



SEL360 Manual & Member Guide



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Introduction

SEL360 is an organization of youth service professionals, who collaborate via round-table discussions, to reduce the stigma, create more awareness, and provide support for students and their parents, dealing with mental health issues in the Montreal community.

What is Social and Emotional Learning (SEL)?

Social and emotional learning 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
- Make responsible decisions

Adolescent emotions and relationships affect how and what they learn. Students are far better prepared to succeed in school and in life, if they have learned social and emotional competencies, in addition to academic skills. Social emotional intelligence enables students to:

- Work better as a team
- Collaborate
- Resolve conflict
- Manage anxiety and stress
- Have better life outcomes

Benefits

- Reduced emotional stress and anxiety
- Better academic performance
- Improved attitudes and behaviors
- Less negative behaviors

Mission & Vision

Positioning Mission Statement

Our mission is to help eradicate the public and self-stigma of mental health challenges, reduce levels of student anxiety, depression, suicide, and other mental health issues.

We provide informative and innovative ways, such as a keynote speaker series, to mentor parents whose children are suffering from mental health problems. SEL360 partners with established, data driven organizations, whose student speakers share their own mental health story, in accordance with safe story telling guidelines. This ensures that the student audiences receive the story in a way that is non-triggering and positive, while conveying the basics of mental health.

We collaborate with mental health care professionals, and youth service professionals, to provide innovative ideas, resources, and access to mental health care solutions. At SEL360, we attain to improve social skills, confidence, inter-personal skills, and resilience, amongst our youth, so they may have a quality of life they deserve.

What is your vision to improve the world?

Have you ever dreamed of being a part of a transformative movement but just needed to find the right partners?

SEL360 is committed to creating awareness for parents and increasing support to children in the arena of Social Emotional Learning (SEL).

Our vision is to mobilize, unite, and empower world-class mental health professionals to assemble and share their voice for the purpose of attaining massive Mental Health Goals.

Together, we unite to eradicate both public and self-stigma of mental illness, and make tangible change for students lacking life learning skills, suffering from anxiety, depression, or experiencing suicidal ideation.

We achieve this through a Roundtable platform, moderated by a youth service professional, with an agenda to facilitate members' insights on ways to help our youth improve life learning skills, and educate parents on how to be supportive of their children's needs.

What message do you have to share with our community?

Research Findings

Anxiety, Depression and Suicidal Ideation (ADSI) Statistics

- In Canada, suicide accounts for 24 percent of all deaths among 15-24 year olds.
- Youth are among the highest risk populations for suicide.
- Indigenous people die by suicide at a rate three times as high as non-Indigenous Canadians.
- Wait lists for youth in a mental health crisis can be 6 months, to one year and more, for support and services.
- Suicide is the second leading cause of death for Canadians between the ages of 10 and 24.
- The total number of 12-19 year olds in Canada at risk for developing depression is an incredible 3.2 million.
- Canada's youth suicide rate is the third highest in the industrialized world.
- In Canada, only 1 out of 5 children who need mental health services receives them.
- Suicide is still the #1 health-related cause of death for young people in Canada

Youth Mental Health Canada - <https://ymhc.ngo/resources/ymh-stats/>.

FACT - Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.

FACT - Suicidal youth are in pain. They don't necessarily want to die; they want their pain to end. If their ability to cope is stretched to the limit, or if problems occur together with a mental illness, it can seem that death is the only way to make the pain stop.

Anxiety and depression are on the rise.

According to the psychologist Peter Gray, children today are more depressed than they were during the Great Depression and more anxious than they were at the height of the Cold War. A 2019 study published in the [Journal of Abnormal Psychology](#) found that **between 2009 and 2017, rates of depression rose by more than 60 percent among those ages 14 to 17, and 47 percent among those ages 12 to 13.** This isn't just a matter of increased diagnoses. **The number of children and teenagers who were seen in emergency rooms with suicidal thoughts or having attempted suicide [doubled between 2007 and 2015.](#)**

- Nearly one in three adolescents (31.9%) will meet criteria for an anxiety disorder by the age of 18.
- Social, political, and environmental causes are likely implicated in an increase in the number of teens each year who have had a depressive episode, up 37 percent between 2005 and 2014.
- High school students today have more anxiety symptoms and are twice as likely to see a mental health professional as teens in the 1980s.

