



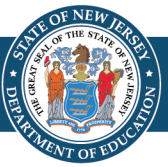
New Jersey Department of Education



Social Emotional Learning Initiatives and Release of New Jersey Comprehensive School-based Mental Health Guide

Division of Educational Services

April 6, 2022





Agenda



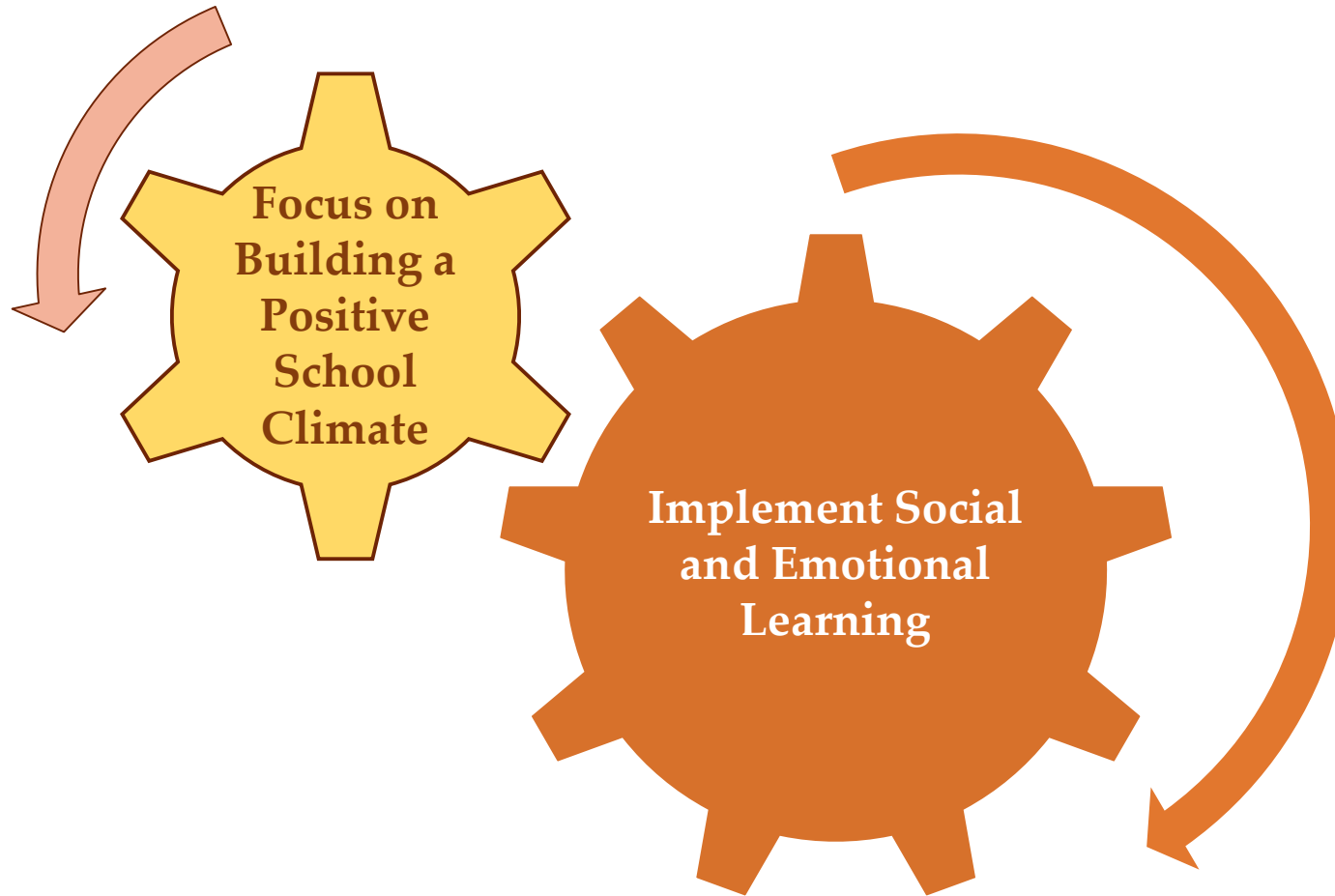
- Updates on New Jersey Department of Education (NJDOE) SEL initiatives.
- Release of New Jersey Comprehensive School-based Mental Health Guide.

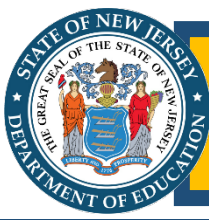


Updates on NJDOE Initiatives



Essential Strategies for Supporting SEL in Schools





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



SEL Professional Development Modules



Support School Districts to Provide Professional Development on SEL

- Module 1: Overview of SEL.
- Modules 2-6: Deep dive into each SEL Competency.
- Each module contains:
 - Facilitation guide.
 - PowerPoint presentation that can be customized.
 - Hand-Outs.

Materials Designed to Be Flexible and Can Be Used in any School

- Use individually, with a partner, in a Professional Learning Community, or a large group.
- Materials can be easily separated into multiple sessions.
- Content relevant to educators of students of all ages and abilities.

