TRAUMA-INFORMED SCHOOLS DURING COVID-19

ADVERSE CHILDHOOD EXPERIENCES
- Abuse
- Neglect
- Household Dysfunction

ADVERSE COMMUNITY EXPERIENCES
- Systemic Racism/Discrimination
- Community Disruption
- Lack of Opportunity

COVID-19 PANDEMIC
- Economic disruption/job loss
- Housing insecurity
- Loss of family members/friends
- Lack of connection to others
- Fear of illness
- Increased violence and abuse

INCREASED STRESS, TRAUMA, AND DYSREGULATION IN:
- Staff
- Students
- Caregivers

Resulting in Negative Impacts on Health, Relationships, Academics, Attendance, and Behavior

WHAT CAN WE DO?

1. FOCUS ON EDUCATOR WELLNESS
   - Only a Well Regulated Adult Can Help a Student Regulate – Monitor your own regulation
   - Give yourself permission to care for your mind, body, spirit
   - Be aware of your own trauma and the impact working with students with trauma has on you
   - Make sure to start and end the day in a regulated state (develop and use regulation routines)

2. BUILD RELATIONSHIPS
   - Check your students’ social emotional vital signs
   - Exaggerate your non-verbals (being online dampens non-verbal signals)
   - Create space in your routine to check in regarding students’ interests and activities

3. PROVIDE PREDICTABILITY
   - Develop consistent routines for each activity
   - Ensure a predictable and safe response from adults
   - Continually clarify expectations for success

4. TEACH REGULATION
   - Teach new coping skills for managing stress and uncertainty
   - Schedule and provide opportunities to regulate
   - Create safe, calming spaces

IN PERSON:
- Communicate regularly with students and caregivers
- Share a daily schedule on-screen, to preview tasks & check-off their completion
- Establish and follow routines that support your schedule

DISTANCE LEARNING:
- Interperse regulation breaks within instruction
- Use specific words or phrases along with your routines (“Take a deep breath.” “What feeling am I having?”, etc.)
- Use these same words and skills at the beginning of an instructional task to increase opportunities for practice

For more strategies and training tips visit - www.321insight.com