

SEB Things



A quarterly nugget of information about supporting Social, Emotional, & Behavioral Health for all of us. (SPRING, 2024)



"In the Spring, I have counted 136 different kinds of weather inside of 24 hours" (Mark Twain)

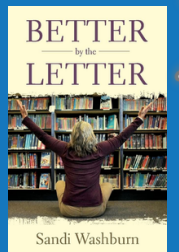
We hope you are enjoying all things Spring as we transition into longer and sunnier days. As always, please don't hesitate to reach out if you have questions or need an ear for all things Social, Emotional, and Behavioral Health. We have a team ready to support you!

DISTRICT HIGHLIGHT:

GREATER ALBANY PUBLIC SCHOOLS

In GAPS, Sandi Washburn has been advocating for staff wellness in various ways. Kids do better when we are well. According to Sandi, 'kids do what we do, not what we say. When the adults are able to model healthy practices, kids naturally pick them up.' In GAPS, wellness work began before the pandemic and still continues. Sandi creates a monthly calendar of wellness activities (and supporting documents) that go out across the district. At the end of the month, participants are invited to send a picture of their calendar or a little write up for what they've done. A random drawing then occurs to spread some additional joy to participants. Other activities include lead off mindfulness activities (5 minutes or less) at the beginning of trainings / meetings and a departmental weekly wellness session. Take a listen to this podcast, with OEA Grows, in which Sandi discusses educator burnout and highlights the focus of the work.

Sandi's Book!



DISTRICT HIGHLIGHT:

LINCOLN COUNTY SCHOOL DISTRICT: SAM CASE ELEMENTARY

In November, Lincoln County School District administrators, service coordinators, and counselors attended a districtwide Restorative Conference as part of their district commitment to integrate more restorative practices into their discipline systems. As a result, Sam Case Elementary is putting that training into action. They are the **first school in the district** to address bullying among their students by incorporating a restorative conference to repair harm to the involved parties. According to Assistant Principal Kirsten Buckmaster, they are starting small, with one incident, and will build from there. For more information on restorative practices in schools, the International Institute for Restorative Practices (IIRP) is a great resource. They have guides for implementation for practicing the foundations, facilitating circles, restorative conferencing, and large scale implementation. Additionally, they have resources for integration with other evidenced based strategies.

THINGS TO KNOW

MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH!

We all play active roles in caring for our own mental health, and can help positively influence the mental health of others. Here are some resources, share widely!

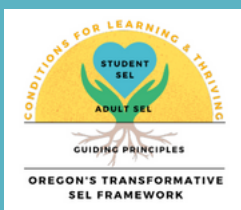
- [The Mental Health Awareness Toolkit from SAMHSA](#)
- [ODE Mental Health & Well-Being Resources](#)
- [Oregon & National Resources/Hotlines](#)
- [Say This, Not This: Speaking About Mental Health guide](#)
- [Time To Talk: Tips For Talking About Your Mental Health](#)
- Ending the Silence (Online, ZOOM)- Youth mental health presentations facilitated by individuals who have lived experience with mental health conditions brought to you by NAMI. Thursday, May 30th. [Register for Teen Presentation](#). [Register for Family Presentation](#)



Have you seen the latest "[Graphic Guide to Mental Health](#)"? In this manual, created for middle and high school students, [Let's Talk About It: A Graphic Guide To Mental Health](#) is a lively and educational 24-page comic book that destigmatizes the conversation around mental health. Created by mental health experts, educators and cartoonists, this comic provides knowledge and resources for students to help them be healthier and more resilient. [The Center for Cartoon Studies](#)

SPRING CALL TO ACTION FOR SCHOOLS: Resources for Suicide Prevention

In spring of each year, Oregon experiences an increase in youth suicide [attempts and deaths](#). To be clear, youth suicide is largely preventable and there are often signs. Schools hold immense power to recognize risk, create safety, and link students to lifesaving supports. Building a school culture of open, thoughtful conversation about mental health and encouraging help-seeking among students helps prevent suicide. With attention, support, good training and thoughtful measures, schools can increase protection and reduce the risk of suicide.



[Oregon's Transformative Social Emotional Learning Standards- Implementation Guide](#) is HERE! Are you looking for guidance on how best to approach the newly (in July) adopted TSEL Standards? According to [Kathleen Begeny-Johnson](#), LBL ESD SEB Coach, "it is a helpful framework as schools/districts move forward

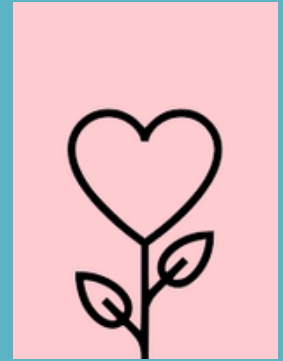
incorporating the TSEL standards. My two biggest take-aways from the document are the Implementation Stages (page 4) and the multiple links included which help expand understanding and knowledge of Transformative SEL." Please don't hesitate to reach out to our SEB Team for consultation and coaching as you move forward with this work!

THINGS TO DO

WHAT WILL YOUR FUTURE SELF THANK YOU FOR?

"People find clarity about the present by reflecting on the future," says consultant Dan Rockwell in [this Leadership Freak article](#). "They often know what they should or shouldn't do. They also find courage to take small steps toward their preferred future." He advises clients to imagine they are thriving at some point in the future and write a letter asking their present self these questions:

- What are you glad you did today?
- How much will this matter tomorrow? A month from now? Next year?
- What should you start doing? Keep doing? Stop doing?
- What next steps should you take?



PARENT / GUARDIAN RESOURCES for SEL: [Here is a helpful list of](#) information and resources to share with families. There is information for all ages readily available for free. Share widely! One of our favorite is the [Ford Foundation, SelectBooks](#). Their collection covers a wide variety of topics, including belonging and inclusion, community building, education, parenting and well-being. Many books are available in Spanish and, they have books for young readers.



CASEL's (Collaboration for Academics and Social Emotional Learning) four part webinar series is happening! [Leaders as Learners: Cultivating the Community](#) will unpack the topic of "adult SEL" by exploring the research, practices, and policy conditions that build supportive systems and adult capacity. Through 60-minute thought leadership conversations, they aim to share expertise that can strengthen your work, encourage new approaches, and leave you curious to learn more. It's FREE.



What do you need right now: centering and a sense of calm, or a boost of energy to get you through the work? Join John Hopkins University Peabody Institute faculty, Jen Graham, as she [leads you through a gentle movement series to promote mind-body connection and well-being](#). All you need is a little bit of time and a little bit of space. Find your favorites. Share with your colleagues. Practice together with your teams.

[The National Trauma-Focused Intern Training \(T-FIT\) for Counseling, Psychology, Social Work, and Other School Mental Health Trainees is a 9-module video series](#) designed for school-based clinical trainees that is divided into two separate courses: 1) Foundations of Trauma-Informed School Mental Health and 2) Trauma-Informed School Approaches, Classroom, and Counseling Supports. The series is available as an online certificate program. Both courses are now available and they are FREE too!

Have something cool that you want to highlight in relation to Social, Emotional, & Behavioral Health? **LET US KNOW!** Please email Maureen Stair at maureen.stair@lblesd.k12.or.us. We'd love to share your work with districts across our region. Our next newsletter will come out in the Fall.

THANK YOU,
MAUREEN

