

2J: Through the Trauma Lens

An Overview of Trauma



Daniel Rector
MO SW-PBS Statewide Coach



rectordl@missouri.edu



@PBISRector
#moswpbs18

Today's Outcomes

- Define trauma and explain what it means to be trauma-informed in the school setting.
- Describe the brain processes impacted by trauma and the resulting effects.



@PBISRector
#moswpbs18



Guiding Questions

- What is an 'ah-ha' that you have from this information?
- In what capacities does this material connect with our work?



@PBISRector
#moswpbs18

Who Here Has Mental Health?

Mental health is defined as a **state of well-being** in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

~World Health Organization



@PBISRector
#moswpbs18

School Mental Health OR School Mental Illness?



@PBISRector
#moswpbs18

School Mental Health

- Comprehensive system of mental health services and programs
- Full continuum of mental health promotion, prevention, early intervention, intervention, and recovery
- Emphasized shared responsibility of funding
- School-based and school-linked
- Services for all students
- Wellness for all members of the school community
- Meaningful engagement of families and youth
- Culturally-relevant best practices
- Continuous quality improvement



@PBISRector
#moswpbs18

Why Trauma-Informed Schools?

Looks Like, Sounds Like

- School Counseling
- PBIS
- Restorative Justice
- Leader in Me
- Character Education
- “Soft skills”
- Suicide Prevention
- Employee Wellness

Value-add

- Neuroscience
- School Community
- Whole Community
- Legislative focus
- \$\$\$\$\$
- Stigma
- Secondary!!!
- Lifelong



@PBISRector
#moswpbs18

Trauma-Informed Care: Realizes, Recognizes, Responds, Resists Re-traumatization

Trauma-sensitive schools acknowledge the prevalence of traumatic occurrences in the lives of students & teachers, create a flexible framework that provides universal supports, are sensitive to unique needs of students and are mindful of avoiding re-traumatization.



@PBISRector
#moswpbs18

Before We Dig Too Deep...

A Moment For Self-Care



@PBISRector
#moswpbs18

Trauma Simulation

Tear a piece of paper into 4 segments.

1. Write down the name of a very close loved one.
2. Write down your favorite activity.
3. Write down your favorite place to go.
4. Write down a symbol for a secret you have.



@PBISRector
#moswpbs18

The Meaning of Trauma

Importance, Prevalence, and Definition



@PBISRector
#moswpbs18

Our Reality

- In FY2016 (July 2015 to June 2016) there were 4,346 substantiated reports of child abuse and neglect in Missouri (5.9% of reported incident) and 2,173 (6.6%) in Kansas.¹
- In a national sample (2009), 17-year-old age cohort, 1 out of 5 girls and 1 out of 20 boys had experienced a sexual assault.²
- In a national sample (2009), approximately 2 of 5 adolescents (38%) reported ever witnessing 1 or more serious incidents of community violence, and 1 in 10 (9%) had witnessed serious violence between parents or caregivers.²
- In 2011/12 almost 50% of children ages 0-17 experienced one or more adverse events (traumatic event).³



@PBISRector
#moswpbs18

Why should we know about trauma?

Trauma is highly correlated with poor health and social outcomes.

- Childhood trauma victims are more likely to develop physical ailments as adults and have a much shorter lifespan.
- Childhood trauma victims are more likely to engage in risky and illegal behaviors.
- Childhood trauma victims are more likely to struggle with friendships and romantic relationships.



@PBISRector
#moswpbs18

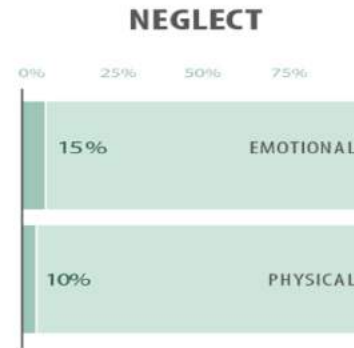
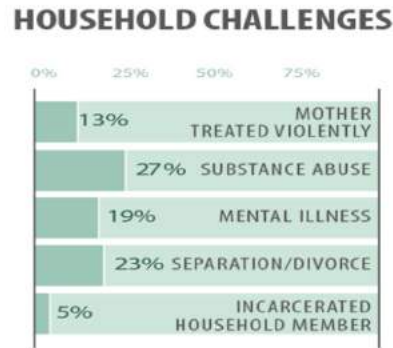
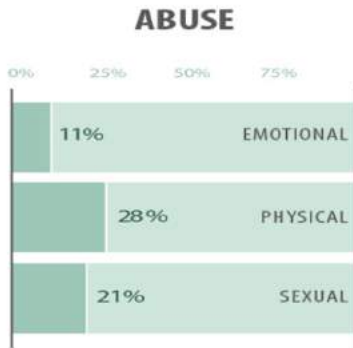
Understanding trauma

Adverse Childhood Experiences (ACE) Study



TYPES of ACES

The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **household challenges**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had a member of the household go to prison. Respondents were given an **ACE score** between 0 and 10 based on how many of these 10 types of adverse experience to which they reported being exposed.



