



Is a nonprofit
incorporated
in 2003 in
Bemidji Minnesota

Mission Statement

*Peacemaker Resources
fosters communication,
compassion and
connection leading to
respectful relationships
and healthier
individuals,
families and
communities*

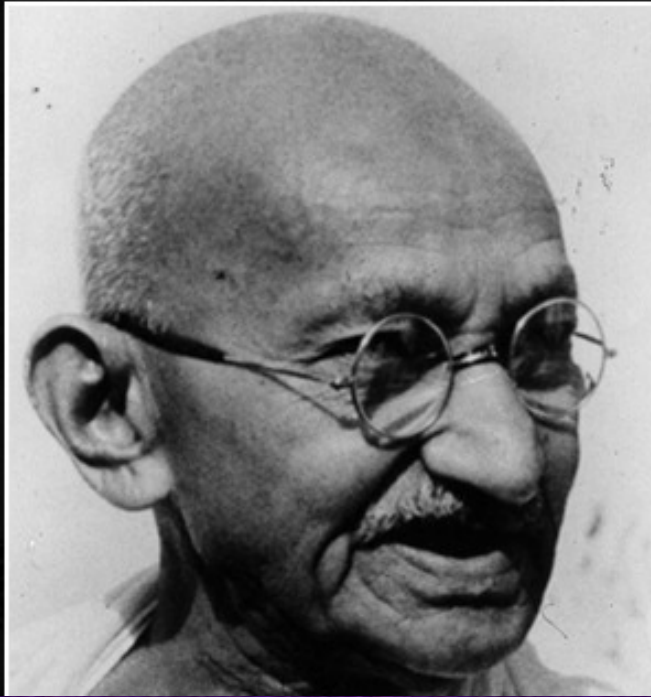
In the 1990's, individuals and organizations gathered to explore how to address the high level of violent crime in the county.



Candy Roberts-Salter was among a group of individuals and organizations who met in Bemidji in the late 90's to talk about what could be done to reduce the amount of violent crime in the area.



Going upstream...



If we wish to create a lasting peace
we must begin with the children.

— *Mahatma Gandhi* —

The group recognized the importance
of teaching youth specific life skills that
lead to a more peaceful life.

Candy developed a pilot program at Central Elementary that was partially patterned after Conflict Management classes that Sue Liedl had been developing at St. Philip's School.



During the 1990's there was growing recognition about the importance of schools helping students more successfully navigate social and emotionally territory.

Character Education

Cooperative Life Skills

Ethics/
Values Clarification

Conflict Management



The Collaborative for Academic, Social, and Emotional Learning (CASEL) was established in 1994 and helped clarify and coordinate efforts to promote positive development in children.



Social Emotional Learning (SEL)

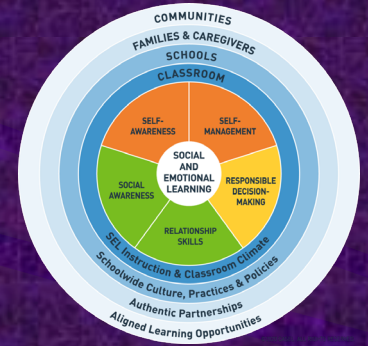
CASEL helped collect research on what skills help to make people better ...

