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Trauma 2.0: Now What?

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“

Do the best you can until you know better. Then when you know better, do better. ”

Maya Angelou

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TODAY'S PURPOSE

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- Review of trauma-informed principles
- Local impact
- Data, Systems, Practices
- Resilience Framework
- Self-Care
- Action step

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Think, Pair, Share

How would you define
trauma?

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Trauma-Informed Care



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Trauma is not the event.

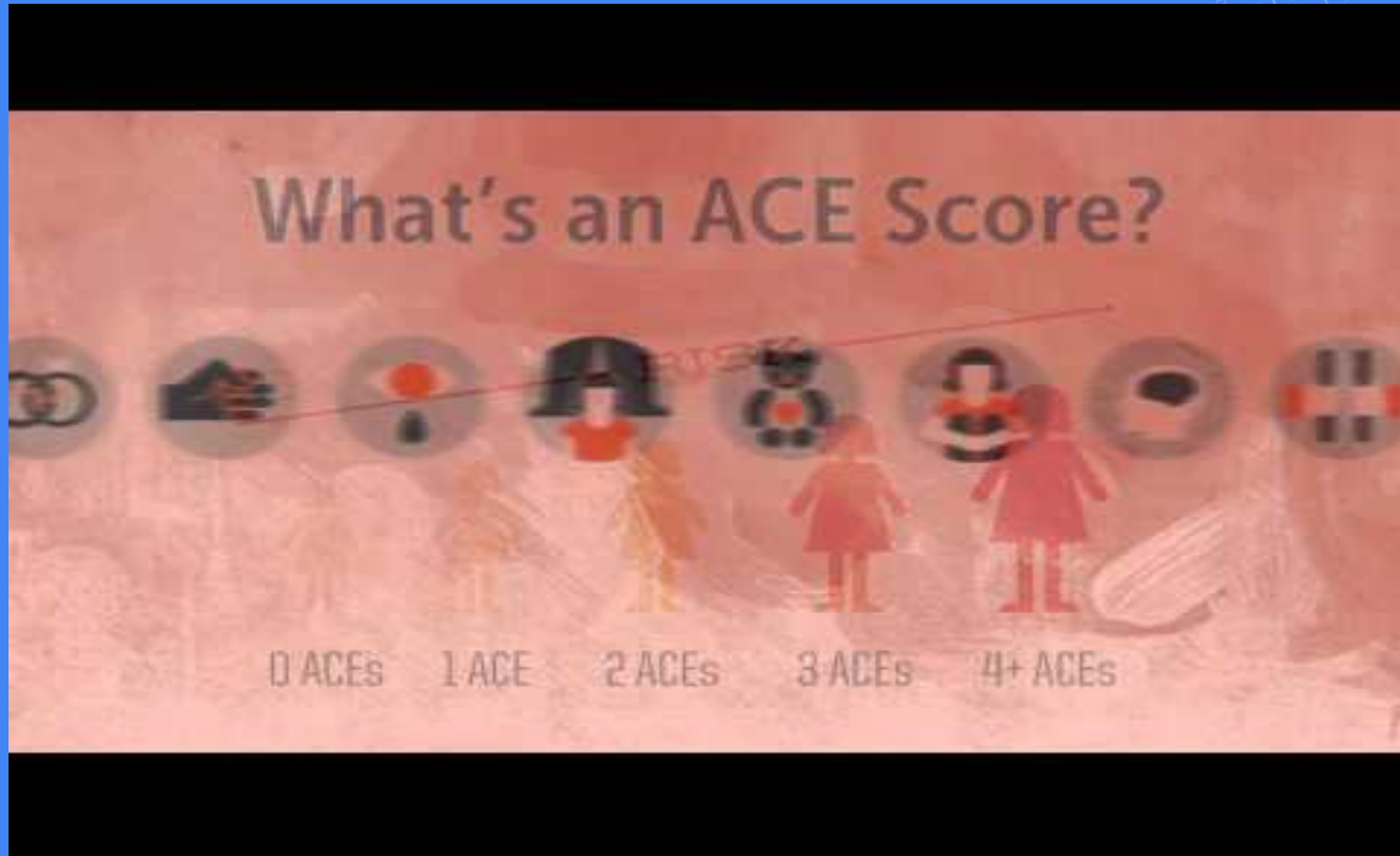
Trauma is the response.



