

Social & Emotional Wellness Initiative

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WHO IS SEWI?

Social & Emotional Wellness Initiative

Mission: To enhance the quality of life for youth and families by educating, motivating and providing prevention programs through social and emotional wellness services.

Non-Profit Serving LA County since 2013
Est. 2018

Programs:

- MSW Intern Program
- Staff Training & Development
- Curriculum Development



HOW SEWI WORKS

IMMEDIATE SUPPORT

**Direct Youth
Mental Health
Services**



Individual &
Group Therapy •
Crisis Support

LONG-TERM PREVENTION

**Building Social &
Emotional Skills
for Youth**



Curriculum
Development •
Group Workshops

STRENGTHENING SUPPORT

**Empowering the
Adults Who
Support Youth**



Parent Groups • Staff
Training Workshops • Free
Community Resources

Checking In

Share:

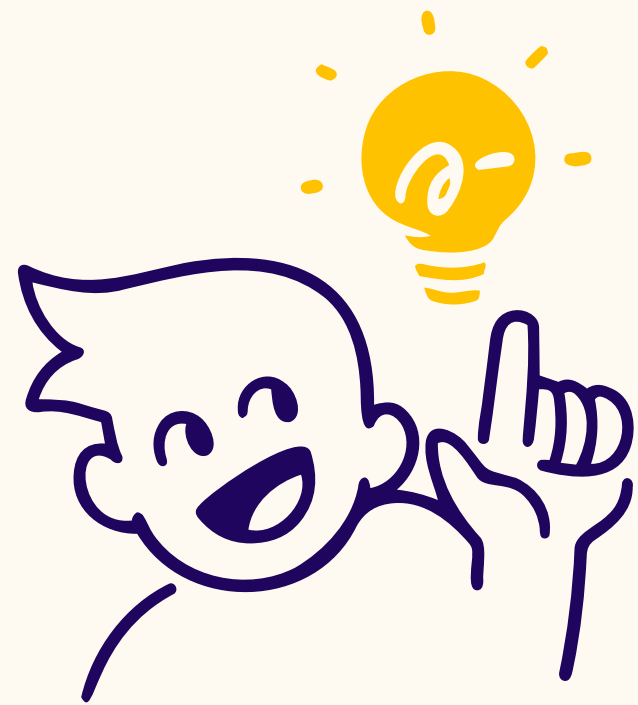
- What cat or dog are you feeling right now?
- Why do you think you're feeling this way now?
- Are you more than one?
- Can you feel your feelings in your body?



SEWI Check-In Tools

Why do we check-in?

- A time to allow us to feel
- Helps us learn to identify feelings
- Have to feel in order to process feeling
- Allow for a time to connect



sewi.org/activities for more resources!



THE FEELING WHEEL

- What word or color are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one emotion?
- Can you feel it in your body?

Source: Feelings Wheel by Geoffrey Roberts

CHECKING IN: INSIDE OUT EDITION

WHICH MOOD ARE YOU FEELING TODAY?

Source: Social & Emotional Wellness Initiative

WHICH TYPE OF WEATHER ARE YOU RIGHT NOW?

- What weather are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one?
- Can you feel it in your body?

Source: Unknown

ELMO MOOD SNAPSHOT

- Which Elmo represents your mood today?
- Why do you think you're feeling this way?
- Are you feeling more than one?
- Can you feel it in your body?

WHICH ELMO ARE YOU FEELING TODAY?

Source: Created by SEWI

DIRECT YOUTH SERVICES

Closing the gaps in mental health care for youth



SINCE 2018...

9,002

**youth have
received FREE
mental health
services**



YOUTH CLIENT TESTIMONIAL

88% of youth

who received SEWI services last year reported improvements in their mental and behavioral health

