



SEL AND BEHAVIORAL HEALTH FOR YOUTH

EXAMPLES OF KEY SHIFTS FOR ENDURING CHANGE



SOCIAL EMOTIONAL LEARNING (SEL) & BEHAVIORAL HEALTH FOR YOUTH

Social Emotional Learning (SEL) and Behavioral Health for Youth in the context of Radical Transformational Leadership for Social Impact (RTL Impact) is fueled by values of full potential, compassion, and equity to generate sustainable results for all children, youth, families, and youth-serving staff to thrive.

Ever-growing evidence demonstrates the essential role of SEL and wellness in youth development, well-being, and the capacity to learn and excel as students, family members, friends, and adults. The pandemic and subsequent stay at home orders, distance learning, and social isolation have opened many leaders' eyes to the non-negotiable importance of our social emotional well-being and mental health. Never before has the stigma surrounding mental health challenges become normalized as rapidly. Amidst the many layers of crises, this opening for accelerated systemic change shines strongly as an opportunity to leverage and amplify.

In the upcoming RTL Impact program, individuals involved in SEL and behavioral health for youth at all levels are invited to select this optional special focus area, accessing supported workshops between the primary program sessions to engage in focused discussions with peers in these fields and support in applying the RTL framework to integrating SEL and behavioral health for youth for equitable and sustainable results.

FROM	TO
Separate SEL - Social Emotional Learning (SEL) is taught separately from other subject matter	Integrated SEL - Social Emotional Learning (SEL) is integrated and modeled in all subject matter, content, and pedagogy and at all levels (Pre-K through post-secondary)
Knowing SEL principles in concept - Youth-serving staff, parents, caregivers, and youth understand SEL principles in concept	Consistently practicing SEL principles - Youth-serving staff, parents, caregivers, and youth understand and consistently practice SEL principles
SEL upholding white dominance - SEL can be used to reinforce white culture as the norm. SEL can overlook systemic racism and other disempowering isms as causes of stress and adversity, and is sometimes used to discipline and shift blame to students for the consequences of systemic inequity.	SEL upholding racial equity - SEL is practiced with cultural humility, upholding multiple forms of cultural expression and reinforcing positive identity and belonging, and is also used to address racism and other disempowering isms as root causes of stress and adversity
Stigma - Behavioral health challenges carry stigma	Normalization - Behavioral health challenges are normalized
Partially integrated services - Less integrated collection of behavioral health services within schools and the community	Comprehensive services - Consistent, comprehensive, appropriate and organized collection of behavioral health services in schools and the community
Reaction - Initial connection with youth is focused on reaction, intervention, and treatment of presenting behavioral health challenges	Prevention and resilience - Initial connection with youth is focused on prevention and resilience development prior to presentation of behavioral health challenges



EXAMPLES OF OUTCOMES AND RELATED GOALS

Within the Radical Transformational Leadership framework, one of the essential components in designing and implementing your specific project is to identify the immediate and long-term goals and outcomes you are working towards. Below, we have shared just a few examples of the process goals and outcomes identified in the focus area of SEL and Behavioral Health for Youth.

Process Goals for an Improved System:

- Increase in children and youth accessing appropriate behavioral health care
- Increase in strengthened relationships (among and between youth, families, school staff, and service providers)
- Increase in positive school and community climate, including:
 - Increase in integration of trauma-informed care, restorative responsiveness, and cultural humility at school and community sites
 - Decrease in stigma around behavioral health challenges
 - Increase in family and community partnership

Outcome Goals for Well-Being for Children and Youth:

- Increase in children and youth experiencing positive mental health
- Increase in children and youth using healthy stress-coping strategies and behaviors
- Decrease in children and youth experiencing anxiety, depression, and suicidal ideation
- Decrease in children and youth using alcohol, drugs and vaping
- Increase in children and youth academic achievement