<https://childmind.org/report/2017-childrens-mental-health-report/anxiety-depression-adolescence/>

Bullying

Bullying has been shown to contribute to poor student achievement, increased school avoidance and absenteeism, and even juvenile crime. Through carefully selected programs, proven to dramatically reduce bullying through various skillsets, such as empathy building, SEL360 strives to help schools create a culture for the prevention of bullying in the future.

In addition to increasing social-emotional competency, empathy decreases [rates of bullying and school suspension](#), research has found. And researchers from Duke University and Pennsylvania State University [found](#) in a recent study that kindergarteners who were more willing to share, had higher graduation rates and were more likely to hold full-time jobs, than students who struggled with social skills.

Anxiety and Depression in Sexual and Gender Minority Individuals

People who identify as sexual (i.e., lesbian, gay, bisexual, queer) or gender (i.e., transgender, genderqueer, non-binary) minorities have similar symptoms of anxiety and depression as heterosexual and cisgender (non-transgender) individuals. Here we use the label *sexual or gender minority* (SGM) as an umbrella term to describe individuals with a diverse set of sexual and gender identities.

Although the symptom presentation may be similar, sexual and gender minority individuals generally experience additional identity-based stressors that can contribute to the development of anxiety and depression. **The rates of anxiety and depression in sexual minority individuals appear to be more than double those of their heterosexual counterparts.** Although there has been less research conducted on the mental health of gender minority individuals, the published studies that do exist also point to **elevated rates of depression as well as suicidality, social anxiety, generalized anxiety, and trauma exposure.** Although there is growing societal acceptance, in many settings, SGM individuals continue to experience *discrimination*—which serves as an additional stressor that complicates the lives of SGM people. SGM individuals are still at risk for the everyday stressors that heterosexual and cisgender people experience but then have discrimination to contend with on top of that!

Anxiety and Depression Association of America. Sarah A. Hayes-Skelton, PhD and David W. Pantalone, PhD.

SEL360 provides resources, and connections with experienced therapists, and child psychologists, whose practice includes therapeutic and non-traditional approaches, to supporting our youth who identify with SGM.

Child Maltreatment

Child maltreatment is a serious public health issue that has significant social and criminal justice implications. The abuse and neglect of children results in substantial costs to Canadian society as a whole. It places economic burdens on the health, education, justice and social service sectors. The harm to the physical, emotional and social development of individuals exposed to maltreatment can have both short-and long-term consequences.

Child maltreatment refers to the harm, or risk of harm, that a child or youth may experience while in the care of a person they trust or depend on, including a parent, sibling, other relative, teacher, caregiver or guardian. Harm may occur through direct actions by the person (acts of commission) or through the person's neglect to provide a component of care necessary for healthy child growth and development (acts of omission).

There are many reasons for which all cases of maltreatment are not reported to the authorities, such as:

- The stigma associated with abuse.
- Maltreated children's fears of consequences for their disclosure of abuse to the authorities.
- Societal perceptions that family issues are private, and the consequential reluctance of outsiders to interfere.
- A lack of awareness of what constitutes child maltreatment, and the obstacles, for some professionals, to recognizing and/or report child maltreatment.

<https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/prevention-resource-centre/children/child-maltreatment-canada.html - Int>

At SEL360, one of our goals is to help identify, and provide support for youth in our communities, who are classified as being maltreated, and to those who have not yet been identified as such.

Eating Disorders

An eating disorder can affect almost anyone, regardless of whether they are underweight or overweight, and is a term that covers a range of conditions involving abnormal or disrupted eating.

Eating disorders in children and teens cause serious changes in eating habits that can lead to major, even life threatening health problems. Eating disorders typically develop during adolescence or early adulthood, however, they can start in childhood too. Females are much more vulnerable. Only an estimated 5% to 15% of people with anorexia or bulimia are male. With binge eating, the number rises to 35% male.

Eating disorders have the highest death rate of all the mental illnesses.

According to the [National Eating Disorders Association](#), an estimated 10 million men and 20 million women living in the United States will develop an eating disorder during their lifetime. The exact cause of eating disorders remains unclear. However, experts believe that sociocultural, biological, and psychological factors all play a role in their development.

Many people may think of [anorexia](#) or [bulimia](#) when they think of eating disorders. Although these disorders are the most common, there are several other types.

