



Manitowoc Public School District Student Social and Emotional Wellbeing

VISION

Every student at the MPSD will benefit from a school environment that builds, promotes and supports healthy social and emotional well-being for all.

VALUES... T.R.U.E.

- Trust
- Respect
- Understanding
- Empathy



MISSION

To develop and strengthen relationships, policies, practices and services that promote healthy social-emotional well-being, so that ALL students of the MPSD can learn and grow.

1. Build relationships within the community that will promote collaboration and support for social and emotional wellness of all MPSD.
2. Utilize best practice and research based mental health programs to support student academic, personal/social and career success.
3. Develop and utilize an education based mental health model that addresses and adapts to the current needs of the students, families and the MPSD community.
4. Communicate with stakeholders the progress and outcomes of interventions and resources implemented.
5. Provide assistance and consultation on social emotional learning/development and mental health resources/services to improve and enhance school, student, family and community connection.

6. Share community programs and resources and make them available to all MPSD staff.

DESIRED STUDENT OUTCOMES

- ★ Reduced barriers to learning
- ★ Improved social-emotional well-being
- ★ Improved academic performance
- ★ Increased graduation rates
- ★ Improved school attendance
- ★ Decrease in school suspensions/expulsions

For assistance in the Manitowoc Public School District please contact



Michael Morgen
Mental Wellness/Safety Coordinator
morgenm@mpsd.school
920.683.9803

RESOURCES

HOPELINE

Text "HOPELINE" to 741741 or go to www.centerforsuicideawareness.org for 24/7 free trained crisis counselors.

211 Wisconsin

<https://211wisconsin.communityos.org/>

Painting Pathways - Manitowoc

<https://paintingpathways.org/>

Youth Lifeline

<https://suicidepreventionlifeline.org/help-yourself/youth/>

Suicide Prevention

<https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention>

Adverse Childhood experiences - CDC

https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Findex.html

SAMHSA Behavioral Health Services locator

<https://findtreatment.samhsa.gov/>

Healthy Safe Children

<https://healthysafechildren.org/>

Mental Health America

<https://www.mhanational.org/about>



School Based Mental Health

Manitowoc Public School District (MPSD) is pleased to announce an expansion of a partnership with Kimberley Welk & Associates LLC, Family Therapy Center (KWAFTC) <https://www.kwaftc.com/> Beginning this school year, MPSD and KWAFTC will offer school- based mental health services at Lincoln High School, C.G. Stangel Learning Community, Franklin, Jefferson and Jackson Elementary Schools.

Our students' future success is grounded in finding and addressing barriers to their learning. Based on the core values of relationships, compassion, collaboration, dedication, integrity, inspiration and knowing that mental wellness and student safety significantly impact every student, the MPSD is committed to a collaborative and comprehensive school mental health system. To that end, MPSD and KWAFTC are pleased to announce the expansion of school-based services as the next step in working to better support the overall well-being of the students and families of our community.

MPSD and KWAFTC staff will work closely with parents/guardians of students to provide access to these services. The on-site licensed clinics will offer therapy sessions the same as would be provided at the KWAFTC clinics in Manitowoc or Green Bay. Individual and family therapy will be offered to help students and their families build skills around stress, anxiety, confidence, eating disorders, family challenges, trauma, adoption issues, grief, and more. KWAFTC will also work with all families to determine the best and most affordable means of payment (insurance or private pay). We want to encourage anyone without coverage to contact KWAFTC.

The mental health and wellness of our students, families, and staff has an enormous impact on student learning, academic achievement, and overall personal growth and development. If you are interested in learning more or consulting with staff to see if this might benefit your child, please contact the school office and ask to speak with a school counselor, principal, or the KWAFTC therapist.

Lincoln High School	920.663.9600
Franklin Elementary	920.663.9530
Jackson Elementary	920.663.9520
Jefferson Elementary	920.663.9530
C.G. Stangel Learning Community	920.686.4700
Kimberley Welk and Associates LLC, Family Therapy Center	920.461.5820



School Based Mental Health

Manitowoc Public School District (MPSD) in partnership with Holy Family Memorial Behavioral Health (HFMBH) <https://www.hfmhealth.org/> now offers school based mental health services available for students at Lincoln High School, Washington Middle school and Wilson Middle school.

MPSD and HFMBH staff will work closely with parents/guardians of students to provide access to these services. The on-site licensed clinics will offer individual and family therapy to help students and their families build skills around stress, anxiety, confidence, eating disorders, family challenges, trauma, adoption issues, grief, and more. HFMBH will work with all families to determine the best and most affordable means of payment.

The mental health and wellness of our students, families has an enormous impact on student learning, academic achievement, and overall personal growth and development. If you are interested in learning more or consulting with staff to see if this might benefit your child, please contact the school office and ask to speak with a school counselor, principal, or the HFMBH therapist.

Lincoln High School	920.663.9600
Washington Middle School	920.663.9570
Wilson Middle School	920.663.9580
Holy Family Memorial Behavioral Health	920.320.8600

<https://youtu.be/n5Y9kwCOF7I>

<https://www.search-institute.org/>

★ **Express care**

Show me that I matter to you.

- Be dependable—Be someone I can trust.
- Listen—Really pay attention when we are together.
- Believe in me—Make me feel known and valued.
- Be warm—Show me you enjoy being with me.
- Encourage—Praise me for my efforts and achievements.

★ **Challenge growth**

Push me to keep getting better.

- Expect my best—Expect me to live up to my potential.
- Stretch—Push me to go further.
- Hold me accountable—Insist I take responsibility for my actions.
- Reflect on failures—Help me learn from mistakes and setbacks

★ **Provide support**

Help me complete tasks and achieve goals.

- Navigate—Guide me through hard situations and systems.
- Empower—Build my confidence to take charge of my life.
- Advocate—Stand up for me when I need it.
- Set boundaries—Put in place limits that keep me on track.

★ **Share power**

Treat me with respect and give me a say.

- Respect me—Take me seriously and treat me fairly.
- Include me—Involve me in decisions that affect me.

- Collaborate—Work with me to solve problems and reach goals.
- Let me lead—Create opportunities for me to take action and lead.

★ **Expand possibilities**

Connect me with people and places that broaden my world.

- Inspire—Inspire me to see possibilities for my future.
- Broaden horizons—Expose me to new ideas, experiences, and places.
- Connect—Introduce me to people who can help me grow.

<https://www.search-institute.org/developmental-relationships/developmental-relationships-framework/>

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Educating Hearts.
Inspiring Minds.

<https://casel.org/>

CORE COMPETENCIES TO SEL *(CASEL-SEL)

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The goal of SEL is to prepare students for long-term success in life and to become responsible, caring members of our multicultural society.

The most effective way to promote SEL infuses social and emotional learning into every part of students' daily lives — across all of their classrooms, during all times of the school day, and when they are in their homes and communities. This requires a coordinated, systemic approach between district leaders, principals, teachers, families, community partners, and other stakeholders.

- **Self-awareness:** Recognizing one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's own strengths and limitations and biases, and possessing a well-grounded sense of confidence, optimism and growth mindset.
- **Self-management:** Regulating one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward personal and academic goals.
- **Social awareness:** Taking the perspective of and empathizing with others from diverse backgrounds and cultures, understanding social and ethical norms for behavior, and recognizing family, school, and community resources and supports.
- **Relationship skills:** Establishing and maintaining healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
- **Responsible decision-making:** Making constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.