

Baby Steps to Trauma-Informed

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Under the Surface



“If a student is **dysregulated**, then it is our job as educators to get them **regulated**.”

Heather T. Forbee, LCSW
BeyondConsequences.com



Why are we so invested in
Trauma-Informed Practices?



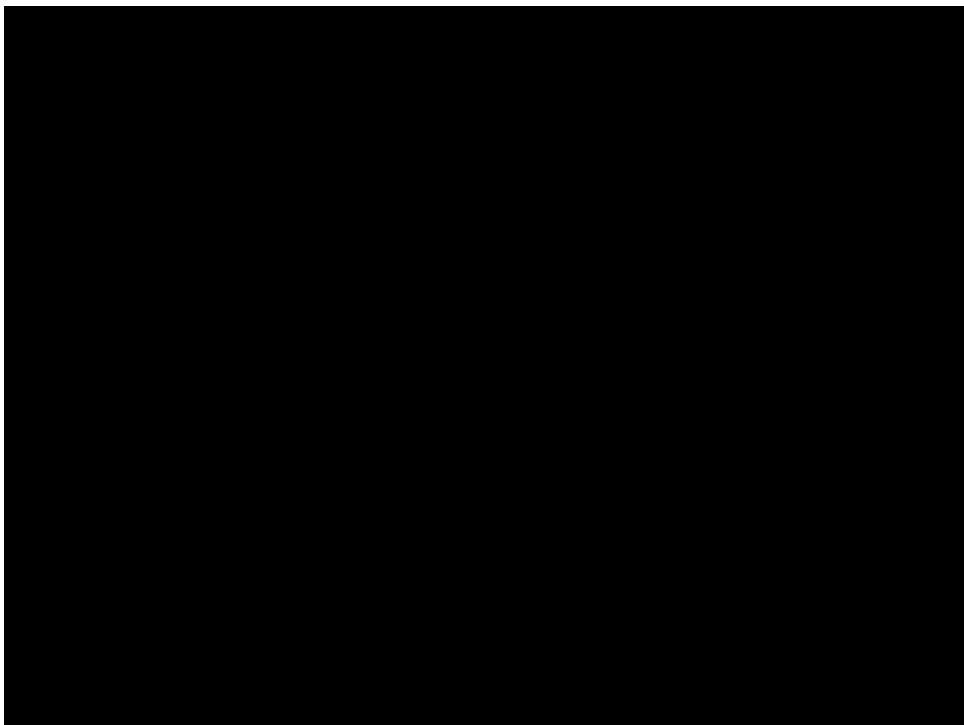
Background and Training

- We are both enrolled in EMU's Master of Education in RJE Program
- Attending Local and National Conferences
 - 3 Day Trauma Institute with LakeSide Global Trainer
 - Trauma Informed Schools Conference in St Louis (Beyond Consequences)
- Reading books and articles
 - Heather Forbes, LCSW
 - Dr. Nadine Burke-Harris
 - Dr. Bruce Perry

Ideas implemented in 2018-2019

1. Flexible Seating
2. Greeting and Question at the door each morning
3. Sensory/Fidget Corner
4. Time Out Corner
5. Food and Water in closet
6. 5 Positive Calls Home Weekly
7. Detention Monitor: Self-Reflection
8. Meditation Activities
9. Faculty Meeting Time

Quickly emulated by others in many individual ways
across the building!



Legal Changes

- A Task Force is being developed
 - Regional Meetings will be taking place over the next few months.
- Trauma-Informed Education is now Mandatory (Senate Bill 144)
 - A minimum 1 Hour of training on Trauma-informed approaches for both newly elected and re elected school board directors.
 - A minimum of 1 hour of professional development training on trauma-informed approaches
 - PDE's PA Leadership Standards must include information on Trauma-informed approaches

Administrative and Building Support

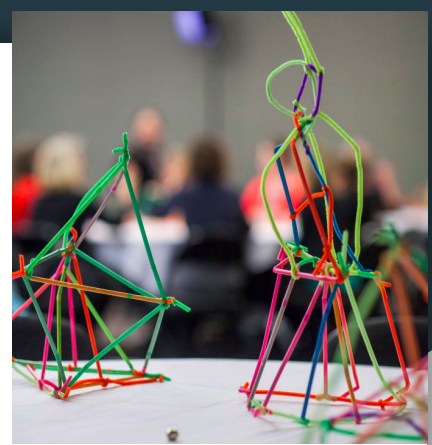
- Working with our Superintendent following a district level training last fall
- Involving Principals at all levels
- Reached out to teachers to obtain interest
 - Focused on the teachers ready to support and interested in participating
- Using teacher/staff would want to lead this initiative

Our Team

- Facilitator- Doug
- Administrators
 - Building level Principals
 - District Wide Administrators
- School Social Workers and School Counselors
- Teaching Staff
 - K-12 from all different content areas
 - Art, Music, Classroom Teachers, ect
- Support Staff



Now we have a group....



- We took all of the information and work in June to do a 6 hour training and team building
 - This was a time to lay a groundwork for all for all of the staff members to be on the same level with information
 - Activities and Videos we key to lay the groundwork for discussion
- Setting strong ground rules to keep the discussion moving forward on helping (Slide of materials)

Follow-Up

- Email Group to Share Resources
- Monthly meetings at a time all can attend
- Developing a purpose and Mission
- Allow different stakeholders to share ideas
 - Support Staff Resources
 - Videos
 - Sharing a Faculty meeting
 - Modeling for other teachers
- Slow and Steady, Trauma-Informed does not happen overnight

Working with Local Agencies


- Better Together Lebanon County
 - Showing the movie Resilience
 - Offering an evening showing and reaching out to HACC and LVC, as well as local churches and Parents.
- Attending County Level Committees

What can you do as a School Social Worker?

- Show a movie (Such as Paper Tigers, Resilience, Poor Kids, Broken Places)
- Do a book study
- Run a Training
- Partner with community agency (s)
- Work with your Admin to process where your district is
- Look into Course work (EMU- Masters in Ed in Trauma and Resilience, Masters in Ed in RJE, MU-Trauma Institute)
- Establish a Restorative Classroom



Roundtable Discussion:

1. Is your district Trauma-Informed? Why or why not?
 2. What are some T-I practices within your school district?
 3. What are some basic things your district can easily transition to, to become more Trauma-Informed?
 4. What is something you can take change tomorrow to get your district on the right path?
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References

<http://www.nea.org/>

<https://www.cdc.gov/violenceprevention/publichealthissue/index.html>

<http://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html>

<https://www.nctsn.org/>

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