



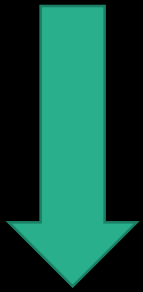
# Partnering to Implement an Evidence-Based SEL Program Within a Trauma-Informed Framework

**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






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



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

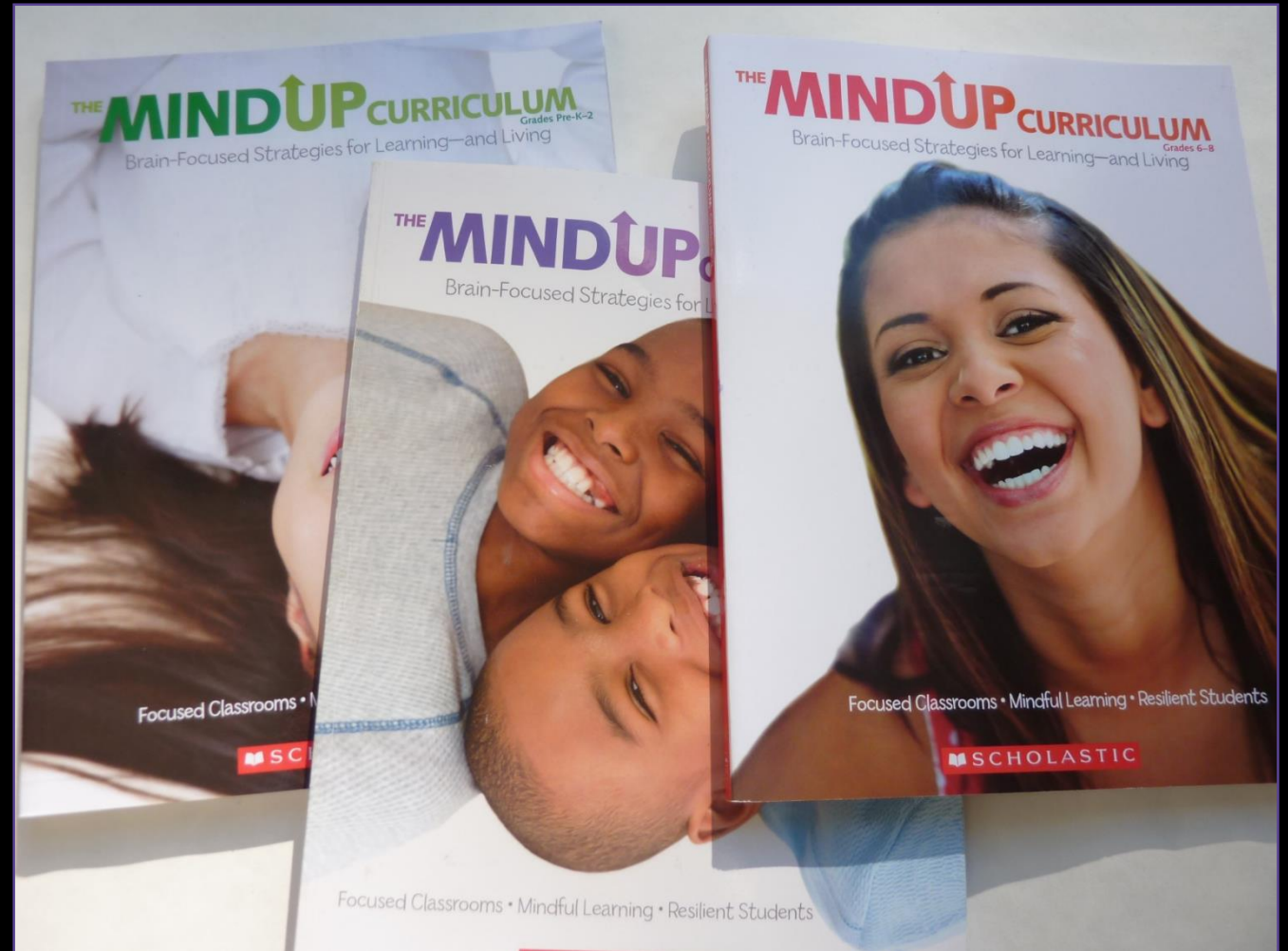
# THE MINDUP CURRICULUM

MindUP Curriculum Comprehensive guides to help all learners focus and reach their potential through brain-centered management and teaching strategies.

