



# Trauma –Informed Care & Recognition of Signs

**Jodi Traas,**  
**Senior Risk Management Consultant**  
**Community Insurance Corporation (CIC)**

IF I HAD A DOLLAR FOR EVERY  
TIME...

# School Staff: A Position of Trust

- Students spend a great deal of time interacting with and seeking guidance from staff members in our schools
- It is natural for these relationships to evolve over time and for trust to build
- Our students are vulnerable and we, as staff, must treat this vulnerability with caution and respect

Child Traumatic Stress is how its impact on children interferes with students' ability to function academically and socially/emotionally in a school environment

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.

# The Three E's in Trauma

**EVENTS**

**EXPERIENCE**

**EFFECTS**

**Events/circumstances  
cause trauma**

An individual's  
experience of the event  
determines whether it is  
traumatic

Effects of trauma include  
adverse physical, social,  
emotional, or spiritual  
consequences

## Breakout Groups

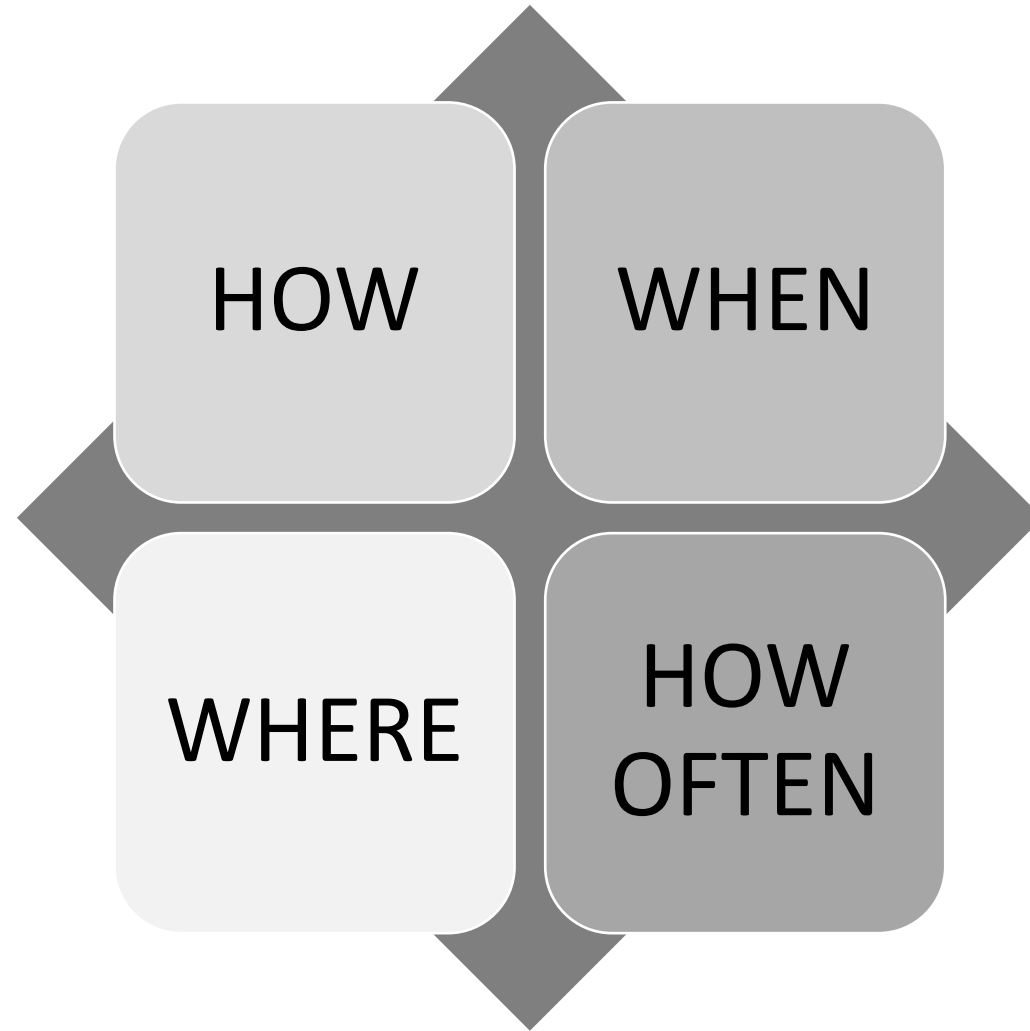
- Discuss an event which may have caused some students or staff trauma in your school, district or community this school year
- What steps has the school taken to assist students and staff

# Signs of Child Traumatic Stress



How can the same event be traumatic for one person and not for another?

