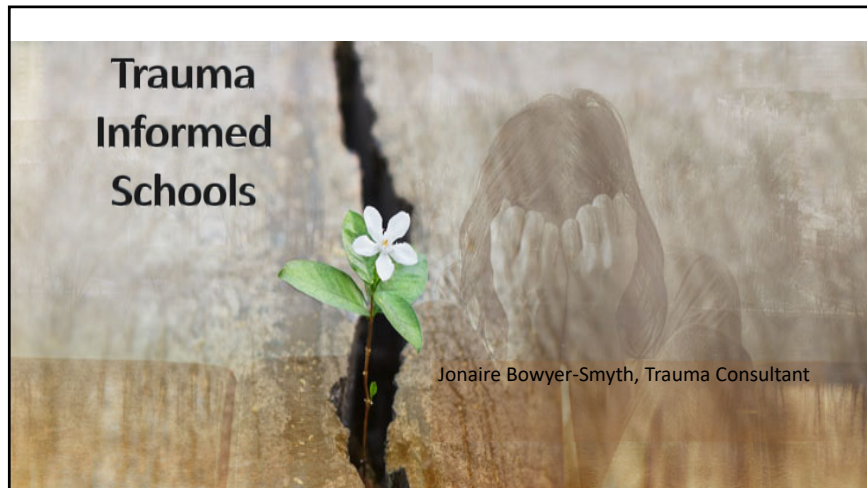
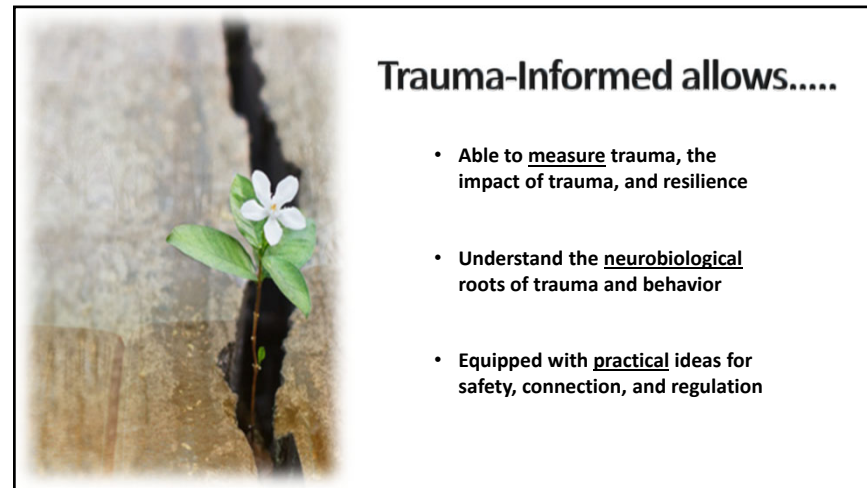
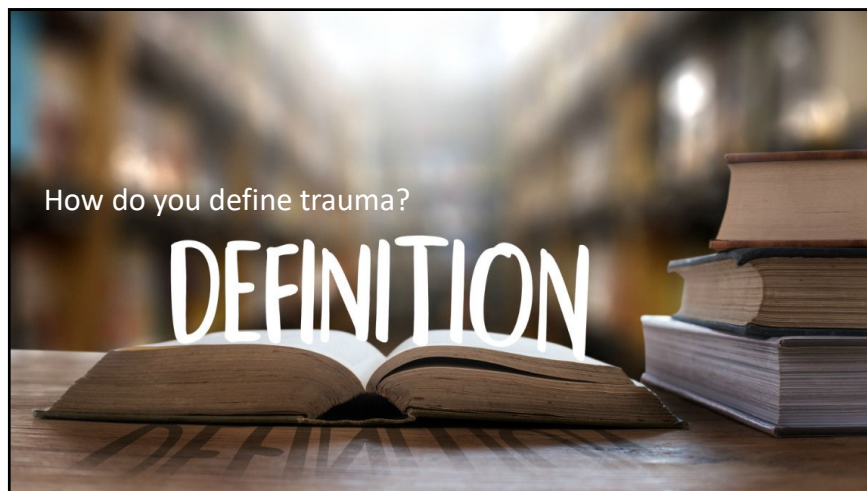