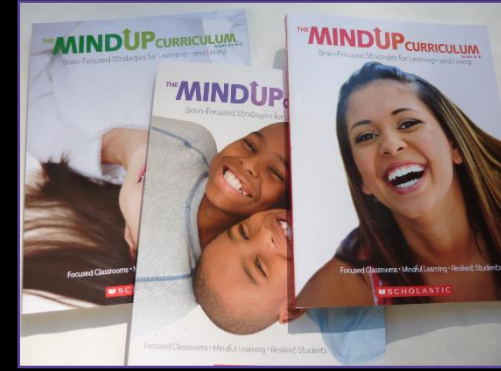
A group of diverse young children, likely in a classroom, are smiling and giving thumbs up. The children are of various ethnicities and are dressed in casual clothing. The background is slightly blurred, showing a classroom setting with a green chalkboard.

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

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



# 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...



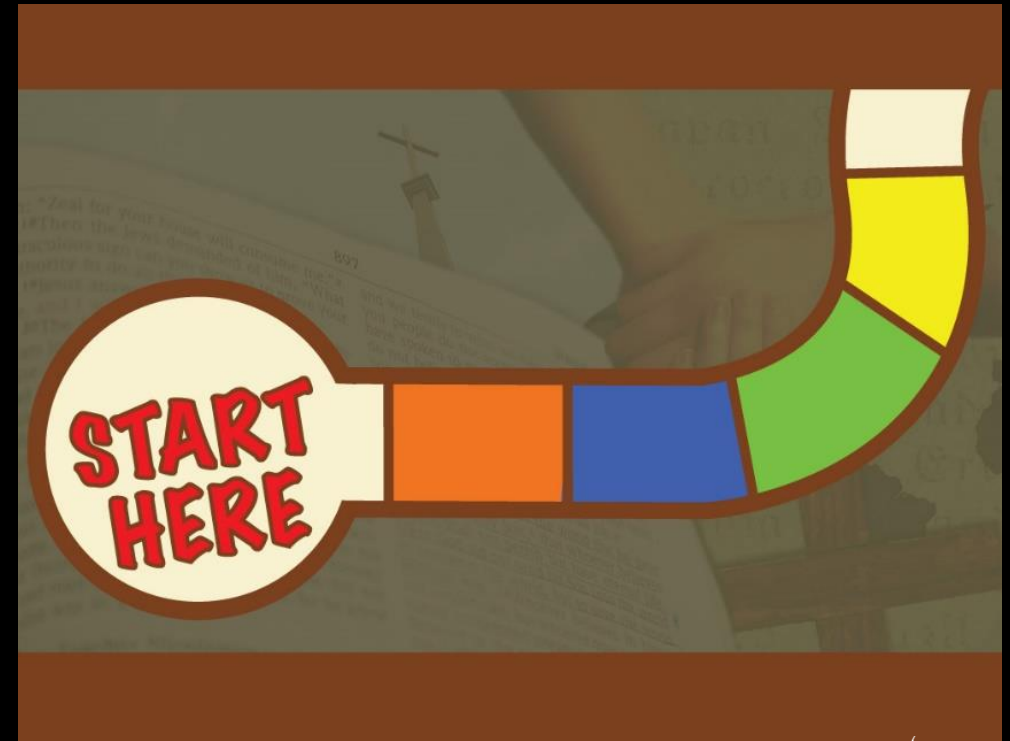
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# LESSONS LEARNED SO FAR...

