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SDCOE Webinar Series: Enhancing Equity with SEL

Session 1 • November 18th • Understanding Implicit Bias in the Context of SEL

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Session 3 • December 9th • Understanding Trauma-Informed Care Through an Equity Lens

WELCOME!

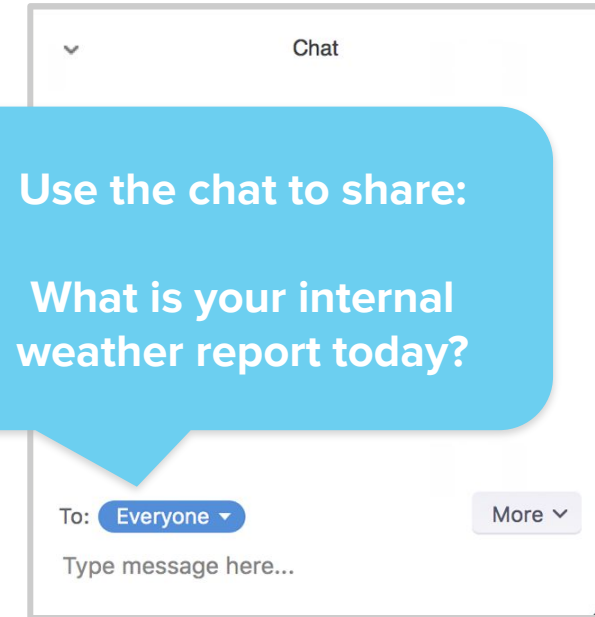
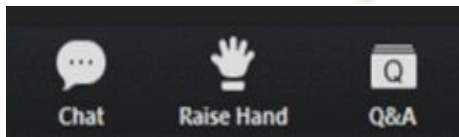
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Use the **Q&A** to ask questions



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Outreach Director
Oakland, CA



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Oceanside Unified School District



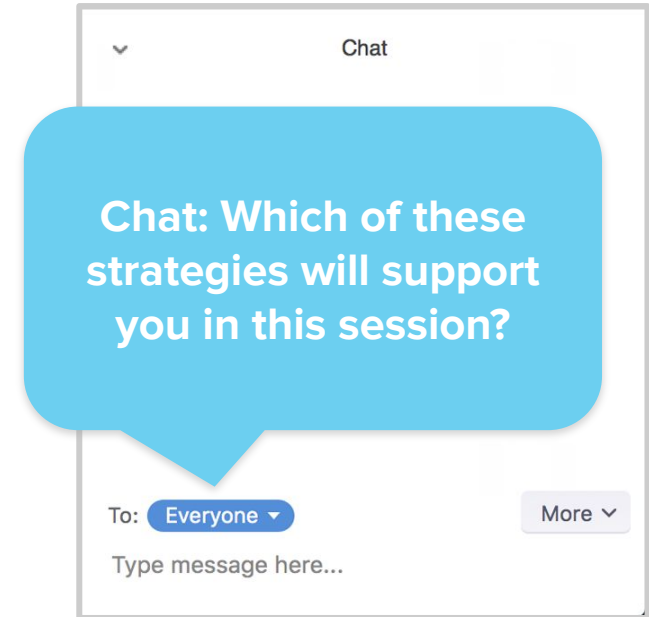
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Speak your truth

Use “I” statements



Experience discomfort

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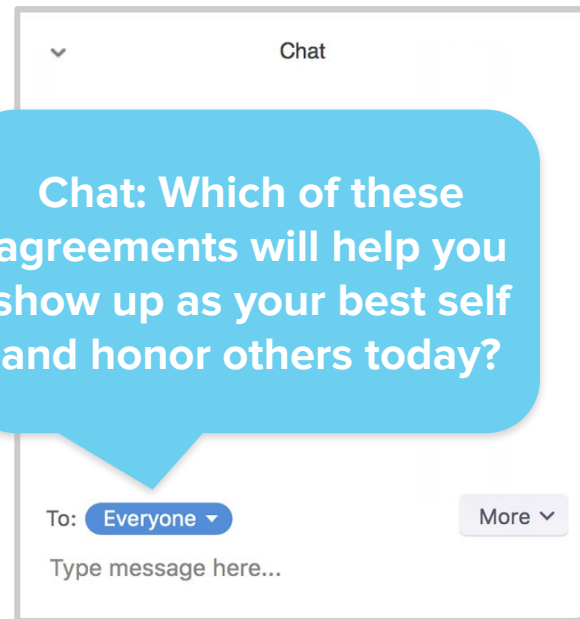


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Panorama Education

Our mission is to **radically improve student outcomes** by helping educators act on data and improve their practice



Social-Emotional Learning

measurement at district, school, classroom, and individual student levels



Student Success

MTSS data system, credit tracking, early warning system, tiered supports, and Intervention monitoring



