

LITTLETON
PUBLIC
SCHOOLS



Social Emotional Learning & Mental Health Supports Update

October 13th, 2022

WHO SUPPORTS THE SOCIAL EMOTIONAL NEEDS OF LITTLETON PUBLIC SCHOOLS?



EVERY  ONE!



LITTLETON PUBLIC SCHOOLS CLINICAL TEAM LEADERS

Sarah Dorfman

School Counselor
Licensed Social Worker

Teresa Fiori

Behavior Analyst
Board Certified Behavior Analyst

HEAD OF CLINICAL TEAM RESPONSIBILITIES

- Conduct Monthly Meetings
- Formal/Informal Needs Assessments
- Review district protocols, data collection procedures
- Referral/Intake/Discharge/Ongoing Monitoring & Follow-up
- Serve as a member of the LPS Wellness Committee
- Coordinate screenings, organize implementation, analyze results
- Professional Development
- Community Outreach
- Regular communication with the Director of Student Services



CLINICAL TEAM MEMBERS

SHAKER LANE SCHOOL

Danya Sclar, NCSP

- School Psychologist

Anna Dyadko, LMFT

- Adjustment Counselor

Katie Sapp, LABA/BCBA

- Behavior Analyst

Mary Philpot, NP

- Nurse

RUSSELL STREET SCHOOL

Jacklyn Quesnel, NCSP

- School Psychologist

Rachel Leighton

- School Counselor

Teresa Fiori, LABA/BCBA

- Behavior Analyst

Kathleen Sullivan, RN

- Nurse

LITTLETON MIDDLE SCHOOL

Maureen McMahon NCSP

- School Psychologist

Sarah Dorfman, MSW

- Adjustment Counselor

Teresa Fiori, LABA/BCBA

- Behavior Analyst

Kathy McCarthy, RN

- Lead Nurse

Cassandra Caley, RN

- DW Nurse

LITTLETON HIGH SCHOOL

Melissa Benson, LMHC

- School Psychologist

Tracy Turner, LCSW

- Adjustment Counselor

Chris Christy, MSW

- School Counselor

Jennifer He

- School Counselor

Chris Porell, RN

- Nurse



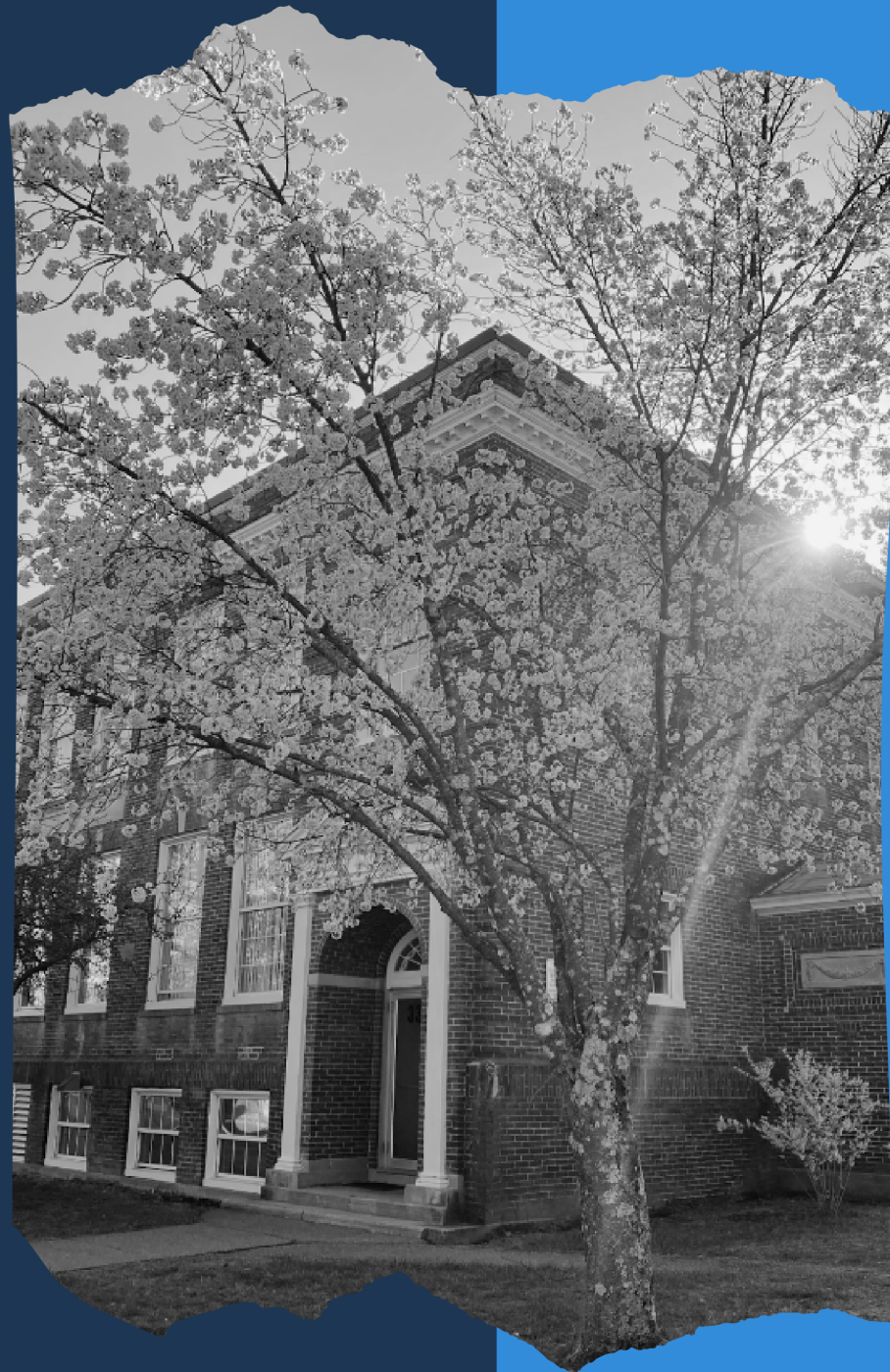
connected

engaged

inspired



DISTRICT



- Diversity, Equity & Inclusion
- Care Solace
- Massachusetts Partnerships for Youth
- Parent/Staff/Student Surveys
- Community Connections
- Screening/Evaluations
- Wellness Committee
- Counseling
