



Trauma Informed Care: The Basics

Presented by Bethanie Brogli Opell & Michelle Antle

Agenda

- Define Trauma
- Discuss ACES
- Universal precautions
- Indicators of Trauma
- Toxic Stress and the Brain
- Resiliency
- Strength based approaches



Trauma Defined

An experience that threatens an individual's life and/or **perception** of safety

- Why is perception a key word in this definition?
- What are some common childhood trauma's?
- Get over it attitude = loss of trust
 - Acknowledge and bring them back to strength

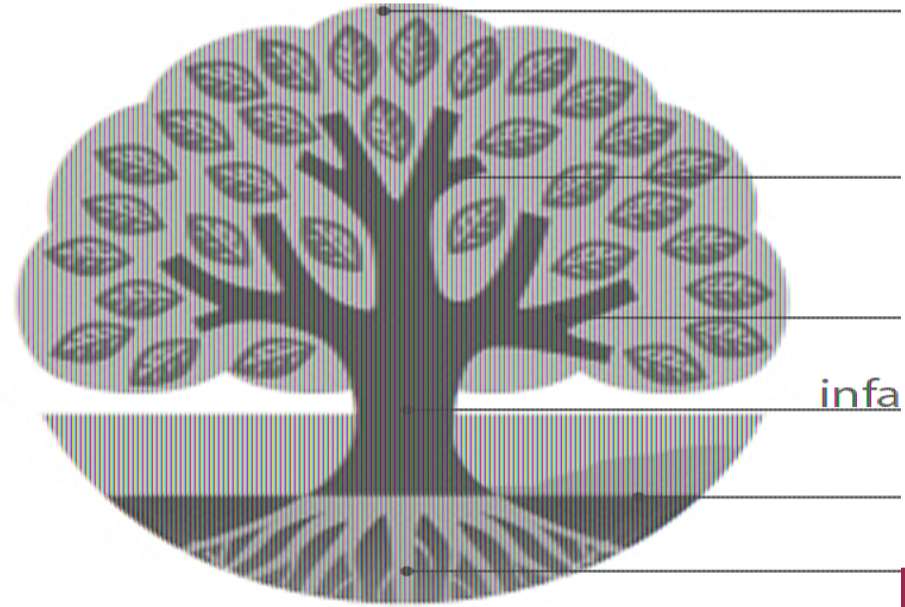


Amanda's Story



PTSD vs. Developmental Trauma Disorder

- PTSD is an adult onset disorder as defined by the DSM. Definition requires the individual to remember the event.
- Professional community is moving toward a new childhood diagnosis, Why?
 - Brain is still developing
 - Critical stage in development, but often no memory of event(s) that can be put to words.



Questions

Do you consider yourself to be Trauma Informed?

How many of you have heard of the ACES study?

- Take the ACES survey
- How'd you do?

What do you think are the average ACES in this school population?



Universal Precautions

- Take care of yourself
- Maintain a safe and positive distance



Link Between Trauma and Addiction

DID YOU KNOW?



#EndTheDrugWar

THERE IS A STRONGER LINK BETWEEN CHILDHOOD TRAUMA AND ADDICTION, THEN THERE IS BETWEEN OBESITY AND DIABETES. TWO THIRDS OF ADDICTS REPORT BEING ABUSED AS CHILDREN. THAT MEANS THAT THE WAR ON DRUGS IS A WAR ON TRAUMATIZED PEOPLE THAT JUST NEED HELP.

The National Child Traumatic Stress Network Statistics

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

- JCPS efforts to support students



KY-Specific ACES

- What are KY's 4 most prevalent ACES?
 - 30% of KY youth will experience 2 or more ACES throughout their childhood
 - 1 in 5 will experience 2 or more ACES by age 5



Indicators of Trauma

- Anxiety regarding safety
- Inability to focus
- Inability to remain seated
- Unable to transition
- Abnormal reactions to change
- Self-injury
- Irritability
- Changes in attendance
- Behavioral changes
- Increased stress related to holidays
- Change in school performance
- Hyperarousal
- Extreme sleepiness
- Nightmares
- Difficulties with accepting correction



Indicators of Trauma

- Adverse reactions to loud noises or sudden movements
- Regressive behaviors
- Sudden distrust in others
- Avoidance behaviors
- Somatic complaints
- Emotional numbing
- Feeling invisible
- Troubling thoughts of revenge
- Discomfort with feelings
- Acts tough or fearless
- Inability to cope with humiliation and perceived threats
- Engaging in risky behaviors
- Suicidal ideation



Toxic Stress and the Brain

What are the major impacts of toxic stress in a developing brain?



