



*Mill Creek
Elementary
School PTA –
Mental Health*

Social-Emotional Learning (SEL)



PARENT UNIVERSITY

Overview

2021-22 School Year

2022-23 School Year

Social-Emotional Learning (SEL) >

Navigating District Systems

What Every Parent Needs to Know Video Series

Social-Emotional Learning (SEL)

ELEMENTARY SCHOOL

In this series of videos, MTSS Facilitator Kristin Walker and Garfield Elementary Social Worker Barb Dubin discuss how parents can support the social and emotional health of their elementary-age children.

- **Video 1 - [What is Social-Emotional Learning \(SEL\)?](#)**
 - Social-Emotional Learning is complex and includes learning self-awareness, self-management, responsible decision-making, relationship skills, and more. Social-Emotional Learning is a lifelong process of acquiring skills and tools to manage stressors in life. Learn about the SEL curriculum in our schools and how you can help your child by practicing and modeling healthy social and emotional skills at home.
- **Video 2 - [Mood Check-Ins](#)**
 - We use several tools to help students become focused, calm and ready to learn. During mood check-ins, students communicate what they are feeling, and how intense their feelings are. Giving kids a chance to let you know how they feel can open up conversations to learn more about a child's inside world. It also helps them expand their vocabulary and understanding so they can talk about their emotions.
- **Video 3 - [Mindfulness Check-Ins](#)**
 - Mindfulness is a new term being integrated into social-emotional learning for children. Mindfulness techniques can help children when they are under stress. Becoming aware of the present moment and drawing attention to the way your body feels is a way to relax and calm your emotions.

Connecting
with
Counselors

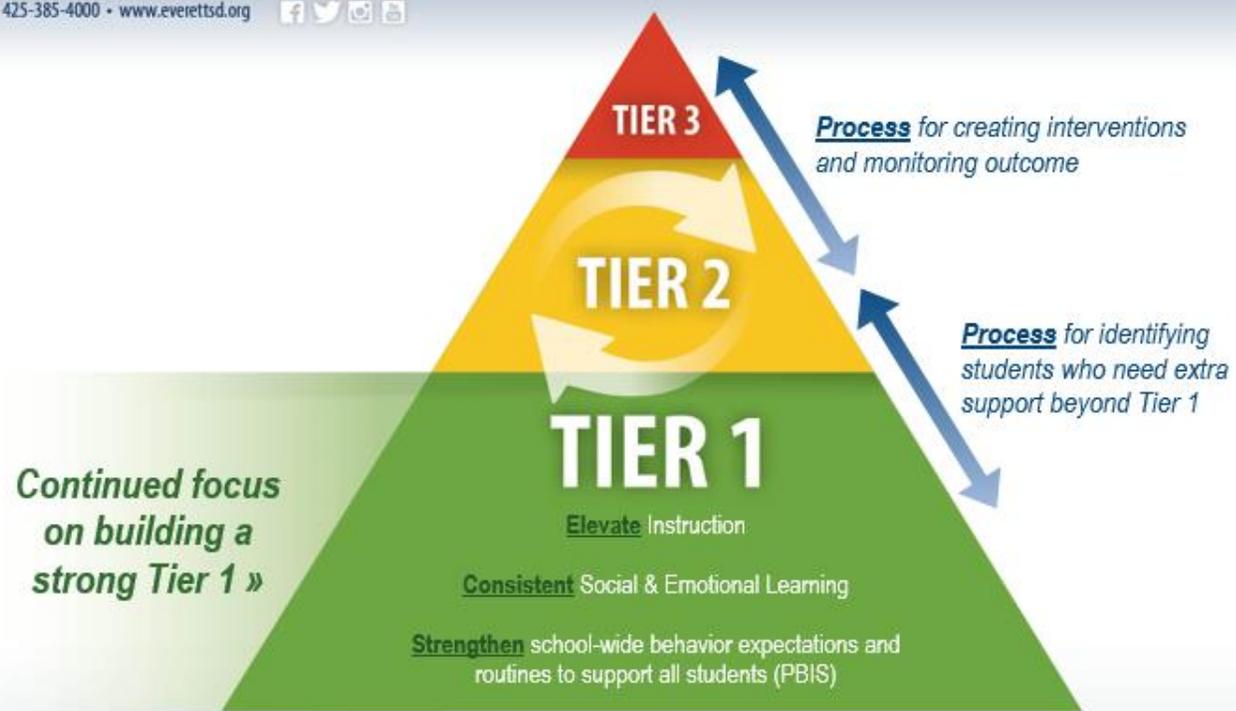
<https://www.everettsd.org/site/default.aspx?PageID=38989>



