



MARYLAND SEFEL PYRAMID MODEL

Newsletter

April 2020

SEFEL Pyramid Model in Maryland

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WHAT'S NEW?

Our website has gotten a face-lift!

Click the picture below see the new changes!



CAN'T FIND WHAT YOU'RE LOOKING FOR?

Shortcuts

[Our Latest Newsletter](#)

[Trainers Corner](#)

[Cadre Corner](#)

[Request Training/Coaching](#)

Coping with COVID-19 as a Family.
Our team is back this week with our second

What's New?

Something Strange Happened in My City...
Plus, you know what?
The scientists also found that children's immune systems are stronger than adults' to defend against this new virus.
Wow, so I can beat the virus! Yeah!

FOLLOW US ON SOCIAL MEDIA
[Instagram](#) [Facebook](#) [Pinterest](#) [Twitter](#)

"Coping with COVID-19 as a Family" VLOG

Be sure to check out our new [VLOG!](#)



April 9, 2020 - The PIEC Team at the University of Maryland's School of Social Work's Institute for Innovation and Implementation wanted to reach out with a message of support during this unprecedented time.

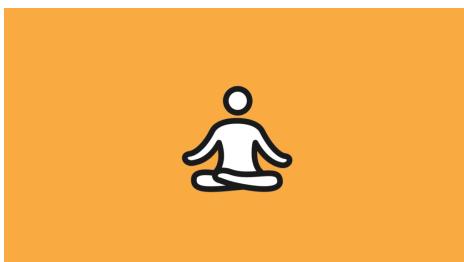
Click [HERE](#) to watch this episode.



April 16, 2020 - Our team returned with our second video in our Coping with COVID-19 as a Family series - This one is about mindful self regulation. Click the link below to watch and for some additional resources.

Click [HERE](#) to watch this episode.

Supporting During COVID-19



Social-Emotional Learning: Not Just for Kids

Sponsored by World101 and Blue Apple I'll never forget the day when a red rubber bracelet was my most important accessory. After beginning our regular morning routine, I was confronted by an angry colleague in my classroom. We started to



Stress and Resilience: How Toxic Stress Affects Us, and...

When the stress in your life just doesn't let up, and it feels like you have no support to get through the day-let alone do everything you need to do to be the best parent you can be-it can seem like there's nothing that can make it better.

engage...

[Read more](#)

www.cultofpedagogy.com

[Read more](#)

developingchild.harvard.edu

Managing Now for a BETTER Tomorrow

The Institute for Innovation and Implementation recognizes this is a challenging time for all of us and most especially for the children, youth, young adults, and families we serve.

To support you and your organization in developing your response to COVID-19, we are convening an ongoing series of conversations.

Please join us for one of the following conversations on the challenges of COVID-19 designed just for those providing support and interventions to youth across the nation. Hear about specific experiences from the field and brainstorm solutions and innovations for a brighter tomorrow.

Please visit [Conversations & Resources on COVID-19](#) and sign up for our new dedicated email list.

A Conversation on School Mental Health During COVID-19

Supporting Students & Families

Wednesday, April 22
3 – 4:30 p.m. ET

[Register now!](#)

SECOND SESSION: A Conversation on Infant and Early Childhood Mental Health During COVID-19

Wednesday, April 29
3 – 4:30 p.m. ET

[Register now!](#)

A Conversation on Youth & Young Adults Experiencing Housing Instability & Homelessness During COVID-19

Friday, April 24
12 – 1:30 p.m. ET

[Register now!](#)

A Conversation on School Mental Health During COVID-19

Supporting Educators

Thursday, April 30
3 – 4:30 p.m. ET

[Register now!](#)

REGISTER

Responding to Disasters and Threats to Service Continuity

During a disaster the important tasks are managing the workload; assessing and responding to client needs; supporting

Substance Use Disorder Flexibilities and Guidance

Rural Health Care and Medicaid Telehealth Flexibilities, and Guidance Regarding Substance Use-Disorder Prevention that Promotes

staff; managing volunteers; and coordinating, communicating, and assessing information systems. In this section find resources...