<https://www.medicalnewstoday.com/articles/326266.php>

At SEL360, we provide resources, such as [The Douglas Hospital](#), [ANEB Quebec](#), Psychologists, Therapists, and various health care professionals, to provide support for youth and adolescents in our communities, who are suffering with eating disorders.

The importance of Social Emotional Learning (SEL) for students.

Research shows SEL is associated with a positive impact on important mental health variables that increase children's attachment to school and motivation to learn and reduce risky behaviors. Positive social skills are protective factors for mental health. **According to the U.S. Department of Health and Human Services**, "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices." **The World Health Organization** mirrors this by defining Mental Health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." In essence, mental health affects everything we do.

Social Emotional Learning (SEL) Research findings includes the 5 items below:

1. In a meta-analysis of 213 school-based SEL programs, participants demonstrated significantly improved social and emotional skills, attitudes, and behavior, as well as an 11-percentile-point gain in academic performance.

Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development*, 82(1): 405–432

2. Children who are socially and emotionally competent have more friends and more connections with positive peers, and are less likely to be rejected, isolated, or bullied. Children with friends are happier and more successful in school.

Collaborative for Academic, Social, and Emotional Learning. (2007). *Background on social and emotional learning (SEL)*. Chicago: University of Illinois at Chicago.

3. Empathetic children with good perspective-taking skills are less likely to be physically, verbally, or indirectly aggressive toward peers.

Kaukiainen, A., Bjorkqvist, K., Lagerspetz, K., Osterman, K., Salmivalli, C., Rothberg, S., et al. (1999). The relationships between social intelligence, empathy, and three types of aggression. *Aggressive Behavior*, 25, 81–89.

4. Children's social relations affect their feeling of connectedness at school, which affects their sense of academic competence.

Guay, F., Boivin, M., & Hodges, E. V. E. (1999). Predicting change in academic achievement: A model of peer experiences and self-system processes. *Journal of Educational Psychology*, 91, 105–115.

5. The social-emotional competence of students is an important component of effective bullying prevention.

Smith, B. H., & Low, S. (2013). The role of social-emotional learning in bullying prevention efforts. *Theory Into Practice*, 52(4), 280–287. doi:10.1080/00405841.2013.829731

Goals & Objectives

Long Term Goals

- Creating awareness and support for children, and their parents who are suffering from anxiety, depression and suicidal ideation (ADSI).
- Eradicate the public and self-stigma about mental health challenges.
- Inform & educate parents about possible issues arising from habits and discussions in and out of the home.
- Offer research-based solutions to families, whose children suffer from ADSI, through collaborations with local and international Mental Health Service Professionals.
- Providing research based SEL solutions to schools and communities, through local and international collaborations.
- Through our [Guest Speaker Series](#) for parents, SEL360 will create events which include keynote presentations from local and international, mental health professionals. Each event will be designed to reduce the stigma, create awareness, provide soft skills training, and innovative ways to support those suffering from ADSI.
- For youth and adolescents, we will provide access to innovative programs, interactive summits, workshops, speakers, and talks about Mental Health Issues, through strategic partnerships and collaborations.

[Learn more about our Partners & Collaborators](#)

Short Term Goals

We strive to establish a high level of trust, respect, and desire to make SEL360 a philanthropic priority, for all board members, and our respective local communities. We focus our attention to the immediate needs for those struggling with ADSI, by sharing our concerns for youth in our respective sectors.

During each board meeting, our members will discuss the greatest mental health concerns from their respective sectors, and we will provide attention to each issue.

Additional short term goals include choosing keynote speakers in the mental health realm, for the inaugural Speaker Series event launch in May, 2020.

Priorities

- SEL360 commits to creating an environment of trust and support amongst board members that enables change in society.
- Real-time response to needs (see following page) will be reviewed prior to, and addressed at each monthly roundtable meeting.
- Board members will share insights and expertise as practical tools to help overcome SEL issues.

Resources

- A selection of keynote speakers in the mental health realm will be made within the first quarter.
- Sectors for SEL360 member selection will remain open and flexible for future years, pending needs and future priorities.
- The SEL360 board will address member concerns as they arise and provide resources to those in need.

