TIPS – TRAUMA INFORMED PRACTICES FOR SCHOOLS

Michelle Lustig, Ed.D, MSW, PPSC
Susie Terry, MPH
Foster Youth Services Coordinating Program
& Homeless Education Services
San Diego County Office of Education
Creating TIPS

• The Beginning
  • The need, the idea and the collaboration
• Response in our county!
• Survey follow ups
TIPS Components

1. Prevalence
2. Brain Science & Responses
3. Triggers
4. Tools
5. Vicarious Trauma & Self Care
Component #1 – Prevalence

• Adverse Childhood Experiences (ACE) Study
• Additional Adverse Experiences
• Untreated Adverse Experiences Exacerbate over time
  • Something happens between infancy and adulthood to create a lifetime of addictions, abuse and mental health issues.

(Training includes a handout with links to the study and related information)
Component #2 – the Brain

• The Brain’s Trio
  • Amygdala, Limbic and Frontal Cortex
  • Importance of physical and chemical response in the brain

• Historical Trauma
  • Evidence of post traumatic stress across generations!

(Training includes a handout with links to the studies and related information)
Component #2 continued - Responses

• Removed Video
• Resiliency – Give ‘em hope!
• The Stress response and Trauma
  • Trauma can be a single event, connected series of traumatic events or chronic lasting stress
  • Fight, Flight or Freeze
• Trauma and school performance

(Training includes links to all videos used)
Component #3 - Triggers

• Triggers defined
• Common Triggers
• It can take time to realize you are dealing with a trigger... Not every behavior
• Belief behind the behavior
  • “This”... may be because of “this”
  • Building the paradigm shift
  • Trauma explains behavior, it does not excuse behavior!
Component #4 - Tools

• Subcomponents
  • Leadership, elements of a trauma informed school
  • Safety, creating physical and emotional safety at school
  • Connections, creating meaningful relationships
  • Self Regulation, modeling, teaching and practicing with students
ELEMENTS OF SUCCESSFUL TRAUMA-INFORMED SCHOOLS

• Leadership Investment
• Professional Development
• Access to resources and services
• Trauma-Informed teaching and nonacademic strategies
• Trauma-sensitive policies, including disciplinary practices
• Collaboration with stakeholders
Tools - Safety

- Elements of a Safe School setting
  - Structure
  - Predictability
  - Belonging
  - Knowing and prepping for triggers
Tools - Connections

• The importance of healthy relational supports!
  • Can buffer and heal trauma related problems
  • Protective factor
• Building relationships in the school
  • Having a voice
  • Using student names

(Training includes handout and related information)
Tools- Self Regulation

Remember:

• “A child whose behavior is creating issues in to trying to cause a problem. They’re trying to solve a problem”

• *Everything Speaks!* Behavior is a form of communication
Self Regulation continued

• First step – build affect identification
  • Give them vocabulary
  • Connect it with body sensations, thoughts, feelings and behaviors
  • Use of literature, music and video

*(Training includes handout and related information)*
Additional Tools

• **Working With Students Exposed To Trauma**
  Handouts!
  • “Students often exhibit behaviors that are a result of trauma but that can be misinterpreted by a teacher as willful disobedience, or that the child has greater control over his/her behavior than he/she does” Jodi McVittie, MD

• Rita Pierson Video

• Don’t Quit on Me Video

(Training includes handout and related information)
Vicarious Trauma & Self Care

- Self Awareness
  - Compassion Satisfaction, Empathy and Compassion Fatigue

- Vicarious Trauma
  - Internalizing secondary experiences

- Impact of Vicarious Trauma

- Self Care

*(Training includes handout and extensive resources on self care)*
Wrap up and Overview

• Trauma Informed Practices for Schools (TIPS) standard training
  • Time/Audience

• Trauma Informed Practices for Schools (TIPS): Training of Trainers Certification
  • Time/Audience

• Statewide roll out
Thank You!

Questions... ?

Michelle Lustig, Ed.D
619-683-9340 x31
mlustig@sdcoe.net

Susie Terry, MPH
619-683-9340 x30
susanne.terry@sdcoe.net