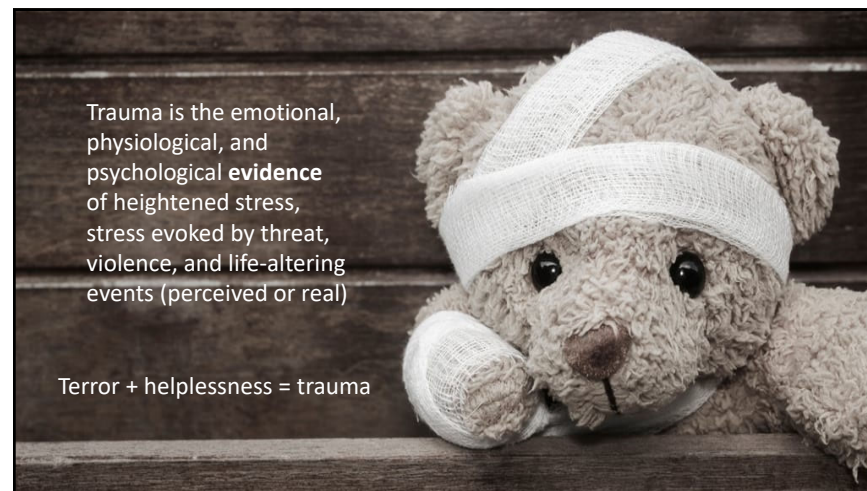
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4

Traumatic Events may include:

- Sexual and physical abuse
- Domestic and community violence
- School violence
- Medical trauma or accidents
- Terrorism and war
- Natural and human disasters
- Suicide and traumatic loss

What if these could be measured?

5



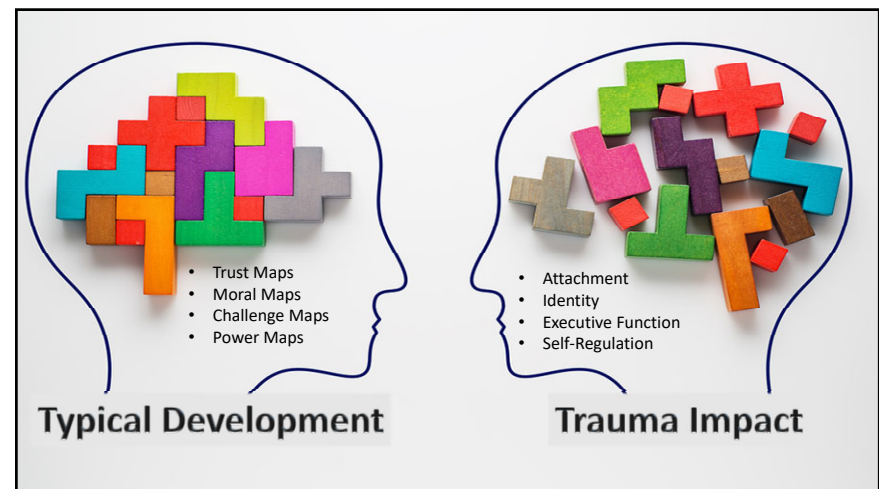
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Prevalence of PTSD