Trauma Triggers?

- Remain informed and sensitive to trauma related issues
- Commit to being supportive in the healing process
- Remember that the symptoms are considered adaptive instead of pathological



Trauma Informed Shift in Perspective

Trauma-informed care shifts the focus from:

What is
WRONG
with you?

to

“
What
HAPPENED
to you?
”

What is resiliency?

The ability of an individual or community to recover from stress. The ability to bounce back or rebound

- Trauma does not impact everyone the same way. Why?
- What impacts a person's ability to rebound?



How can we help?



Tips for Educators



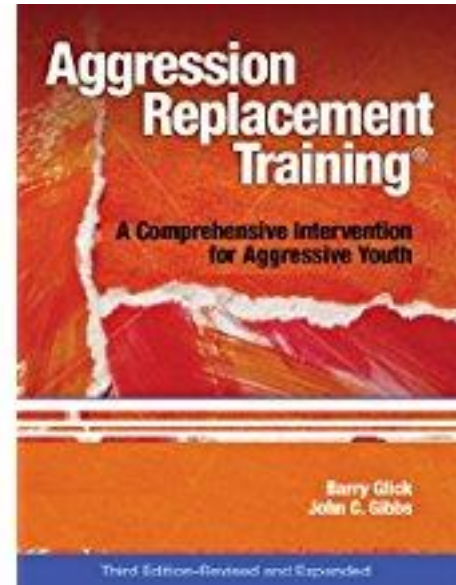
Educate Yourself

- An individual is “never too young to be impacted”
- They won’t “just outgrow it”
- They aren’t just **bad** children *trying* to be difficult and/or disruptive
- When you find out what’s at the root, your interactions often become more effective.



Always lean on the advice of specialists

- Increase your knowledge
- Research common therapy techniques
- Read books/articles recommended by the professionals



Provide structure, routine, and consistency

- Routines/structure communicate safety
- Reassured by warnings of transitions and/or change
- Bedtimes and meals are consistent
- Does not mean that every minute of the day has to be scheduled
- Follow through with rewards/logical punishments for inappropriate behaviors (solution focused)



Be gentle with transitions/change

- Give warnings for transitions, if indicated
 - Not too much, if fixation is an issue
- Advanced warning of loud/startling noises
 - Strangers visiting
 - Alarms, if allowed



Use choice as a powerful motivator

- No choice into the family of which we are born, no control
 - Crave control over something
 - Can often be perceived as manipulative as a result
- Provide outlets for making choices
 - Seating arrangement
 - Book choice
 - Reinforcement Surveys

Finding a balance is essential, too many choices can overwhelm any of us!



Focus on passions, strengths, talents & interests

- Spend time discovering students interests/passions
 - Self-image/self-confidence booster



Create a safe environment

- Everyone deserves to feel safe
- Teach/model self-calming
- Can be a physical space/tool kit
 - Helps them become self-aware of what their bodies need
 - No repercussions for using agreed upon tools



Remember that we all have bad days

every day may not be good,

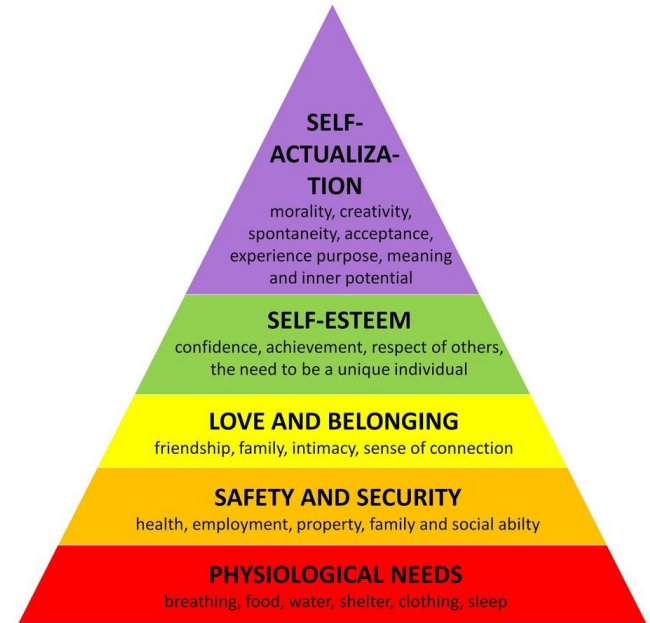


but there's something good
in every day.

