



**ccee**  
California Collaborative  
for Educational Excellence

FEBRUARY 2021

# Multi-Tiered SEL and Mental Health in Distance and Blended Learning

# About This Toolkit

Schools have a responsibility to adapt to a changing society. The pandemic and raised consciousness around social injustice underscores the important roles schools play in the lives of students, families, and their communities to promote the understanding of schools as more than academic institutions alone.

The objective in creating modules around Multi-Tiered Social-Emotional Learning and Mental Health in Distance Learning is to give guidance to educators on how to create conditions of mental well-being in which youth and adults are socially and emotionally supported.

This toolkit prioritizes inclusive practices, a sense of belonging, and relationships to support the whole child and adults within schools. An aim of this project is to align support for schools and educators with the Learning Continuity and Attendance Plan in providing resources and supports to address student and staff mental health

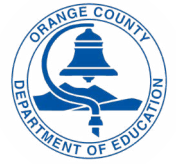
and social-emotional well-being. The following modules include videos and resources around foundations of social-emotional learning for students and adults, integrated SEL practices for students and adults, universal and supplemental behavioral supports virtually, supporting student mental health within a continuum of support, and promoting educator self-care. The modules and toolkit will demonstrate the “how to” of the specific topic, model the practices, and provide examples of strategies or activities that can be implemented immediately.

Educators, regardless of their specific role, will make use of this toolkit. It may be used to support the mental health and social and emotional well-being of students and staff. The videos linked in each section may be used for targeted professional development. The available resources may be provided to students and staff to address trauma and other impacts of COVID-19 on the school community.



For more information please contact  
[camtss@ocde.us](mailto:camtss@ocde.us)

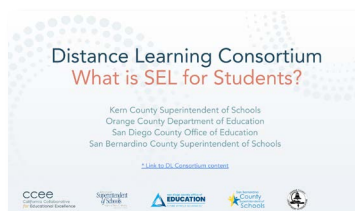
# What is SEL for Students?



Understanding the social-emotional needs of students is the cornerstone to educating the whole child in an integrated system of instruction. This module covers the foundations of social-emotional learning (SEL) and the 5 core SEL Competencies from the Collaborative for Academic, Social, and Emotional Learning (CASEL).

## OBJECTIVES

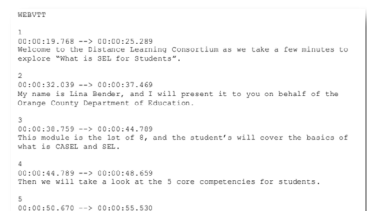
- Introduce CASEL and SEL definition
- Learn about the 5 core SEL Competencies for students



[Slide Deck](#)



[Video](#)



[Video Transcript](#)

## RESOURCES

- [California Multi-Tiered System of Support \(CAMTSS\)](#)
- [Collaborative for Academic, Social, and Emotional Learning](#)
- [CASEL Competency Wheel](#)
- [CASEL Competency Wheel in Spanish](#)
- [PBS Video on SEL](#)
- [SEL and Developmental Stages](#)
- [California's SEL Guiding Principles](#)
- [California's SEL Guide to Resources](#)
- [California Department of Education's SEL webpage](#)
- [CASEL Resources for COVID](#)
- [Executive Summary: From a Nation at Risk to a Nation at Hope from The Aspen Institute](#)
- [How Right Now: Discussions and Support for Different Feelings](#)



# Importance of SEL Competencies for Adults

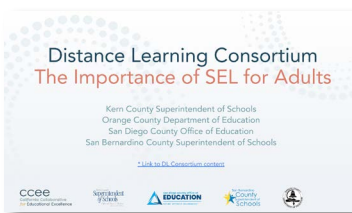


The 5 Core Competencies of social-emotional learning (SEL) apply to both the students and the adults on the school campus. In this module we will uncover the importance of incorporating SEL practices for adults and how to integrate them throughout our work as educators; for ourselves and for one another.

