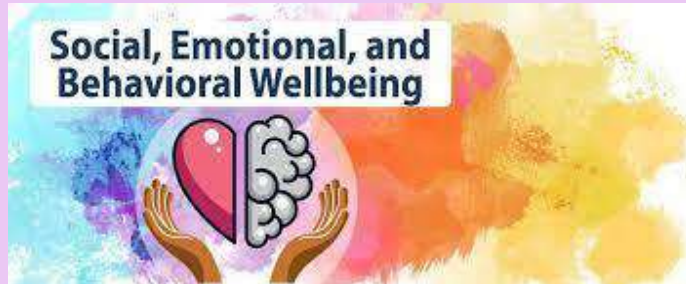




# SEBW Plan Monthly Newsletter

## OCTOBER 2021



**This monthly newsletter provides updates on the Social Emotional and Behavioral Wellbeing (SEBW) Plan. Information and opportunities are for educators and all school staff, school and district teams, as well as school communities.**

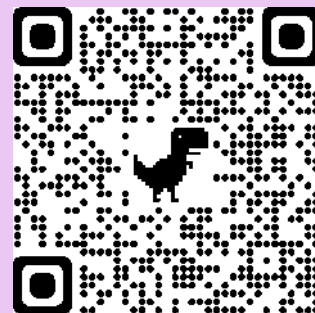
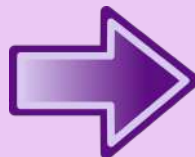
### ***What is the Social Emotional and Behavioral Wellbeing Plan?***

The SEBW plan has 2 primary strategies:

1. Provide an array of available SEB resources and supports with multiple entry points.
2. Promote strategies to guide districts/schools to identify their strengths and needs and implement evidence based practices.

**Click [here](#) to see the SEBW Plan overview PPT**

**USE THIS QR  
CODE TO FILL  
OUT OUR  
SEBW SURVEY!**



*We want to hear from you!*

# Mental Health First Aid



## Purpose

Youth Mental Health First Aid helps you assist a youth experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

## Topics Covered

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use disorders

Youth Mental Health First Aid teaches about *recovery* and *resiliency* – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

## Become an instructor

We are currently recruiting interested people around the state to become YMHFA instructors.

**The next cohort will be trained  
November 29th - December 1st.**

If you are interested or would like more information, please email  
**[adriana.ignudo@doe.k12.de.us](mailto:adriana.ignudo@doe.k12.de.us)**.

## Attend training

Upcoming Trainings: *\*Must register 10 days in advance\**

- October 27th 9am-2pm

**PDMS Course # 29435**

If you do not have access to PDMS you can email  
**[adriana.ignudo@doe.k12.de.us](mailto:adriana.ignudo@doe.k12.de.us)** to register.

*This format requires 2 hours of pre-coursework to be completed independently before the day of the training.*

# Building a Culture of Care

## Project THRIVE



**Our webpage is LIVE!** Project THRIVE provides trauma-specific therapeutic services for children in youth in Delaware. There is no requirement for a diagnosis of PTSD, and all children are welcome whether attending public, private, parochial, or homeschools. Visit the Project THRIVE webpage for more details: <https://education.delaware.gov/pages/project-thrive/>

## COALITION OF SCHOOLS EDUCATING MINDFULLY

**Delaware is looking for educators from across the state to join Delaware's Chapter of the Coalition of Schools Educating Mindfully (COSEM).**

COSEM is an educator-led nonprofit that supports school communities by connecting them with mentors, training, curriculums, and other resources for mindfulness-based social, emotional, and academic learning. Chapter activities may include supportive chapter meetings, workshops, trainings, retreats, and book clubs.

Mark your calendar! Our 2021-2022 meetings will be held on:

- Wednesday, October 20th, 4:00-5:15
- Wednesday, January 19th, 4:00-5:15
- Wednesday, April 27th, 4:00-5:15
- Wednesday, July 20th, TBD (EXCITING OPPORTUNITY- more details to come!)

## SEL QUARTERLY COLLABORATIVE

Join the Delaware Department of Education for the 1st quarterly convening for school year 2021/2022 of the Delaware Social and Emotional Learning (SEL) Collaborative. Join this learning opportunity with the team from Lakeside Learning to discuss brain regulating strategies for home and community. Content will benefit parents and caregivers as well as educators, students, and all school collaborators. In addition, a report on this year's scope of work and curated resources will be shared. Join us to make Delaware schools and communities more resilient! Register for PDMS course **#PDMS 28924** or email [teri.lawler@doe.k12.de.us](mailto:teri.lawler@doe.k12.de.us).

## Cultivating Resilience



### **School Leader Strategies to Cultivate Resilience with Dr. Jim Walsh Wednesday, November 3, 2021 3:30 – 4:30 p.m.**

Dr. Walsh will demonstrate how essential skills of compassion and forgiveness are for each of us. Come explore how combining these practical human skills with intentionality can drive change from the inside out so stress is decreased, job satisfaction is increased, and everyone THRIVES!

