

Rethink Ed SEL and Mental Health

A **comprehensive, tiered, K-12 solution** that promotes well-being, connectedness and success by focusing on the entire school community, promoting healthy and confident students and adults. The program offers your school district flexibility, scale and cost effectiveness, and includes curriculum to develop mental health, self-awareness, self-management, responsible decision-making, relationship skills and social awareness skills.

Rethink Ed SEL

Awareness of Self & Others	Self Management	Social Skills	Social Awareness	Self-Care	SEL & Equity
Self Knowledge	Self-Control	Fairness	Cultural Competence	Mindfulness	Culturally Responsive Teaching
Emotions	Stress Management	Respect	Empathy	Self-Efficacy	Addressing Injustice
Values	Focus	Friendship	Safe & Ethical Behavior	Optimism	Leveraging SEL to Promote Equity
Wants & Needs	Problem Solving	Relationship	Support Systems	Self-Compassion	The Impact of Implicit Biases
Learning Skills	Goal Setting	Cooperation	Social Contributions	Self-Advocacy	
Growth Mindset	Resilience	Conflict Resolution	Actions & Consequences	Healthy Boundaries	

Rethink Ed Mental Health Suite

Mental Health Suite
Anxiety
Bullying & Violence
Depression
Human Trafficking
Mental Wellness
Kindness to Animals
Reducing the Risk of Suicide
Substance Use Disorders
Trauma
Developing Healthy Identities
Digital Citizenship & Online Safety

Rethink Ed's comprehensive social, emotional and mental health learning solution is fully web based and includes on-demand professional development, K-12 multi-tiered curriculum, assessments, and incident data tracking.

KEY ELEMENTS OF THE PROGRAM

- Evidenced based-aligned with CASEL competencies
- Video based on-demand professional learning modules
- K-12 curriculum for ALL student learners
- Interactive on-line student activities
- Administrator toolkit with crisis management strategies and best practices
- Norm referenced SEL student assessments grades 3-12
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- Administrative dashboards provide uniformity and transparency across the district
- Behavior and incident data collection and progress monitoring
- Alignments to MTSS, PBIS, and restorative practices
- Academic and home connections
- Available in English and Spanish