

Creating Trauma Informed/ Responsive Practices in Schools

Rooted in compassion, guided by community.



New York State
**Trauma-Informed Network
& Resource Center**

A project funded by



**Office of
Mental Health**



TODAY'S PRESENTER

Denise Quamina

Senior Consultant

WHO we are

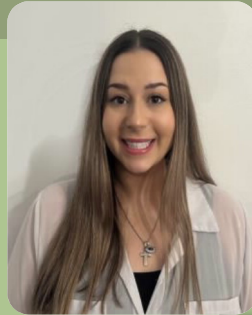
WHAT are our guiding values

HOW we work together

THE TINRC TEAM



Elizabeth Meeker
Senior Director,
The Center for Excellence
for Equity-Focused Trauma-
Responsive Practice



Margarita Tegas
Program Assistant



Denise Quamina
Senior Consultant



Anita Black
Program Operations
Manager



Josh Higgins
Community Provider
Engagement Specialist

GUIDING VALUES & PRINCIPLES

- What we do
- How we do it



LEARNING OBJECTIVES



What is Trauma



How does trauma show up in schools



How are schools responding



What are trauma sensitive/ responsive practices



DEFINING TRAUMA THE 3 E'S

EVENT

Exposure to an event or series of events that threatens the well-being of an individual or group



EFFECT

Shakes our basic beliefs about safety, predictability and trust (influences our world view)



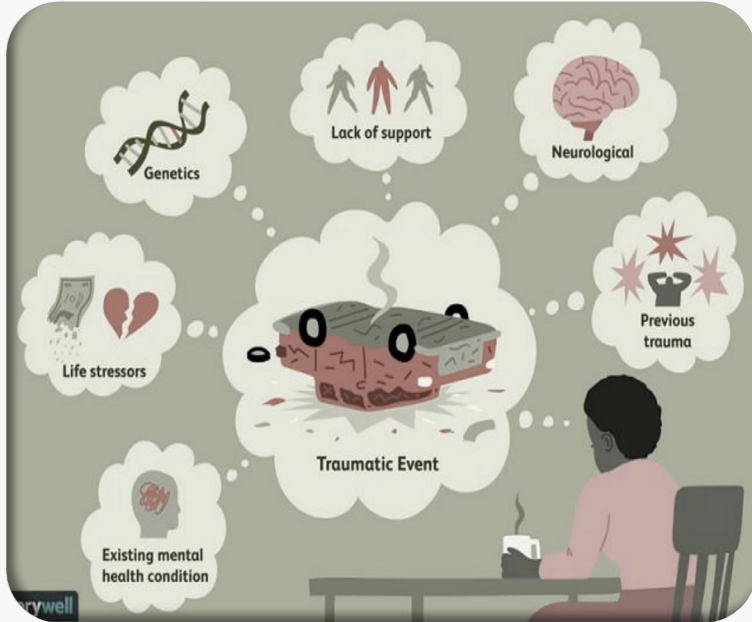
EXPERIENCE

Response to the event may include intense fear, helplessness and/or horror

A photograph of several wooden blocks arranged in a row to spell out the word "TRAUMA" in large, bold, black capital letters. The blocks are scattered around the central row, and the background is a dark, textured surface.

TYPES OF TRAUMA

ACUTE-SITUATIONAL TRAUMA

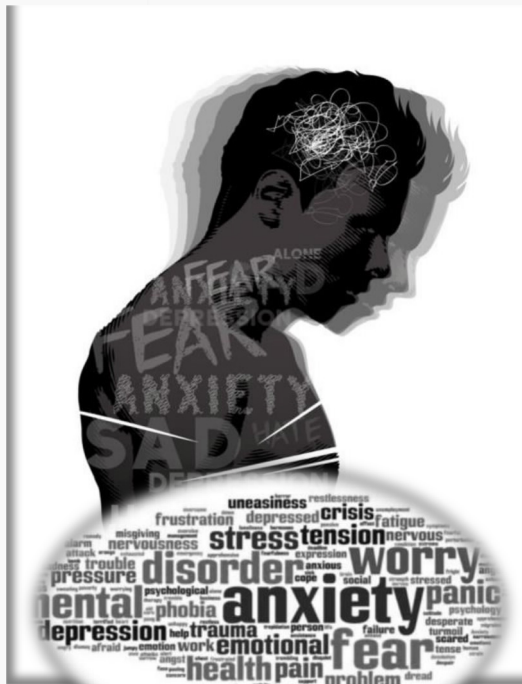


WHAT IS IT?

Refers to a single, intense, and often unexpected event or series of events that can cause significant distress, both emotionally and physically.