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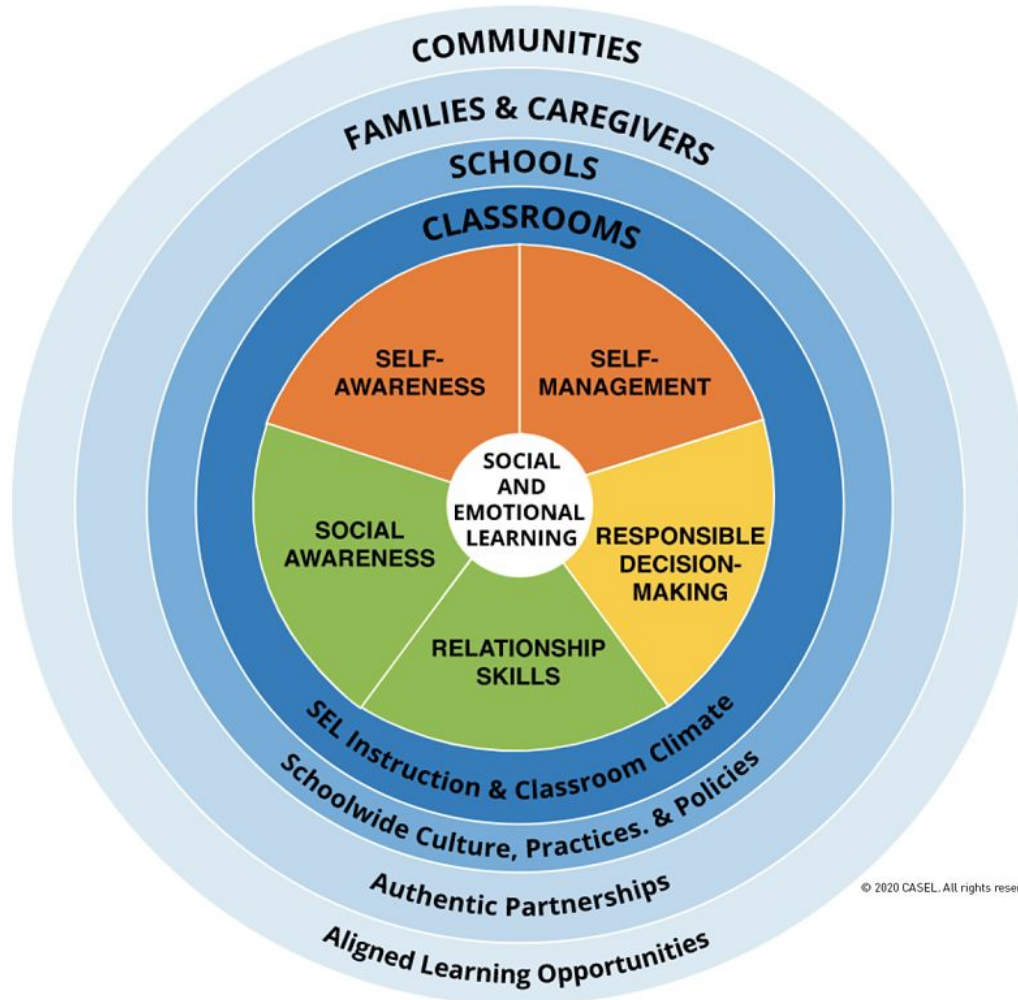
focused on well-being, school climate, distance learning, equity, and inclusion

What is Social-Emotional Learning (SEL)

What words or phrases resonate with you?

SEL is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.





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Chat:

What types of trauma have students and staff been experiencing during the months of quarantine and reopening?



What's Your Familiarity with Trauma Sensitive Schools (TSS)?



Let's take a Poll

1. I heard about it from Oprah
2. I have heard of the ACES study, but our district is not currently using any trauma sensitive practices
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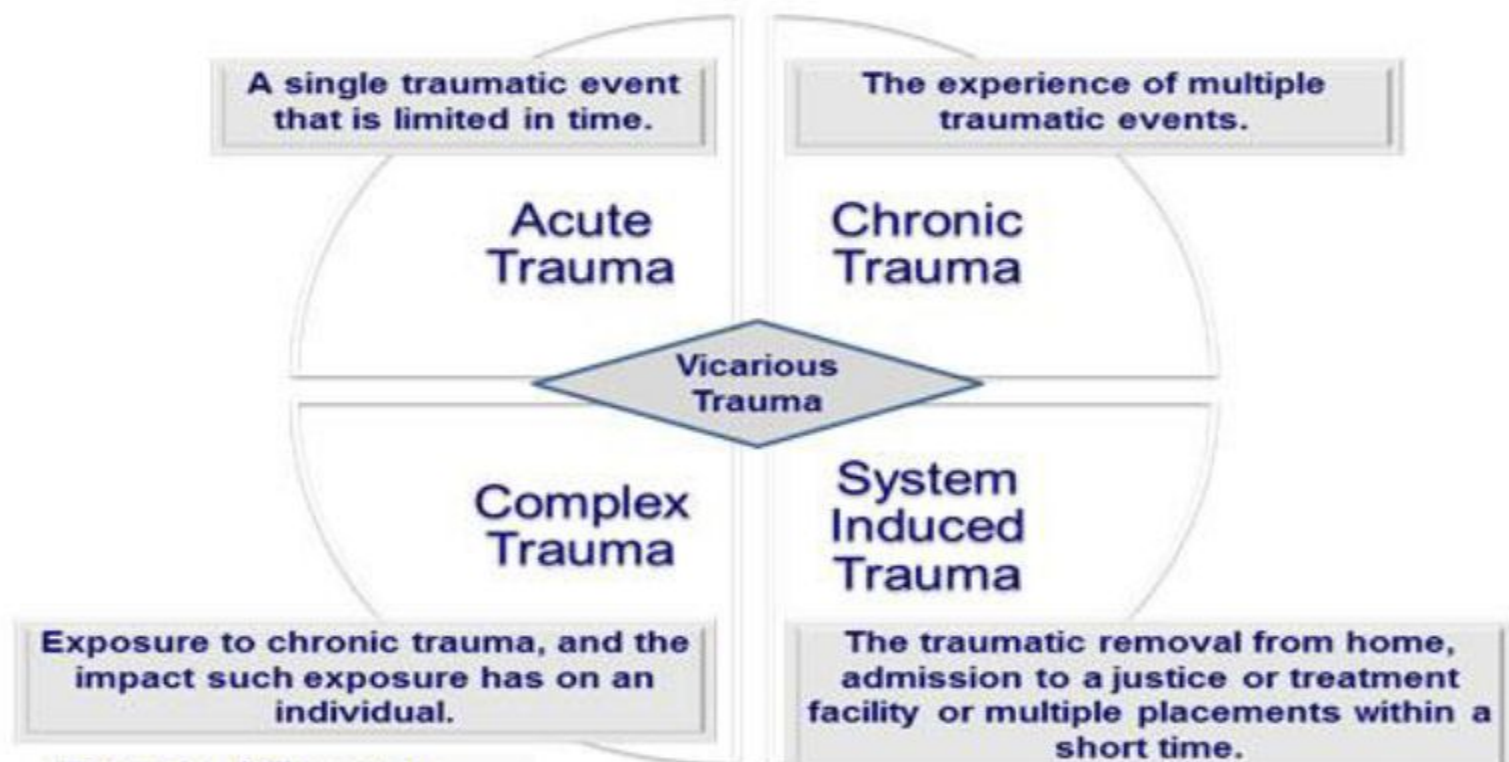


What is trauma???