Each individual responds differently.

***STOP ASKING: What is wrong with this student?
AND START ASKING: What has happened to this student?***

Adverse Childhood Experiences (ACEs)



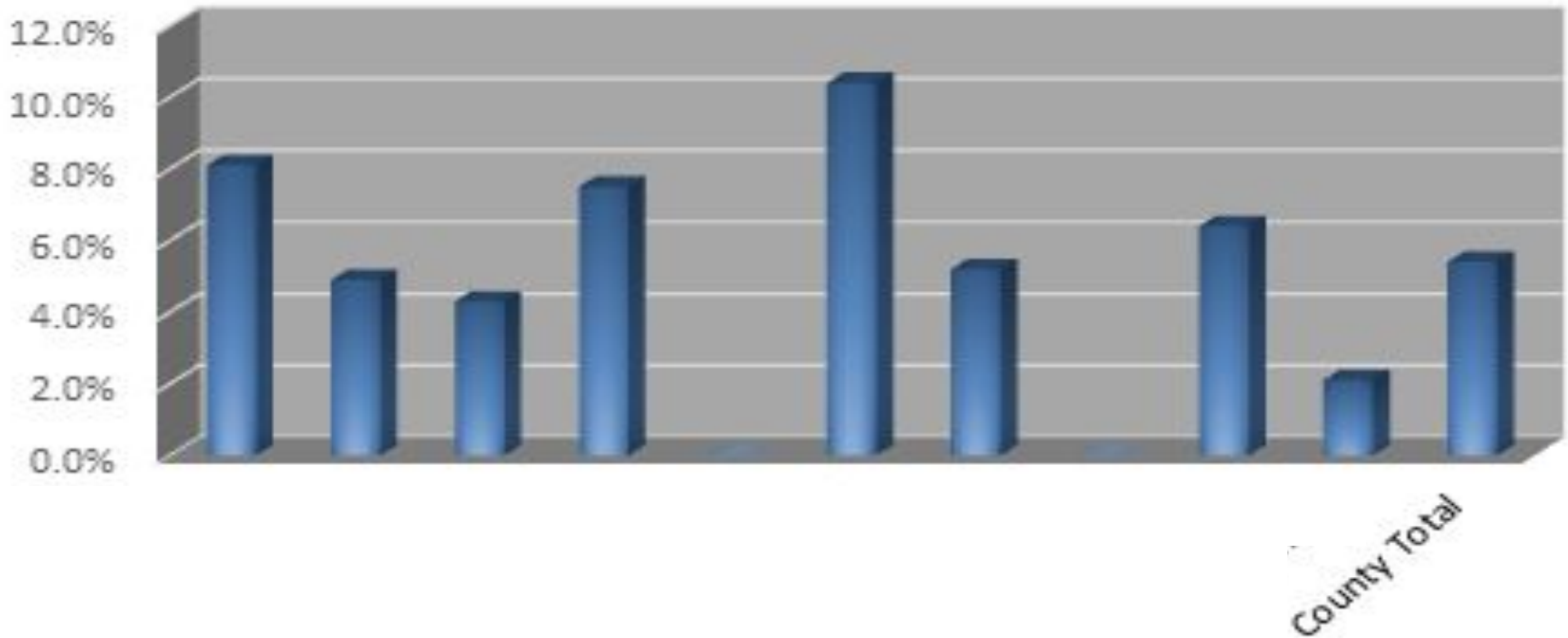
Hand Model of the Brain



ACE'S REPORTED BY KINDERGARTEN PARENTS AT SCREENING:

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Two or more adverse childhood experiences



WAYNE COUNTY SCHOOL DISTRICTS

5% Wayne Co. Avg

K READY SURVEY- Wayne County 2017
504 out of 925 Kindergarten Students

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Discuss with someone new

Now that you have seen our pre-K numbers, what is your prediction as to how trauma will impact secondary students?

