BACK TO SCHOOL: BUILDING SEL OPPORTUNITIES

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MENTAL HEALTH AMERICA OF HAWAI‘I
Objectives

- Review statistics on social-emotional learning and mental health for school aged children
- Discuss building social-emotional learning opportunities in school systems
- Identify possible partnerships for creating more social-emotional learning in the community, highlighting partnerships currently in place with Mental Health America of Hawai‘i
- Review resources for social-emotional learning including book recommendations
TELL ME AND I FORGET.
TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN.

BENJAMIN FRANKLIN
What is Social Emotional Learning?

Process through which an individual acquires and applies knowledge and skills to develop a healthy identity and includes emotional regulation, empathy, interpersonal skills, and intrapersonal skills. SEL is a part of positive mental health.

https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/
Key SEL Competencies

Collaborative to Advance Social and Emotional Learning (CASEL)

- Awareness of Self and Others
  - Awareness and management of feelings
  - Constructive sense of self
  - Perspective taking

- Positive Attitudes and Values
  - Personal Responsibility
  - Respect for others
  - Social Responsibility

- Responsible Decision Making
  - Problem Identification
  - Social Norm Analysis
  - Adaptive Goal Setting
  - Problem Solving

- Social Interaction Skills
  - Active Listening
  - Expressive Communication
  - Cooperation
  - Negotiation
  - Refusal
  - Help Seeking

SEL PROGRAMS

- Help individuals learn to manage stress and depression
- Result in improved classroom behavior
- Improve attitudes about self, others, and school

http://www.casel.org/social-and-emotional-learning/
• 9% decrease in conduct problems, such as classroom misbehavior and aggression
• 10% decrease in emotional distress, such as anxiety and depression
• 9% improvement in attitudes about self, others, and school
• 23% improvement in social and emotional skills
• 9% improvement in school and classroom behavior
• 11% improvement in achievement test scores.

The CASEL Wheel

https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/
SEL TIPS

PARENTS AND GUARDIANS AT HOME

- Take care of yourself
- Be a good listener
- Model the behavior you want to see
- Nurture child's self-esteem
- Respect differences
- Praise effort instead of ability
- Discuss relationships and friendships
- Help child maintain their physical health

TEACHERS AT SCHOOL
PARENTS AND GUARDIANS AT HOME

TEACHERS AT SCHOOL

- Start the day with a student check-in
- Create opportunities for partner and group work
- Nurture a culture of kindness
- Build social-emotional vocabulary
- Include reflective writing
- Incorporate a "calm-down corner"
- Allow time for talking
- Teach mindfulness
- Encourage expression through art
- Teach kids to work towards a common goal

SEL TIPS
SEL OPPORTUNITIES

HAWAII PUBLIC LIBRARY

KAISER PERMANENTE
RISE PROGRAM

PBS PUBLIC BROADCASTING SERVICE

COMMUNITY TRAININGS

Mental Health America of Hawai’i
Two Maui Libraries offer Family Book Discussion Kits

Spark meaningful family conversations by reading books together that nurture self-love, foster empathy, and empower children to make their voices heard! The Conscious Child: Family […]

Hawaii State Public Library System / Feb 4
BOOK RECOMMENDATIONS

AGES 4 - 7:
IDENTITY & BELONGING
- Ho'Onani: Hula Warrior by Heather Gale
- Suwe by Lupita Nyong'o
- Where Are You From? by Yamile Saied Méndez
- Your Name is a Song by Jamilah Thompkins-Bigelow

IMMIGRATION & REFUGEES
- Dreamers by Yuyi Morales
- The Most Beautiful Thing by Kao Kalia Yang
- Nana Akua Goes to School by Tricia Sim Bakkar
- What is a Refugee? by Elsa Gravel

JOY & SELF-LOVE
- Eyes That Kiss in the Corners by Joanna Ho
- Just Ask: Be Different, Be Brave, Be You by Sorita Sotomayor
- My Papi Has a Motorcycle by Isabel Quintero
- Under My Hijab by Jena Khan

SOLIDARITY & ACTIVISM
- Black Is a Rainbow Color by Angela Joy
- Let the Children March by Monica Clark-Robinson
- We Are Water Protectors by Carole Lindstrom
- Tonia's Rain Forest by Juana Martinez-Neal
RISE Program

Resilience in School Environments, Index:

- newest program
- 3 participating schools in Honolulu County (in selection process)
- tool for assessment, prioritization, and planning for activities that promote SEL for staff and students
- goals are to increase job satisfaction for staff, improve connection in school community, increase SEL skills, and increase mental health support
"HIKI NŌ is the first and only weekly student news show with a statewide network of schools. Under their teachers' guidance, students from over 80 public, private and charter schools from across the islands share stories from their communities to Hawaiʻi and the world."
MHAH TRAININGS
KEIKI SELF-CARE

TEACH EMOTION NAMES
- Brave
- Cheerful
- Bored
- Confused
- Surprised
- Curious
- Proud
- Frustrated
- Silly

Bubble Breathing

YOUTH SUICIDE & BULLYING PREVENTION

SELF-CARE: PEOPLE
- Friends, Peers, Classmates
- Family
- Teachers, Counselors, Coaches
- Doctors, Mental Health Professionals
- Faith/Religious Leaders

SELF-CARE: ACTIVITIES
- Music, Movies, Art
- Cooking, Baking, Eating
- Physical Activities
- Rest, Relaxation, SLEEP
- Have some “me” time
- Breathing and Meditation
2022 Mental Health Trainings

**WORK**
Live Your Life Well, Addressing Anxiety and Stress for Direct Service Providers, Waiting for Change: A Direct Service Providers Guide to Self-Care and Grief Literacy

**HOME**
Tips & Strategies for Surviving and Thriving, Managing Complex Emotions in a Complex World, A Practice in Coping Skills

**HEALING**
Healing & Grief, Brief Review of Trauma Informed Care, Healing Gardens: How to De-Stress
SEL OPPORTUNITIES

Classroom, Schools, After School Programs

Community Partners, Non-profits

Families, Guardians, Community Members

Creative Partnerships
After School Programs
APP Recommendations

BREATHE THINK DO WITH SESAME STREET

USES THE CASEL APPROACH

MEDITATION & MINDFULNESS
Crisis Resources
NO SHAME GET HELP
Healing is always possible

noshamegethelp.org

TALKING ABOUT MENTAL HEALTH IS HARD

Create a Safety Plan
A Safety Plan is a list of things to help reduce a person's risk of suicide. This is a tool to help those who struggle with suicidal thoughts or thoughts about harming themselves and help them survive.

Self-Care
When we are stressed, we may experience symptoms of anxiety, worry, and/or withdrawal, and we may even start taking actions to escape the stressful feelings. That is why it's so important to practice self-care.

Finding Help
Mental Health America of Hawaii offers the only comprehensive directory of human services in the state. Browse the directory to find services that are helpful to you. You may even find resources that you didn't know existed.

Read More >
Read More >
Read More >
M a h a l o!

mentalhealthhawaii.org

1136 Union Mall #208
Honolulu, HI 96813

808-521-1846 (Oahu)
808-242-6461 (Maui)

Screenings: