

# How To Create A Trauma Informed School

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# Agenda

- What does it mean to be trauma informed?
- What does this mean for a school?
- Missouri Model
- Overview of CTA and TLC
- Concrete steps to take
- Where can we start?

# Trauma 101





# What Is Trauma?

- A life experience which brings overwhelming feelings of terror, hopelessness, and helplessness.



# Experiences Which Can Cause Trauma

- Physical and/or sexual abuse
- Domestic violence
- Living with substance abusing parents
- Witnessing parental homicide
- Homelessness
- Burns/other serious accidents
- Car fatalities
- Divorce
- Natural disasters



# Numbers

- FACT: One out of every four children attending school has been exposed to a traumatic event that can affect learning and/or behavior.
- –NCTSN Child Trauma Toolkit for Educators



## Washington School Classroom (30 Students) Adverse Childhood Experiences (ACEs)

6 students with no ACE  
 5 students with 1 ACE  
 6 students with 2 ACEs  
 3 students with 3 ACEs  
 7 students with 4 or 5 ACEs  
 3 students with 6 or more ACEs

58% (17) students with no exposure to physical abuse or adult to adult violence  
 29% (9) of students exposed to physical abuse or adult to adult violence  
 13% (4) of students exposed to physical abuse and adult to adult violence

Population  
 Average



# What Does It Really Mean To Be Trauma Informed?

- According to the Missouri Model of Trauma-Informed Schools Initiative (Senate Bill 638), being trauma informed means:
- Realizing the widespread impact of trauma
- Recognizing the signs and symptoms of trauma in students, their families, and staff
- Responding by fully implementing knowledge into policies, procedures and practices
- Seeking to actively Resist re-traumatization



# What Does This Actually Mean For A School?



# DESE

- The implementation of a trauma-informed approach is an ongoing organizational change process. A “trauma-informed approach” is not a program model that can be implemented and then simply monitored by a fidelity checklist. Rather, it is a profound paradigm shift in knowledge, perspective, attitudes and skills that continues to deepen and unfold over time. Some leaders in the field are beginning to talk about a “continuum” of implementation, where organizations move through stages. The continuum begins with becoming trauma aware and moves to trauma sensitive to responsive to being fully trauma informed.  
[Dese.mo.gov](http://Dese.mo.gov)

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# Paradigm Shift

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**"I thought I felt a paradigm shift, but  
it was just my undershorts riding up."**

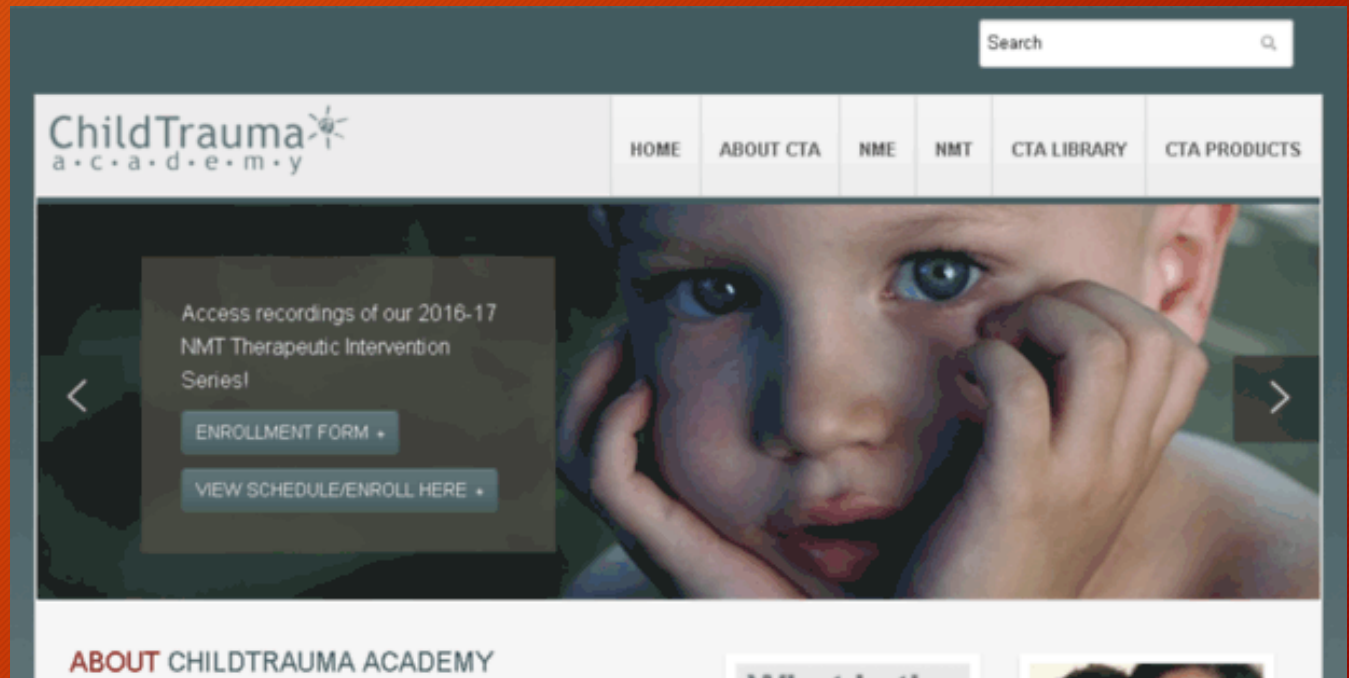


# How Do We Make This Happen?

- Training
- Trauma Champions
- Modeling Behaviors
- New ways of meeting
- Staff care
- Self care
- Language



# Childtrauma.org



# What does A Trauma Informed Response Look Like?





[starr.org/tlc](http://starr.org/tlc)



The National Institute  
for Trauma and Loss  
in Children



# Training Needs To Be For All Staff



# Concrete Steps



- Training (today is the start)
- Trauma champions
- Build a team
- Do we have any \$ ???
- You can still start if that's a no
- Implement an intervention
- Monitor for success
- Continue to build



# Examples of Interventions

- Comfort Corners
- Peace/Reset rooms
- Brain breaks
- Go noodle
- Mindfulness Mondays
- Teaching students about their brain
- Paper Tigers
- Book Study



# In A Trauma Informed School...

- The adults in the school community are prepared to recognize and respond to those who have been impacted by traumatic stress.
- Those adults include administrators, teachers, staff, parents, and law enforcement.
- Students are provided with clear expectations and communication strategies to guide them through stressful situations.
- Tools are provided to cope with extreme situations.
- An underlying culture of respect and support is created.



# Resources

- The Boy who was Raised as A Dog Dr. Bruce Perry
- The Body Keeps The Score Dr. Bessel Van Der Kolk
- Helping Traumatized Children Learn Massachusetts Advocates for Children
- Breathe Chill Lisa Roberts
- The Kinesthetic Classroom Traci Lengel
- Spark Dr. John Ratey
- The Child Trauma Academy you tube channel
- [WWW.Starr.org/tlc](http://WWW.Starr.org/tlc) [www.childtrauma.org](http://www.childtrauma.org)





*Today is the beginning*

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