Catching Kids Before They Fall

“A trauma approach for all kids”
FOR A FAIR SELECTION EVERYBODY HAS TO TAKE THE SAME EXAM: PLEASE CLIMB THAT TREE
National trends show schools making very slow improvement with a great amount of effort.

Teachers are spending greater amounts of time with student behavior problems.

Students coming to school unprepared for learning and class engagement.

Teachers are experiencing frustration and dealing with high levels of “burnout.”
We keep doing the same thing over and over… with the same outcomes
“If the only tool you have is a hammer, you tend to see every problem as a nail.”

Abraham Maslow
How many of you were able to choose the family you were born into?
ACE’s

A hand no one should have to hold!
ACE Study

Facts that many are unaware of....

• Started as a medical study.
  • 17,421 Adults were part of the original study that is still active today
  • 75% Caucasian
  • 39% College Graduates
  • 36% Had some college background
• All the participants have/had living wages with medical insurance

Participants were Middle Class or Affluent
Maltreatment/neglect ACEs

Family environment/ ACEs
What are the 10 *Adverse Childhood Experiences*?

1. Child Physical Neglect
2. Child Physical Abuse
3. Child Emotional Abuse
4. Child Emotional Neglect
5. Child Sexual Abuse
6. Witnessing Domestic Violence against the mother
7. Loss of a Parent to Death or Abandonment
8. Mentally ill, Depressed, or Suicidal Family Member
9. Incarceration of a Family Member
10. Drug Addicted or Alcoholic Family Member
ACE Study

Mechanisms by which Adverse Childhood Experiences influence health and well-being throughout the lifespan.
Washington State Data... 45% or our students are impacted by ACEs

Average Class of 30
A Common Belief...all students are to...

- Attend school daily
- Focus on academics
- Be motivated and engaged
- Behave appropriately
- Hand in their homework
- Pass all of their classes
By age 4...a child from poverty has a 3 million deficit in conversational vocabulary.
Research verses Ideology

CURRENT EDUCATIONAL ENVIRONMENT

- Physical needs
- Sense of safety
- Feeling connected
- Self-respect & confidence

Maslow’s Hierarchy

- Academic Learning

Research verses Ideology
The “caregiver” is responsible for their child’s brain development

“Students who are loved at home, come to school to learn, and students who aren’t, come to school to be loved.”

Nicholas A. Ferroni
The brain drives behavior

There is a story behind the student’s behavior
Students’ beliefs that inhibit academic performance…

Fight
Fear of Failure

Shame
Avoids embarrassment

Stupid
Self talk…70,000 self thoughts each day

Defiance
Survival

Consequence
Accept…to avoid failing

Label
Judged

Heather T. Forbes “Helping Billy”
Dr. John Medina, author of *Brain Rules*

**Toxic stress**

It is out of the student’s control

Brain is overwhelmed with “Cortisol”

Fight-Flight-Freeze

The brain cannot physiologically take in new knowledge or problem-solve.
Lincoln High School
Walla Walla, Washington

Implemented a Trauma-informed Model
2010-2011
It requires a personal paradigm shift on how we approach our students.
Moving from traditional practices to a trauma-informed approach
New Approach

“We went from reacting and telling”

to

“Asking and responding?”

Trauma Lens
Trauma impacted students have no concept of unconditional love...we have to teach and model what it looks like.
Student's healing will be found in the moments student's voices are being heard and validated.

Allowing students to express their feelings is the beginning... to changing their belief system.

This becomes the platform in which trust and relationship can begin.

A trauma-informed model builds positive caring adult relationships through holding kids... **ACCOUNTABLE**
Change happens through caring adult relationships
With this information…

“We should be attacking it like a bear”

Dr. Jack Shonkoff/Resilience Documentary
Student Disciplinary Office Referrals

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<td>2011-2012</td>
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<td>2012-2013</td>
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Number of days students were out of school

- Suspension Days
- Expulsion Days

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<tr>
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<th>Expulsion Days</th>
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<td>2012-2013</td>
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State assessment scores 2012 & 2013

Social and emotional regulation and development = Engagement in the Learning
Lincoln High School Graduation Rates

<table>
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<tr>
<th>Year</th>
<th>Graduation Rate</th>
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<td>2013</td>
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Be The One…
Caring Adult Relationships

= Resilience
Students Thrive in a trauma-informed school

5.5 ACEs

Behavior

Attendance

Grades - Credits

State Assessment

I have Optimism For My Future