

# Social Emotional Learning: Positive Mental Health

Board of Education Standing Committee Meeting  
November 3, 2015



## Civil Discourse? A Continuum

- Raw Debate
  - Advocacy triumphs over inquiry
- Polite Discussion
  - Avoidance of conflict
- Skillful Discussion
  - Methodologies for problem-solving, decision-making
- Dialogue
  - Creating a group space in which to attempt to share clarity of thought in speech



## Defining Spin

**Spin** is essentially tactical—the outcome you want is predetermined and your challenge is finding the best way to manage the information to support it. Over time, spin depletes trust rather than building trust.

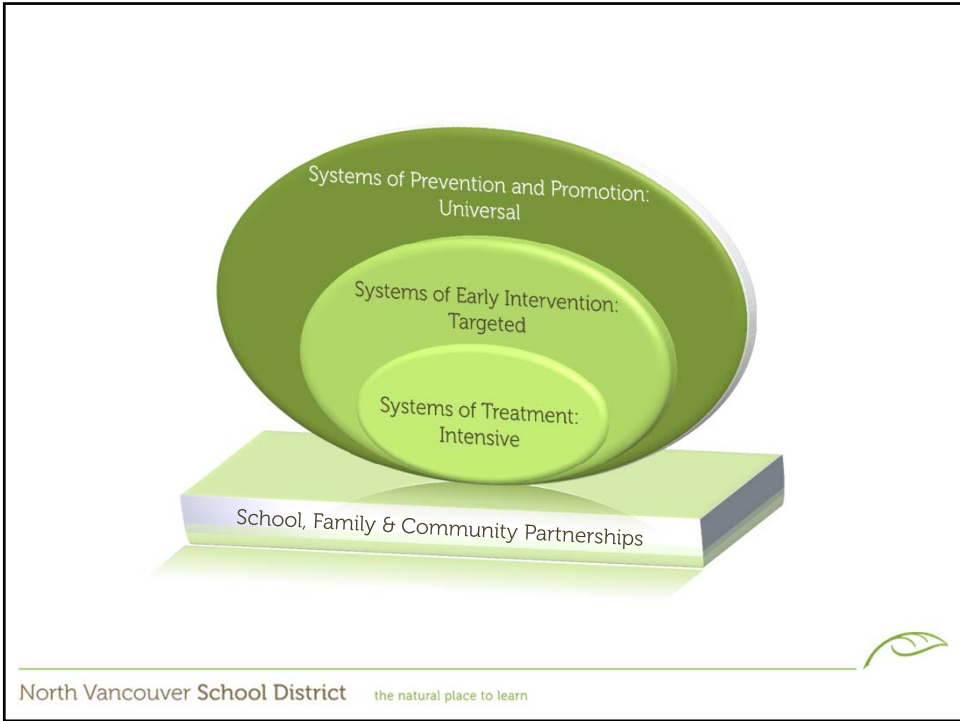
**Dialogue** does the reverse: it builds trust and is especially valuable in resolving “framework problems” [or mental models]. While frameworks are usually unspoken and taken for granted by those who hold them, dialogue brings them to the surface and deals with them in a productive way.




