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Advocating for the Emotional Well-being of our Nation's Youth

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“...children’s development in the wealth of nations...”

– *Adam Smith*

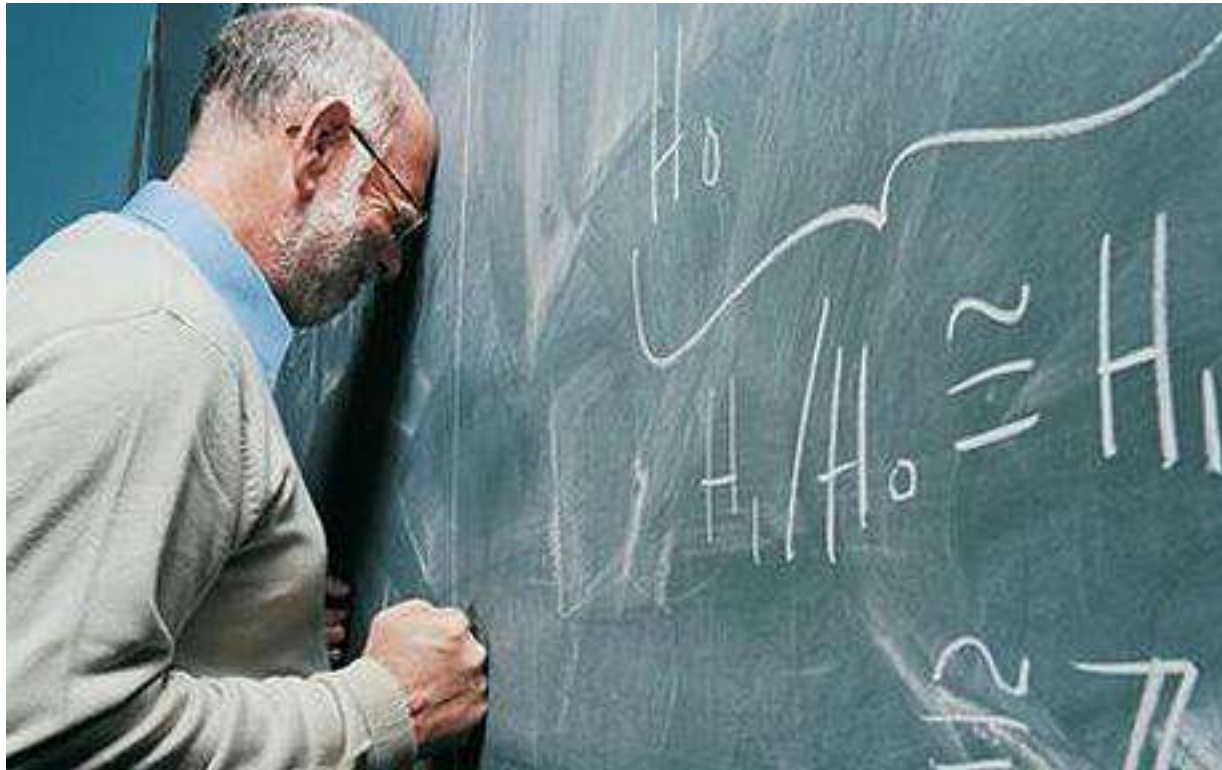
An Inquiry into the Nature and Causes of the Wealth of Nations



“...the key to our nation’s future is education, education, education...”

– *David McCullough*





“Those who expect to be both ignorant and free, expect what never was and never will be.”

– *Thomas Jefferson*



**Remember when teachers,
public employees, Planned Par-
enthood, NPR and PBS crashed
the stock market, wiped out
half of our 401Ks, took trillions
in taxpayer funded bail outs,
spilled oil in the Gulf of Mexico,
gave themselves billions in
bonuses, and paid no taxes?
Yeah, me neither... Pass it on**

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RACHEL'S Challenge

start a chain reaction.



