



# EFFECTIVE TRAUMA INFORMED PRACTICES IN SCHOOLS

Kentucky Association for  
Psychology in the Schools  
October 5, 2016

## UNIVERSAL PRECAUTIONS

- Take care of yourself!
- Maintain a safe and positive space.

## REFLECTION

What behaviors do you see  
with the students you work  
with?



**Trauma** is an experience that threatens an individual's life and/or sense of safety.

# ADVERSE CHILDHOOD EXPERIENCES (ACES) STUDY

- Largest study ever done to look at the health and social effects of adverse childhood experiences
- Compelling evidence that ACEs have long-term, damaging consequences on mental and physical health.
- The more categories of trauma experienced in childhood, the greater the likelihood of experiencing health and other problems.

# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

## HOW PREVALENT ARE ACEs?

*The three types of ACEs include*

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

## WHAT IMPACT DO ACEs HAVE?

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

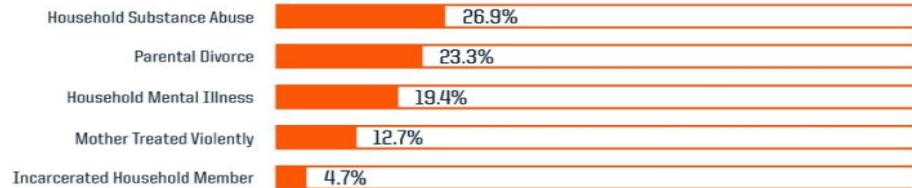
### ABUSE



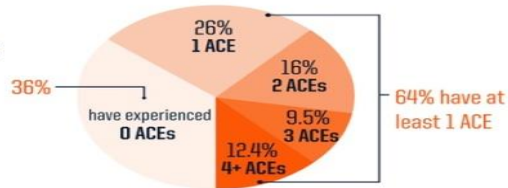
### NEGLECT



### HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:

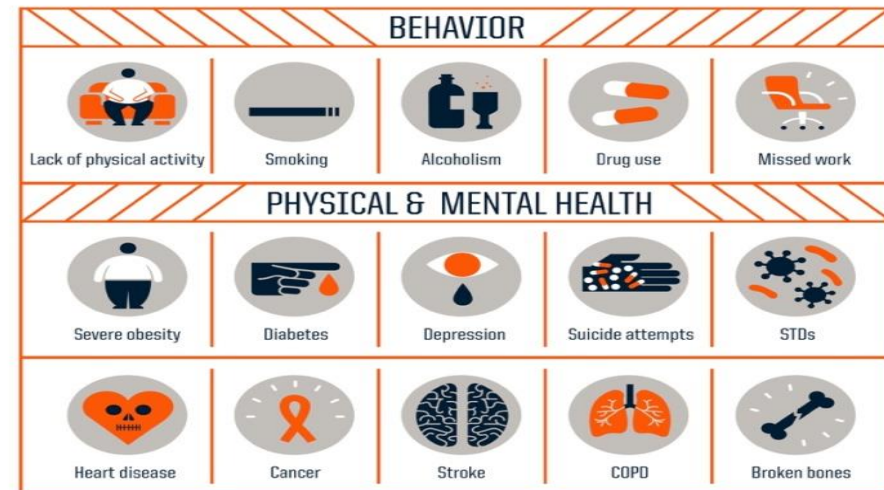


## WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:





# FIND YOUR ACES SCORE





# KY-SPECIFIC ACES STATISTICS

- 4 most prevalent aces
  - Divorce
  - Incarcerated relative
  - Substance abuse
  - Economic hardship
- 30% will experience 2 or more aces throughout childhood
- 1 in 5 will experience 2 or more aces by age 5

# TOXIC STRESS AND THE BRAIN

<http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>



# STRESS RESPONSE



# TRAUMA CAN IMPACT ALL AREAS OF A CHILD'S DEVELOPMENT

Brain

Body

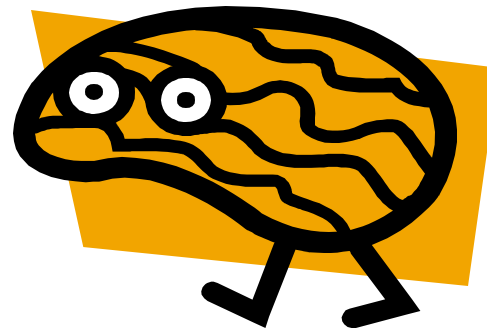
Emotions

Memory

Relationships

Learning

Behavior



# TRAUMA INFORMED IDEALS

- Informed about and being sensitive to trauma related issues
- Trauma can be re-triggered.
- Committed to being supportive in the healing process.
- Symptoms are viewed as adaptive instead of pathological.