Promotes Development of Adult SEL Skills

- Includes self-assessment and self-reflection activities.
- Application of knowledge through vignettes and videos.
- Action planning tools that support classroom, school, and district efforts to implement SEL.




SEL Modules: Update



- All modules posted on the NJDOE website.

Keeping Our Students Safe, Healthy & In School



[OSSS Home](#) [School Health Services](#) [Safe & Positive Learning Environments](#) **[Student Wellness](#)** [Afterschool Programs](#) [NJTSS](#)

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Social and Emotional Learning

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 and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. Students in SEL programs are more likely to attend school and receive better grades, and are less likely to have conduct problems. Successful infusion of SEL can result in positive behaviors, increased academic success, and caring communities.

The New Jersey Department of Education has been promoting social and emotional learning to enhance the building of positive school climates and the healthy development of young people.

NJDOE SEL Competencies

- [SEL Competencies and Sub-Competencies \(August 2017\)](#)
- [Accessible Version SEL Competencies and Sub-Competencies \(August 2017\)](#)

NJDOE SEL Modules 1-6 for Educators: Competencies for School, Work, and Life

[Professional Learning Tip Sheet](#)

Module 1: Introduction to Social and Emotional Learning


Module 2: Self-Awareness

Module 3: Self-Management

Module 4: Social Awareness

Module 5: Responsible Decision-Making

Module 6: Relationship Skills







Mental Health Services & Supports Grants



- **Updates:**

- NJDOE hosted technical assistance sessions.
- School districts utilizing funds based on approved plans.
- NJDOE is currently monitoring targeted districts.

Funded through ESSER II (\$30 million).

Each LEA received a minimum of \$45,000.

10% must be spent on professional development for staff.

Remaining funds can be used for the development of mental health supports and services within the school district.





NJTSS Mental Health Support Staffing Grant



- **Updates:**

- Hosting monthly roundtables on ESSER to support use of funds.
- Developing supports for maximizing the use of funds.

Funded through ARP ESSER (\$48 million).

Allocations made based on a data-driven formula that assesses an LEA's need to enhance its mental health support services, with a minimum allocation of \$45,000.

Funds can be used to support implementation of Tier 2 & 3 supports (hire staff, contract with provider, and/or provide professional development).



Using Mental Health Funds: Examples from School Districts



"We expanded upon our relationship with a Medicaid provider to provide services to non-Medicaid eligible students. "

"In order to improve upon our tracking of both academic and behavioral interventions, we purchased a Response to Intervention software package."

"To address students in crisis, we contracted with a local service provider to do individual risk assessments for referred students instead of sending students to the ER."

"To support staff wellness, we enhanced the supports available through our Employee Assistance Program."

"To provide equitable access to mental health services, we contracted with a regional service provider that specializes in working with refugee and migrant families."

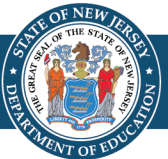




DREAMS Project



- Utilizing ESSER I funds to partner with the NJ Department of Children and Families.
- Provide training on trauma-informed & healing-centered practices.
- Strengthen the connection between schools and community providers.
- Promote sustainability through a train the trainer model.





DREAMS Project: Goals



To promote healthy and healing school environments.

- Teach strategies to understand stress and trauma;
- Reduce use of restraints and punitive discipline; and
- Provide teachers with resources to create supportive classrooms that are conducive to student learning.

To positively impact staff well-being.

- Support adult self-regulation;
- Reduce stress and burnout; and
- Improve attendance and engagement.

To increase the frequency and consistency of positive adult and youth interactions.

DREAMS Project: Update



- Supporting 50 school districts.
- 2021-2022 activities for project school districts:
 - Received training on trauma-informed supports.
 - Participating in community of practice sessions with peers.
 - Engaged in a book study.
 - Mentored by a community-based organization.
 - Implementing an action plan to address DREAM Project goals.
- Lead staff in each project district completed certification in Nurtured Heart Approach (March 2022).





Piloting a Resource for School Districts



NJ SCID

New Jersey School Climate Improvement

PLATFORM





NJ SCI: Survey & Platform



- Pilot includes approximately 50 LEAs.
- Developed in collaboration with School Climate Transformation Project at Rutgers University.
- Comprehensive look at school climate domains.
- Provides data analysis for schools.
- Includes tools for school leaders and school climate/school safety teams.
- Free, online survey and data dashboard.



NJ SCI: Platform Features



Access to the platform and resources on developing leadership teams.
Asynchronous training materials and resources.

Comprehensive school climate planning & implementation supports.

Spring 2022

Fall 2021

Fall 2022

Data collection and automated reporting.
Ability to filter data by demographic group.





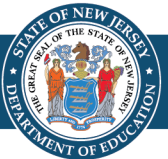
NJ SCI: Update



- Pilot school districts:
 - Are receiving coaching support from our partners at Rutgers.
 - Completed terms of use agreements.
 - Received training on using the NJ SCI online platform.
 - Accessed the online platform and completed all pre-work.
 - Are launching school climate surveys.



