

Trauma informed school

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speaker: David Melnick

!! Please take notes -David Melnick

!! Well Children make well adults.
It is not automatic, but it is a precondition

What is Trauma

- Sudden Unpredictable event(s) or relentless / immersive events...
- that affect the body,
- and overwhelm one's ability to cope.

5 key Practices to transform stress: The Model

cycle:

- **Stress**
 - inhibiting negative stress affects your body and your colleges and students
- **Reflective Practice**
 - Ability to look inward and self examine
 - Primary goal of helping us understand us better. When we understand our own self and actions better we are better able to help others. **We all have blind spots**
 - Most helpful is sitting with colleges and reflecting on your own practices.
- **Reframing**
 - Our brain compels us to think in categories.
 - Challenge the fixed beliefs that we have.
 - Entertain that we can have multiple names for what seems like one thing.
 - I can see defiance, I can also see that they don't trust adult authority. They probably have very good reasons to not trust adult authority.

- **Upstreaming**
- **Community Care / Co-Care**
 - Resilience is not an individual exercise. The most resilient people are also the most relational.
 - Self care is not the gold standard. Relying on family and colleagues is the most important.

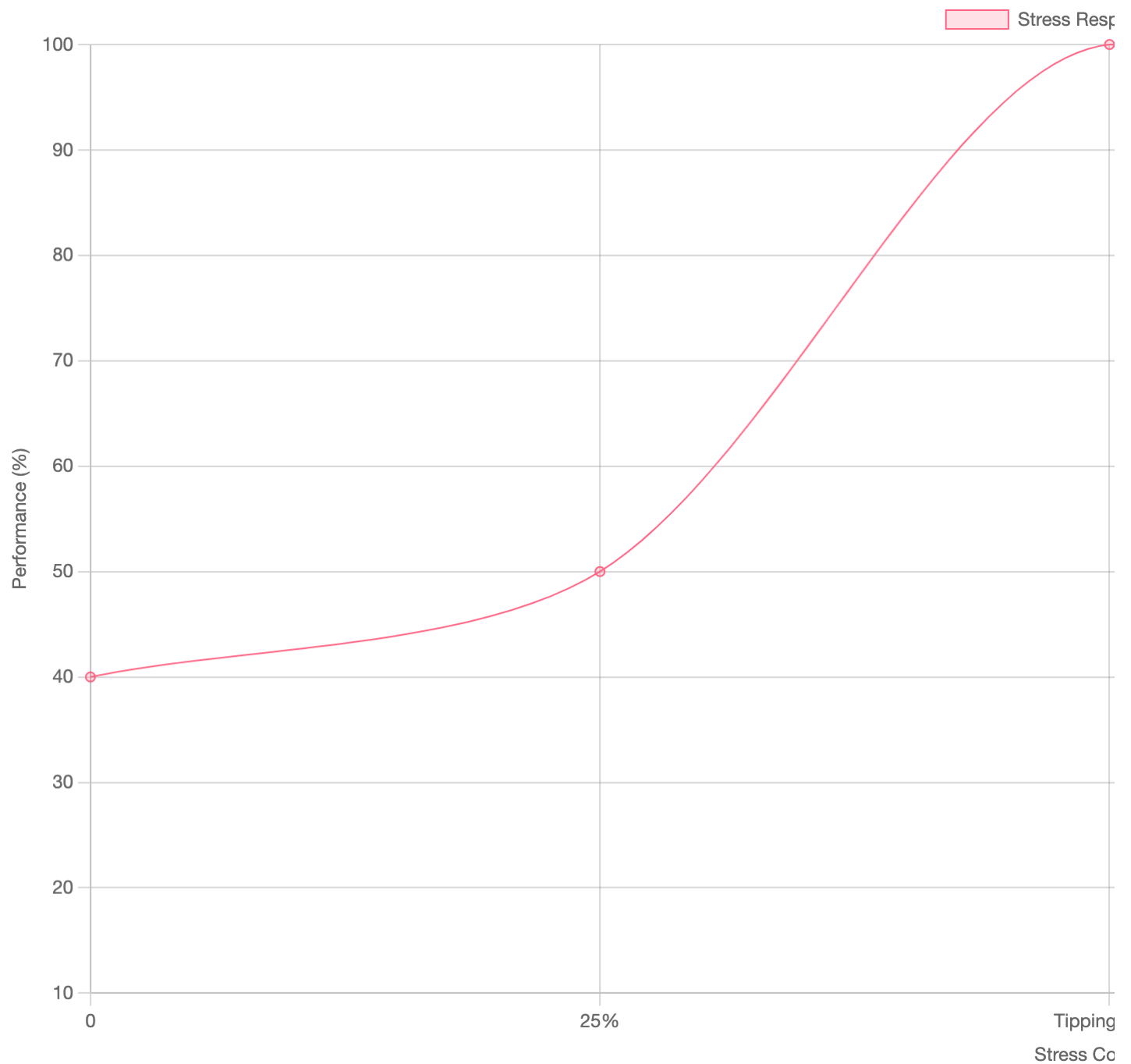
Stress

Your individual stress level is directly related to the quality of education the school is providing.

!! In order for children to be well. They have to be led by well adults.

The best way to regulate children is to stay regulated yourself

- **Detect** your own stress leads
 - What leads you to your own stress. The better you are at detecting stress in yourself the better you will be at detecting stress in others.
- **Connect** with one another around our stress.
 - Connect with people on the team, community.
 - *Pain shared is pain reduced*
- **Mitigate** if you can reduce it in yourself then you will be more effective at reducing it for those around you.



On the right side when our stress level gets high we *SURVIVE* We go into fight, flight or freeze

When students come they are sometimes already on the right side. They are already past their threshold.