Experience of trauma is affected by:



# Potential Traumatic Events

**Abuse**

Emotional

Sexual

Physical

Domestic Violence

Witnessing Violence

Bullying

Cyberbullying

# Potential Traumatic Events

**Loss**

Death

Abandonment

Neglect

Separation

Natural Disaster

Accidents

Terrorism

War - Refugees

# Potential Traumatic Events

**Chronic Stressors**

Poverty

Racism

Invasive Medical  
Procedure

Community Trauma

Historical Trauma

Family Member with  
Substance Use Disorder

Becoming anxious or fearful

Feeling guilt or shame

Having a hard time concentrating

Having difficulty sleeping

Elementary  
School  
Children

Fearing separation from parents or caregivers

Crying and/or screaming a lot

Eating poorly and losing weight

Having nightmares

## Preschool Children

# Middle & High School Children

Feeling depressed or alone

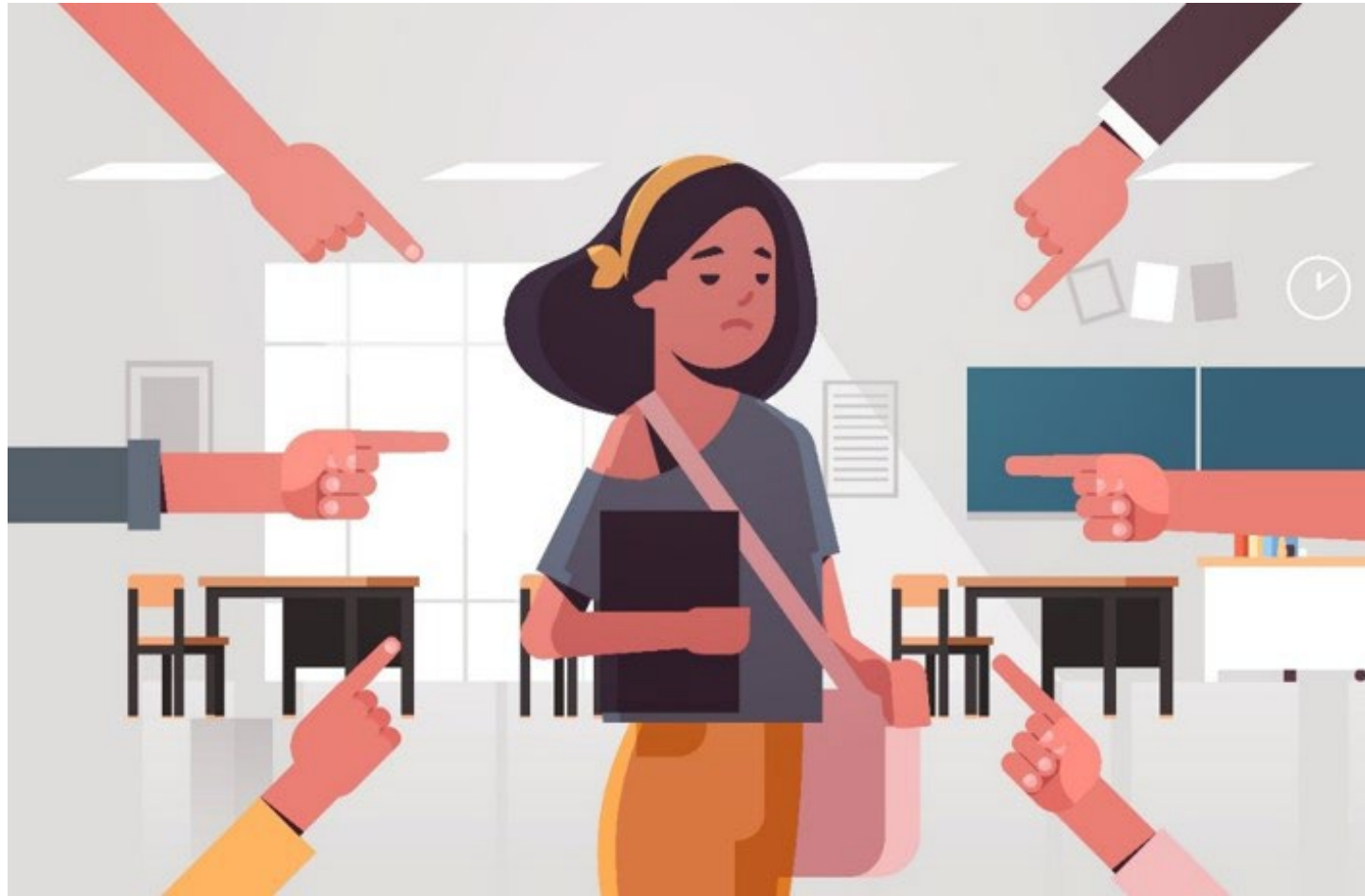
Developing eating disorders and self-harming behaviors

