



Promoting Youth Mental Well-Being by Building Social Emotional Learning Skills

The pandemic and other large-scale disruptions (i.e., natural disasters, economic downturns, political turmoil, health disparities, racial unrest) pose challenges to youth mental well-being. Now more than ever, young people need to build resilience and coping skills, maintain strong and supportive relationships, and practice self-care strategies to buffer against the negative effects of stress, loss, and trauma.

There is a growing consensus that social-emotional learning (SEL) provides an overarching framework to promote military-connected youth well-being and resilience. In this webinar, Dr. Dale Blyth and Dr. Kate Walker describe SEL and share practical strategies and resources to support youth thriving.

This webinar is part of the **Military Youth: Protecting and Promoting Resilience and Well-Being** series.

Webinar Page:

OneOp.org/event/142473/

Continuing Education:

- Board Certified Patient Advocates (BCAP)
- Case Manager (CCMC)
- Certified Family Life Educators (CFLE)
- Certified in Family and Consumer Sciences (CFCS)
- Certified Nutrition and Wellness Educator (CNWE)
- Social Work, LPC LMFT
- Certificate of Attendance

Presenters:

Dr. Dale Blyth is a senior research consultant and advisor who recently retired as an Extension Professor in the College of Education & Human Development at the University of Minnesota.

Dr. Kate Walker is an Extension Professor and Specialist in Youth Work Practice at the University of Minnesota Extension Department of Youth Development.



MILITARY YOUTH
Protecting and Promoting
Resilience and Well-Being