Release of the New Jersey Comprehensive School-based Mental Health Guide





Background



In February of 2020, Governor Murphy announced the formation of a Statewide Mental Health Working Group with diverse representation across school leadership roles, state agencies, advocacy groups, community mental health providers, and parents to develop resources that support the mental health needs of their students.



Resource Guide



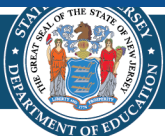
NEW JERSEY COMPREHENSIVE SCHOOL-BASED

Mental Health Resource Guide



February 2022

- This Guide is a continuation of NJDOE's efforts to support physically and mentally safe learning environments.
- The Office of Student Support Services recently revised, reorganized, and updated a set of resources related to mental health that can be found on the NJDOE's Student Wellness webpage.
- In the months to come, online modules will be produced to support the implementation of this Guide in addition to the technical assistance and monthly webinars provided by our collaborative partner the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC).





What Does the Guide Include?



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? (Continued)



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

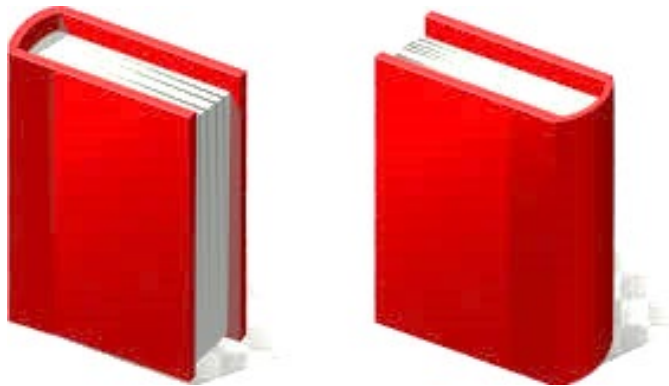


How to Use the Guide



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

Cover-to-Cover Reader



Selective Reader



Resource Reviewer



How to Use the Guide (Continued)



Icons are used throughout the Guide to highlight targeted information.



WHAT YOU NEED TO KNOW provides critical information to support the implementation of a comprehensive mental health framework in schools;



INTEGRATION describes how the chapter topic fits into the multitiered systems of support framework and other New Jersey school mental health initiative;



TEAMING offers practical guidance for school mental health teams to support implementation efforts;



SPOTLIGHT features schools across New Jersey that are implementing aspects of a comprehensive school mental health framework;



COMMUNITY, STUDENT, AND FAMILY ENGAGEMENT outlines strategies and practices for successful partnerships;



CULTURAL CONSIDERATIONS provide recommendations for how to incorporate culturally responsive practices into your school-based mental health framework;



STAFF COMPETENCIES outline what skills and training staff need to effectively support the implementation of your comprehensive school mental health framework;



RESOURCES & LINKS provide additional information and tools to support your further development;



Lastly, the **CHAPTER SUMMARY** includes a set of reflection questions intended to prompt you and your school team to pause and plan actionable steps as you prepare for successful implementation.



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.





NJDOE Mental Health Website



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Mental Health



Learning Acceleration
Guide



ESSER I



ESSER II



ARP ESSER



Health and Safety
Guidance



NJDOE Mental Health Website (Continued)



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Mental Health

According to a [2021 report](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA), of individuals ages 13-17, 14% experience mood disorders, 32% experience anxiety disorders, and 19% experience behavior disorders. Common diagnoses for children aged 3-17 years include attention-deficit/hyperactivity disorder (ADHD), behavioral/conduct problems, anxiety, and depression.

Schools are in a distinct position to recognize the early signs of mental, behavioral, and developmental disorders, provide social-emotional support services, and foster skills necessary to address challenges during the adolescent years. In doing so, schools can contribute to the overall emotional, social and academic success of each student.

NJDOE Mental Health-Related Resources

New Jersey Comprehensive School-Based Mental Health Webinar Series

For Parents

For Students

For School Leaders / Educators

Professional Organizations for School Health Personnel

Other Related Organizations

Research and Publications

State and Federal Government Agencies

What's New

- [New Jersey Comprehensive School-Based Mental Health Resource Guide](#)

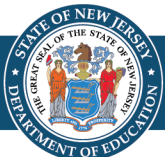
- [Overview of the New Jersey Comprehensive School-Based Mental Health](#)

- [New Jersey Comprehensive School-Based Mental Health Webinar Series](#)

- [Webinar 1: Developing a MTSS Framework](#)
- [Webinar 2: Needs Assessment and Resource Mapping](#)
- [Webinar 3: Establishing Universal Prevention](#)
- [Webinar 4: Establishing Tiered Supports \(Tiers 2 & 3\)](#)

- [Protecting Youth Mental Health - The U.S. Surgeon General Advisory](#)

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Building NJDOE Capacity



- Hired a Mental Health Specialist, who is:
 - Supporting school districts to implement tiered comprehensive mental health supports and services.
 - Providing technical assistance and training on school-based mental health evidence-based practices.
 - Assisting school districts with the utilization of ESSER funds related to mental health.

Questions?





Thank You!



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