Welcome!

Lessons Learned & Moving Forward Together

February 4, 2021
Welcome & Introductions

Updates from HFL

Presentations: Considerations for SEL During COVID-19

Roundtable Discussion with Program Developers

Breakout Room Discussions

Questions
For breakout sessions, select a group:

1. Botvin LifeSkills
2. Second Step
3. Too Good for Drugs/Violence
4. Future Planning

...and rename yourself: "#-Name"
Drivers of Effectiveness

Tier 1
- Classroom and school program practices & policies
- Effective Implementation
- Communication & Coordination
- Leadership
- Data-Driven Decision-Making
- Focus on Equity

Tier 2
- Targeted small group supports

Tier 3
- Intensive individual interventions

Supporting Families and Educators
Tier 1
Interventions: Relationships

Ensure that each student is connected to at least one trusted adult:

- These efforts must be *intentional* and *systemic*
- Consider all adults in your building
- Identify both technology- and non-technology-based strategies to ensure students are engaged
- Ensure trusting adults know how to refer students who need additional support

- **Resource:** [Virtual Relationship Mapping](#)
Ensure that students can practice social skills with their peers:

- Again, efforts must be *intentional* and *systemic*
- Promote virtual collaboration
- Set up small group sessions
- Encourage students to share their experiences with each other
Help students manage emotions including stress, fear, and anger:

- Help students identify and monitor their emotions
- Teach them emotional management strategies such as:
  - Journaling
  - Mindfulness meditation
  - Taking breaks
- Help students develop strategies for addressing specific emotions
If I am feeling...

- Overwhelmed
- Sad
- Anxious
- Lonely
- Frustrated
- Inadequate

Then, I’ll...

- Go for a walk around the block
- Give myself 20 minutes to feel it
- Take some deep breaths/stretch
- Call someone I love to say ‘Hi’
- Do a quick mindfulness practice
- Remind myself of my strengths

Source: Headspace.org.au
Focus on the wellbeing of adults at three levels:

- Supportive Environment
- Support from & supporting others
- Self-care
Grantees made heroic efforts

• Applied program strategies to support students experiencing stress
• Shared core content
• Adapted lessons to remote learning
What strategies have you put in place or adapted to adapt your program(s) to the COVID-19 Context?
Breakout Rooms
Report Out
Questions?
Thank You!!