Click on the link to register:

[https://udel.zoom.us/meeting/register/tJYlf-mrqTgoGtB\\_g1-U-uAs7WHWlyjSPi8b](https://udel.zoom.us/meeting/register/tJYlf-mrqTgoGtB_g1-U-uAs7WHWlyjSPi8b)

## MTSS Exploration, Installation, and Implementation Professional Learning Opportunities

### **Universal Screening Webinar: Top Ten Questions Answered**

In this webinar, Niki Kendall answers the 10 frequently asked questions about universal screening. After viewing this webinar, you will understand how to use screening data to inform your MTSS including; characteristics of effective screeners, the differences/similarities between academic and social emotional tools, who and how often to screen, and strategies for problem solving with resulting data. Register for **PDMS Course #29663**. (DDOE contact: Nicole Kendall, DE-PBS Project)



### **PBS SEL & SWPBIS Integration Module**

The SEL & SWPBIS Integration Module focuses on integrating the Social and Emotional Learning (SEL) approach and the School-wide Positive Behavioral Interventions and Supports (SWPBIS) approach. This module reviews the SEL and SWPBIS approaches, provides a rationale for integrating and aligning the two approaches, and provides practical strategies to support integration in schools. The purpose of this module is to help school professionals deepen their understanding of these approaches, how they are complementary to one another, and how they can be integrated effectively to enhance student learning and development. **Register for PDMS course #29050**. (DOE contact: Rebecca Silver, DE-PBS Project)

### **Function-based Behavior Support Webinar**

Educators who want to learn more about using a function-based approach to address concerning behavior are invited to register for a *two-part webinar series* to be held from 5-7 p.m. on *Wednesday, Oct. 27 and Tuesday, Nov. 9*. FBA to BIP focuses on how function-based thinking can support student behavior. Participants will apply the basics of applied behavior analysis to address concerning behavior, understand the steps to complete a functional behavior assessment (FBA) and recognize the critical components of function-based behavior intervention plans (BIPS). It is strongly recommended participants attend both sessions. Register for **PDMS course #30152**. (DDOE contact: Nicole Kendall, DE-PBS Project)

### **Building Habits of Effective Classroom Practice**

Supports classroom teachers through building habits of effective classroom practice; focus on three highly effective practices to start in your face-to-face, hybrid, or virtual classroom right away. Register for **PDMS Course #29421**. (DDOE contact: Nicole Kendall, DE-PBS Project)

### **Tier 2 - Check In/Check Out**

The Delaware Positive Behavior Support (DE-PBS) Project is hosting an asynchronous, virtual professional learning opportunity on best practices for implementing the evidence-based Tier 2 intervention called Check-In/Check-Out (CICO). This 60-minute recording provides an overview of effective Tier 2 systems for social and emotional learning (SEL), behavior and CICO, specifically. Additionally, the session outlines important implementation considerations and tools for Tier 2 teams and CICO coordinators. Accompanying the recording are links to implementation manuals, sample resources and templates. Register for **PDMS course #30025** or access the DE-PBS website (Contact: Megan Pell at [mpell@udel.edu](mailto:mpell@udel.edu)).

### **Trauma-Informed Schools Practices and SEL Webinar**

This session will discuss the ways in which trauma-informed practices and social and emotional learning efforts can complement each other, areas in which they overlap, and important things to consider when trying to implement both efforts. Register for **PDMS Course #29191**. (DDOE contact: Teri Lawler)

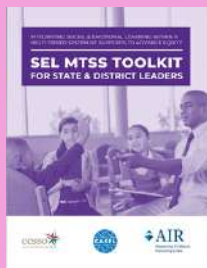
### **Neuro Logic Classroom \*prerequisite for TREP modules below\***

Combining a trauma-informed understanding of children with a brain-based approach to education that provides you with countless practical and effective strategies to meet the needs of all learners. Upcoming topics include: Oct 13 Follow up Q&A, Nov 10 Recognizing Stress in Children, Dec 8 De-escalation Strategies. Register for **PDMS Course #29145 by 10/29/21**. (DDOE contact: Teri Lawler)

### **Trauma Responsive Educator Practices (TREP)**

This is a self-paced course offering 81 lessons on pathways to trauma Responsiveness. There are additional modules available for school nurses, school counselors, and school resource officers (SRO's). *Registration information will be sent following completion of Neuro Logic Classroom.*

## **SEL MTSS Resources**



### **Social and Emotional Learning and a Multi-Tiered System of Supports | ([ccsso.org](https://ccsso.org))**

Observable and measurable outcomes to gauge if SEL has been successfully integrated in a MTSS framework



### **Reorganizing District Central Offices**

<https://drc.casel.org/uploads/sites/3/2019/07/Reorganizing-District-Central-Offices.pdf>

## Additional Resources

The Delaware Positive Behavioral Support (DE-PBS) Project has curated valuable guiding resources on their [webpage](#) that district- and school-level educators can use to help support a safe and positive return to school this year. Universal themes throughout the resources include using a multi-tiered system of support (MTSS), strategic use of data and leadership teams, focusing on equity, and prioritizing the physical, social, emotional, and mental health of both students and adults.

### **This month's highlights:**

1. [NASP-ASCA School Reentry Considerations](#)
2. [PBIS Returning to School During and After Crisis: A Guide to Supporting States, Districts, Schools, Educators, and Students through a Multi-Tiered Systems of Support Framework](#)
3. [DDOE Guide for Supporting Student & Staff Socio-Emotional and Behavioral Health When Reopening Schools](#)

For questions about the SEBW plan or resources mentioned above please contact Adriana Ignudo at [adriana.ignudo@doe.k12.de.us](mailto:adriana.ignudo@doe.k12.de.us) or (302)857-3304.

To unsubscribe from the monthly newsletter please click [here](#).