Cultivating Character





Social and Emotional Skills



Benefits of SECD

Good Science Links SECD to the Following Student Gains:



- Social-emotional skills
- Improved attitudes about self, others, and school
- Positive classroom behavior
- 10-11 percentile-point gains on standardized achievement tests

And Reduced Risks for Failure:



- Conduct problems
- Aggressive behavior
- Emotional distress



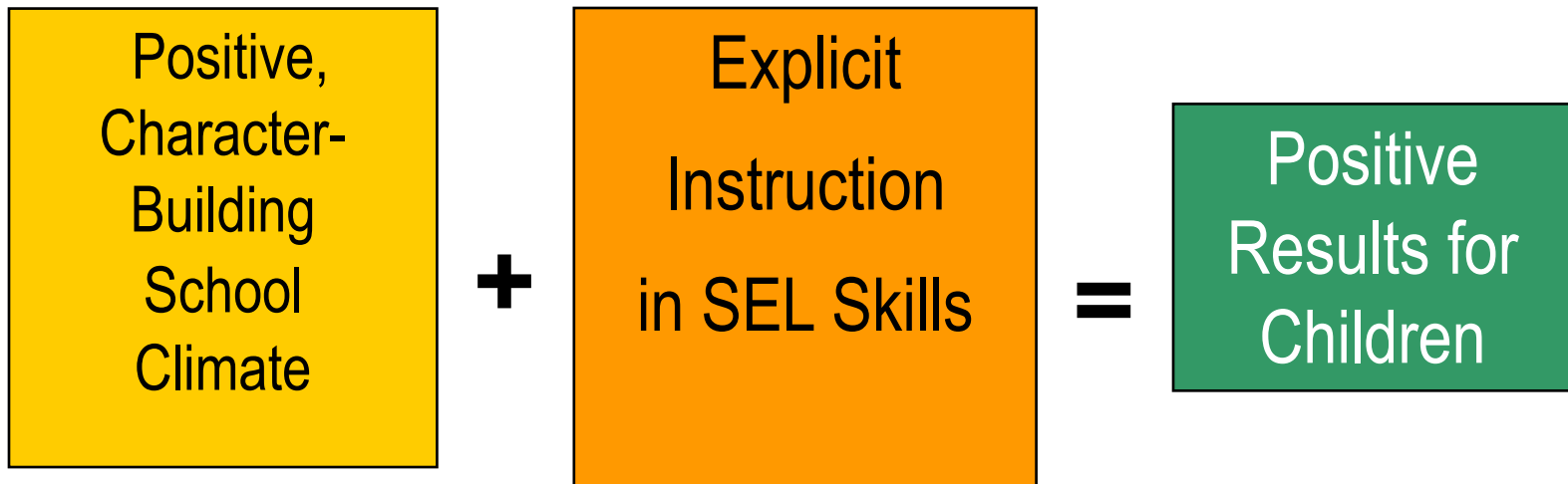
Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., & Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*. (available at www.casel.org) and M. Berkowitz & M. Bier, *What works in character education*. (Washington, DC: Character Education Partnership, 2006) (available at www.characterandcitizenship.org.)

What is Social-Emotional and Character Development (SECD)?

- a set of **skills and dispositions/essential life habits**
- that can be **built developmentally** if we do so with intentionality, focus, and continuity, and
- **schools are the place** where most children can be reached systematically,
- because the same set of skills and habits ultimately **mediate academic, civic, and workplace success!!!**

How Does SECD Work?

SECD is an evidence-based strategy that integrates the intellectual, emotional, and social facets of learning. It works through two related approaches:



Source: *SEL and Academics: Research Brief*,
Collaborative for Academic, Social and Emotional Learning, 2007.

And one thing is clear: It's crazy to have educational policies that, in effect, chop up children's brains into the rational cortex, which the government ministers to in schools, and the emotional limbic system, which the government ignores. In nature, there is no neat division. Emotional engagement is the essence of information processing and learning.

...Schools filled with students who can't control their impulses, who can't focus their attention, and who can't regulate their emotions will not succeed, no matter how many reforms are made by governors, superintendents or presidents.

— *David Brooks*
New York Times





**To educate a person in mind and not
morals is to educate a menace to
society. Teddy Roosevelt**





*“Children are safe in school.
The actual chance of being
killed at school is less than one
in a million. Send your
children to school.”*

We are losing
a classroom
of students
every three
days to
violence.







OUT OF WHACK!

*How many of you believe that the
emotional well being of our
youngsters has improved during
the time of No Child Left Behind?*

Educators now focus their energy on a student's head and often neglect their heart and spirit. This is out of whack. And the consequences permeate our society.







