**Integrating PBIS and Social/Emotional Learning (SEL)**

SEL and PBIS are two of the most widely adopted, evidence-based approaches

that have been advocated to address student mental health.

Research findings indicate that an integrated approach (PBIS and SEL)

produces better results than either one alone.

**What is SEL?**

Developing skills that are the foundation for social competence and resilience, such as:

* Self-regulation;
* Emotion management;
* Empathy;
* Interpersonal problem-solving; and
* Future orientation

(Zins, Bloodworth, Weissberg, & Walberg, 2004)

**If you are already teaching SEL?**

* What are you doing?
* Are you using an evidence-based curriculum?
* Who is doing it?
* How can the link be made to PBIS?

**If you don’t already teach SEL?**

* Can your leadership team take this on?
	+ Determine what social-emotional outcomes you are looking for
	+ Determine which evidence-based curriculum will help you meet those outcomes
	+ Problem solve around what it will take to implement:
		- Resources (staff, money, time)
		- Buy-in

**Evidence-based Curriculum Resources:**

[CASEL](http://www.casel.org/):

* Ratings of evidence-based SEL programs
* Guidelines for selection and implementation
* Programs broken down by grade level:
	+ [Programs for Preschool](http://www.casel.org/guide/ratings/preschool): <http://www.casel.org/guide/ratings/preschool/>
	+ [Programs for Elementary](http://www.casel.org/guide/ratings/elementary): <http://www.casel.org/guide/ratings/elementary/>
	+ [Programs for Middle & High School](http://www.casel.org/middle-and-high-school-edition-casel-guide): <http://www.casel.org/middle-and-high-school-edition-casel-guide/>

<http://www.promisingpractices.net/programs.asp>