With appropriate support, individuals can recover.

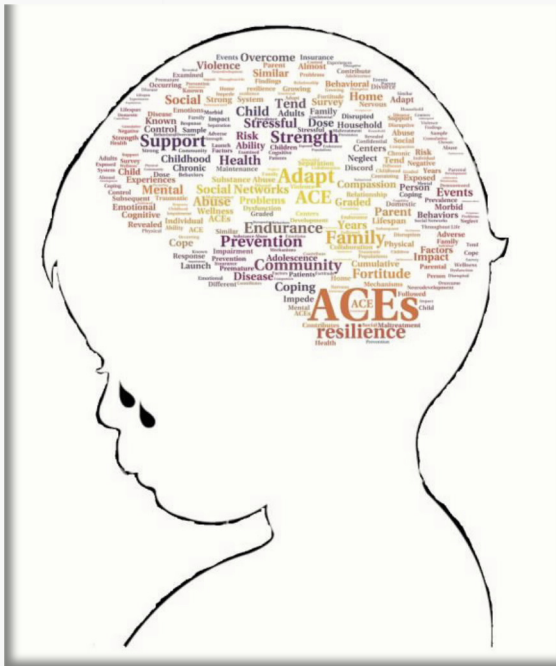
TOXIC | CHRONIC STRESS TRAUMA



WHAT IS IT?

Prolonged exposure to stressful and potentially traumatic events. Unlike acute trauma, chronic trauma is characterized by its persistence over an extended period with no supports.

COMPLEX TRAUMA



WHAT IS IT?

Involves exposure to multiple and varied traumatic events, often of an interpersonal nature, typically occurring within a relationship where there is an expectation of trust or caregiving.

There is no support.

HISTORICAL | INTERGENERATIONAL | CULTURAL

WHAT IS IT?

It's the transferring of trauma from one generation to the next. When the effects of trauma experienced by one generation influence the psychological, emotional, or social well-being of subsequent generations. This trauma can affect the mental health and coping mechanisms of entire communities or families.

Examples: Slavery, the Holocaust of Jews and Indigenous People, etc.



SECONDARY & VICARIOUS TRAUMA

WHAT IS IT?

SECONDARY: Can result from a single exposure to another person's experience of hearing about traumatic episodes on a regular basis. Hearing or experiencing another's trauma experiences.

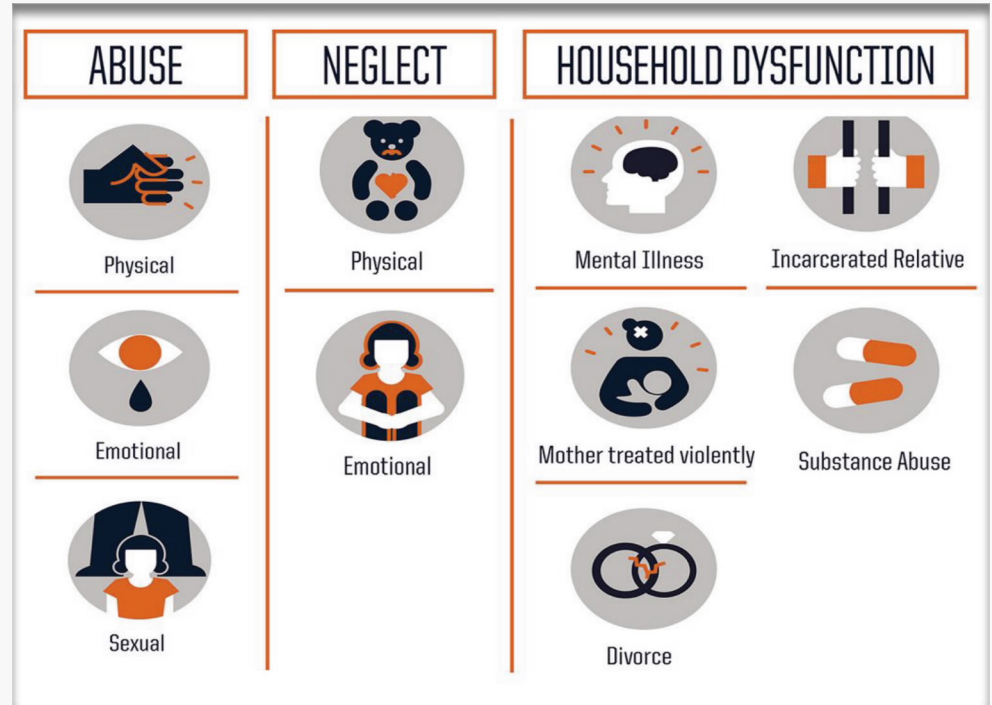
VICARIOUS Response resulting from exposure to others' traumatic stories over time but extends to having a distorted worldview.



