development of anti-racist practices to ensure all students feel like they belong and can learn in schools.

Download: bit.ly/SELforReopening



#SELroadmap



“ To rebuild thriving schools, we need to prioritize safe, supportive, culturally sustaining, and equitable learning environments that promote the social and emotional competencies of both students and adults.



Download the Report: bit.ly/SELforReopening

Additional Resources

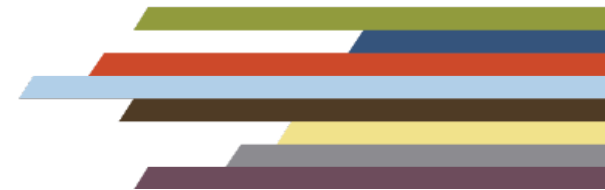
- Chicago Public Schools Office of Social Emotional Learning: SEL in Remote Learning <https://sites.google.com/cps.edu/selremote/home?authuser=0>
- Centervention: SEL for Students <https://www.centervention.com/social-emotional-learning-for-students/>
- Committee for Children <https://www.cfchildren.org/resources/>
- Compassion, Character, Mental Wellness: Free Digital SEL Lessons <https://everfi.com/partners/k-12-educators/social-emotional-learning/>
- Lessons, books, videos on SEL skills <https://wedolisten.org/home#no-hide>





Questions or Comments?

KScardamalia@som.umaryland.edu





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Please Share Your Feedback!

Evaluation

