

New Jersey Department of Education



Elementary and Secondary School Emergency Relief (ESSER) Roundtable Series

Social and Emotional Learning/Mental Health

New Jersey Department of Education

Division of Educational Services

March 22, 2023



Agenda



Housekeeping

Ms. Peggy Porche, Planning Associate
Office of the Executive Director/Deputy Assistant
Commissioner

Greetings/Welcome

Dr. A. Charles Wright,
Executive Director/Deputy Assistant Commissioner
Division of Educational Services

Social and Emotional Learning/Mental Health

Ms. Kelly Allen & Maurice Ingram, PsyD
Office of Student Support Services
Division of Educational Services

School Districts

Bridgeton Public Schools

Sparta Township Public Schools

Springfield Public Schools

Hardyston Township School District



Using Microsoft Teams



- **Chat**

- We welcome your participation in discussions by asking questions and adding comments in the chat box.

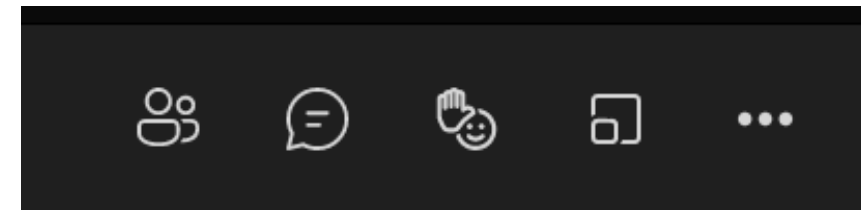
- **Raise Hand**

- Please use the raise hand feature if you want to speak.

- **Mute/Unmute**

- Please remain muted whenever you are not speaking.

Meeting Chat



Raise Hand



Greetings/Welcome

Dr. A. Charles Wright
Executive Director/Deputy Assistant Commissioner
Division of Educational Services





Social & Emotional Learning and Mental Health

Ms. Kelly Allen & Maurice Ingram, PsyD
Office of Student Support Services
Division of Educational Services





Social & Emotional Learning (SEL)





Social & Emotional Learning (SEL)



Social and emotional learning (SEL) is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes to:

- Develop **healthy identities**.
- Manage **emotions**.
- Achieve **personal and collective goals**.
- Feel and show **empathy for others**.
- Establish and maintain **supportive relationships**.
- Make **responsible and caring decisions**.

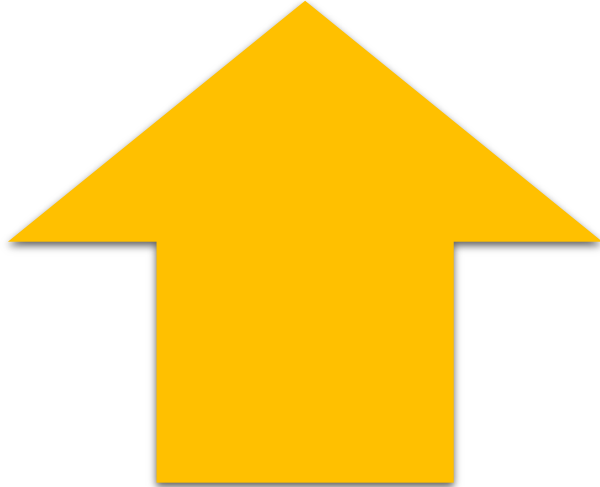
Source: Collaborative for Academic, Social, and Emotional Learning (CASEL)



SEL is Supported by Research



Increases



- Positive Attitudes
- Prosocial Behaviors
- Academic Achievement
- School Attendance & Connectedness
- Problem Solving Skills
- Student Readiness for the Workplace

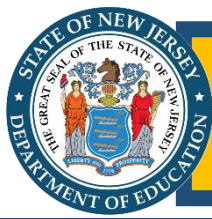
Decreases



- High-risk Behaviors (e.g., substance use)
- Conduct Problems
- Emotional Distress
- Involvement with Law Enforcement

Source: Durlak et al., 2011





New Jersey Social and Emotional Learning Competencies and Sub-Competencies



Self-Awareness

- Recognize one's feelings and thoughts
- Recognize the impact of one's feelings and thoughts on one's own behavior
- Recognize one's personal traits, strengths and limitations
- Recognize the importance of self-confidence in handling daily tasks and challenges



Self-Management

- Understand and practice strategies for managing one's own emotions, thoughts and behaviors
- Recognize the skills needed to establish and achieve personal and educational goals
- Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals



Social Awareness

- Recognize and identify the thoughts, feelings and perspectives of others
- Demonstrate and awareness of the differences among individuals, groups and others' cultural backgrounds
- Demonstrate an understanding of the need for mutual respect when viewpoints differ
- Demonstrate an awareness of the expectations for social interactions in a variety of settings