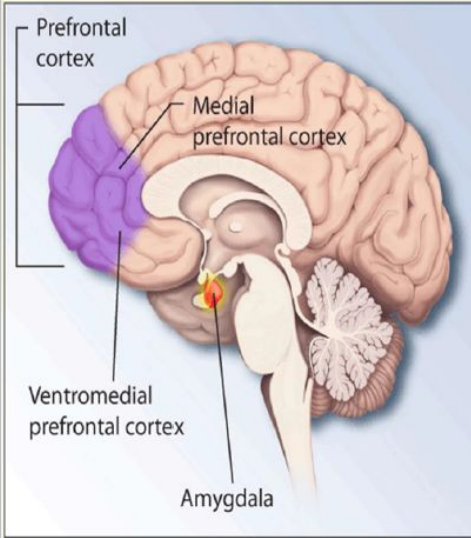
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- ✓ Can result from one event or a series of events
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Types of Trauma



How Trauma Affects the Brain



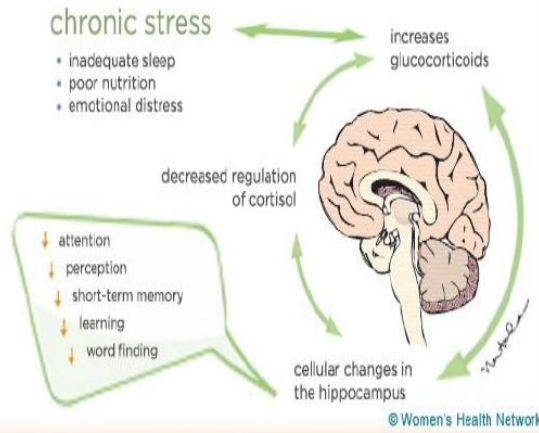
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www.brainfacts.org

Persistent Chronic Stress/Trauma

The stress-brain loop



© Women's Health Network

Neuropathway development is disrupted

- Psychological thinking
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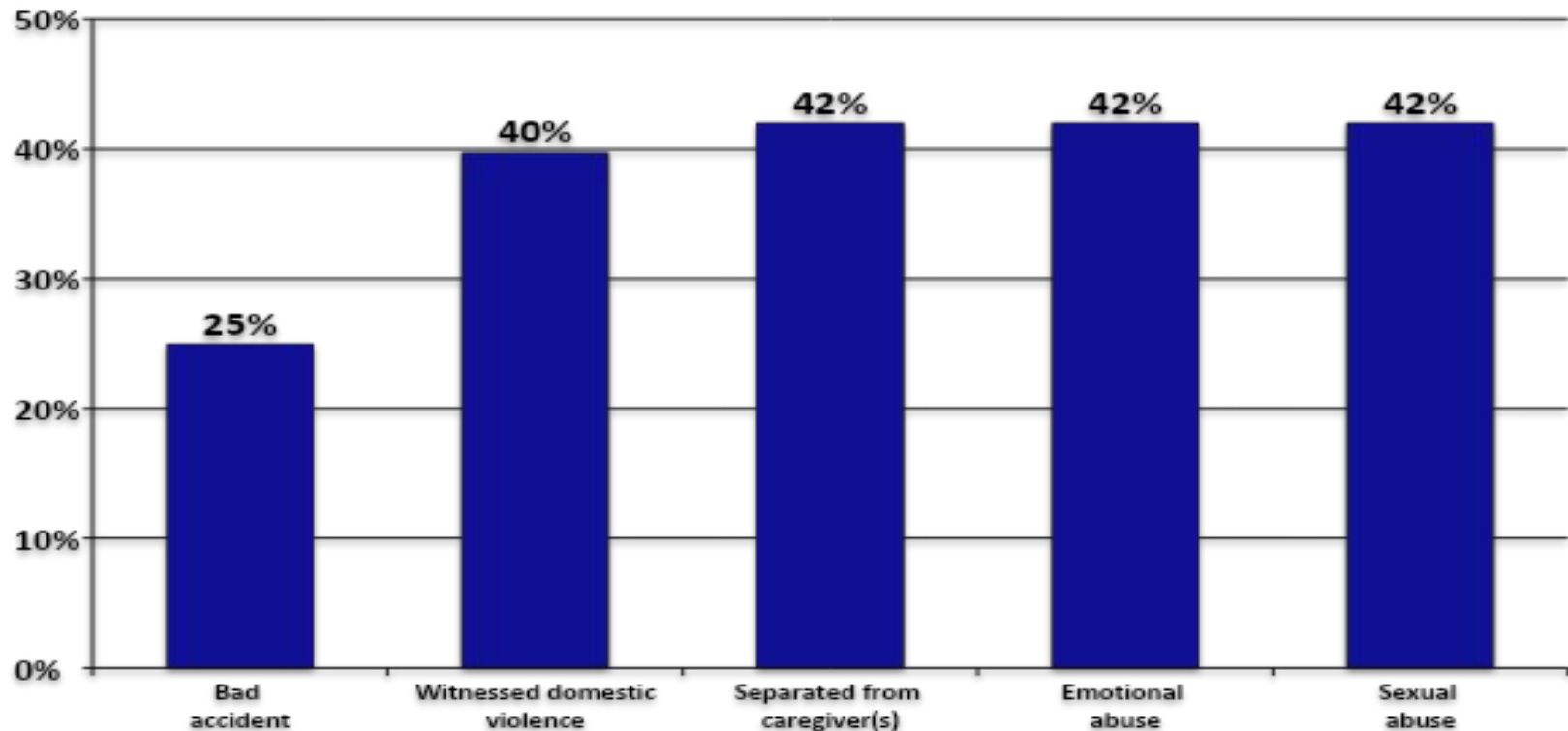
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Five Most Frequent Types of Childhood Trauma Experiences

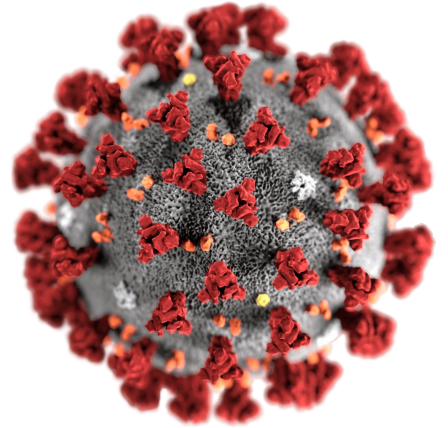


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Dan Siegel

All it takes is **ONE** Significant Attachment (secure relationship) to change the brain

Children exposed to trauma view the world from a defensive stance. It may take more time to build their trust



They need Significant Adults:

Present

Sensitive

Patient

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Guiding Principles of Trauma-Informed Care



What can I do?

Respect and support children's positive, stable relationships. Children who have been maltreated often have insecure attachments to other people. Help them hold on to what is good about existing attachments, reshape them, and make new meaning from them. Help children build new, healthier relationships with yourself and others.