- Collaboration Readiness
  - Alignment
  - Commitment
  - Resources

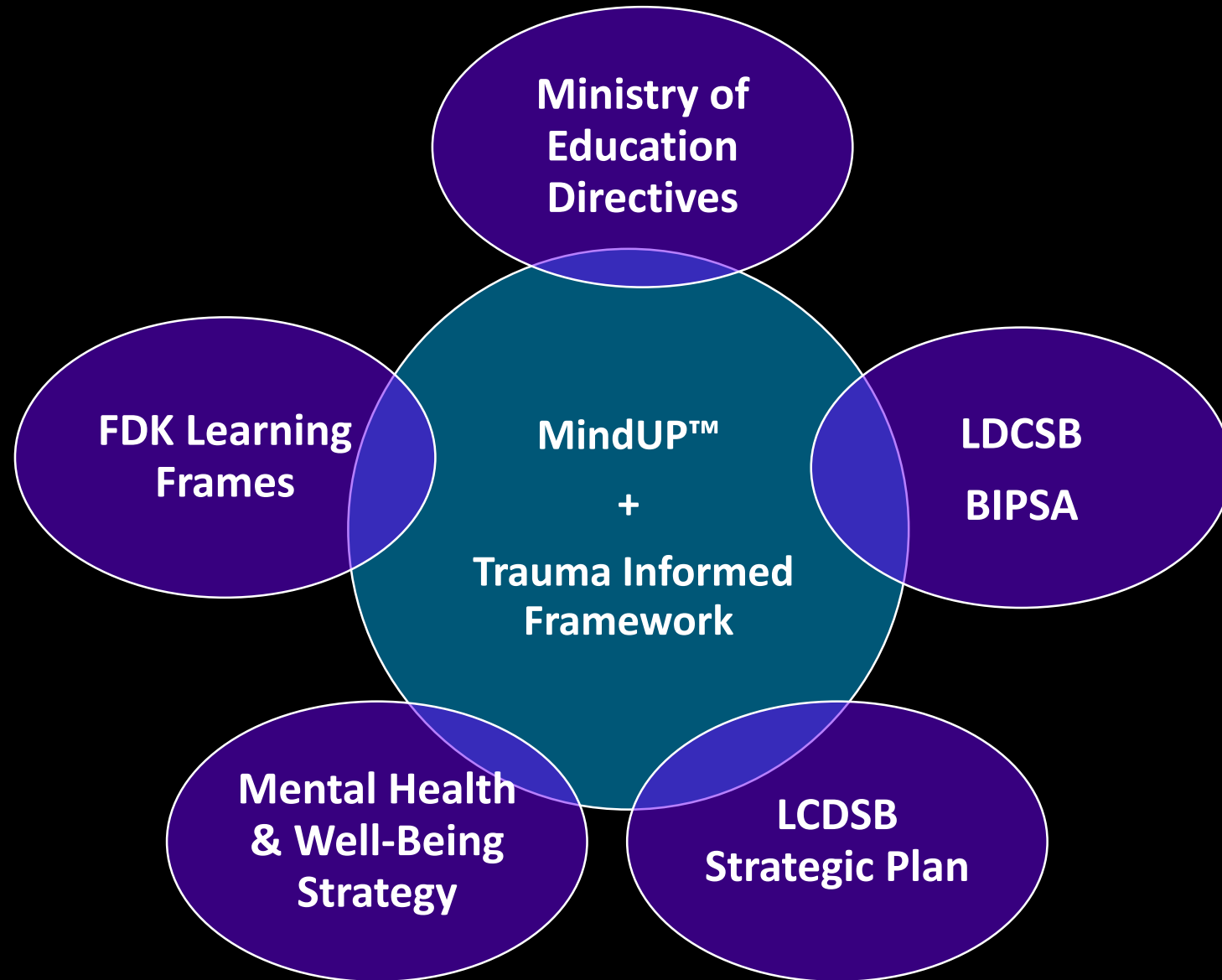


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# Aligning The MindUP™ Program & Trauma Informed Framework With Existing Goals



# LESSONS LEARNED SO FAR...

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



# 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!



**Western**  
Mary J. Wright Research and  
Education Centre at Merrymount

# Questions and Comments



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