SEL360 Events

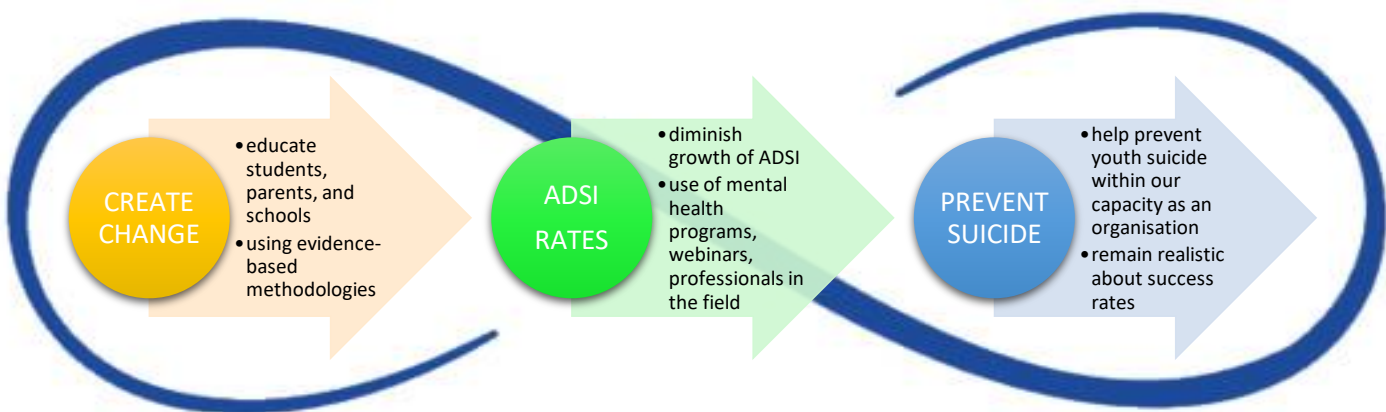
- The SEL360 inaugural Speaker Series will launch on May 26th 2020 – details to follow.
- Future half and full day events, will include parent workshops, breakout sessions, keynote presentations, and continuing education trainings for professionals.

Real-time Response to Needs

Based on the most current available data through research, we know our youth are at a higher risk of falling prey to anxiety, depression and other mental health challenges, than ever before. SEL360 has been created to thwart the growth of ADSI, by identifying where students are most at risk, in the various sectors represented by our board members.

One week prior to each board meeting, SEL360 board members email their list of current mental health needs and concerns, based on the sector they represent. These communications are sent via shared platform, such as GOOGLE DOCS, which enables an efficient and concise channel for sharing everything related to SEL360.

Through use of a flexible and agile structure, SEL360 is able to remain focused on its objectives, while adapting to new needs that may surface in time.



Roundtable Structure

The format for SEL360 will be one of various discussions, facilitated by a moderator with a strong background in leadership, education, and working with children.

These carefully chosen discussion topics will be based on various challenges we are facing while working with students in today's world, as youth services professionals.

Roundtable meetings will follow a structured template, thereby making efficient use of our time together and respecting each member's vision for change.

Some of the template parts include:

- Main objectives
- Topics of focus
- Evidence building
- Statistics
- Action items
- Triage assessment
- Roles and responsibilities

Additionally, each Roundtable member will benefit from specific KPI's (key performance indicators) including, but not limited to:

- Increased online presence through SEL360's web initiatives
- Attaining a specific volume of parents / youth through attendance tracking
- Acquiring new student participation
- Enrolling the public in programs or solutions available
- New visibility opportunities through partnerships and collaborations

Proposed format for moderator

Moderator

- A professional with significant experience working with youth
- Impartial, charismatic, diplomatic and a strong leader
- Can steer conversations in the right direction

We encourage and support each board member to consider becoming a Moderator (on rotation basis). This will allow them to lead a meeting and integrate key human relation and leadership skills, that will continue to serve them outside SEL360 meetings!

A democratic process to encourage self-expression

SEL360 commits to providing board members an environment that is both structured and agile. We believe it is vital to give everybody the opportunity to present a major concern in their respective sectors.

As such, we work as a board to address important topics as they occur from month to month. Time is allocated at each meeting to ensure that we empower members to share their voice.

This is done through a monthly Voting system that fuels next month's topic(s) of discussion.

There is also time reserved to discuss upcoming **Speaker Series** whereby potential keynote speakers, influencers and thought leaders are invited to specific SEL360 meetings to help us inspire change.

POTENTIAL BOARD MEETING TOPIC – Identifying student issues and addressing them.

Discuss issues seen in our communities, i.e.: "A student in our school, youth club, etc. is....."