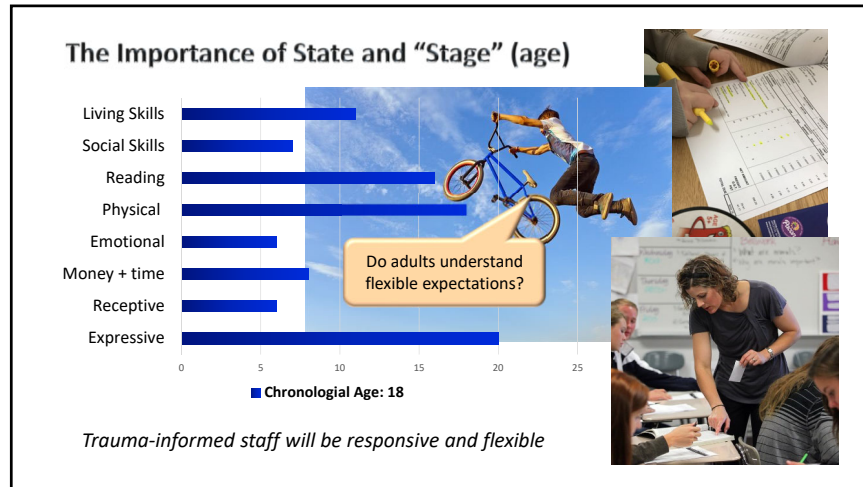


- Memory gaps
- Negative beliefs
- Fear, horror, anger, guilt, shame
- Loss of joy and fun
- Detachment
- Irritable
- Aggressive
- Reckless
- Destructive
- Hyper-vigilant
- Exaggerated startle
- Distractible
- Sleep disruption

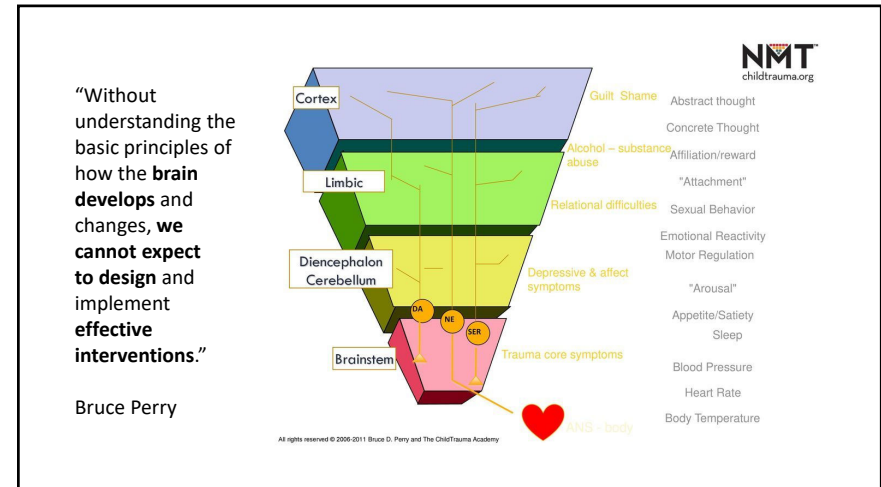
