

# Enhance Social- Emotional Competencies



NORTHWEST  
COMMUNITY  
HEALTH  
INNOVATION  
REGION

NORTHWEST MICHIGAN  
**Behavioral  
Health  
Initiative**



This is the work of the Social Emotional Competencies Action Team, one of the 12 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the [CHIR](#) and the [Behavioral Health Initiative](#), and stay connected by subscribing [here](#).

# Meet the Action Team Members

Team  
Leader

**Carol Greilick**

Northwest Education  
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Member

**Gina Aranki**

Child and Family Services  
of Northwest Michigan

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Member

**Lisa Meyer**

Char-Em ISD

Team  
Member

**Peg Ramsdell**

Leelanau League of Women  
Voters-Early Childhood Study  
Group & Benzie Leelanau District  
Health Department-Parenting  
Communities, Volunteer

Team  
Member

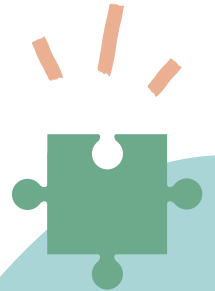
**Ellen Templeton**

Health Department of  
Northwest Michigan



# Challenge

Social-Emotional Learning is widely misunderstood, and outcomes are difficult to define and measure. Too little time is dedicated to Social-Emotional Learning in schools as a result of this.



# Actions



## Research

Conducted research on existing SEL resources and initiatives



## Web-Based Resources

Designing a web page to house information and resources related to SEL

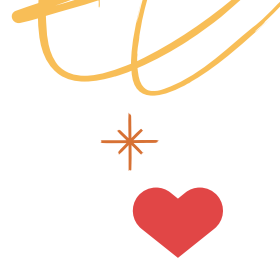


## SEL Educational Brochure

Developed a brochure on SEL to educate community members, families, teachers, and schools on the importance of SEL skill building



# Achievements, Findings, & Implications



Discovered gaps in information related to how SEL skills can be taught by families and in the community, not just in schools

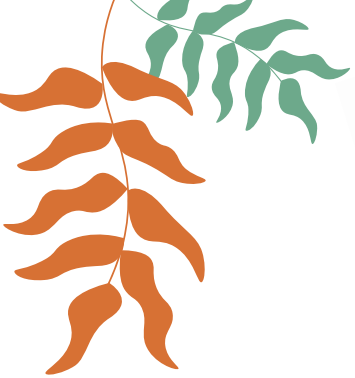


Finalized an informational brochure on social-emotional skill development



Social-emotional skills should be developed across the lifespan. Additional information and resources need to be made available to ensure this is happening, which is the goal of our group's work.





# Front and Back Pages of Brochure

## STRONG SOCIAL SKILLS STRONG COMMUNITIES



**We need your help!**  
Our kids need YOU to help them be successful and navigate difficult times in life.



### Additional Resources:

For more information about social and emotional skills, please visit the following websites:

- **CASEL Interactive SEL Wheel:**  
<https://bit.ly/35q9GQ3>



- **Michigan Department of Education:**  
[www.Michigan.gov/mde-sel](http://www.Michigan.gov/mde-sel)



### Professional Development:

This free course will provide educators with a foundational understanding of social and emotional skills.

- <https://bit.ly/3tTOOVQ>



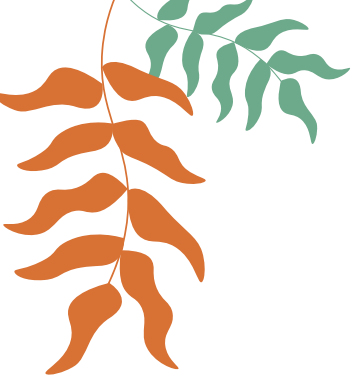
This is the work of the Reduce Access to Substances Action Team, one of the 12 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the CHIR and the Behavioral Health Initiative, and stay connected by subscribing through the link below.

**CHIR:**  
<https://northernmichiganchir.org/>



Content source: CASEL, the Collaborative for Academic, Social, and Emotional Learning | [www.CASEL.org](http://www.CASEL.org)





Opening the  
brochure to  
reveal two  
panels.

## BUILDING BLOCKS for Social & Emotional Growth

There are five skills or competencies that are key to learning and human development. They are based on a set of recommendations from the Collaborative for Academic, Social, and Emotional Learning (CASEL). These competencies can be learned across diverse cultural contexts and are important from early childhood to adulthood.

**Self-Awareness:** Understanding one's own emotions, thoughts, and values and how they influence behavior across contexts.

**Self-Management:** Managing one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

**Social Awareness:** Understanding the perspectives of and empathizing with others, including those from diverse backgrounds, cultures, and contexts.

