



Mountain View
Whisman
School District

Health and Wellness Mental Health Continuum

May 8, 2025





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Alignment & Clarity

SP2027 Goal Area 2:

Student Social-Emotional Health

- **Objective 2b:**

Ensure an integrated, consistent approach to social-emotional learning.

- **Strategic Initiative 2b.1:**

Implement a competency-based Social Emotional Learning (SEL) model

- **Strategic Initiative 2b.2:**

Develop and implement a comprehensive social-emotional continuum of care embedded within the district Multi-tiered System of Supports (MTSS).

Objectives

Objective of this presentation is to provide the Board of Trustees with an overview of:

- SEL Curriculum Committee recommendations
- Mental Health continuum of supports
- Children and Youth Behavioral Health Initiative (CYBHI) infrastructure development update.



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Current Programming

Current Programming

- SEL explicit instruction occurs once per month in grades K-5
- SEL Practices in classrooms include student check-ins, brain breaks, morning meetings, and calming corners
- As part of MTSS we utilize different forms of data to inform us on student wellbeing, needs, and growth

Current Programming

- Data-based school counseling program provides a variety of supports at each school site including group counseling and individual counseling
- School Linked Services (SLS) partnership with County of Santa Clara Behavioral Health Services provides Prevention and Early Intervention Services and Outpatient Therapeutic Services to 5 schools



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SEL Committee Recommendations and Considerations

SEL Curriculum Committee

- Committee goal was to make a recommendation to the Board of Trustees for SEL Curriculum adoption.
- The SEL committee met in after school and Saturdays meetings totaling 6 meetings
- Two (2) additional sessions were held for curricula training piloting teachers and counselors
- The committee considered district & school data, stakeholder input, pilot feedback, and parent feedback
- Pilot: 26 implementers of the curricula in grades TK-8, including classroom teachers and counselors

SEL Curriculum Committee Recommendations

- The SEL Committee agreed that:
 - A balance must exist between SEL and Mental Health evidence-based practices and overall change management.
 - MVWSD schools have different resources and needs so recommendations should allow schools and teachers flexibility.
 - The Committee is recommending the adoption of one curriculum for the District with different implementation plans for elementary and middle school.

SEL Curriculum Committee Recommendation

- Adopt CharacterStrong Curriculum
 - Implementation is tailored to meet the different needs of elementary students and middle school students, respectively
- Adopt Panorama as the District's SEL measurement tool and transition away from Sown to Grow

SEL Curriculum Committee

Recommendation TK-5

Adopt CharacterStrong curriculum to provide:

- Explicit Instruction:
 - Protect 30-45 minutes per month for explicit instruction
- SEL Practices:
 - All classroom teachers utilize at least 1 SEL practice or activity, at least once per week, embedded within their instructional day

SEL Curriculum Committee

Recommendation TK-5

- Transition from Sown to Grow to Panorama as the District's SEL measurement tool
 - Panorama provides customizability and age appropriate content for grades 3-8
 - Teacher feedback on Sown to Grow was mixed
- Utilize district developed simplified SEL Survey and student check-ins for grades K-2 that are age-appropriate

SEL Curriculum Committee

Recommendation 6-8

Adopt CharacterStrong curriculum and transition to Panorama for:

- Screening & Intervention
 - Screening, intervention, and referral process will occur 3 times in the school year
 - Results will inform student interventions
- SEL Practices:
 - All classroom teachers utilize at least 1 SEL practice or activity, at least once per week, embedded within their instructional day

SEL Curriculum Committee Additional Recommendations

- CharacterStrong Professional Development
 - Train school personnel on user interface and integrating SEL practices during the instructional day.
- Identify “SEL Ambassadors” at each school to serve as models for embedding SEL practices within the classroom.

SEL Curriculum Committee Additional Recommendations

Parent Participation and Workshops

- Share CharacterStrong book list for read aloud opportunities in elementary schools.
 - H&W Dept. can provide two parent training sessions per year on read aloud books
- Continue Project Cornerstone parent workshops. Dates and titles to be determined.

SEL Program Considerations

- The committee recommends the adopted Comprehensive SEL Program become the primary program across the district.
- The committee recognizes that these recommendations raise questions about duplication of current site based SEL programs.
 - Responsive Classroom, Project Cornerstone's ABC, Kelso's Wheel, Toolbox Project, ImPACT, Conscious Discipline, Sandy Hook Promise, Soul Shoppe, etc.

SEL Program Considerations

- The committee recognizes that schools may need supplemental or extension programs to address their individual needs and the site SEL programs shall be considered supplemental or extension
- Existing site selected programs remain an option for schools, however they shall not supplant the adopted SEL curriculum and programming

SEL Program Considerations

- A comprehensive SEL program must balance accountability, fidelity, data, and time.
- Scheduling SEL explicit instruction is challenging when considering the school master, teachers, and counselor schedules.
- Teachers are at different comfort levels with SEL explicit instruction.
- Teacher feedback regarding Sown to Grow as our K-8 data tool has been mixed, primarily regarding age appropriateness, mandated weekly student reflections & expected teacher feedback to student reflections

SEL Program Considerations

- School Counselors will continue to support explicit instruction as it expands to elementary classroom teachers with the long-term goal that elementary teachers provide SEL explicit lessons.
- Development of robust SEL parent participation activities will take time beyond the initial implementation of SEL programming.
- The District explored combining Sown to Grow and Panorama for K-2, however it was not fiscally responsible to do so.

SEL Program Fiscal Impact

Anticipated fiscal implications of the recommended comprehensive SEL programming is \$139,896, which includes:

- CharacterStrong Curriculum and Professional Development 3 year contract
- Panorama SEL Solutions 1 year contract
- Project Cornerstone annual renewal



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Mental Health Continuum

2025-26 Programming Changes

- Santa Clara Behavioral Health Services SLS grant will reduce services from 5 schools to Graham and Castro in the 25-26 school year
- Santa Clara County Office of Education grant for the Castro Wellness Center will reduce in 25-26 to 0.5FTE Mental Health Specialist from 1.0 FTE

2025-26 Programming Changes

- District anticipates starting participation in the Children and Youth Behavioral Health Initiative (CYBHI) Multi-Payer Fee Schedule (MPFS) in September 2025.
- We are at approximately 75% development of our infrastructure needed for participation in the CYBHI MPFS.

Additional 2025-26 Changes

- District communication regarding CYBHI to parents and the public will begin Summer 2025 and continue through the 25-26 school year.
- CYBHI parent information sessions will be offered in August 2025.



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Next Steps

Next Steps

- Staff will bring the SEL program adoption back to the Board of Trustees on May 29 for action
- District will develop University MOUs for counseling fieldwork students.
- District will hire a Mental Health Specialist
- District will seek a contracted Mental Health Specialist to fill needed gaps
- Staff will bring CYBHI grant funded Electronic Health Record (EHR) and billing system contract to the Board of Trustees by June 12.



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Appendix



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SEL Curriculum Committee Year in Review

SEL Curriculum Committee

- Committee was comprised of elementary and middle school classroom teachers, counselors, and parents.
- Stakeholder feedback was generated prior to and during pilots from teachers, parents, students, and site administration.
- Curriculum pilots occurred in all grade levels TK-8 across all schools.

SEL Curriculum Committee Goal

Make a recommendation to the Board of Trustees that is in alignment with SP2027 and board direction regarding SEL Curriculum that is:

- Evidence Based
- Competency Based
- Whole Child focused
- Responsive to our students and families
- Print with digital supports
- Provides data to inform instruction and intervention.

SEL Curriculum Committee

The Committee identified a Comprehensive SEL Program as including:

- Supportive & Informed Adults
- Meaningful and Evidence-Based Content and Curriculum
 - Explicit SEL Instruction
 - Integrated SEL Activities or Practices
- Safe & Supportive Environments
 - Provide opportunities for student behavior to be learned, corrected, and supported.
 - Provide interventions for students who evidence needs beyond universal supports.

Year in Review

<u>Date</u>	<u>Action Item</u>
Sept. 5, 2024	SEL Curriculum Adoption BOT Review and Discussion
Sept. 6, 2024	SEL Curriculum Committee Application was opened
Sept. 9-30, 2024	ThoughtExchange: SEL Community Input
Oct. 18, 2024	Committee Meeting #1 - Introductions and Expectations
Oct. 24, 2024	Committee Meeting #2 - Comprehensive SEL Training
Oct. 25, 2024	SEL Roundtable - Opportunity for Community Input and Questions
Oct. 26, 2024	Committee Meeting #3 - Review/Rate Long Curriculum List
Nov. 14, 2024	Committee Meeting #4 - Mid-Point Check-In and finish ratings
Nov. 16, 2024	Committee Meeting #5 - Review/Rate Short Curriculum List & Identify Pilot Curriculum
Dec. 18, 2024	Pilot #1 Curriculum Training for Pilot Teachers/Counselors

Year in Review

<u>Date</u>	<u>Action Item</u>
Jan. 13, 2025 to Feb. 14, 2025	Pilot #1 - Second Step
Feb. 12, 2025	Pilot #2 Curriculum Training for Pilot Teachers/Counselors
Feb. 24, 2025 to Apr. 4, 2025	Pilot #2 - CharacterStrong
Mar. 13 & 20, 2025	4 sessions for curriculum review by parents and community
Mar. 24, 2025 to Apr. 4, 2025	Alternative curriculum review option by parent request. Digital access and review guidance provided to parents who requested methods or days alternative to March 13 & 20.
Apr. 19, 2025	Committee Meeting #6
May 8, 2025	Recommendations to the BOT



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SEL Pilot Feedback

Curriculum Pilot

- Every school had at least two classrooms receiving explicit lessons from the pilot curricula.
- 26 teachers and counselors implemented explicit lessons from the same scope and sequence.

Implementer Feedback

- Teachers and Counselors were the “implementers”.
- Each week implementers responded to statements with Likert ratings that were converted to the following scores:
 - 4= Strongly Agree
 - 3= Agree
 - 2= Disagree
 - 1= Strongly Disagree

Implementer Feedback

Curriculum	Lesson Prep was intuitive & seamless in my schedule.	Materials Prep was basic and few extra materials were needed.	Students were engaged in the lesson.
Character Strong	3.3	3.4	3.5
Second Step	3.5	3.5	3.1

Curriculum	Extended Activities: Students were engaged in the extended activities.	Extended Activities were age appropriate.	Extended Activities were easily embedded within my class period or instructional day.
Character Strong	3.8	3.9	3.7
Second Step	3.3	3.5	3.3

Student Feedback

Students were asked to provide feedback in a “5-Star” rating style to the following statements:

- Rate how you liked [name of curriculum] lessons.
- Rate how you liked [name of curriculum] videos.
- Rate how you felt the lessons were like the things that happen in your life. They were relatable and understandable.
- Rate how you liked [name of curriculum] activities.

Student Feedback

Curriculum	Rate how you liked lessons	Rate how you liked videos	Rate how you felt lessons were like the things that happen in your life.	Rate how you liked the activities
Character Strong	3.9	3.6	3.7	4.0
Second Step	3.6	3.7	3.5	3.6

Parent Input and Feedback

- Curriculum Review: Mar. 13 & 20, 2025
- Alternative review option by parent request: Mar. 24, 2025 to Apr. 4, 2025
- We received curriculum review feedback from 10 parents.

Parent Curriculum Review Feedback

Parent Input:

- Prefer images in Second Step. CharacterStrong images appear amateur
- Lesson design appears better with Second Step.
- CharacterStrong dashboard appeared difficult to navigate
- Scope and Sequence of both curriculum appeared good to meet their children's needs
- Specific parent interests included gender neutral language, teacher training and professional development, and reducing duplication of efforts

Parent Curriculum Review Feedback

Remaining questions from parents:

- How will curriculum be implemented?
- Who will teach lessons?
- What does it mean for Project Cornerstone or ImPACT or other programs moving forward?



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SEL Implementation Questions, Considerations, & Recommendations

SEL Curriculum Committee Recommendations Overview

SEL Program Feature	From 24-25 to 25-26
Curriculum: CharacterStrong	Change
Cadence: 1 session per month, 30-45 minutes, K-5	Same
Implementer: Counselor/Teacher partnership	Change
Implementation: SEL Classroom Practices	Same
Promotion & Partnership: SEL Ambassadors	New
School Counselor Screening & Brief Intervention Team (MS)	New
Data & Progress Monitoring: Panorama (K-8)	Change
Parent Participation	New
Parent Workshops	New

Middle School Considerations

- Student narrative feedback indicated that SEL instruction was “boring”, or disconnected from their lives.
- Student narrative feedback suggested that their concerns were not with SEL skills, but with Mental Health coping.
- MS master schedule is not designed for integrating universal explicit SEL lessons on a regular cadence.
 - Explicit lessons require teacher prep time.
 - Teacher feedback suggests time was challenging during the pilot, for both prep and implementing lessons.

Data Tool Options

- Sown to Grow
- SAEBRS/Fastbridge
- Panorama

Sown to Grow

- Provides leading data, lagging data, and they are in the development process of automating student grouping based on data results.
- Leading data informs in real time:
 - Student check-ins bring immediate awareness to difficulties.
- Lagging data informs us after a period of time:
 - Competencies measured in SEL Survey.
- Sown to Grow also has SEL lessons, Academic Check-ins, and adult SEL Check-ins.

SAEBRS/Fastbridge

- Provides leading data and progress measure.
- Leading: Social, Academic, Emotional Behavior Risk Screener (SAEBRS)
 - Requires teacher and student completed survey.
 - Student must have appropriate reading level to complete the screener.
- Progress Measure: Direct Behavior Rating
 - DBR is adult managed.
- SAEBRS can be paired with Second Step.

Panorama

- Provides leading data, lagging data, progress measure, and intervention tracker.
- Leading: Student check-in
- Lagging: SEL Survey (student & teacher options)
- Progress Measure: customizable screeners
- Intervention tracker: Select students based on results of the survey and screener, identify & document the intervention and progress monitoring.
- Intervention and teacher resources library.

Data Tool Fiscal Comparison

Data Tool	\$10K-\$20K per year	\$20K-\$30K per year	\$30K-\$40K per year
Sown To Grow			X
SAEBRS/Fastbridge		X	
Panorama			X

SEL Curriculum Committee Recommendations

Curriculum

- Adopt CharacterStrong curriculum

Implementation

- All adults are SEL teachers. #ITEACHSEL
- Explicit Instruction: TK-5 Implement curriculum as a teacher-counselor partnership and protect 30-45 minutes per month for explicit instruction.
- SEL Practices: All classroom teachers (TK-8) utilize at least 1 SEL practice or activity, at least once per week, embedded within their instructional day.

SEL Curriculum Committee Recommendations

Implementation

- Reduce compliance from one singular activity of student reflections (Sown to Grow) to providing teachers a menu of SEL practices and activities to select from for weekly implementation.
- This menu will be generated from the adopted curriculum and data tool resources.
- School-Home communication will provide a variety of information throughout the year including SEL language, definitions, and/or extension activities at home.

SEL Curriculum Committee Recommendations

Data Tools

- Early elementary members would like to remain with Sown to Grow for grades K-2 SEL survey and student check-ins because they are age appropriate.
- Recommend transitioning grades 3-5 SEL Survey and student check-ins from Sown to Grow to Panorama platform.

SEL Curriculum Committee Recommendations

Data Tools

- Introduce MS screening cycles, and K-8 SEL data & intervention tracking to the Panorama platform.
 - Transitioning to a more comprehensive platform will provide teachers and interventionists (counselors and therapists) with practical, actionable information for Universal Data Cycles and MTSS decision-making.