Responsible Decision-Making

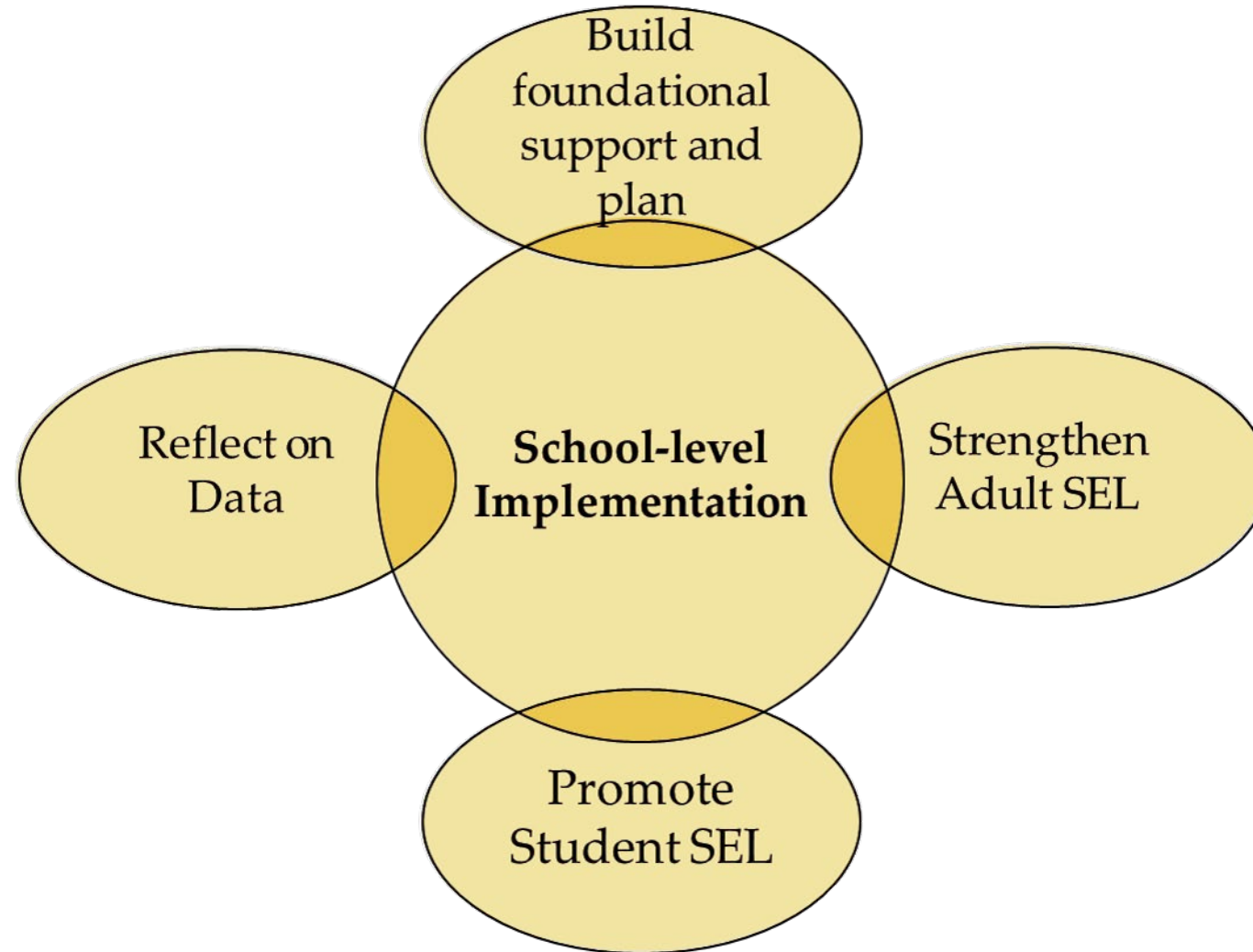
- Develop, implement, and model effective problem solving and critical thinking skills
- Identify the consequences associated with one's actions in order to make constructive choices
- Evaluate personal, ethical, safety and civic impact of decisions



Relationship Skills

- Establish and maintain healthy relationships
- Utilize positive communication and social skills to interact effectively with others
- Identify ways to resist inappropriate social pressure
- Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways
- Identify who, when, where, or how to seek help for oneself or others when needed

Essential Strategies for Supporting SEL in Schools



Source: (CASEL)



NJ SCID

New Jersey School Climate Improvement

PLATFORM



RUTGERS

Graduate School of Applied
and Professional Psychology



NJ SCI Survey



- Replaced the New Jersey School Climate Survey (NJSCS).
- Surveys designed for:
 - Students Grades 3-5
 - Students Grades 6-12
 - Staff (all)
 - Parents/Caregivers
- Currently available in Spanish, Haitian Creole, Arabic, Brazilian Portuguese with additional languages forthcoming.





NJ SCI Platform



- Surveys administered through platform.
- Platform features workspaces and tools including:
 - Learning modules
 - Team activities
 - Calendar with meeting agendas
 - Notetaking spaces
 - Additional resources to support data analysis, discussions, and decision-making



NJ SCI Survey Domains



The NJ SCI Survey includes stakeholder-specific questions on the below topics.

All Stakeholders

- Schoolwide Academic Culture.
- Adult-Student Relationships and Supports.
- Supports for Student SEL.
- Behavior Management.
- Student Interpersonal Behaviors: Negative.
- Student Interpersonal Behaviors: Prosocial and Inclusive.
- Student Voice and Involvement.
- Safety.

Staff/Families Only

- Family Support and Engagement.

Staff Only

- Leadership Support.
- Organizational Resources and Supports.
- Collegial Support.

Students Only

- Classroom Instructional Practices.
- Student Sense of Belonging.

Workspaces

- Dashboard
- School Climate Leadership Team
- Data Collection & Reports
- Strengths & Needs Analysis
- Strategic Plan
- Resources
- Learning
- View All Notes
- Team Member Name Edit Profile
- Log Out



School Climate Leadership Team

[Team Home](#) [Calendar](#) [Resources](#)

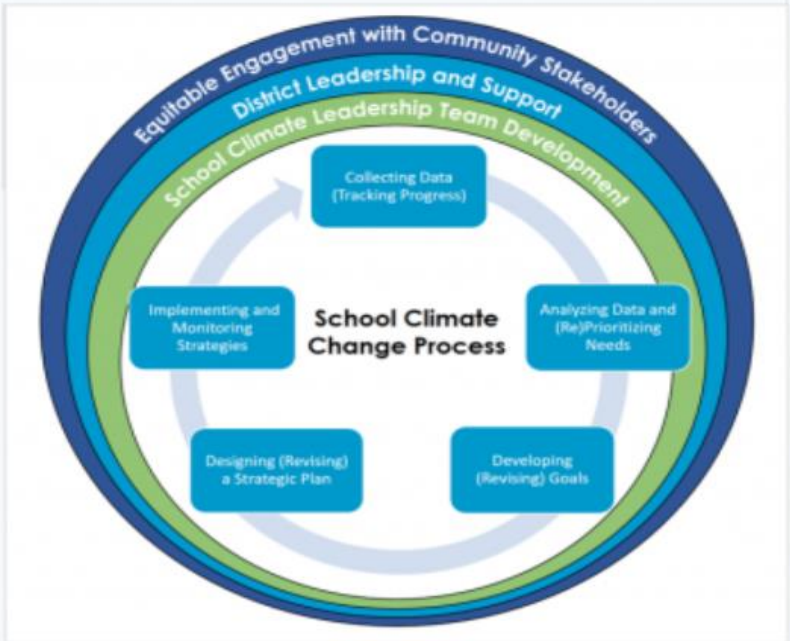
The School Climate Leadership Team (SCLT) drives the School Climate Change Process (SCCP) through enactment of effective problem-solving practices, including data collection, analysis, and prioritization of needs, as well as strategic planning through goal setting, strategy implementation, and progress monitoring.

Name	Primary School Role	Team Role
Team Member Name name@testschool.edu	Principal	Team Champion
Team Member Name name@testschool.edu	Vice Principal	Team Chair
Team Member Name name@testschool.edu	Guidance Counselor	Team Chair
Team Member Name name@testschool.edu	Teacher	Data Coordinator
Team Member Name name@testschool.edu	Teacher	Team Member
Team Member Name name@testschool.edu	Paraprofessional	Team Member
Team Member Name name@testschool.edu	External Consultant	Team Member

Upcoming Meetings and Activities

- Learning about School Climate; SCCP; SCLT 9/13-9/17
- Meeting- Discuss Team Expectations 9/24
- Communicating with Stakeholders SCCP 9/27-10/1

- ### Our Team Norms
1. Be prepared and on time.
 2. Follow through on commitments.
 3. Respect people's opinions and preferences.
 4. Challenging others respectfully to correct misinformation.
 5. Expect best intentions from others.



