



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

New England Mental Health Technology Transfer Center (New England MHTTC)

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Yale Program for Recovery and Community Health
in partnership with
C4 Innovations, Harvard University Department of
Psychiatry, and the Center for Educational Improvement

Trauma-Conscious Leadership: Preparation, Planning, Practice for School Administrators

Monday, April 12, 2021 @ 4:00 p.m. EDT

Presenters:

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and

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Board of Directors, International Mentoring Association
Member, New England MHTTC Advisory Team



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The MHTTC Network uses
affirming, respectful and
recovery-oriented language in
all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



*“Trauma is a fact of life. It does not,
however, have to be a life sentence.”*

Peter A. Levine

Today's Outcomes

Participants will:

1. Engage with our community
2. Learn about initiatives in NH and MA
3. Discuss the leadership necessary to heal and move forward
4. Share indicators of success as practiced in schools
5. Develop strategies for sorting/using applicable resources
6. Reflect on Trauma-Conscious Leadership

“Listen. People start to heal the moment they feel heard.”

The Jingle Jangle

"We don't heal in isolation, but in a community."

trauma informed curriculum
social emotional learning (SEL)
social emotional curriculum
trauma-informed care
non-cognitive skills
whole child
student wellness
social skills

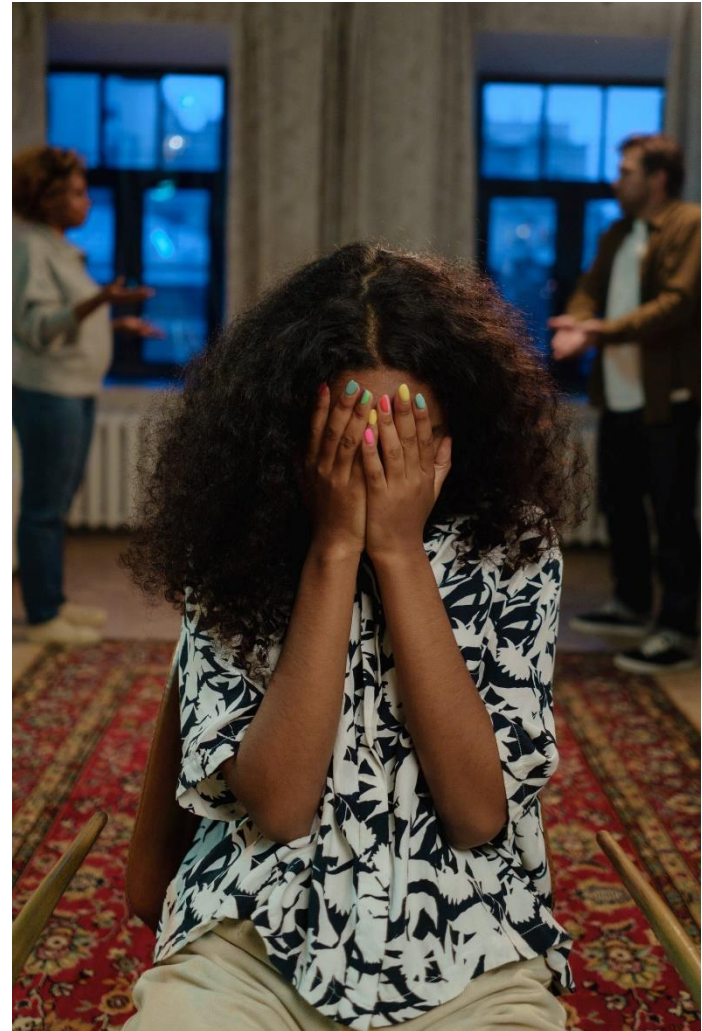


soft skills
self-regulation
self-management
social awareness
character education

Anxiety

*“What are we doing
as educators?
Are we really
understanding where
our students are
coming from?”*

School Principal



Trust

“Knowing the stories behind the person or the depth of the situation changes you.”



Evolving Programs



"I didn't get into education to deal with mental health."

Teacher

New Hampshire

“Anything that is mentionable can be more manageable.”

Fred Rogers

NHDOE The Office of Social and Emotional Wellness

- Multi-Tiered System of Supports: Behavioral Health & Wellness
- Project AWARE (SAMHSA)
- Service Emphasis
- Internal/External Protective Factors
- Enablers/Barriers



Resource: New Hampshire Youth Risk Survey

Class of 25 students:

- 8 alcohol/drug abuse
- 6 hunger
- 4 considered suicide
- 4 domestic violence
- 2 parent or caretaker in jail

“Trauma is personal. It does not disappear if it is not validated.”

