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TLC: A Trauma Informed Lens to Improve School Climate

May 20, 2019



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Santee School District

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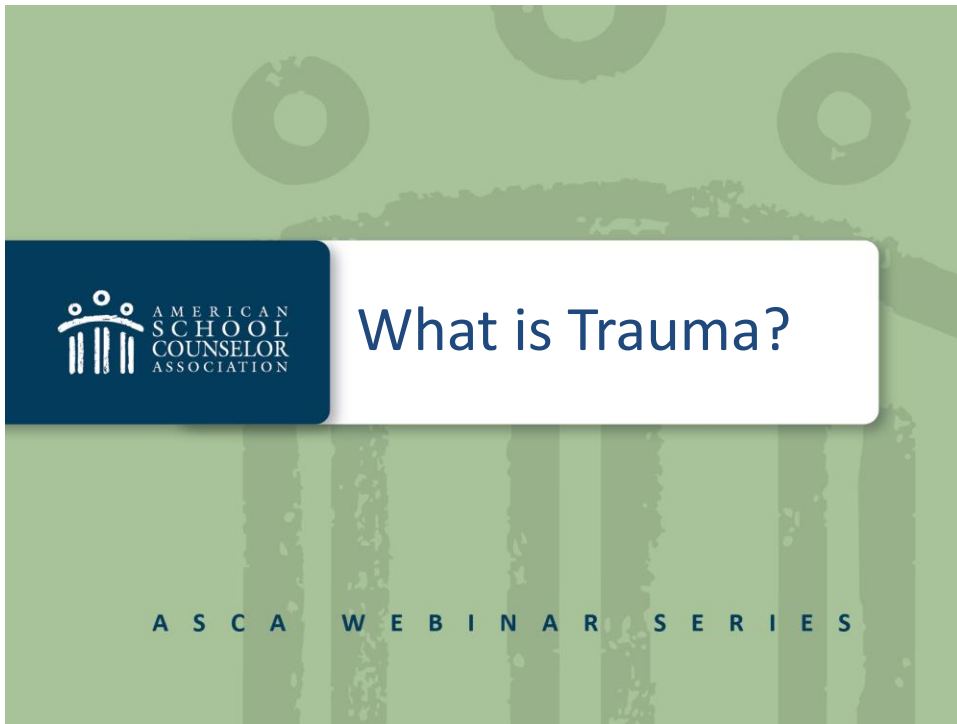


Learning outcomes:

1. Discuss using a trauma-informed lens to change policies and procedures.
2. Identify procedures to support behavior interventions.
3. Teach self-regulation strategies using a trauma-informed lens during classroom lessons.
4. Identify ways to evaluate trauma informed practices.



Agenda



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What is Trauma?

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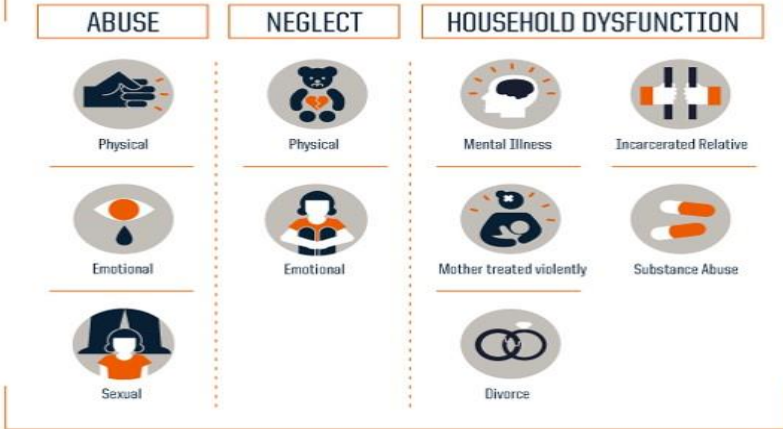
Adverse Childhood Experiences (ACE) Study

- 17,000 respondents, two-thirds reported at least one ACE
- Something happens between infancy and adulthood to create a lifetime of addictions, abuse, and mental health issues. (Dube et al., 2003).