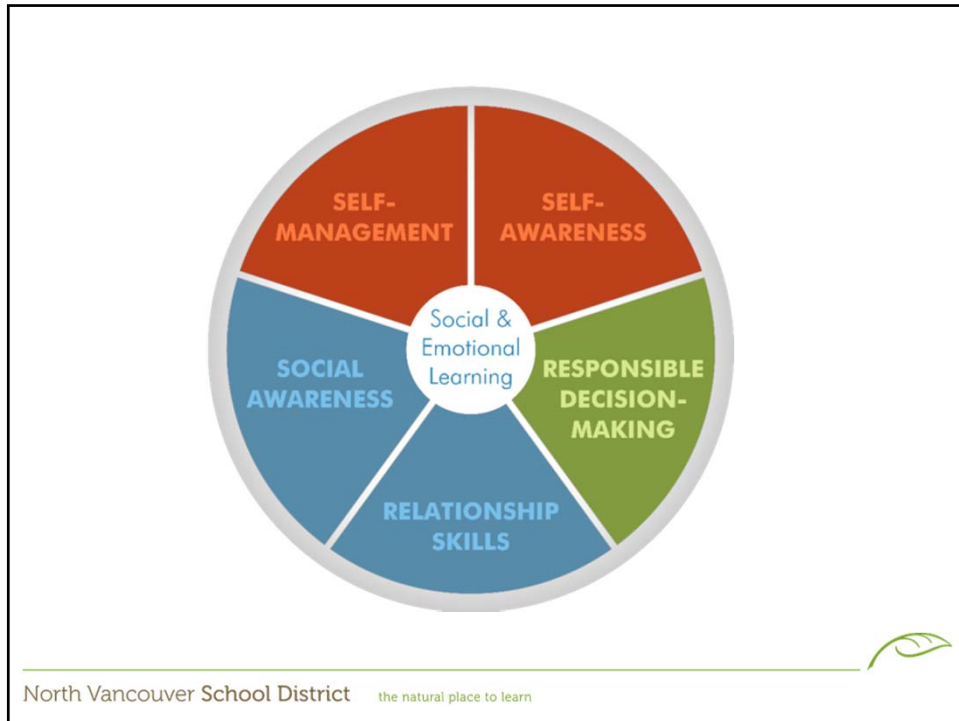
## First Conversation

- **Take a few minutes and discuss with the person next to you:**
  - What do you think of when you hear social emotional learning?
  - What social and emotional skills are important for you to see in children and youth?



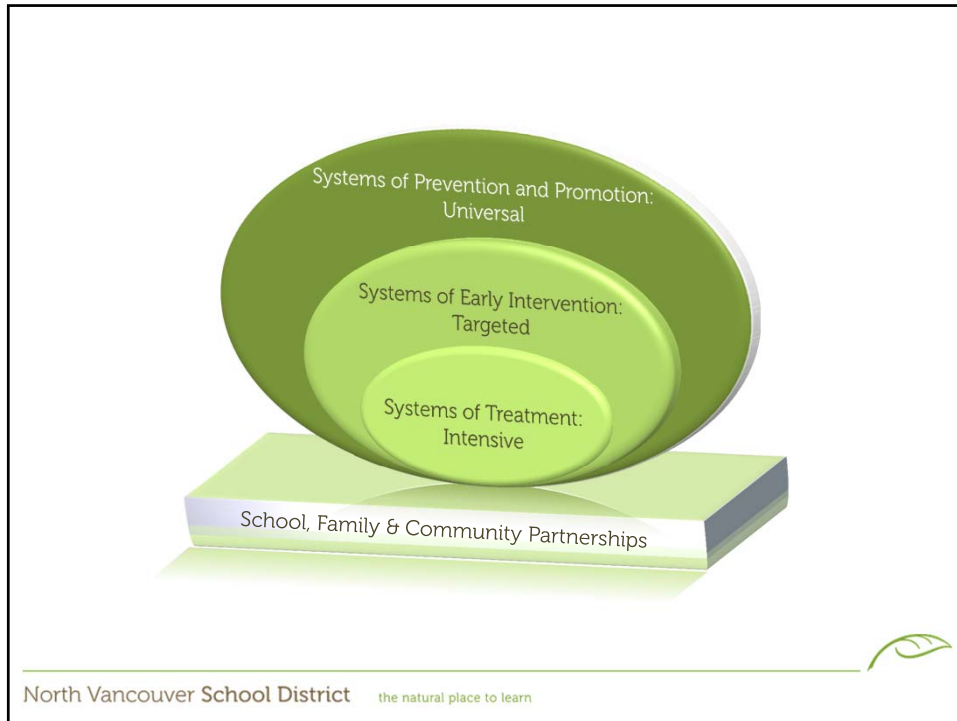


 Pillars of Educational Practice & 'Universal Design'				
	A. Curriculum Design	B. Instruction	C. Assessment and Reporting	D. Social / Emotional Learning
UNIVERSAL				
TARGETED				
INTENSIVE				



## Guiding Questions

- What are some of your current approaches in this area?
- What are some things that are working well? (e.g., excited about)
- Which areas require a greater degree of development/focus going forward?
- What are some opportunities for inter-agency focus/partnerships?

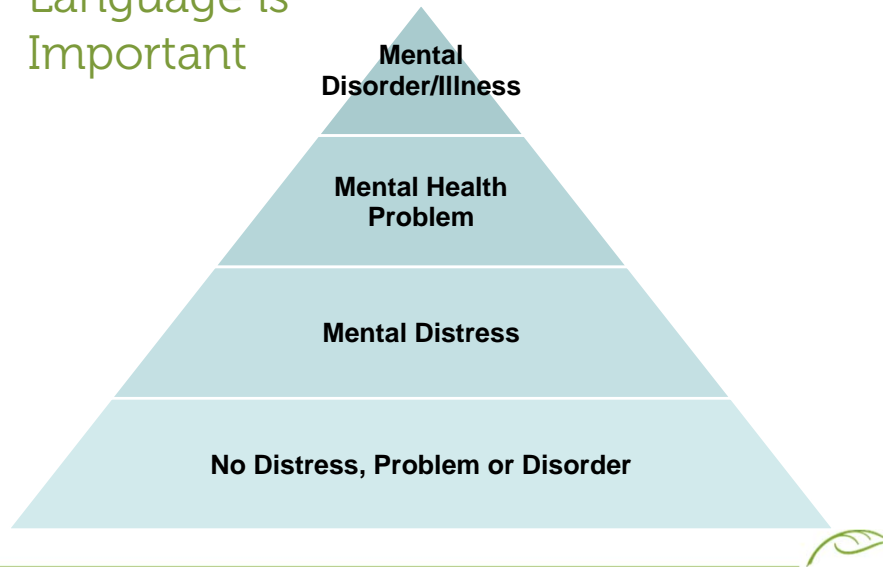


## What is Mental Health Literacy?

- **Mental health literacy encompasses skills to**
  - obtain and maintain good mental health,
  - understand and recognize mental disorders and their treatments,
  - decrease stigma related to mental illness,
  - Enhance help-seeking efficacy (when to get help, where to get help, what to expect, how to get the help you need)



