

Trauma Informed Practices

Date: 5/20/2020

Presenters:

*Sean Ricks, Sr. Manager- Behavior and Crisis
Intervention*

*Lindsey Thompson, Ed.,S., LSSP
Social and Emotional Learning Department*



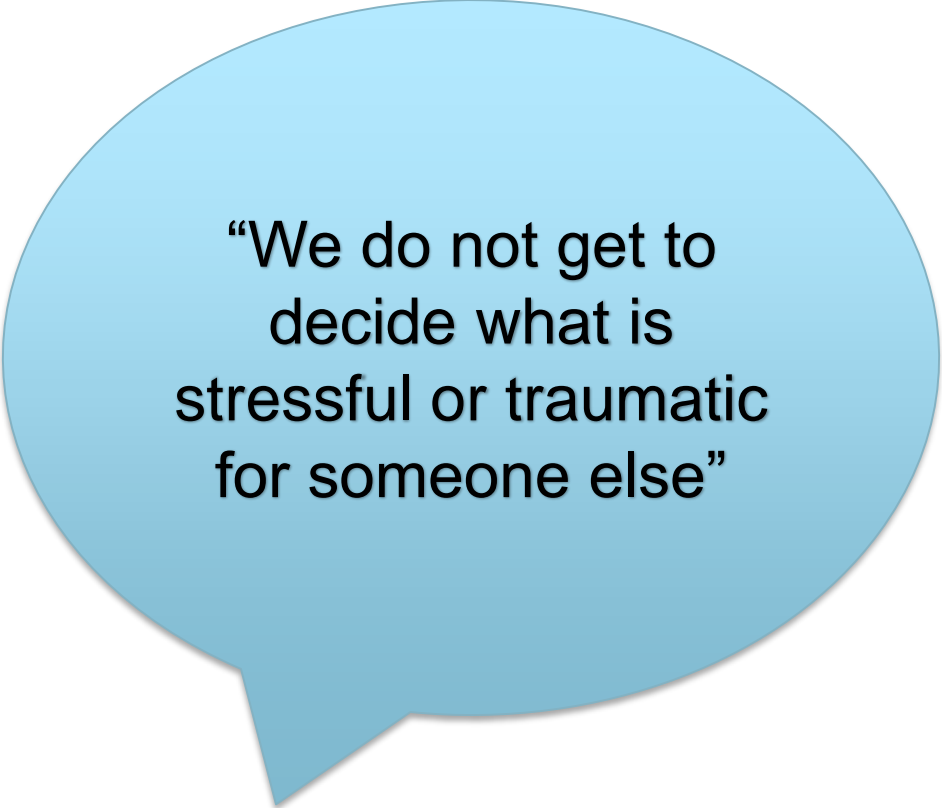
Learning Objectives

- Participants will learn different types of trauma
- Participants will learn the signs/symptoms and triggers of trauma
- Participants will learn the impact of trauma on students, teachers, parents and schools
- Participants will learn about trauma informed practices and what it looks like in the classroom/school setting