**Responsible Decision-Making:** Making caring and constructive choices about personal behavior and social interactions across diverse situations.

**Relationship Skills:** Establishing and maintaining healthy and supportive relationships and effectively navigating settings with diverse individuals and groups.

Children matter.

You matter.

Learn the CASEL 5!



## The Power of Strong Social and Emotional Skills

### STUDENTS BENEFIT

- Better social and emotional skills.
- Improved attitudes about self, others, school.
- Positive classroom behavior.
- 11 percentile-point gain on standardized achievement tests.
- Fewer behavioral problems.
- Less emotional stress.
- Lower drug use.

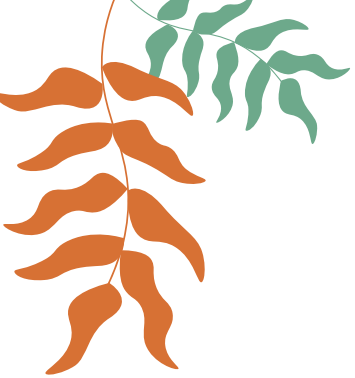
### EDUCATORS BENEFIT

- Stay in the classroom longer.
- Develop nurturing relationships with students.
- Serve as role models for students.
- Manage their own emotions.

### STRONG RETURN ON INVESTMENT

- The investment into social and emotional skills is 11:1, meaning for every dollar invested, there is an \$11 return. Savings are from costs not needed for intervention.





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Brochure  
fully  
opened

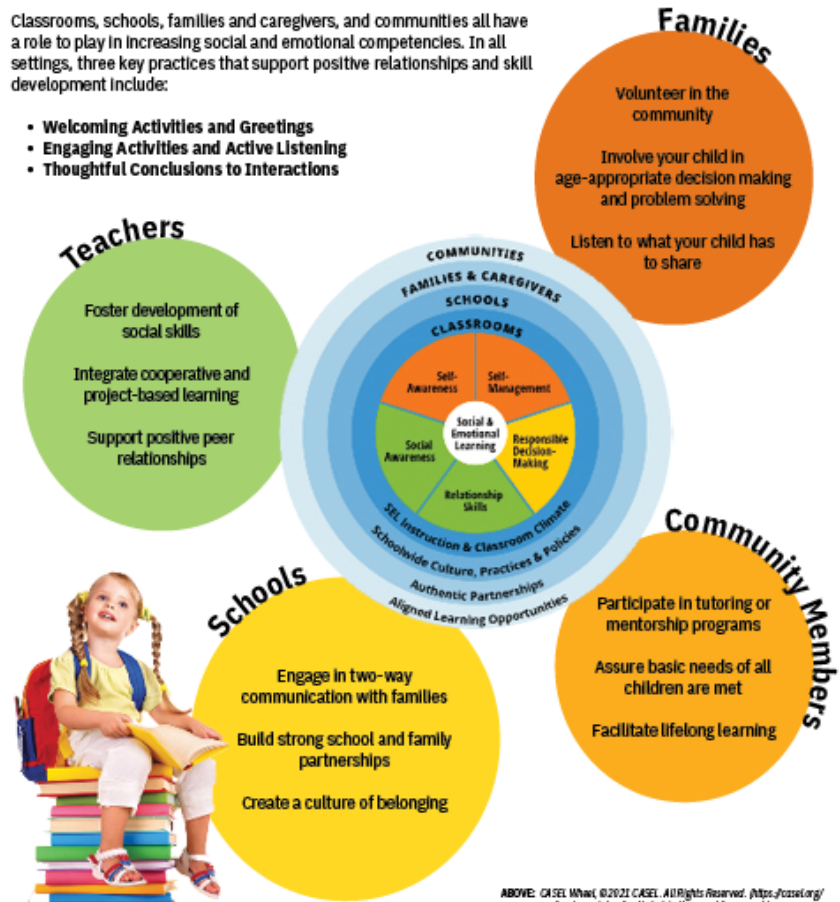
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## How Can You Support Social Skill Development?

Classrooms, schools, families and caregivers, and communities all have a role to play in increasing social and emotional competencies. In all settings, three key practices that support positive relationships and skill development include:

- Welcoming Activities and Greetings
- Engaging Activities and Active Listening
- Thoughtful Conclusions to Interactions







# Recommended Next Steps

1

## Distribute the brochure widely

Print and distribute the brochure within communities

2

## Develop web-base SEL resource page

Continue to plan and develop a web page that houses SEL information and resources

3

## Continue collaboration with key partners

Continue to collaborate with partners across the region to enhance SEL opportunities across the life span



# Thank you!



## Are there any questions?



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