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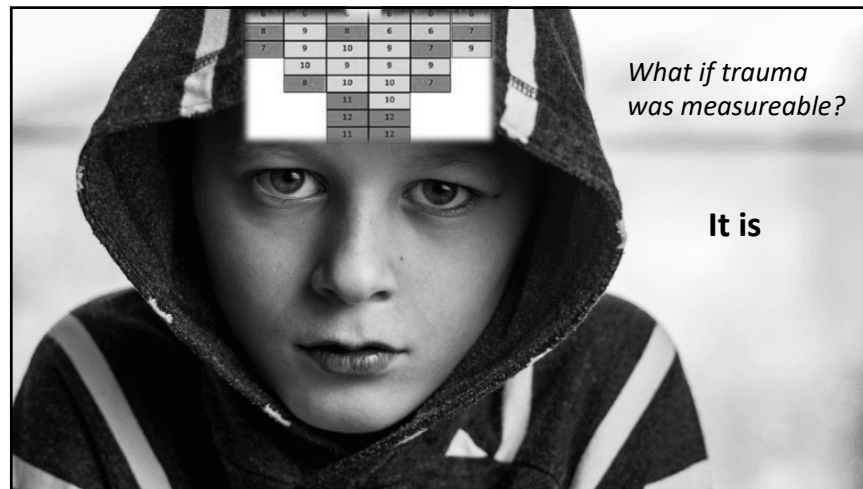
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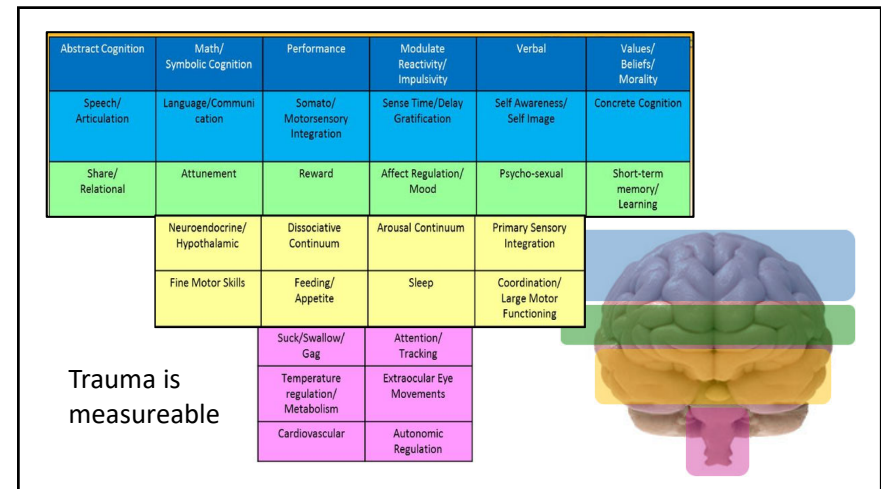
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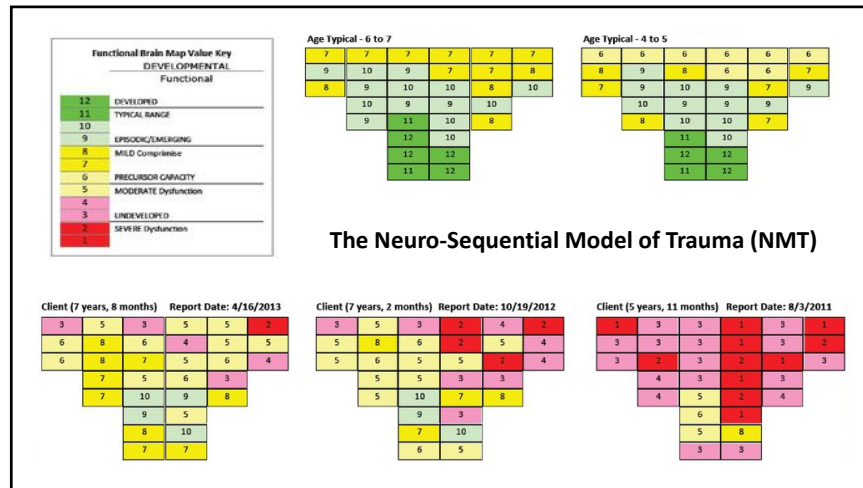
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A Trauma-Informed School responds according to State and Stage