ESSER and Federal Funding Examples



Learning
Acceleration

Mental Health

Career-
Readiness

Summer and
Extended Day
Learning

NJ Tiered
Systems of
Support

Positive
School
Climate

[Examples of ESSER Uses Maximized With Federal Funds](#)



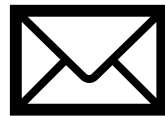
Additional Information



SEL Resources: [NJDOE SEL Website](#)

NJ SCI Survey & Platform: [NJSchoolClimate.org](#)

Funding Assistance: [Maximizing Federal Funds](#)



Questions can be sent to SafeSupportiveSchools@doe.nj.gov

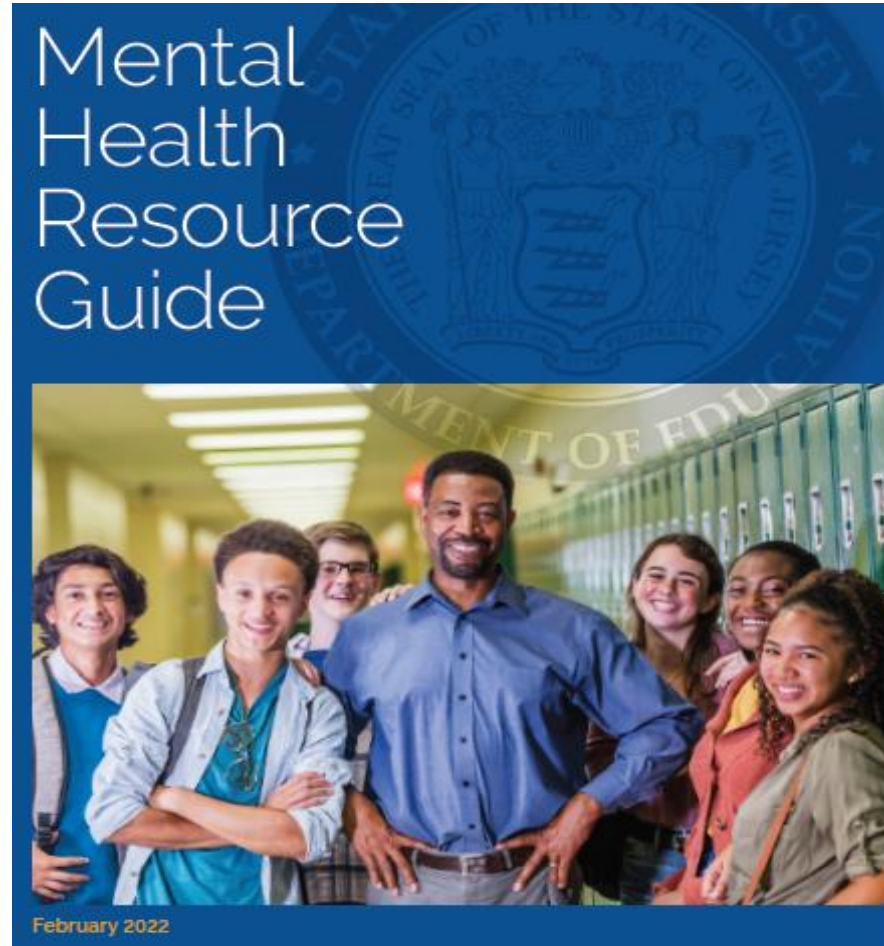
Mental Health Resource Guide



The well-being of our children and youth is a top priority for every family, school and community.

To successfully achieve this goal, we need to ensure the necessary foundations are in place for our children and youth to grow and thrive. These include:

- access to high quality education,
- good physical health, and
- resources that promote positive mental health.





Mental Health Resource Guide Purpose



Develop

a multi-tiered system of support (MTSS) framework that allows schools to implement a continuum of evidence-based practices to address the mental health needs of students and staff.

Facilitate

alignment of multiple initiatives using the MTSS framework.

Build

capacity to promote implementation with high fidelity and sustainability of school-based mental health supports.





What Does the Guide Include? (1 of 2)



Chapter 1: Comprehensive School-based Mental Health

Chapter 2: Developing an MTSS Framework

Chapter 3: Mental Health Needs Assessment and Resource Mapping

Chapter 4: Establishing Universal Supports.

Chapter 5: Establishing Targeted Interventions, Tiers 2 and 3





What Does the Guide Include? (2 of 2)



Chapter 6: Framework for Risk Assessment and Response

Chapter 7: Suicide Prevention and Intervention

Chapter 8: Substance Use Prevention and Intervention

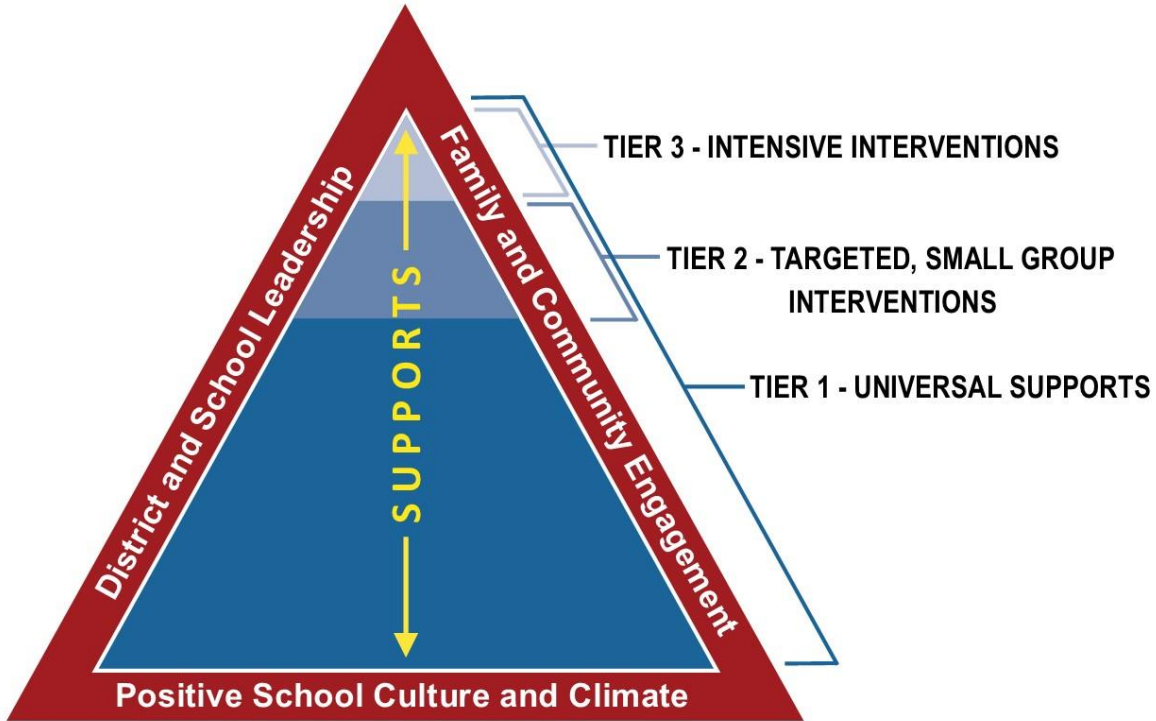
Chapter 9: Collaboration with System Partners