What is Trauma

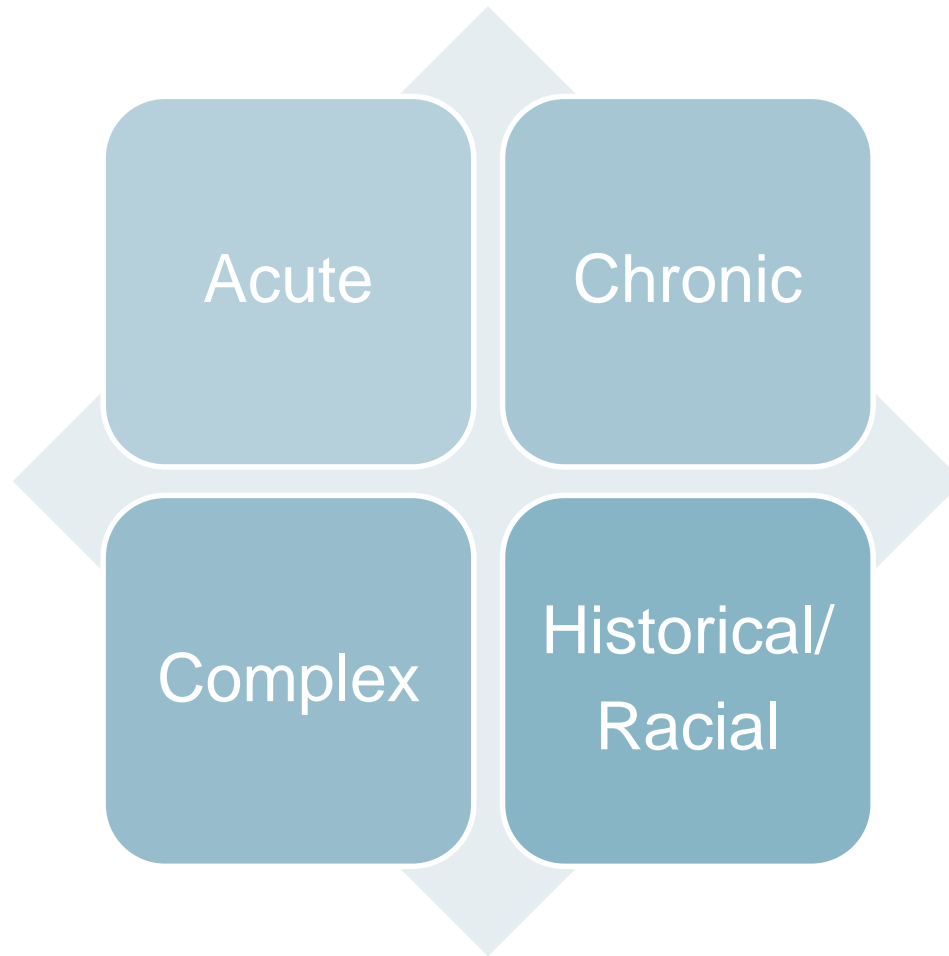
- The three “E’s” of trauma
- Trauma refers to an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects.

Trauma is Individualized



“We do not get to
decide what is
stressful or traumatic
for someone else”

Types of Trauma





WHAT DOES TRAUMA LOOK LIKE

Symptoms and Common Triggers of Trauma

Symptoms

- Nightmares
- Flashbacks
- Fight/Flight/Freeze
- Dissociation
- Hyperarousal
- Misinterpretation of cues
- Overreaction

Triggers

- Unpredictability or sudden change
- Transitions
- Loss of control
- Feelings of rejection
- Confrontation, authority, or limit setting

Impact of Trauma on Students

- Physical symptoms such as headaches, stomachaches, poor appetite, and decline in self-care
- Intense feelings of fear, anxiety
- Difficulty identifying how they are feeling and controlling their emotional reactions
- Angry or aggressive outbursts
- A desire to withdraw from peers and adults
- A tendency to engage in risk-taking behaviors
- Trouble trusting adults and peers, reading social cues, and building relationships

Impact of Trauma on Parents



- Difficulty managing emotions and controlling behaviors
- Difficulty forming relationships
- Increased risk for substance abuse, depression, and PTSD that negatively impact parenting
- Trouble managing stress related to their child's difficult behaviors
- Feelings of embarrassment, shame, fear, or guilt about their child's behaviors or needs

Impact of Trauma on Staff



- Increased anxiety
- Reduced energy and focus
- Trouble regulating emotions
- Difficulty managing responses to students and parents
- Diminished capacity to maintain positive relationships
- Poor attendance or work performance

Impact of Trauma on Staff

Secondary Traumatic Stress:

“The emotional duress that results when an individual hears about the first hand trauma experiences of another”



Impact of Trauma on Schools

- Students more likely to escalate
- Adults more reactive, controlling, and punitive
- Negative impact on school safety and culture
- Increased risk for harm
- Decrease in academic achievement

What are Trauma Informed Practices?

A framework that involves understanding, recognizing and responding to the effects of all types of trauma



Perspective Change

From: “What is wrong with this student?”
“Why are you like this?”



To: “What has this student been through?”
“What happened to you?” “How can I help?”