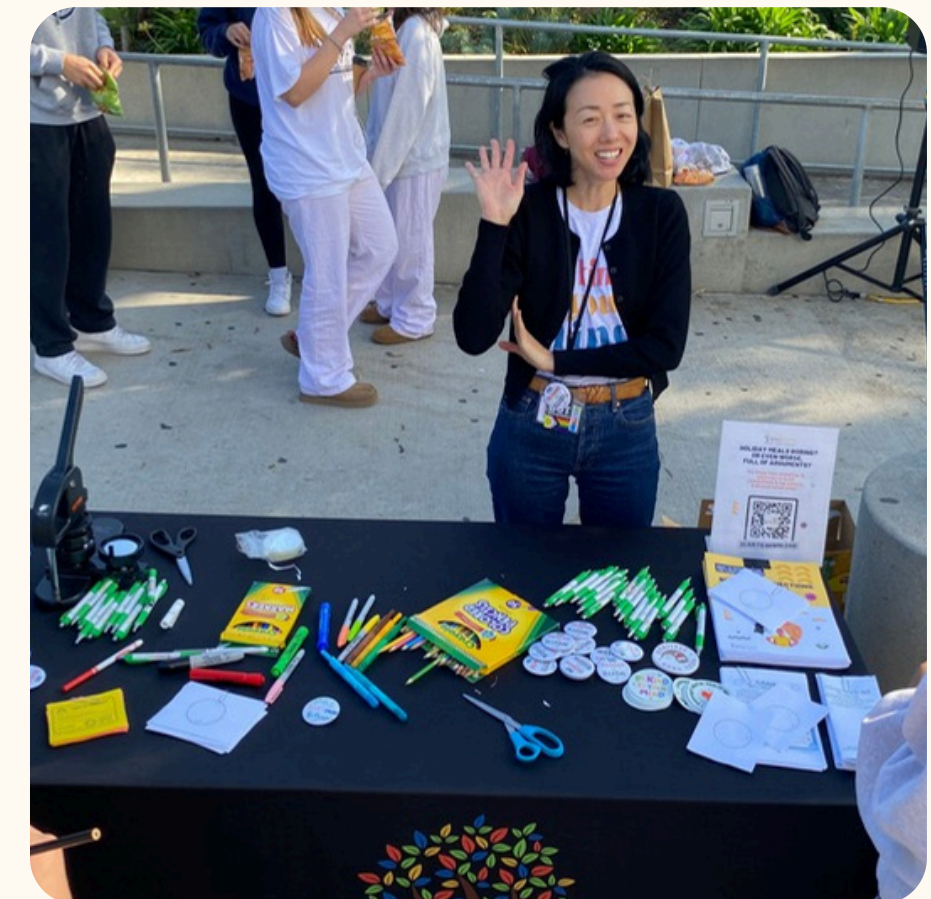


“

[SEWI MSW Intern] really helped me put a name to my emotions and understand why I'm feeling them. She was really welcoming and made me feel like I had a safe place to talk about my emotions and struggles with.

FREE YOUTH SERVICES WE PROVIDE

- one on one support
- group workshops
- mental health resources
- community wellness events



137

MSW INTERNS TRAINED

since 2018, helping more young people access the care they need and deserve



MEET SEWI'S 2025-2026 MSW INTERN COHORT



LEARNING & GROWING THROUGH MONTHLY GROUP SUPERVISION



JAMIE READING TO A CLASSROOM



JAZZ CREATING COOL FREE MENTAL HEALTH RESOURCES



JUSTINE LEADING A JOURNAL & REFLECTION WORKSHOP



CAT HOSTING A SCHOOL WELLNESS & CONNECTION EVENT



YANETH & MARIELA SUPPORTING A SUICIDE PREVENTION TRAINING

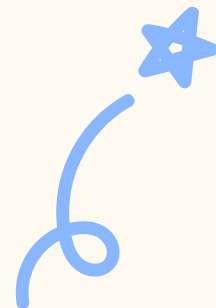


JUSTINE & ASHLEY CREATING A LUNAR NEW YEAR ACTIVITY FOR LINCOLN MS

YOUTH ORG PARTNER TESTIMONIAL

**100% of our
partners**

would recommend SEWI
and hope to continue
working together next year.



“

We partnered with SEWI to bring mental health services directly to students who couldn't access care outside of school — due to transportation barriers, long waits with insurance, or needing a therapist who spoke their language. Our intern from SEWI made a real difference for students who would've otherwise gone without care.

