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National Youth Advocacy and Resilience  
Conference

32nd Annual NYAR Conference- Virtual (March  
8-10, 2021)

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Mar 10th, 10:05 AM - 11:05 AM

# Schoolwide Strategies to Scale Up SEL and Trauma Informed Practices

Gastrid Harrigan

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VIRTUAL

# NYAR CONFERENCE

COMMUNITY • SCHOOL • FAMILY

## SCHOOL WIDE STRATEGIES TO SCALE UP SEL & TRAUMA-INFORMED PRACTICES

Dr. Gastrid Harrigan  
Dr. Fanya Jabouin-Monnay

2021 NYAR Virtual Conference



# Session Goals:

- Share researched-based strategies, methods, and common-sense ideas to implement Social Emotional Learning to better meet the needs of the 21<sup>st</sup> Century learner.
- Scale up, make positive shifts, and build your school SEL program or initiative.
- Use strategies to incorporate trauma-informed practices into your school culture and classroom routines.





Dr. Gastrid Harrigan,  
Principal  
Broward County Public  
Schools



Dr. Fanya Jabouin-  
Monnay,  
Family Matters  
Therapeutic Services, LLC



# Mindfulness Activity



# Our Journey





# Why?

- 1 out of every 4 children attending school has been exposed to traumatic stress.
- 14% of children have experienced abuse by a caregiver.
- Over 1/3 of students have been bullied in school.
- 70% of children living in inner city neighborhoods are exposed to chronic toxic stress.



# TEENS REPORTED...

- ❑ 61% of teens reported feeling worried about themselves (or someone in their family) and getting sick.
- ❑ 63% of teens reported feeling worried about their family's ability to make a living.
- ❑ 42% of teens surveyed reported feeling more lonely than usual.

Common Sense Media, 2020





# Why?

- ❖ 15.6% of high school students have seriously considered suicide; 11.8% made a plan to attempt to commit suicide and 7.9% attempted suicide.
- ❖ 15.8% of teens engage in self-harming behaviors (cutting, etc.).
- ❖ 33.7% of high school students report feeling sad or hopeless for two weeks or more in a row (criteria for clinical depression).
- ❖ 58.5% of students are engaging in unprotected sexual behaviors.
- ❖ 26.1% actively use alcohol; 19.6% use Marijuana; 13.9% used prescription drugs not prescribed to them.

The Florida Youth Survey (2019)



“Up to two-thirds of U.S. children have experienced at least one type of serious childhood trauma, such as abuse, neglect, natural disaster, or experiencing or witnessing violence”

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(Minaham, 2019)



# Social Emotional Learning (SEL)





# WHAT IS SEL?

*The mindsets, skills, attitudes and feelings that help students to succeed in school and life. It includes:*  
*Motivation, self-regulation, self-efficacy, growth mindset, resilience and social connection.*



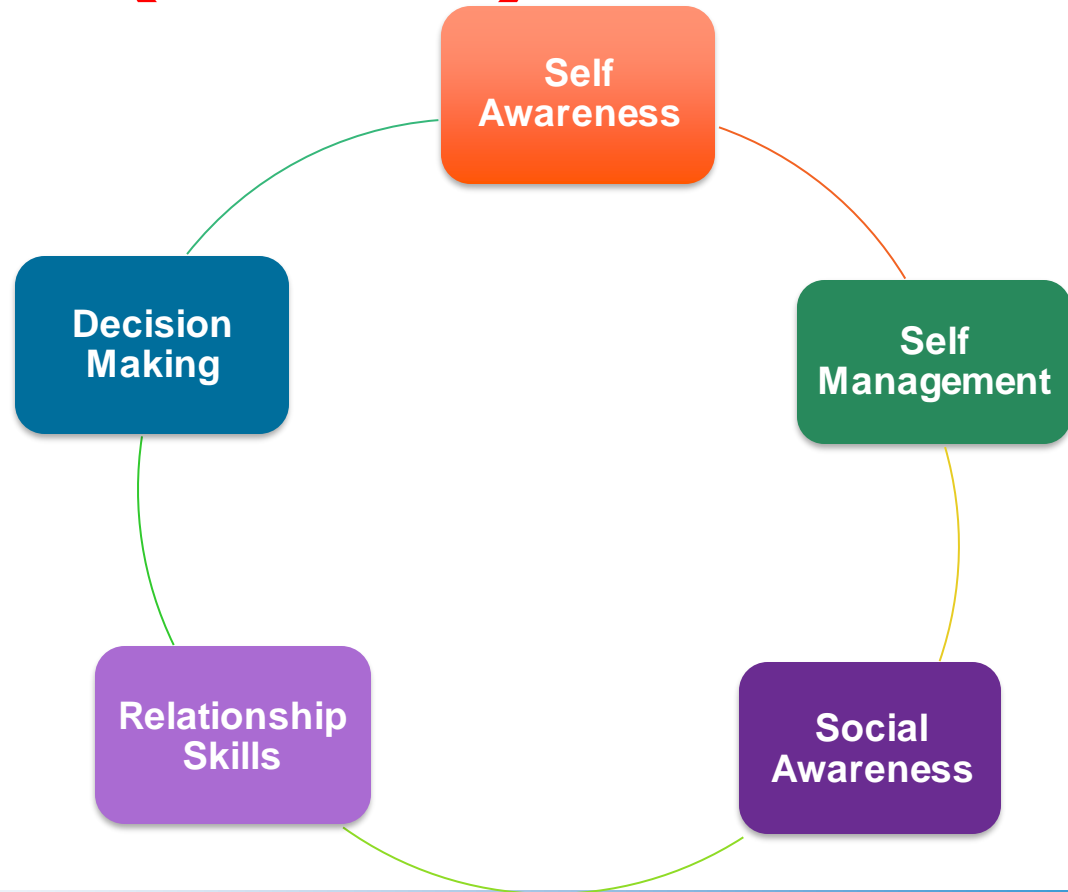
# Why is SEL Important ?