## OBJECTIVES

Define "Adult SEL"

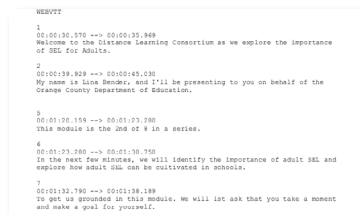
Explore how Adult SEL can be cultivated



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[Video](#)



[Video Transcript](#)

## RESOURCES

[California Multi-Tiered System of Support \(CA CAMTSS\)](#)

[CASEL Guide to Schoolwide SEL - Focus Area 2: Strengthen Adult SEL](#)

[To Reach the Students, Teach the Teachers: A National Scan of Teacher Preparation and Social & Emotional Learning](#)

[Strategies for Adult SEL Facilitation: Professional Development Reflection](#)

[Professional Learning Rubric](#)

[Video: Improving the Well-Being of Teachers and Students](#)

[Mindful Teacher Articles](#)

[Personal Reflection and Assessment \(English and Spanish\)](#)

[Personal Reflection and Assessment \[Google Form-still a draft but may be a useful resource\] \(English\)](#)

[Examining Biases for Cultural Competence](#)

[Strategies](#)

[Self-care Infographic](#)



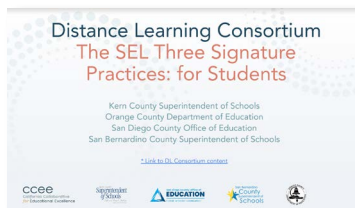
# 3 SEL Signature Practices for Students



Integrated social-emotional practices are important for fostering a supportive environment and promoting social-emotional learning (SEL) schoolwide. The 3 Signature SEL Practices for students intentionally and explicitly support practices through which students build their SEL skills. This module briefly covers the foundations and benefits of social-emotional learning. You will also learn how to create structures that foster belonging and engagement for students.

## OBJECTIVES

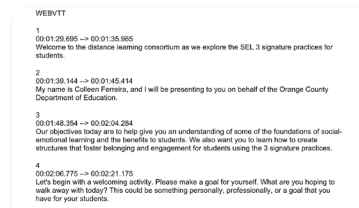
Understand the foundations & benefits of social-emotional learning  
Learn how to create structures that foster belonging & engagement for students  
with the SEL Three Signature Practices



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[Video](#)



[Video Transcript](#)

## RESOURCES

[Three Signatures Practices Playbook](#)

[Overview of the Three Signature Practices in the Classroom](#)

[Overview of the Three Signature Practices in the Classroom During Challenging Times](#)

[Three Signature Practices Planning Tool](#)

[Engaging Practices from Expeditionary Learning Catalog: Detailed Lesson Activities to Support Engaging Practices](#)

[Engaging Practices from The Colorado Education Initiative Catalog: Detailed Lesson Activities for Middle/High School](#)

[Article: "15 of the Best Breaks"](#)

[Optimistic Closures: One Page Resources for Prompts and Sentence Stems](#)

[Video: SEL 3 Signature Practices: Classroom](#)

[CASEL \(Collaborative for Academic, Social, and Emotional Learning\)](#)



# 3 SEL Signature Practices for Adults



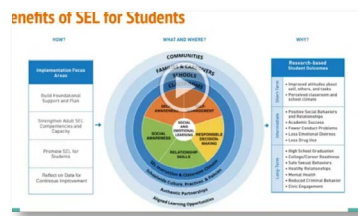
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## OBJECTIVES

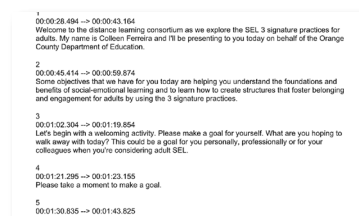
Understand the foundations & benefits of social-emotional learning  
Learn how to create structures that foster belonging & engagement for adults with the SEL Three Signature Practices



[Slide Deck](#)



[Video](#)



[Video Transcript](#)