Help children develop a strengths-based understanding of their life story. Help children overcome negative or distorted beliefs about their histories by being a safe listener for them.

Advocate. It takes a team of people and agencies to help children recover from trauma. You are a key part of this team. Help ensure efforts are coordinated and help others to view your children through a trauma lens.

Promote and support trauma-focused assessment and treatment. The effects of trauma may be misunderstood or even misdiagnosed by clinicians who aren't trauma experts. Advocate for appropriate treatment. If your child is receiving mental health treatment, be involved. Understand the goals of the treatment and the purpose and possible side effects of any medications they may be taking.

Take care of yourself. To be effective, you must take care of yourself.

6 Classroom Practices: Connection to SEL and Trauma

1. Physical Environment	A well-designed classroom environment promotes of sense of safety and security for students impacted by trauma.
2. Classroom Teaching Matrix (Expectations, Rules, & Routines)	A well-designed teaching matrix creates consistency and predictability through clearly stated rules. Routines support regulation , and can develop social-emotional competencies.
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Vicarious Trauma

- Empathy for a student's suffering (Secondary Trauma).
- Trauma of working in a digital space/ technological landscape
- Constant demands to care for others may cause fatigue, emotional stress, or apathy. Compassion Fatigue.



FIT YOUR OWN OXYGEN MASK FIRST

You're no use to anyone if you're running on empty.
Caring for yourself first is often the
best thing you can do, in order to help others.
It isn't selfish, or egocentric.
Just really good advice.

Compassion Fatigue & Self-Care



What is compassion fatigue?

The weariness that comes from caring.

Contributing factors

- Being an empathetic helper
- Having experienced some painful traumatic event(s) in our own lives that are unresolved and, in turn, activated by similar reports of pain or trauma in others
- Choosing to work directly with the painful or traumatic experiences of children
- Taking care of others and neglecting or being unaware of our own feelings and needs

Other considerations

- Compassion Satisfaction
- Post-traumatic Growth
- “How Full Is Your Tank”

Source: Johnson, Mona M., “Self-Care: The Antidote to Compassion Fatigue. Educational Leadership. October 2020 | Volume 78 | Number 2
Trauma-Sensitive Schools Pages 46-51

Compassion Fatigue & Self-Care



A Self-care Plan - Six Categories of Self-care

Physical Self-care

Improving my body in healthy ways

Social Self-care

What I do with others and the world around me

Emotional Self-care

Dealing with my feelings in healthy ways

Cognitive Self-care

Improving my mind and understanding myself better

Financial Self-care

Things I do to stay financially responsible

Spiritual Self-care

The things I do to gain perspective on life

Compassion Fatigue & Self-Care

Wellness Maintenance

What's Your Plan?...and in all reality, where would like to begin?

Assess Your Level
of Compassion
Fatigue

Commit to
Fostering Your
Own Resilience

Practice Self-care
and
Self-management

Tap Into
Supportive
Relationships

Remember to
Breathe

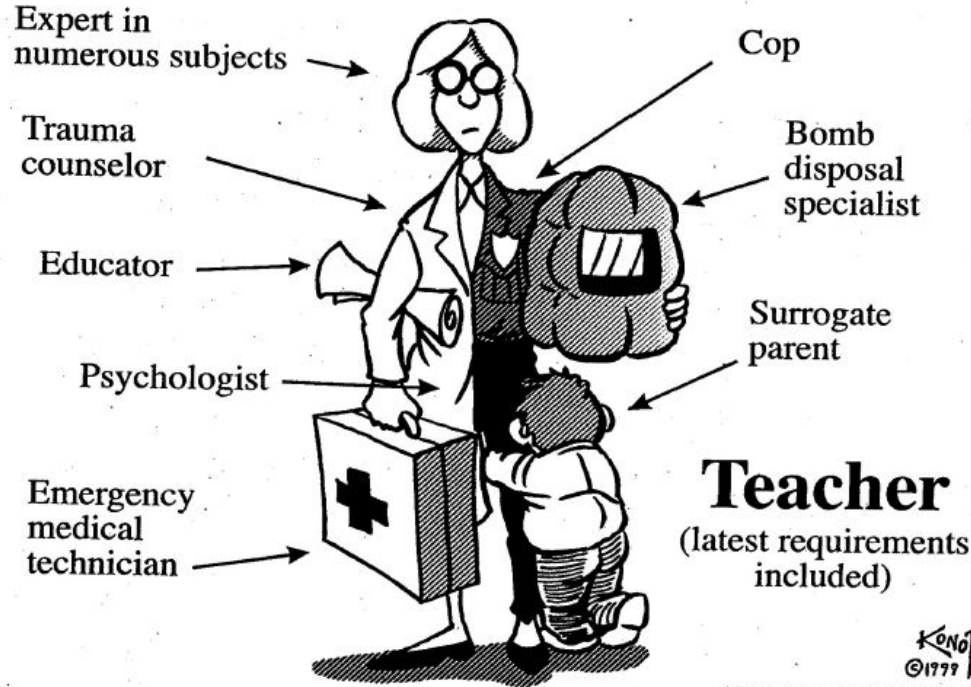
“Trust is the stacking and layering of small moments and reciprocal vulnerability over time.” Brene Brown

Mind Full vs. Mindful



Don't forget to take care of yourself, so we can take care of others.

Teachers



KONOPACKI
©1977

HUCK/KONOPACKI TEACHER CARTOONS - JULY

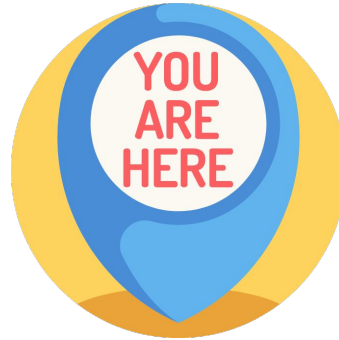
**Panorama helps educators act on data to
improve student outcomes.**

Hear how Oceanside USD is conducting SEL and Equity work during the pandemic to support each and every student.

Oceanside's Panorama Journey



**Where and why did
this work begin?**



**Where are we
now?**



**Where are we
going?**

Panorama Feedback Poll

Feedback Surveys

- School Climate
- Family Engagement
- Teacher-Student Relationships
- Back-to-School

Student Success

- Whole Child Platform
- SEL, Academics, Behavior, Attendance
- MTSS Intervention Tracking and Reports

Social-Emotional Learning

- Aligned to CASEL Competencies
- Student & Staff Well-Being
- Equity Scales



Audience Q&A

If you haven't done so already, use the Q&A button to ask your questions for Dr. Dorsey and Dr. Sparks.



