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Social Emotional Skill Development

October 14, 2020

Presented by: Dr. Anjali Nandi, PhD, MAC, LAC

Facilitated by: Greg Brown



BJA's

Comprehensive

Opioid, Stimulant,
and Substance Abuse

Program

Webinar Information

This project was supported by Grant No. 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Pre-Webinar Information



Participants will be muted for the duration of the webinar.


Questions and comments can be asked using the question box in the control panel.



Presentation slides, instructor bios, and corresponding resources can be found in the handouts section of the control panel.

Live transcript/captions available at <https://www.streamtext.net/player?event=IASA>

Post-Webinar Information

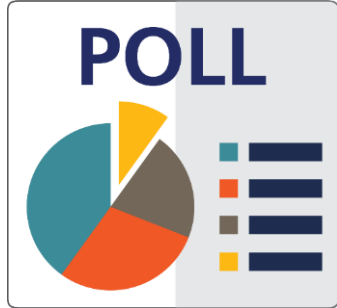
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- At the end of the webinar, a short evaluation will appear (pop-up blocker must be turned off).
 - A recording of this webinar will be available in approximately 2 weeks at www.ncjtc.org.
 - A certificate of attendance will be sent within 2 weeks to participants who:
 - ✓ Attend the entire live webinar
 - ✓ Complete the evaluation

Note: Certificates will not be provided for viewing the recorded webinar.

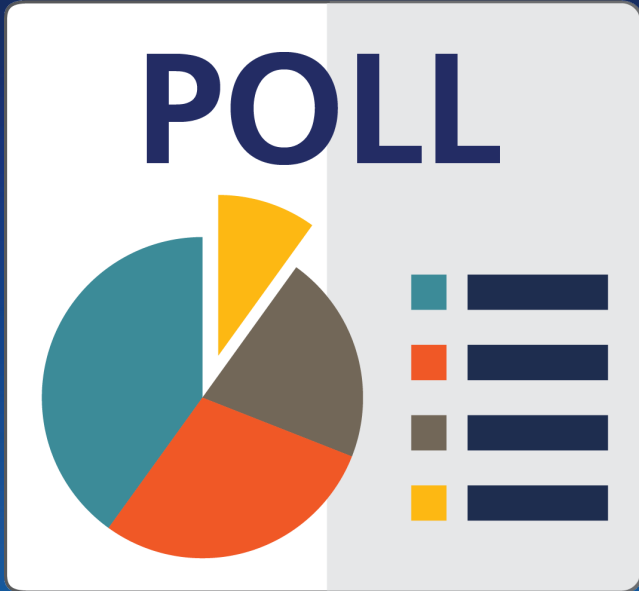
Poll Questions

Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly; polls are open for a short period of time.



Which of the following best describes your role?

- Victim Services / Victim Advocate
- Probation / Community Corrections
- Law Enforcement
- CAC Worker, Social Worker, Mental Health Worker
- Other

Learning Objectives

- 1 Understand social emotional development and social emotional skills.
- 2 Examine the connection between social emotional development and substance use.
- 3 Explore how to develop social emotional skills in different arenas.



Dr. Anjali Nandi, PhD, MAC, LAC
Associate, NCJTC
Presenter



Kevin Mariano
Project Coordinator, NCJTC
Panelist



Greg Brown
Program Manager, NCJTC
Moderator

Social and emotional development is a process through we acquire skills to increase self-awareness, improve relationships with others, and achieve their goals.



Why is This Important?

- Related to success in family, school, work
- Fewer conduct problems
- Lower emotional distress and positive well-being
- Improved academic outcomes



Social Emotional Skills as a Buffer

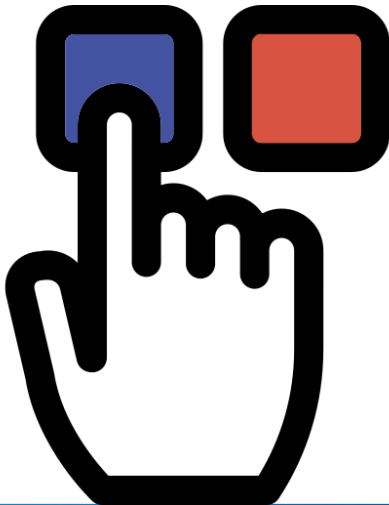
A silhouette of a person with long hair sitting on a swing, set against a warm, golden sunset background. The person is facing left, and the swing is suspended by chains. The overall mood is contemplative and serene.