Students

Employees

Parents

Community Members



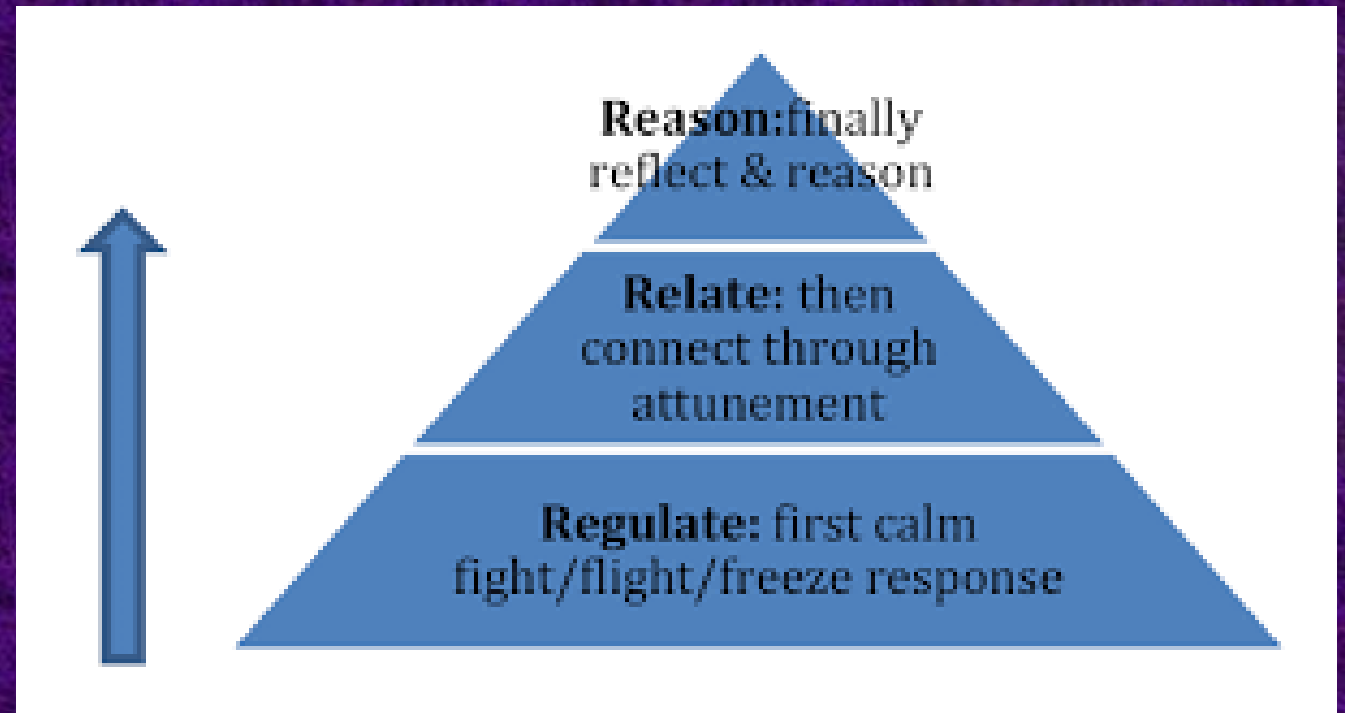
Teaching About Emotions



I feel sad.

