

Pupil Personnel Services, Social Emotional Learning, & Mental Health Curriculum

Presentation for the Board of Education
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Mental Health and the NYSED Mandate

Amendments to Commissioner's Regulations - Health Education Part 135

Education Law § 804 was amended by Chapter 390 (Laws of 2016) and Chapter 1 (Laws of 2017) to require health education in schools to include instruction in mental health. Specifically, the legislation requires the health education curriculum to:

- *include several dimensions of health, including mental health, and the relation of physical and mental health; and*
- *be designed to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.*

Effective Date is July 1, 2018



What is Mental Health?

Definition:

Mental health is a critical part of overall health and well-being and is important throughout the life cycle; affecting thinking and learning, feelings and actions, influencing healthy decision making.

According to the World Health Organization “there is no health without mental health “ with health being a state of complete physical, mental, and social well-being

Why we must recognize its importance amongst students today:

Research has shown that the quality of the school climate may be the single most predictive factor in any school’s capacity to promote student achievement.

Go beyond the classroom and focus on a positive school climate



DID YOU KNOW?

Fast Facts



Half of all chronic mental illnesses begin by age 14



Half of all lifetime cases of anxiety disorders begin as early as age 8



22% of youth experience serious mental illness in a given year



Youth substance abuse may be an attempt to self-medicate symptoms of undiagnosed mental illness



Early signs of mental illness are often **mistaken** for typical characteristics of childhood and adolescent development



The median delay between the onset of symptoms and treatment is 10 years.

Oyster Bay-East Norwich Central School District Current Supports for all Students

District/Building Offices

Social Workers
School Psychologists
Counseling
Special Services
Continued partnerships with outside
agencies
Health & Physical Education

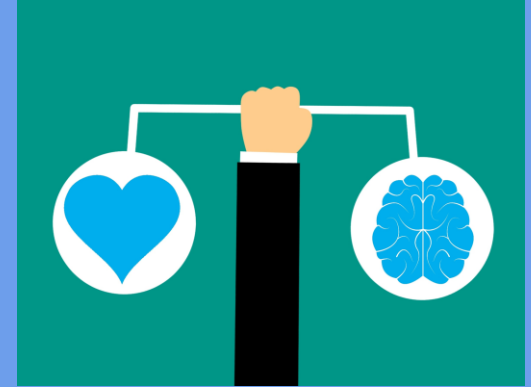
Building Level Committees/Events

Student Support Team
Instructional Support Teams
Safety Meetings
Challenge Day
Red Ribbon Week/Kindness Week
Dignity for All Students Act
Choose Kindness Campaign



Social Emotional Learning

Social-emotional learning (SEL), as defined by the Collaborative for Academic, Social, and Emotional Learning (CASEL) is “the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”



Life skills taught with SEL:

- Empathy
- Impulse control
- Emotion recognition
- Emotion management
- Communication
- Assertiveness
- Problem Solving

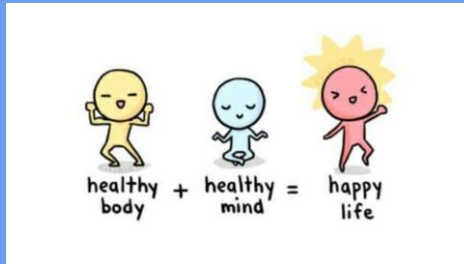
Mental Health in the Health and Physical Education settings

Health Education:

- Mental Health as a unit in grades 5 - high school courses: Identifying feelings, coping, building self confidence
- Mental Health as it relates to all topics covered in the 5-12 curriculum
- Self assessments and resource management
- Class culture is sensitive and welcoming
- ROPES

Physical Education:

- K-12 opportunities to connect movement and fitness to feeling good/building self-esteem
- Goal-setting, decision-making, improving confidence, and problem solving throughout all units
- Communication and relationship skills emphasized through team-building
- Mindfulness Elective at HS



Next Steps in Oyster Bay-East Norwich

- Training at buildings
- Online resources on OBEN web pages
- Spanish/English brochures accessible in various areas within the buildings
- Identify strategies to engage families and students in supporting mental health and well being
- Family workshops
- Wellness Committee
- Mental Health Professionals to attend workshops and conferences
- Investigating supportive programs such as Natural Helpers
- Leverage partnerships and build upon existing resources





Better Health. Brighter Future.