CURRICULUM DEVELOPMENT PROGRAM

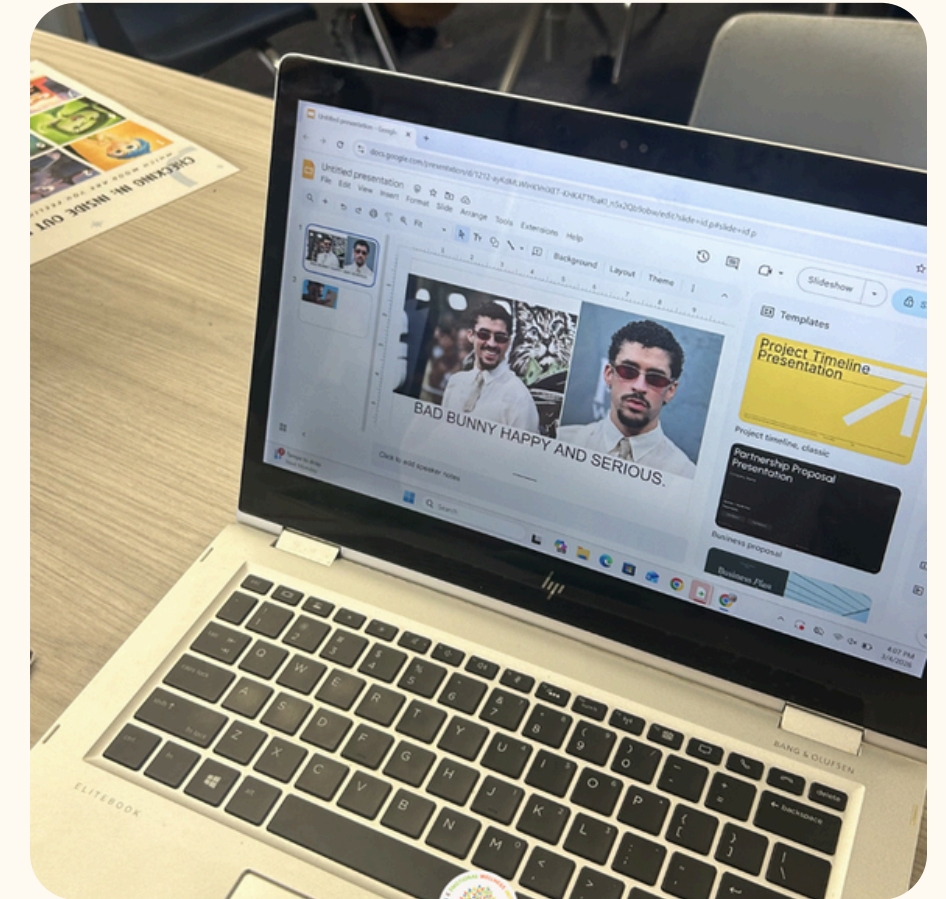
Building the social & emotional foundation young people need to thrive



SINCE 2018...

1,502

**youth equipped with
essential skills for
healthy relationships,
positive identity, and
lasting wellbeing**



SELFY FACILITATOR TESTIMONIAL

90% of SELFY youth participants reported they learned something new after each workshop.



“

SELFY was great because it let kids have a space to share without being judged and the kids were able to feel comfortable sharing their feelings. Youth feel more like they belong to our club, because of the special group they were apart of.

STAFF TRAINING & DEVELOPMENT PROGRAM

Professional development that benefits staff, teams, and the youth they serve



SINCE 2018...

8,426

educators &
staff trained

in social & emotional
wellness topics to better
support their own wellbeing
and the youth they serve.



STAFF TRAINING PARTNER TESTIMONIAL

98% of participants would recommend a SEWI training — and **95%** reported an increase in knowledge.



“

We have been proud partners with SEWI for several years. The SEWI team consistently brings **incredible energy and passion**, whether working with small groups or leading sessions for over 100 participants. Their commitment to supporting **mental health and youth empowerment** is truly inspiring.

At SEWI, we use Social & Emotional Learning (SEL) to reduce the risk of future substance abuse by equipping youth with the skills they need most:

- Recognizing emotions and identifying triggers before they lead to risky behavior
- Managing impulses and making thoughtful decisions under pressure
- Coping with stress and anxiety in healthy ways

Through partnerships with families, schools, and communities, we reinforce these skills everywhere young people are.





Thank you!

Know someone who could benefit?
Share SEWI as a resource.



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sewi.org



Scan to learn more about SEWI