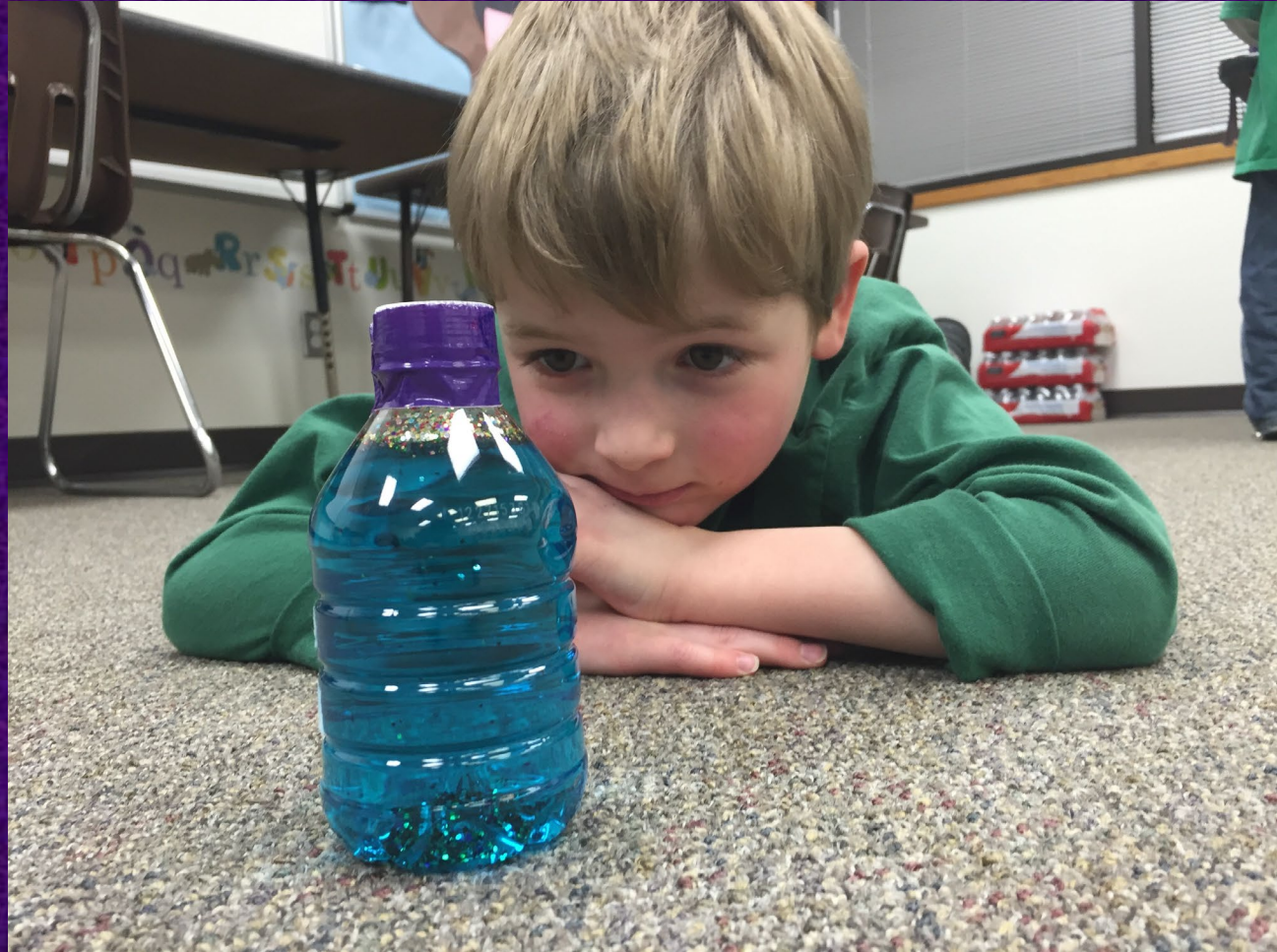
A brain imaging study by UCLA psychologists reveals verbalizing our feelings makes our sadness, anger and pain less intense.

Brain research and the work of Dr. Bruce Perry helps to understand the importance of regulation prior to relating or reasoning.



REGULATE

When the lower parts of our brain are regulated, we can have healthy quality relationships and be in a good place to learn.



RELATE

Once regulated (i.e., feeling physically and emotionally settled), we are more likely able to relate to others.



REASON

Once we are in a comfortable relationship, we are more likely to fully engage at higher level cognitive processes that are critical for problem-solving, perspective-taking, predicting the future, and considering multiple solutions.



