

PUBLIC SCHOOLS of
BROOKLINE



DESE Mental Health and SEL Grant

6/7/2022

Highlights

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BROOKLINE



In February, PSB was awarded a competitive \$150,000 Mental Health and SEL Grant from DESE

- Supporting Students' Social Emotional Learning, Behavioral & Mental Health, and Wellness through Multi-Tiered Systems of Support

The grant will allow us to invest in curriculum and educator PD to strengthen our:

- Preventative and promotion (Tier 1) supports
- Targeted (Tier 2) mental health interventions.

Grant Overview

Tier 1

K to 8 educators will have the opportunity to receive training in, **pilot**, and evaluate three separate universal SEL curriculum.

- Second Step (K to 5)
- Harmony (K to 5)
- MindUp (K to 8)
- Lion's Quest (6 to 8)
- Merrell's Strong Kids (6 to 8)

Tier 2

Clinical staff will have the opportunity to receive training in, implement, and evaluate a number of manualized group treatments.

- **Coping Cat** (Anxiety)
- **Skillstreaming** (Social Skills)
- **Social Skills Improvement System - Intervention Guide** (Social Skills)
- **Keeping Your Cool** (Anger)

Grant Structure

Professional Development and Evaluation

- Each week, educators meet to:
 - Receive professional development in an SEL-related area (e.g., supporting self-efficacy).
 - Evaluate recently completed lessons.
 - Collaborate and plan for future SEL lessons.
- All meetings are recorded to facilitate asynchronous participation.
- Educators also receive reimbursement for work done outside of meeting times.

Grant Updates

Participation in Tier 1

- 56 educators expressed interest in participating.
- 40 educators have participated in at least some portion of the grant.
 - Classroom teachers across grade bands and disciplines.
 - Special education teachers
 - Counselors
 - Psychologists
 - Specialists
 - All 8 elementary schools
- 35 educators have implemented lessons so far.
 - Second Step
 - MindUP
 - Lion's Quest

Grant Updates

Evaluation and Feedback

- After implementing lessons, educators provide feedback regarding usage.
- In general, educators are reporting that MindUP and Second Step are:
 - easy to implement
 - engaging
 - feasible for both planning and implementation
 - well matched to role.
 - adaptable to meet the needs of all learners.

Second Step has slightly higher scores on these indices (particularly related to ease of implementation).

Educator Feedback

“I think the lesson(s) worked well because I had two parent/teacher conferences the following day and both of the parents mentioned that their child talked about what they learned about the brain. One of the students actually has a hard time regulating his body and the lesson resonated with him. His mom said that he would give different scenarios and then ask his mom, "what part of the brain would you be using if..."

“This lesson also provided the time for kids to share what they do/did when they feel nervous, scared or frightened. I felt as though it was a powerful connecting experience for my students and me. “

“Quick, engaging prompts and activities. It is well organized and not a heavy lift for the teacher. Easy to implement with high reward. “

“Kids were super engaged and excited about the brain!”

Grant Updates

Training

- The Mental Health Collaborative (MHC) provided a 2-part Mental Health Literacy training on 4/29 and 5/6.
 - 80 educators registered for the event.
 - Feedback was overwhelmingly positive.

Grant Updates

Participation in Tier 2

- Clinical Teams in all 8 elementary schools have access to:
 - Coping Cat
 - Keeping Your Cool
 - Skillstreaming
 - Social Skills Intervention Guide

Next Steps

Over the last month of school

- Educators will continue to implement weekly lessons until the end of the school year
 - Harmony
 - Lion's Quest
- Counselors will continue to review and use resources to inform Tier 2 supports.

Next School Year

- We will apply for a continuation grant to include the work in to the 2022-2023 school year.

Goal

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- At the end of the grant, we hope to make recommendations regarding the Universal SEL curriculum and targeted Tier 2 interventions that educators would like to invest in.
 - This may result in targeted recommendations for each grade band.