- [SDCOE Equity Conference 2021 Equity is Love in Action](#)
- [SDCOE Equity Department](#)
- [Transforming Education's Trauma-Informed SEL Toolkit](#)



RESOURCES

- [Panorama Distance and Hybrid Learning Surveys](#)
- [Panorama Social Emotional Learning Survey](#)
- [The District Leader's Guide to SEL and Equity](#)
- [Mindfulness for Educators: A Guide to Practicing and Facilitating Mindfulness](#)
- [3 Key Ways School Districts are Using CARES Act Funding to Support the Whole Child](#)

EQUITY CONFERENCE 2021



Dr. Margaret Wheatley

Author, speaker, educator, and founder of The Berkana Institute, whose most recent book is *Who Do We Choose To Be? Facing Reality, Claiming Leadership, Restoring Sanity*

Live Jan. 19 to 22
www.sdcoe.net/EC2021

Continue the Conversation

Thanks you for joining us for the final session of the SDCOE webinar series on SEL and Equity!

View and share the recordings of the 1st and 2nd sessions on the [SDCOE Webinar Series Page](#).

[Speak with Panorama](#) about supporting SEL and Equity in your school district.



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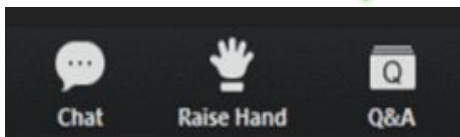
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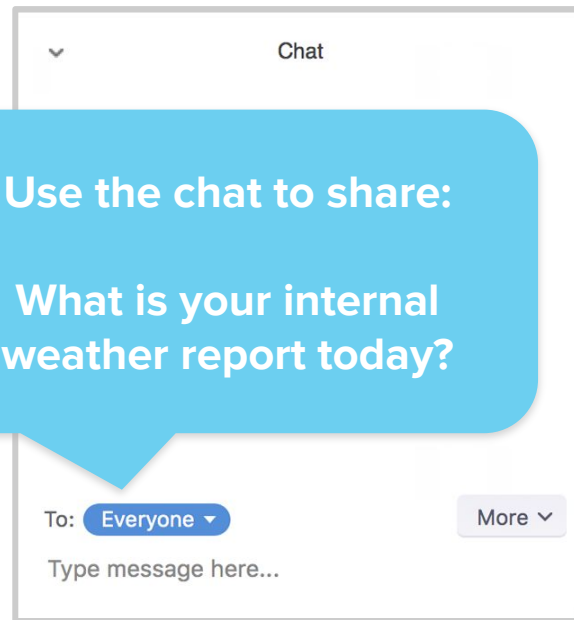


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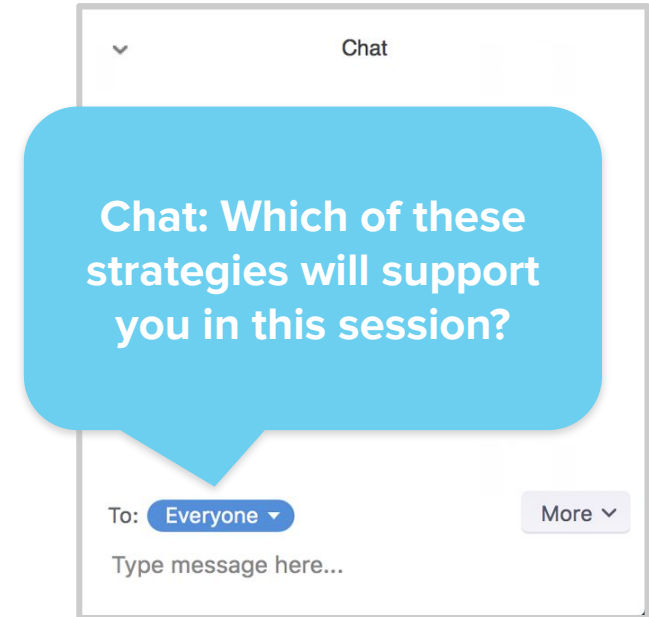
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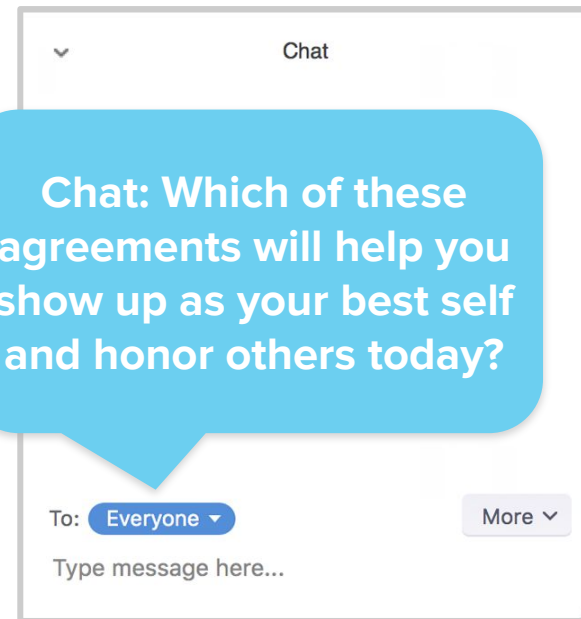