- Lacking social skills and socially inept.
- Having trouble making friends.
- During exams/Tests, student suffers from performance anxiety. Educational leaders, teachers, school counselors, social workers and school psychologists have long argued that some students were under-performing academically because they lack proper social skills.
- Seems depressed and suffers from mental health issues.
- Lacks the resilience to deal with challenging environments in class/school.
- Gender minority students are struggling with their sexual identity, personally, and socially.
- Being Bullied – physical, relational, cyber
- Struggling with drugs, alcohol, violence, or domestic abuse

Outcomes-how can we encircle the child to support them?

- Moderator will ask the panel how they would address each challenge, in their sector.
- We propose ideas to address each challenge, either through our speaker series, or our partner organizations.

Synopsise and create action steps

The end result – SEL360 will compile resources and innovative ideas for board members to help students in their respective sectors, develop their character, become more confident, and resilient.

- Create a list of professionals for each participant to connect with, when/if additional support is required.
- We will ask participants to generate a list of ideas to help us collaborate with programs for students, designed to develop their levels of Confidence, Resilience, Social Esteem and Inter-personal skills.
- Through these discussions with youth service, and mental health professionals, we will generate more awareness, reduce the stigma, and provide needed support to students who are suffering from ADSI.

Benefits & Value-added

SEL360 has been created as a catalyst to eradicate the stigma, and provide support & resources for mental health issues, by ensuring that benefits are felt by different groups.



Members are provided a platform where their voices are heard and solutions are shared across the community to make a true impact.



Parents and Caregivers are supported in their roles through an ecosystem that is founded on objectivity, professionalism, and respect.



Youths & Adolescents are given the skills, empathy and emotional support they need to be empowered in making more responsible decisions during times of need.



Schools, academic institutions, and youth organizations, benefit from tangible solutions and professional advice that can be integrated for their students.

Benefits & Value-added: Youth

How SEL360 impacts students

As a team of youth service professionals, we support each other through our network. We collect data, and resources, to provide schools, youth groups, camps, and after-school programs, with solutions to support their individual and group needs. These resources help to assess, educate and support administrators, faculty, staff, counselors, and anyone who works directly with youth.

Specifically

- ✓ Emotional support, with a better grasp on understanding and managing their emotions
- ✓ Tips on how to establish positive relationships
- ✓ Showing empathy for others
- ✓ Advice on how to set goals and make responsible decisions

Bullying Prevention

SEL360 helps to bully proof students from all forms of activity and interactions, which are the leading causes of bullying. SEL360 helps to identify leading School Bullying programs designed for elementary, middle and high school, to help manage bully problems for the entire school year. Chosen programs, when implemented consistently, will help to dramatically reduce bullying and helps create a culture for the prevention of bullying in the future.

Summer Camp Bullying Programs identify potential bullies in staff or campers and “hot-spots” where bullying occurs. These programs provide the specific tools needed to reduce bullying including: bunk pranks, hurtful gossip and relational aggression, sports bullying, and on and off-season cyber-bullying.

Cyber bullying is a topic addressed with students and parents alike, to create awareness of the root causes, empower reporting, and initiate steps towards prevention. Staff behavior plays an important role in creating a camp which is free of a bullying culture.

[Learn more about Bullying](#)

Benefits & Value-added: Parents & Caregivers

How SEL360 Impacts Parents

Our board of directors will help identify inadequate and inappropriate parenting habits, and techniques.

Through our speaker series, SEL360 provides education which empowers parents with age and developmentally appropriate tools. We address behaviors and habits which can lead to sleep deprivation, stress, increased levels of anxiety, depression and suicidality.

Specifically

- ✓ A support system created to reduce the stigma of mental illness.
- ✓ Professional and implementable advice for healthy parenting techniques.
- ✓ Access to resources and strategies to help build positive relationships, show empathy and make responsible decisions for their children.
- ✓ Provide informed answers to parent questions and concerns.
- ✓ Impartial points of view.

How SEL360 Impacts Young Caregivers

Young caregivers are youth under the age of 25 who are affected by and/or providing care to family member(s) with a chronic illness, disability, mental health problem and/or problems related to ageing.

Caregiving at a young age can compromise the caregiver's physical health as well as their mental and social wellbeing, especially when it is unrecognized and unsupported.

How big a problem is this?