- Abilities/skills can vary by the day
 - Don't take it personal
 - Can regress from one day to the next
- Teach where they are
- Avoid labeling
- Anniversaries

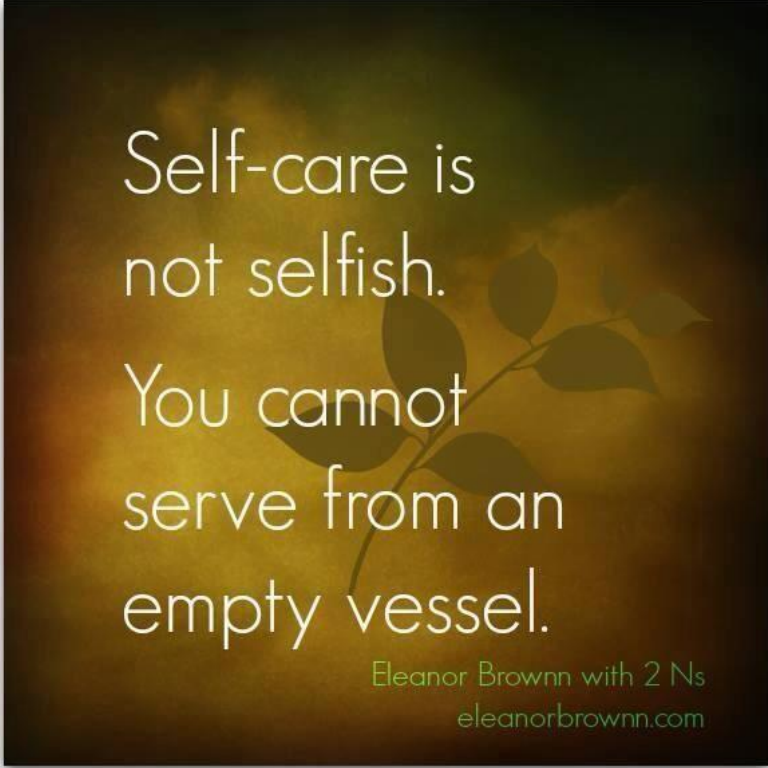
Make sure basic needs are met

- Provide healthy snacks/water
 - Young children are reliant on adults for this
 - Hunger/thirst can trigger
 - Focus/patience are impacted when basic needs aren't met



Practice self-care

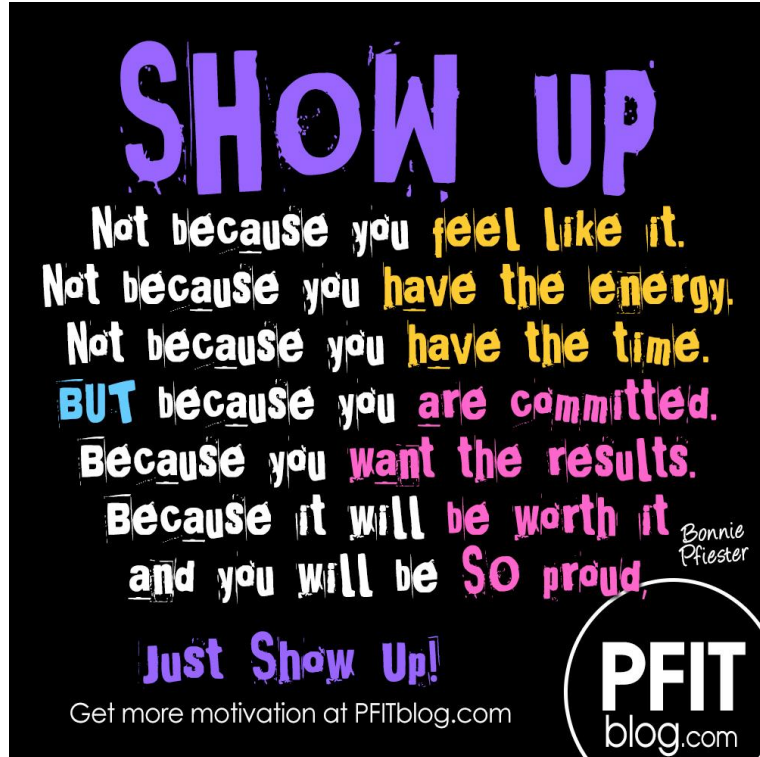
- Supporting children with extensive trauma histories is not easy
 - What do you do to take care of yourself?
 - Support one another
 - Have some fun
 - Use humor
- Secondary trauma effects?



Self-care is
not selfish.
You cannot
serve from an
empty vessel.

Eleanor Brown with 2 Ns
eleanorbrown.com

Let them know you're there



- Don't take it **personal!**
- No matter how bad of a day, **show up** the next day
- Collaborate with other significant influences in the student's life

CONNECT! Everyone needs a champion!

Trauma Informed Care