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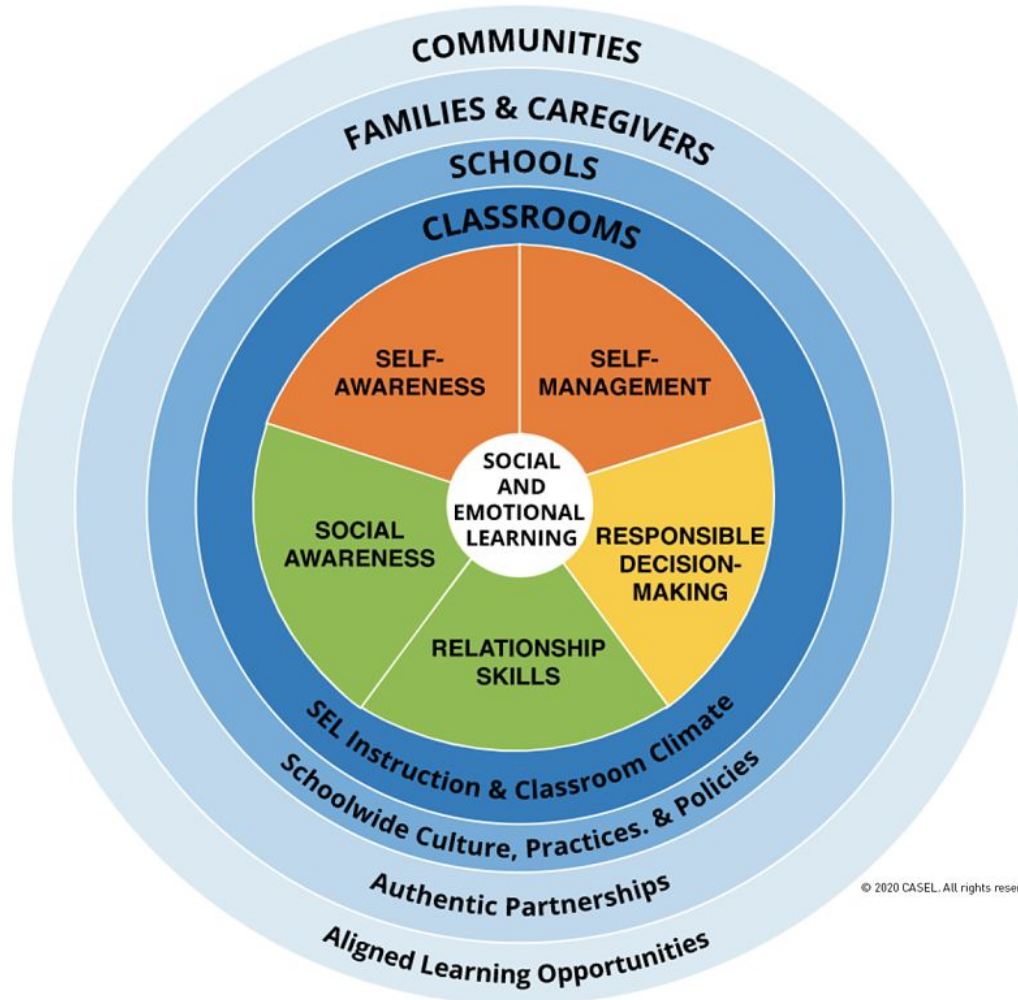
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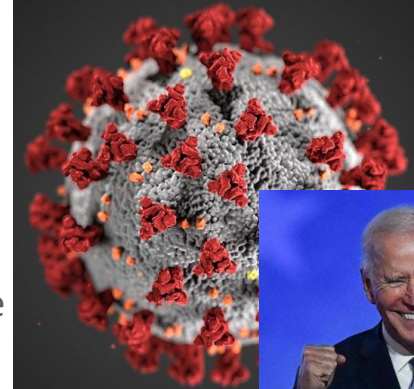
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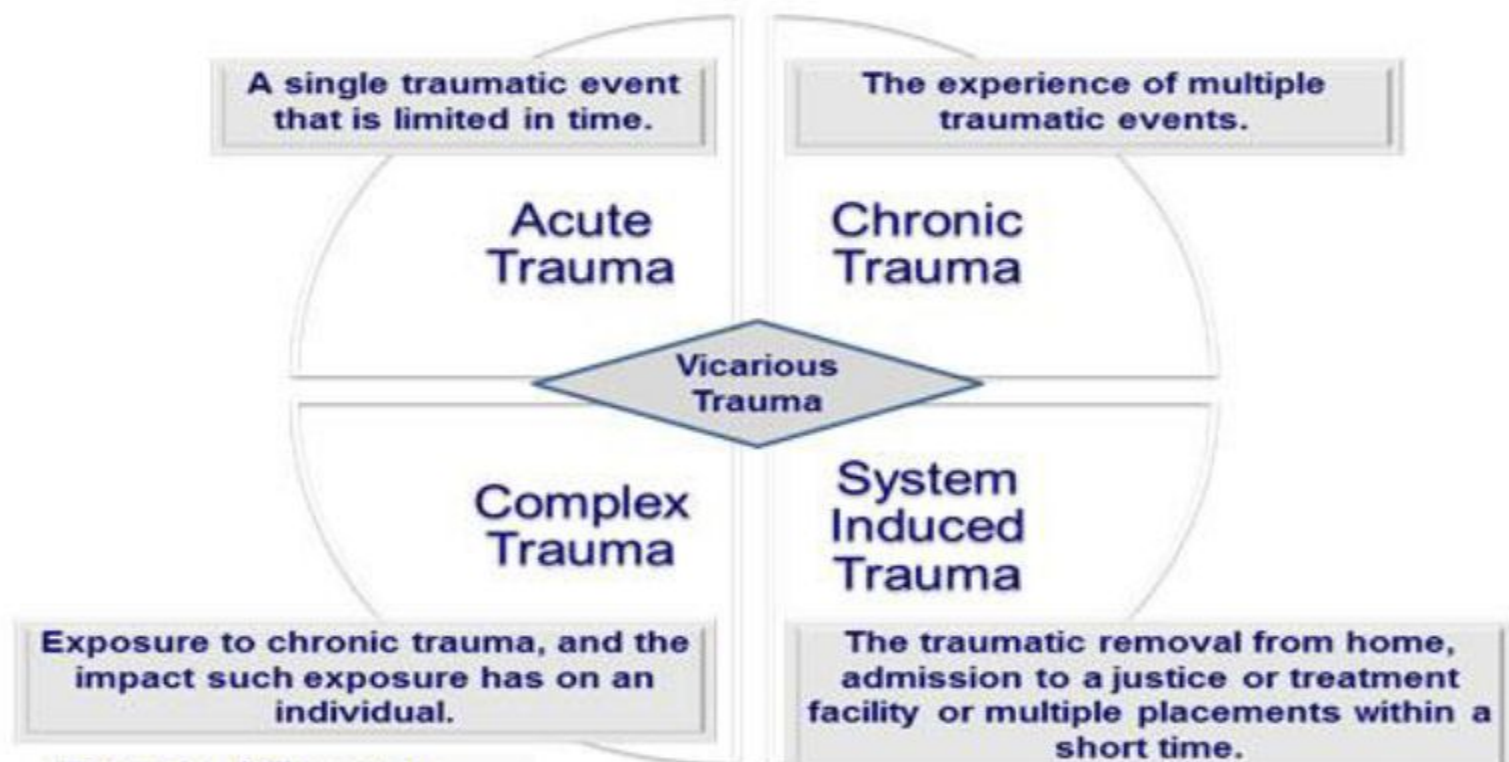
