



© ABLE

A SOCIAL EMOTIONAL LEARNING
CURRICULUM

BY COMPREHENSIVE DISCIPLINE SOLUTIONS

RESILIENCE. RESOLVE. RESULTS.

ABLE

Anchors • Beliefs • Learning • Empowerment

ABLE is a secondary-designed Social-Emotional Learning and Identity Development framework for district-wide or program-wide implementation. This document outlines the focus, skills developed, and four scalable partnership tiers to meet district needs across training, implementation, coaching, and sustainability.

Focus: **Identity, Belonging, and Healthy Relationships**

Skills Developed

- Empathy
 - Relationship building
 - Community connection
 - Boundary awareness
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Focus: **Internal Mindset, Trauma Awareness, Emotional Understanding**

Skills Developed

- Emotional Awareness
 - Trauma literacy
 - Conflict understanding
 - Identity development
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Focus: **Skills for navigating life**

Skills Developed

- Emotional regulation
 - Executive functioning
 - Communication
 - Adaptability
 - Problem solving
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Focus: **Leadership, Purpose, and Improving Life Outcomes**

Skills Developed

- Goal Setting
- Leadership
- Resilience
- Purpose Development
- Future Orientation

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Feature	Partner Commitment	Foundational Commitment	Strategic Commitment	Transformative Commitment
School Commitment	\$2500 per school	N/A	N/A	N/A
District License (Annual)	N/A	Up to 5,000 Students \$75,000	Up to 10,000 Students \$120,000	Unlimited Schools 20,000 Students or more \$180,000
Initial Facilitator Training	One Day In-person \$2,000, plus travel expenses- train or flight, hotel	1 District Leadership and 1-cohort of facilitators Included	2-Day Certification (40 staff) Included	Multi-cohort Certification Included
Coaching	Quarterly	Quarterly	Monthly	Weekly
Data and Implementation Review	N/A	Annual Review	Bi-Annual Review and report	Quarterly reporting and Executive report
Family Engagement Toolkit and ABLE Home	\$1,000 per school	Digital workshop	Digital Workshop and One In-Person Meetings, ABLE home	Digital Workshop and Three In-Person meetings ABLE Home
Estimated Year One Costs	\$2,500-\$5,500	\$92,000-\$150,000	\$155,000-\$175,000	\$225,000

To start improving student outcomes, climate and culture, disparities, and improve staff retention, give us a call at [781-338-3333](tel:7813383333) or email robertm@CDS3C.com