

MENTAL HEALTH WELLNESS MATTERS!  
AN OVERVIEW FOR PARENTS

Presented by  
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Your School Psychologist



**SHEPHERD  
ELEMENTARY SCHOOL**

# **SOCIAL EMOTIONAL LEARNING (SEL) CURRICULUM**

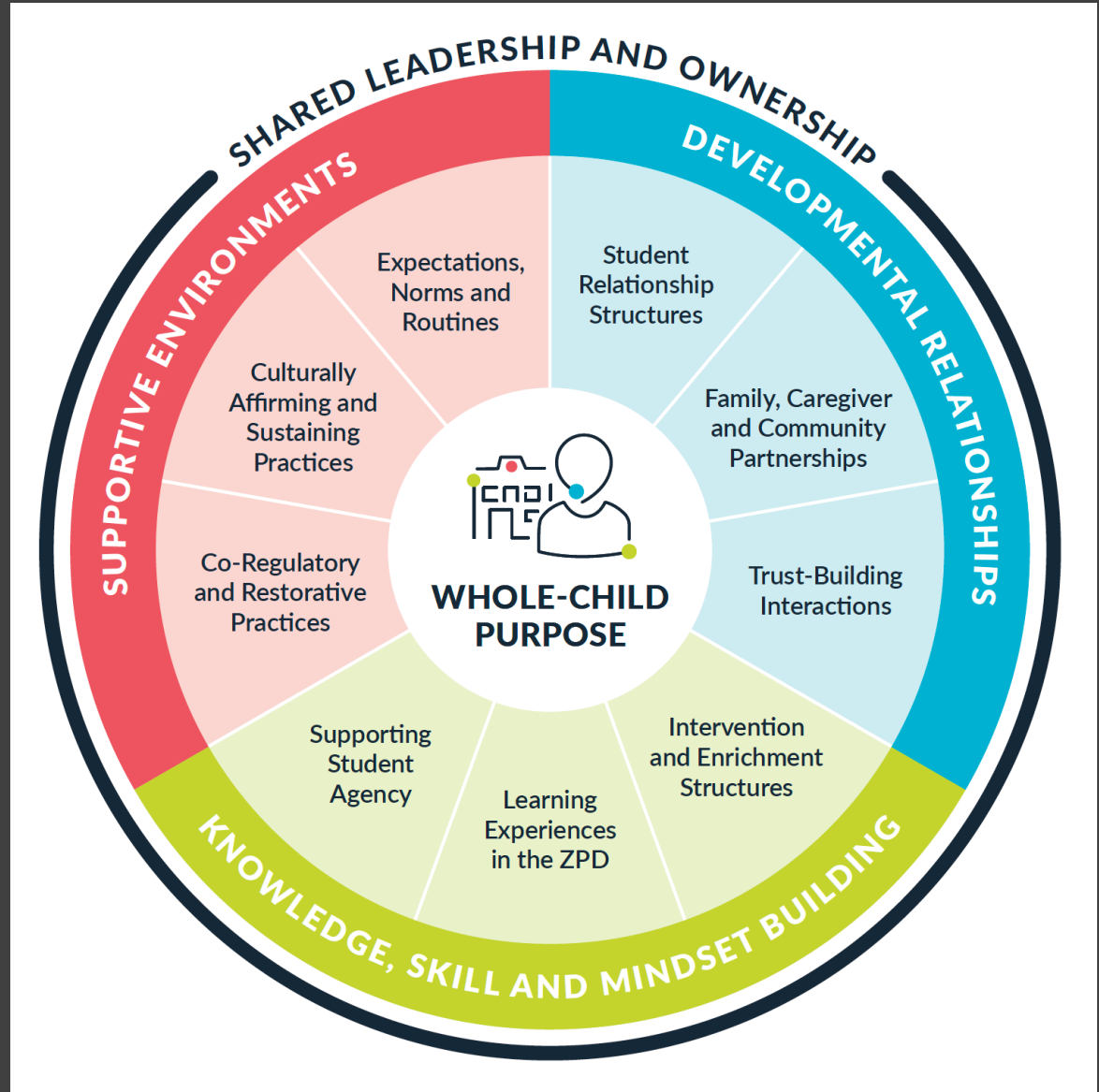
Shepherd Elementary School is a diverse and equitable school community that is dedicated to the social-emotional wellness of all Mustang scholars, faculty and staff. This specifically entails 3 primary domains:

- The daily practice of mindfulness;
- The promotion of mental health well-being; and
- Meeting the social-emotional learning needs of each student, in collaboration with parents, families and the school community.