Chapter 10: Staff Self-Care

Chapter 11: Funding Mental Health Supports in Schools



Mental Health Resource Guide Key Features



- Practical examples of implementation – “School Spotlights”
- Hyperlinked resources and templates within each chapter.
- Clear guidance on how to fund school-based mental health initiatives.

How to Use this Guide



Use your district's needs assessment and the Guide to improve identified targeted areas.



Determine what teams (data decision making, I&RS, etc.) you already have in place to support with implementation.



Identify your reading style to support your use of the Guide.



Use the chapter key's corresponding icons throughout the Guide to help you navigate the Guide easily.

3 Strategies to Fund the Guide



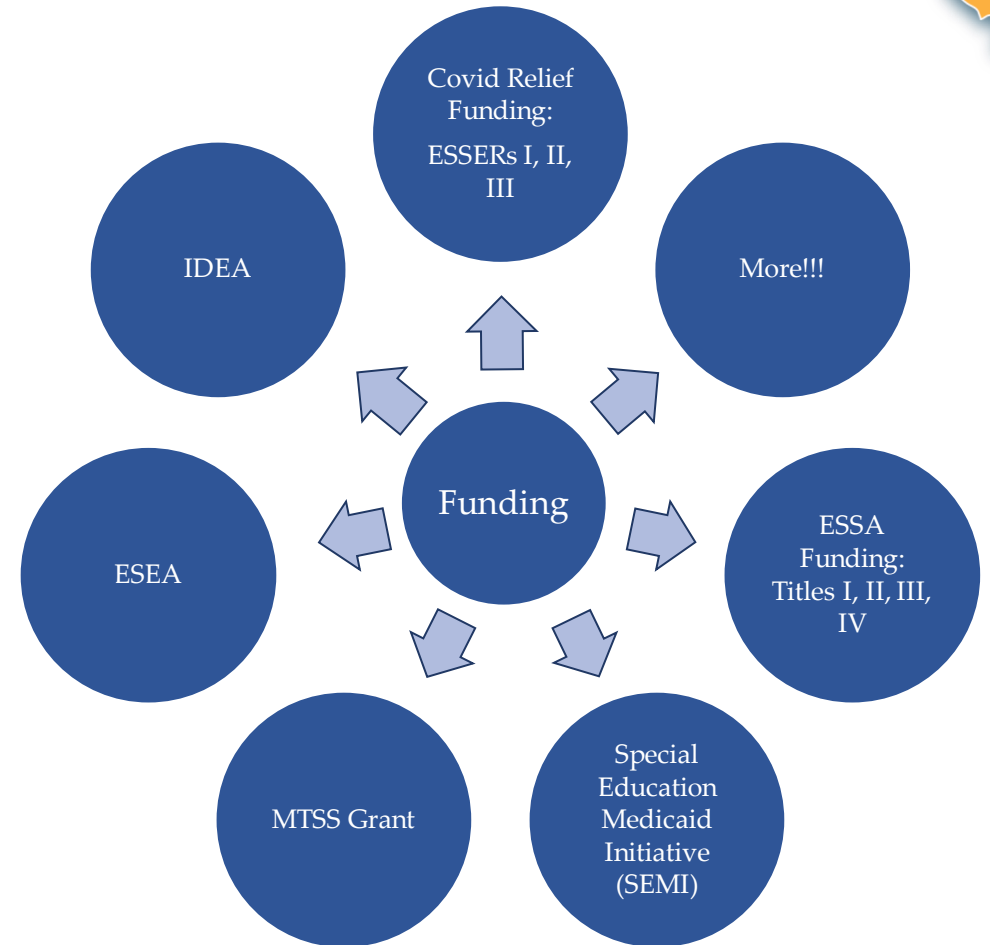
Funding Strategy 1: Braid funds



Funding Strategy 2: Use data-based decision making



Funding Strategy 3: Establish community partnerships



Pouring the “Foundation”



- The Guide is just the beginning
- Website content based upon the guide
- Updated “editions” based on updated resources and feedback from implementers



Resources & Supports



- **Available Statewide**

- New NJDOE website of mental health resources & additional guidance materials
- Office hours with the NJDOE's mental health specialist
- Webinar series on school based mental health
- Roundtable sessions

- **Targeted**

- Trainings & technical assistance
- Coaching supports to implement comprehensive school-based mental health supports
- Funding for school districts to conduct depression screenings with students





Questions and Contact



Office of Student Support Services
SafeSupportiveSchools@doe.nj.gov

NJ SCI Survey & Platform
NJSchoolClimate.org



Thank You!



New Jersey Department of Education Website
nj.gov/education

Questions may be submitted to:

ESSER@doe.nj.gov

Registration now open for the April 19, 2023, ARP ESSER Round Table at
<https://homerom5.doe.state.nj.us/events/>

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District Presentations





Bridgeton Public Schools

**Dr. Eniola Ajayi,
Assistant Superintendent of Student Support Services**





Bridgeton Public Schools SEL/Mental Health Journey (2020-2023)