SEL Curriculum Committee

Recommendations

Professional Development

- Provide professional development on curriculum user interface for teachers & counselors
- Provide professional development on implementation of SEL practices during the instructional day.
- Offer optional PLC with a focus on embedding SEL practices for interested teachers.
- Provide professional development for Principals, instructional coaches, and instructional support personnel.

SEL Curriculum Committee Recommendations

Promotion & Partnership

- Nomination of “SEL Ambassadors” at each school site. Optional participation.
- Ambassadors will serve as models and partners on the journey of embedding SEL practices within the classroom.

Implementation Feedback

- Provide opportunities for implementation feedback from all classroom teachers and school counselors at least twice in the 2025-2026 school year.



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Middle School Screening, Brief Intervention, and Referral

SEL Curriculum Committee

Recommendations

Middle School Implementation

- The committee does not recommend explicit instruction for all students in Middle Schools.
- Committee recommendation is to implement a School Counseling Screening, Brief Intervention, and Referral Team.
 - Screening, intervention, and referral process will occur 3 times in the school year
 - Results will inform student interventions
- Interventions will range from brief 2 session psychoeducation interventions using the adopted curriculum to mental health counseling sessions.

SEL Curriculum Committee

Recommendations

Middle School Implementation

- Parents will be provided opportunity to opt out of the screening, intervention, and referral process.
- Informed consent will be utilized for mental health counseling sessions.
- Parents will be provided clear and timely information on this process at the start of the 25-26 school year, which will include opt-out information.
- Screening & intervention cycles will align with trimesters

Screening, Intervention & Referral Teams

- School Counseling teams will be comprised of feeder schools to each respective Middle School.
- A duty schedule will be developed and disseminated to all Principals so they are aware of when the School Counselors will be committed to the Middle Schools.
- Duty schedules will be designated for a two week brief intervention window immediately following screening.
- This is a process adapted from the evidence-based SAMHSA SBIRT and NASP PREPaRE models.

Screening, Intervention & Referral Teams

Definitions:

- Screening is a brief assessment of all students that surveys for skill or knowledge and serves as baseline data to inform next steps.
- Brief Intervention is a specialist directed activity that addresses an identified need such as an SEL competency and can be addressed in up to 2 sessions.
- Referral to services means a referral to a District intervention service or a community based service that appropriately supports the identified need.

Screening, Intervention & Referral Teams

Example Brief Intervention duty schedules:

5 counselor example:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-10:30	Counselor 1	Counselor 2	Counselor 3	Counselor 4	Counselor 5
10:30-12:30	Counselor 5	Counselor 1	Counselor 2	Counselor 3	Counselor 4
1:00-3:00	Counselor 4	Counselor 5	Counselor 1		Counselor 3

6 counselor example:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-10:30	Counselor 1	Counselor 2	Counselor 3	Counselor 4	Counselor 5
10:30-12:30	Counselor 6	Counselor 1	Counselor 2	Counselor 3	Counselor 4
1:00-3:00	Counselor 5	Counselor 6	Counselor 1		Counselor 2

Screening, Intervention & Referral Teams

Example Screening and Intervention master calendar:

Cycle 1(example)

Aug. 25 - Sept. 5: Screening window

Sept. 8 - Sept. 19: Brief Intervention and Referral window

Sept. 8 - Oct. 31: Tier 2 and Tier 3 Intervention window

Cycle 2 (example)

Nov. 3 - Nov. 14: Screening window

Nov. 17 - Dec. 5: Brief Intervention and Referral window

Nov. 17 - Feb. 13: Tier 2 and Tier 3 Intervention window

Screening, Intervention & Referral Teams

Example Screening and Intervention master calendar:

Cycle 3 (example)

Feb. 23 - Mar. 6: Screening window

Mar. 9 - Mar. 20: Brief Intervention and Referral window

Mar. 9 - May 22: Tier 2 and Tier 3 Intervention window

Screening, Intervention & Referral Teams

Example Process Chart

