

Trauma Informed Care

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**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

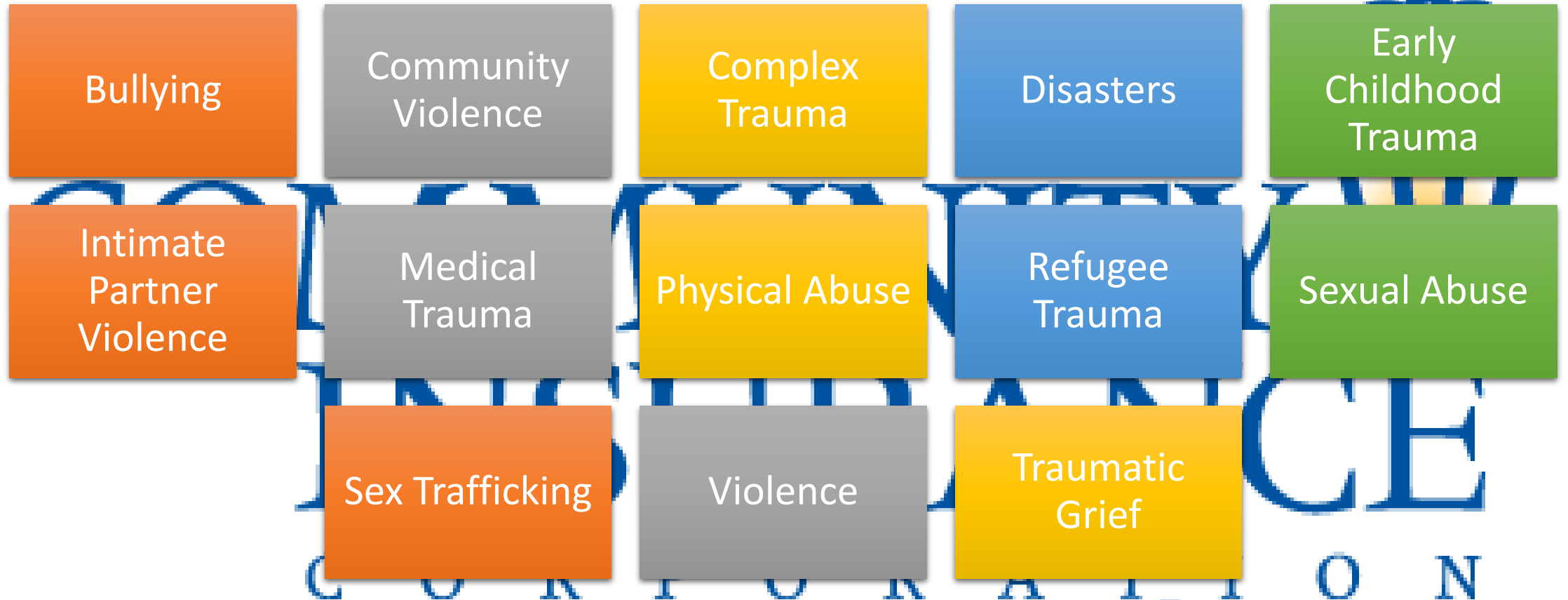
Everyone's
Reality is
vastly
different....



What is Trauma?

- When a child feels intensely threatened by an event he or she is involved in or witnesses, we call that event a trauma. There is a range of traumatic events or trauma types to which children and adolescents can be exposed.