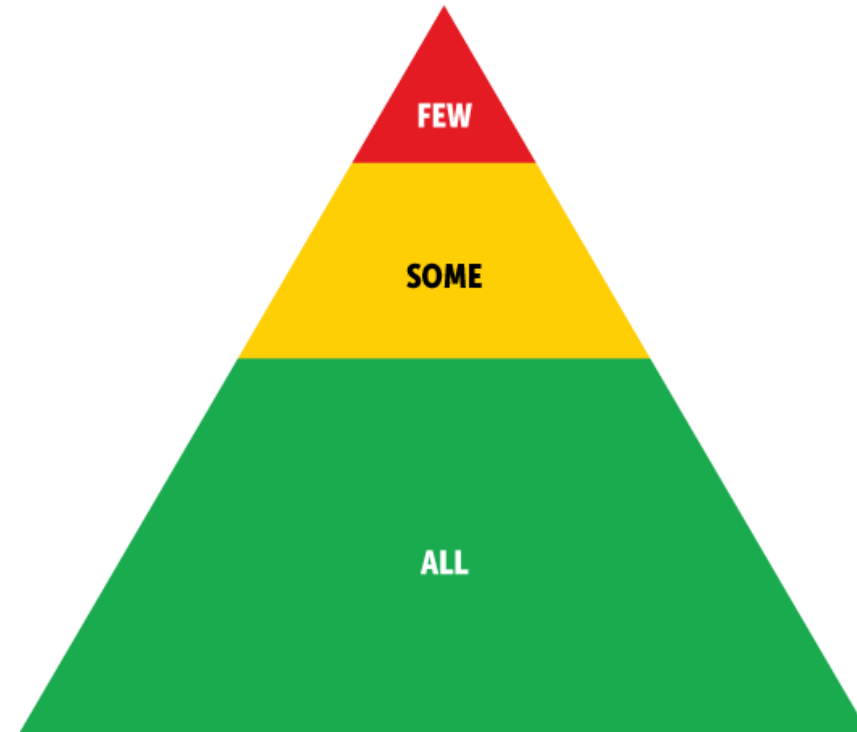
- Identification of an SEL Screener
- Universal Screener/Progress Monitoring for students (3 times a year)
 - Parent screening and staff screening of students
 - Results designate students as: proficient, emerging, or at risk
 - The goal was set to (< 8%) of students at risk
 - We accomplished the goal with (6%).
- SEL curriculum is being taught from K-12 during the social studies period for 20 minutes a day five days a week using the five competencies established by CASEL
 - Animal Therapy Sessions
- Ongoing staff trainings on resiliency, trauma-informed classroom, and ACES



Teachers Incorporate the 5 SEL Competencies for all Students - Tiered Systems of Support



1. Self-awareness
2. Self-management
3. Social awareness
4. Responsible decision-making
5. Relationship skills





Resources Available in Bridgeton to Support our Staff and Students' SEL/Mental Health

- Counselors, School Psychologists, School Social Workers, Licensed Clinical Social Workers, Crisis Intervention Specialists, Crisis Intervention Trainers, Mental Health Counselors, Social and Emotional Learning Specialists, Board Certified Behavior Specialists, Advanced Nurse Practitioners, Pediatric Psychiatrists, and in severe cases Forensic Psychiatrists
 - We use a collaborative approach to addressing our students' SEL/Mental Health
- Staff SEL/Mental Health Support: We use half days designated as Wellness Wednesdays to allow our staff to decompress and rejuvenate with recommended wellness activities





Questions

Contact Information

Dr. Eniola Ajayi

Assistant Superintendent of Student Services

Bridgeton Public Schools

856-455-8030, x2003

eajayi@bridgeton.k12.nj.us





Hardyston Township

**Mr. Mike Ryder,
Chief School Administrator**





200-300 Professional and Technical Services
Minding your Mind Workshops



Student Workshops
Changing Minds, Story over Stigma
Kind Minds

Teacher Programs
Social Emotional Learning
Mindfulness

Parents
Secret Lives of Teens & Tweens





200-300 Professional and Technical Services Tri County Behavioral Care therapist on site



Tri-County Behavioral Care

- Increase access to mental health & evaluation for students, families and staff for ease and convenience.
 - Decrease time spent out of school due to mental health concerns.
 - Decrease family & student disruption to normal daily life and help establish a healthy, balanced routine.
 - Increase effectiveness of students with mental health concerns to decrease academic disruption.
- Monday & Tuesday at middle school
 - Thursday at elementary school

7% of our students are serviced





200-600 Supplies and Materials Materials for Staff Wellness Room



200-600 Supplies and Materials Materials for Student Wellness Room



**Semi-private
Comfortable
De-stress
De-escalate**





200-600 Supplies and Materials Panorama SEL Surveys, Intervention Tracking, and Check-ins



K-8

- **Survey analysis & reporting**
- **Customized assessments**
- **Roster integration with Realtime**
- **Library of SEL intervention strategies**
- **Quick feedback from students on wellbeing, SEL, and school climate**





Second Step Social Emotional Learning



**K-8 weekly lessons
Embedded throughout the week**

- **Values**
- **Friendship**
- **Community**





SOY (start of year) Expectations

Teaching Students How to Succeed in Middle School



Principal meets monthly with students

Bell Schedule
Bathrooms
Flex
Cell Phones
Extracurricular Activities

Classrooms
Hallways
Lockers
Lunch
Chromebooks

SOY Expectations review at every faculty meeting





Questions and Contact



Contact Information

Mr. Mike Ryder
Chief School Administrator
973-823-7000 ext. 1080
mryder@https.org





Sparta Township Public Schools

**Dr. Jane Esposito, Supervisor
Align Wellness Center Program**

**Dr. Matthew Beck,
Superintendent**





Sparta Township School District

ALIGN WELLNESS CENTER PROGRAM



Sparta Township Public Schools Superintendent: Dr. Matthew Beck

Presented By: Dr. Jane Esposito -Supervisor Align Wellness Center Program





ALIGN WELLNESS CENTER BACKGROUND

- Began 2019-2020 school year at Sparta High School
- Recognized a need for student mental health services that was supported by surveys / data
- Superintendent and special education director approved a stipended program for counseling after school
- Included an Alternative to Suspension Program
- Started a graduate learning site with Montclair State University
- It was successful! Proposal made for expansion to other schools.
- We expanded in 2021-2022 to all other schools