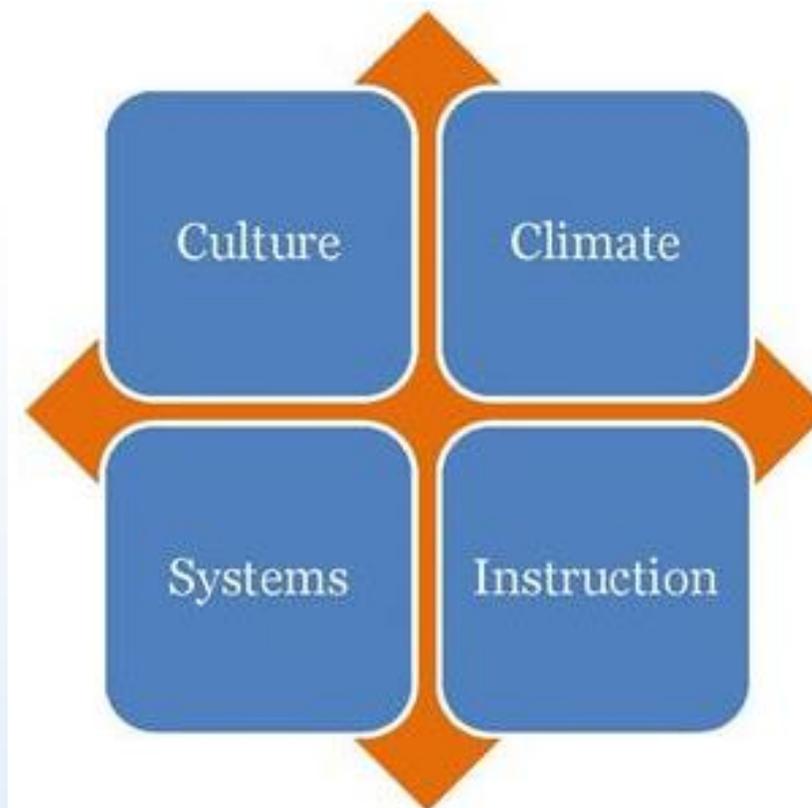
MTSS | Multi-Tiered Systems of Support Framework

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Differentiation = Accommodations, Modification and Interventions = TIER 1 Support



Mill Creek ES Support and Interventions



- ❑ Tier 1, 2 and 3 interventions available at MCE
 - ❑ T1: Second Step curriculum, Cougar Pride, classroom strategies (i.e. brain break, stress ball/fidget, calm corners)
 - ❑ T2: Group counseling, Check In Check Out, Class Pass, Mentors, Check and Connect
 - ❑ T3: Individual counseling sessions; Social Worker support, team meetings

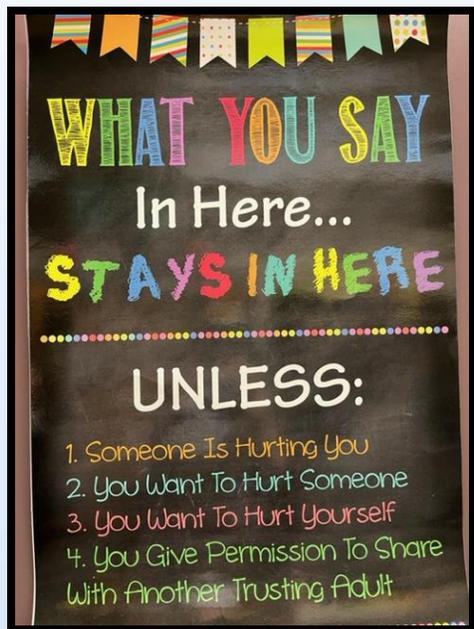


Mill Creek ES Support and Interventions



Student can self-referral, or be referred from a staff or guardian:

- The student will meet with the MCE School Counselor or Administrators for support
- Counselor appointment slips



I WOULD LIKE TO SEE
THE SCHOOL COUNSELOR

I AM FEELING:

SAD MAD SCARED OR WORRIED

My name is _____

I am in _____ (Teacher's Name) _____ class.