Beginning to abuse alcohol or drugs

Becoming sexually active



# Don't Blame the Victim!



# What to Do When Made Aware

School  
Counselor

School  
Psychologist

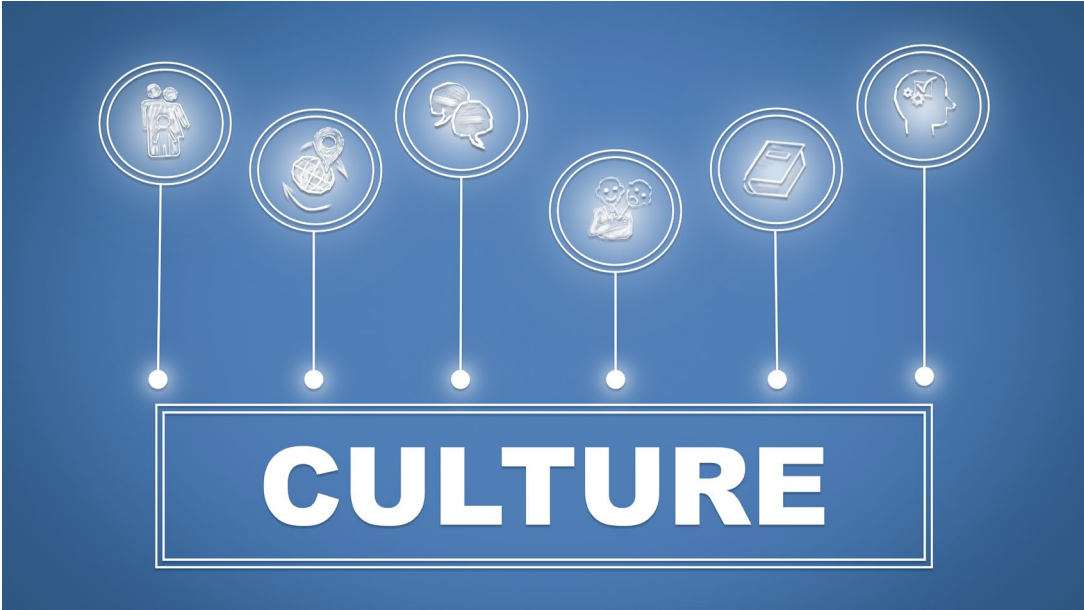
Building  
Administrator

Classroom  
Teacher/Special  
Services

School Social  
Worker/