Supporting social emotional development leads to higher academic achievement. A positive sense of wellbeing is a predictor of success in later life.



# COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING (CASEL)

**5 areas of  
social-  
emotional  
competence  
to develop  
specific life  
skills**



# Five Core Competencies Collaborative for Academic, Social and Emotional Learning (CASEL)

Self Awareness	Self Management	Social Awareness	Relationship Skills	Decision Making
Identifying emotions	Managing emotions	Empathy	Conflict resolution	Identifying problems
Expressing emotions	Resilience	Discovering differences	Active listening	Solving problems
Mindfulness	Stress management	Diversity appreciation	Cooperation	Analyzing situations
Self-confidence	Impulse control	Civic engagement	Teamwork	Goal setting
Recognizing strengths	Self-motivation	Respect for others	Communication	Leadership skills





# Benefits of Social Emotional Learning



- ✓ Create a sense of belonging.
- ✓ Provide students with tools to navigate challenges.
  - ✓ Support students academically.
- ✓ Help staff identify students who need more individualized social emotional support.
  - ✓ Support staff wellness.
  - ✓ Improve school culture.
- ✓ Support families and communities.





Academic learning  
and cognitive growth  
are inextricably  
linked with social and  
emotional  
development and  
environments.

(CASEL, 2018)



# Why is SEL Important?



Source: <https://youtu.be/YMDp8FHvZt0>

# So What Can We Do?



# Schoolwide Strategies to Scale Up SEL and Trauma-Informed Practices

#1:  
Self-Care  
Day

#2: Build Teacher Competences

#3:  
Morning  
Meetings

#4:  
Mindfulness  
Activities

#5: SEL  
Class

#6: SEL  
as an  
Intervention

#7: Social  
Justice  
Dialogues

#8: SEL/  
Trauma  
Walks

#9: In-  
House  
Online  
Resources



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# Teachers & Staff Self-Care Day

- ❖ Help teachers see the importance of self-care
- ❖ Created a staff self-care plan for the school year
- ❖ Team up with community-based partners to set-up Self-Care Day: Healthy food, stress reducing strategies, massage, smoothie bike & self-defense.





# Teachers & Staff Self-Care Day

## ❖ Self-Care Day included:

- Aromatherapy
- Herbal teas
- Mamovan
- Mindfulness/ Yoga
- Paraffin
- Nutrition education, and
- one-on-one consultation with dietitian.



# Teachers & Staff Self-Care Day

## GET READY FOR WELLNESS

Throughout the school year at Cypress Run Education Center join us in the **Media Center** throughout the year for some unique wellness activities and health tips.

**Thursday Aug. 8 2019** (10:30 a.m. to 1:30 p.m.)

- Massage Therapy
- Aromatherapy and Paraffin Wax for Hands



**Monday Aug. 12 2019** (10:30 a.m. to 1:30 p.m.)

- Power Pedaled Smoothie Bike
- "Make Your Own Healthy Trail Mix"
- "Ask the Nutritionist" Informational Table



**Tuesday Aug. 13 2019** (10:30 a.m. to 4 p.m.)

1:1 private nutritional consults in Media Center



**Monday Jan. 6 2020** (9:00 a.m. to 9:45 a.m.)

- "Laugh for no Reason" Stress Management Seminar featuring Gail Choate



**Friday March 20 2020** **Teacher Workday**

(10 a.m. to 10:30 a.m.)

- Mindfulness and Meditation Class



(10:30 a.m. to 12:30 p.m.)

