

# Social Emotional Learning @ FAMS

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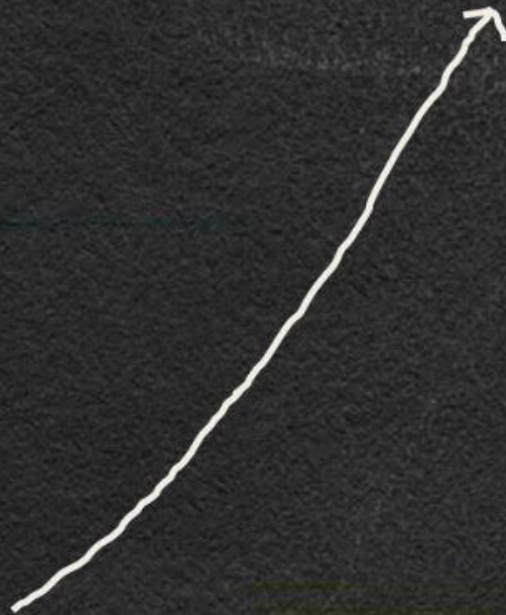
# Middle School!

Is not



*Glamorous*

# SUCCESS



What people think it  
looks like

# SUCCESS



What it really looks  
like

# The Iceberg Illusion

Success  
is an  
iceberg

SUCCESS!

WHAT PEOPLE  
SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE  
DON'T SEE