# School Climate & Culture – Greatest Assistance

## Welcoming Environment



## Emergency Operations Plan (EOP)

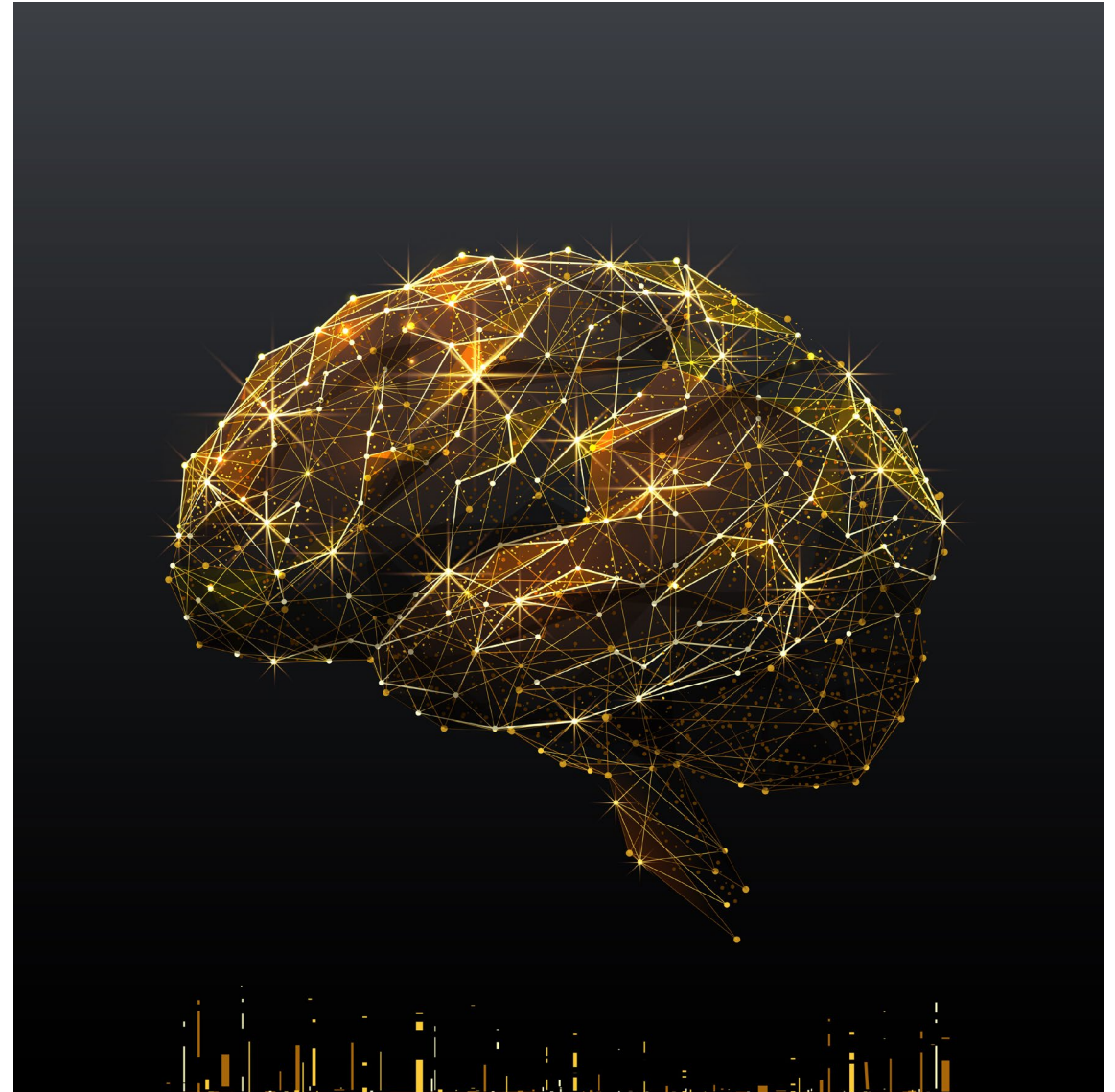


# Empathy



# FACT

- TOXIC Stress Derails Health Development
- A Stressed Brain Cannot Learn



---

Everyone has a role to play; one does not have to be a therapist to be therapeutic

---

---

---

---

# What You DO (or don't do) Matters...