Learning a Skill

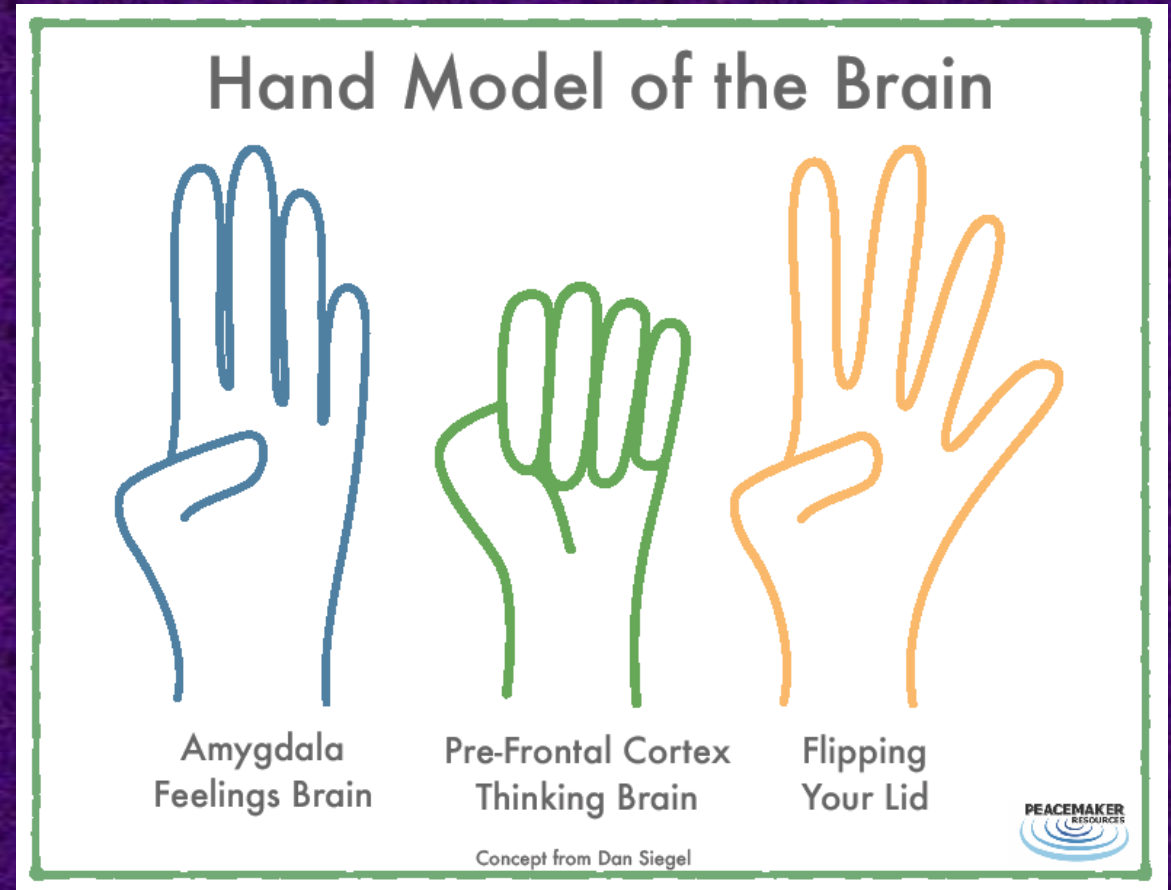
Belly Breathing



Place one hand on your belly and one hand over your heart. Close your eyes or gaze downward. Breathe deeply in through your nose. Hold your breath a few seconds, then exhale slowly through your nose. Repeat.



Peacemaker Resources helps youth become Junior Scientists of Their Own Brains



Teaching Social Emotional Learning (SEL) Works!

3.5 years after the last intervention the academic performance of students exposed to SEL programs was an average 13 percentile points higher than their non-SEL peers.

Teaching Social Emotional Learning (SEL) Works!

DECREASED

- conduct problems
- emotional distress
- drug use

INCREASED

Positive Attitudes Toward:

- self
- others
- school



Expanding the Focus

Recognizing that *everyone* benefits from learning social emotional learning skills, Peacemaker has made a commitment to helping support the learning of a broad range of individuals and groups.



Teaching kids SEL helps teachers too!

(Job-Embedded Professional Development)

My mindset has changed when teaching my students. I am more aware of their needs as a class

I feel like I have more tools to rely on and ways to communicate with the students.

After Social Emotional Learning Specialists present several lessons in the classroom...

Teachers report an increase in:

- ▶ Pausing before responding to challenging behaviors
- ▶ Confidence in teach SEL skills
- ▶ Feeling more connected to students



Youth who teach the skills learn them more deeply. And they can be great teachers!



6th Graders Providing Professional Development to Teachers

Family Fun Night



Learning
Together!



Step Up: Building the Understanding and Skills of Child Care Providers



Improving How We Relate to Others Through Greater Understanding

Training and Coaching in Trauma-Sensitive Approaches

- ▶ Shifting perspective from “What’s *wrong* with you?!” to “What happened to you?” to “What is right with you?”
- ▶ Encouraging non-judgmental, encouraging responses that build person’s sense of self-worth rather than shaming and blaming

Building the Bridge



Promoting Truth-seeking, healing and change with a focus on building relationships among Indigenous and non-Indigenous communities.

Generally held the 3rd Tuesday of the month.
Buildthebridgebemidji.org



I long, as does every human being,
to be at home wherever I find
myself.

— *Maya Angelou* —

Peacemaker Resources strives to be a partner in supporting individuals and communities in creating skills and spaces where everyone feels a sense of belonging.