- Herbal Tea Tasting

(8:30 a.m. to 12:30 p.m.) appointment every 15 minutes

- 3D Mammogram in the bus loop

Call 561-955-4700 to schedule



The School Board of Broward County, Florida • Heather P. Brinkworth, Chair • Donna P. Korn, Vice Chair • Lori Alhadeff • Robin Bartleman • Patricia Good • Laurie Rich Levinson • Ann Murray • Dr. Rosalind Osgood • Nora Rupert • Robert W. Runcie, Superintendent of Schools

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**Our reason is...**  
Early Detection Saves Lives

**My reason is...**  
Family

**My reason is...**  
My mother had Breast Cancer

- Mammograms are covered 100% by insurance once per calendar year
- Patients **MUST** provide a current physician or OBGYN
- Women 40+ do not need a script, if you are under 40 you will need a script
- Study reports are provided by a Breast Fellowship Trained Radiologist

*\* Please bring your license and insurance card*

**No Insurance? Call us to see if you qualify for a free mammogram through our grant program!**

Sponsored by:



**CYPRESS RUN EDUCATION CTR**  
**FRIDAY, AUGUST 14, 2020**

**9a.m. - 3 p.m.**

Staff are welcome to schedule an appointment

**Schedule an Appointment:**  
**Online in Minutes:**

@FloridaMobileMammography.com  
Phone: 1-877-318-1349

With Florida Mobile Mammography getting an annual mammogram is **no cost with insurance** and the screening is Brought to You.

So, the real question is:  
"What is your reason to **NOT** get your mammogram?"



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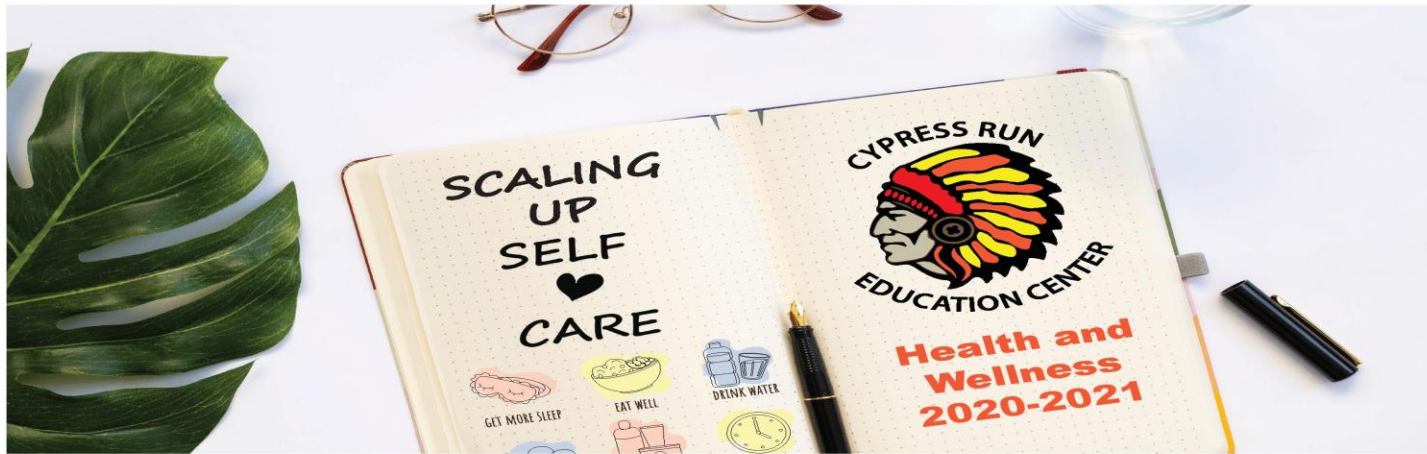
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# Teachers & Staff Self-Care Day





## HEALTH AND WELLNESS 2020 - 2021

**JANUARY, 26**  
at 8:30 a.m.

Healthy Financial Habits  
(PNC Bank)

**FEBRUARY, 18**  
at 1:45 p.m.

Making the Most of Your  
Tax Refund (PNC Bank)

**MARCH, 19**  
at 8:30 a.m.

Gentle Stretch Chair  
Exercise, Yoga &  
Meditation  
(Featuring Cathy Whitt,  
Holy Cross Hospital)

**APRIL, 8**  
at 1:45 p.m.

Mindful Eating  
(featuring Brenda  
Bordogna, The School  
of Living Arts)

