



Becoming Trauma-Informed

School Mental Health Consultant

Virtual Community Agreements

- One Mic (please keep on mute to reduce background noise)
- Comments/Questions in the chatroom
- Virtually raise your hand if there is a pressing question/comment
- Sprinkle glitter, not shade
- Please be patient with technical difficulties

Workshop Objectives

- **Welcome/Virtual Agreements/Ice Breaker**
- **What Are We Experiencing?**
- **The 3 E's of Traumatic Stress**
- **Types of Trauma**
- **The Stress Response/Fight, Flight, Freeze**
- **Resilience**
- **What Are We Experiencing in School Communities?**
- **Response to Families/Students**
- **What You Can Do**
- **What Are We Experiencing As a Society?**
- **Closing**

ICEBREAKER

instead of a to-do list, let's make a

TO-FEEL LIST

CONFIDENT

GROUNDED

RADIANT

COMPASSIONATE

NOURISHED

CALM

POWERFUL

INTUITIVE

CREATIVE

COURAGEOUS

ABUNDANT

ADVENTUROUS

ALIVE

VIBRANT

WORTHY

INDEPENDENT

FULFILLED



The Coronavirus and Racial Injustices have impacted the way we live and have devastated communities of color.

Everyone is grieving, but students who live and attend schools in underserved neighborhoods are disproportionately coping with grief and loss, in addition to ongoing stress and trauma of the systems that failed them and their loved ones.

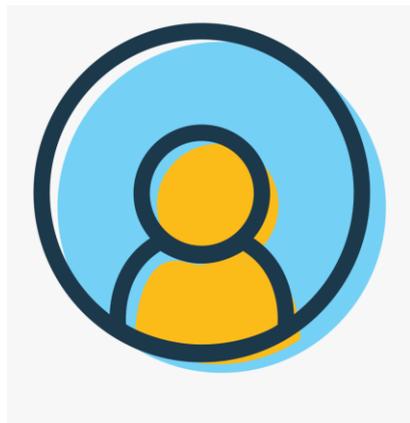
This may be a reminder of the ongoing trauma that communities of color have always faced:

Lack of access to equitable healthcare, health disparities in other areas (childbirth, asthma, heart disease, chronic stress), police violence, housing discrimination, daily discrimination and micro-aggressions, among others.

It is imperative that we keep this in mind as students return to school.



WHAT ARE WE EXPERENCING?



AS INDIVIDUALS



AS SCHOOL
COMMUNITIES



AS SOCIETY

CURRENT STRESSORS

- Concern for ourselves and our loved ones related to COVID-19
- Concern for people who are affected by racial injustices
- Watching the news
- Feeling lonely, isolated, and disconnected (lack of social connection and comfort)
- Navigating new work routines, and finding balance between work and home life while social distancing
- Learning new skills during an already stressful time
- Worrying about families/work etc
- Uncertainty about the future



THE 3E'S OF TRAUMATIC STRESS

An **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening, that overwhelms a person's ability to cope, and that has adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Leaves people feeling **helpless**, **vulnerable**, and **out of control**.

The Three E's of Trauma:

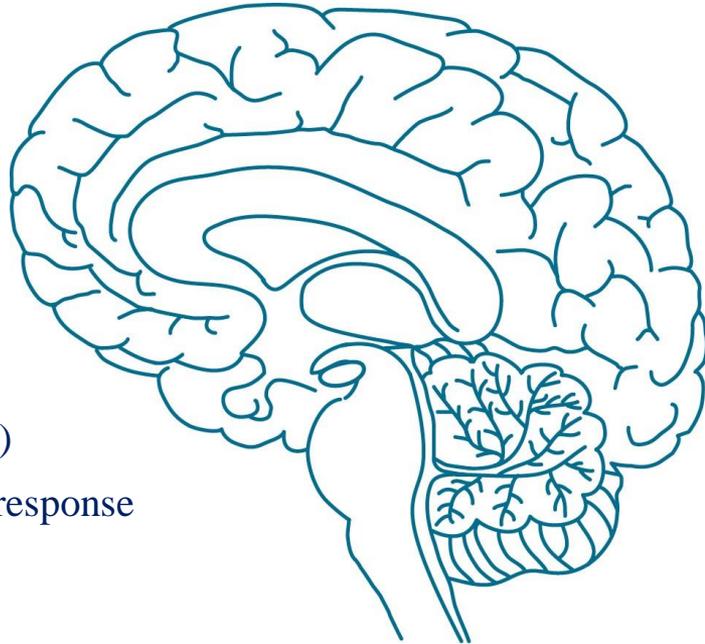


TYPES OF TRAUMA

Category	Definition	Trauma Type
Acute	Single, isolated incident	<ul style="list-style-type: none"> • Accident • Natural disaster • Single act of violence or terrorism • Sudden unexpected loss
Chronic	Traumatic experiences that are repeated or prolonged	<ul style="list-style-type: none"> • Prolonged family or community violence • Long-term illness • Chronic bullying • Chronic poverty and related stressors • Exposure to war, torture, or forced displacement
Complex	Exposure to multiple traumatic events from an early age, often within the caregiving system or without adequate adult support, which has short- and long-term effects in many areas	<ul style="list-style-type: none"> • Physical, emotional, and sexual abuse within caregiving systems • Ongoing neglect by caregivers • Witnessing domestic violence • Other forms of chronic violence without support
Historical & Racial	Collective and cumulative trauma experienced by a group across generations that are still suffering the effects and current experiences of race-based trauma	<ul style="list-style-type: none"> • Systematic oppression of particular groups across generations • Racism • Discrimination • Harassment

Source: National Centre on Safe Supportive Learning Environments / <https://safesupportivelearning.ed.gov/understanding-trauma-and-its-impact>

THE STRESS RESPONSE



Survival Brain

- Monitors for threat
- Sounds the alarm (automatic)
- Activates fight-flight-freeze response

Thinking Brain

- Judgement, decision making, emotional control
- The “rational brake”
- Goes offline during threat
- Helps the body come back into balance

Source: Center on **GREAT TEACHERS & LEADERS** at the American Institutes for Research ®



Fight

Flight

Freeze



What Flight, Fight, or Freeze Looks Like in the Classroom

Flight	Fight	Freeze
<ul style="list-style-type: none">• Withdrawing• Fleeing the classroom• Skipping class• Daydreaming• Seeming to sleep• Avoiding others• Hiding or wandering• Becoming disengaged	<ul style="list-style-type: none">• Acting out• Behaving aggressively• Acting silly• Exhibiting defiance• Being hyperactive• Arguing• Screaming/yelling	<ul style="list-style-type: none">• Exhibiting numbness• Refusing to answer• Refusing to get needs met• Giving a blank look• Feeling unable to move or act



Resilience:

The capacity to positively adapt to adversity

- Not all or nothing, but rather a process
- Can vary by situation
- Can be enhanced at any age
- Sense of meaning and purpose
- Spirituality
- Strong self-awareness; recognition of strengths
- Ability to regulate emotions
- Social supports
- Healthy coping strategies
- Humor and optimism
- Self-worth

WHAT ARE WE EXPERIENCING IN SCHOOL COMMUNITIES?

- Multiple losses in a community
- The pandemic is a cumulative loss
 - Loss of normalcy (social relationships, financial stability, etc.)
 - Communities of color are disproportionately impacted by COVID-19 as well as the ongoing impacts of institutional racism and trauma
- Children feel unsafe/disconnected
- Life is unpredictable
- Don't know where to turn for help
- People wrongly assume that children become “used to” or desensitized from loss

WHAT ARE WE EXPERIENCING AS A SOCIETY?



"A DREAM YOU
DREAM ALONE
IS ONLY A DREAM.
A DREAM YOU
DREAM TOGETHER
IS REALITY!"

OLD NAVY

SCHOOL
MENTAL
HEALTH

CLOSING



QUESTIONS?

Contact Information

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