Systematizing Social-Emotional Learning and Leveraging Mental Health Partners to Meet Student Needs

Johanna Parra, M.A., P.P.S. OCDE
Lina Bender, Ed.S. OCDE

For PowerPoint and additional handouts: https://tinyurl.com/ycw6jg8z
Agenda

○ What is SEL and how does it relate to Mental Health
○ How to systematize SEL in an MTSS framework and engage community partners in this work
○ Evidence-based Resources

Norms

○ Be present for new learning
○ Participate
○ Think about your “take back”
Let’s put the **SOCIAL** in **Social Emotional Learning**...
What did you notice about your social skills or your partner’s that facilitated that interaction?
Bridging the gap between Mental Health and Social Emotional Learning

...and how does it relate to the whole child?
Social-Emotional Learning

- Behavior
- Mental Health
- Academics
- College & Career
11:1 return on investment

11% academic gains

93% of teachers believe teaching SEL is very or fairly important
EMPLOYERS IDENTIFY TOP 5 JOB SKILLS

- Ability & Willingness to Learn: 83%
- Critical Thinking & Problem Solving: 82%
- Ability to Analyze & Synthesize New Skills: 77%
- Collaboration / Team Work Skills: 70%
- Interpersonal Communication: 69%
- Subject Matter Expertise: 55%
- Ability to Develop a Strategic Plan & Implement It: 53%
- Software Skills & Business Processes: 43%
- Project Management: 41%
- Social Media & Online Communication Skills: 32%

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- Interpersonal Communication: 83%
- Critical Thinking & Problem Solving: 83%
- Ability to Develop a Strategic Plan & Implement It: 80%
- Social Media & Online Communication Skills: 79%

LOS ANGELES

- The Ability to Analyze & Synthesize Information: 63%
- Project Management: 43%
- Subject Matter Expertise: 42%
- Software Skills & Business Processes: 34%

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- Collaboration / Team Work Skills: 29%
- Social Media & Online Communication Skills: 29%
- The Ability to Analyze & Synthesize Information: 21%
- The Ability to Develop a Strategic Plan & Implement It: 17%
What is Mental Health

The **successful functioning** that results in:

- Productive activities
- Fulfilling relationships with others
- Ability to adapt to change
- Ability to cope with adversity
What is Social-Emotional Learning

The process through which children and adults learn the ability to:

- Behave ethically, respectfully & responsibly
- Demonstrate care/concern for others
- Develop positive relationships
- Fulfilling relationships with others
- Make good decisions
- Ability to adapt to change
- Recognize and manage emotions
- Ability to cope with adversity
Mental Health Facts
CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹

- 20% of youth ages 13-18 live a with mental health condition¹
- 11% of youth have a mood disorder¹
- 10% of youth have a behavior or conduct disorder¹
- 8% of youth have an anxiety disorder¹
Impact

50% 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs The average delay between onset of symptoms and intervention is 8-10 years.¹

37% 37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70% 70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹

90% 90% of those who died by suicide had an underlying mental illness.¹
Optimal Mental Health

Optimal Mental Health with Mental Illness

Optimal Mental Health without Mental Illness

Serious Mental Illness

No Symptoms of Mental Illness

Poor Mental Health with Mental Illness

Poor Mental Health without a Mental Illness

Triggers for Poor Mental Health

Life Stressors

Increase social, emotional, behavioral and psychological risks.

Difficulty focusing, assimilating information, staying on task and controlling behavior.

Academic/behavior problems and poor perception of school climate and safety.
Now think of the opposite, of a time when you were reaching more optimal Mental Health.

What were the events occurring?

How were your actions different? Performance? Relationships?
A look at how different a student’s experience could be.

https://www.youtube.com/watch?v=VxyywShewI
Social and Emotional Learning
What is SEL and why is it important?

SEL is the process for children and adults to learn

**Self**
- Recognize and manage emotion.

**Others**
- Demonstrate care and concern and form positive relationships.

**Actions**
- Making good decisions and behaving ethically, respectfully, and responsibly.
CASEL’s School-Wide SEL Framework
Support for SEL

Student gains:

- Social-Emotional skills
- Improved attitudes about self, others, and school
- Positive classroom environment
- 11 percentile-point gain on standardized achievement tests

Reduced risks:

- Conduct problems
- Aggressive behavior
- Emotional distress

How to systematize SEL...

...by partnering with community resources and using a Multi-Tiered System of Support (MTSS) framework
Multi-Tiered Logic

- Few Students
- Some Students
- All Students
- Intensified Support
- Additional Support
- Universal Support
Thoughts on Tier 1

- Information and Teaching for ALL
- Effort for Prevention
- Teaching and Data
- Integrated
- ALL
Thoughts on Tier 2

- Learning Targeted Skills
- Data to Match Intervention to Need
- Improve Skills
- Some
- Work around Core
Thoughts on Tier 3

- Individualized Interventions
- Reduce Intensity/Frequency & Improve Q of L
- Connect Student to Interventions/Frequent Data
- FEW
- Meets the Student’s Need

Reduce Intensity/Frequency & Improve Q of L
Potential Barriers

Perceptions
Funding
Time
How do I build strategic partnerships so I don't have to do it alone?
Building My Network of Resources:

It’s about who you know
Building Relationships
What’s in my local area
What county resources are available
Other ways to find connections
Things to Consider

- Language – academic focus versus mental health focus
- Any district policies to consider?
- Confidentiality: HIPAA vs Ferpa
- Building relationships takes time
Plan Ahead for Potential Roadblocks

- Working in silos
- Possible Competition
- Space issues
- Lack of communication
- Need for continued relationship-building
- Need for ambiguity
- Accountability
What resources are available? ...and where do I begin?
Tools and Resources for Implementation

- Orange County Health Care Agency - Behavioral Health
  - [https://media.ocgov.com/gov/health/bhs/about/pi/outreach/default.asp](https://media.ocgov.com/gov/health/bhs/about/pi/outreach/default.asp)

- CASEL
  - [www.CASEL.org](https://www.CASEL.org)

- California SUMS Initiative
  - [www.OCDE.US/SUMS.org](https://www.OCDE.US/SUMS.org)

- SWIFT
  - [www.SwiftSchools.org](https://www.SwiftSchools.org)
Next steps to consider:

- Examine your capacity to support SEL on your campus.
- Educate other stakeholders on the importance of SEL and its benefits.
- Identify your resources.
Tell us what else you need: https://goo.gl/DZqYDc

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- Johanna Parra
  jparra@ocde.us

- Lina Bender
  lbender@ocde.us