**MAY, 4**  
(Teacher Appreciation)  
at 8:30 a.m.

Benefits of Using  
Essential Oils

**MAY, 6**  
(Teacher Appreciation)  
at 8:30 a.m.

Virtual Art Therapy



The School Board of Broward County, Florida Dr. Rosalind Osgood, Chair • Laurie Rich Levinson, Vice Chair • Lori Alhadeff • Patricia Good • Debra Hixon • Donna P. Korn • Sarah Leonardi • Ann Murray • Nora Rupert • Robert W. Runcie, Superintendent of Schools

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# Build Teacher Competences

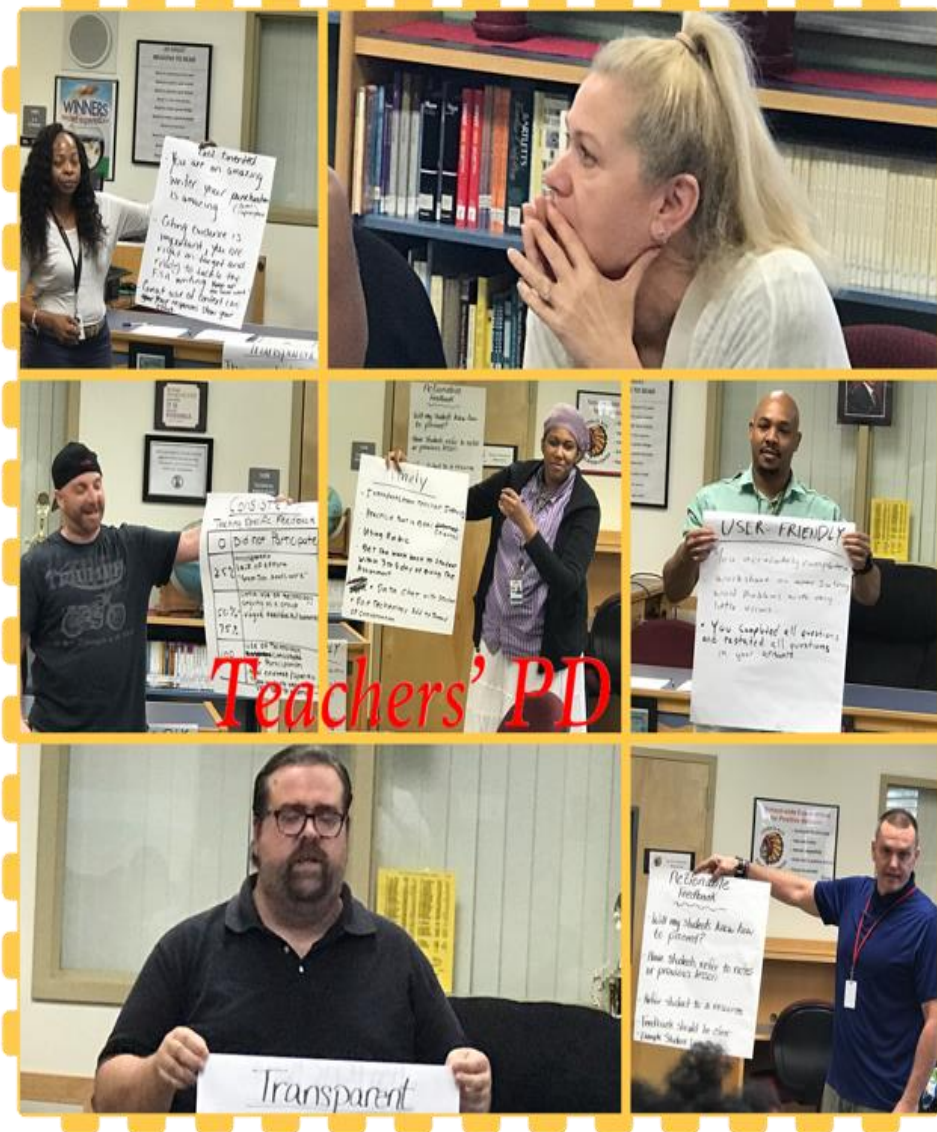


# Build Teacher Competences

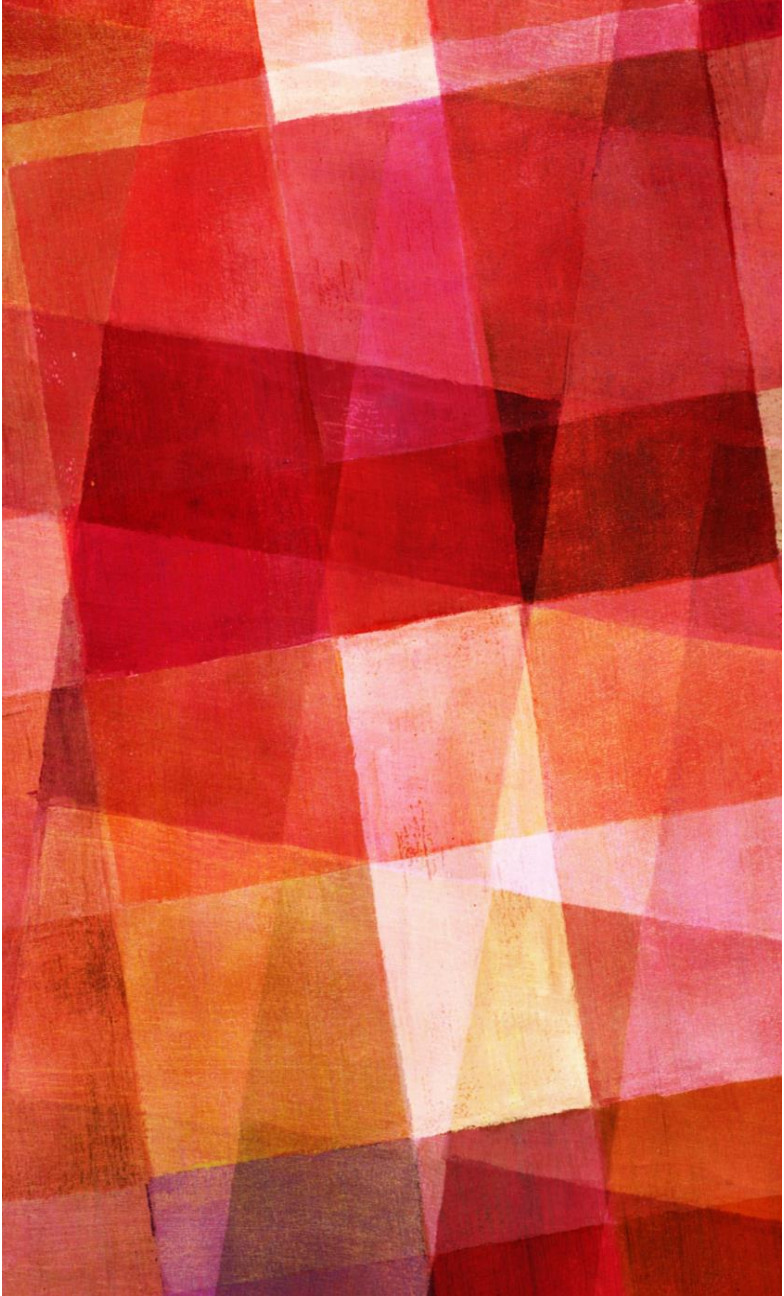
- ◆ Provide professional development that support SEL & Trauma-informed practices.
- ◆ Teachers and staff participated in Youth Mental Health First Aid and ACEs Awareness.
- ◆ Promote teachers' own social and emotional competence and support the ongoing integration of SEL- and trauma-informed pedagogical skills into everyday practices.
- ◆ Behavior Bites & quarterly PD around SEL & trauma-informed practices.



Teachers need to understand SEL before explaining it to students. They need to understand how to integrate it into academic instruction.







“Broadly speaking, teachers, school staff, and other adults who work with children typically receive little training in how to promote SEL skills, deal with peer conflict, or address other SEL-related issues.”