[What is your ACEs Score?](#)



@PBISRector
#moswpbs18

<https://goo.gl/HJZ9A5>

What are the effects of trauma?

ACES can have lasting effects on....



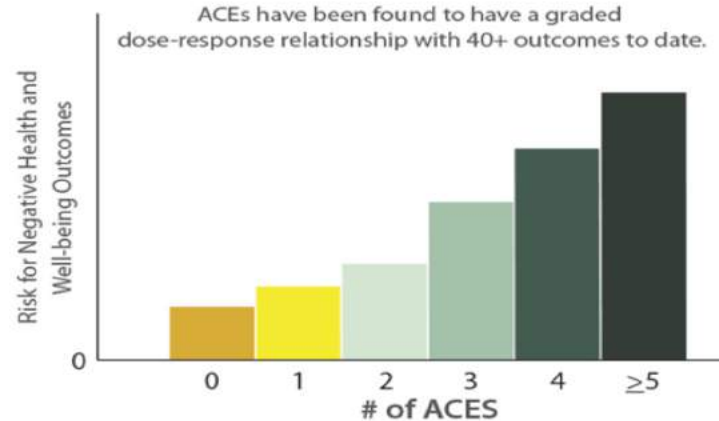
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



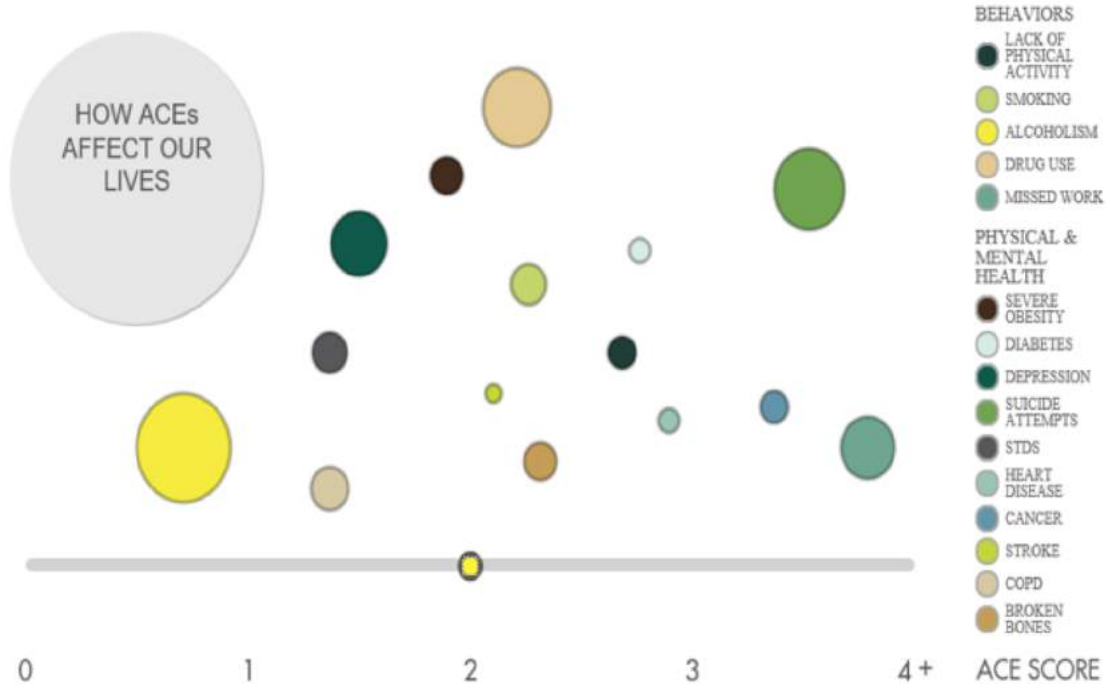
*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.



@PBISRector
#moswpbs18

ACES CAN HAVE LASTING EFFECTS **ON** BEHAVIORS & HEALTH...

Simply put, our childhood experiences have a tremendous, lifelong impact on our health and the quality of our lives. The ACE Study showed dramatic links between adverse childhood experiences and risky behavior, psychological issues, serious illness and **the leading causes of death**.