Surgeon General's Report on Mental Illness

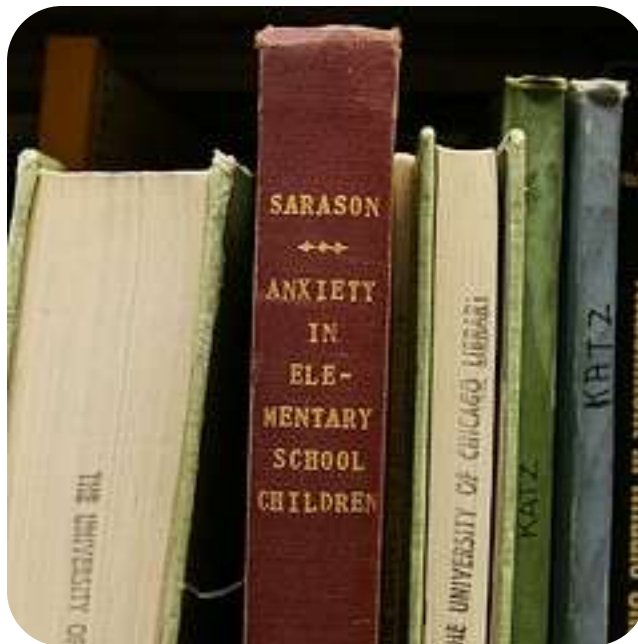
- 21 percent of all U.S. children had a diagnosable mental or addictive disorder associated with at least minimum impairment.
- This means that one out of every five children suffers from a mental or addictive disorder that impairs his or her ability to succeed in school.

Surgeon General's Report on Mental Illness