“...research shows that an adult’s own SEL skills play an important role in their ability to model those skills, develop positive relationships with students, and foster positive classroom environment conducive to learning.”

Jones et al., 2018



# Morning Meetings

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# Morning Meetings

- ❖ Morning meetings provide an opportunity to connect, building relationships, establish a climate of trust, and foster a positive learning environment for students.
- ❖ Use protocol to facilitate the daily interaction around CASEL core competencies
- ❖ Teach students mindfulness, breathing techniques and strategies
- ❖ Morning meetings are facilitated daily by teachers during 1<sup>st</sup> period



# Morning Meeting Protocol

## **CYPRESS RUN EDUCATION CENTER**

### **"Morning Meetings"**

- \*Do Now (3 mins.)**
- \*Focus Breathing (1 min.)**
- \*Greeting (1 min.)**
- \*Sharing – Do Now (5 mins.)**
- \*Group Activity – Lesson Exercise (8 mins.)**
- \*Summary / Reflection (1 min.)**
- \*Transition Breathing (1 min.)**





# Mindfulness Activities

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# Mindfulness Activities

- ❖ Start the day or lesson with a welcoming inclusion activity, routine, or ritual that builds community and connect to the work ahead.
- ❖ Embed engaging strategies, including brain breaks and Turn-to-your-partner to anchor thinking and learning throughout the learning experience.
- ❖ Routine Rapid Check-ins (RCIs) provide an opportunity teachers to check-in with students on an informal basis.