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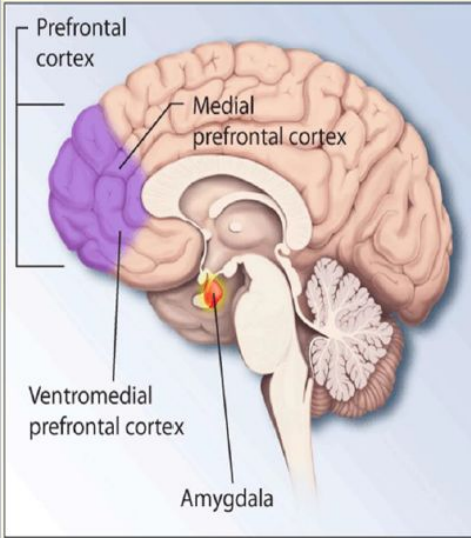
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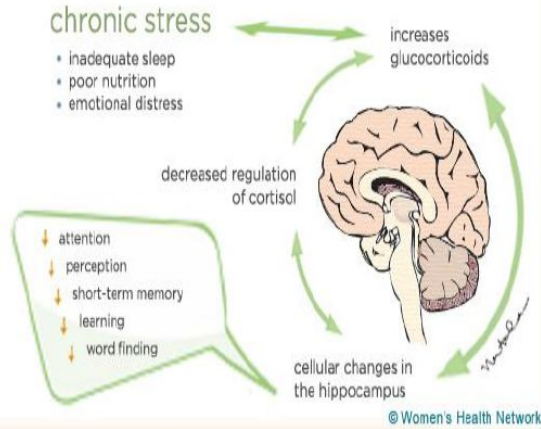
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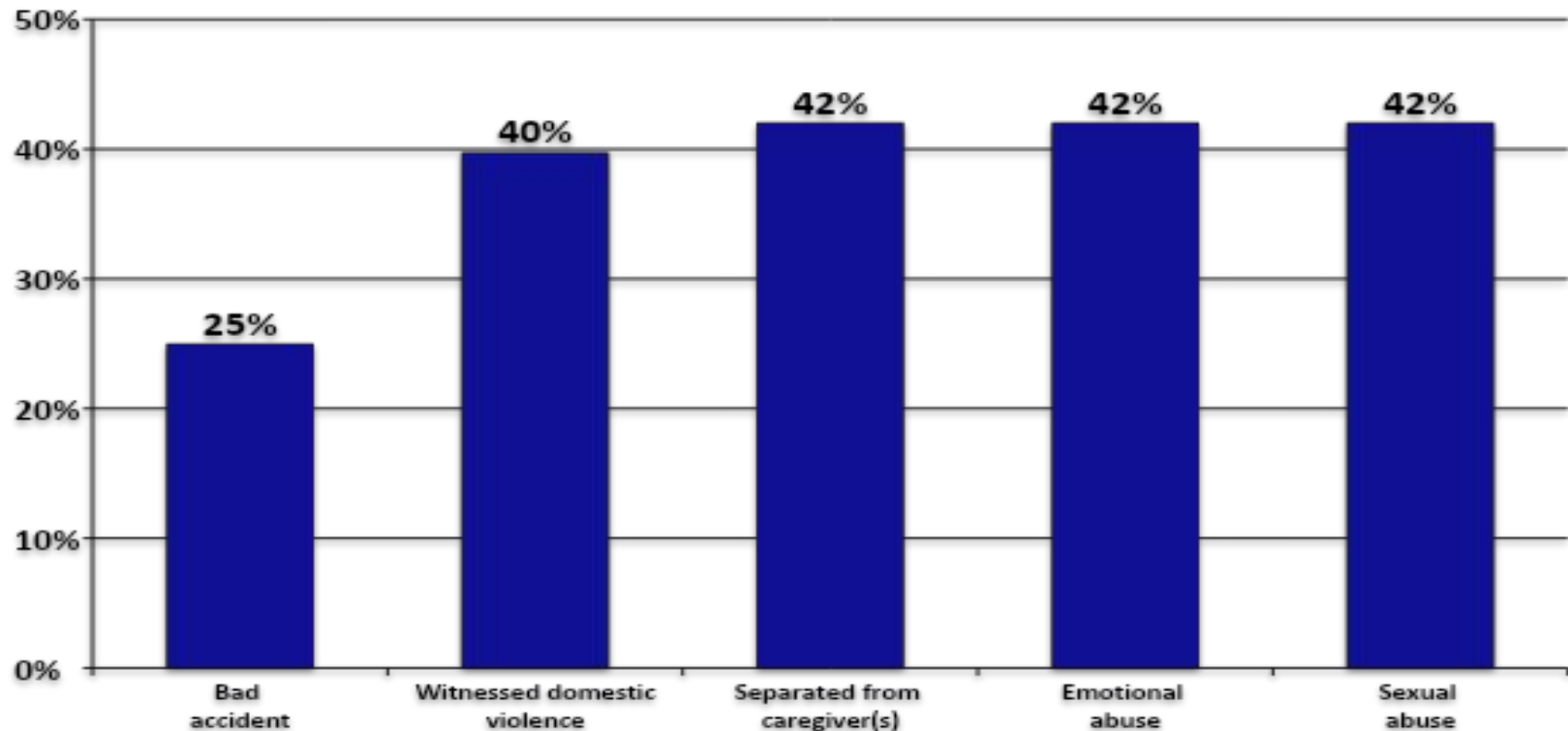