ACEs = ADVERSE CHILDHOOD EXPERIENCES

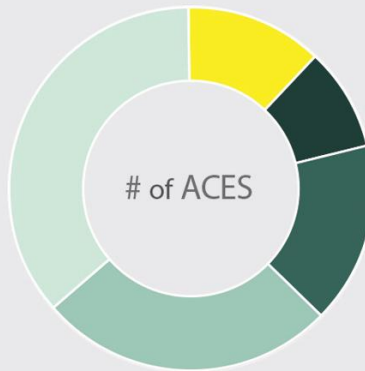
The three types of ACEs include



How Common are ACEs?

ACE Study

-  ZERO **36%**
-  ONE **26%**
-  TWO **16%**
-  THREE **9.5%**
-  FOUR OR MORE **12.5%**



Source: Adverse Childhood Experiences (ACE) Study.
Information available at <http://www.cdc.gov/ace/index.htm>



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How does trauma affect learning?

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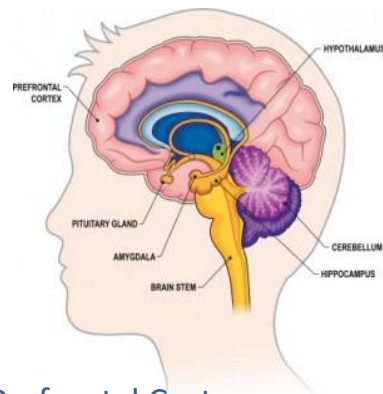
Our Brain's Trio

Amygdala

- The NOW
- Am I safe?

Limbic System

- The PAST
- Memories, emotions and past experiences
- Can I trust you?



Prefrontal Cortex

- The FUTURE
- Higher-level functioning
- Can plan and consider consequences
- Rational Thinking/ Logic



The Stress Response to Trauma

- Fight
- Flight
- Freeze



Trauma and School Performance

Traumatized children are:

- 2.5x more likely to fail a grade in school
- Score lower on standardized achievement tests
- More likely to have struggles in expressive and receptive language
- Suspended and expelled more often
- More frequently placed in SPED services
- **51% of children with 4+ ACES demonstrated learning and or behavior challenges compared with 3% of children who reported no ACES.**



Trauma explains behavior It does not excuse behavior

Problem behaviors are maladaptive coping strategies.



What helps students who have trauma in their past?



