



Social Emotional Learning

Student Assistance Specialists

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Overview

- The Role of a Student Assistance Specialist
- What is SEL and why is it important? And why now?
 - Five core components
 - Short- and long-term benefits
- What's happening at CJHS?
 - Remote Learning Survey
 - Individual & Group Counseling
 - Socialization Group (Churchillin')
 - SEL Push In Lessons-Mindfulness, Problem Solving, Coping Strategies, Stress Management
 - Mindfulness Groups
- Student and Parent Resources

What is a Student Assistance Specialist?

- Student Assistance Specialists (SAS) provide social-emotional support to students.
- SAS work in conjunction with School Counselors and the Child Study Team to best meet the needs of all students.
- Student Assistance Specialists are the school's 504 Coordinators that work with students, staff and families to ensure equal opportunities for student learning.
- The SAS also serves as the school's Anti-Bullying Specialist.

What is SEL?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Why Now?

Children need social and emotional support as they, like the adults around them, navigate the unprecedented challenges of alternative learning contexts, and SEL helps students access academic content through building essential self-management skills, resilience, and connections.

5 Core Competencies for Social-Emotional Learning

1. Self-Awareness- Understanding yourself begins with recognizing and identifying emotions, needs, strengths, and limitations. For example, this involves managing anxiety, stress, and worry.

2. Self-Management- involves managing impulses, emotions, and stress. Discipline, motivation, resilience, and perseverance are also part of self-management.

3. Social Awareness- understanding others and their feelings and perspectives. It starts with acknowledging and appreciating that everyone is different.

4. Relationship Skills-There is a continued need to build relationships at home. Communication, cooperation, and conflict resolution are essential to healthy relationships in and out of the home.



5. Responsible Decision Making-involves thinking through the parts of a problem and identifying various solutions and consequences.

The Short- and Long-Term Benefits of SEL

- More positive attitudes toward oneself, others, and tasks including enhanced self-efficacy, confidence, persistence, empathy, connection and commitment to school, and a sense of purpose
- More positive social behaviors and relationships with peers and adults
- Reduced conduct problems and risk-taking behavior
- Decreased emotional distress
- Improved test scores, grades, and attendance

What To Watch For...

- Anxiety, extreme restlessness, inability to concentrate or relax.
- Decrease or increase in appetite.
- Decrease or increase in sleep.
- Loss of interest in formerly pleasurable or meaningful activities such as classes, social life, clubs, hobbies, athletics.
- Expression of irrational fears.
- Increased isolation or withdrawal from important family and or friends.

Useful Tools

- Encourage healthy habits: take family walks, bike rides, hikes, eat healthy.
- Practice Mindfulness: Yoga, Belly Breathing, Muscle Relaxation, Creative Imagery
- "Radical Acceptance" -sitting with your emotions rather than fighting them. "It's ok to be anxious", "I am angry, frustrated, sad."
- Understand their disappointment at not seeing their friends.

Free Apps/Student Supports

- Headspace
- Stop Panic & Anxiety Self- Help
- Colorfy
- Stop, Breathe, Think
- Calm
- 7 Cups-Offers totally anonymous 24/7 emotional support and counseling with trained active listeners.
- 2nd Floor- 888-222-2228/ www.2ndfloor.org

How to Find a Provider

- **Psychiatrist**- has a medical degree, specializes in psychiatry, diagnoses and prescribes psychiatric medication.
- **Psychologist**-has a doctorate degree in psychology, is licensed, and primarily utilizes psychoanalytic/psychodynamic theory to treat clients.
- **LSCW**- has a master's degree in social work, is licensed, and utilizes multiple theories (cbt, ACT, DBT) and strategies to treat clients. (**LSW** has a master's degree in social work, is supervised by an LCSW and is working towards completing required clinical hours.
- **LPC**- has a master's degree in counseling, is licensed and utilizes multiple theories and strategies to treat clients. (**LAC**) has a master's degree, is supervised by an LPC and is working towards completing required clinical hours.
- **LADC**- has a master's degree, and specialized in treating clients with alcohol and chemical dependencies.
- **Insurance Carrier**-request referrals for the above that specialize in working with adolescents.
- **PsychologyToday**- www.psychologytoday.com provides referrals utilizing filters to assist with areas of concern.

Overview of Levels of Care

- **APS (Acute Psychiatric Services) - A division of Rutgers University Behavioral Health Care (UBHC)**
 - 24-hour walk-in patients of all ages who require emergency psychiatric care
 - 24-hour telephone hotline staffed by crisis counselors
 - 855-515-5700
- **Perform Care**
 - In-home crisis counseling
 - 24- hour access
 - 877-652-7624
- **Inpatient, Outpatient, IOP (Coordinates with school for academics)**

Contact Us: CJHS Counseling Department

CJHS Counseling Website

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Additional Resources