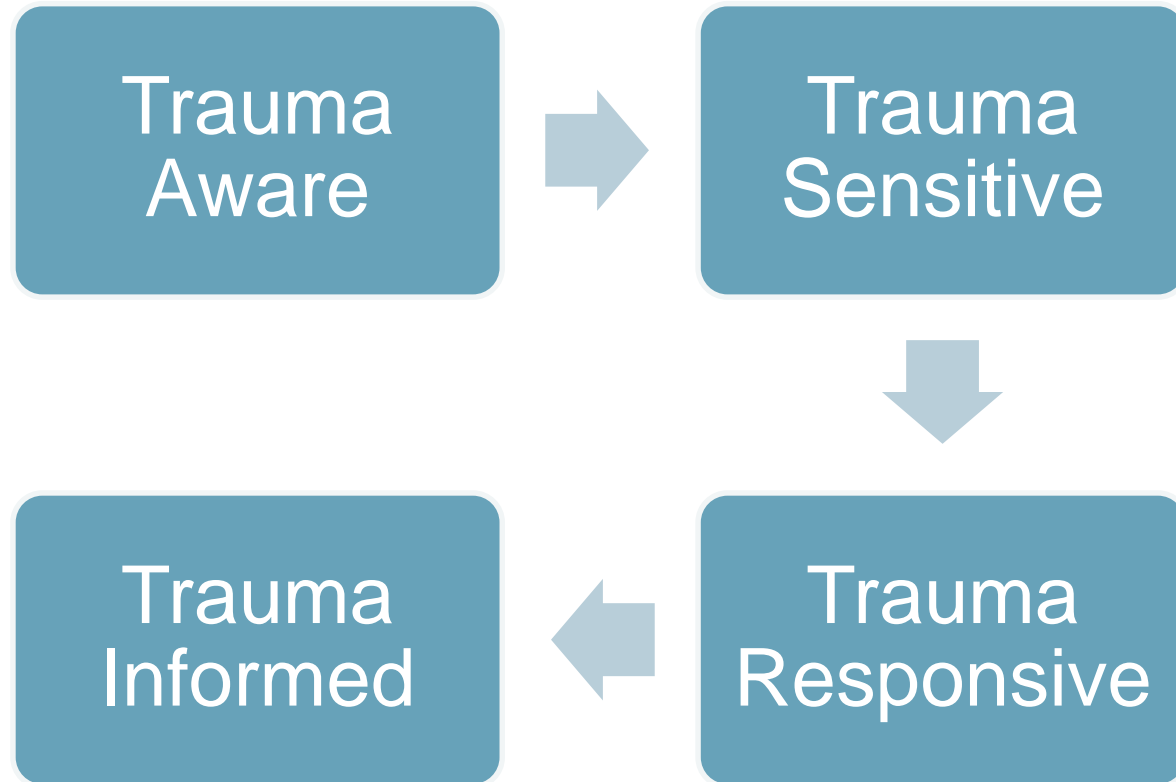
Perception Matters

- When we think “this student can do it and they just aren’t doing it” or we think “this student just isn’t motivated”...
- We tend to have heightened emotions and become dysregulated ourselves. (e.g.: angry, impatient, frustrated).

How do we VIEW students?

Uninformed Lens	Trauma Informed Lens
Unmotivated	Overwhelmed
Attention-Seeking	Feeling unheard, Looking for Connection
Uncontrollable	Difficulty regulating emotions
Disrespectful	Feeling threatened
Acting Out	Seeking to get needs met
Student needs consequences to correct behavior	Student needs to learn skills to regulate emotions & we need to provide support

Trauma Informed Practice is a Journey



Trauma Informed Schools and Classrooms



- Replace punishment, which doesn't work, with a system to give kids tools so that they can learn how to recognize their reaction to stress and to control it.
- Ease transitions.
- Provide choice.
- Build positive relationships and accept students no matter what behaviors emerge.
- Make an “out” plan. Create a way for a student to take space if they feel triggered or overwhelmed during class.
- Practice Self-Care.

Trauma Sensitive Schools: A Universal Approach

- All school staff members recognize and understand student responses to trauma, and practices that support healing and resilience are embedded schoolwide.
- May require changes to mission, vision, practices, policies, and culture
- Ensures support for all students and enhances identification of students with more intensive needs
- Encourages partnerships with community organizations to ensure needed resources are available

Resources

- Email the Social and Emotional Learning Department at: hisdsl@houstonisd.org
- Texas Children's Hospital-Trauma and Grief Center: 832-822-3829
- Suicide Hotline: 1-800-273-TALK (8255)
- Crisis Text line: Text "Talk" to 741-741
- Always call **911** in the event of an emergency
- HISD Employee Assistance Program (EAP): 1-833-812-5181

Thank you

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