Dedication



Hard work

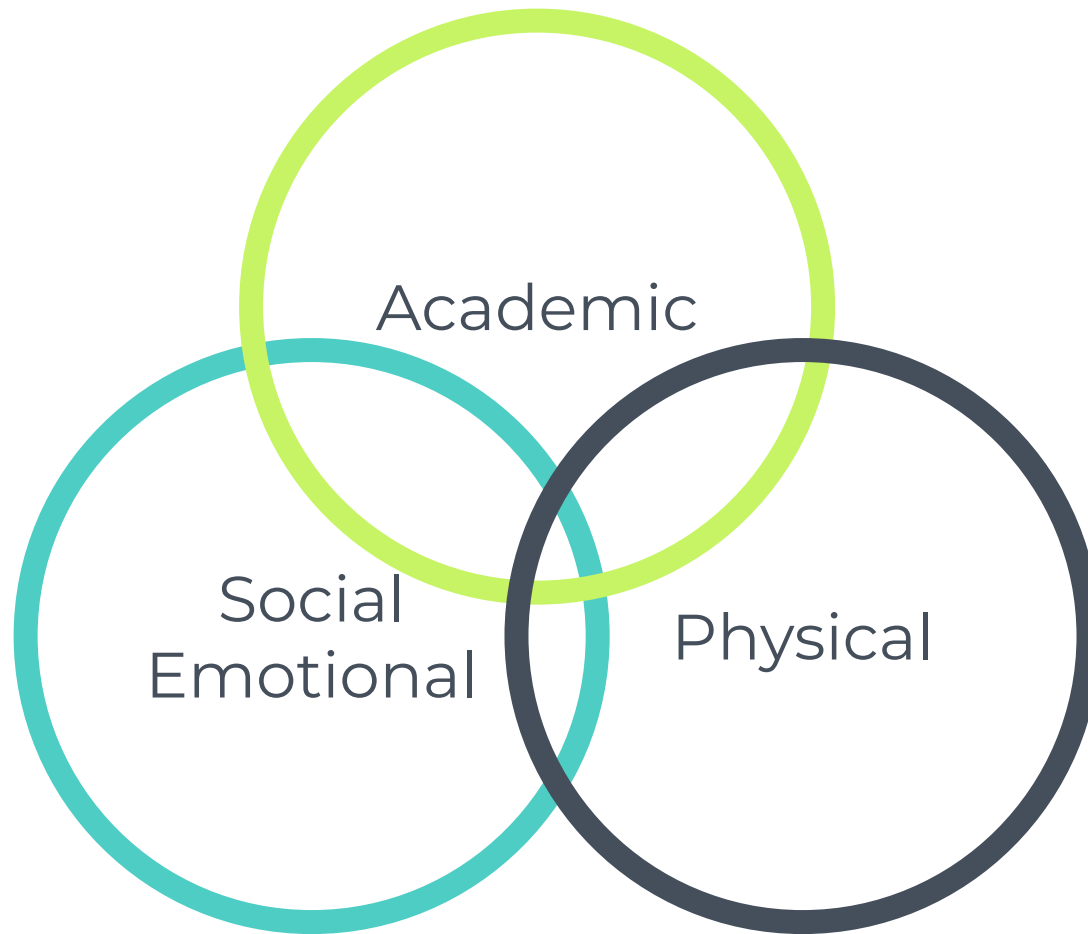


Good habits



@sylviaaduckworth

# FAMS strives to support students'



**needs**





# SEL

Social & Emotional Learning

## Foundations

# CCC



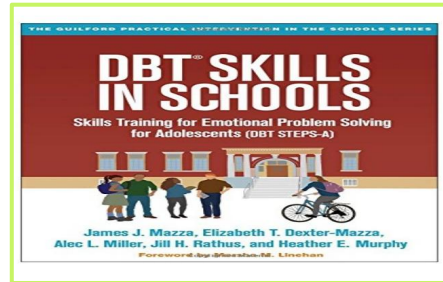
INTEGRATED  
COMPREHENSIVE  
SYSTEMS FOR EQUITY™

TRAUMA-  
INFORMED  
CARE

small  
**FIRE** 

Compassion  Resilience  
TOOLKIT

 Greater Watertown Community  
Health Foundation



THE  
**FMS**  
WAY



# SEL

Social & Emotional Learning

**P B I S**  
POSITIVE BEHAVIOR  
INTERVENTION AND SUPPORT

## Student Framing

# CCC

Mix It Up  
@ LUN



### Bullying Survey Results

Be smart  
online



RANDOM ACTS OF KINDNESS DAY



### Student to Staff

making trust connections focus authentic perspective

STUDENT SERVICES



Community  
THE SPIRIT OF LIVING BACK

Activities  
STUDENT



### AWARDS & RECOGNITIONS



Assemblies

CHECK IN  
CHECK OUT

### FAMS PBIS is Built on our Universal Expectations

Expectations	Universal Expectations	Universal Expectations	Universal Expectations
I will be RESPECTFUL	I will be RESPONSIBLE	I will be SAFE	I will respect my FAMS Community
I will be RESPONSIBLE	I will be SAFE	I will respect my FAMS Community	



# CIRCLES & MORE

& MORE & MORE & MORE

youth frontiers®  
building community,  
inspiring character

Courage  
youthfrontiers.org

# FAMS ACADEMY

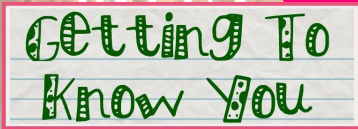
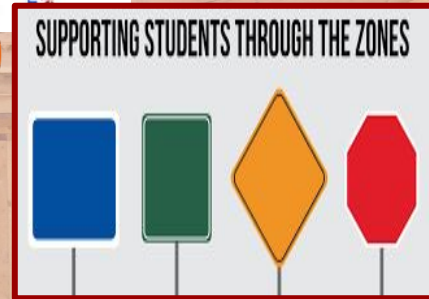
UNITY DAY  
I'M WEARING ORANGE  
ASK ME WHY  
ACIS National Bullying Prevention Month

STOMP OUT BULLYING!





Staff  
Framing



TEACHERS  
VERSUS  
STUDENTS





YOU ARE ONLY AS **STRONG**  
**AS YOUR**  
**FOUNDATION**



THE GUILFORD PRACTICAL INTERVENTION IN THE SCHOOLS SERIES

# DBT<sup>®</sup> SKILLS IN SCHOOLS

Skills Training for Emotional Problem Solving  
for Adolescents (DBT STEPS-A)



James J. Mazza, Elizabeth T. Dexter-Mazza,  
Alec L. Miller, Jill H. Rathus, and Heather E. Murphy

Foreword by Thomas R. Linehan



What is it?



# DBT

## Dialectical Behavioral Therapy



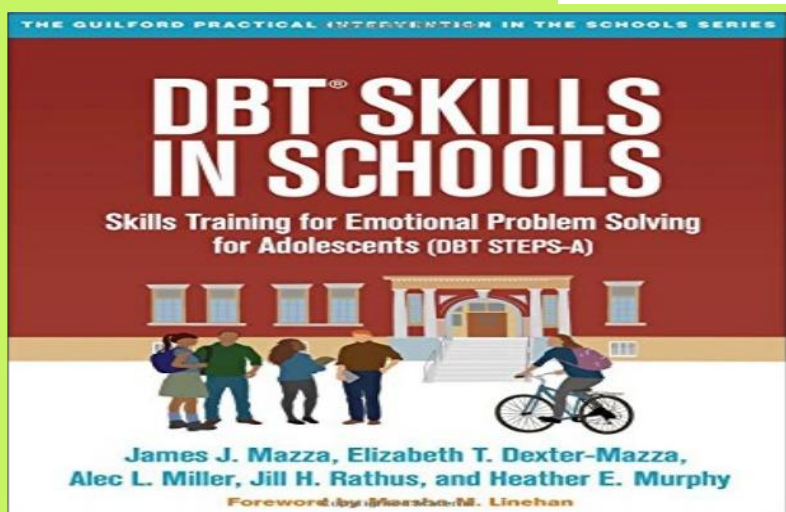
**DBT or Dialectical  
Behavioral Therapy is an  
empirically supported  
psychological treatment for  
adults and adolescents with  
problems caused by  
pervasive emotion  
dysregulation**