Evalumetrics Youth Survey - 2017	2017	ACE 2 or less	ACE>2	Ratio
Used Alcohol in Past 30 Days	20.6%	15.3%	31.5%	2.1
Smoked Cigarettes in Past 30 Days	6.6%	4.1%	12.4%	3.0
Used Any Other Drug in Past 30 Days	2.0%	1.1%	4.2%	4.0
Felt Sad/Depressed	41.2%	29.0%	68.1%	2.3
Self-injury	17.7%	13.2%	42.0%	3.2
Planned Suicide	10.4%	4.7%	25.3%	5.3

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How do we
address trauma?

Vincent, Randall,
Cartledge, Tobin, &
Swain-Bradway 2011;
Sugai, O'Keeffe, &
Fallon, 2012ab

Culturally Equitable Academic & Social Behavior Expectations

**Culturally
Knowledgeable
Staff**



**Culturally Valid
Information for
Decisions**

**Culturally Relevant & Effective
Instruction**

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RISK FACTOR/BEHAVIOR	ACE 2 OR MORE	FOOD INSECURE	BOTH
Anti-social Behavior	4.1X	1.4X	4.2X
Friends Use Drugs	7.8X	5.9X	58.8X
Lack Attachment To Family	3.4X	3.4X	5.3X
Plan Suicide	6.6X	3.7X	9.8X
Alcohol Use	4.8X	3.6X	8.0X
Marijuana Use	4.3X	3.6X	8.0X
Other Drugs (Opioids, Cocaine etc)	4.8X	11.6X	8.8X

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Partner Discussion

What do you notice and wonder after looking at this data?

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What lives under the MTSS Umbrella

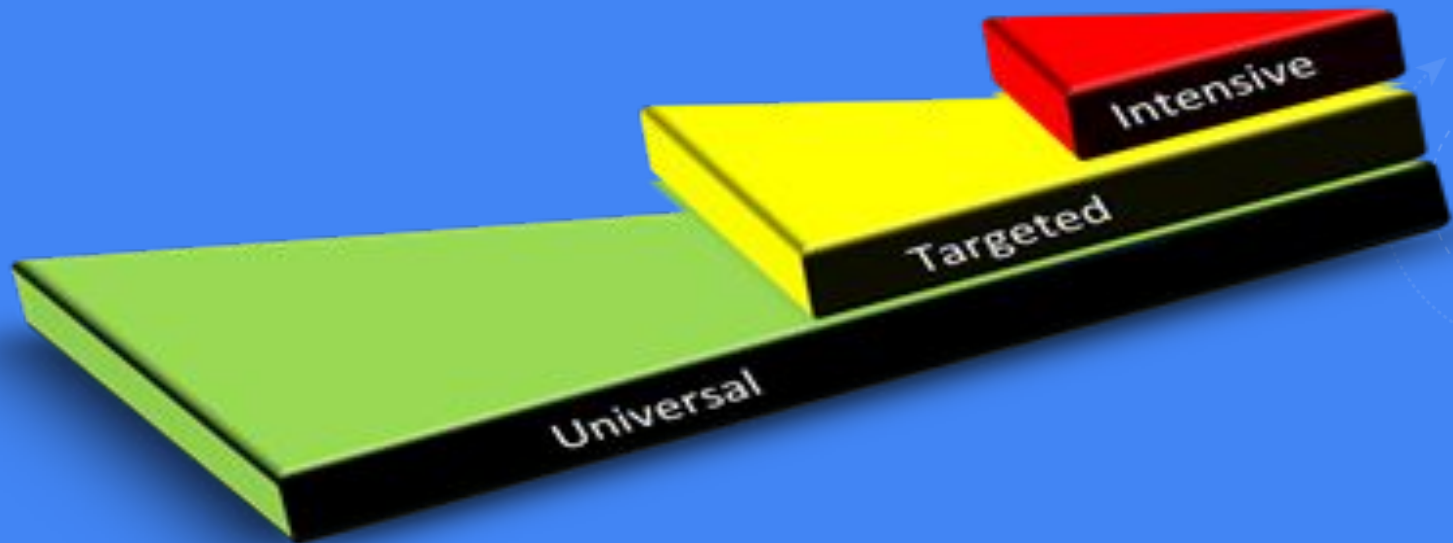


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**WHAT DO ALL STUDENTS
NEED?**