ORIGINAL ACEs

WHAT ARE THE ORIGINAL ACEs?

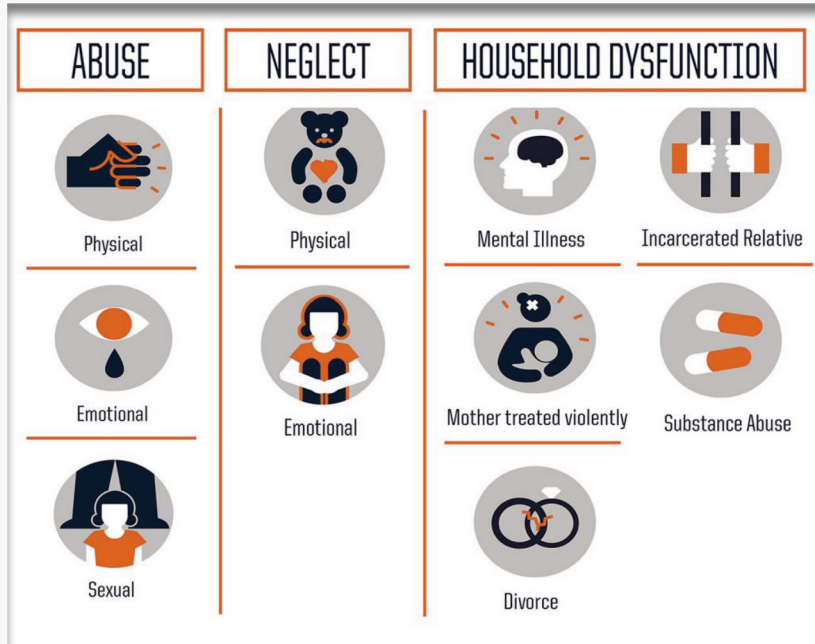
ACCORDING TO THEIR STUDY, 67% OF THE SAMPLE SIZE REPORTED TO HAVE AT LEAST ONE ACE