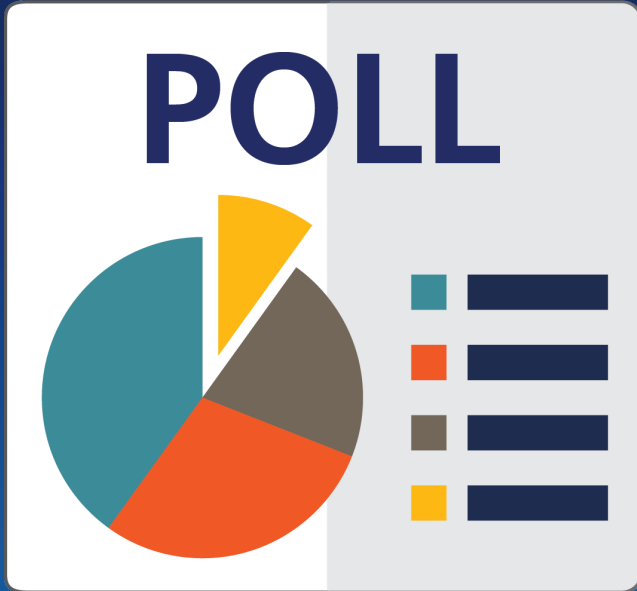
- Public assistance
- Criminal Involvement
- Addiction

Mitigates the negative impacts of adverse childhood experiences, trauma, and substance misuse

Responsible Decision-Making


- ✓ Self-awareness
- ✓ Self-management
- ✓ Relational-awareness
- ✓ Relational-management





Where do you find your clients struggle most? (Check all that apply.)

- Self-awareness
- Self-management
- Relational awareness
- Relational management
- Responsible decision-making

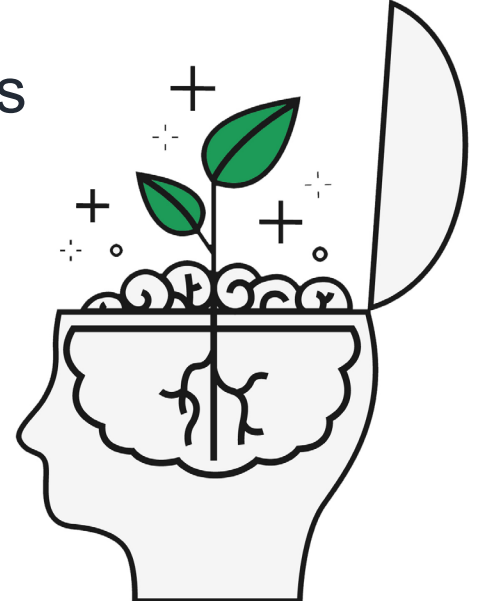


Social Emotional Skill Development and Tribal Populations

- Historical traumas
- Social and economic disparities
- Psychological distress

Skills Regarding Self

- ✓ Increasing Self-Awareness
- ✓ Identify thoughts and emotions
- ✓ Developing Skills to Manage Ourselves
- ✓ Growth Mindset



Restructuring Thinking

1. Identify thoughts
2. Thoughts vs. feelings
3. Thought stopping
4. Challenging
5. Replacing
6. Emotional tolerance



Thought Stopping Techniques

- Visualizing a stop sign
- Saying STOP out loud
- Using a rubber band on your wrist
- Distract yourself
- Move around, change your position
- Exhale loudly



Techniques for Emotional Management



- Emotional awareness
- Naming emotions
- Tolerating emotions (distress tolerance)
- How does the emotion inform my action
- Self-regulating techniques