# SEL Class



# SEL Class

- ❖ SEL class or elective allows you to provide targeted tier 2 support and interventions to struggling students.
- ❖ Incorporate a well-rounded curriculum and programs to build students self-regulation, resiliency, self-confidence, and leaderships skills in a safe learning environment.
- ❖ Support social, emotional and academic learning



“Students are most likely to benefit from SEL when they have opportunities to use and practice skills in everyday interactions and routines.”

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Jones & Kahn, 2017







# SEL as an Intervention



# SEL as an Intervention

- ❖ Incorporate SEL and trauma-informed lessons and activities in small groups (i.e. Internal Suspension (I.S.), Behavior Modification (B-Mod), and Alternative to External Suspension (AES) Programs).
- ❖ Family counselors and support staff delivers daily SEL lessons to students serving in-school suspensions for behavior infractions.
- ❖ Used evidenced-based programs
- ❖ Students complete SEL or trauma-related activities based on the behavior infractions





# SEL as an Intervention

## Cypress Run Education Center Internal Suspension Program



<b>Daily Schedule:</b>	9:30 – 10:00	Reading/Writing
	10:00 – 10:30	Group session with Mrs. Lopez
	10:30 – 11:00	Reading/Writing
	11:00 – 11:30	Group session with Mr. Belter
	11:30 – 12:00	Lunch
	12:00 – 12:30	Math
	12:30 – 1:00	Science
	1:00 – 1:30	Group session with Mr. Gam
	1:30 – 2:00	Social Studies
	2:00 – 2:30	English
	2:30 – 3:30	Group session with Dr. Mighty

### General Guidelines:

- **Administration and the Behavior Specialist are the only personnel permitted to assign students to Internal Suspension.**
- Students will be assigned to IS as indicated by the Discipline Matrix and DMS.
- Students must participate in all activities and complete all classwork before returning to their regular classes.
- Students who are uncooperative and/or do not complete the program may be assigned additional days or may be externally suspended.
- Teachers will provide daily classwork.
- IS teacher will collect completed work and give it back to the teachers.
- Students must complete their exit essay.

### Curriculum for Group Sessions:

#### Mr. Belter

- Process to exit Cypress Run
- Discipline/Behavior Plan
- Rewards Program
- Other

#### Mrs. Lopez

- Anger Management
- SEL/ Social Skills
- Relaxation Techniques
- Mindfulness Activities

#### Dr. Mighty

- Promotion/Graduation Requirements
- Course Recovery
- SAT/ACT
- Scholarships / FAFSA
- Other

#### Mr. Gam

- Positive Behavior Strategies
- Classroom Reward System
- Other

## Cypress Run Education Center Behavior Modification Program



<b>Daily Schedule:</b>	9:30 – 10:00	ELA (Reading/Writing)
	10:00 – 10:30	Group session with Mr. Belter
	10:30 – 11:00	ELA (Reading/Writing)
	11:00 – 11:30	Group session with Mrs. Lopez
	11:30 – 12:00	Lunch
	12:00 – 12:30	Math
	12:30 – 1:00	Science
	1:00 – 1:30	Group session with Ms. Gluck
	1:30 – 2:00	Social Studies
	2:00 – 3:30	Group session with Mr. Gam

### General Guidelines:

- **Only Administration may assign students to this program.**
- Students must participate in all activities, complete all classwork, and complete all program requirements to exit.
- Teachers will provide daily classwork.
- BMod teacher will collect completed work, grade it, and give it back to the teachers to enter in Pinnacle.
- Support staff will conduct sessions during the times stated above.

### Curriculum for Group Sessions:

#### Mr. Belter

- Process to exit Cypress Run
- Discipline/Behavior Plan
- Rewards Program
- Other

#### Mrs. Lopez

- Anger Management
- SEL/ Social Skills
- Relaxation Techniques
- Mindfulness Activities

#### Ms. Gluck

- Academic Assistance/Support
- ESE Strategies
- Other

#### Mr. Gam

- Positive Behavior Strategies
- Classroom Reward System
- Other



# Social Justice Dialogues

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*Thank You*



*Mayor Messam!*

Cypress Run Education Center  
Welcomes



**Mayor Wayne Messam**  
City of Miramar  
Tuesday, February 9, 2021



# Social Justice Dialogues

- ❖ Courageous Conversation about Race: Teachers and staff participated in a year-long PD and discussions around race, equity, and diversity within the educational system.
- ❖ SolutionsForChange: Students interview business and community leaders regarding bias, social injustice, and racial inequality.
- ❖ Create plans for change via service-learning projects and share via digital presentations.



