

BACKGROUND

What is child traumatic stress (CTS)?

Child traumatic stress may develop after a child feels intensely threatened by an event he or she is involved in or witnesses (e.g., car accident, witnessing violence, child abuse). If left unrecognized, CTS may have devastating consequences in mental and physical health, school performance, and relationships.

Why trauma-informed schools?

One in four children have been exposed to a traumatic event that may have a lasting impact on the well-being and functioning of students and their families. By understanding how trauma impacts students and adopting a trauma informed approach, educators can play a crucial role in mitigating both the short and long term effects of trauma. This interactive workshop will leave you with a renewed commitment to reach some of the most vulnerable students and their families.

Why now?

In January of 2015, the ND Department of Public Instruction, in collaboration with the Mid-Dakota Education Cooperative, funded the development of the Trauma Sensitive School professional development curriculum for educators in North Dakota. This curriculum provides an overview of childhood trauma and how it manifests in the classroom. Additionally, the curriculum provides practical strategies to support students exposed to trauma, and has been pilot tested in several ND schools. The initial response has been overwhelmingly positive. We hope you will consider sharing it with your staff.

GET THE FACTS

Fact: One out of every four children attending school has been exposed to a traumatic event.

FACT: Trauma can impact school performance

- Lower GPA
- Higher rate of school absences
- Increased drop-out
- More suspensions and expulsions

FACT: Trauma can impair a multitude of competencies that impact learning and engagement.

- Concentration and attention
- Managing behavior
- Negotiating relationships
- Regulating emotions
- Executive functioning

FACT: Trauma is not a new phenomenon but today we know much more about its profound effects than we did ten years ago.

FACT: Educators can help a child experiencing traumatic stress.

- Learn about traumatic stress and how it manifests in the classroom.
- Enhance children's sense of psychological safety
- Be sensitive to trauma reminders
- Recognize that behavior problems may be related to traumatic experiences

OVERVIEW OF CURRICULUM

Module 1: Introduction to Childhood Trauma

Designed to provide overview of the effects of childhood trauma and its impacts on student behavior and learning
Mental Health Indicator A, B

Module 2: Neurobiology of Trauma & Resilience

Provides basic overview of how trauma impacts brain development and learning highlighting the ACE Study
*Mental Health Indicator A, B
Suicide Prevention Indicator A*

Module 3: Trauma-Sensitive Strategies—Part I

Provides insight into how to increase psychological safety, rationale for trauma screening, and focusing on strengths
Mental Health Indicator C

Module 4: Trauma-Sensitive Strategies—Part II

Highlights enhancing coping skills, engaging families and making mental health referrals
Mental Health Indicator C

Module 5: Taking Care of You

Provides an understanding of secondary traumatic stress and strategies for supporting staff
Mental Health Indicator C

SCHEDULE A TRAINING

Contact your Regional Education Association to schedule Trauma Sensitive Schools training for staff in your school.

If you are interested in hosting a Training of Trainers event, please contact:

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PILOT PROJECT TRAINERS:

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TSS Curriculum created in collaboration with:



Disseminated in collaboration with:



TRAUMA SENSITIVE SCHOOLS:

A NEW PERSPECTIVE ON STUDENT BEHAVIOR AND LEARNING

Developed by:
Heather Simonich, MA, LPC

A Professional Development Opportunity for Educators