

# SOCIAL EMOTIONAL LEARNING (SEL) COMMUNITY REPORT

## Key Project Activities

- Build relationships with youth to engage them in building their awareness about social emotional learning.
- Identify what social emotional learning evidence-based activities work best for youth.
- Deliver evidence-based social emotional learning tools to youth.
- Build community understanding about social emotional learning and its impact on well-being and mental health with a goal of decreasing stigma.

**In February 2019, work for the Ontario Trillium Foundation social and emotional learning project commenced. In the spring and summer, the team achieved their human centered design certification, conducted expert interviews to collect insight from youth and their trusted adults, conducted prototypes to evolve well-being presentations and a workshop series for delivery to Grade 7 to Grade 12 students. Once the school year commenced, the team collaborated with teachers to deliver "Growing Resilience" workshops and support student-led well-being initiatives. This work is ongoing.**



Funded by Ontario Trillium Foundation  
Delivered by Rural Response for Healthy Children  
with support from The Tanner Steffler Foundation

# #BEWELLHURON

What is social  
emotional  
learning?

- Social emotional learning is the how humans understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.
- Social emotional learning is important for every person's positive mental health.

## MOST MEANINGFUL PRACTICES IN CLASSROOM


From Huron Youth Evaluations of  
Growing Resilience Program  
offered to their class.

movement  
mindfulness  
grounding  
check-ins

**"I LIKED LEARNING THAT MY  
EMOTIONS ARE NORMAL."**

# **MOST MEANINGFUL PRACTICES CONTINUED OUTSIDE OF CLASS**

From Huron Youth Evaluations of Growing Resilience Program offered to their class.



tapping  
four finger affirmation  
grounding  
meditation

## **Project Evaluation Results**

- Project Evaluation coordinated by Michele Hansen (funded by OTF)
- The Evaluative Learning approach was implemented to support the SEL team in meeting the project objectives.
- Evaluation questions relate to levels of encouragement and comfort, relationship skills, understanding their own well-being, self-regulation, understanding challenges are normal, learning what SEL practices are most meaningful and what practices were tried on their own.
- As of January 2020, 380 evaluations were completed by students.
  - 8.5 out of 10 was the average response for the Growing Resilience series offered in schools

**"ONE THING THAT HELPED ME IS  
THAT IT DOESN'T MATTER WHAT  
OTHERS THINK, JUST BE ME."**

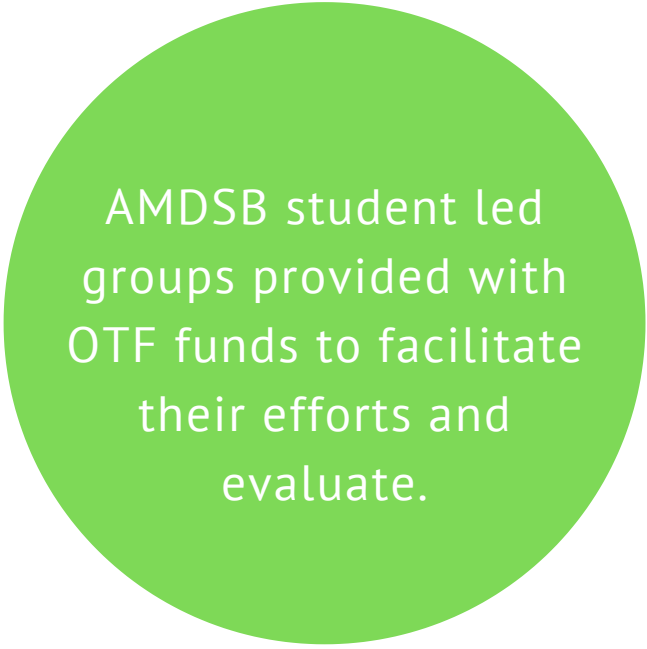
## **OTF Survey Results**

- OTF's Strengths and Difficulties Survey is a requirement of the funding. OTF has strict procedures on the administering of the Survey.
- Questions relate to emotional and conduct problems, hyperactivity, peer problems, social behaviour,
- Administration of the Survey is coordinated by the Project's Evaluator, Michele Hansen and delivered by the SEL team during the Growing Resilience series at schools
- The completion of the Survey is optional and anonymous.
- As of January 21, 2020; 656 pre-survey (438) and post-survey (218) were completed.
- The findings to date are generally considered flat. Minimal change to student perception after receiving the Growing Resilience tools.
- Next steps are to build the result pool for the post-survey.

## **Additional Evaluation Results**

- Coming in summer 2020, evaluation results from AMDSB's Students As Leaders Supporting Mental Health and Well-Being related to overarching inquiry of "How do student-designed and student-implemented mental health initiatives support the mental health and well-being of students in schools.

## **Additional Information**



AMDSB student led groups provided with OTF funds to facilitate their efforts and evaluate.

**The SEL team conducted expert interviews in May & June 2019.**

**These local interviews identified issues & needs, initiatives to foster belonging & relationships, staff well-being and needs, programs with good engagement and desired well-being / SEL programs in schools and the community.**

## **Next Steps**

- Continue collaboration with Avon Maitland District School Board to support student-led implementation of well-being and mental health initiatives and evaluate results.
- Expand awareness about social emotional learning tools with parents and caregivers through community presentations. i.e Mental Health Week social media campaign and family health team monitors
- Continue delivery of "Growing Resilience" social emotional learning tools for Grade 7 to Grade 12 students and their teachers in all schools in Huron County.
- For more information, visit <http://www.rrhc.on.ca/sel/>

## May 2020 Mental Health Week Plans

- SEL messages for rotation on Family Health Team clinic monitors.
- SEL messages to rotate on Channel 1 (Hay Communications) : 10000 homes reached
- Interview on Local One - The Stayash
- Instagram and Facebook campaign from April 27th to May 17th
- SEL Facebook Live Q & A
- Enhanced resources on RRHC web site
- Promotion of Be Well Text Messaging system to work places throughout County; especially local government and councils

