

A Win-Win for Everyone

Social Emotional Learning (SEL) Series, part 1

As a result of the Children's Mental Health Act (2003) Illinois was the first state to Adopt [Social Emotional Learning Standards](#). Many other states have followed our lead.

Studies have shown the “ups and downs” Social-Emotional Learning is having on our children. Graduation rates are up by 11%, schools and communities saw a 6% drop in poor behavior and drug usage as well as a 13% drop in clinical mental health disorders. The positive outcomes are shared by all children regardless of race, school location, or socioeconomic background. Students participating in programs that help them recognize and control their emotions experience long- lasting overall well-being. *Education World* shares [why Social –Emotional Learning is beneficial to the school environment](#)

SEL is a sound investment for school districts. *The Journal of Benefit Cost Analysis* points out for every dollar spent on a rigorous SEL program the return is \$11.00. Behavioral referrals have been cut in half.

Experts have attributed the use of Social Emotional Learning (SEL) to children's success as adults regardless of their academic status. Teachers and administrator from across the country are implementing SEL to show children how to achieve goals, understand and manage emotions, build empathy, forge relationships and make decisions.

SEL has a greater impact when it embedded into the entire school climate. A Cleveland School District had a child not show up for school. They learned the child was potentially planning to harm himself. The student made a threatening call to school. Working with the Cleveland police department a rapid response team worked with the school safety team to locate and get him mental health services in matter of hours. The School Administrator attributed this intervention to their SEL system. This process didn't exist prior to its implementation. *The Atlantic* article, [The Psychological Approach to Educating Kids](#), shares this and other first-hand SEL experiences, further validating the benefits of SEL as well as how it should look in our schools.

As our schools are developing plans for reopening, this a great time to have a conversation with your school administrator to explore how your local unit or council can help facilitate SEL in your school.

Next up in the series: Adding Families to the Mix – ways families can promote SEL at home.