

Marie Michels

My Name is Marie Michels, the students call me Ms. Marie. I serve as counselor in Dixon (pre-k-8) and Charlo (K-12) schools. Located at the foot of the Mission Mountains on the Flathead Reservation. My education includes a MSW, LCSW and Masters in School Counseling. This is my 11th year working on the reservation in counseling.



Simple overview

1. A bit about how the current program began.
2. SEL or social and emotional learning and the classroom
3. Prevention and SEL
 - curriculum
4. Partnering with teachers for prevention
5. Individual counseling for prevention

Questions

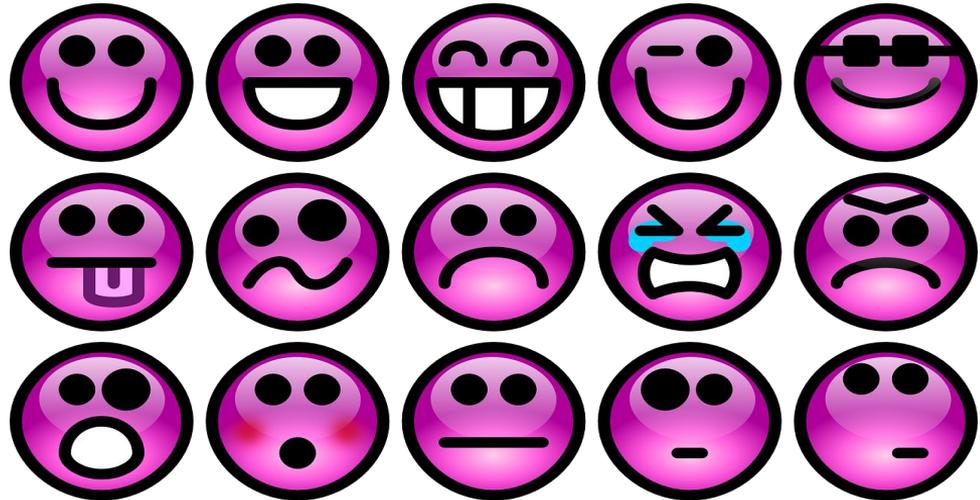
Dixon/Charlo program overview (beginning)



Social and Emotional Learning and Curriculum (SEL)

What is SEL in Education? Social emotional learning (SEL) is a methodology that helps students of all ages to better comprehend their emotions, to feel those emotions fully, and demonstrate empathy for others.

Why is this important and how does it relate to prevention and a prevention program?



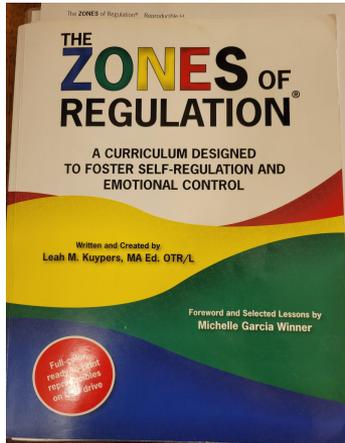
Social and Emotional Learning and Curriculum (SEL)

K-4th grade

-Zones of Regulation; Kelso's choices; Strong Kids; Second Step.

Mindfulness, coping and calm down skills.

Goals are to teach the connection between strong emotions and individual calming sequence. Mind body connection.



What ages do students begin using substances, and why?
Do you see how SEL is a prevention tool?

5-8th grades

-*Second Step*; introduction of *Coping Cards*. Begin talking about substance abuse and how it can be related to coping.

Second Step, (2012-2022, Committee for Children).

Coping Cards, (Seattle Children's Hospital, 2014)

Coping Card

Triggers

Things that make me feel mad, sad, or upset are:

-
-
-
-

Reasons for living/being safe/being grateful:

-
-
-
-
-

Warning Signs

Others know I am mad, sad, or upset because:

-
-
-
-

-
-
-
-

Name: _____



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Coping Card

My Strengths

What I am good at that's gotten me through before:

-
-
-
-
-

COPE Sequence

Calm: I can calm by?

Options: My options/choices are?

Perform: My best options are?

Evaluate: How did my option work?

My Coping Skills Now

When I am mad, sad or upset, I manage by:

-
-
-
-
-
-
-
-
-

My New Coping Skills

New coping skills to try:

-
-
-
-
-
-
-
-
-

SEL Continued.

8th-12th grades

Coping cards, individual and group counseling. Education on special topics.

Develop safety plans and people. Teachers are a huge support in upper grades.

With students who have a history of drug, and alcohol abuse in their family, I spend concentrated time doing family trees and discussing how patterns are repeated.

Why do students repeat negative family patterns? How can SEL help?

Do You have Questions for me?



References

Kuypers, L. (2018). **The Zones of Regulation: A Curriculum Designed to Foster Self-Regulation and Emotional Control.** San Jose, CA: Think Social Publishing.

Conflict Management Curriculum: Kelso Choices. <https://kelsochoice.com>. (2016).

Second step : skills for social and academic success, Grade 2. (2020). Seattle, WA :Committee for Children.

Coping Cards, <https://www.seattlechildrens.org/pdf/PE1029.pdf>

Whitcomb, Damico (2018). **Strong Start: A Social and Emotional Learning Curriculum.** K-12.

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