**December 14th - 10:45am**

**"SolutionsForChange"**


**Dale Holness, Commissioner, Broward County**



First in a series in which CREC students interview influential people regarding social justice issues, then develop their plans for creating change. Solutions For Change will create a culture to combat racism, promote equity and social justice throughout the Broward County Florida school



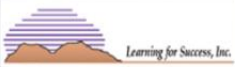
# Social Justice Dialogues

**CYPRESS RUN**  
  
**Cypress Run Education Center**  
 Broward County Public Schools  
 EDUCATION CENTER

## Wayne MESSAM


An Interview with the City of Miramar Mayor


PRESENTED BY  
**SolutionsForChange**  
**MY FUTURE IS NOW**


 Learning for Success, Inc.

**Feb 9th  
 9:45am**

2nd in a series - students interview influential people regarding social justice issues then develop their own plans for creating change. SolutionsForChange will create a culture to combat racism, promote equity and social justice throughout the Broward County Florida school district.

 **SKY RANCH FOUNDATION**

 **pompano beach.**

 **PUBLIX SUPER MARKETS CHARITIES**

**CYPRESS RUN**  
  
**Cypress Run Education Center**  
 Broward County Public Schools  
 EDUCATION CENTER

An Interview with Civic Activist

## Elijah MANLEY

Presented By

 Learning for Success, Inc.

**MY FUTURE IS NOW**  
**SolutionsForChange**

**March 4th  
 10:30am**

3rd in a series - CREC students interview influential people regarding social justice issues, then develop their plans for creating change. SolutionsForChange will create a culture to combat racism, promote equity and social justice throughout the Broward County Florida school district.

 **PUBLIX SUPER MARKETS CHARITIES**

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# SEL/ Trauma Walks



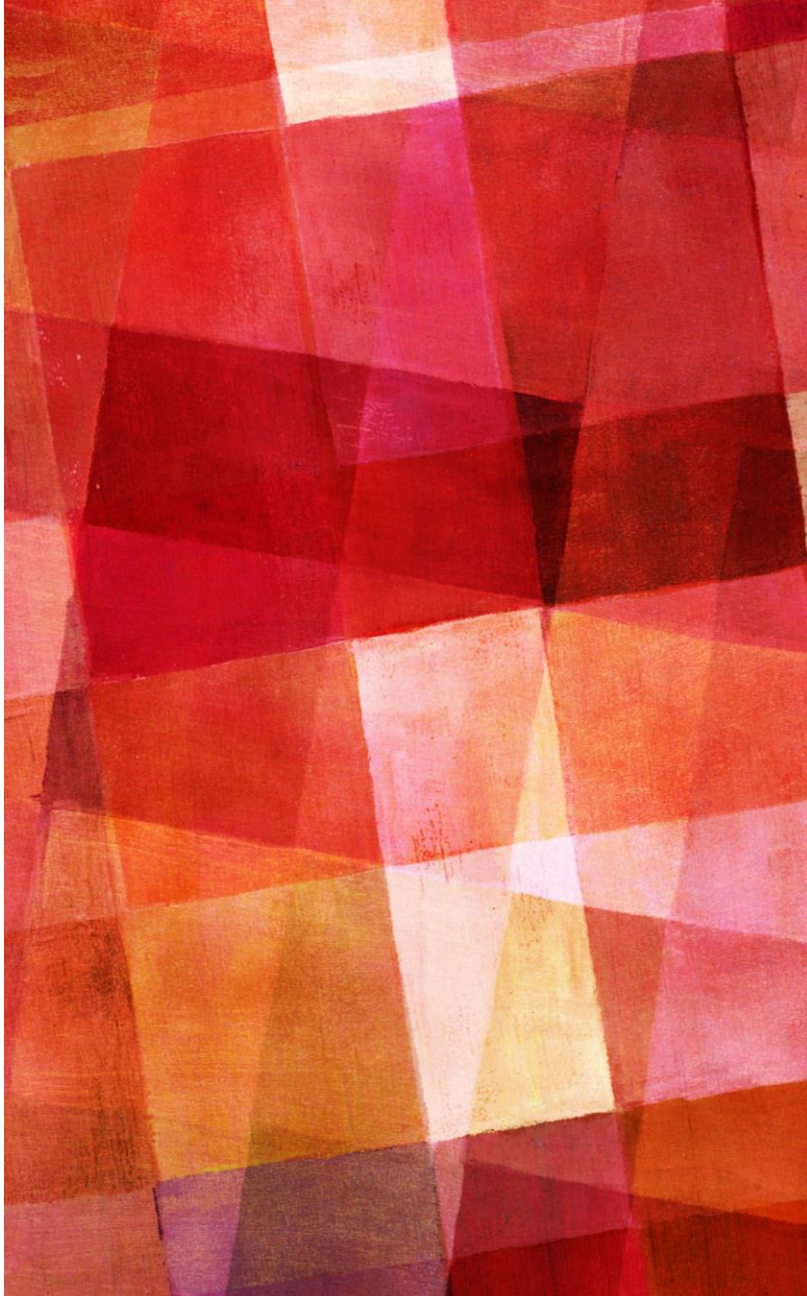
# SEL Walks

- ❖ Inspect what you expect
- ❖ Schedule time to visit classroom when SEL and trauma-informed related lessons and activities are expected to be delivered to monitor and evaluate effectiveness of the program
- ❖ Ensure and facilitate program ownership and buy-in
- ❖ Collect data to assess implementation and student outcomes to make informed decisions about needs, professional development, and sharing of best practices