THE ORIGINAL ACEs ARE NOT THE WHOLE STORY

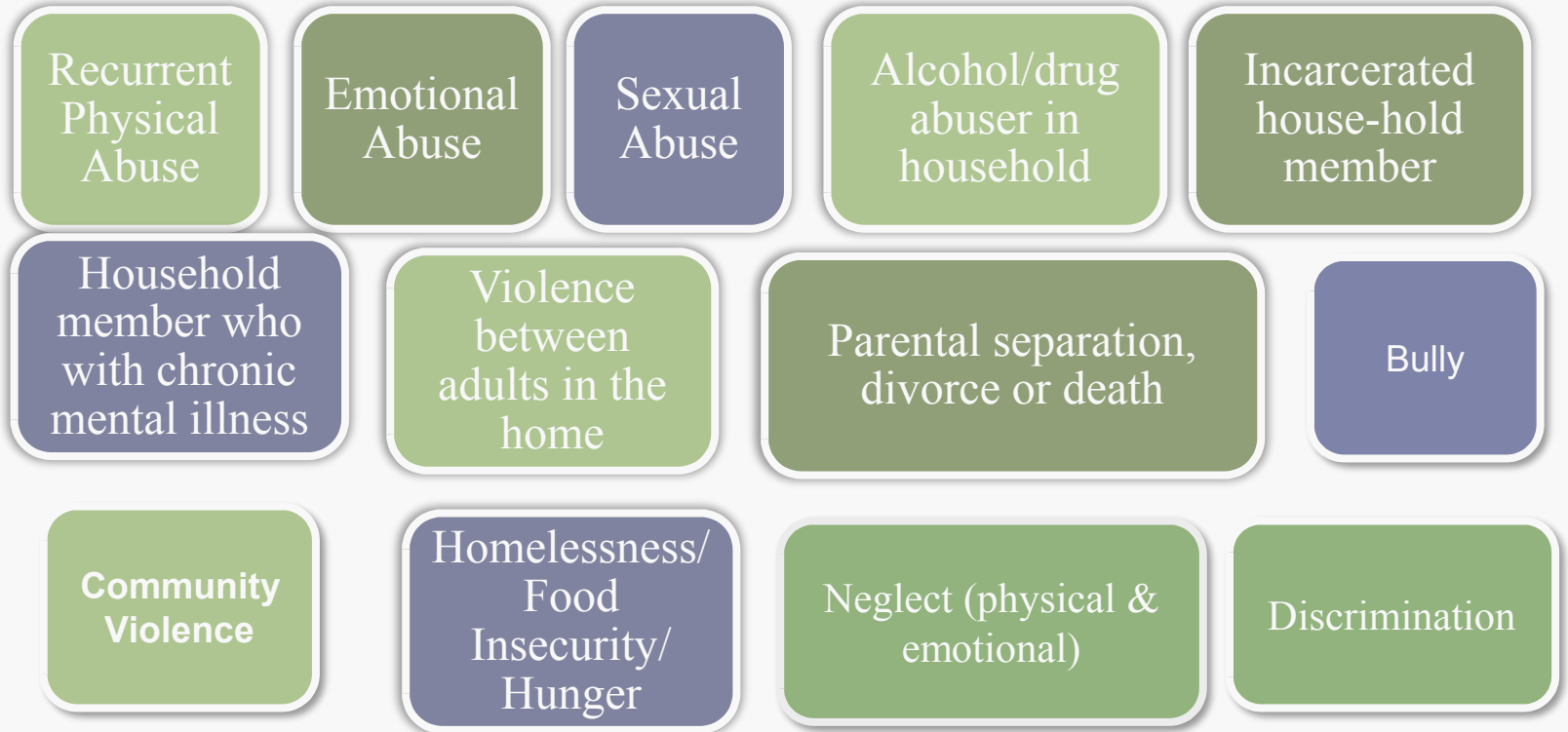
ORIGINAL ACEs

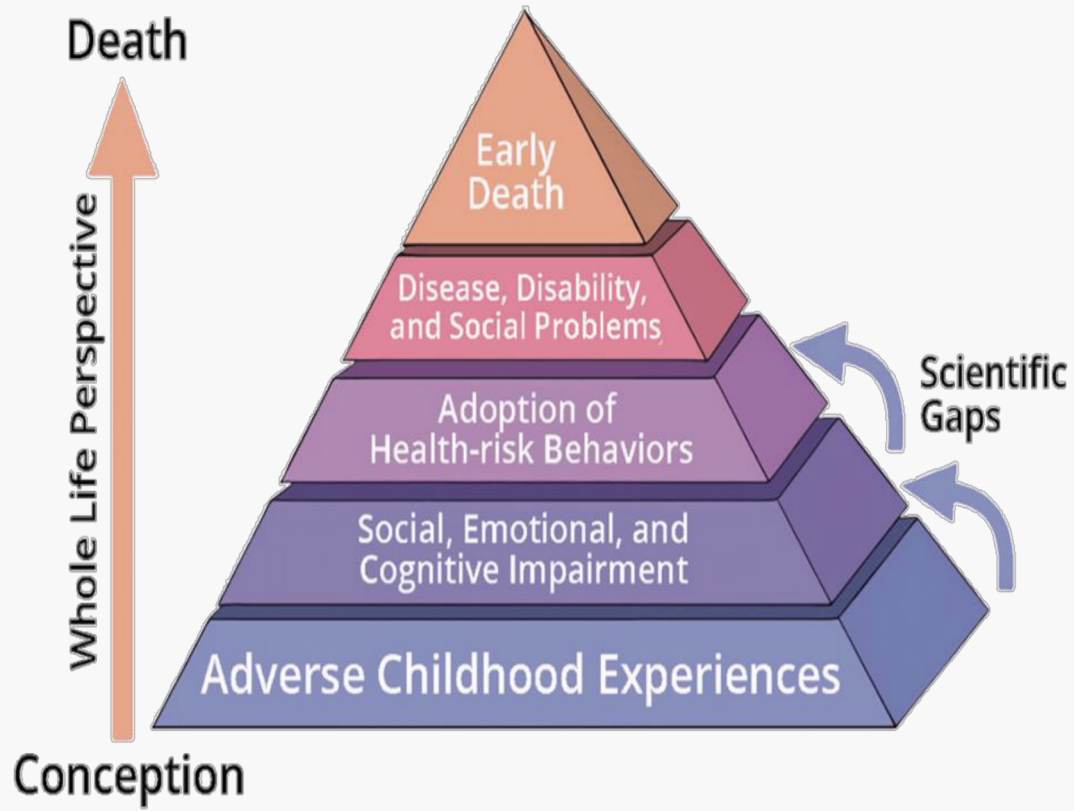
EXPANDED ACEs



In the expanded version, 83% of those surveyed reported as having one or more ACE.

WHAT IS AN ADVERSE CHILDHOOD EXPERIENCE(ACE)?





