








**Partnering to Implement an Evidence-Based SEL Program Within a Trauma-Informed Framework**

**Sandra Savage, MSW, RSW and Karen Bax, Ph.D., C. Psych.**

In the next hour...

- Describe how our partnership came to be
- Outline the SEL and mindful awareness program we are implementing and researching
- Speak to our "lessons learned" so far... on this journey









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Studies indicate young children's development of social and emotional competencies are associated with a wide range of positive outcomes


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There are many young children in our school board whose lack of social and emotional competencies affects their school adjustment and academic performance

Shown to: reduce stress, improve academic performance, strengthen concentration abilities, enhance perspective taking, empathy and kindness

- Classroom-based, educator-led
- Teaches SEL skills by linking cognitive, neuroscience, positive psychology & mindful awareness




MindUP Lesson Content




1. Your brain	9. Mindful movement
2. Mindfulness	10. Perspective taking
3. Focused Awareness	11. Choosing optimism
4. Mindful Listening	12. Savouring happy experiences
5. Mindful Seeing	13. Acting with gratitude
6. Mindful Smelling	14. Acting with kindness
7. Mindful tasting	15. Mindful Action
8. Mindful touch	

5-year 1 million dollar grant from the Public Health Agency of Canada-Innovation Strategy for Supporting the health of victims of domestic violence and child abuse through community programs


Implement an Evidence-Based SEL Program Within a Trauma-Informed Framework



a product of The Hawi Foundation



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### Methodology

**Years 1-2**  
Professional Development in Trauma-Informed Schools and MindUP Training  
Implement MindUP in 15 classrooms  
Pilot measures  
Collect process data

**Years 3-5**  
Scale up professional development  
Implement in 30 classrooms and use 30 classrooms as a comparison group  
Collect pre-, post- and follow-up data



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### LESSONS LEARNED SO FAR...



University • Public School • Community




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### LESSONS LEARNED SO FAR...

- Collaboration Readiness
  - Alignment
  - Commitment
  - Resources



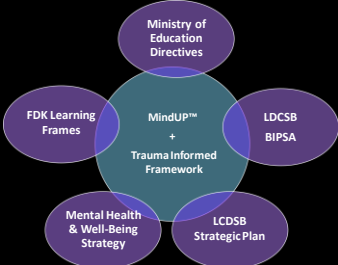


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### Aligning The MindUP™ Program & Trauma-Informed Framework With Existing Goals



Ministry of Education Directives


FDK Learning Frames

MindUP™ + Trauma Informed Framework


LCDSB BIPSA

Mental Health & Well-Being Strategy

LCDSB Strategic Plan



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### LESSONS LEARNED SO FAR...

- Nature and Degree of Involvement
  - Board, School, Administrative and Professional Support Staff
  - University, faculty and students





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LESSONS LEARNED SO FAR...



- Between Partner Relationships
- Shared vision and values
- Communication processes
- Role clarity
- Power and authority



LESSONS LEARNED SO FAR...



- Capacity Building
- Evaluation of partnership success
- Maintaining momentum
- Building sustainability




Thank-you!





Questions and Comments



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