Daniel Bernock



Massachusetts

- Student suicide 2010
- Anti-Bullying Prevention
- Social-Emotional Learning
- Faculty/Staff Mental Health
- Academics



Trauma-Informed Schools

<https://www.youtube.com/watch?v=TUXhM8hbq5Y> 2:34

Key Question

What indicators of success show that your school's/district's trauma-informed system is working?

*"I know, deep in my heart,
this is the way to go."
Principal*



Resources

*“Take every chance
you’re given to do
what’s right for our kids,
be that
5 hours or 5 minutes.
Take it!”*



Reflection

- Engage with our community
- Learn about initiatives in NH and MA
- Discuss the leadership necessary to heal and move forward
- Share indicators of success as practiced in schools
- Develop strategies for sorting/using applicable resources
- Reflect on Trauma-Conscious Leadership

Key Questions

- a. What is one thing that struck you during this webinar?
- a. Your next challenge leading the Trauma-Informed curriculum is_____

“Listen. People start to heal the moment they feel heard.”

Heroics



Key Question:
Who's helping the helpers?

Turning the Tide

Losses

Gains



Trauma-Conscious Leadership

THANK YOU!

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Wednesday, April 28, 3:00 p.m. EDT
Family Compassionate
Conversation:
Fostering Connection

Register at

<https://www.eventbrite.com/e/compassionate-conversations-fostering-connection-tickets-150255114091>

Our next Compassionate Conversation will focus on the importance of fostering connection through community building and as a buffer against compassion fatigue.

Join us for a conversation to gain expertise around positive wellness practices, to learn more about sharing these tools with others in your circle, and to experience a brief mindfulness practice you can share with anyone in your life.

This session is part of a monthly series. Make plans to join us for upcoming Compassionate Conversations other topics, including:

- Wellness in Latinx Families (Conducted in Spanish)
- Addressing School Related Trauma
- Holistic Health: Mind, Body, Spirit
- Community Wellness

Please stay tuned to events on the New England MHTTC website to register for future sessions.

National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools

Always and Now 8-Part Learning Series

The MHTTC Network is hosting an 8-part training series using the **National School Mental Health Best Practices: Implementation Guidance Modules for States, Districts, and Schools**. The Curriculum was developed by the MHTTC Network in partnership with the National Center for School Mental Health (NCSMH). It is intended to help states, districts and schools advance comprehensive school mental health and engage in a planning process for implementation.



Each session will be conducted as a 60-minute “live” event held on the 2nd and 4th Tuesdays of each month at 1:00 p.m. EDT.

**Next Session: Module 5:
Mental Health Promotion for All (Tier 1)**

Tuesday, April 13, 2021

**Learn more about the
implementation guidance and
upcoming events at**
[https://mhttcnetwork.org/centers/global
-mhttc/school-mental-health-
curriculum-always-and-now-learning-
series](https://mhttcnetwork.org/centers/global-mhttc/school-mental-health-curriculum-always-and-now-learning-series)



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Resources Recommended by Practitioners

New England MHTTC Basecamp Library

<https://3.basecamp.com/4228840/projects>

Resources

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<https://www.cdc.gov/violenceprevention/aces/index.html>

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Edutopia. (2018, February 5). *Peace corner: Creating safe space for reflection* [Video]. YouTube.
<https://www.youtube.com/watch?v=dxBv1w4SQyw>

Edutopia. (2019, January 14). *Getting started with trauma-informed practices* [Video]. YouTube.
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Edutopia. (2020, October 16). 3 trauma informed practices backed by science. [Video]. YouTube.
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Gorski, P. (2020). How trauma informed are we, really? *Educational Leadership*, 78(2), 14-19.

Harris, N.B. (2014, September). *How childhood trauma affects health across a lifetime* [Video]. TED Conferences.
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

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Resources

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Mason, C., Asby, D., Wenzel, M., Volk, K., & Staeheli, M. (2021). *Compassionate schools: Fostering children's mental health and well-being*. Corwin.

New Hampshire Bureau of Student Wellness. <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness>

New Hampshire Office of Social and Emotional Wellness. <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/office-of-social-and-emotional-wellness>

New Hampshire Department of Health and Human Services (NHDHHS). (2021). *New Hampshire youth risk behavior survey*. <https://www.dhhs.nh.gov/dphs/hsdm/yrbs.htm>

Silverman, J. & Mee, M. (2019). Community circles: Mitigating the impact of trauma on the middle-school student. *Middle School Journal*, 50(4), 35-41. <https://bit.ly/2pkLysV>

Simmons, D. (2020). The trauma we don't see. *Educational Leadership*, 77(8), 88-89.

UnitedWayGLV. (2019, September 12). *Trauma-informed schools* [Video]. YouTube. <https://www.youtube.com/watch?v=TUXhM8hbq5Y>