Adverse Childhood Experiences (ACEs)



The Adverse Childhood Experience study or ACEs remains the seminal research on the long term impact trauma can have on social and health outcomes.

Five Most Frequent Types of Childhood Trauma Experiences

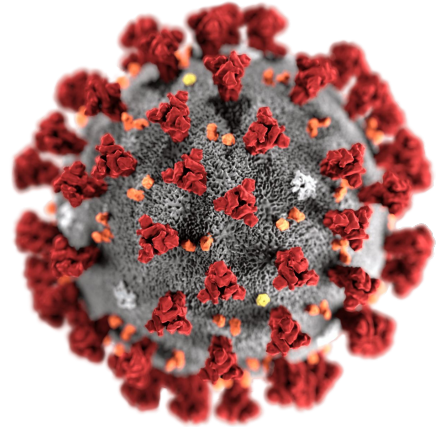


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© JennyFlintoft.com/JensGems

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- Taking care of others and neglecting or being unaware of our own feelings and needs

Other considerations

- Compassion Satisfaction
- Post-traumatic Growth
- “How Full Is Your Tank”

Source: Johnson, Mona M., “Self-Care: The Antidote to Compassion Fatigue. Educational Leadership. October 2020 | Volume 78 | Number 2
Trauma-Sensitive Schools Pages 46-51

Compassion Fatigue & Self-Care



A Self-care Plan - Six Categories of Self-care

Physical Self-care

Improving my body in healthy ways

Social Self-care

What I do with others and the world around me

Emotional Self-care

Dealing with my feelings in healthy ways

Cognitive Self-care

Improving my mind and understanding myself better

Financial Self-care

Things I do to stay financially responsible

Spiritual Self-care

The things I do to gain perspective on life

Compassion Fatigue & Self-Care

Wellness Maintenance

What's Your Plan?...and in all reality, where would like to begin?

Assess Your Level
of Compassion
Fatigue

Commit to
Fostering Your
Own Resilience

Practice Self-care
and
Self-management

Tap Into
Supportive
Relationships

Remember to
Breathe

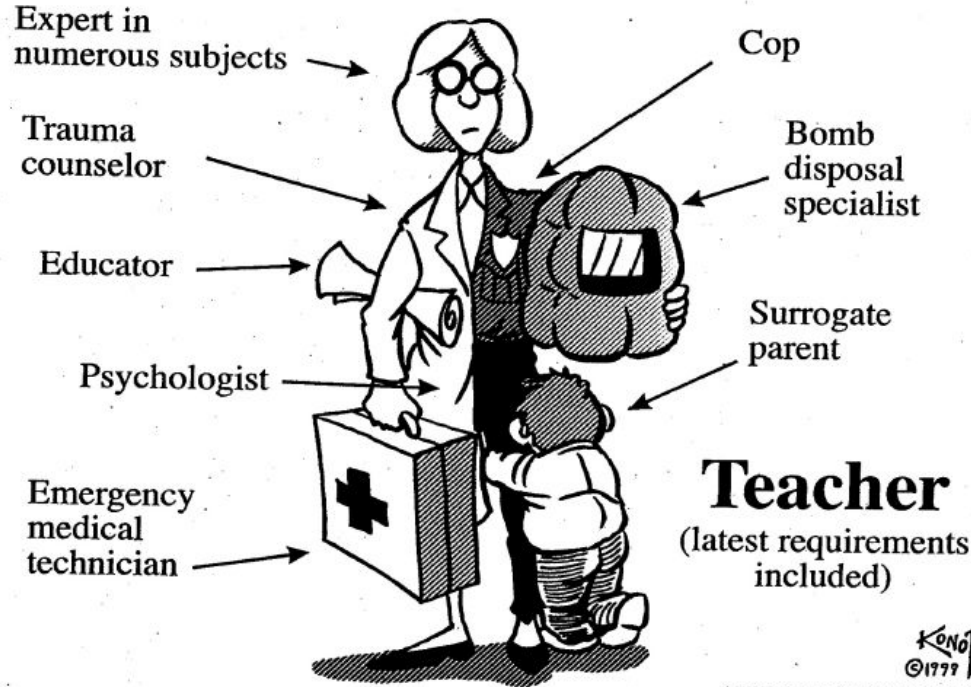
“Trust is the stacking and layering of small moments and reciprocal vulnerability over time.” Brene Brown

Mind Full vs. Mindful



Don't forget to take care of yourself, so we can take care of others.

Teachers



KONOPACKI
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HUCK/KONOPACKI TEACHER CARTOONS - JULY

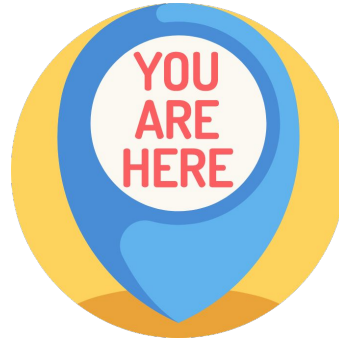
**Panorama helps educators act on data to
improve student outcomes.**

Hear how Oceanside USD is conducting SEL and Equity work during the pandemic to support each and every student.

Oceanside's Panorama Journey



**Where and why did
this work begin?**



**Where are we
now?**



**Where are we
going?**

Panorama Feedback Poll

Feedback Surveys

- School Climate
- Family Engagement
- Teacher-Student Relationships
- Back-to-School

Student Success

- Whole Child Platform
- SEL, Academics, Behavior, Attendance
- MTSS Intervention Tracking and Reports

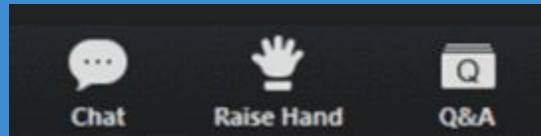
Social-Emotional Learning

- Aligned to CASEL Competencies
- Student & Staff Well-Being
- Equity Scales



Audience Q&A

If you haven't done so already, use the Q&A button to ask your questions for Dr. Dorsey and Dr. Sparks.



- [SDCOE Equity Conference 2021 Equity is Love in Action](#)
- [SDCOE Equity Department](#)
- [Transforming Education's Trauma-Informed SEL Toolkit](#)



RESOURCES

- [Panorama Distance and Hybrid Learning Surveys](#)
- [Panorama Social Emotional Learning Survey](#)
- [The District Leader's Guide to SEL and Equity](#)
- [Mindfulness for Educators: A Guide to Practicing and Facilitating Mindfulness](#)
- [3 Key Ways School Districts are Using CARES Act Funding to Support the Whole Child](#)

EQUITY CONFERENCE 2021



Dr. Margaret Wheatley

Author, speaker, educator, and founder of The Berkana Institute, whose most recent book is *Who Do We Choose To Be? Facing Reality, Claiming Leadership, Restoring Sanity*

Live Jan. 19 to 22
www.sdcoe.net/EC2021

Continue the Conversation

Thanks you for joining us for the final session of the SDCOE webinar series on SEL and Equity!

View and share the recordings of the 1st and 2nd sessions on the [SDCOE Webinar Series Page](#).

[Speak with Panorama](#) about supporting SEL and Equity in your school district.



Thank you!

Reach out to info@panoramaed.com with any questions or if you'd like to speak with a member of the Panorama team!

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