In Canada in 2015, over 1.25 million youth aged 15 to 24 were providing unpaid caregiving in the context of long-term illness, disability or problems related to aging ([Stamatopoulos, 2018](#)).

What can we do?

Recognize the challenges these youths are facing, sometimes on a daily basis. Explore possible ways to help alleviate the burden, and facilitate their participation in age-appropriate activities.

Who can help?

The education and health and social services sectors are two critical partners; community support programs and the community at large can be instrumental as well.

Benefits & Value-added: Schools

SEL360 Promotes SEL Programs to Schools.

We encourage schools to teach Children the skills they need to thrive.

Children need social-emotional skills to thrive both in the classroom and in life. Social-emotional learning (SEL) curricula teach children techniques to:

- Gain confidence
- Set goals
- Make better decisions
- Collaborate with others in work and play
- Navigate the world more effectively

Schools and academic programs benefit by getting

- ✓ Solutions that can be incorporated into the curriculum
- ✓ Collaborations that can assist their staff
- ✓ Access to objective advice by professionals in SEL education, and multiple industries
- ✓ A go-to resource should new concerns arise in their institutions

SEL curricula provides Critical Skills needed in school, such as:

- Empathy
- Emotion Management
- Emotion Recognition
- Problem Solving
- Impulse Control
- Calming down
- Communication
- Assertiveness
- Skills for Learning
- Friendship Skills and Problem Solving

Benefits & Value-added: Members

Members will continue to benefit from their generous participation in SEL360.

We will continue to ensure that they get:

- ✓ Their voices heard so they can make a positive impact on our communities.
- ✓ A rewarding and fulfilling experience for their philanthropy.
- ✓ Their efforts acknowledged and recognized.
- ✓ Increased visibility through SEL360 platforms.
- ✓ Social mentions, shares and potential media reviews.
- ✓ More traffic to their websites or personal platforms.
- ✓ Professional networking opportunities and potential for business development.

Member Overview

Delia Noel, S.C.C, MA. Clinical Director – AMCAL Family Services

Dov Shapiro – Camp Director, Youth Service Professional

Dr Yaniv Elharrar, Ph.D. Psychologist – West Island Therapy and Wellness Center

Julia Caddy, Student Speaker – JACK.ORG

Laura Kissin, B.Sc. Hons, B.Ed. Teacher – Royal West Academy

Miriam Yaffe, MSSW. Psychotherapist – The Douglas Hospital / Lighthouse Counseling Centre

Rabbi Levi Mushkin – Chabbad NB

Tammy Frohlich-Salis, M.S.W., P.S.W

Vanesa Curutchet, ND. Ayurvedic Practitioner – Evolution Health Clinic

Gab Dadoun – Former BBYO City Director

David Hawkins – Director of West Island LGBTQ2+ Centre

Board Member Positions

Chair – Dov Shapiro

Co-Chair & Treasurer – Vanesa Curutchet

Scribe & Secretary – Julia Caddy

Fund Raising Committee – Gab Dadoun

POTENTIAL CANDIDATES FOR SEL360 BOARD MEMBER SELECTION

- Coaches
- Educators
- Parents
- Pediatricians
- Professionals
- Psychiatrists
- Psychologists
- Psychotherapists
- Religious Professionals
- Social Professionals
- Students
- Therapists
- Youth Programs

Partners & Collaborators

We aspire to impact our local community first, then continue to spread this across other communities as momentum is built and sustained. SEL360 is continuously looking for potential speakers and organizations to collaborate with, such that our mission for youth mental health is fast-forwarded. Some of the organizations we collaborate with include:



[AMCAL](#) is a non-profit, community-based agency, with a holistic multidisciplinary approach to collaborating with other professionals and community organizations, to best address the issues facing family challenges. They offer a variety of services to promote and preserve healthy family relationships, through family counseling, school based programs, and community wide initiatives & events.



[Jack Talks](#) are mental health presentations delivered by trained and certified youth speakers, who use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

[HEADSTRONG](#) is an evidence-based anti-stigma initiative created by the Mental Health Commission of Canada (MHCC). It inspires youth ages 12-18 to be Brave, reach out and speak up about mental health. Now a national initiative, HEADSTRONG teaches students how to reduce stigma and become mental health champions in their schools.



