Welcome!

Promoting social and emotional wellbeing in times of covid-19 – what role can libraries play?

Thursday, November 12, 2020
Self-Assessment

| What quadrant of the mood meter are you currently in - red, blue, green, or yellow? |
| What contributed to your feeling that emotion? |
EDC at-a-glance

Education Development Center, Inc. (EDC), is a global nonprofit that advances lasting solutions to improve education, promote health, and expand economic opportunity. Since 1958, we have been a leader in designing, implementing, and evaluating powerful and innovative programs in more than 80 countries around the world.

1958
EDC was founded by MIT scholars and researchers.

GLOBAL REACH
EDC has worked in more than 80 countries and in all 50 states in the U.S.

200+
projects managed annually by EDC.

EDC has 1,300 employees.

$169.4
million FY19 operating budget

Funders include U.S. Department of Education, SAMHSA, and the National Science Foundation.

Corporate Offices
Waltham, MA
New York, NY
Washington, DC
Chicago, IL

Satellite offices across the U.S.
Why Social and Emotional Learning? Why now?

Discussion
What do we mean by SEL?
The Importance of Addressing Behavioral and Mental Health

Substance misuse
Violence
Academic failure

Behavioral & Mental Health Development
Risk Factors
Individual & Community Conditions
## Benefits of SEL

Studies comparing students who participated in SEL programs vs. those who did not found various positive outcomes including:

<table>
<thead>
<tr>
<th>Improvement</th>
<th>Percentage/Value</th>
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<td>Percentile-point gains in academic achievement</td>
<td>11</td>
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<tr>
<td>Less likely to be involved in physical aggression in schools</td>
<td>42%</td>
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<tr>
<td>Return on investment for every dollar spent on SEL programs</td>
<td>$11</td>
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### Long Term Increases in...
- College readiness, career success, positive relationships, better mental health, and engaged citizenship

### Long Term Decreases in...
- Violent and drug crime convictions, and lower risky sexual behaviors

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1. [Source](#)
2. [Source](#)
3. [Source](#)
4. [Source](#)
5. [Source](#)
“Because if you don’t know how to deal with the lack of control of your future, or the feelings of uncertainty that you’re having, your brain is going to stay in a constant fight or flight mode. And if our brain is in fight or flight mode, then it’s not in learning mode.”

Marc Brackett
Founder and Director of the Yale Center for Emotional Intelligence
How should public libraries think about their collections, services, and programs in terms of Social & Emotional Learning?
Building Positive Relationships

- Efforts to ensure meaningful relationships with trusted adults must be *intentional* and *systematic*
- Consider all adults in your building
- Identify both technology and non-technology-based strategies to ensure students stay engaged
- Ensure trusting adults know how to refer students who need additional supports
Building Positive Relationships - Strategies

- Engage students virtually – “Because learning is not a place. It’s a relationship between teacher and student.”
- Build community at start of programs
- Start programs with shared mindfulness practice that becomes a routine
- Keep traditions
- Allow interactions in virtual spaces
- Book discussions incorporating SEL themes and strategies
- Writing groups incorporating journaling
Creating Structure and Setting Expectations

- Structure and routine are key to helping students’ emotional wellbeing
- Incorporate SEL practices into schedule—check-in time, reflection time, etc.
- Set clear expectations for behaviors at library—say them once, say them twice, say them three times
- Build on students’ unique strengths—aim for frequent wins
What might an SEL story time look like?
From the #1 New York Times Bestselling Author
Raina Telgemeier

Smile

Wemberly Worried

by KEVIN HENKES
How can a library’s organizational culture intersect with SEL practices and programming?
MTSS Framework

- Tier 1: Programs for all students
- Tier 2: Targeted, small group supports
- Tier 3: Intensive individual interventions

Supporting Adults
Self-Care is important for Collective Care
How does SEL apply to serving all ages?
Can you talk about ways to assess and measure SEL impact?
**Rapid Assessment**

<table>
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<tr>
<th>1. Identify students’ SEL and mental health needs</th>
<th>2. Assess current programs, practices, and policies to determine fit and effectiveness.</th>
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<td>In particular in the context of COVID-19 schools closures and re-openings, using rigorous methods and multiple data sources.</td>
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<td>3. Map out current systems of communication and coordination related to SEL and mental health services and supports.</td>
<td>4. Use assessment to make data-driven decisions to build, improve, and sustain a multi-tiered system of SEL and mental health supports.</td>
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Action Planning

Engage **multiple stakeholders.**

Develop short-, mid-, and long-term **action steps** in current COVID-19 context.

Define clear roles and responsibilities.

Identify and meet clear milestones and benchmarks. Define **success!**

Define **success!**
What can libraries do to help kids and families right now and through the holidays?
Self-Assessment

What quadrant of the mood meter are you currently in - red, blue, green, or yellow?
If you could give just one tip, action step or piece of advice for all the librarians out there, what would it be?
Social and Emotional Learning and Mental Health

Supporting children's and youth's social and emotional well-being

When schools, families, and communities promote social and emotional learning (SEL), children and youth do better academically and are less likely to engage in risky behaviors. In the long term, they are also more likely to enjoy career and family success. However, some children and youth need additional, targeted support.

Resources

edc.org/sel-mental-health
Learn from libraries around the world

Catch up on-demand and join the discussion live with global leaders: bibliotheca.com/events

Nov 24: Revisit the Classics, Measure for Measure
Take a work break! Professor Michael Sugrue, an expert on the Great Books, shares insights for libraries and answers audience questions live.

Dec. 9: Digital content sharing and collections
VP of cloudLibrary, Heather McCormack discusses collection development strategy pivots, digital sharing advantages and more with US + UK libraries.

Dec TBD: Informal Learning + STEM discussion
EDC and Gina join us once again to discuss how libraries can influence information learning via STEM programs, virtual events, make and take kits and more!
Help shape the future of our digital events!

bibliotheca Webinar Feedback Survey

How did we do? We appreciate you taking the time to share feedback. Webinar comments and insights will be shared with our team and library presenters. Thanks!

* Which webinar did you attend or watch on-demand?

* How did you hear about this webinar?
  - bibliotheca Account Manager
  - Word of mouth
  - Listerv or email discussion list
  - Social media
  - Other (please specify)

* How informative did you find the webinar?
  - 0 (Not informative)
  - 1 (Not interested)
  - 2
  - 3
  - 4
  - 5 (Very informative)
  - 5 (Very interested)

* How interested are you in implementing one of the solutions discussed at your library?
  - Yes
  - No

* Would you like a member of the bibliotheca team to reach out regarding solutions discussed in the webinar?
  - Yes
  - No

Do you have any additional comments or questions?
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