- 70 % of children and adolescents with a mental disorder do not get the mental health treatment they need. Less than 10% do.



Anxiety Disorders



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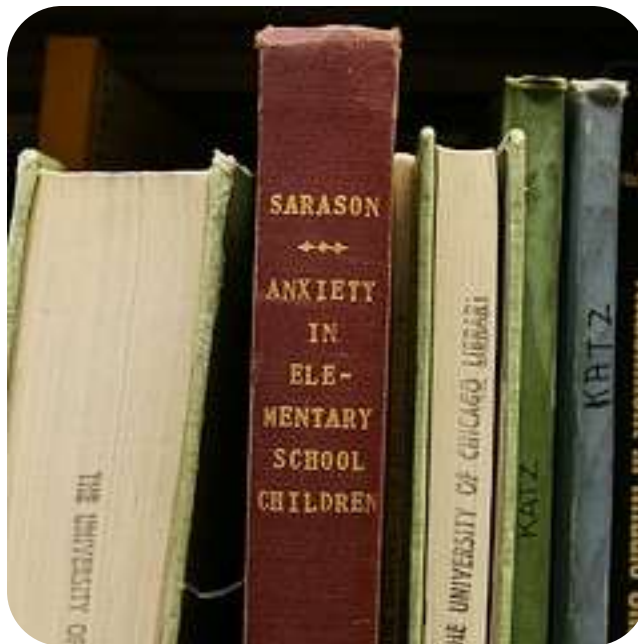
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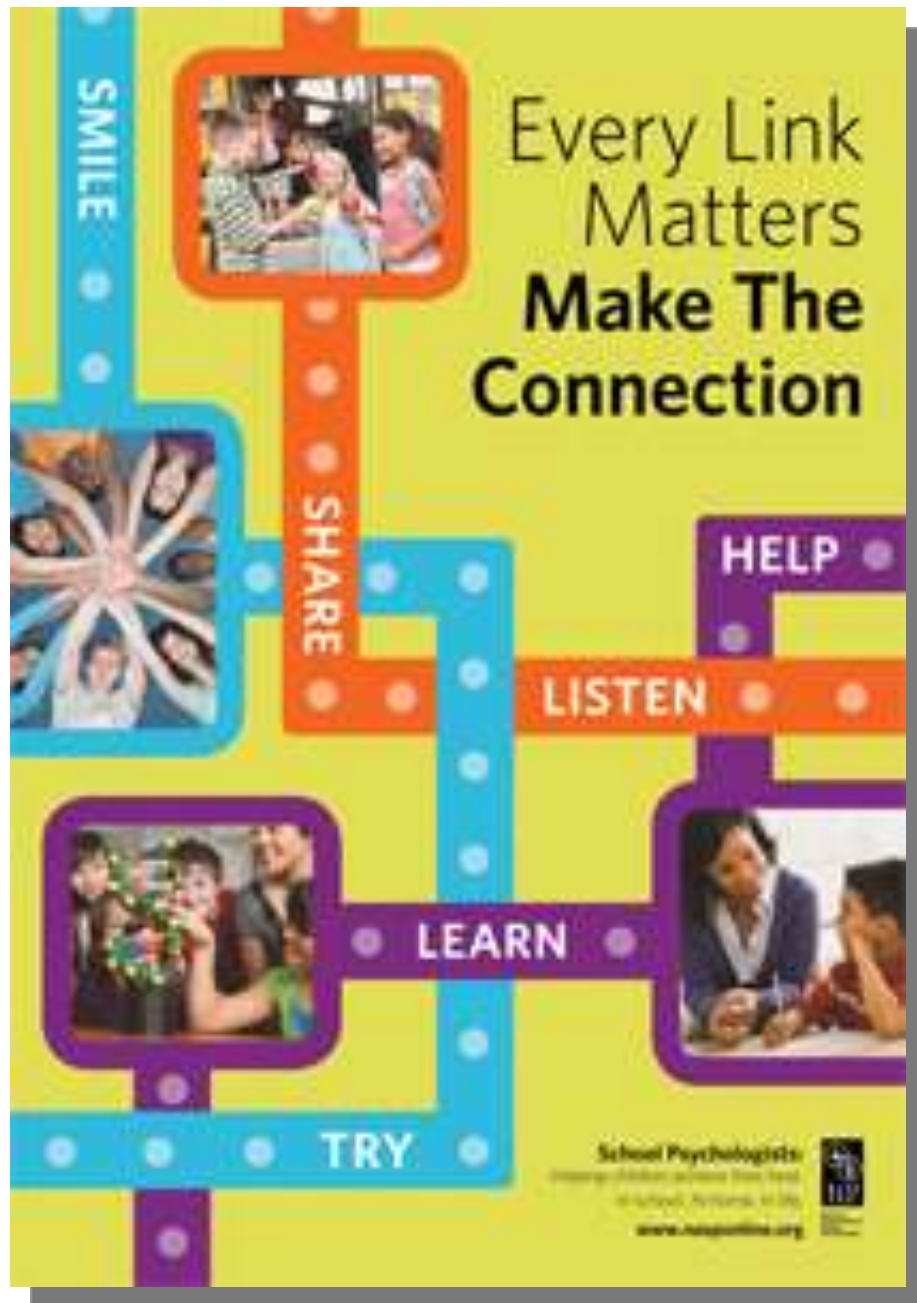
**Anxiety of American children has
risen a full standard deviation during
a 40 year period**