# TRAUMA INFORMED SHIFT IN PERSPECTIVE


What is  
wrong with  
this student?



What  
happened to  
this student?






















**OFFICE FOR WOMEN**  
A Division of  
Community Services

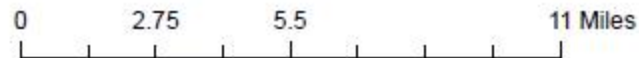
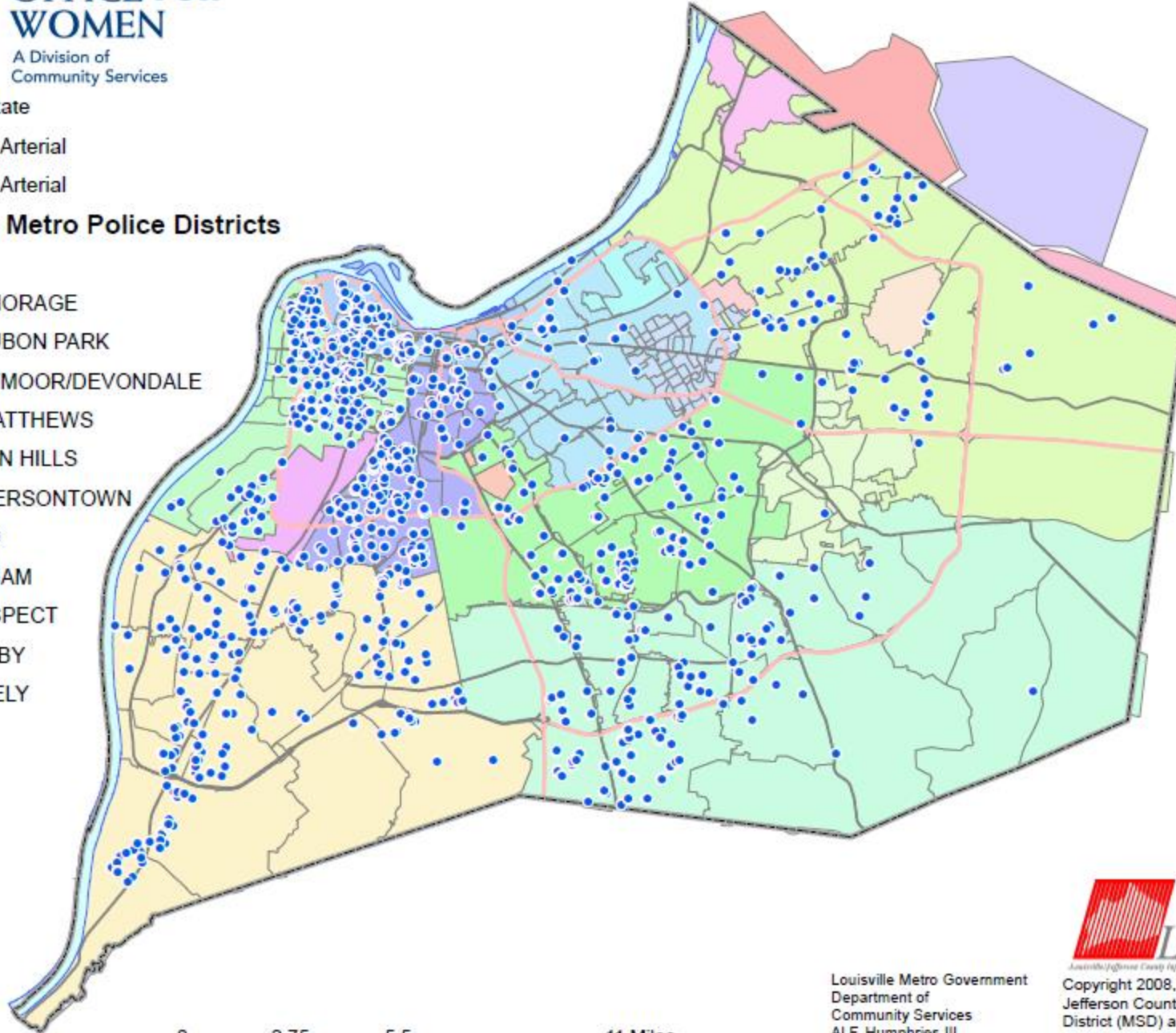
-  Interstate
-  Major Arterial
-  Minor Arterial