Anorexie et boulimie Québec

[Anorexia and Bulimia Quebec \(ANEB\)](#) is a non-profit organization that guarantees free, immediate and specialized help to people with an eating disorder and to their loved ones. ANEB offers specialized services in order to raise awareness of this important mental health issue. Through educational services and the creation of new partnerships, ANEB helps to prevent and to decrease the consequences of eating disorders.



CENTRE DE THÉRAPIE
LIGHTHOUSE
COUNSELLING CENTRE

[Lighthouse Counselling Centre](#) is a private clinic in Montreal that offers individual and small group counselling for those looking to improve their resilience through a strong community of mental health practitioners and like-minded individuals. The counselling centre offers help to Children & Teens, Families and Individuals. Services focus on educative counselling, relapse prevention of self-destructive behaviour and psychosocial rehabilitation through evidence based practices.

2020 Potential Agenda & Topics for discussion

Every month, we address a different topic that impacts Social Emotional Learning through critical life learning skills, including:



Resilience



Social Esteem



Confidence



Interpersonal skills

Upcoming topics for discussion include:

- Mental health problems amongst our youth which need immediate attention.
- The deliverables required from keynote, during Speaker Series.
- Parenting styles & alternative methods, and how we share these ideas.
- Organizations which offer resourceful and impactful tools for schools.
- Ideas for student speaker series, through existing validated organizations.

Please note: the proposed sample agenda below is subject to change, pending new topics that are deemed as higher priority by the board

January 2020	February 2020	March 2020
Youth Mental Health challenges in our communities.	Parenting challenges and healthy habits in the home.	Social stress in schools & screen time
April 2020	May 2020	June 2020
Bullying & cyber bullying: how aware are we?	Inaugural Guest Speaker Series	Interpersonal skills: Programs that will fuel our children
July 2020	August 2020	September 2020
No Board Meetings in July.	What issues has summer accelerated?	Back to school. Crush the stigma towards anxiety & depression.
October 2020	November 2020	December 2020
Guest Speaker Series	Parenting styles: Are you part of the problem?	No Board Meetings in December.

Guest Speaker Series

The SEL360 Guest Speaker Series is incorporated to ensure we continue innovating the mental health arena, providing tangible solutions to parents, caregivers and youth. At specific times throughout the year, we open our Roundtable to professionals, thought leaders, and influencers who will speak to the public to educate them about various ways to address mental health in their lives.

The Speaker Series is designed to help Parents by:

- ✓ educating them about various reasons why certain parenting styles may have an adverse effect on their children.
- ✓ helping them incorporate healthier habits for their children in, and out of the home.
- ✓ supporting them if they are struggling with mental health issues themselves.
- ✓ inspiring them with communication tips for children of different age groups.

The Speaker Series will continue to evolve using the same agile structure that SEL360 is built on. This said, our goal, regardless of the series, is to provide solutions and support to our community. We will continue to ensure that our public is being heard and feels safe when they choose to step up and engage in discussions with us.

This feeling of trust and safety is and will continue to be the foundation of our organization.

We believe that vulnerability and healing become possible only when people feel there is authentic engagement, non-judgement, and accountability.

SEL360's accountability will become a new benchmark to reducing the public, and self-stigma on mental health in our communities.

Events & Sponsorship Programs

SEL360 will hold special events, which include The Speaker Series, 2-3 times per year. The inaugural event will be held during *Mental Health Awareness Month*, in May, 2020.

Possible additional dates may include *WORLD MENTAL HEALTH DAY*, October 10th, 2020.

Mental Health professionals deliver keynote presentations, which address student mental health issues, parenting techniques, and other related topics for student well-being.

Long term goals include the addition of half and full day events, which include parent workshops and break-out sessions. The purpose of these longer events, will further develop awareness of healthy parenting, and provide support systems, and insights into today's youth mental health challenges.

Kiosk / Pop up Booths will be on site, in a vendor hall format.

