

SEL - Improving the Mental Health and Resilience of School-aged Children in Rural China

Rural Education Action Program

Stanford Center on China's Economy and Institutions

Stanford University



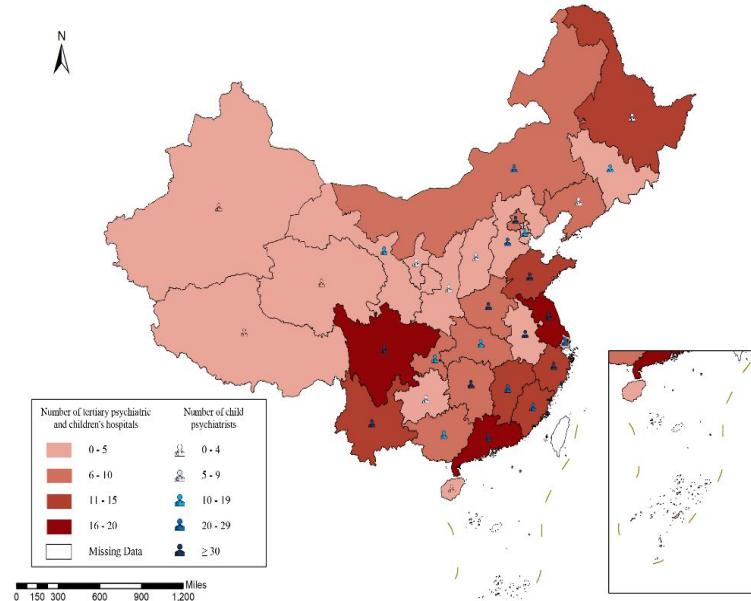
Overview of REAP's effort on mental health

Target population	Intervention	Supporting system
School aged children	SEL curriculum	Mental health course for students 义务教育学生心理健康课程
College students	Mindfulness	Psychological Health Education Course for College Students 大学生心理健康素质教育
Educators	Problem Management +	Teacher training program and school counselor training 教师培训计划+学校心理老师培训
Caregivers	Thinking healthy (THEP)	Community parenting center 社区早期养育中心

Severe shortage of mental health resources for youth in China

A recent estimate indicated that there are fewer than 600 youth psychiatrists in China to provide care for 420 million youth.

1 psychiatrist for 700,000 youth!



Distribution of hospitals and youth psychiatrists in mainland China

SEL curriculum

- Designed by psychologists at the Chinese Academy of Sciences
- Four major themes
 - **Self-awareness:** gaining self-knowledge, building self-confidence, and regulating emotions;
 - **Social relations:** cultivating and managing relationships with others, including parents, teachers, and peers;
 - **Self-management:** building beneficial study habits such as time management, improving skills such as concentration and creativity, dealing with academic setbacks, and setting future goals;
 - **Self-development:** learning how to deal with various challenges in life such as puberty, bullying, and different forms of addiction, as well developing one's sense of responsibility, morality, and the meaning of life.
- One full year of intervention
 - 18 topics, 2 sessions per topic