**“One of our major aims in developing DBT STEPS-A has been to help adolescents develop their own toolboxes of effective behavioral strategies, or what we call ‘life enhancement’ strategies”**

-James J. Mazza et. al. (authors of DBT Skills in Schools)



# DBT STEPS-A is:

- The skills training component of DBT
- A universal social-emotional learning curriculum
- Tools to support:
  - Regulating emotions
  - Solving problems
  - Improving relationships
  - Enhancing lives

## LESSON 5

### Mindfulness "How" Skills

#### SUMMARY

This lesson covers the mindfulness "how" skills—that is, anticipate. The "how" skills are taking a nonjudgmental moment, and being effective (which is doing what is taught by distinguishing two types of doing: "one-mindfully" (to be kept). Additionally, the lesson covers further...

1. Think of people in the students.
2. Arrange desks in a way that is effective for other.
3. In advance, write "how" skills under "what" skill at a time. Observe. The following skills are: Nonjudgmentally, One-mindfully, Effectively. Describe. Nonjudgmentally, One-mindfully, Effectively. Participate. Nonjudgmentally, One-mindfully, Effectively. e, on a different part of the judgments. That Discrimination. class exercise on distinguishing. ave time in teaching the lesson.

#### LESSON OVERVIEW

- (5 minutes)
  - (3 minutes)
  - ns of the experience (2 minutes)
  - atching distractions (2 minutes)
  - Practicing
- ...duction of main ideas (2 minutes)  
...Mindfulness is awareness of the present of your own mind, instead of...

# DBT STEPS A Skills Include



Mindfulness



Emotional Regulation



Interpersonal Effectiveness



Distress Tolerance

**States of Mindfulness**  
The states of awareness are:  
Emotional mind, Reasonable mind, and Wise mind.

**Emotional Mind:**  
When your emotions are in control, not saying facts, yelling, being mad, and saying things you don't mean are all things you might do when in emotional mind. It can make someone you are arguing with mad.

**Reasonable Mind:**  
When you use logic and facts, not feelings. Telling facts, telling the other person they're wrong when they say facts, and interacting are things you might do in reasonable mind. Can make someone you are arguing with fed up and frustrated.

**Wise Mind:**  
When you use both Reasonable and Emotional mind. You make good decisions. Happen rarely. Think you can do it well. Take a deep breath. Take a deep breath. Take a deep breath.

Reasonable + Emotional = Wise mind

**Distress Tolerance Skills**

**Activities**

- 1. Visualization
- 2. TIPP
- 3. HEARING
- 4. Movement
- 5. SMELL
- 6. TASTE

**SELF-SOOTHE WITH THE 5 SENSES**

**Contributing**

**Comparisons**

**Emotions**

**Shining away**

**Thoughts**

**Sensations**

**THE FAMS WAY**



So, how  
does it  
work?

