

Building a Trauma-Informed Community

Where Do We Begin?



Jen Alexander, MA, NCC, SB-RPT
CF Mental Health Night - October 28, 2019

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Hello!

I am Ms. Jen

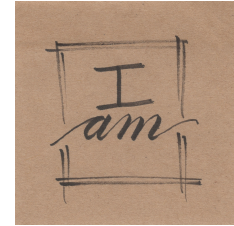
I am passionate about building a trauma-sensitive community.

You can find me at...

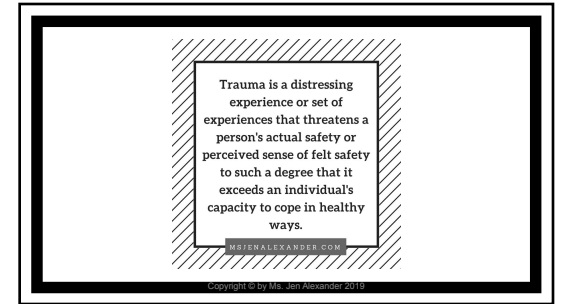
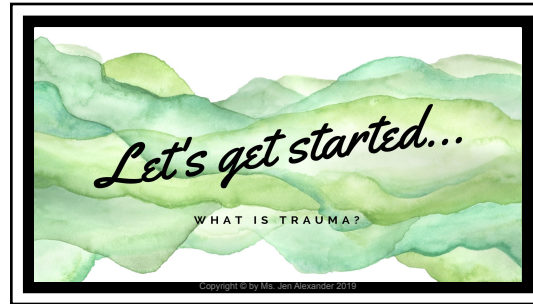
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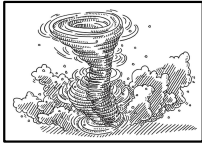
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Examples of Possible Traumatic Events

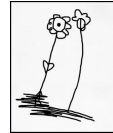


- Physical abuse
- Sexual abuse
- Neglect
- Domestic violence
- Neighborhood violence
- Separation from parents
- Medical trauma
- Natural disasters
- Poverty
- War

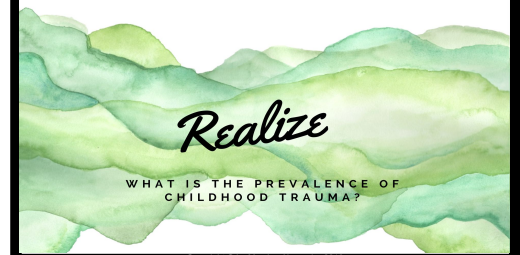
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Types of Trauma

- Single Event Trauma
- Developmental Trauma



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1 in 4

Students has had school success negatively impacted by childhood trauma.

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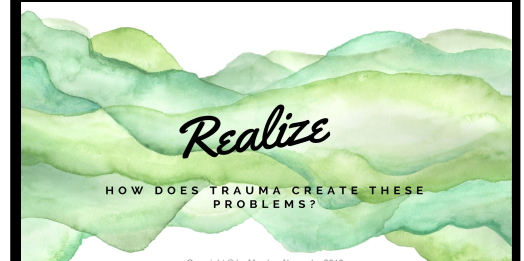
ACEs Linked with an “ABC” “Dose Effect”

As the number of ACEs goes up for students, risk for the following goes up too:

- **A**ttendance concerns
- **B**ehavior challenges
- **C**oursework problems

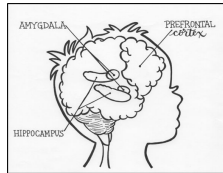
(Blodgett, 2012)

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The Neurobiology of Stress



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Dr. Siegel's Hand Model of the Brain



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Flooded States of Hyperarousal: Dysregulated by Feeling “Too Much” (Gas Pedal)

- | <u>Fight</u> | <u>Flight</u> | <u>Freeze</u> |
|----------------------------|---------------|------------------------------|
| • Difficulty concentrating | • Withdrawn | • Lacks emotional expression |
| • Hyperactivity | • Terrified | • Overly still |
| • Anger/irritability | • Flees | • Overly compliant |
| • Aggressive/violent | • Runs away | • Denial of needs |
| | • Hides | |

(Blaustein & Kinniburgh, 2010)

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States of Hypoarousal: Dysregulated by Feeling “Not Enough” (Brakes)

- Shut down
- Feels tired, numb, or depressed
- Experiences helplessness or hopelessness and may be perceived as unmotivated
- Disconnected from others
- May dissociate and present in a trance-like state
- Possible memory difficulties or personality changes

(Blaustein & Kinniburgh, 2010)

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Regulated Arousal State: Feeling “Just Right”

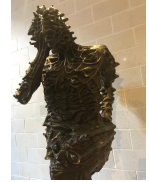
- Feeling safe and relaxed in one's comfort zone
- Experiencing a calm, alert processing state
- In control of one's actions
- Able to connect with others and show compassion as well as flexibility
- Ready to focus, think, plan, and learn

(Blaustein & Kinniburgh, 2010)


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Think & Pair Share

- Think about a stressful experience from your own life if you want to.
- How did you feel?
- What did you need?
- What can this teach us about trauma-sensitivity?





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Recognize

HOW DOES TRAUMA AFFECT STUDENTS
AT SCHOOL?

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Dr. Bruce Perry et al. (1995) stated, "It is an ultimate irony that at the time when the human is most vulnerable to the effects of trauma - during infancy and childhood - adults generally presume the most resilience (p. 272)."

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Childhood Trauma Impacts



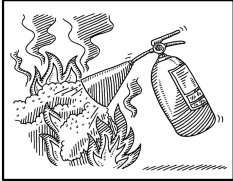
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Consider
"WHAT HAPPENED TO YOU?"
instead of
"WHAT'S WRONG WITH YOU?"


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When you see dysregulation...



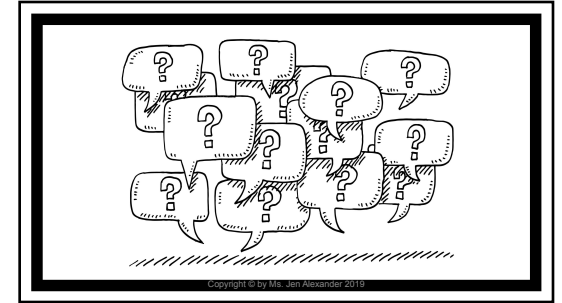
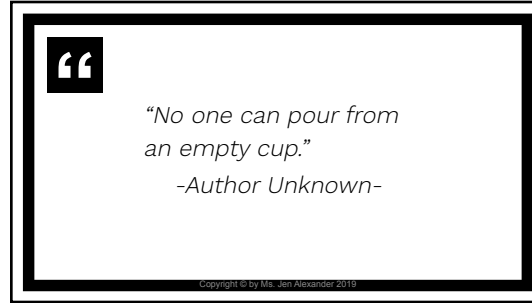
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*Trauma-Sensitive Environments
Foster Resiliency by Helping Kids:*



- Feel safe
- Be connected
- Get regulated
- Learn

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Thank You!

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