As stipulated by the DCPS Trauma-Responsive School Model, Shepherd Elementary School is a trauma-responsive, healing-centered organization that acknowledges and effectively addresses the impact of trauma on students to ensure their psychological and physical safety, full participation in academic learning, as well as success within the school setting and beyond.

# THE WHOLE-CHILD PURPOSE

(ADAPTED FOR DCPS FROM  
TURNAROUND FOR CHILDREN)



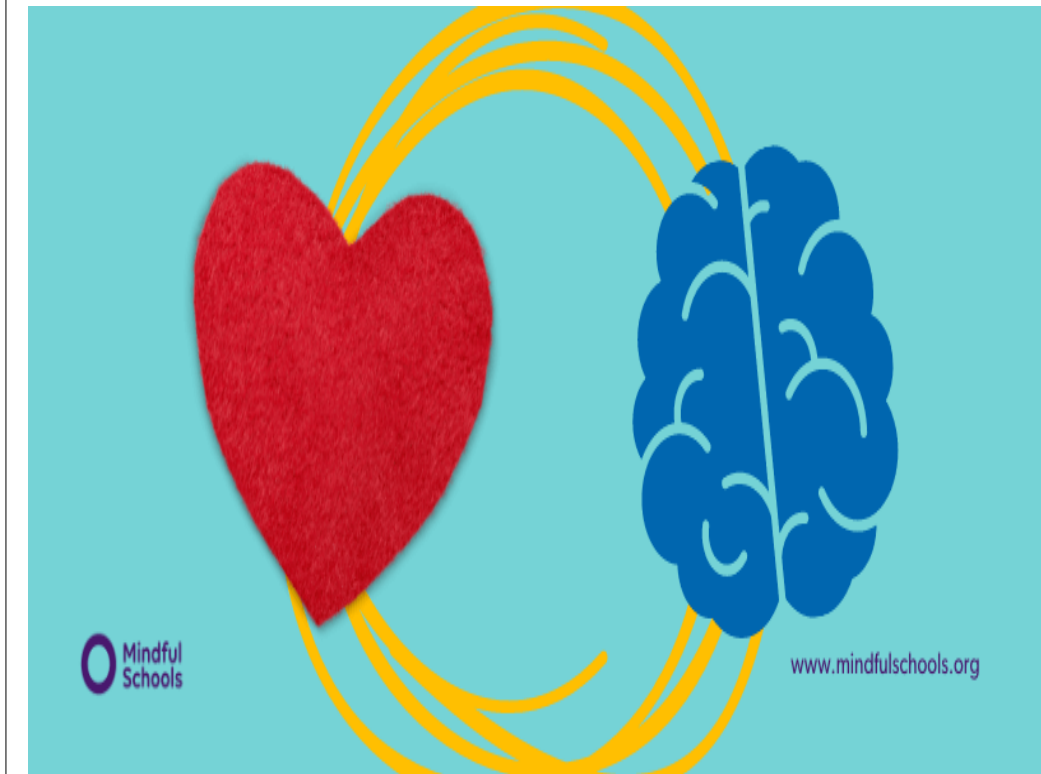
# SCHOOL PSYCHOLOGIST'S ROLE

As your school psychologist, I identify and provide the necessary support for students to benefit from their educational program by utilizing:

- Consultation with teachers, parents and administrators to find effective solutions regarding learning and/or behavior problems
- A wide variety of assessment techniques at an individual, group and systems level to evaluate academic skills, learning aptitudes, emotional development, social skills and eligibility for special education
- Intervention with children and families to help solve conflicts and problems in learning and adjustment
- Prevention by identifying potential learning difficulties
- Education and staff development

WHAT IS THE  
DIFFERENCE  
BETWEEN  
MINDFULNESS  
AND SEL?





## OUTSIDE-IN VS. INSIDE-OUT

**What is social-emotional learning?** The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines SEL as a process to acquire and apply the knowledge, skills and attitudes to develop healthy identities, manage emotions, achieve goals, as well as cultivate empathy, supportive relationships and responsible decision-making. This “outside-in” approach usually involves instruction from an adult who utilizes a curriculum to help students build skills in recognizing emotions and navigating social interactions with care and compassion ([www.mindfulschools.org](http://www.mindfulschools.org)).

**What is mindfulness?** Mindfulness is defined as being present in the moment here and now, paying attention to our thoughts, bodily sensations and external environment with kindness, non-judgment and curiosity. Mindfulness can be seen as an “inside-out” approach that teaches strategies and techniques (e.g. noticing sounds, body sensations or the breath) to calm the nervous system and bring executive functioning back online. Through this process, students build a foundation for social-emotional and academic learning to take place ([www.mindfulschools.org](http://www.mindfulschools.org)).