**Louisville Metro Police Districts**

**DISTRICT**

-  ANCHORAGE
-  AUDUBON PARK
-  GRAYMOOR/DEVONDALE
-  ST MATTHEWS
-  INDIAN HILLS
-  JEFFERSONTOWN
-  LMPD
-  OLDHAM
-  PROSPECT
-  SHELBY
-  SHIVELY

-  1
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Louisville Metro Government  
Department of  
Community Services  
Al F. Humphries III  
05-02-18  
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## TIS PROJECT DEMOGRAPHICS

Reports received - July 1, 2015—June 30, 2016

Total # of children FY16	932	# of Incidents	555
Totals Since March 8, 2014	2240	# of Incidents	1315

### All children and juveniles by zip code

ZIP CODE	FY16	ALL DATES
Unknown	8	62
z40013	0	1
z40025	0	1
Z40056-59	2	2
z40104	0	1
z40118	11	31
z40201	1	2
z40202	7	16
z40203	81	136
z40204	3	6
z40205	4	12
z40206	13	36
z40207	9	16
z40208	31	59

ZIP CODE	FY16	ALL DATES
z40209	4	12
z40210	66	131
z40211	75	193
z40212	111	225
z40213	13	37
z40214	69	161
z40215	46	124
z40216	27	109
z40217	6	12
z40218	58	148
z40219	52	90
z40220	19	35
z40222	6	13

ZIP CODE	FY16	ALL DATES
z40223	6	33
z40228	8	31
z40229	27	77
z40241	23	39
z40242	8	22
z40243	18	25
z40245	13	16
Z40255	1	1
z40258	43	103
z40272	49	148
z40281	0	1
z40291	13	56
z40299	3	9

# DISTRICT PARTNERSHIP WITH POLICE DEPARTMENT

- Domestic Violence Cases Involving Children
- Lead Psychologist and Lead Counselor Notification
- School Notification

# TRAINING

- Professional Development for ALL Staff
- Model School Districts
- BOUNCE Project



JCPS Comprehensive School Survey Items - Students	2016 BOUNCE % Agree (N = 160)	2016 CONTROL % Agree (N = 229)	2016 DISTRICT % Agree (N = 14,590)
I really like other students in my school.	79.3	83.8	90.4
I feel my teachers really care about me.	93.5	90	92.2
I believe I can talk with my counselor.	92.6	81.8	88.7
There is at least one adult at my school who says positive things to me often.	90.3	89.3	89.7
My school has a caring and supportive environment for students.	92.7	92	92.2
I feel safe walking to and from school.	74.8	67.5	74.4
I feel safe at school.	88.7	92	92.3
There is at least one adult at my school whom I feel I can trust.	88.3	89.3	90.1
I believe the adults in my school will take care of any unsafe situation.	95.4	91.4	93.2

# WORRY WOOS



# MAKING CONNECTIONS



# A TERRIBLE THING HAPPENED





# SELF CARE

**Awareness**~ Determine how you are feeling.  
What is your stress level?

**Balance**~ Seek balance in all areas of your life including work, personal, family, rest and leisure.

**Connection**~ Building connections and supportive relationships.

# SURVIVAL

<https://www.youtube.com/watch?v=Sin9M9boANo>



# CONTACT INFORMATION

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