[Read more](#)

www.childwelfare.gov

Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act via Telehealth

[Read more](#)

www.medicaid.gov

TRAINING AND COACHING ACTIVITIES

Due to the changes in school and childcare program operations to help prevent the spread of COVID-19, training and coaching activities have been suspended and we are in the process of transitioning to deliver online training.

If you are a **Maryland State Approved Pyramid Model Trainer**, be on the look out for an email with details about an upcoming webinar put on by the University of Maryland with information on how to transition your Pyramid Model Training to an online platform.

**Help us tell our state story! Register for the state Outcomes Monitoring System (OMS) and start entering your training and coaching data today.

SEFEL OMS

The screenshot shows the SEFEL OMS registration interface. The top navigation bar includes links for 'ABOUT SEFEL', 'REQUEST ACCESS', and 'LOGIN'. The main form is set against a background photo of a young girl in a yellow dress reaching up to catch bubbles. The form fields require user input:

- Email (Username)*
- Password*
- Re-type Password*
- First Name*
- Last Name*
- Gender: Male, Female
- Race/Ethnicity: American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian/Pacific Islander, White, Hispanic or Latino (with a note: Hold Ctrl/Cmd or Shift to select multiple)
- Age Range: <21, 21-30, 31-40, 41-50, 51-60, 61-70, 71-80, Prefer not to disclose
- User Type: Select-

A 'Required' label is positioned above the first four input fields. A 'Submit' button is located at the bottom right of the form area.

STATE LEADERSHIP TEAM

The self-assessments tool “*State Leadership Team Benchmarks of Quality*” has been conducted to assess progress and plan future action. It consists of 5 critical elements and subcategories that are crucial in assessing and exploring potential barriers in the implementation of Evidence Based Practices.

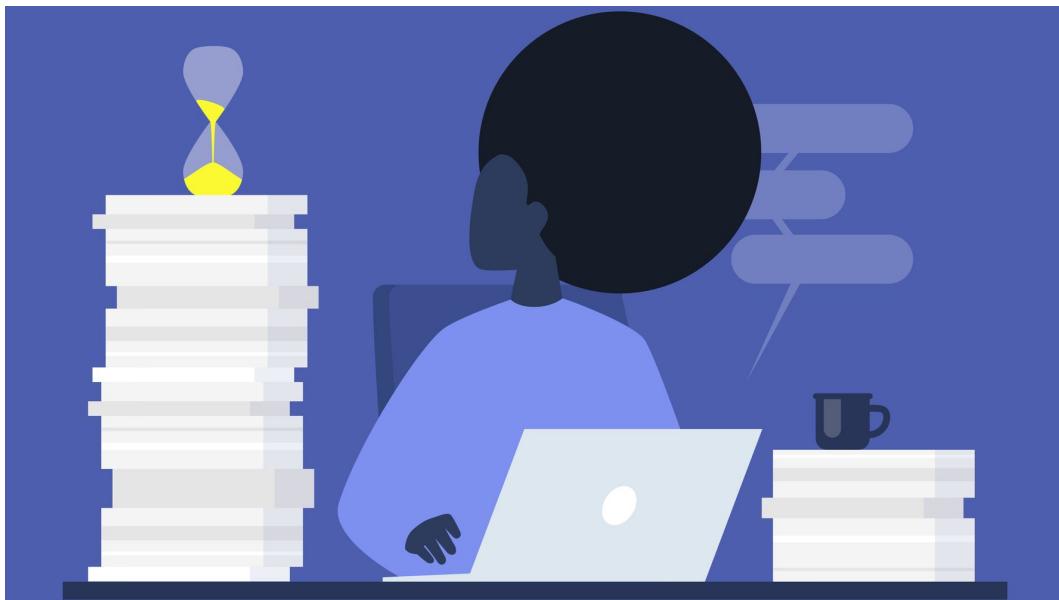
The State Leadership Team agreed that the overarching priority for collective work throughout the year was to focus on: Starting up implementation and then demonstration sites throughout the state and discussed the idea of regional hubs for this. This aligns with the work that MSDE funded SSIP funds have supported in Cecil, Howard, Frederick and Montgomery Counties as well as the MSDE funded Pyramid Model Master Cadre work.