<https://www.mindfulschools.org/video/lets-create-mindful-schools/>

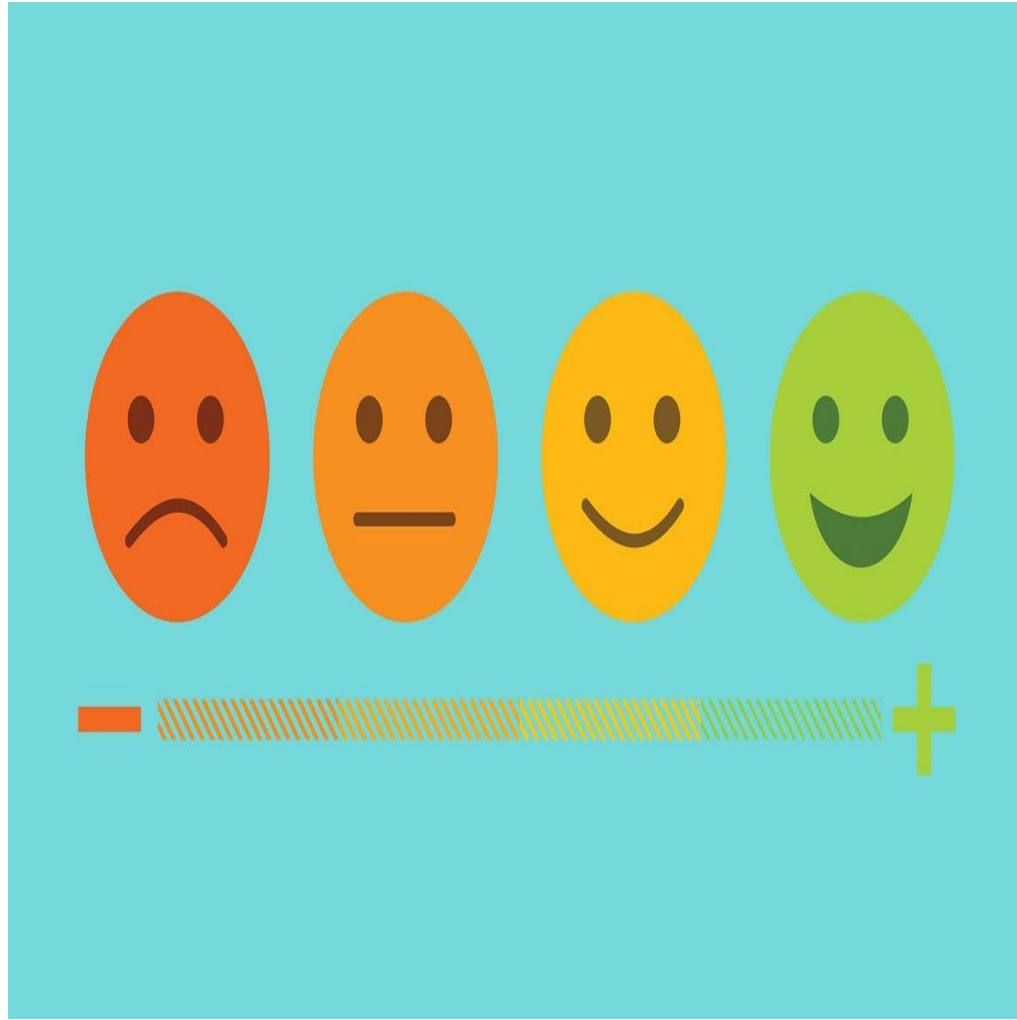
# Outcome

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**SEL +  
Mindfulness =**

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**Mental Health  
Wellness**



# MENTAL HEALTH WELLNESS FOR OUR SHEPHERD COMMUNITY

- Starting this school year, we have progressed from the utilization of Response to Intervention(RTI) to Multi-Tiered System of Supports (MTSS), which is a systemic, continuous-improvement framework whereby data-based problem solving and decision-making is practiced across all levels of the educational system for supporting students. This entails a more organic approach for MTSS (compared to our RTI process, last year) that entails teachers' (Pre-K thru 5<sup>th</sup> grade) consistent participation from Tier 1 - Tier 3.
- All Mustangs (Pre-K thru 5<sup>th</sup> grade) receive SEL instruction from Dr. Brown every other week.
- Resources specifically for parents/caregivers are provided in the *PTO Bulletin*, monthly.
- If you need additional resources and/or support, contact your school psychologist at [persephone.brown@k12.dc.gov](mailto:persephone.brown@k12.dc.gov).
- Also, <https://www.mentalhealth.gov/talk/parents-caregivers>



QUESTIONS