*Having an ACE score of zero does not imply an individual could not have other risk factors for these health behaviors/diseases.



@PBISRector
#moswpbs18

[Interactive Visual](#)

TABLE 2. Rates of suicide per 100,000 population, by sex, and ranked overall by Standard Occupation Classification (SOC) group – 17 states, 2012*

SOC code	Occupational group	Overall	Male	Female
45	Farming, fishing, and forestry	84.5	90.5	—†
47	Construction and extraction	53.3	52.5	—
49	Installation, maintenance, and repair	47.9	47.5	—
51	Production	34.5	39.5	10.8
17	Architecture and engineering	32.2	36.3	—
33	Protective service	30.5	34.1	14.1
27	Arts, design, entertainment, sports, and media	24.3	32.9	12.4
15	Computer and mathematical	23.3	32.8	12.5
53	Transportation and material moving	22.3	30.2	4.8



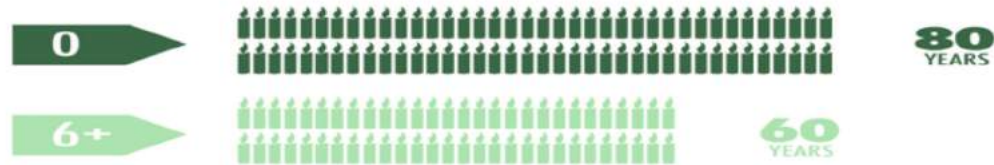
@PBISRector
#moswpbs18

What are the effects of trauma?

HOW *do* ACES AFFECT OUR SOCIETY?

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



ECONOMIC TOLL

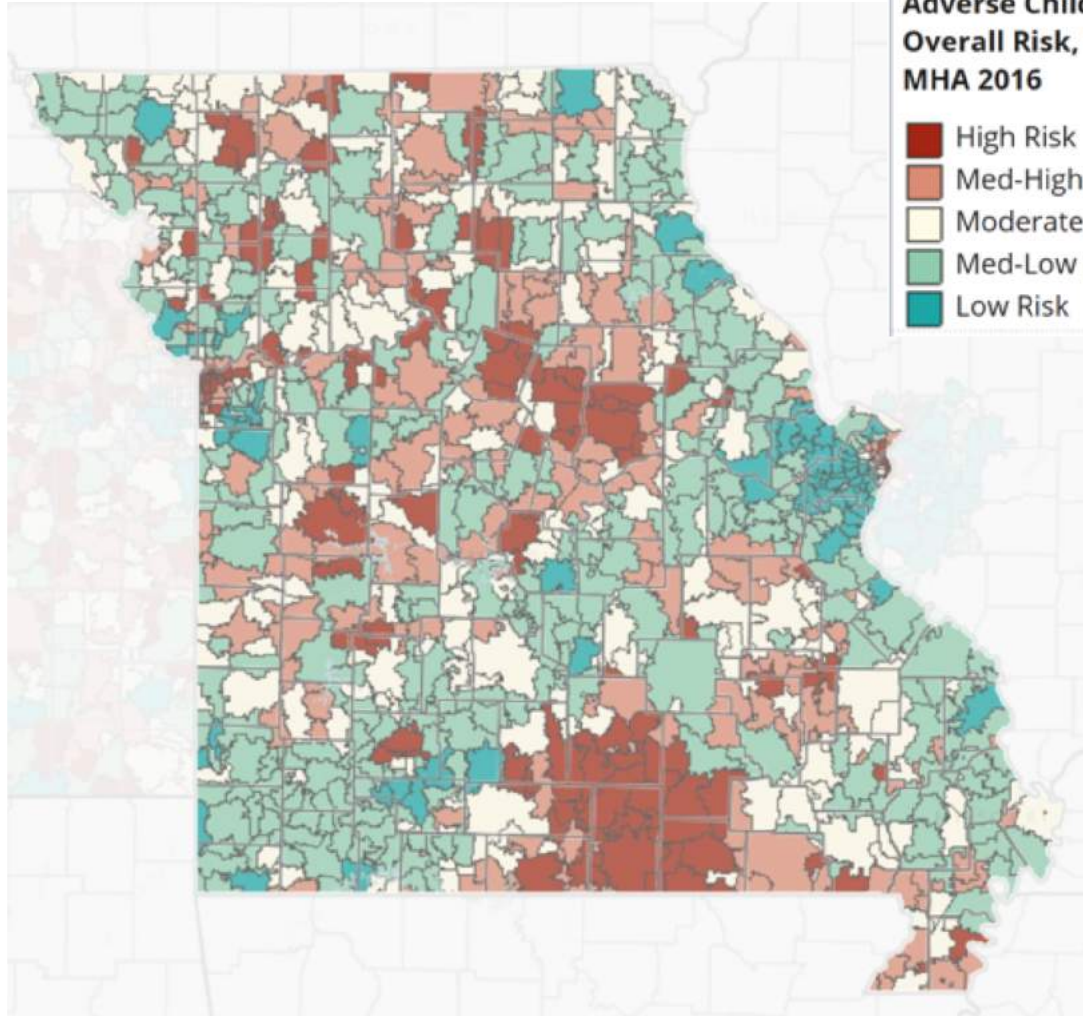
The CDC estimates that the lifetime costs associated with child maltreatment at **\$124 billion**.



