Partnering to Implement an Evidence-Based SEL Program Within a Trauma-Informed Framework

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In the next hour...

• Describe how our partnership came to be
• Outline the SEL and Mindful awareness program we are implementing and researching
• Speak to our “lessons learned” so far on this journey

Studies indicate young children's development of social and emotional competencies are associated with a wide range of positive outcomes. There are many young children in our school board who lack social and emotional competencies affecting their school adjustment and academic performance.

• Classroom-based, educator-led
• Teaches SEL skills by linking cognitive, neuroscience, positive psychology & mindful awareness

MindUP Lesson Content

1. Your brain
2. Mindfulness
3. Focused Awareness
4. Mindful Listening
5. Mindful Seeing
6. Mindful Smelling
7. Mindful Tasting
8. Mindful Touch
9. Mindful movement
10. Perspective taking
11. Choosing optimism
12. Savoring happy experiences
13. Acting with gratitude
14. Acting with kindness
15. Mindful Action
S-1 5 million dollar grant from the Public Health Agency of Canada. Innovation Strategy for Supporting the health of victims of domestic violence and child abuse through community programs.

Implement an Evidence-Based SEL Program Within a Trauma-Informed Framework.

Methodology

LESSONS LEARNED SO FAR...

University, Public School, Community

LESSONS LEARNED SO FAR...

• Collaboration Readiness
  • Alignment
  • Commitment
  • Resources

Aligning the MindUP Program & Trauma-Informed Framework With Existing Goals

LESSONS LEARNED SO FAR...

• Nature and Degree of Involvement
  • Board, School, Administrative and Professional Support Staff
  • University, faculty, and students
LESSONS LEARNED SO FAR…

• Between Partner Relationships
• Shared vision and values
• Communication processes
• Role clarity
• Power and authority

LESSONS LEARNED SO FAR…

• Capacity Building
• Evaluation of partnership success
• Maintaining momentum
• Building sustainability

Thank-you!

Questions and Comments

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