- Student Education
- Employee Assistance Program
- Team Approach
- District Curriculum Accommodation Plan
- District Professional Development
- Faculty Led Professional Development
- Ecological Restructuring
- Using a Systems Approach

LITTLETON HIGH SCHOOL



- Creating a safe and welcoming environment
- Team Approach/Collaboration
- Surveys/Needs Assessments
- Screening Tools/Progress Monitoring
- Mindfulness practices
- Signs of Suicide Prevention Program
- Youth Risk Behavior Surveillance
- After-school support
- Peer tutoring
- Young Mens Group
- Increased counseling support
- School-wide assembly
- Bridge Program

LITTLETON MIDDLE SCHOOL



- Clinical team collaboration
- Mindfulness practices
- Signs of Suicide Prevention Program
- Youth Risk Behavior Surveillance
- Helping students through hard moments
- Accountability partners
- Classroom lessons - pronouns
- Fact vs. Feelings
- Three good things
- Field day
- Friday music (staff)
- Pizza trolley
- Cairns

RUSSELL STREET SCHOOLS



- Spirit Week
- Talking walks with students
- Home visits/check ins/consults
- Parent engagement
- Keeping students connected with one another (separate cohorts)
- Constant presence - recess
- Social Thinking lessons - transferred all the lessons into google slides for the teachers
- Survey for teachers



SEL



SHAKER LANE SCHOOL



- Staff Meetings - Embedded PD
- Relationship Building
- Focusing on the culture of the building
- Working to keep staff & students happy and motivated
- Being there for staff - pivotal impact on students
- Group and individual support
- Class Lessons
- Zones of regulation
- Social Stories



SOCIAL COGNITIVE THEORY



SECOND STEP

Problem-Solving Steps



S

Say the problem

without blame

T

Think of solutions

safe and respectful

E

Explore consequences

what could happen if...

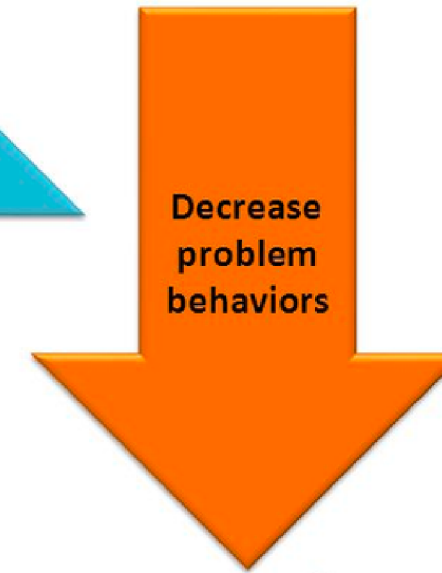
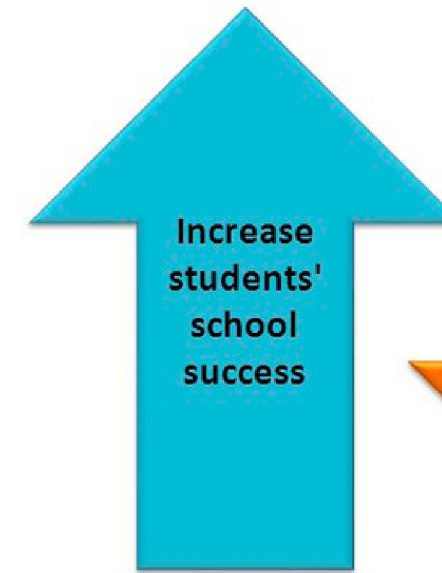
P