Trauma



Breakout Groups

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

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**

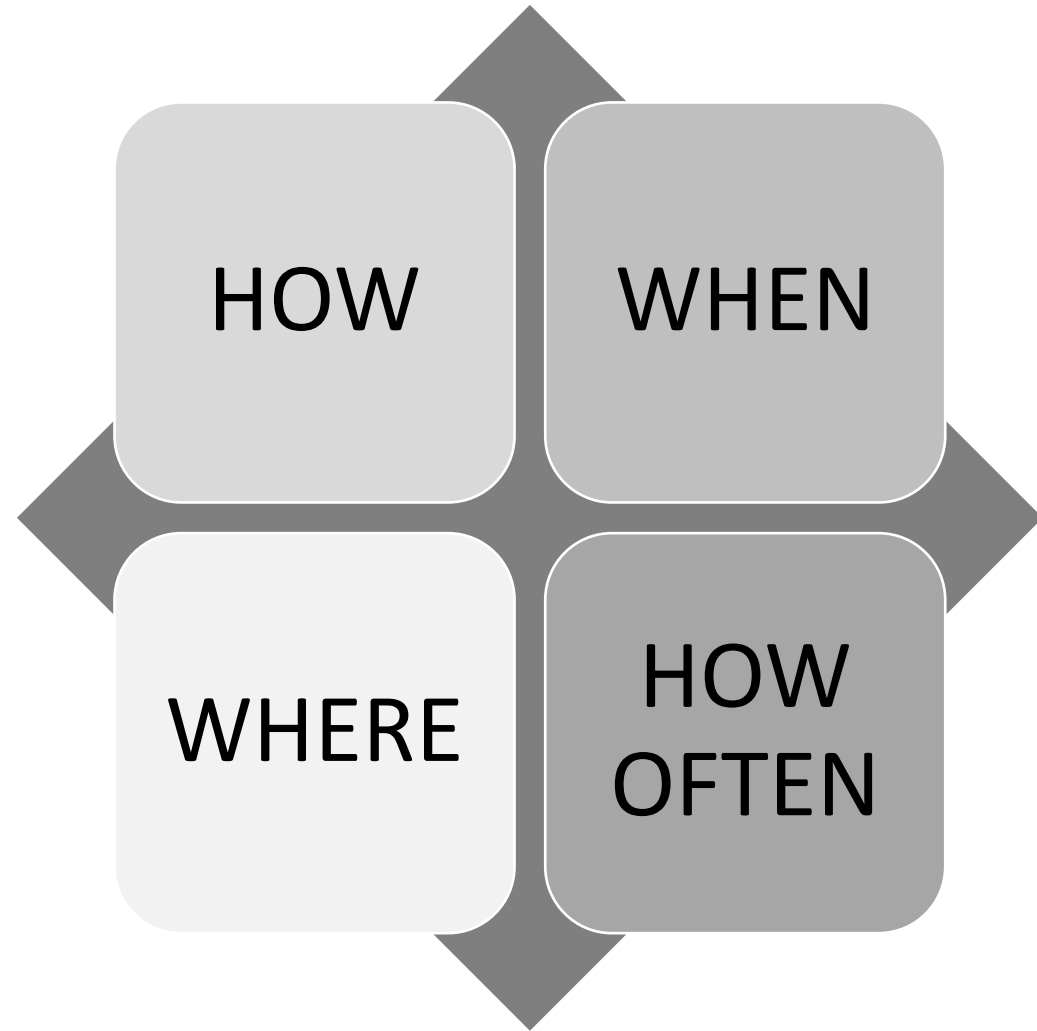
An individual's
experience of the event
determines whether it is
traumatic