Sense of Time	Extended future	Days Hours	Hours Minutes	Minutes Seconds	No sense of time	How far into the future can a kid "see themselves"?
Arousal	Rest	Vigilance	Resistance	Defiance	Aggression	2 years old: NOW!
Brain Involved	Neocortex	Limbic cortex	Limbic cortex	Brainstem	Autonomic	3-5 years old: 5-20 min
Internal STATE	Calm	Arousal	Alarm	Fear	Terror	K – Grade 2: 5-8 hours
STAGE	15-30 years (adultlike)	8-15 years (teenlike)	8-3 years old (childlike)	1-3 years (toddler)	Infantile	3 rd to 6 th : 8-12 hours
What should I do?	Talk	Teach	Play Engage Metaphor	Doing Cues Practice	Secure Non-verbal	6 th to grad: 2-3 days
						17-23 years old: 2-3 weeks
						24 years plus: 3-5 weeks

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Newsweek
Tuesday, February 28, 2000

Adolescence: Sensitive Developmental Period

"In the absence of more sophisticated strategies normatively developed, **traumatized teens** may continue to rely on more **primitive coping strategies**."

Between the Ears, it's a Construction Site
The brain is growing and changing rapidly during adolescence. For the first time, the gray matter in the brain is being pruned away, making room for more sophisticated, controlled growth. "It's like a construction site," says Dr. Daniel S. Pine, a leading expert on adolescent brain development. "The brain is being built, and it's a very sensitive period for the effects of stress and trauma."

15

Adverse Childhood Experiences (ACE)

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Illness	Incarcerated Relative
Emotional	Emotional	Mother treated violently	Substance Abuse
Sexual		Divorce	

Kids with an ACE score of **5** or higher are **76% more likely** to have

- language delays
- emotional dysregulation
- brain irregularities

What is your ACE score?

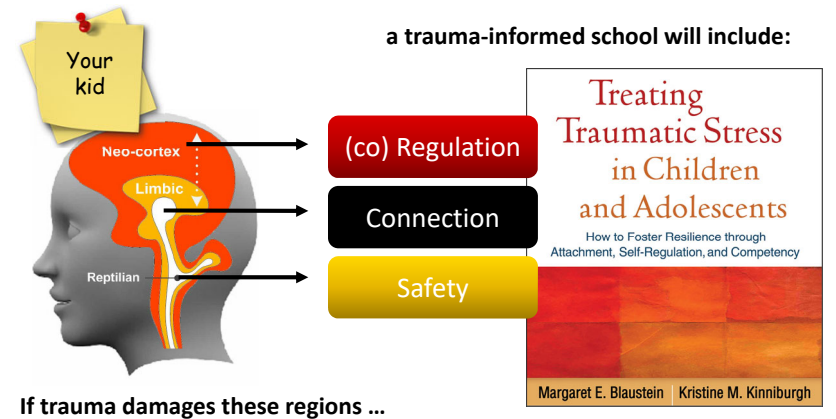
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Does this explain your kid's behavior?



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a trauma-informed school will include:



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Trauma is a child standing
in a puddle of spilled fuel

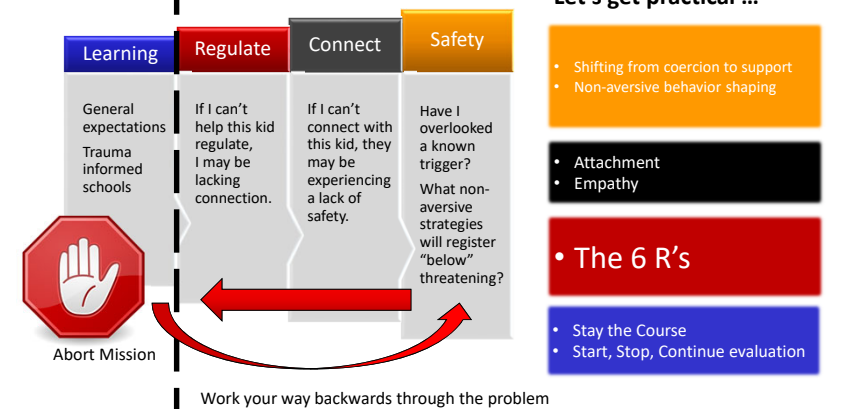
Setting events (trauma) change
our relationship to triggers.

What if you could reduce
the amount of fuel
he's standing in?

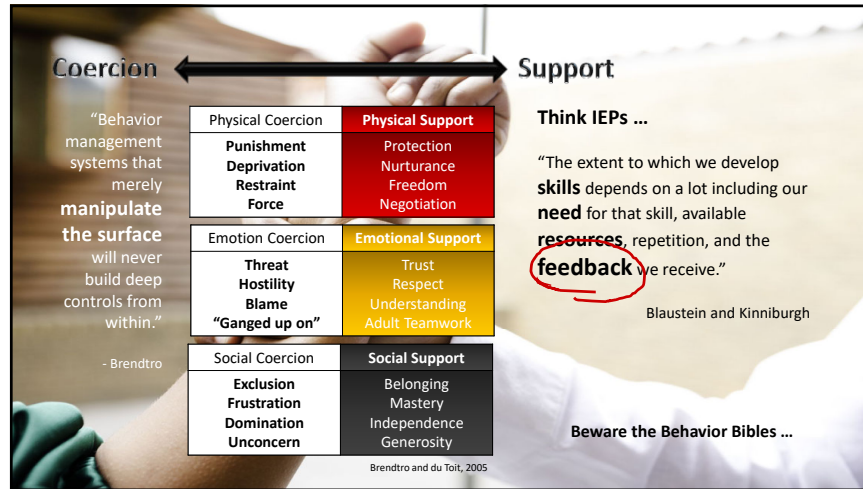
In the ABC's of behavior,
trauma is a permanent A.