Social Skills

Relational Awareness

- Cognitive empathy
- Affective empathy
- Appreciating difference

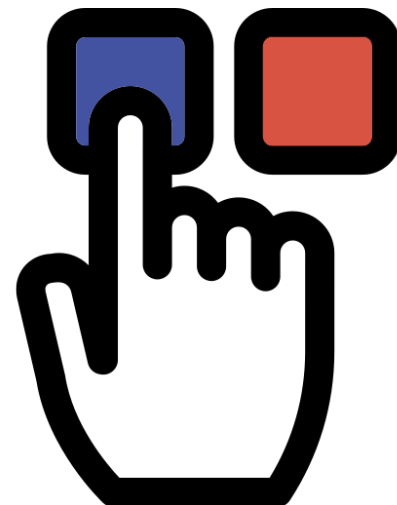


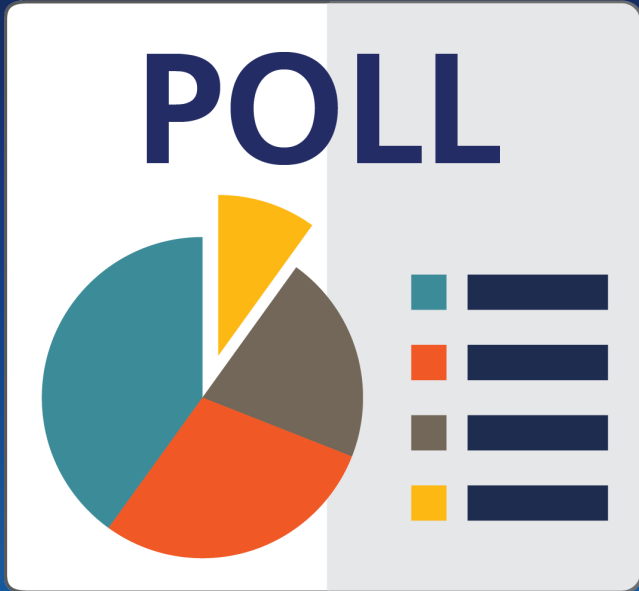
Relational Management

- Conversation skills
- Conflict resolution
- Giving and receiving feedback
- Need versus position
- Boundaries
- Managing social pressure

Skills Regarding Decision-Making

- ✓ Social norms
- ✓ Identify and resolve problems
- ✓ Consequences of our actions
- ✓ Impact versus intention





Which skills do you find easiest to help people develop?

- Self-awareness
- Self-management
- Relational awareness
- Relational management
- Responsible decision-making

How do we Support Social Emotional Skill Development?



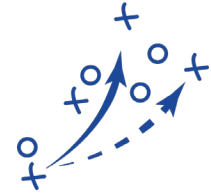
Naming



Modeling



Exploring



Practicing

Cognitive Behavioral Therapy/ Skill Development Curricula

- ✓ Quick Skills
- ✓ Carey Guides
- ✓ Strategies for Self-Improvement and Change
- ✓ Mind over Mood
- ✓ Thinking for a Change
- ✓ Moral Reconciliation Therapy





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Training & Technical Assistance

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ncjtc.org/iasaptraining

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Upcoming Webinars

November 4 | 1:00 PM CT

- ✓ Building Stress-Resilient Tribal Communities

November 18 | 1:00 PM CT

- ✓ *Strategies to Reduce Underage Substance Abuse in Tribal Communities*

December 2 | 1:00 PM CT

- ✓ *Examining the Relationship between Adverse Childhood Experiences (ACEs) and Substance use among Tribal Populations*

Registration emails coming soon...

Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center

The screenshot shows the homepage of the Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center. The header features the program logo on the left, a search bar on the right, and a navigation menu with the following items: COSSAP GRANT PROGRAM, LEARNING OPPORTUNITIES, AREAS OF FOCUS, PUBLICATIONS & DIGITAL MEDIA, and a PDMP TTAC button. The main content area has a map background and displays the title 'BUREAU OF JUSTICE ASSISTANCE'S COMPREHENSIVE OPIOID, STIMULANT, AND SUBSTANCE ABUSE PROGRAM RESOURCE CENTER' along with a mission statement: 'Supporting effective local, state, and tribal responses to illicit substance use and misuse in order to reduce overdose deaths, promote public safety, and support access to treatment and recovery services in the criminal justice system.' At the bottom, there are three navigation buttons: 'Site-Based Grants', 'Demonstration Projects', and 'Training and Technical Assistance'.

www.cossapresources.org

COSSAP Resources

Tailored Assistance—The COSSAP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation’s substance abuse crisis. ***You do not need to be a COSSAP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at <https://cossapresources.org/Program/TTA/Request>.

Funding Opportunities—Current COSSAP and complementary funding opportunities are shared at <https://www.cossapresources.org/Program/Applying>.

COSSAP Webinars—All COSSAP webinars are recorded and made available online at <https://www.cossapresources.org/Media>.

Join the COSSAP community! Send a note to COSSAP@iir.com with the subject line “Add Me” and include your contact information. We’ll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.

REMINDER

To receive a certificate you must:

- 1. Attend the entire live webinar**
- 2. Complete the evaluation**

A **Certificate of Attendance** will be emailed to you within two (2) weeks.

You must complete the evaluation to receive a certificate.

This presentation was produced with grant funding awarded under the Coordinated Tribal Assistance Solicitation Category 3: Responses to Alcohol and Substance Abuse and Comprehensive Opioid Abuse Training and Technical Assistance Programs provided by the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice.

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