Timeline

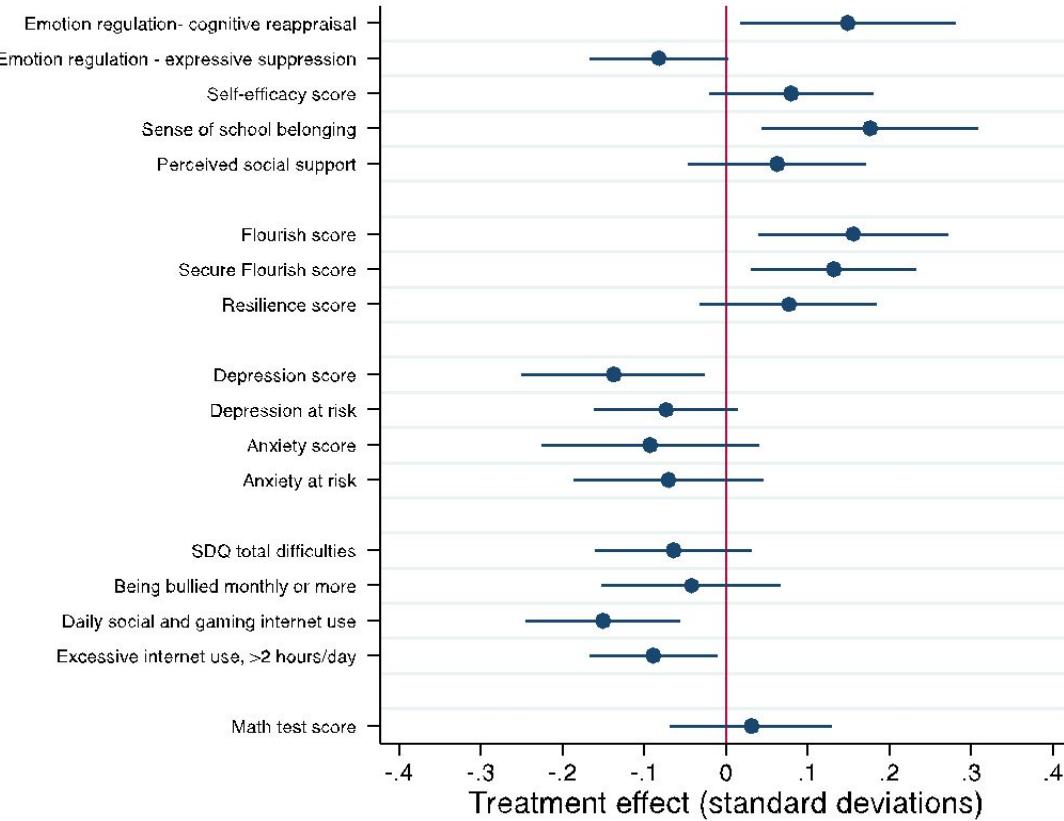


Teacher training for SEL

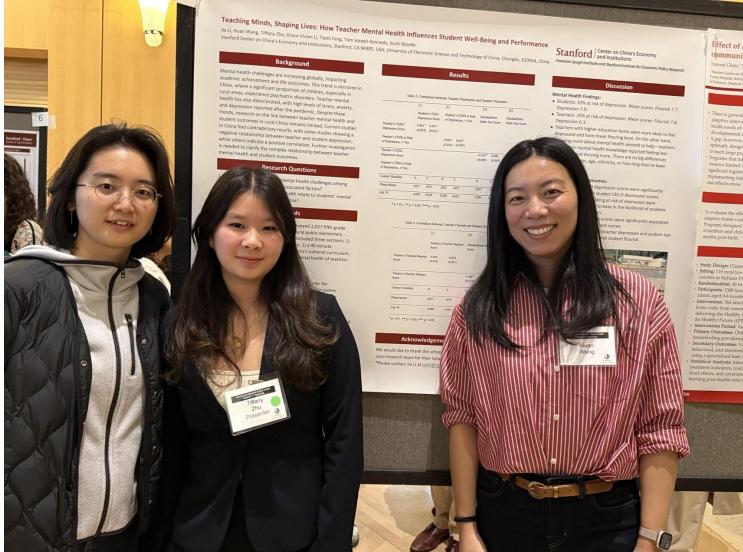


Fun activities in the SEL session





Giving Back - Training enumerators in impact evaluation



Giving Back - Influencing teachers to spread the curriculum to their colleagues, parents, and other schools

- The SEL curriculum is currently being implemented in all schools in Ya'an and has been expanded to areas such as Xinjiang and Yunnan



Giving back - Forming a broader mental health alliance between like minded organizations working on these issues in China

蒲公英

心声计划

ECHO BLOOM

一个致力于守护
乡村青少年儿童心理健康
的慈善计划。

A charity program
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of rural children and adolescents.



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Bridging Hope Charity Foundation

心理健康骨干教师团队建设

心灵放映室注重心理健康教师团队的培养，通过专业系统的培训，提升当地教师心理专业素养。系统培训由三期组成，首期培训结合心理健康教育的理论知识及团体辅导、电影示范教学等方式，引导老师学习开展心理健康教育的理论知识和方法技能；第二期培训结合教师自身需求，开展符合当地实际情况的心理健康教育技能培训，观摩骨干教师心理健康课程及其他教学活动开展，有针对性的进行指导；第三期培训以组织教师进行心理健康教育电影比赛和优质课展示的形式，鼓励教师的积极性，整合当地心理健康教育资源，促进心理健康教育本土化和可持续化。