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Trauma Responsive Triage



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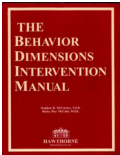


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Here's what: We have 3 little scrappers in the same grade.



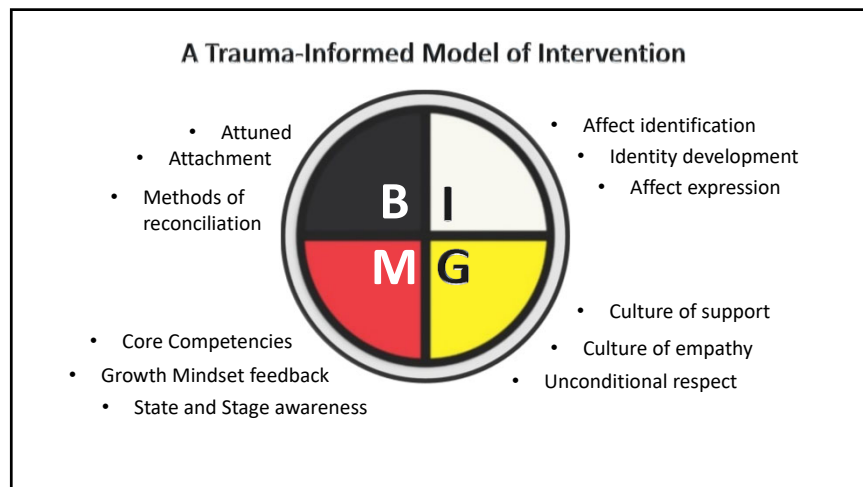
So what? “These kids are all aggressive for the same reason!!”



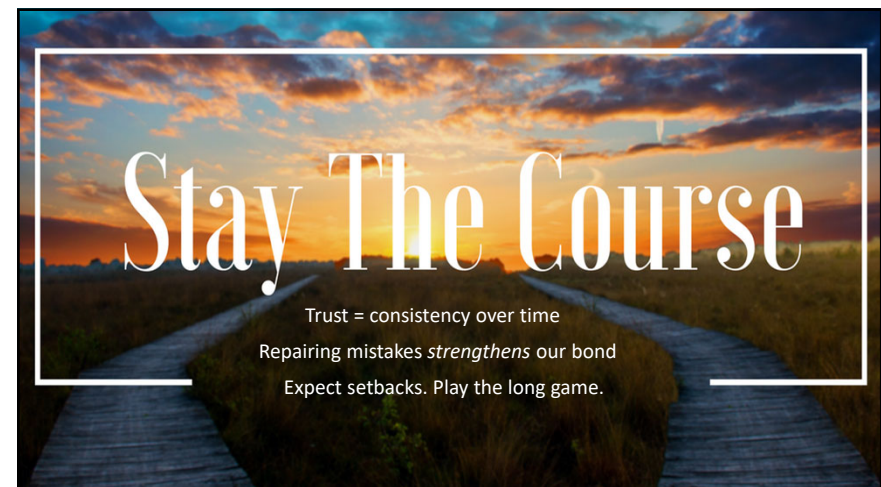
Now what?

- Automatic suspension
- One-size-fits-all reward system
- Collaborative Problem Solving
- (and frustrated adults)

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23



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In light of what we've discussed today

What's one thing you'd
like to do differently?

What's one thing you
plan to continue?

What's one new thing
you're willing to try?