EFFECTS ON THE BRAIN

Trauma Responses to feeling unsafe - FIGHT, FLIGHT, FREEZE, AND FAWN

Students who live with toxic stress eventually results in a re-wiring of the neurons in their brains

They will have an altered baseline, such that the internal state of calm is rarely obtained (Perry)

Even though the situation does not warrant it, they remain in a alarmed state. They are living in the brain stem and mid-brain. Giving very little usage to the frontal cortex

The frontal cortex becomes under-developed due to its under-use.

The longer they live in that environment, the more the brainstem and the mid-brain will be over developed and the frontal cortex under-developed

ACEs AND SCHOOL PERFORMANCE

Students dealing with trauma are:

2 ½ times more likely to fail a grade

Score lower on standardized assessments

Are suspended or expelled more often

According to research from the Washington State University Area Health Education Center, children who have an **ACE score of 3** are more than 2x as likely to be suspended from school, 6x's more likely to experience behavioral problems, 5x's more likely to have severe attendance issues.

They also have reduced reading ability and lower grade point averages.

Have more receptive and expressive language difficulties

Are designated to special education more frequently

TRAUMA DISTORTS WORLD VIEWS

THE NARRATIVES THEY TELL THEMSELVES...



- I am not safe / world is not safe
- I cannot trust others
- I cannot trust myself
- I cannot depend upon others
- It's my fault / I deserve bad to happen to me
- I am not worthy of care
- I am powerless

MISREADING BEHAVIORS

FIGHT
Physical Arousal

Student struggle to regain or hold on to power, especially when feeling coerced

Mislabeled as:
Non-compliant or combative

FLIGHT
Withdrawal & Escape

Youth disengages or runs away and “check outs” emotionally

Mislabeled as:
Uncooperative or resistant

FREEZE
Stilling & Constricting

Youth given in to those in positions or power, does not or is unable to speak up

Mislabeled as:
Passive or unmotivated

Fawn
Pleasing/
Appeasing

Agreeable to situations; avoiding conflicts at the cost abandoning one’s feelings

Mislabeled as:
Respectful/ nice/
good

WHAT CAN YOU DO AS EDUCATORS?

REALIZING

- The definition
- The prevalence of trauma

RECOGNIZING

- How trauma affects all individuals involved with programs, organizations and systems, including the workforce

RESPONDING

- By putting knowledge and beliefs about healing into practice

RESIST

- Refrain from repeating the trauma or doing any further hurting.

MAKING THE SHIFT

MOVE FROM A MINDSET
OF *"What's wrong with you?"*

TO

"What happened to you?"

- Making this shift automatically changes your thinking from blame/accusatory to curiosity/judgement free.
- Students tend to be more willing to tell what happened.

CHECK
YOURSELF

How are
you
showing
up?

What are
your
triggers?

The Trauma Informed Network Resource Center (TINRC)

offers

TRAUMA RESPONSIVE AND RESILIENCE INFORMED CARE (TRRIC) TRAINING OPPORTUNITIES

Tending The Roots Training | 6 hours

Direct training delivery options:

- 1 full day
- 2-3 hours sessions
- 3/2-hours sessions

It is recommended that if breaking up presentation, try to arrange their deliveries in proximity timewise.

Tending The Roots_ Instructor Level
Train a cohort of staff members with the expectation that they become trainers for your schools

3-full days of training

- 2 days of training (Thursday & Friday)
- 1 day for teach back (Friday a week later)

For more Information:



Breath-Body-Mind

The New York State Trauma Informed Network and Resource Center (NYS TINRC) is pleased to be able to **host Breath Body Mind (BBM) Practice and Training opportunities** for individuals across New York State. BBM teaches gentle evidence based, trauma sensitive practices that provide rapid stress relief and with practice over time, improve stress resilience.



Virtual Practice & Offerings

- Practice Sessions
- Information Sessions
- Fundamentals Course (training)
- 4-Week Workshop Series
- Teacher Training Level-1

ALL of the BBM Practice sessions, workshops, trainings, and opportunities are available to all New Yorkers and are free of charge.

Upcoming Training Opportunity

I invite you to join me in 3- 2 hours sessions on taking a deeper look at:

- The different types of trauma, including ACES, racism & discrimination
- The effects it has on the brain, learning and behavior
- Building resilience in students and staff
- Vicarious and secondary trauma
- Self care/ we care (taking care of each other)
- Trauma Responsiveness

March 13, 27 and April 10: 9:30am-11:30am

CEUs will be awarded to Social Workers who participates in all three sessions!!!!

ANY QUESTIONS OR FINAL THOUGHTS



Thank you!



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