

## Action Group A

# Social Emotional Health and Wellness

## Social Emotional Health and Wellness

Addressing the mental health and social-emotional development of all students, staff and community by following best practices in the areas:

- School-based mental health services
- Behavioral support systems and services
- Family engagement and support practices
- Staff supports
- Maintaining student and staff recognitions, awards and traditions
- Other key systems and supports

## District Social-Emotional & Behavioral (SEB) Team

- Develop a diverse district level social-emotional & behavioral team (SEB) to prevent and respond to learner needs
- Build capacity by supporting site-level SEB teams under the framework of MTSS
- Continue to utilize current systems of support and adjust when needed
- Ensure equitable access for all by delivering opportunities across multiple modalities
- Utilize assessment tools for universal screening

- [Stronger Together: CDE Guidelines for Re-opening schools \(p.32 - 36 on SEL and Mental Health\)](#)
- [CDE SEL](#)
- [School-wide Guide to CASEL](#)
- [CASEL 3 Signature Practices Playbook](#)
- [Countering COVID stigma and Racism](#)
- [Reunite, Renew, and Thrive SEL Roadmap](#)
- [CDC Healthy Schools: Social Emotional Climate](#)
- [CDE Stronger Together: Social Emotional Learning](#)

- Katie Turner
- Patricia Pena

- [SEL/MTSS Pyramid](#)
- [SEL Action Team Commercial](#)
- [MTSS during Distance Learning](#)
- [Behavioral and Social-emotional services flow chart](#)
- [Mental Health Referral Process](#)
- [MOU with MCOE](#)
- [SEL Padlet](#)
- De-escalation, disengagement and restraint training through [CPI](#) or [QBS](#) by trained district staff
- [DRAFT 2020-2021 Social-emotional Staff Map](#)
- Youth Mental Health First Aid Training for District Mental Health Leads
- [SEL Timeline for 2020-2021](#)

## Focus area: Learners

<ul style="list-style-type: none"> <li>● Provide equitable daily &amp; weekly SEL opportunities for all through curriculum and supplemental materials and activities</li> <li>● Provide tiered social-emotional and behavioral supports for learners in need             <ul style="list-style-type: none"> <li>○ Consultation with teacher/parent</li> <li>○ 1:1 or small group social-emotional support</li> <li>○ Implementation of behavior support plans/social-emotional plans</li> <li>○ Resources sent home</li> <li>○ Breakout room interventions</li> <li>○ Progress monitoring</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● <a href="#">Maslow before Bloom</a></li> <li>● <a href="#">Second Step Remote Learning Guide &amp; Hybrid Guide</a></li> <li>● Second Step scope and sequence for <a href="#">early learners</a>, <a href="#">elementary</a>, and <a href="#">middle school</a></li> <li>● <a href="#">Second Step Middle School Advisory Guide</a></li> <li>● <a href="#">Suite 360</a></li> <li>● <a href="#">Why Try</a></li> <li>● <a href="#">MTSS (tiered supports)</a></li> <li>● <a href="#">Community Circles for Learners</a></li> <li>● <a href="#">Evidence-based Bullying Prevention</a></li> </ul>	<ul style="list-style-type: none"> <li>● BEST (Behavior &amp; Social/emotional team)</li> <li>● Consists of mental health, behavioral, and psychological staff</li> </ul>	<ul style="list-style-type: none"> <li>● <a href="#">NMCUSD Tiered Supports Sample</a></li> <li>● <a href="#">SAMPLE PRIDE lessons from High School</a></li> <li>● <a href="#">SAMPLE Choice Board Middle School</a></li> <li>● <a href="#">Elementary Behavior Matrix</a></li> <li>● <a href="#">Middle School Behavior Matrix</a></li> <li>● <a href="#">Learner's SEL website</a></li> <li>● <a href="#">NMCUSD Suicide Prevention and Intervention DRAFT</a> Jan 2021</li> </ul>
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## Focus area: Staff

<ul style="list-style-type: none"> <li>● Provide equitable daily &amp; weekly SEL opportunities for all staff through staff meetings, live wellness events, and community circles.</li> <li>● Provide tiered social-emotional supports for staff in need</li> <li>● Provide interactive and staff driven SEB professional development opportunities</li> </ul>	<ul style="list-style-type: none"> <li>● Employee Assistance Program</li> <li>● <a href="#">Support for Teachers Affected by Trauma</a></li> <li>● <a href="#">Second Step SEL for adults</a></li> </ul>	<p>Administrators and BEST</p>	<ul style="list-style-type: none"> <li>● <a href="#">SAMPLE Staff Resource Newsletter</a></li> <li>● <a href="#">SAMPLE Virtual Office High School</a></li> <li>● <a href="#">SAMPLE Virtual Office Elementary</a></li> <li>● <a href="#">Staff SEL website</a></li> </ul>
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## Focus area: Families & Community

<ul style="list-style-type: none"> <li>• Provide equitable tiered social-emotional learning &amp; positive behavioral supports.</li> <li>• Ensure community and family voice is sought out, represented, and utilized to guide future directions.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">CASEL Caregiver Guide (English)</a></li> <li>• <a href="#">CASEL Caregiver Guide (Spanish)</a></li> <li>• <a href="#">CASEL Ideas and Tools for Working with Parents and Families</a></li> <li>• <a href="#">CDE Family Engagement Toolkit</a></li> </ul>	<ul style="list-style-type: none"> <li>• Family Mini team</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">NMCUSD Parent resources</a></li> <li>• <a href="#">Referral to Family Resource Center (FRC)</a></li> <li>• <a href="#">Family SEL website</a></li> <li>• CASEL parenting series <a href="#">SAMPLE</a></li> <li>• <a href="#">Positive Discipline Parenting Series</a></li> <li>• <a href="#">Adult Ed Parenting Series</a></li> </ul>
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## Focus area: Ongoing evaluation through data collection

<ul style="list-style-type: none"> <li>• Utilize various data points at every level (class, school, &amp; district) to evaluate progress and guide decision making</li> </ul>	<p><a href="#">FIA</a>  <a href="#">CASEL Assessment TFI</a>  <a href="#">CHKS ASQ-3 and ASQ-SE</a>          (Early Years 0-5)  <a href="#">DESSA</a>          (Elementary)  <a href="#">Suite 360</a>          (Secondary)</p>	<ul style="list-style-type: none"> <li>• District Team &amp; Site-based Tier 1 team</li> </ul>	<ul style="list-style-type: none"> <li>• Staff surveys</li> <li>• Parent Surveys</li> <li>• Student Surveys</li> <li>• Student Screeners</li> <li>• <a href="#">Behavioral data</a></li> <li>• Attendance data</li> <li>• Staff, parent, and student feedback</li> </ul>
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