

A Simple Intro to Trauma Informed Care



Agenda

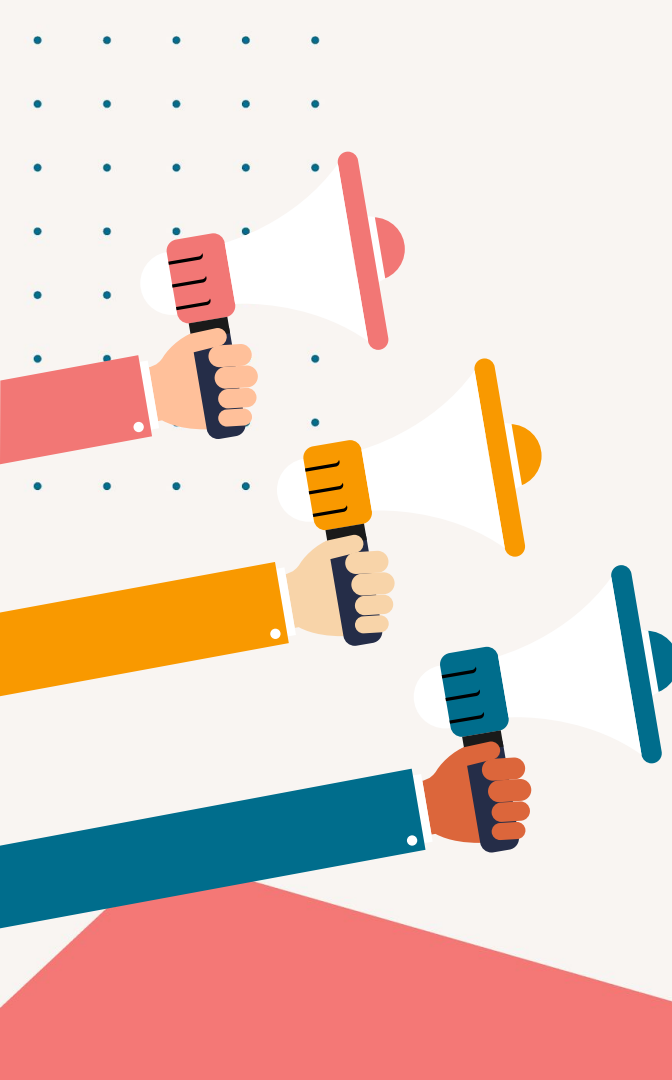


01 Define Trauma

02 Identify Causes and Characteristics of Trauma, Including A.C.E.S.

03 Identify How Trauma Impacts Learning

04 Understand How to Create Safe Space using Trauma Informed Care



Hello!

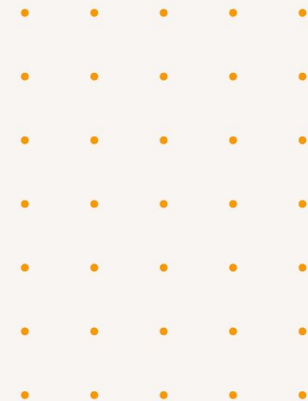
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What Is Trauma?

“Individual trauma results from 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** on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

Substance Abuse and Mental Health Services Administration

(SAMHSA)

Trauma May Be A Response To:

- Accident
- Violence
- Tragedy
- Death
- Natural Disaster
- Abuse
- Abandonment
- Food Insecurity



Time Out

What does this have to do with kids and early childhood development?



Activity

In your Breakout Room:

1. Review your childhood experience
2. Which of these might be defined as Trauma?
3. What type of behaviors do you think you might see from a child experiencing this?
4. What might be long term effects of this experience?



ACEs

Adverse Childhood Experiences

<https://vimeo.com/139998006>

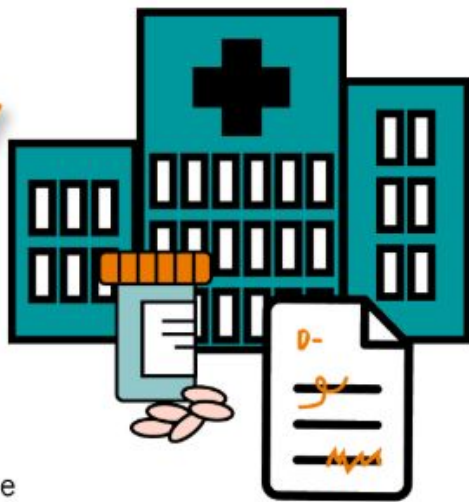
WHAT ARE ACES?

AND HOW DO THEY RELATE TO TOXIC STRESS?

