

Addressing the Mental Health Crisis for MNSAA

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1

Mental Health Crisis: Students

- **1 in 5 < Pandemic > 1 in 3**
- **Only about 38% get help**
- **Vast majority get ONLY what is available in school**
- ~ 45,000 students in MN have no counselor in non-public schools

Mental Health Crisis: Adults

COVID worsened mental health in Adults

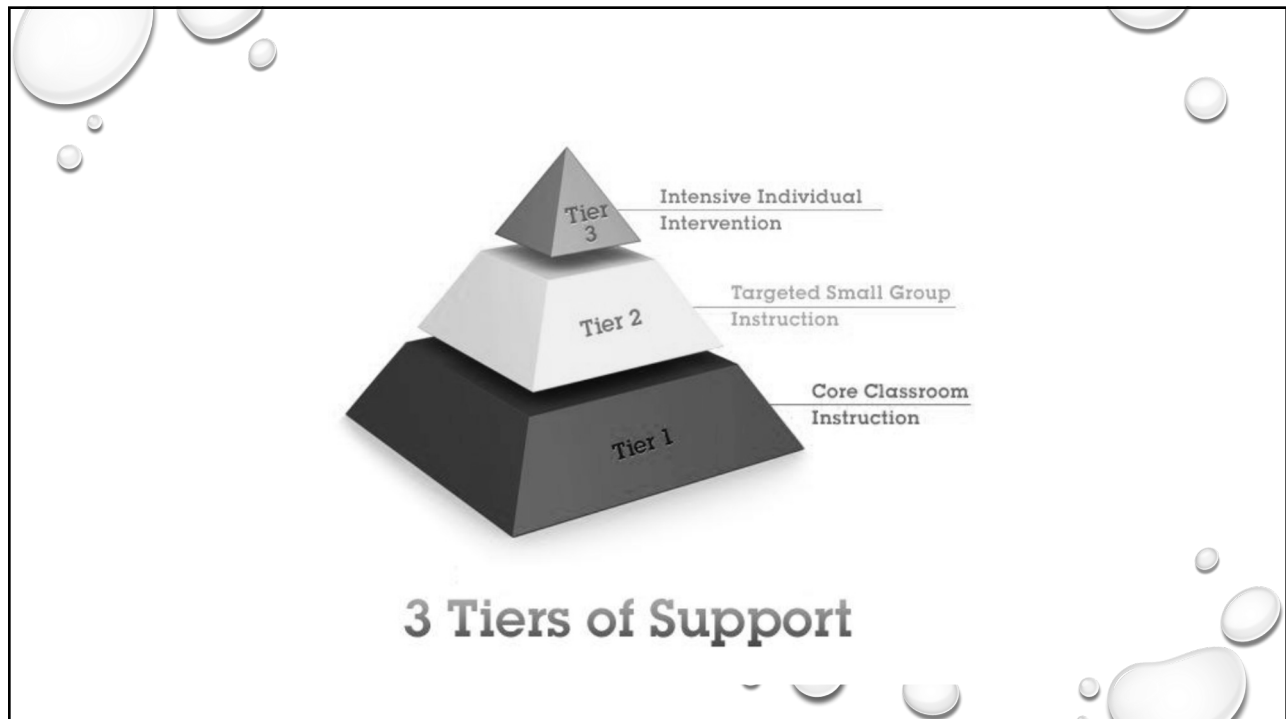
- CDC reports 31% reported anxiety or depression
- 13% reported increased substance abuse
- 11% reported increase thoughts of suicide
- Increased eating disorders
- Increased OCD symptoms

2

Addressing the Mental Health Crisis

- **Starts with ADULT mental health**
- **Best delivered in MTSS**
 - **Universal**
 - **Secondary**
 - **Tertiary**

3



4

Effects of SEL (EBRs) Intervention

- Decreased anxiety
- Decreased depression
- Improved behavior
- Improved wellbeing
- Higher academic achievement
- Best predictor of outcomes in school and in life

(Source: CASEL.org)

Social and
Emotional
Learning as a
Multi-tiered
System of Support
to Address Mental
Health Crisis

5

We MUST start with Adults: 4 Components

- Establish the **Importance**: SEL is not “extra”, these are essential for ALL
- Make it **Intentional**: Build time for connection and individual outreach
- Encourage **Self Reflection**: Programming for learning about self
- This is for **Everyone**: Not just teachers

6

Examples of Practices to Promote 4 Components

- **Importance:** Adult SEL Skills directly impacts student performance.
- Leader SEL Skills impact employee performance, job satisfaction, burnout, longevity.
 - Talk about it often, relate activities to the 5 areas of competencies by making concrete connections, using common language
 - Get good at leading by example



7

Examples of Practices to Promote 4 Components

- **Intentional:** Will an average person know that you are promoting adult and child SEL? What are some examples?
- Examples:
- Leaders and Teachers use Nurtured Heart Approach with Students and staff
 - Absolutely Yes
 - Absolutely No
 - Absolutely Clear
 - Kudos boards in break room
 - Sunshine committee
 - GOAT
 - Signs up all around school celebrating success of educators
 - Ask local businesses to celebrate or reward teachers
 - Ask families to highlight, send notes, celebrate teacher more often than just "appreciation" week
 - Rituals of connection in our day/meetings
 - Expressing gratitude
 - Assessing school climate for educators
 - What is hanging on the walls in the halls and common areas?