Pick the best solution

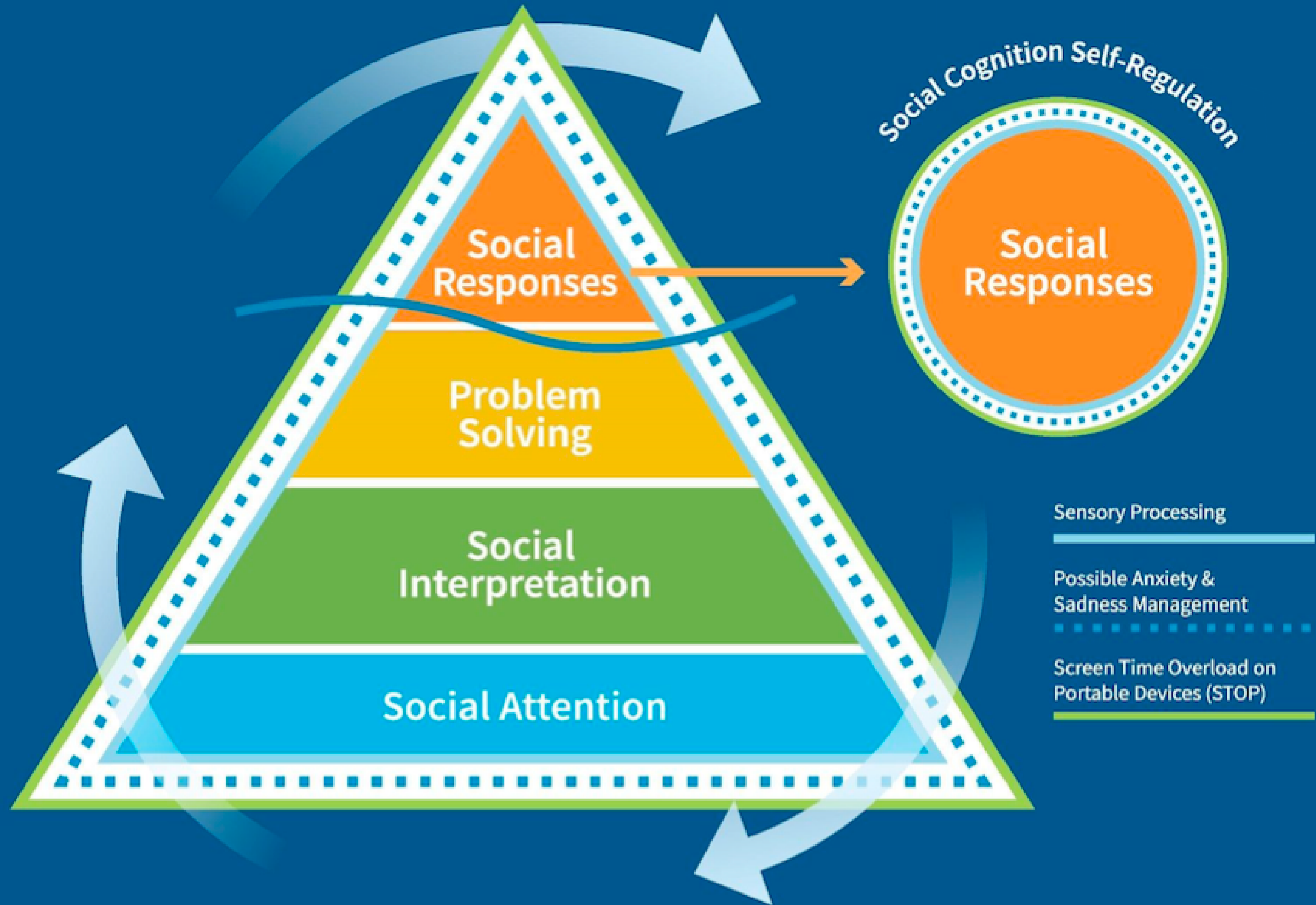
make your plan

Introducing the *Second Step Program!*

It is a universal, classroom-based program designed to:



SOCIAL THINKING



THE ZONES OF REGULATION

Supplementary Reproducible E for Elementary Ages

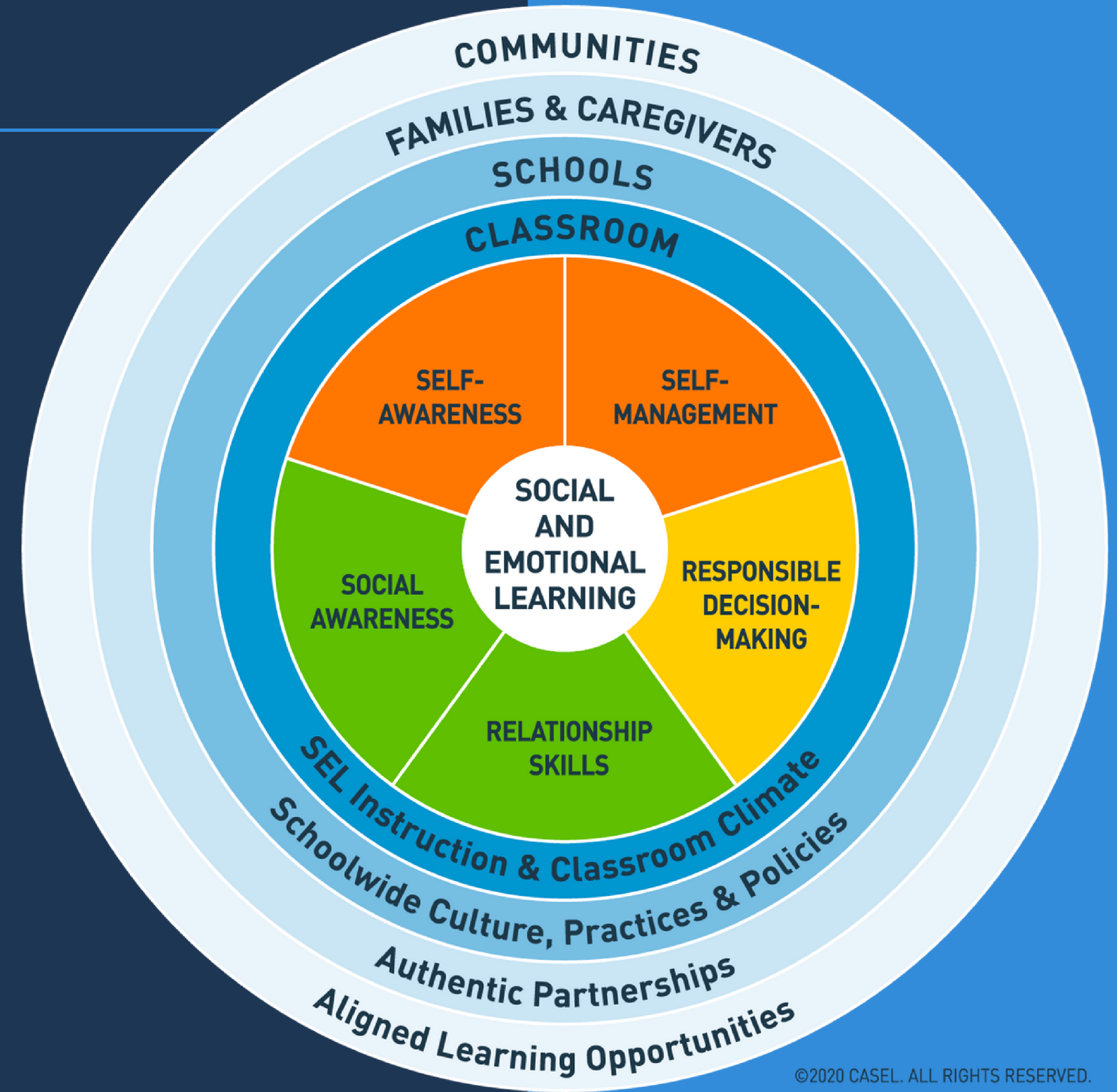
THE ZONES OF REGULATION

The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

NEXT STEPS

- Community Connections
- MS/HS – SEL Curriculum Review
- LHS BRIDGE Program
- VOCAL Data Follow Up Survey
- Universal Screener 6-12
- Review of Existing Surveys/Screeners



OCTOBER 10

World Mental Health Day



Your Mental Health Matters

care/solace

Honor Mental Health Day by checking on a friend today.

BE PRESENT



Avoid
Multitasking



Get in touch with
your senses.



Veer away from
distractions.

REFERENCES

CASEL - District Resource Center

<https://drc.casel.org/build-foundational-support-and-plan/shared-vision-and-plan/process/>

Second Step

<https://www.secondstep.org/second-step-social-emotional-learning>

Social Thinking

<https://www.socialthinking.com/>

Zones of Regulation

<https://zonesofregulation.com/index.html>

