

Trauma Informed Practices in Schools

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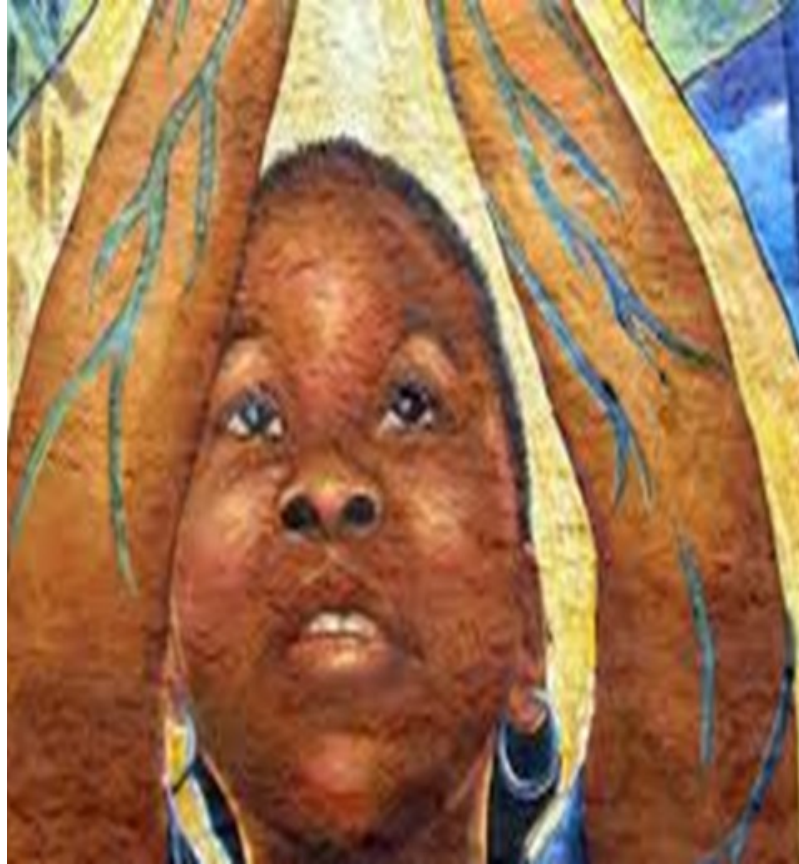
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- No one involved in the planning or presentation of this activity has any relevant financial relationships with a commercial interest to disclose.
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Road Map (Safety and Predictability)

- Trauma
- Review Trauma Informed System Principles
- Healing Schools
- Close





Trauma

An experience, experiences and/or impact from social conditions, that break or betray our inherent need for safety. -Staci Haines



Schools are a
place of healing

Trauma Informed Schools



J. Dorado (2021)
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Trauma Informed...

- Trauma Informed Care
- Trauma informed Practices
- Trauma Informed Systems
- Healing Centered Engagement

Shift from – “What’s Wrong, to what happened”

Build healing systems



Trauma Informed System

- ***Realizes*** the widespread impact of trauma and understands potential paths for recovery;
- ***Recognizes*** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- ***Responds*** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- Seeks to ***actively resist re-traumatization.***

Understanding Trauma and Stress

- Stress and Trauma on a continuum
- Physiological response to trauma
Brain
- Trauma includes individual, interpersonal, medical, community, environmental, historical and oppression



Hyper-aroused
(Fight or Flight Response)

Comfort
Zone
Emotionally
regulated,
able to self-
soothe

Hypo-aroused
(Freeze Response)



Cultural Humility and Equity

“If it’s not racially just, it’s not trauma-informed.”

**Kanwarpal Dhaliwal,
Associate Director, RYSE
Center**



Safety

- **Stability** – We minimize unnecessary changes and, when changes are necessary, provide sufficient notice and preparation.
- **Physical** – We create environments that are physically safe, accessible, clean, and comfortable.
- **Social-Emotional** – We maintain healthy interpersonal boundaries and manage conflict appropriately in our relationships with others

Compassion and Dependability

- Attachment
- Consistency and flexibility
- Integrity in communication
- Forgiveness
- Restorative Justice
- Boundaries



Empowerment and Collaboration

EBAYC was founded in 1976 in Berkeley as the Asian Drop-In Center by Asian American high school youth who were the sons and daughters of Japanese, Chinese and Pilipino immigrants.





Resilience and Socio-Emotional Wellness

- What are protective factors?
- What are way that you cultivate your own resilience?
- Soft culture

- Learning SEL skills and practices

Socio- Emotional Learning



A trauma informed school is a school community that promotes resilience, recovery and healing by

- Realizing the widespread prevalence of individual, interpersonal, community and historical trauma
- Recognizing the signs and symptoms of trauma
- Responding with physical, emotional and relational safety in its practices, policies and vision

so students can thrive, learn and develop into their fullest potential, and staff and educators can sustain energy, inspiration, creativity needed to share their talents and skills.

Resources

- Trauma Responsive School Assessment <https://www.theshapesystem.com/trauma/>
- Trauma Transformed- Trauma Informed Principles <https://traumatransformed.org/about/principles.asp>
- Trauma Sensitive Schools <https://traumasensitiveschools.org/>
- National Child Traumatic Stress Network <https://learn.nctsn.org/>



Schools are a
place of healing

Claiming CME/CAMFT Credit and Announcements

Complete the CME or CAMFT evaluation survey for your credit.

- **CME** (MD, PhD):

<https://redcap.link/hulc5bz0>

- **CAMFT** (LMFT, LCSW, LPCC, LEP):

<https://redcap.link/30qsg904>

Next School ECHO Webinar:

- Eliciting Change Talk:
Motivational Interviewing
- Thursday, February 9, 2023
10 – 11 am
- Speakers: Jessica Keyser, PhD
and Naomi Schapiro, PhD

How you are is as important as what you do. -Jeree Paul