Language is Important



North Vancouver School District the natural place to learn

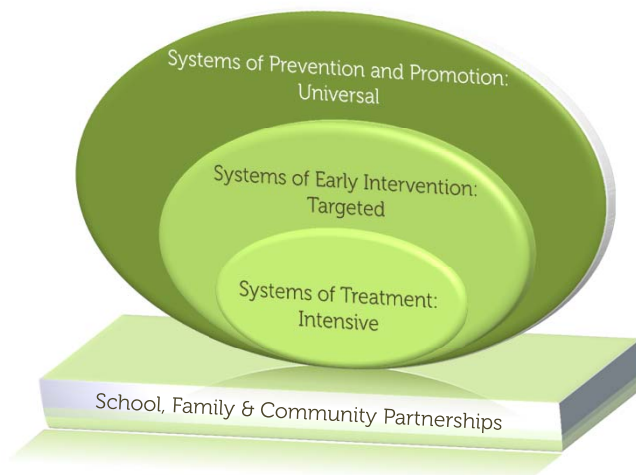
## Use the Right Words!

Pyramid Position	Event	Word
Distress	Lost my keys	Agitated
Distress	Did not make the team	Disappointed
Distress	Going on a first date	Nervous
Problem	Parent dies	Grief
Problem	Lost my Job	Demoralization
Problem	Romantic Breakup	Devastated
Disorder	None necessary	DEPRESSION

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# Child and Adolescent Mental Disorders: How Common are they?

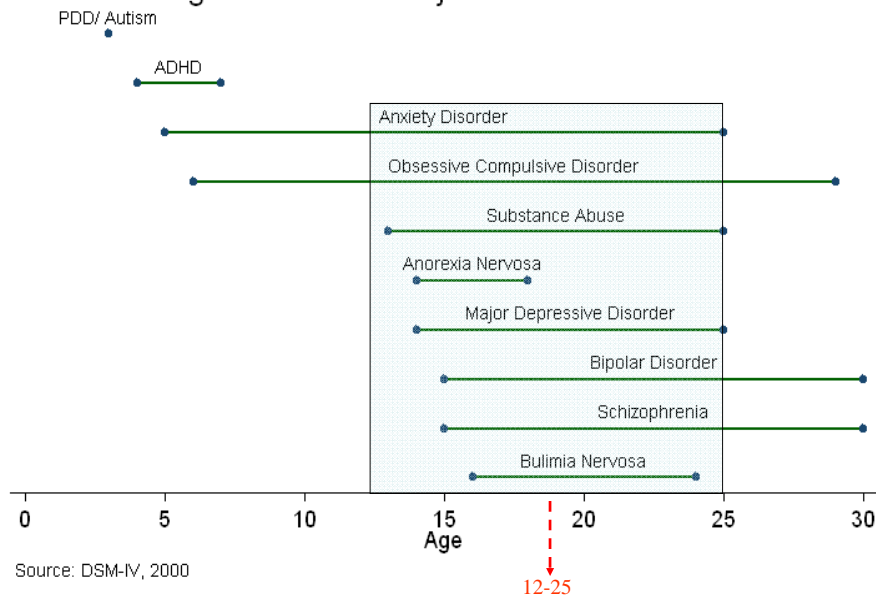


Disorder	6 Month Prevalence (%) Age = 9-17
Anxiety Disorder	13.0
Mood Disorder	6.2
Disruptive Behavioral Disorders	10.3
Substance Use Disorders	2.0
Any Disorder	20.9

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WHO Health Report, 2001

## Age of Onset of Major Mental Disorders





## Prevalence of Mental Disorders in Young People: Who is in your Classroom?

### Population Prevalence

- Depression (4-6%)
- Psychosis (0.5-1.0%)
- Anxiety Disorders (6-10%)
- ADHD (4-6%)
- Anorexia Nervosa (0.1-0.2%)
- Total (15-20%)
- SUICIDE: 4-7/100,000

### Translation to the “average” Classroom

- Depression (1-2%)
- Psychosis (rare)
- Anxiety Disorders (1-3%)
- ADHD (1-3%)
- Anorexia Nervosa (rare)
- Total (3-5%)
- SUICIDE: RARE

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