

CREATING TRAUMA SENSITIVE CLASSROOMS

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A decorative horizontal band at the bottom of the slide featuring a light-colored wooden floor with vertical planks and a natural wood grain.

ADVERSE CHILDHOOD EXPERIENCES

- Adverse Childhood Experiences [ACEs], are potentially traumatic events that occur in childhood (0-17 years). May include experiences such as violence, abuse, or neglect; witnessing violence in the home; and having a family member attempt or die by suicide. Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with substance misuse, mental health problems, or instability due to parental separation or incarceration of a parent, sibling, or other member of the household.
- Adverse Childhood Experiences have been linked to
 - Risky health behaviors
 - Chronic health conditions
 - Low life potential
 - Early death

SOURCES
OF
TRAUMA

School violence

Bullying/Cyberbullying Accident

Natural Disaster **Community violence**

Fires Homelessness

Serious illness Combat injury of a loved one

Abuse Crime **Neglect**
Loss of a loved one

Violence within the family

Living in or escaping from a war zone **Economic stress/poverty**

Act of terrorism **Injury**

THE STATUS OF THE TEACHING PROFESSION

- Many teachers are working in toxic situations leading to feelings of depression and anxiety which often leads to high turn-over rates
- . How did we get here?
 - Mental health issues?
 - Zero tolerance policies?
 - High-stakes testing?
 - Budget cuts? Overcrowded classrooms?
 - Teacher quality ... are they prepared to handle our vulnerable students?

“

Lots of kids come to school with invisible backpacks weighted with struggles. Stress, worry, fear, anxiety, trauma, unmet physical needs, loneliness, anger, sadness, and hopelessness can make them so heavy; too heavy for learning to happen.

Notice and love them instead.

— **Bethany Hill**
PRINCIPAL

edutopia

DWANYE REED

"Students have to Maslow before they can Bloom."