**WHAT DO SOME STUDENTS
NEED?**

**WHAT DO A FEW STUDENTS
NEED?**



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Best Practices

Next
Exit



TIER 1 Programs

TIER 2 Interventions

TIER 3 Interventions

How to Adult

SW-PBIS

Second Step

Botvin's Life Skills

Project Success

RRR

Incredible Years

Primary Project

NYS Mentoring

Check In/ Check Out

FACT

Why Try

Goal Attainment Scaling

Wrap/Renew

YAP Mentoring (before
involvement with court)

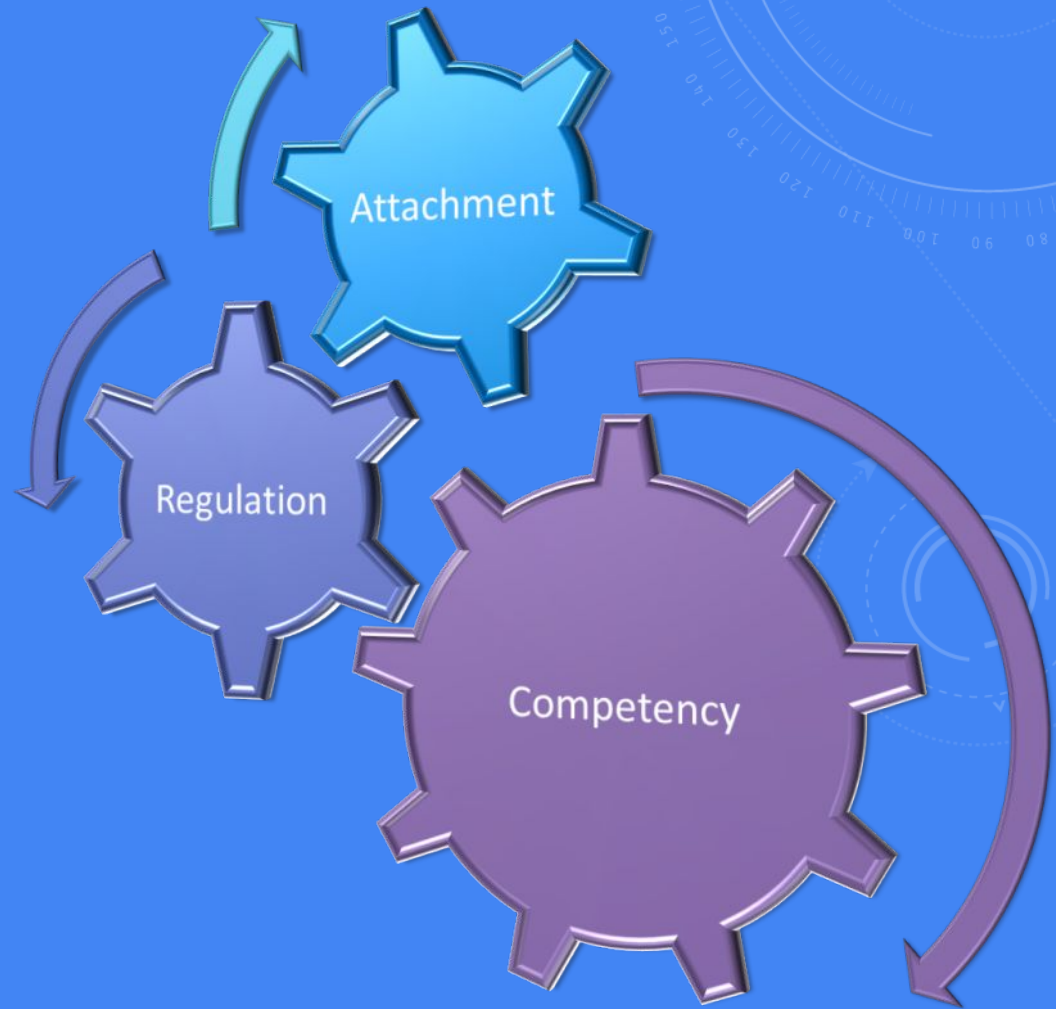
PINS

Satellite MH Office in
School Building

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A FRAMEWORK TO HELP

ATTACHMENT
REGULATION
(SELF)
COMPETENCY



arcframework.org

Attachment

Counseling
Individual Plans
(FBA/BIP)
Wrap/Renew Process
Youth Advocacy
Program (YAP)

Check In/Check Out
Check & Connect
Primary Project
NYS Mentoring Program
Small groups counseling
Peer Mentoring

PBIS--Positive relationships (clear expectations help!)
How to Adult (Catholic Charities)
Opportunities for clubs, sports & other extracurricular
activities
Involvement in learning!

