

October 2020

PUPIL SERVICES UPDATE

Delaware County Intermediate Unit | 200 Yale Avenue, Morton, PA 19070 | (610) 938-9000

RESOURCES

Easy to Find Resources

- The Central East Mental Health Technology Transfer Center (MHTTC) in collaboration with the National Center for School Mental Health is pleased to continue our school mental health webinar series. The series focuses on advancing high quality, sustainable school mental health from a multi-tiered system of support, trauma sensitive, and culturally responsive and equitable lens. Webinars will be held the first Wednesday of the month from September 2020 -June 2021, 3:00-4:00 ET. <http://www.schoolmentalhealth.org/Connect/Webinars/>
- DDAP's State Epidemiological Outcomes Workgroup (SEOW) looked at data from the 2019 PA Youth Survey (PAYS) to help answer this question. The SEOW developed a short report to highlight some of the PAYS data related to [school safety, substance use, and mental health](#). According to the 2019 PAYS, feelings of safety at school among high school students are associated with decreased odds of substance use, symptoms of depression, and suicidal ideation. This data continues to emphasize the importance of efforts to focus on a positive school climate with a focus on safety, support, and social-emotional learning to provide equitable learning environments for PA youth.
- <https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Pages/WhatsNew.aspx>
- Tier 2 Social-Emotional Learning/Mental and Behavioral Health Interventions: Post COVID-19 <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/return-to-school/tier-2-social%e2%80%93emotional-learning/mental-and-behavioral-health-interventions-post-covid-19>
- The most effective anti-bullying curricula are backed by years of research and incorporate social-emotional learning (SEL). Social-emotional learning is the process of learning and applying the skills needed to manage emotions, build positive relationships, and make healthy decisions. Join violence prevention experts from Clemson University for an in-depth discussion on incorporating social-emotional learning into your school's bullying prevention efforts. [Register →](#)

Parents and Families

- The **So Now What?** virtual series brings the country’s leading experts in education and childhood development, including PBS Kids, Common Sense Media, Learning Heroes and UPMC Children’s Hospital, together with parents and caregivers to share and learn from one another.

To register, please visit: <http://bit.ly/SoNowWhatSeries>

- [Social and Emotional Wellness Resources](#)

Brain POP	Resources for educators, families, and caregivers including free activities and games for kids, age-appropriate ways to talk to kids about the current pandemic, and adaptable lessons for home and remote learning.	Free	Online Lessons Videos Activities Worksheets Games Tips and Tools	K-8
CASEL Cares	Resources for educators and families to engage students in SEL at home including free activities and tips and tools for talking to children about the current pandemic.	Free	Activities Tips and Tools	K-12
Centervention	Resources for educators, parents, and kids including lessons, activities, and printable that can be used at home or in the classroom. Free online social skills games for kids.	Free	Online Lessons Activities Games Worksheets	K-8
Common SenseEducation	Online educator toolkit for SEL. Flexible, free, classroom ready lesson plans. Free tools and resources for implementing SEL strategies, and resources for families to enhance learning and growth at home.	Free	Lesson Plans Activities Worksheets Educator Toolkit	K-12
Conscious Discipline	Resources to support educators and families to engage students in SEL, including webinars and training videos. Guidance for educators and families for home and remote learning. Free activities, video lessons, games, and printable.	Currently Free	Video Lessons Activities Games Tips and Tools	K-12
EVERFI	Online lesson plans adaptable for home and remote learning. Offers a wide range of topics in evidence-informed online lessons.	Free	Online Lessons	K-12
Leader in Me	Online, brief, and easy-to-implement SEL Strategies and lessons. Resources including lesson plans, videos, and materials for educators. Additional activities, resources and tips for caregivers and families.	Free	Lesson Plans Videos Activities Worksheets Tips and Tricks	K-12
ParenTeen Connect	Resources for teens and parents covering the most common issues. Expert advice videos on how to tackle issues faced by parents of teens.	Free	Videos Tips and Tools	9-12
PBS Kids	Online games for kids that promote SEL values. Tips and resources for parents, caregivers, and families.	Free	Videos Activities Games	K-5
Second Step	Resources for educators and families including tips for remote learning and SEL lessons, free resources, games, and activities for educators and families to use during school closures including the mindfulness program Mind Yeti.	Some lessons currently free	Videos Activities Games Podcasts Tips and Tools	K-8

Addressing Race and Trauma

- Social-Emotional Learning for an Antiracist Future: A Conversation with Dr. Dena Simmons
<https://www.facinghistory.org/calendar/web2020nat33-social-emotional-learning-antiracist-future-conversation-dr-dena-simmons>

UCLA Update & Resources

- Fall, 2020
<http://smhp.psych.ucla.edu/pdfdocs/newsletter/fall2020.pdf>
- Assisting Kids with Online Instruction
- Talking with Kids When Assisting with Learning
- To Push or Not To Push
- Common Tips from the Internet

Professional Development Opportunities

Save the date!

DCIU invites The Beck Institute - Cognitive Behavior Therapy for Youth in School Settings DATE - TBD. Must attend all three days. Space is limited. The event will be virtual. Please contact Tracey Wise at twise@dciu.org to reserve space.

Trauma 101: An Overview of Trauma-Informed Care

<https://www.mylearningplan.com/WebReg/ActivityProfile.asp?D=16864&I=3563135>

Trauma 102: Basic Skills of Trauma-Informed Care

<https://www.mylearningplan.com/WebReg/ActivityProfile.asp?D=16864&I=3597665>

Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers

<https://www.mylearningplan.com/WebReg/ActivityProfile.asp?D=16864&I=3563145>