MASLOW'S *Hierarchy of needs*

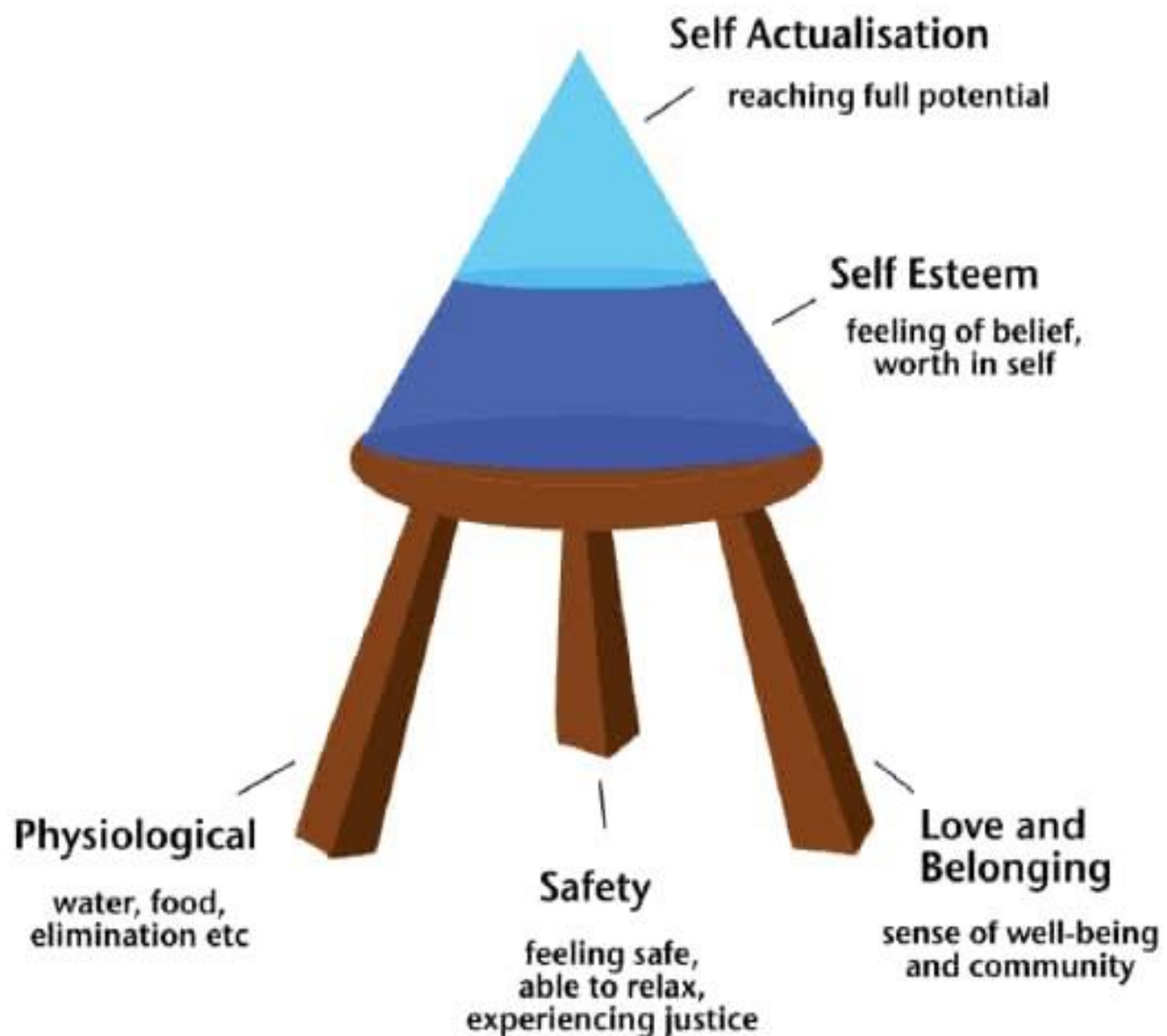
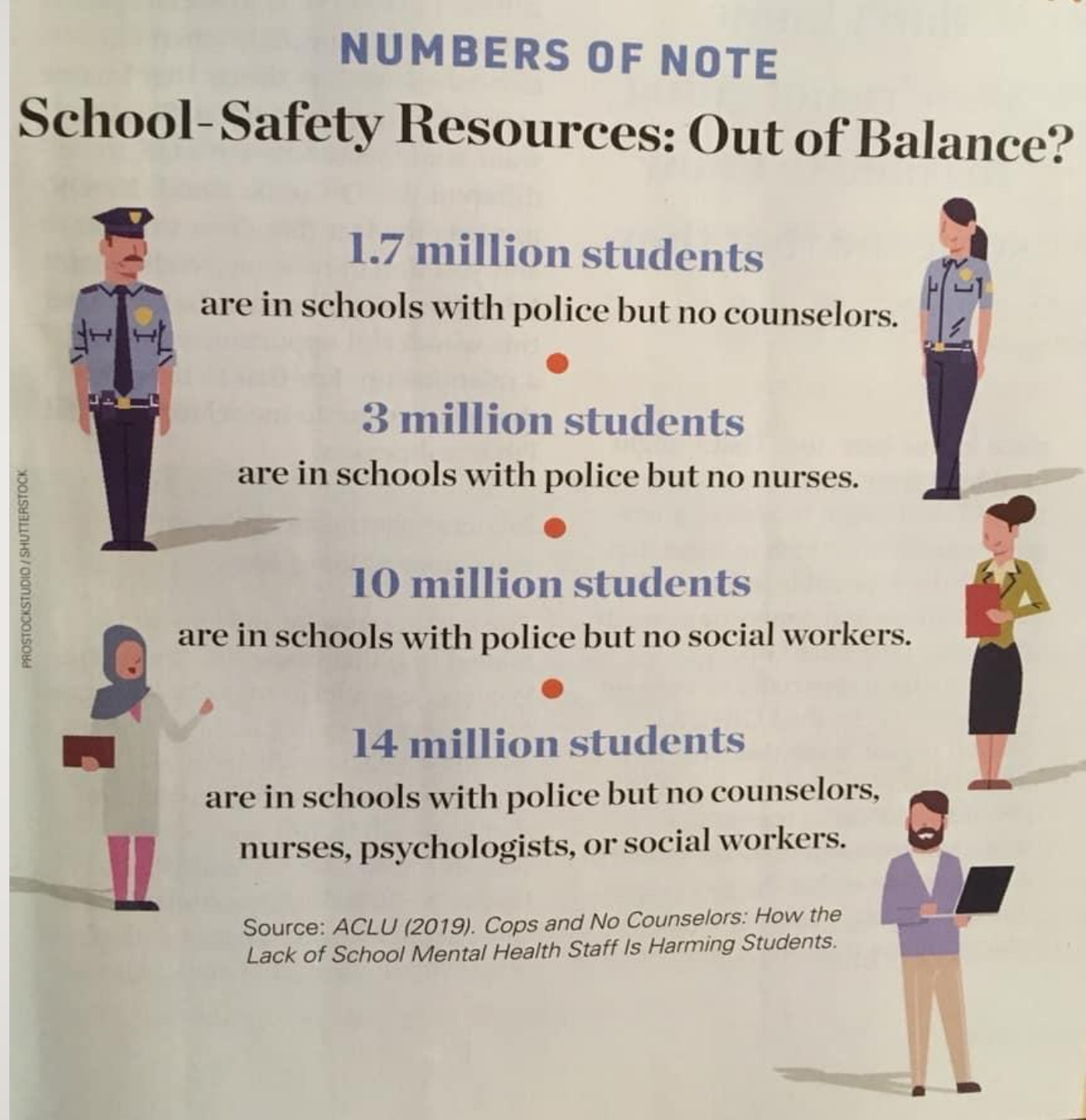


Figure 2. Maslow's schema refigured to include justice as a basic human need.

* American public schools expelled over 111,000 students
* Retention, expulsion and suspensions have all been associated with negative outcomes

If these interventions were effective, we wouldn't be losing teachers at the current rate

https://nces.ed.gov/programs/raceindicators/indicator_RDA.asp



TRAUMA INFORMED CLASSROOMS

Most educators have received very minimal training on how to recognize and/or handle students with socio-emotional, and behavioral challenges.



WHY TRAUMA INFORMED PRACTICE?

- Attention to childhood trauma and the need for trauma informed care has contributed to emerging discourse in schools related to:
 - Teacher Quality - teaching practices
 - Climate Issues - schoolwide or classroom
 - Trauma-related in-service and pre-service teacher preparation

TRAUMA SENSITIVE CLASSROOMS

- Bruce Perry - the Brain of the child will become exactly what the child is exposed to.
- Teachers must be able to recognize even the most subtle warning signals in order to help students deal with trauma
- Trauma informed instruction is vital to success in the 21st century classroom

FOCUS OF MY RESEARCH

- To examine developmental effects of trauma and ramifications on the school/classroom [peers, teachers and other professionals]
- Examine classroom/school-based interventions and their effectiveness with students with adverse childhood experiences
- Examine specific organizational supports and self-care actions/strategies to support teachers working with students who have had adverse childhood experiences