

# SEL, WELLNESS & PREVENTION

## PROFESSIONAL LEARNING SUPPORT MENU

Social and Emotional Learning (SEL) skills are necessary in the current climate and beyond for both students and educators. ESCEO wellness and prevention support gives participants tools, resources, and strategies to establish learning environments that enhance students' overall growth. These support menu options cultivate educator resilience and promote mental health, allowing educators to model SEL competencies, manage stress, and reduce burnout. Consider how to enhance your district's upcoming professional development opportunities with the options listed below.

Title	Description	Contact Hours
Self Care for Educators	Identify the importance of self care and wellness, the cost of caring, and stress busting strategies. Evaluate your emotional health and develop an attainable plan for self care.	1
SEL for Educators (session 1 of 5) Examining Identity	Define the importance for educator social and emotional learning, examine evidence that supports the need for SEL , and be introduced to the high leverage practice of identity. This includes space to define values and pursue purpose, investigate privilege and power, and reflect on work style..	1
SEL for Educators (session 2 of 5) Exploring Emotions	Review the importance of adult SEL and examine the high leverage practice of exploring emotions; how to harness this as an educator and operationalize in your personal and professional life through labeling, recognizing physical reactions, and practicing responding rather than reaction.	1
SEL for Educators (session 3 of 5) Cultivating Compassionate Curiosity	Review the importance of adult SEL and examine the high leverage practice of compassionate curiosity by way of applying an asset based lens, listening with empathy and viewing behavior as communication.	1
SEL for Educators (session 4 of 5) Orienting Towards Optimism	Review the importance of adult SEL and examine the high leverage practice of compassionate curiosity; including recognizing the negativity bias, how to reframe and retrain the brain, and the importance of practicing gratitude.	1
SEL for Educators (session 5 of 5) Establishing Balance & Boundaries	Review the importance of adult SEL and examine the high leverage practice of balance and boundaries; understanding compassion fatigue, how to implement healthy habits, and the skills of asking for help and saying no.	1
Trauma Informed Social Emotional Learning	Taking the value of social emotional learning through a trauma informed lens, this session reviews the prevalence of adverse childhood experiences, what that means for educators, and how to operationalize strategies in the classroom that are supporting SEL.	1.5

*All offerings can be customized to meet your district initiatives, pacing, and schedule needs.*

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Trauma Informed Care for Educators: Resources and Responses	Attendees will engage in an interactive session aimed at reviewing trauma related concepts and guiding principles for strengthening your trauma informed school environment for the 2022-2023 school year. A collection of resources will be shared, along with guiding insights around preventing vicarious trauma, and intentional de-escalation techniques.	1.5
All Learning is Social and Emotional Book Study	Limited, free copies of the text <i>All Learning is Social and Emotional</i> , along with a structured overview of the key principles, this expanded examination of SEL competencies provides insights into best practice and seamless content integration, allowing SEL to not be separate, but intentionally integrated into all aspects of education.	varied
Checking in with Your Learners: Using SEL to Strengthen MTSS	Examining adult resilience and well being to support a strong school year, this course can be stand alone or a short series, aimed at making actionable the need for student belonging, intentional relationships, and weaving universal and tiered supports across academics and SEL. Full of tools and resources, this session(s) is ideal to help consider how SEL fits into your PBIS school plans.	1.5-3
<p>STARR Courses: Trauma Informed Resilient Schools</p> <p>Resetting for Resilience</p> <p>Healing Trauma &amp; Restoring Resilience in Schools</p>	<p>Teaches school professionals how to create trauma-informed schools and classrooms. Focuses on resilience, exploring the core values and beliefs of educators and places an emphasis on understanding how trauma impacts children and their school experience.</p> <p>Builds upon <i>Trauma-Informed Resilient Schools</i>, with a strong focus on understanding the link between a student's private logic and their academic achievement and behavior deficits in the Circle of Courage's universal needs.</p> <p>Takes participants deeper into the brain science of trauma and toxic stress, exploring the polyvagal theory, epigenetics, and the science of resilience. The content emphasizes the importance of hope when working with at-risk students.</p>	<p>6 each</p> <p><i>Sessions can be done over 1 full day or 2 consecutive half days</i></p>
Rebuild and Thrive: Strengthening PBIS and Schoolwide SEL	<p>The pandemic's long-term effects including academic learning loss continues to cause stress, affect emotional well-being and intensify mental health needs.</p> <p>Participants will unpack the ODE School Wellness Toolkit to assist educators and school leaders to be able to respond to these challenges for a strong start to the school year. Participants will engage in strategies and activities for relationship-building and reconnection. The session will also address strengthening your PBIS implementation and schoolwide social and emotional learning across all academic areas.</p>	2

All offerings can be customized to meet your district initiatives, pacing, and schedule needs. Reach out to the team if you're in need of Youth Mental Health First Aid training at no cost.