Regulation

Counseling
Individual Plans
(FBA/BIP)
PINS

Check In/Check Out
Check & Connect
Why Try
Small group re-teach (can
use Second Step)

Clear expectations with explicit instruction
Second Step taught universally to all students
Botvin's Life Skills
Model "how to" for self-regulation adults & peers

Competency

Counseling
Individual Plans
(FBA/BIP)
FACT

Check In/Check Out
Small group re-teach (can
use Second Step)
After school programs

Strong and engaging classroom instruction for all students
Project Success
Refuse, Remove, Reasons (Drug Abuse Prevention)
Differentiated instruction/Personalized Learning
Skill based clubs (strategy games, gardening, cooking!)
Music & Art Classes!

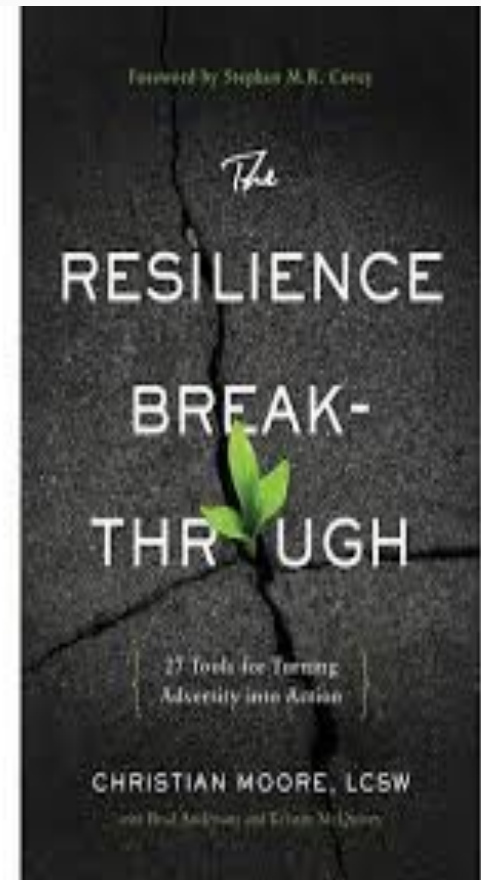
Small Group Discussion

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What is one thing you are currently doing in your school/district that helps students with attachment, regulation, or competency?

The Resilience Break-Through-C. Moore

- Adversity and Anger = Fuel
- Flip the Switch
- 4 types of resilience
 - Relational
 - Street
 - Resource
 - Rock Bottom



Relational Resilience

- 
- Others depend on you
 - Draw strength from others
 - Loneliness is a powerful enemy of resilience
 - “Everyone needs to be needed by someone.”

Street Resilience

- Channeling your emotions, instead of letting your emotions use you.
- Use disrespect, discrimination, or regret for good, no matter the circumstances.
- Thriving on mistakes

Resource Resilience

- Resilience can be increased by tapping into resources you currently possess
- Realization that you have undeveloped talents and untapped capabilities
- What are you doing when you are feeling most fulfilled?

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Rock Bottom Resilience

- Ability to flip the switch when you're at your lowest point
- Believe in your ability to change your circumstances , combat hopelessness, and fight on
- "Losing in the past does not equal losing in the future."

SELF- CARE

HOW DO YOU RECHARGE & HEAL?

WHO IS “THAT PERSON” FOR YOU TO GO TO WHEN YOU NEED HELP?



MENTAL/ PSYCHOLOGICAL	SOCIAL/ BEHAVIORAL	PHYSICAL/ HEALTH
REFLECTION	BOUNDARIES	REST
BOUNDARIES	USE VACATION	NUTRITION
SOLITUDE	PEER SUPPORT	EXERCISE
READING	HUMOR/LAUGH	SUNSHINE

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Find a partner you have not worked with yet today

Discuss one action step you can take in the near future to make your school/district more responsive to trauma.

MOVE

CHANGE

ADAPT

FLEX

GROW

BE

DO.

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THANK YOU!

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