



Social-Emotional Learning Update

October 21st, 2021



SEL Programming Updates

- All 9 Adjustment Counselor positions have been filled. Our counselors have:
 - A broad range of professional experiences working with school-aged children with a variety of presenting challenges (e.g., trauma, depression, anxiety).
 - Training and commitment to supporting equity.
 - Expertise working within multidisciplinary teams.
 - **Expertise working with and collaborating with families.**
- Thus far, our adjustment counselors have been able to support over 160 children through individual counseling, group counseling, and impromptu support (e.g. crisis response).
 - **All students have the ability to access adjustment counselors.**

SEL Programming Updates

- School counselors are providing Tier 1 (classroom-based) and small group SEL instruction.
 - Emotional identification
 - Emotional regulation/Stress management
 - Healthy relationships
 - Cyber safety
 - Healthy decision making
 - Social skills
- School counselor is first point of contact for educators and caregivers when they are concerned about a student.

SEL Programming Update

- Continued investment in building relationships and supportive communities.
 - Ongoing professional development, technical assistance, and resources.
- Ongoing collaboration between OSS, OTL, and the Office of Equity.
 - Equity and SEL Minute
 - Supporting engagement in teaching practices that will support equitable learning experiences and outcomes for all students.
- Ongoing collaboration with METCO, STS, GSA, ELE.



SEL Programming Updates

- [School Counseling Website](#)
- BEEP, METCO, and STS are implementing Second Step
- Fall Universal Screening to start next week

Student Mental Health

- Prior to March 2020, we saw increasing levels of mental health symptoms and mental health diagnoses in children and adolescents.
- Early and emerging research indicates that the pandemic has had a significant and adverse impact on the mental health of many children.
 - Most common experiences are worry, fear, stress, sadness, and loneliness.
- We know that many students are continuing to experience challenging emotions
 - Challenging emotions can interfere with engagement