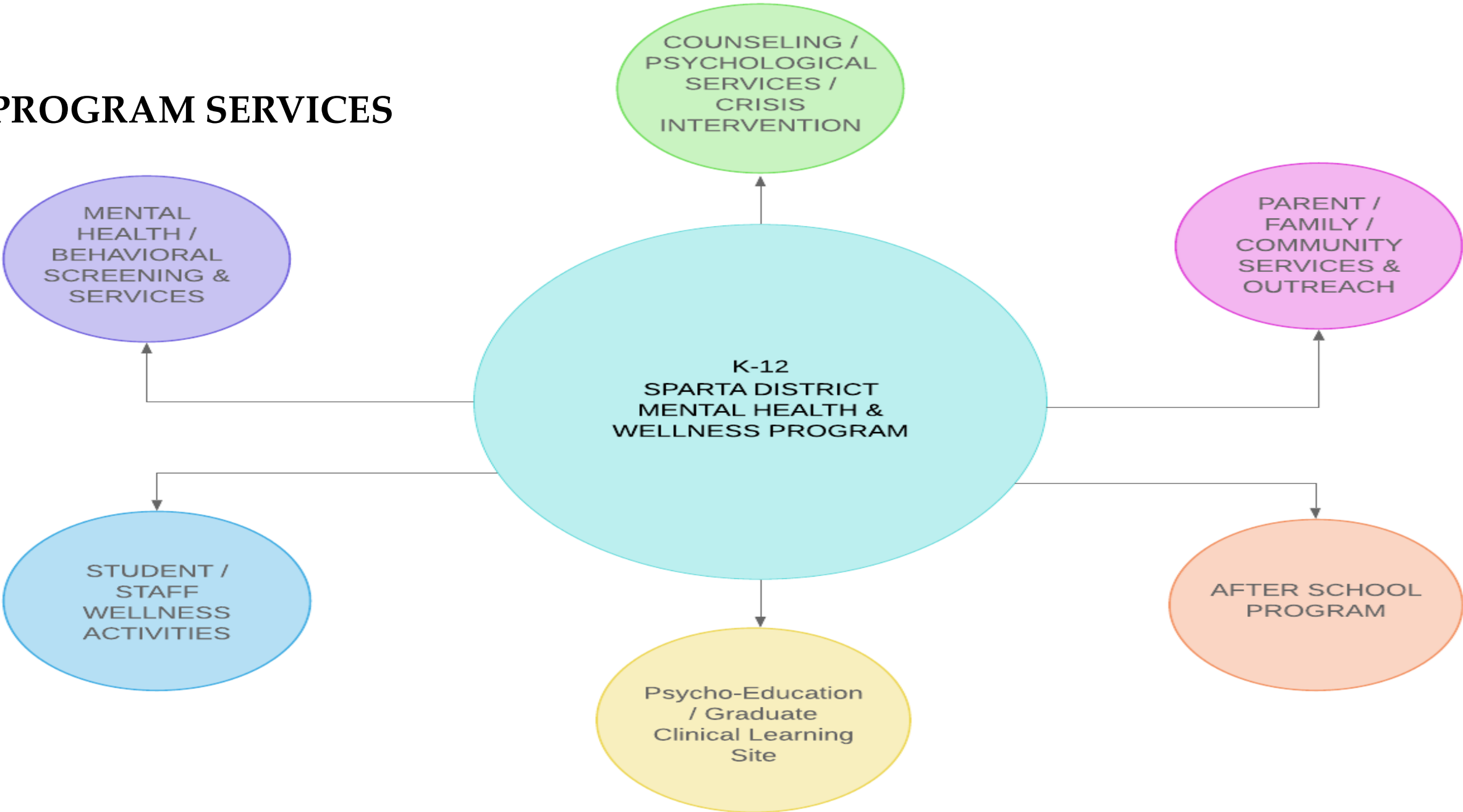




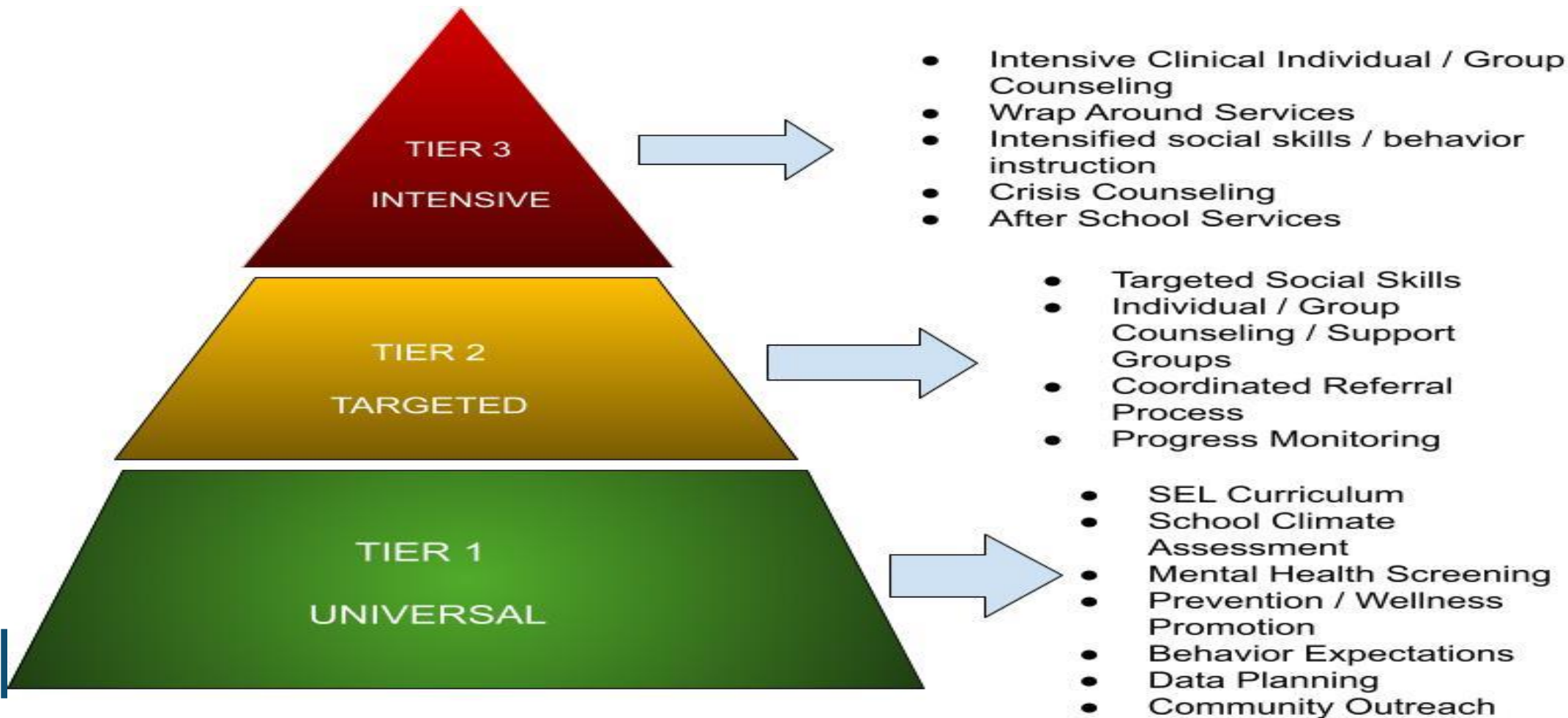
Unique Program...Building Capacity From Within