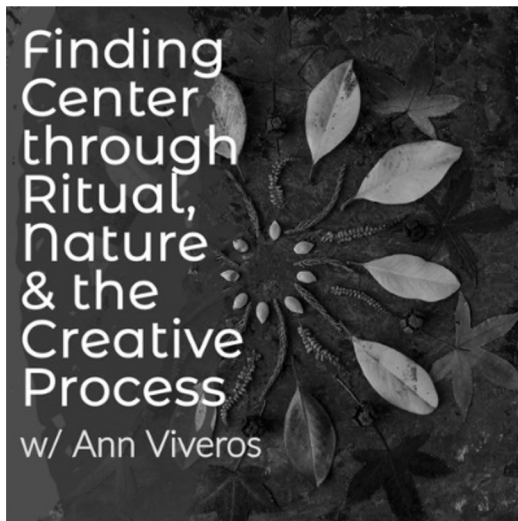
8

Examples of Practices to Promote 4 Components

- **Self-Reflection**
allow time and dedicate resources to helping staff grow through self-reflection and personal development opportunities

- Personal development opportunities like mindfulness for educators, art classes, gardening and nature classes, cooking classes, personal training, coaching, health and wellness
- Apps for mental health intervention
- Share-a-talent event where staff or parents volunteer to teach each other a skill
- Book study on a FUN book that isn't aimed at professional development
- Common place for people to share their "mantras" or prayers used in challenging times
- Teaching and learning about being your own observer, model this
- Bring your family heritage to school

9



Wisdom Ways
St. Paul, MN
October 1, 2022 | 10 -12:30



Mandala Making
ISD 191 Burnsville, Eagan, Savage
September 27 2022 | 6:00 - 8:00

10



11

Examples of Practices to Promote 4 Components

- **Everyone**
all employees know the 5 areas of competencies and what we are working on for students and for ourselves
- Nurtured Heart Strategies for all staff
- Use common language around 5 competencies
- In looking at a "problem" behavior, practice seeing what "isn't going wrong" that could be
- Thinking of ourselves/ our students as a person who "used to have a problem with" and highlighting the baby steps

12

Research Outcomes Over the past 20 years

- **SEL strategies have positive outcomes for academic social/emotional, and behavioral performance**
- **Teachers are the best “deliverers” of this teaching (integrated into curriculum) and they also WANT more of this**
- **Great ROI 11:1**
- **SEL skills predict better outcomes inside and OUTSIDE of school (criminal activity, drug use)**

(Source: CASEL.org)

13

MTSS Systems Contain



SCREENING



MULTITIERED
INTERVENTIONS



MONITORING
PROGRESS



DECISION
MAKING

14

Examples: Universal Intervention/Prevention

- Parent education/training opportunities
- Climate and culture of school
- Diversity, Equity, Inclusion
- Trauma-informed teaching
- Mindful practices
- Culturally responsive teaching
- Co-regulation
- Adult SEL
- Emotional Intelligence
- Restorative discipline
- Screeners for mental health, suicidality, SEL skills

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15

Examples: Secondary Intervention

- Teachers feel valued – programming on purpose
- Curriculum for students
- Web delivered classes
- Small groups – lunch bunch
- Student support team
- Clubs to support wellness
- Speakers and activities
- Student-led initiatives
- Tootling

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16

Tertiary: Examples Intervention

- 1:1 counselor meetings
- School-based mental health providers
- Individualized accommodations
- Progress monitoring with assessment
- Partnering with outside providers
- Services/individual consultation with parents

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17

Look for these 10 indicators of schoolwide SEL as evidence of high-quality, systemic implementation:



Explicit SEL instruction



SEL integrated with academic instruction



Youth voice and engagement



Supportive school and classroom climates



Focus on adult SEL



Supportive discipline



A continuum of integrated supports



Authentic family partnerships




Aligned community partnerships



Systems for continuous improvement

18

CLASSROOM		Explicit SEL instruction	Students have consistent opportunities to cultivate, practice, and reflect on social and emotional competencies in ways that are developmentally appropriate and culturally responsive.
		SEL integrated with academic instruction	SEL objectives are integrated into instructional content and teaching strategies for academics as well as music, art, and physical education.
		Youth voice and engagement	Staff honor and elevate a broad range of student perspectives and experiences by engaging students as leaders, problem solvers, and decision-makers.
SCHOOL		Supportive school and classroom climates	Schoolwide and classroom learning environments are supportive, culturally responsive, and focused on building relationships and community.
		Focus on adult SEL	Staff have regular opportunities to cultivate their own social, emotional, and cultural competence, collaborate with one another, build trusting relationships, and maintain a strong community.
		Supportive discipline	Discipline policies and practices are instructive, restorative, developmentally appropriate, and equitably applied.
COMMUNITY		A continuum of integrated supports	SEL is seamlessly integrated into a continuum of academic and behavioral supports, which are available to ensure that all student needs are met.
		Authentic family partnerships	Families and school staff have regular and meaningful opportunities to build relationships and collaborate to support students' social, emotional, and academic development.
		Aligned community partnerships	School staff and community partners align on common language, strategies, and communication around all SEL-related efforts and initiatives, including out-of-school time.
		Systems for continuous improvement	Implementation and outcome data are collected and used to continuously improve all SEL-related systems, practices, and policies with a focus on equity.

19

Resources

- Start with Adult SEL <https://www.techlearning.com/how-to/sel-for-educators-4-best-practices>
- Indicators of schoolwide SEL <https://schoolguide.casel.org/what-is-sel/indicators-of-schoolwide-sel/>
- InspirED from Yale Center for Emotional Intelligence
- Be Good People (free online curriculum)
- Lions Quest (curriculum)
- Casel.org (for other curriculum and all things SEL)
- Apps
 - Wysa (CBT)
 - Youper (CBT)
 - Headspace
 - Calm
 - Super stretch (lower elementary)

20