Best Practices to Address Trauma

T L C

**Tiered
Intervention
System**

**Learning
Self-Regulation Skills**

**Create a
Sense of Safety
and Connection**



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Tiered-Intervention Systems

**School-wide programs that
are trauma-informed:**

- PBIS
- Restorative Practices
- SEL Programs
- Response to Intervention



**It is built
at all
levels!**

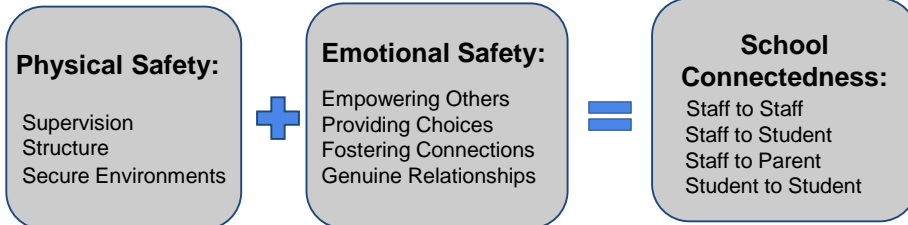


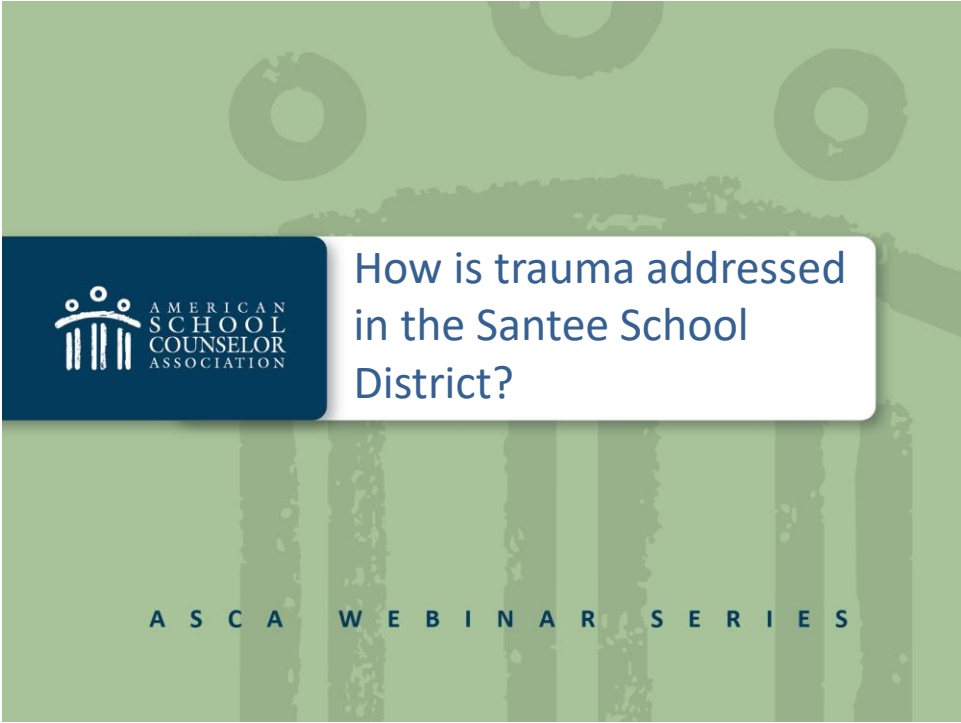
Learn Self-Regulation Skills


- Deep-Breathing
- Mindfulness
- Impulse-control
- Empathy
- Coping Skills
- Sensory Opportunities



Create a Sense of Safety and Connection





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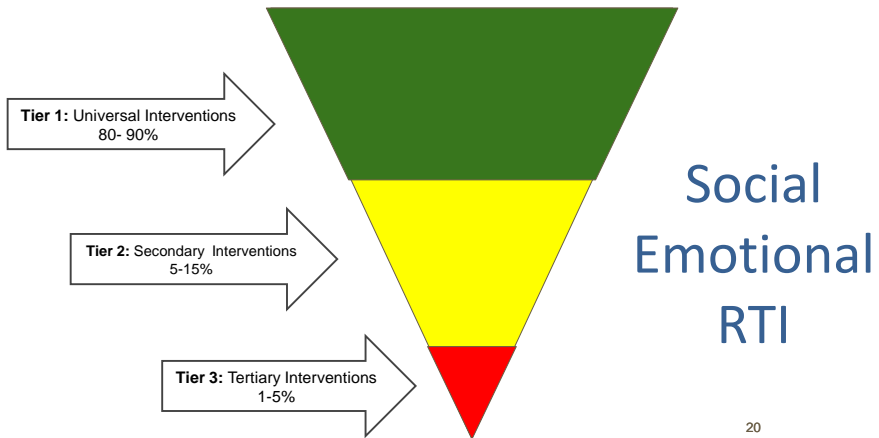
How is trauma addressed in the Santee School District?

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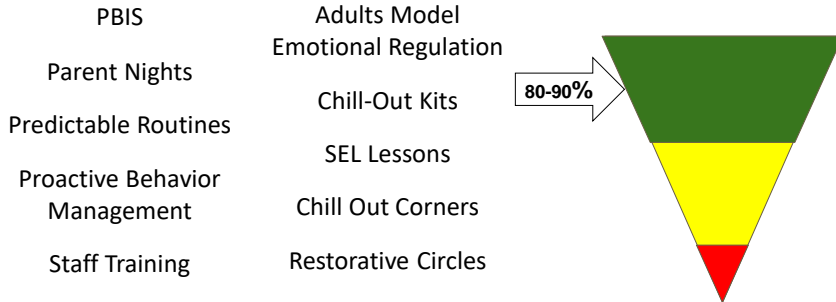
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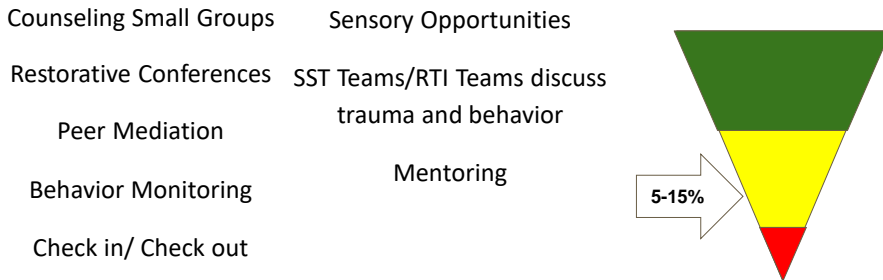
Tier 1 Interventions



