

# Social and Emotional Learning & Mental Health Evidence-Based Strategies

## What is an Evidence-Based Strategy

Evidence-based strategies are strategies, practices, or programs that have evidence to show that they produce results and improve outcomes. They've been tested, and they're based on knowledge gained through rigorous research. To see a list of the programs found in the lists below see the [Verified EBP Spreadsheet](#).

## Social and Emotional Learning (SEL) and Mental and Behavioral Health Evidence-Based Program Registries

- [CASEL Program Guide](#)
- [RAND Corporation Social and Emotional Learning Interventions Under the Every Child Succeeds Act: Evidence Review-Intervention Summaries](#)
- [Youth.gov Program Directory](#)
- [What Works Clearinghouse](#)
- [Suicide Prevention Resource Center](#)
- [Blueprints for Healthy Youth Development](#)
- [Office of Juvenile Justice and Delinquency Prevention](#)

The School-based Mental Health (SBMH) Grant requires that grant funded activities must be evidence-based where a solid evidence-base is established. SEL and Bully Prevention Curriculum, funded with the SBMH grant, must be found on a National Registry of Evidence-based Programs.

## Tools for Choosing an Evidence-Based SEL Program

[CASEL Tool: Selecting an Evidence-Based Program](#)

[Hexagon Tool for Selecting an Evidence-Based Program](#)