## RESOURCES

[Three Signatures Practices Playbook](#)

[Summary of the Three Signature Practices from CASEL for Adults and Students](#)

[Three Signature Practices for Adults from Denver Public Schools: One Page Overview](#)

[Three Signature Practices for Adults from OUSD: Two Page Overview](#)

[Welcoming Ritual Examples](#)

[Optimistic Closure Examples](#)

[Video: SEL 3 Signature Practices: Adult SEL](#)

[CASEL \(Collaborative for Academic, Social, and Emotional Learning\)](#)



# Behavioral Support In the Virtual Classroom



One of the most powerful tools educators can use to improve behavior and strengthen relationships--as well as create a positive and welcoming school environment-- is to use feedback and acknowledgement on a regular basis. Learn how to effectively deliver student acknowledgements, how to set yourself up for remembering to use the acknowledgement, and determine how often you are using this strategy.

## OBJECTIVES

Acknowledge student effort for practicing and engaging in relevant skills

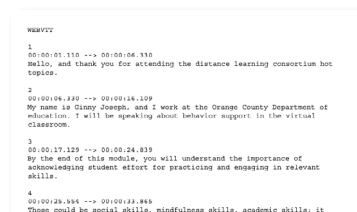
Make connections to social-emotional skills, relationships, and trauma-informed classrooms



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[Video](#)



[Video Transcript](#)

## RESOURCES

[Track Behavior Specific Praise with the Free Be+ App](#)

[Creating a PBIS Behavior Matrix for Remote Instruction](#)

[Classroom Snapshot Midwest PBIS: Behavior Specific Praise](#)

[5 Ways to Reward Students the Right Way](#)

[Article: "How to Build Relationships Virtually: The Ultimate Guide for Teachers"](#)

[Article: "Improving Students' Relationships with Teachers to Provide Essential Supports for Learning"](#)

[Article: "Let's Talk: Effectively Communicating with Your Online Students"](#)

[Article: "How to Create an Inclusive Virtual Classroom"](#)

[Article: "7 Ways to Maintain Relationships During Your School Closure"](#)

[Video: "Building Remote Learning Relationships"](#)



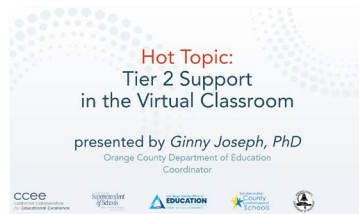
# Tier 2 Support In the Virtual Classroom



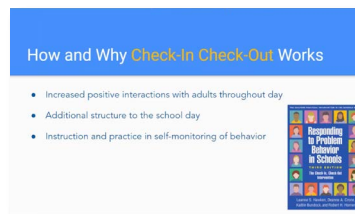
Check-In Check-Out is a well-researched evidence-based Tier 2 targeted intervention, and when implemented with fidelity has strong positive outcomes for students. Learn how this Tier 2 intervention aligns with Trauma-Informed Practices and is effective for students with externalizing and internalizing symptoms. An overview of recommended virtual adaptations are included.

## OBJECTIVES

Recommended virtual adaptations of Check-In Check-Out (CICO) Tier 2 intervention  
Make connections between Check-In Check-Out and Social-Emotional needs



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[Video](#)



[Video Transcript](#)

## RESOURCES

[Guidance on Adapting Check-In Check-Out for Distance Learning](#)

[Michigan MTSS Guidance Adapting CICO](#)

[Systematic Screening for Behavior in Current K-12 Instructional Settings](#)

[Tier 2 Evidence-Based Practices Video](#)

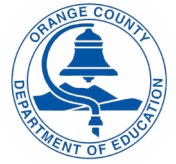
[CICO for Internalizers Teacher Feedback Video](#)

[Sample Daily Progress Report](#)





# Mental Health Within a Continuum of Support



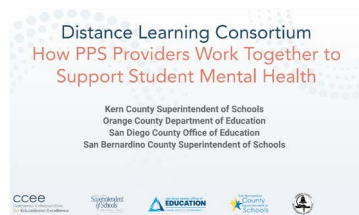
Research indicates students are more likely to seek mental health support when available in schools. When students receive support, they show a marked improvement in academic performance. This module highlights how School Based Mental Health Providers (SBMHP), including school counselors, school social workers, and school psychologists work together to support student mental health.