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

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

Fearing separation from parents or caregivers

Crying and/or screaming a lot

Eating poorly and losing weight

Having nightmares

Preschool
Children

Becoming anxious or fearful

Feeling guilt or shame

Having a hard time concentrating

Having difficulty sleeping

Elementary
School
Children

Middle & High School Children

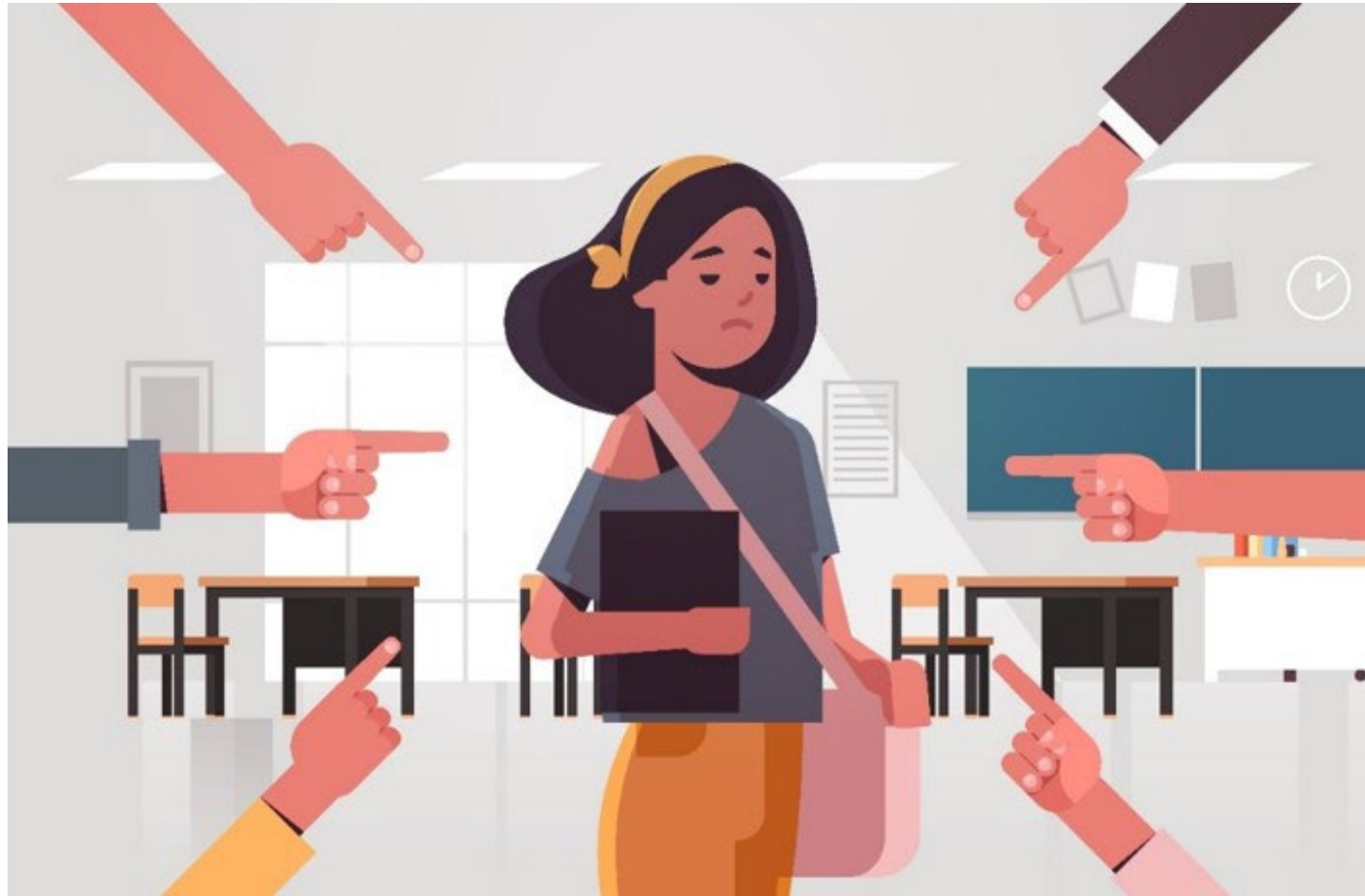
Feeling depressed or alone

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

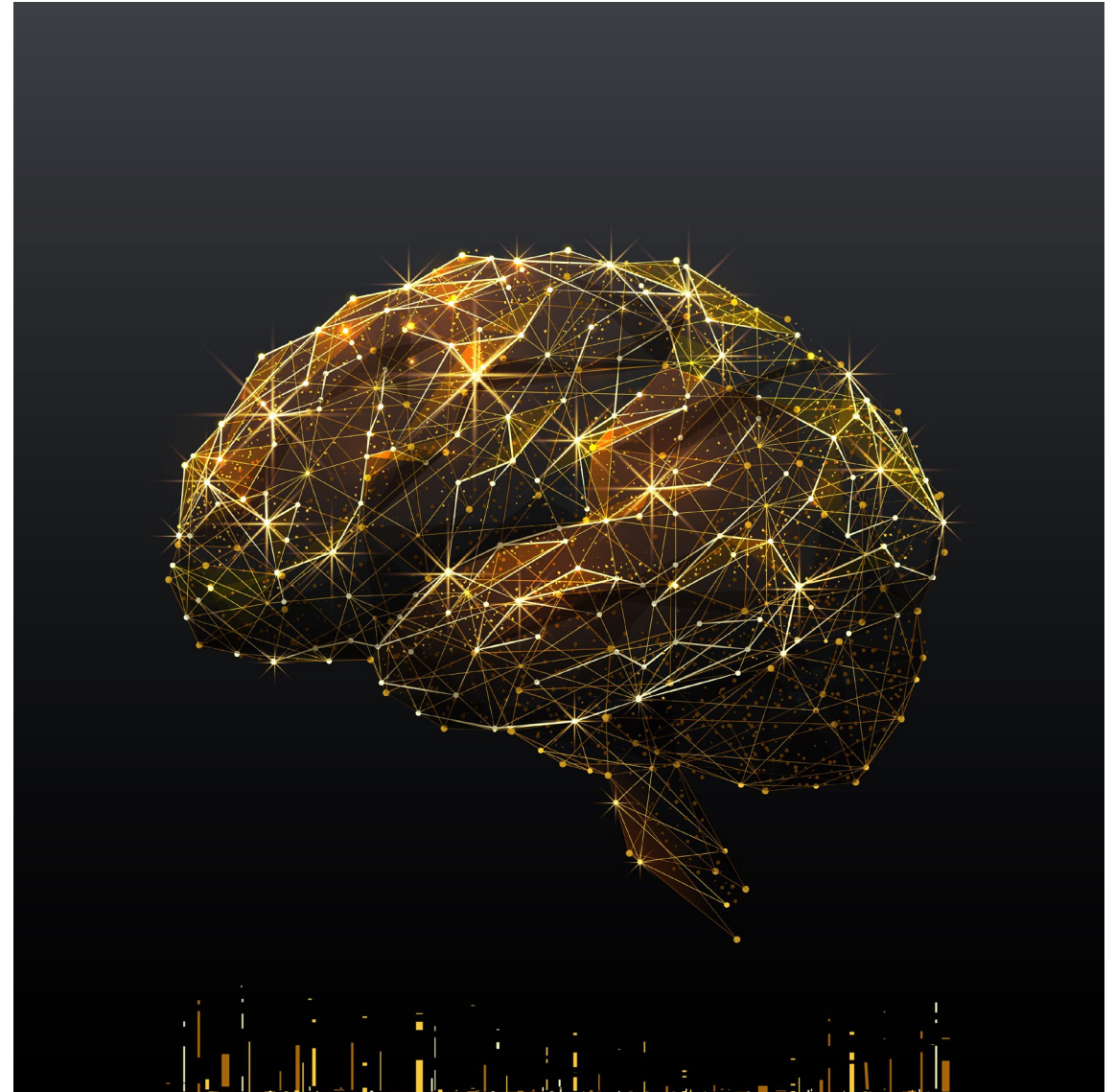
- The ability to understand and share the feelings of another.

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

Understanding Traumatic Stress in Children and Families



NCTSN

The National Child
Traumatic Stress Network

Resources

- <https://www.nctsn.org/>
- [SAMHSA - Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov/)
- <https://Rems.ed.gov>
- <https://safesupportivelearning.ed.gov/topic-research/school-climate-measurement>
- <https://www.crisisprevention.com>
- <https://www.schoolsafety.gov/>

**TOGETHER WE CAN
MAKE A DIFFERENCE!**

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