"ACEs" stands for "Adverse Childhood Experiences." These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.



The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.



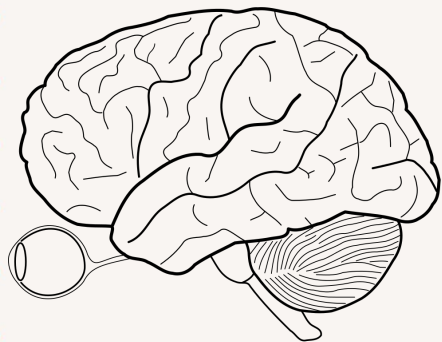
TOXIC STRESS EXPLAINS HOW ACEs "GET UNDER THE SKIN."

Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what's known as toxic stress. This excessive activation of the stress-response system can lead to long-lasting wear-and-tear on the body and brain.



The effect would be similar to revving a car engine for days or weeks at a time.

Science has proven that Trauma changes the development of the brain



Neurodevelopmental Changes Include:

PREFRONTAL CORTEX

The brain's "Thinking Center". Trauma impacts memory, decision making and cognitive development

Becomes
UNDERactive

AMYGDALA

the brain's alarm system.
The FEAR Center
Impacts decision making and emotional reactions.

Becomes
OVERactive

ANTERIOR CORTEX

The brain's Emotion Regulation Center. Helps us regulate our behavior and big emotions.

Becomes
UNDERactive



Trauma's Impact on the Brain

Exposure to chronic, prolonged traumatic experiences has the potential to alter children's brains, which may cause longer-term effects in areas such as:

- **Attachment:** Trouble with relationships, boundaries, empathy, and social isolation
- **Physical Health:** Impaired sensorimotor development, coordination problems, increased medical problems, and somatic symptoms
- **Emotional Regulation:** Difficulty identifying or labeling feelings and communicating needs
- **Dissociation:** Altered states of consciousness, amnesia, impaired memory
- **Cognitive Ability:** Problems with focus, learning, processing new information, language development, planning and orientation to time and space
- **Self-Concept:** Lack of consistent sense of self, body image issues, low self-esteem, shame and guilt
- **Behavioral Control:** Difficulty controlling impulses, oppositional behavior, aggression, disrupted sleep and eating patterns, trauma re-enactment

Source: Cook, et al, 2005

Possible Impacts of Trauma

Emotional Signs

- Sadness
- Anger
- Denial
- Fear
- Shame
- Impulsive or hypervigilant

May lead to:

- Nightmares
- Insomnia
- Difficulty with relationships
- Emotional outbursts
- Nausea
- Changes in appetite
- Bed wetting

Psychological Disorders

- PTSD
- Depression
- Anxiety
- Dissociative Disorder
- Substance misuse and substance abuse





How trauma affects Learning

- Impaired concentration
- Reduced attendance
- Impaired cognitive processing
- Impaired memory
- Classroom outbursts
- Social isolation
- Difficulty starting new tasks
- Problem solving impairments
- Difficulty responding to questions
- Difficulty following directions

The Trauma Informed Shift

What is Wrong with You?



What Happened to You?



Becoming “trauma-informed” means recognizing that survivors are unique individuals who have experienced extremely abnormal situations and have managed as best they could.



As Trauma Informed Practitioners:

We seek to :

- Avoid re-traumatizing individuals
- Create safe environments
- Empower survivor through collaboration and choice

Understanding the impact of trauma is an important first step in becoming a compassionate and supportive community.



Creating Safe Space

Practical ways to be trauma informed with young people (handouts included)



Trauma Informed Practice

Provide a safe environment.

Be predictable.

Remain consistent in interactions.

Keep a calm demeanor.

Provide a structured classroom.

Allow the student to make choices.

Make accommodations based upon educational needs.

Remain aware of our own biases and triggers.

Just Breathe

<https://amysmartgirls.com/short-film-just-breathe-helps-kids-deal-with-emotions-1b4f91dac5ad>

TAPPING

<https://www.youtube.com/watch?v=MAnQC1Sb530&list=RDCMUcF5ihzEexpCOluB2AA9oh2Q&index=2>

Calm Classroom

<https://www.youtube.com/watch?v=jKSkAtFUjo0>



In Conclusion

"The hallmarks of trauma-informed practice are when the practitioner *puts the realities of the client's trauma experiences at the forefront* in engaging with the client, and *adjusts the practice approach* informed by the individual client's trauma experience."

-Katz and Haldar, *The Pedagogy of Trauma-Informed Lawyering*

Resources

- Substance Abuse Mental Health Services Administration
- KPJR Films- ACES, Trauma and Resilience
- Trauma Sensitive Schools Training
safesupportivelearning.ed.gov
- National Child Traumatic Stress Initiative



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THANK YOU!