- ◆ Sparta has demonstrated good hiring practices attracting professional staff
- ◆ Many educators have several jobs (i.e licensed professionals)
- ◆ We are able to tap into personnel resources and hire from within for stipended positions for before and after school
- ◆ Creates a greater sense of community
- ◆ Able to form many relationships and strong ties with community resources (i.e town doctors, municipal government)

PROGRAM SERVICES



TIERED EVIDENCED BASED INTERVENTIONS



ALIGN WELLNESS SERVICES



Individual Counseling



Group Counseling



**Pet Therapy
(pets in training)**



Social Skills Training



**Substance Use and Effect
Counseling**



**Alternative to Suspension
Program**



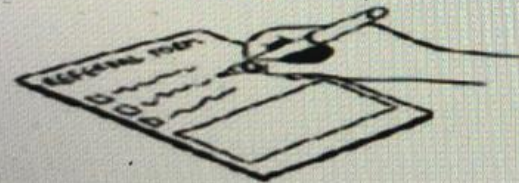
**Mindfulness and Meditation
Training**



**Executive Functioning
Coaching**



Family Support Services



**Community Psychiatric
Resources**



Academic Resources



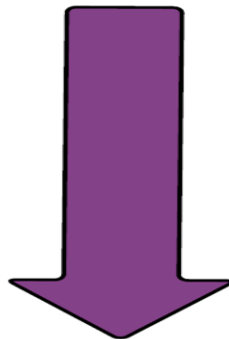
AND MUCH MORE

SHS ALIGN WELLNESS CENTER 2019-2022 STUDENT COUNSELING DATA AVERAGES

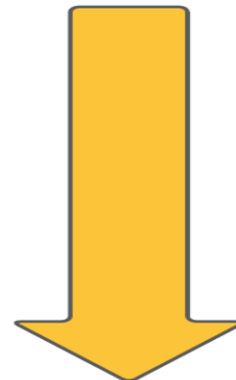
10% INCREASE
IN GPA



55% DECREASE
IN ABSENTEEISM



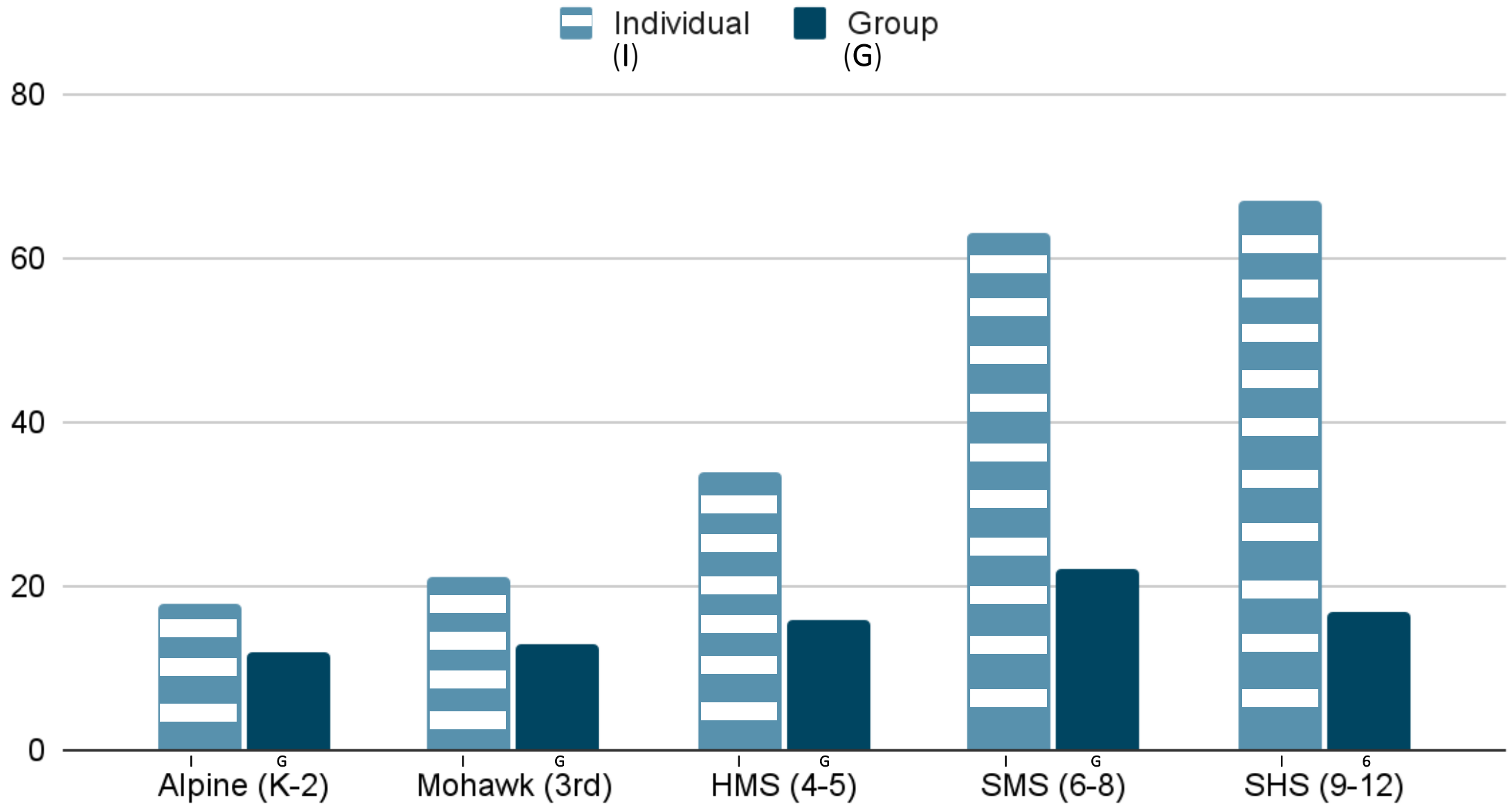
60% DECREASE
DISCIPLINE INCIDENTS



98% RETENTION
OF ALIGN STUDENTS



2022-2023 Align Counseling Cases





SURVEYS/ DATA

SHS DECA MENTAL HEALTH ALIGN SURVEY - January 2021

The following survey was conducted by SHS DECA students and administered to all SHS students. [DECA SHS Mental Health Survey](#)

MHTCC - A Sparta Township Public School District Student Mental Health Screening - October 2020

The Strengths and Difficulties Questionnaire was administered at the beginning of the 2020-2021 school year to assess the status of students' emotional and behavioral health following the emergence of the COVID-19 pandemic in March 2020.