Low degree of social connection
High environmental threat





School connectedness

- School connectedness is positively related to healthy self-esteem, self-efficacy, optimism, and positive peer relationships and is negatively related to the development of conduct problems, antisocial behavior, depression, anxiety, emotional distress, and suicidality.
- School connectedness is related to positive academic achievement, including students' overall grades and test scores on standardized tests.

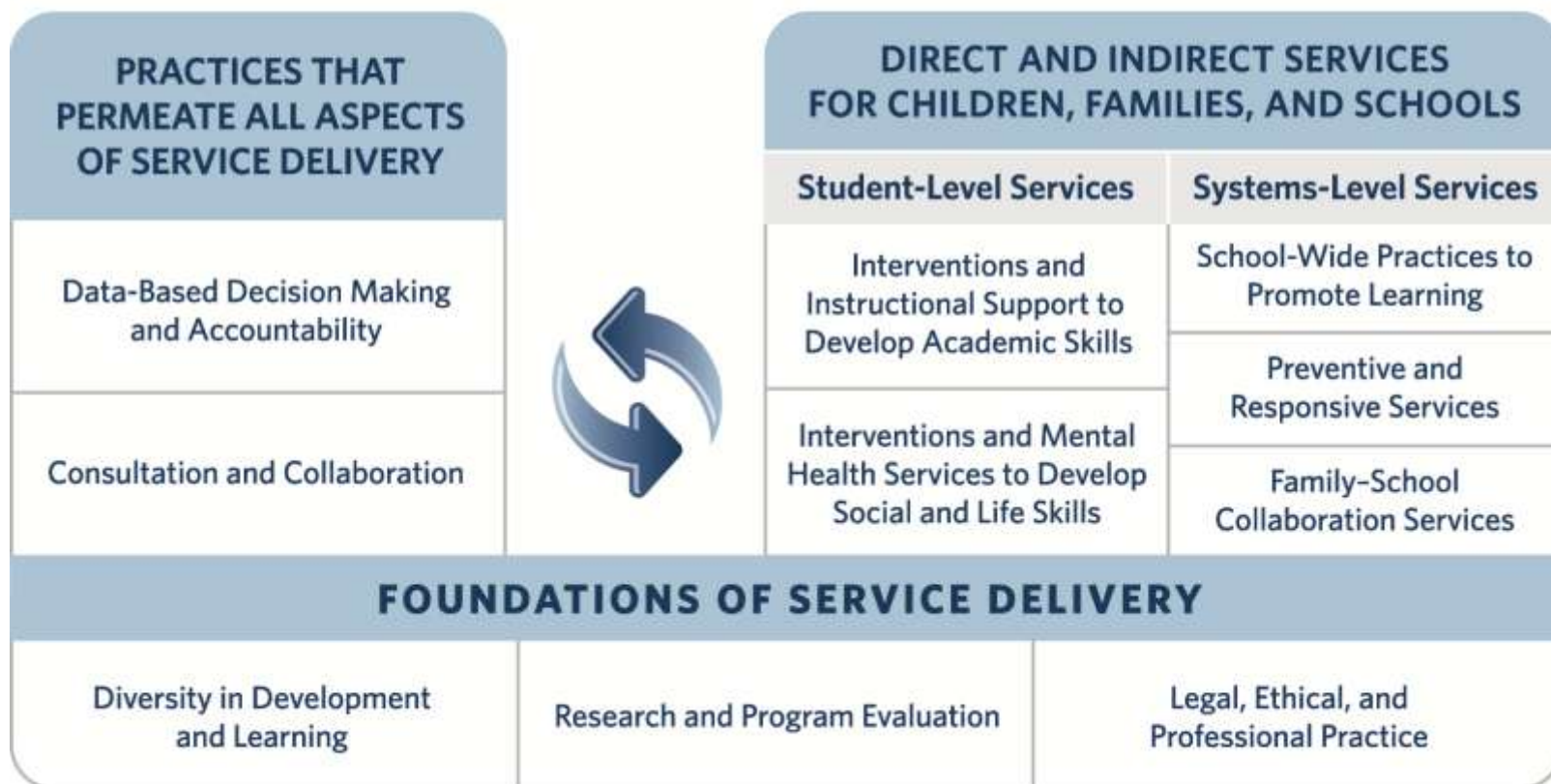


- Safe, supportive and nurturing schools
- Emphasize character and social-emotional learning
- Teach our students the skills they need to develop their emotional intelligence
- Stop retaining so many students
- Reduce our students' anxiety
- Provide more mental health services
- Teach children resiliency and problem solving
- Adopt new models
- Connect all children to an adult
- Ensure that our children are safe by preventing bullying, suicide and violence
- Advocate for the NASP Practice Model
- Educate the whole child - their mind, heart, and spirit



NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS

Model for Services by School Psychologists



Who Understands

- that one out of every five children need mental health intervention or supports in order to be successful in school?
- that more teenagers died from suicide than from cancer, birth defects, AIDS, pneumonia, influenza, and chronic lung disease combined?

“Intelligence plus character, that is the goal of a true education.”

– *Martin Luther King Jr.*



It is not about me, but it is up to me.

- Awareness
- Relationships
- Communication
- Timely Response

“I have established partnerships with parents who were not able to understand why their youngsters stopped developing normally after the age of 2 and were later on identified with a Pervasive Developmental Disorder. I have also dealt with many parents who cannot assist their children with homework not only because of a language barrier but also because they are illiterate and lost in a school system that is completely novel to them. This particular school year, I have been dealing with students who are acting out in the classroom because their families lost their homes and had no choice but to live in a shelter. I will never forget when a student came up to me asking why his brother was shot on the way to his house on the day of his birthday. I have been called many times to intervene in cases where a child loses control, throws chairs, and uses profanities in the classroom while threatening himself and others. I wonder who will be there to provide mental health and instructional support for our children and youth when I am gone.”

– *Luz Amesty*

If the lion does not tell his story,
then the hunter will.

An African proverb





I Am An Advocate!



“The greatest threat to America's national security comes from no enemy without but from our failure to protect, invest in, and educate all our children who make up all our futures.” *Marian Wright Edelman*



**For more information, contact:
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(301) 657-0270**

www.nasponline.org



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NASP represents school psychology and supports school psychologists to enhance the learning and mental health of all children and youth.



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