[Read Minutes from the most recent State Leadership Team Meeting](#)

EARLY CHILDHOOD NEWS

Please Don't Be Guilted Into Being More Productive During The Coronavirus:

Let's be more gentle with ourselves during this time.



No, You Don't Have To Be Extra Productive During The...

If you have been scrolling through the bad and worse news about the coronavirus pandemic on Twitter, you may have seen the viral tweets about how famous artists innovated during quarantines, like when Shakespeare wrote "King Lear" while theaters...

[Read more](#)

www.huffpost.com

Child Trends:

Ways to Promote Children's Resilience to the COVID-19 Pandemic



Protective Factors Can Buffer Children From Harm

Emotional and behavioral changes in children are to be expected during a pandemic, as everyone adjusts to changes in daily routines. Some children may show signs of emotional distress (e.g., clinginess, anxiety, sadness, anger). But with strong ...

[Read more](#)

www.childtrends.org

PROFESSIONAL DEVELOPMENT



Maryland Early Childhood Leadership Program

The Maryland Early Childhood Leadership Program (MECLP), a program of the Sherman Center for Early Learning in Urban Communities at UMBC, is a workforce initiative designed to accelerate cross-sector leadership in early childhood. MECLP believes...

[Read more](#)

meclp.umbc.edu

Statewide Training

Calendar | Maryland Family Network

Statewide Training Clearinghouse
Calendar

[Read more](#)

www.marylandfamilynetwork.org



Practicing Self Care In The Time of Coronavirus - How To ...

As the coronavirus outbreak continues its relentless spread, the impact of the pandemic is being felt across the globe.

[Read more](#)

powerfulpatients.org

Just for Educators:

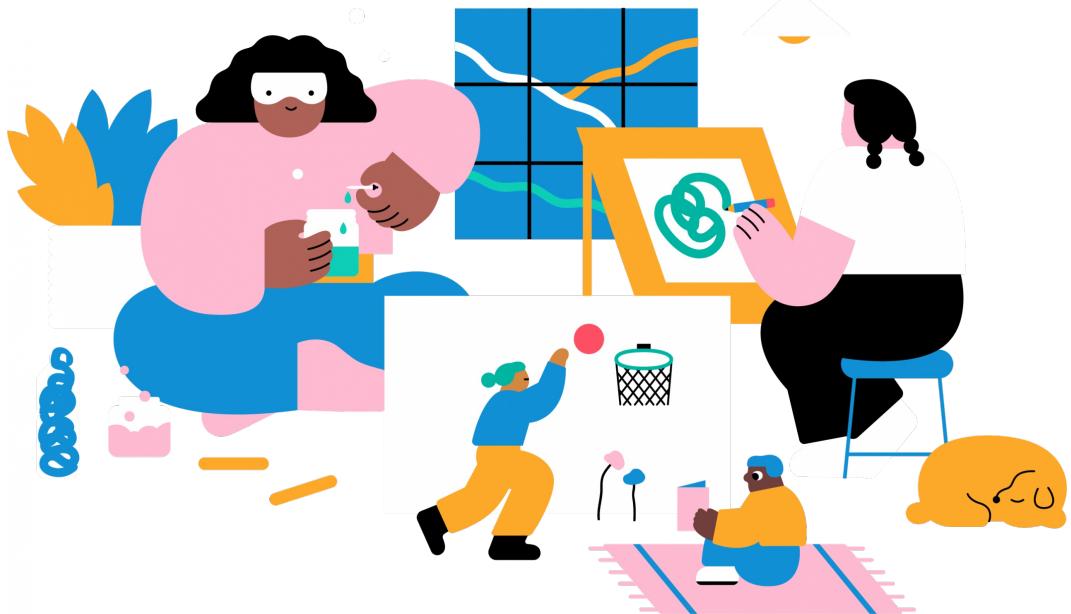


A Trauma-Informed Approach to Teaching Through Coronavirus

Teaching Tolerance provides free resources to educators-teachers, administrators, counselors and other practitioners-who work with children from kindergarten through high school. Educators use our materials to supplement the curriculum, to inform ...

[Read more](#)

www.tolerance.org



I am an educator

Schools are closed. Minds are wide open.

[Read more](#)

wideopenschool.org

STRATEGIES CORNER

Just for Parents:



Sesame Street: A Moment to Yourself | Parent PSA

To all the parents out there: you are doing an amazing job! But remember to take a moment for yourself, to breath, stretch, whatever you need to keep being y...

[Read more](#)

www.youtube.com



Apps to Help with Mental Health

Common Sense Media editors help you choose Apps to Help with Mental Health. Though not a replacement for professional help, these apps might help with common mental health issues.

[Read more](#)

www.commonsemia.org



Parenting During Coronavirus: You Are Enough | Parenting ...

I've never parented during a pandemic before. The best thing we can do right now is remind ourselves that for our kids, we are enough.

[Read more](#)

www.pbs.org

Just for Kids:



How to Wash Your Hands-and Other Gentle Lessons from TV...

In stressful times, calming messages are the best medicine for preschoolers. Advice from Common Sense Media editors.

[Read more](#)

www.commonsemia.org

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	Captain Hook needs a new pirate ship and wants you to build it.
Day 12	Day 13	Day 14	Day 15
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.
Day 19	Day 20	Day 21	Day 22
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.
Day 26	Day 27	Day 28	Day 29
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you to build one for them.	You are hired to build a house entirely out of yellow Legos.
			Day 30
			There is blizzard. You will need to build a snowmobile.
			
			What was your favorite day?

Free Printable 30-Day LEGO Challenge - Instant Download

If you live with LEGO fans, issue them a 30-Day LEGO Challenge and let their imaginations run wild!

[Read more](#)

www.freehomeschooldeals.com



The 25 Best Podcasts for Kids

Entertaining, informative, and kid-friendly podcasts for bedtime, road trips, and more. Best part? They're screen-free. Advice from Common Sense Media editors.

[Read more](#)

www.commonsemmedia.org



Educational Apps That Don't Need Wi-Fi or Data

Educational Apps That Don't Need Wi-Fi or Data

Common Sense Media editors help you choose Educational Apps That Don't Need Wi-Fi or Data. No need for internet to use these great learning apps.

[Read more](#)

www.commonsemmedia.org

UPCOMING EVENTS



Wednesday Watch Parties "Shorts," Lunch. Learn. Listen....

During WWP "Shorts," the Lunch, Learn, and Listen edition, encourage parents and families to gather the little ones to learn a short activity then listen to a short story together during lunch at 12:30 p.m.! #MDFamiliesEngage #InThisTogether...

[Read more](#)

marylandfamiliesengage.org



Thrive With Your Family Web Series

[Read more](#)

www.mottchildren.org



COVID-19 Stress: How Uncertainty Affects Our Brains

Enjoy a little humor with Dr. Becky Bailey, the originator of Conscious Discipline, and then learn about how your brain is responding to the unique stressors of COVID-19 by shifting from a predictability model to a fluid change model. Understand...

[Read more](#)

consciousdiscipline.com

Please email [the PIEC Team](#) to have any upcoming trainings or events you are hosting featured in the newsletter!

Share Anything About Your Work With Us!



[Click here to reach us](#)

www.mdpyramidmodelsefel.org