- Mental Health Services
- Student related services and retailers
- Organic Healthy Foods
- Retailers / Services for parents
- Featured restaurants

Sponsors will include:

- Mental health service professionals
- Youth service professionals
- Organic Food retailers
- Featured restaurants
- Retailers

Board Member Policies

Board Member's Code of Conduct

The board of directors is committed to teamwork and effective decision-making. Towards this end board members will:

- Endeavour to represent the broader interests of members and our communities.
- Seek to balance their contribution as both an advisor and learner.
- Be honest with others and true to themselves.
- Refrain from trying to influence other board members outside of board meetings that might have the effect of creating factions and limiting free and open discussion.
- Be willing to be a dissenting voice, endeavor to build on other member's ideas, offer alternative points of view as options to be considered and invite others to do so too.
- On important issues, be balanced in one's effort to understand other board members and to make oneself understood.
- Once a board decision is made, support the decision even if one's own view is a minority one.
- Not disclose or discuss differences of opinion on the board with those who are not on the board. The board should communicate externally with "one voice".
- Respect the confidentiality of information on sensitive issues, especially in personnel matters.
- Be an advocate for the organization and its mission wherever and whenever the opportunity arises in their own personal and professional networks.
- Disclose one's involvement with other organizations, businesses or individuals where such a relationship might be viewed as a conflict of interest.

Missing:

- Conflict and Complaint Resolution
- Board Chair Job Description
- Board Co-Chairs Job Description
- Board Member Job Description
- Board Treasurer Job Description
- Board Secretary Job Description
- Emergency Executive Director Succession
- Board-Executive Director Communication
- Conflict of Interest-Sample Policy
- Board Meeting and Decision Procedures

Application Process

Expression of interest

We invite candidates interested in becoming SEL360 board members to provide the following information for the nomination committee to review:

- Your updated Resume
- A brief letter describing why you would like to join the board and how you envision your experience & education to support our mission, vision and goals.

Please remit the requirements listed above via email to: dov@connectucamp.com

Or call us at: **514. 242. 3730 | 800. 706. 8876** for more information.

FAQ's

How often do SEL360 board members meet?

Board members meet on the last Tuesday of each month throughout the year, with the exception of December and July. Attendance is highly encouraged to ensure we address all concerns and make substantial impact in our communities. Notwithstanding this expectation, we understand that life is busy. This said, we remain understanding if board members cannot attend all meetings.

As an alternative to attending in person, SEL360 also provides a virtual video conference platform at each meeting.

Where are meetings held?

Meetings are held at Maison d'Etude, located at 3505 Atwater Ave, 2nd Floor, Montreal, Quebec.

What are the expectations for members?

SEL360 is founded on high standards and expectations. We believe that integrity and unwavering commitment to mental health is needed to truly push the dial and reduce stigma in our communities.

As such, it is in the best interest of our members to share this same vision. The more members are involved, the more impact they will have. Members are given the opportunity to lead meetings, share solutions, and get visibility. What they put in is what they get out!

Are members compensated?

This position is a volunteer role in nature and is non-compensated. However, all contributions and efforts will be acknowledged and recognized.

What can I do to support SEL360?

Members can provide support in any capacity or frequency they choose to.

Some examples of support include: introductions to new resources, articles, publications, data collection, statistics, case studies, books - or new collaborations, guest speaker introductions, partnerships - and of course donations are always greatly appreciated.

How is SEL360 correlated to ConnectU?

SEL360 was created by Dov Shapiro. He is Founder of ConnectU, specializing in matching students with the highest-quality camp, short-term education, global travel experiences, and community service trips.

In conjunction with a PhD. in Industrial / Organizational Psychology, [ConnectU](#) designed and built a customized psychometric tool, used to measure student character in 4 key areas:

Confidence . Social Esteem. Interpersonal Skills. Resilience.

Since January 2019, the results of these character assessments revealed many students who scored low on constructs such as confidence, and resilience, which raised concerns. During his research through government statistics, and numerous articles from various media sources, Dov realized there was a need for more initiatives to help support the growing number of students suffering with their mental health. This is why SEL360 was created for our communities.

How is SEL360 being sustained?

SEL360 is currently soliciting new board members to ensure we have future replacements so that current members do not feel obliged to remain if other commitments prevail. This is why we are always looking for new opportunities to on-board members, guest speakers, partners and collaborators.

Our agile structure allows members to vote at each monthly meeting so that important topics and issues are addressed in upcoming meetings and actionable steps.

Furthermore, SEL360 envisions future Community Cohorts made up of parents and/or youth that serve as support systems and accountability partners to one another. Stay tuned on the SEL360 Community!

For additional information, or board member application, please email Dov Shapiro, co-founder and chair of SEL360.

Email. dov@connectucamp.com

Toll Free. 1-800-706-8876.

Mobil. 1-514-242-3730

Thank you for your interest in SEL360, and our mission, vision, and goals to support our youth.