

Understanding trauma's impact and fostering teacher well-being

Trauma Informed Education and Resilient Youth

Introduction

This presentation provides an overview of research on how the implementation of trauma-informed education and its impact on teachers.

It includes interactive discussion and a call to action emphasizing teacher well-being and retention in trauma-aware schools.

It also discusses the training program used and the principals utilized and some common trauma-informed care strategies.

Defining trauma and trauma informed practice

Trauma refers to experiences causing lasting emotional and psychological distress.

Trauma-informed practice involves Realizing that trauma is widespread and not an isolated event, Recognizing the signs and symptoms of trauma, responding appropriately to students and others without Resisting Retraumatization. It is also integrating supportive strategies into education.

Summary of literature findings

The findings of the literature highlights the prevalence of trauma in school-aged youth and its significant effects on learning and behavior.

It emphasizes the need for trauma-informed educational strategies to improve outcomes and resilience.

There were limited findings on how implementing trauma informed education helped teachers or didn't help teacher wellbeing.

Hence the study unfolded with an emphasis on teachers wellbeing and burnout.

Methodology and data sources

Data was gathered through qualitative interviews before and after training implementation. The staff trained through the Strong Resilient Youth Training series (free) over a 4 week period. Each training is approximately an hour.

The pre and post data was analyzed for themes and codes to see how it impacted educators involved. To implement effectively the entire staff was trained on the strong resilient youth training.

Benefits of trauma informed approaches in schools

Trauma-informed approaches foster safety, trust, and empowerment for students.

They enhance academic engagement and reduce behavioral issues, promoting overall school climate.

Relevance to education and trauma

Findings demonstrate that trauma deeply affects students' ability to engage and succeed academically.

Supports the fact that behavior is a communication more so than a choice. Teaching communication and regulation is key to deciphering difficult behavior.

Trauma-informed practices in schools are linked to improved student well-being and academic performance.

There are links to student trauma and vicarious trauma in staff and compassion fatigue.



Common trauma impacts on youth

Trauma can lead to difficulties with attention, emotional regulation, social interactions, and increased risk behaviors.

Understanding these impacts helps educators create supportive learning environments.



Strong Resilient Youth Training

Training components and goals

The training focuses on building youth resilience through emotional regulation, coping skills, and positive relationships. Goals include enhancing self-efficacy and reducing trauma symptoms.

Training has a component of the Four Rs from SAMSHA. Recognizing Trauma is widespread, Realizing the signs and symptoms of Trauma, Responding to those suffering from trauma, and Resisting Retraumatization.

Skills and strategies taught to teachers

Teachers learn practical skills such as mindfulness, communication, and problem-solving to manage stress and adversity effectively.

The training highlights the importance of self-care and regulation strategies to stay calm in tough situations.

The training suggests ways to keep your cup full. You can't "pour from an empty cup."



Success stories and outcomes of the training

Evidence shows improved student behavior, academic performance, and emotional well-being following training participation.

Success stories illustrate increased youth confidence and school engagement.

Connections to teacher wellbeing:

The research supported that the school environment was more supportive and positive.

Participants reported increased SELF-AWARENESS

Improved Stress Management

Enhanced empathy towards students.

However, Teachers were still subject to fatigue (or compassion fatigue, ensuring proper self-care is essential.

Conclusions

Trauma informed strategies are vital role in supporting both students and educators.

Implementing the Strong Resilient Youth Training and prioritizing teacher well-being were effective in fostering a community of resilience.

Collective action and continued commitment can drive lasting positive change in education systems.



That's Great
what did they
implement?

Four most common needs

- Emotional Needs
- The need for relational Connection
- A physical Need.(Regulation strugglers often struggle and are hungry snack breaks are key.
- A need for control

- Regulation

Robust SEL Program

Weighted pencils

gum etc.

Relationships

Hugs/High Fives, Fist Bumps

Champion Check ins

Responsibility

Follow Through

Jobs

Forecasting

Take a moment to talk to your neighbor about what you know about trauma-informed practices.

What are strategies in teaching staff the importance of TIC?



What are different situations
you have been and how have
you handled them as a
teacher? As an administrator?
What could have been different.

Reflection on Trauma: Don't try to manifest someone else's trauma. If the worst thing that has ever happened to Student A is that he fell off a horse and is afraid of horses, that is his trauma. He can have a stronger reaction to someone that has been in a serious accident or even abused. We must not try to manifest our own ideas.

Impact of trauma informed practices on teacher well-being

Trauma-informed approaches support teachers' emotional health by promoting understanding and reducing burnout.

This improves job satisfaction and classroom management.

Self-care: "You got to take care of Number 1, if you're going to be of any value to numbers 2, 3, and 617."
(Souers and Hall, 2016, p.197).



Strategies to maintain teacher resilience and commitment

Providing ongoing professional development, peer support, and self-care resources helps sustain teacher resilience.

The ability for teachers to look at behavior as a communication tool and not a what's wrong with a child were essential in supporting teachers and students.

A few take homes: Take a breath and examine your own concerns about a situation.
Ask three trusted colleagues how they would handle the situation.
Conduct a web search for other viable options. (Heck use AI)
Access an online professional learning network, I recommend using hashtag traumainvested on social media.
Partner with your school counselor

Something to Take Away

Reflection question for staff and administration: Is this intervention about my way and what I need to succeed or is it about my students and what they need in order to learn?

Reflection question:

What will you do when a teacher says, "There is no hope for this one." Or "I am done." ?