SURVEY LINK: <https://forms.gle/tBemdqUR9er9TrBh7>

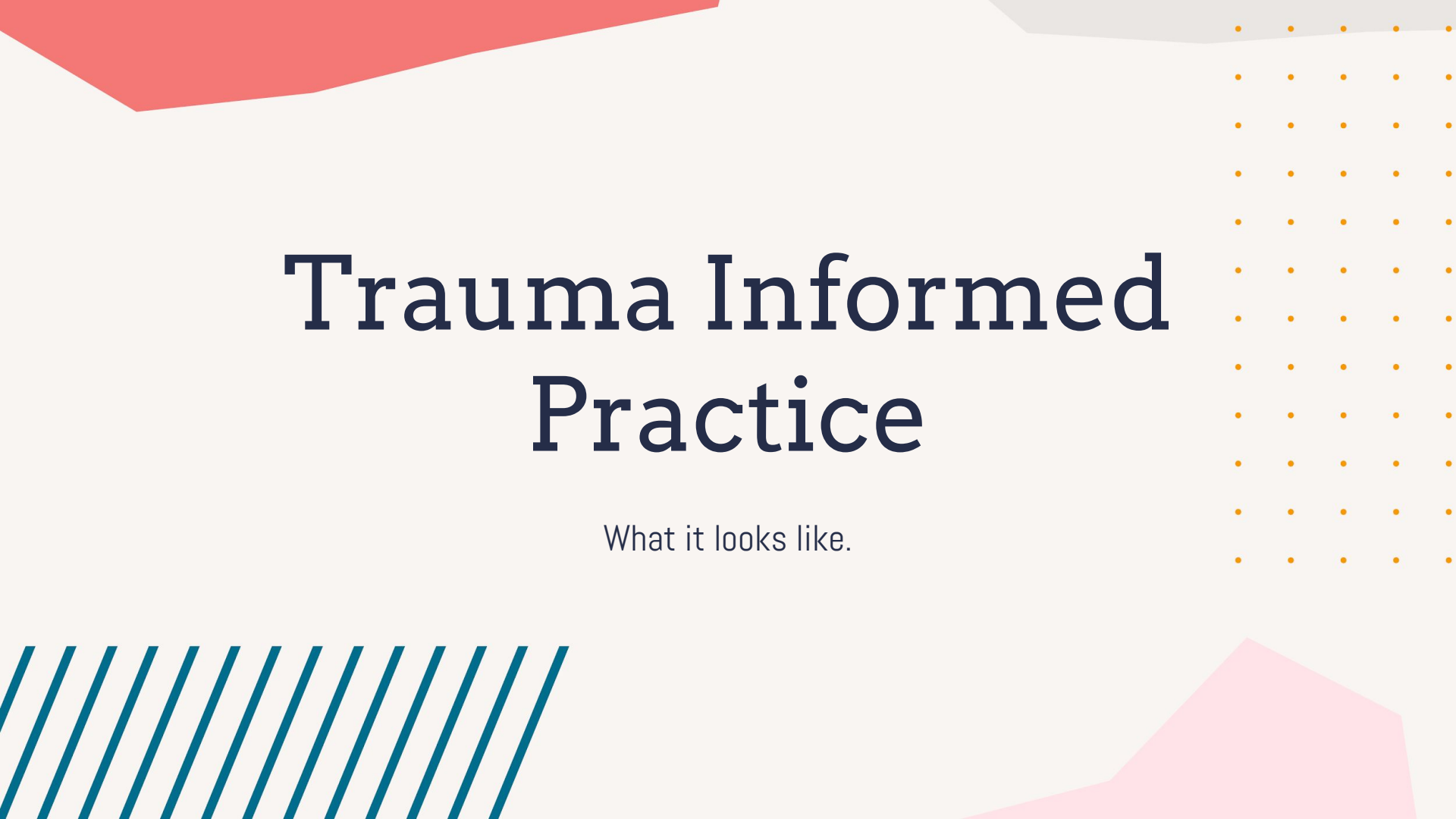
Please join us in our General Session below.

Everyone is invited!

Teach for LA - Networking & Transfer Fair
Student Panel & CSU Reps will be available to
answer questions. Raffle Prizes!!!
Friday, November 20, 2020, 11 am -12:30 pm

**REGISTRATION IS
REQUIRED!**

Certificate for this
include your first and last
that and a certificate will
recording be available?
achlarc.org website
session recordings.



Trauma Informed Practice

What it looks like.