“Despite the general trend toward data-driven decision-making in schools, few schools employ data to guide decision-making about the selection, implementation, or ongoing assessment of the programs and strategies they use.”  
(Jones et al., 2018)





Social-  
emotional  
learning  
programs can  
have a  
dramatic  
impact on your  
students and  
staff if you can  
take the time  
to implement  
them well.





# In-House Online Resources

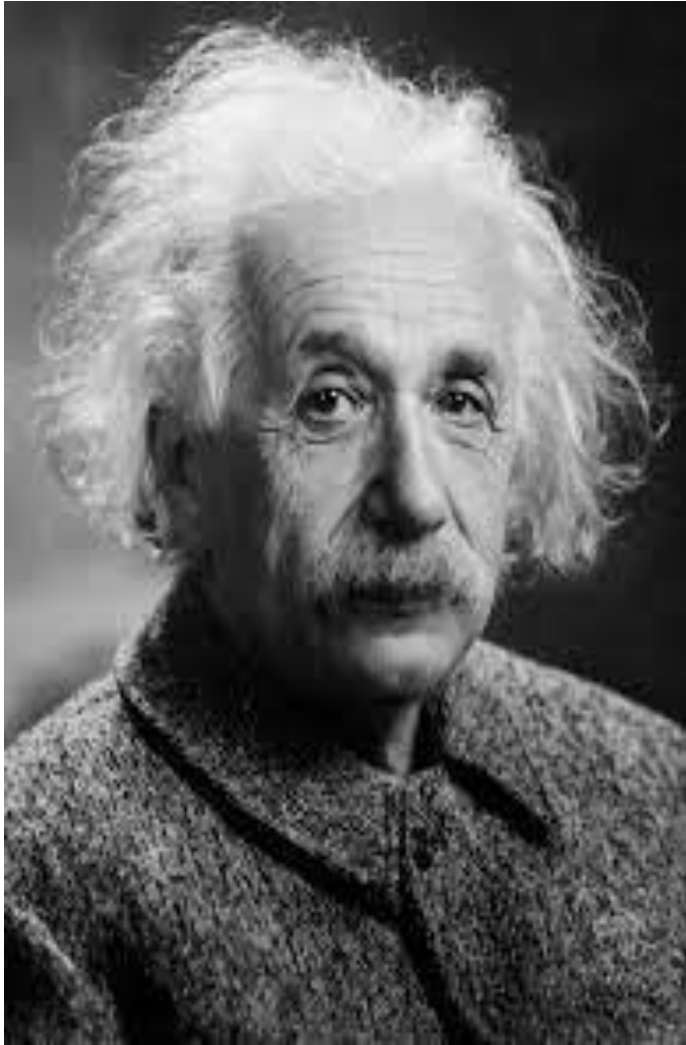
SOCIAL EMOTIONAL  
*learning*  
RESOURCES



# In-House Online Resources

- ❑ Create/ house SEL and trauma-informed materials online for students
- ❑ Use a free or district purchased learning management system (i.e. Canvas, Google Classroom, D2L, Schoology, etc.) to provide on-demand access to materials and resources to support students.
- ❑ Created Counselors' Corner as part of online resource for students to access emotional regulation and stress management tools
- ❑ Have a mental health professional monitor the learning management system or site for requests and support





“Not everything  
that can be  
counted counts,  
and not everything  
that counts can be  
counted.”



# Schoolwide Strategies to Scale Up SEL and Trauma-Informed Practices

#1:  
Self-Care  
Day

#2: Build Teacher Competences

#3:  
Circle  
Time/ Morning Meeting

#4:  
Mindfulness  
Activities

#5: SEL  
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#6: SEL  
as an  
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#7: Social  
Justice  
Dialogues

#8: SEL/  
Trauma  
Walks

#9: In-  
House  
Online  
Resources





# Thank You!

Questions?

Comments?

Suggestions?



VIRTUAL

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**Please Do Not Forget  
to Complete the Session Survey**



Dr. Gastrid Harrigan,  
Principal  
Broward County Public  
Schools



@harrigan50



Dr. Fanya Jabouin-  
Monday,  
Family Matters  
Therapeutic Services, LLC  
Drfanya@gmail.com



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