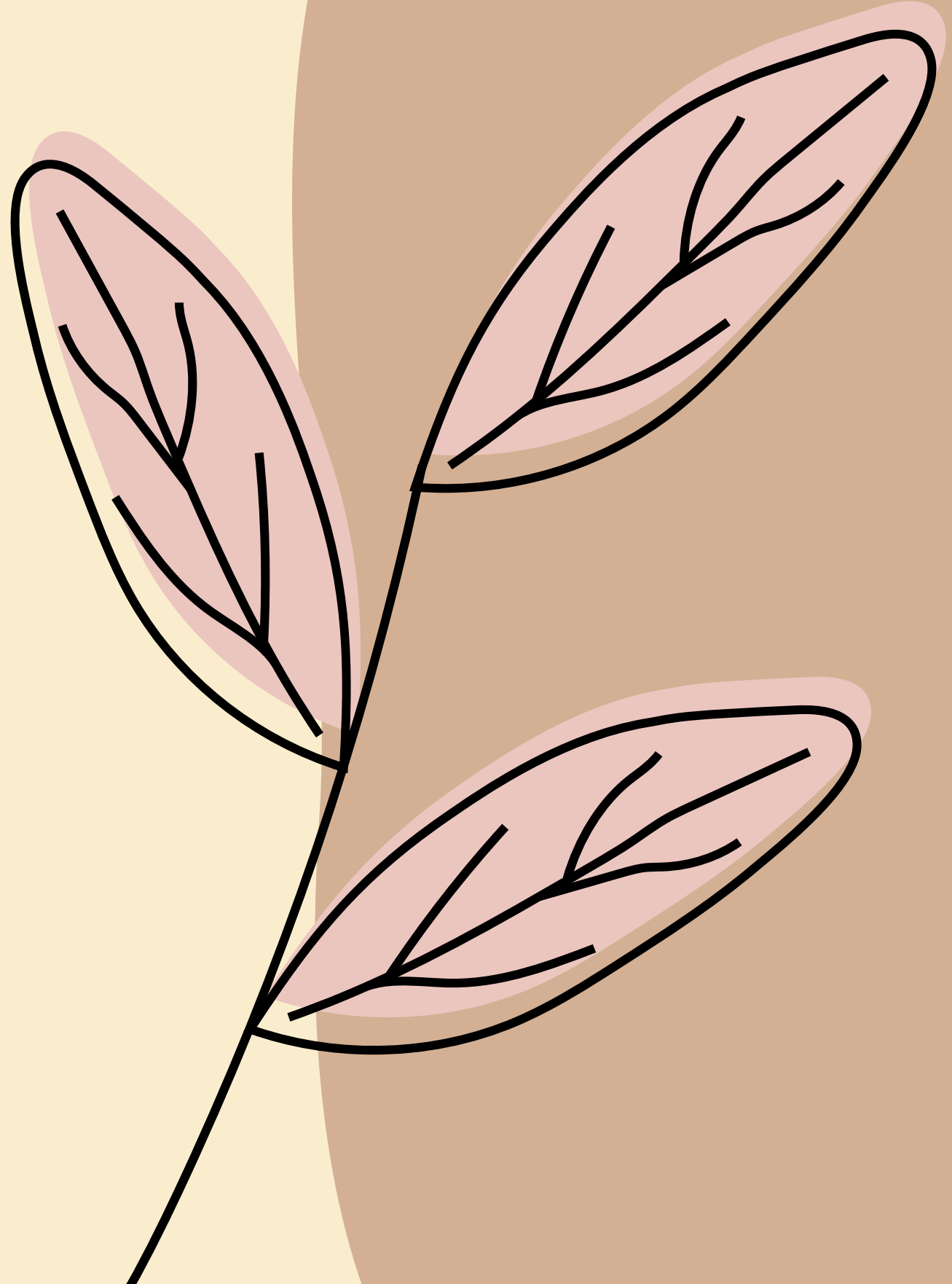


Social Emotional Learning

Stephanie Tichelaar, M.Ed., MS., LMHCA
Manson Elementary School

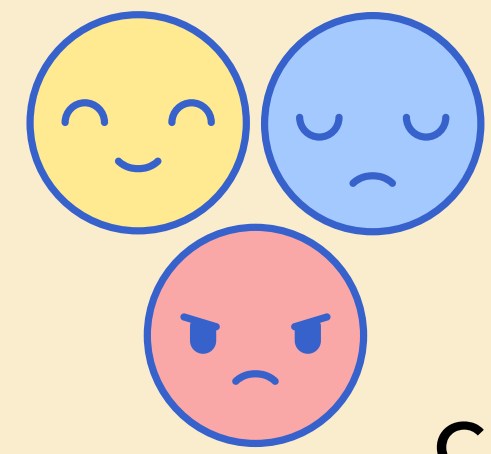


SEL VS Mental Health



- Erroneous assumption that SEL programming directly addresses mental health and emotional needs of students
 - **Only partially true**
- SEL can promote positive mental health in many ways
 - **By promoting responsive relationships, emotionally safe environments, and skills development, SEL cultivates important “protective factors” to buffer against mental health risks.**
- Certified School Counselors are experts in Social Emotional Learning
 - **But a Licensed Mental Health counselor is needed to meet the needs of students that are struggling with (developing) mental health conditions. SEL is not a substitute for treatment.**





SEL at Manson Elementary



Classroom Guidance Lessons

- **Over 140** SEL lessons have been taught so far by the school counselor in K-5 classrooms
- Character Education (Manson PRIDE)
- Social Skills, Emotion Regulation, Coping Skills, Problem-Solving / Conflict Resolution, Personal Space, Friendship Skills, Growth Mindset, and more
- OSPI SEL Competencies & Benchmarks

(Evidence-Based) Programs

- The Zones of Regulation
- Centervention
- Kelso's Choice
- The MindUp Curriculum
- Owning Up Curriculum
- Harmony SEL
- RULER
- Move This World
- Big Life Journal



*Individual and Small Group Counseling





Mental Health at Manson Elementary



Across America:

- "Mental Health Crisis" among young people according to U.S. Surgeon General
- Suicidal behaviors and suicide rates increased by 57%
- ADHD, Depression, and Anxiety are the most common mental health disorders

Manson Elementary:

- Mental Health Data is difficult to measure
- Increase in depression, anxiety, and social/behavioral challenges
- Individual Counseling utilizes various theories/therapies, for example: Cognitive Behavioral Therapy (CBT), Psychoanalytic Theory, Adlerian Play Therapy, Family Systems Therapy



Data

Districts must be **highly systematic** in collecting SEL and mental health data on students. To this end, it is **critical** that districts have the **capabilities** to house these data in a secure fashion; analyze longitudinal trends across the district, schools, and individual students; deploy early warning systems; and triangulate **multiple of measures of data** (e.g., SEL, mental health, attendance, grades, test scores, climate, bullying) to develop a **whole child perspective**.



CEE Student Universal Wellness Screener

Interactive data stored in one place.



CSCP Assessments

Needs Assessment, Pre- and Post Assessments, Program Assessment, Annual Results Report.





Conclusion

- SEL needs are addressed and mental health is bolstered through a Multi-Tiered System of Support (MTSS)
- CSCP assessment data guides teaching and learning, and informs Multi-Tiered Supports
- Trauma-sensitive practices
- Right programs and supports in place
- Manson Elementary students are doing really well!



Thank You

For questions, please reach out to Stephanie
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