[SpartaMHScreeningReport_Final](#)

SHS MENTAL HEALTH AND WELLNESS SURVEY ANALYSIS - MAY 2019

The following report presents the results of the Spring 2019 Mental Health and Wellness Survey administered to staff members and students at Sparta High School identifying mental health & wellness services for both staff and students. [MENTAL HEALTH AND WELLNESS SURVEY ANALYSIS - MAY 2019](#)

2022-2023 District Climate & Culture Survey: Currently being distributed



OUR CARE TEAMS

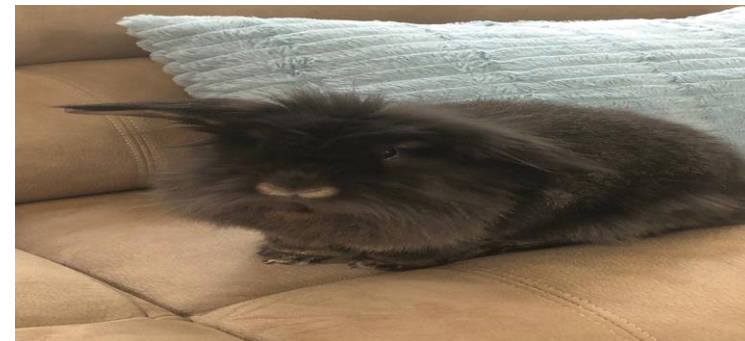
SHS



Dr. Sue Lorentz, Licensed Psychologist Ms. Lauren Monaco, Student Assistance Counselor

Mrs. Jodi Fitzpatrick, LCSW

Bridger
& Leo



Hank



SPARTA MIDDLE SCHOOL



Mrs. Jessica Galegos, LSW



Ms. Miranda Angelucci, LSW



Ms. Colleen Geddis, LSW

BAXTER



MOPSEY





HELEN MORGAN SCHOOL, MOHAWK AVE SCHOOL, ALPINE ELEMENTARY

AES / HMS



Mrs. Lourdes Franconere, LCSW, LSW



HMS / MAS

Mrs. Katy Szatkiewicz, LAC



ROSIE



JASPER





DOCTORAL & MASTER'S LEVEL INTERNS





MIND, BODY, SPIRIT



Questions and Contact



EMAIL: ALIGN@SPARTA.ORG

INSTAGRAM: [@stpsaligncenter](https://www.instagram.com/stpsaligncenter)

TWITTER: [@stpsaligncenter](https://twitter.com/stpsaligncenter)

WEBSITE: [Align Wellness Center](http://AlignWellnessCenter.org)





Springfield Public Schools

**Dr. Rachel Goldberg,
Superintendent
Ms. Erica Scudero,
Assistant Superintendent**





Districtwide



Districtwide Integration of Academic Multi-Tiered Systems of Support & SEL

- **Tier I:** Support for All Students
- **Tier II:** I &RS Plans, Targeted Academic and Mental Health Intervention Programs, Teacher Supports
- **Tier III:** Intensive interventions, referrals, Individualized student intervention plans, Individualized and group counseling

Identification:

- Academic Data & Assessments
- Multi-Departmental team meetings - department leaders, school leaders, child study team members, and school counselors meet to discuss the academic, behavioral and social-emotional needs of special education and at-risk students

Family Collaboration

- Parent Programs
- Coordination with outside providers
- Ongoing communication and support



Kindergarten-5th Grade



Schoolwide SEL Programming

- Week of Respect
- No Place For Hate (Anti-Defamation League)
- International Peace Week
- Peace Path
- Kindness week
- Monthly Character Education Push-in

Group SEL

- After School club
- Lunchtime Targeted Counseling Groups
- Newcomers Club
- Cool Kids Club and Jitterbug Club

Counselors

- PK-2 Walton School - 1 counselor & 2nd Grade transition counselors
- 3-5 - Sandmeier & Caldwell - 1 counselor for each school

SEL Day March 10th

- 1:1 Counselor Check-ins, Peer Mediation, & Conflict Resolution
- Anti-Bullying Specialists
- Student-taught lessons by JDHS students from Athletics, Peer Leaders, & Tomorrow's Teachers classes



6-12th Grade



SEL Programming

- **Counselor Push-in lessons**
 - 6th grade transition
 - Conflict vs Bullying
 - Empathy
- **Prevention Links**
 - We're Not Buying It
 - Don't Get Vaped In
- **Connie Palmer, LCSW**
 - 7th Grade SEL Programs/Topics - social media, decision making, mental health, coping with loss, peer pressure and friendship and growing up
- **Naviance**
 - Career & Personality Inventories
 - College & Career Guidance

Counselors

- **FMG**
 - 6-8th grade
 - 2 counselors
- **JDHS**
 - 9-12th grade
 - 3 counselors
- **Student Assistance Counselor (SAC)**
 - 6-12th grade
 - mental health support/mindfulness practices
 - substance abuse counseling





Summer & Afterschool Academic & SEL Support



How did we make our summer program meaningful and engaging?

- We designed our summer classes to reinforce and enrich ELA and Math skills while integrating SEL group activities.
- Teachers collaborated and were excited about creating a theme-based PBL. Students used the design process to create fun and unique games while addressing academics.
- The classroom environment provided engaging activities through Science, Technology, Engineering, Art and Music all designed to foster their creativity and problem-solving abilities.
- We reinvented summer school by creating an environment where students and teachers were excited about returning each day.
- 200 Springfield students from grades K through 5 participated in the program.
- 92 Springfield high school students volunteered their time to assist in making the program such a success. A great way for high school students to engage and receive community services hours!

SEL in Grades 3-5 Afterschool programs

- Counselor lead after school peer group programs
- Utilized the model to expand from one to both district schools
- Expanding to create a peer-led tutorial program, received a grant from the New Jersey Bar Association to continue the work





Using a Layered Approach to Utilizing Funds

- Local funds pay for Extended School Year programming and subsidizing enrichment programs
- ESEA funding supports at-risk summer academic programs and after-school tutorial programs
- ESSER (I,II,III) funds have supported additional SEL elements, including school counselors and enrichment teachers during the summer and after school programming
- ESSER also supported the addition of high school credit recovery programs and in-person support for online learning programs



Questions and Contact



Dan Cocco, Supervisor of School Counseling
dcocco@springfieldschools.com

Tiffany Boehm, Director of Student Services
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Erica Scudero, Asst. Superintendent of Curriculum & Instruction
escudero@springfieldschools.com

Dr. Rachel Goldberg, Superintendent of Schools
rgoldberg@springfieldschools.com



Thank You!



New Jersey Department of Education Website
nj.gov/education

Questions may be submitted to:

ESSER@doe.nj.gov

Registration now open for the April 19, 2023, ARP ESSER Round Table at
<https://homeroom5.doe.state.nj.us/events/>

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