School Counselor Appointment

My Name: _____

My Teacher's Name: _____

I am...

Worried about school
 Worried about home
 Having trouble with another kid
 Having trouble with an adult
 Trying to do better but it's hard!
 Confused
 Missing someone
 Can't concentrate
 Having a problem that is not on the list

I need to see you...

Right away!
 When you have time

Note: _____



HEALTHY
YOUTH
SURVEY

2
0
1
8

DEPRESSION & SUICIDE: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Survey questions focus on risk for injury, health behaviors and outcomes, alcohol and drug use
- Results are used by communities to support youth and reduce risks

More info available
at: www.askhys.net

PARENTS

- Look for the signs of depression or suicide. These can be broad, such as changes in eating and sleeping habits, consistent sadness and anxiety, and loss of interest in enjoyed hobbies.
- Never tell your child to "cheer up." Depression is complicated and much more than simply feeling sad or down.
- Treat every mention of suicidal thoughts seriously. Never pass it off as a joke or a ploy for attention.
- Remove all guns, no matter how well secured, from the home at the first warning of suicidal thoughts. Lock up medications, even over-the-counter medicines, and knives or other sharp objects as well.
- Link your child with a therapist or counselor that *they* like and can connect with. It is important that teens feel they have someone they can talk to.
- Consider taking a youth mental health first aid class (for more information, visit <http://www.mentalhealthfirstaid.org>)

SCHOOLS AND COMMUNITY GROUPS

- Ensure students are aware of their resources at school and ensure they feel comfortable going to the school counselor(s).
- Offer youth mental-health first aid training to all staff and volunteers who interact with students.
- The American Foundation for Suicide Prevention has [a free online toolkit for schools](#) in the wake of a student suicide and other resources.



7 Tips to Support Your Child's Mental Health Needs

1. Talk to them about the crisis
2. Establish structure and routine
3. Stay active
4. Limit screen time
5. Encourage socialization
6. Foster open communication
7. Share Coping Mechanism



Community Resources

- **Catholic Community Services:** 425-257-2111
- **Compass Health:** 425-349-6200 or 1-800-584-3578
- **DCYF Family Reconciliation Services**
 - **Everett:** 425-339-4805
 - **Lynnwood:** 425-438-4974
- **Everett Clinic:** Contact your local clinic
- **Fairfax Hospital:** 425-821-2000
- **Lutheran Community Services:** 1-800-509-0515
- **Pathways for Women:** 425-412-2360
- **Sea Mar Community Health Centers**
 - **Everett:** 425-249-0770
 - **Marysville:** 360-657-3091
- **Summit Counseling:** 425-355-9614
- **Tulalip Tribes Behavioral Health:** 360-716-4400
- **Volunteers of America:** 1-800-584-3578
- **Washington's Mental Health Referral Service for Children and Teens:** 833-303-5437 or <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/referral-form/>



- Food
- Shelter
- Preschool
- VOA Carl Gipson Center
- North Sound 211
- Behavioral Health
- WA Indian Behavioral Health
- Personal Support Services
- Dispute Resolution Center
- Arlington Community Resource Center
- Lake Stevens Community Resource Center
- Sky Valley Integrated Service Center

North Sound 211

Crisis Line



1-800-584-3578



<http://www.imhurting.org/>



care solace

- › 24/7/365 support:
Including nights, weekends, holidays, and breaks.
- › Fast connection to care:
We will call within minutes and get an appointment within days, not weeks or months.
- › Anonymous path to care:
We realize how hard it can be to let others know we need help.
- › Culturally and gender appropriate care:
We match to specific needs, including LGBTQI+, sexual violence and trauma, and faith-based support.
- › 200+ languages:
We are multilingual and have live translators on demand, great for international students.
- › Care regardless of insurance:
We'll find care, regardless of insurance plan: private, Medicare, sliding scale, and even no coverage.
- › Support for all:
We help entire school communities: students, staff, and family members.



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

First Approach Skills Training (FAST Program)

General Areas:

1. FAST-Anxiety
2. FAST-Behavior
3. FAST-Depression
4. FAST-Parenting Teens
5. FAST-Trauma



This PowerPoint presentation is available on the Mill Creek Elementary School Counseling website at www.everettsd.org/domain/2054