# Direct Instruction

Teaching and Learning

## Practice

Applying Strategies

## Transfer

To Other Situations

# Direct Instruction

Teaching and Learning



**Direct Instruction**

Teaching and Learning

**Practice**

Applying Strategies

**Transfer**

To Other Situations

# Direct Instruction

Teaching and Learning

## Practice

Applying Strategies

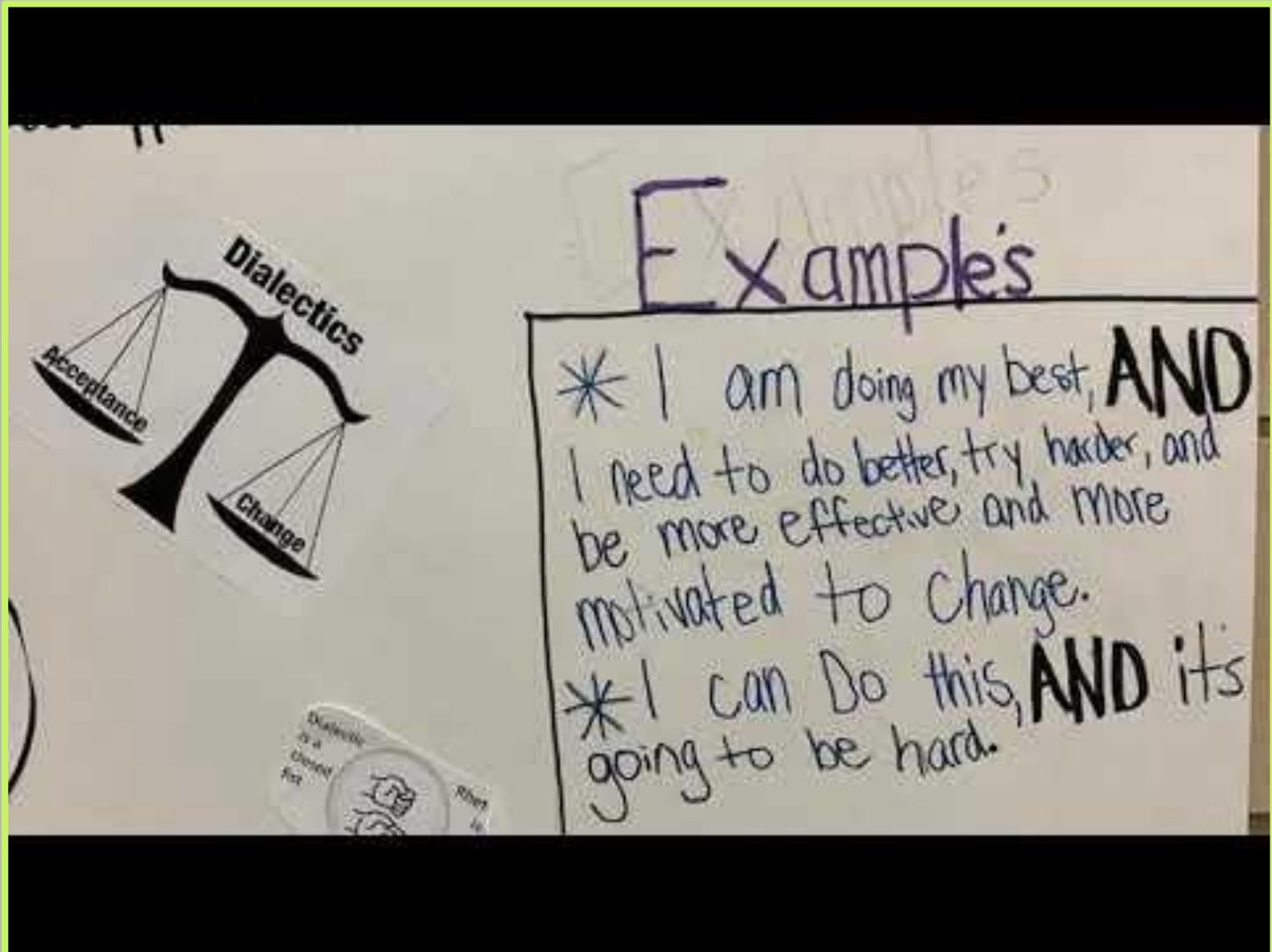
## Transfer

To Other Situations



# Practice

## Applying Strategies



**Direct Instruction**  
Teaching and Learning

**Practice**  
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To Other Situations

# Direct Instruction

Teaching and Learning

## Practice

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# Transfer

To Other Situations



**Direct Instruction**  
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# Direct Instruction

Teaching and Learning

## Practice

Applying Strategies

## Transfer

To Other Situations



does it  
work?

Wise  
Mind:

Reasonable + Emotional =  
Wise mind

When you use Both Reasonable and Emotional  
Mind. You Make good decisions. Respectfully  
disagree, and Find the middle path or  
Things you do in wise mind. Can  
Make someone calm down.

when doing work it is us



It is always useful.

# Next Steps

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## 6th Grade

Learn, Adjust,  
& Continue  
curriculum  
with  
incoming 6<sup>th</sup>  
graders.

## 7th Grade

Continue  
curriculum  
where 6<sup>th</sup>  
graders left off  
through  
homeroom  
along with  
refreshers, and  
deliberate  
application.

## Staff

Continuing to  
expose staff to  
Steps A  
language to  
allow for  
transference  
to situations  
throughout  
students' day.



# Thanks!

## Any questions?

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