## OBJECTIVES

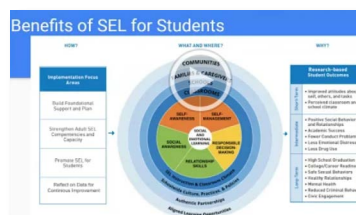
Define and identify School Based Mental Health Providers (SBMHP) trained in supporting student mental health

Outline best practices for collaboration among SBMHP to address the full spectrum of student mental health

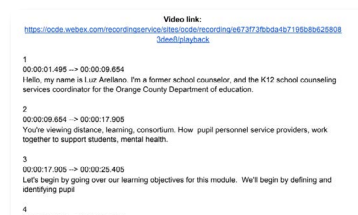
Explore examples of data elements for early identification of need for supplemental or intensified supports



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[Video](#)



[Video Transcript](#)

## RESOURCES

[Fostering the Whole Child: A Guide to School Mental Health Professionals](#)

[Overview of the Role of the School Counselor in Student Mental Health](#)

[One Pager of the Role of the School Counselor](#)

[One Pager of the Role of the School Social Worker](#)

[One Pager of the Role of the School Psychologist](#)

[Examples of Supplemental and Intensified Data Elements by Domain](#)

[Warning Signs of Mental Health for Youth](#)

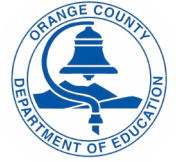
[Virtual Signs of Serious Mental Health Problems: A Teacher's Guide to Protecting Students](#)

[Guidance on Role of School Counselor in a Multi-tiered System of Support](#)

[Table of Role and Service Agreement Between Pupil Personnel Service Providers](#)



# Self-Care For Educators



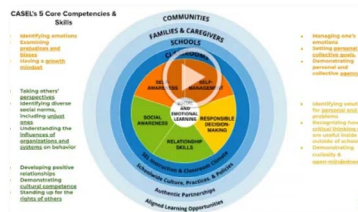
Self-care is a necessity and ethical responsibility for educators. Practicing positive self-care strategies will support educators in becoming more effective and productive in their role as an educator. This presentation provides practical self-care exercises that can be applied immediately.

## OBJECTIVES

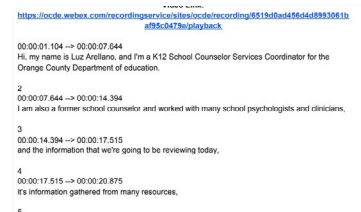
- Define self-care and list the benefits of practicing self-care behaviors
- Identify warning signs of burnout/compassion fatigue
- Explore strategies to engage in positive self-care behaviors



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[Video](#)



[Video Transcript](#)

## RESOURCES

[Care for Caregivers: Tips for Families and Educators](#)

[Care for the Caregiver: Guidelines for Administrators and Crisis Teams](#)

[Self-Care Assessment](#)

[Self-Care Assessment Worksheet](#)

[Lifestyle Behavior Assessment](#)

[Compassion Satisfaction and Fatigue Self-Assessment](#)

[Self-Care Wheel](#)

[Your Portable Guide To Stress Relief](#)

[My Maintenance Self-Care Plan](#)

[Emergency Self-Care Worksheet](#)

[Breathing Practices for Adults](#)

[Stress Relief Mental Activities](#)

[Stress Relief Physical Activities](#)

[Article on Stress Management: How to Reduce, Prevent, and Cope with Stress](#)

[Article on Time to Ditch 'Toxic Positivity,' Experts Say: 'It's Okay Not to Be Okay'](#)

[NAMI National Helpline Resource Directory](#)