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Tier 2 Interventions

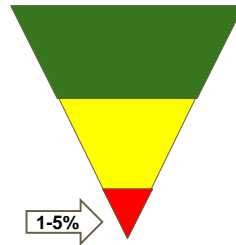


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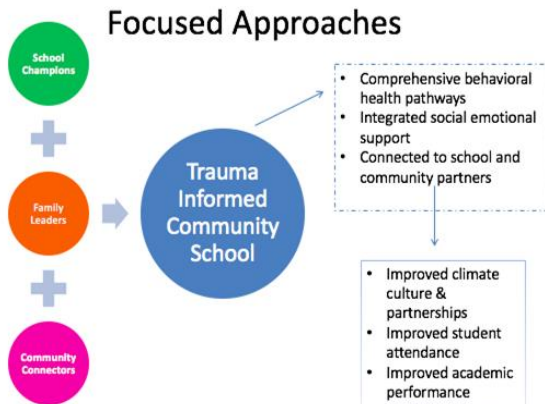


Tier 3 Interventions

- 504 Plans
- IEP/ SPED referral
- Referrals to Mental Health Agencies and Services
- Coordination with community- based treatment



Comprehensive School Counseling at Cajon Park School





Results for Cajon Park School

- Trained 90 staff, 40 parents and 954 regular education students
- 76 special education students received lessons
- Clear implementation and communication of Tiered Intervention Systems
- .36% increase in attendance after 1 year of program implementation
- 60% reduction in attendance letters
- Cajon Park is leading the district in attendance with 96.3%

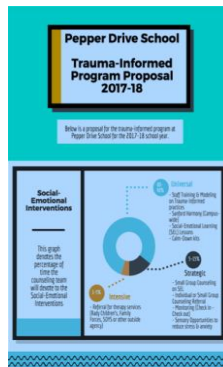
Cajon Park Attendance Increase \$28,817.51

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Creating a Trauma-Informed Program Without Grant Funding

- Create a proposal
- Work with the school to determine how program can work at school site
- Educate Leadership Team
- Teach staff and students about calm down strategies and implementing “chill out” kits





Teaching Calm-Down Strategies in Classrooms



*Mr. Gigliotti teaches a
"Chill Out" Lesson in a
6th grade classroom*



*Mrs. Rawson teaches
Emotion-Management
Lessons*



*Mrs. Jarvis models
Deep Breathing for her
1st grade students*



*Kindergarten classroom in a
morning meeting*



*Second Grade classroom
practicing meditation*



Chill Out Kits, Strategies and Spaces



Chill Out Corner in kindergarten Classroom



Chill Space in Grade 6 classroom



Chill Out Corner in Counseling Office at Pepper Drive



Chill Out Kits



Let's try out the Chill-Out Kits and learn some strategies!






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Moving Toward Districtwide Implementation

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Program Updates

- Five schools received grants for calm down kits in each classroom
- Increased trauma-informed training for teachers and staff at more schools

Next Steps

- Develop a teacher workshop series on trauma-informed practices and cultural competence
- Continue to implement calm-down kits at all schools in the district
- Provide parent workshops on resiliency and coping strategies



Resources

Tiered-Interventions

Positive Behavior Interventions (PBIS)
Anti-Bullying programming
Restorative Practices
Social Emotional Learning curriculums

Learn Self-Regulation

Zones of Regulation
by Leah M. Kuypers
MINDUP Curriculum
The Kids Guide to Staying Awesome and In Control
by Lauren Brukner
Teachers Pay Teachers Resources
- Counselor Keri
- One-Stop Counseling Shop
MindYeti

Connection

Youth Leadership opportunities:

- Safe School Ambassadors
- Campus Tour Guides
- Peer Mediation
- Safety Patrol
- Cross-age tutoring and mentoring



Thanks!

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