@PBISRector
#moswpbs18

**Adverse Childhood Experiences (ACE),
Overall Risk, Weighted Score by ZCTA,
MHA 2016**

- High Risk
- Med-High Risk
- Moderate Risk
- Med-Low Risk
- Low Risk



@PBISRector
#moswpbs18

What is trauma?



“Traumatic events are extraordinary, not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life”

– Judith Herman, Trauma and Recovery



@PBISRector
#moswpbs18

What is trauma?

According to SAMHSA (2014):

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.*



@PBISRector
#moswpbs18

What is trauma?

Acute Trauma

- Usually a one-time event (e.g., accident, natural disaster)

Complex (Chronic) Trauma

- According to NCTSN: *The term complex trauma describes both children's exposure to multiple traumatic events, often of an invasive, interpersonal nature, and the wide-ranging, long-term impact of this exposure.*

Multiple traumatic events happening to the same person

Multiple instances of the same traumatic event

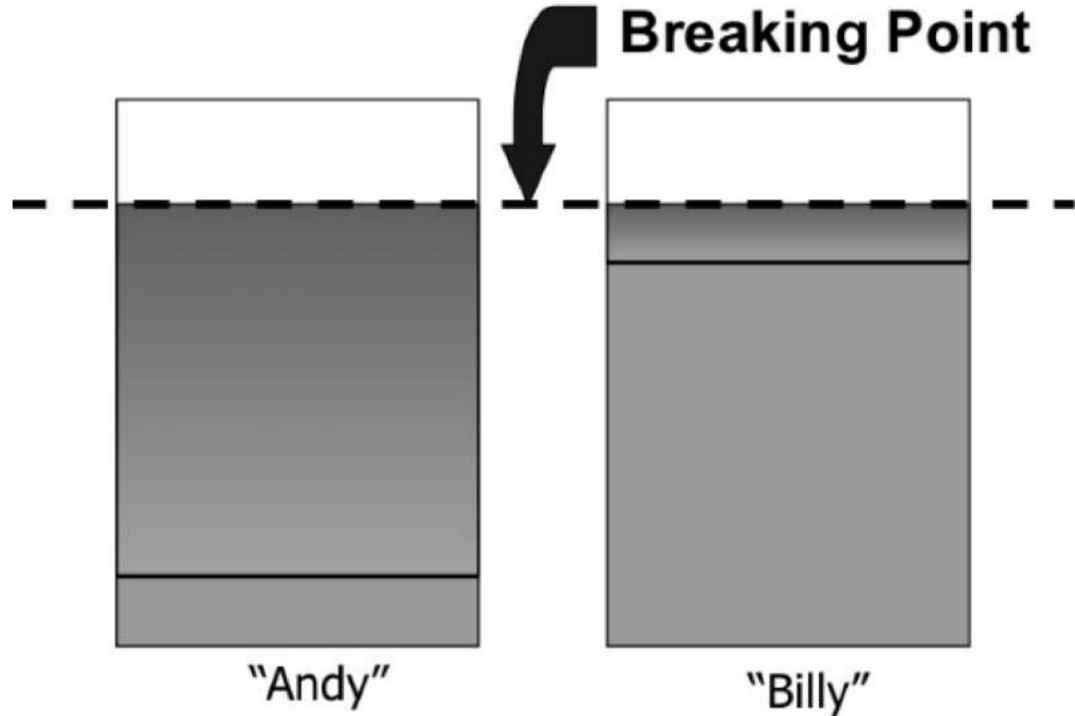
Environmental or community trauma



@PBISRector
#moswpbs18

Compounding Triggers

Window of Stress Tolerance



@PBISRector
#moswpbs18

Under The Surface

“Be kind. Everyone you meet is fighting a hard battle”

– T.H. Thompson & John Watson



@PBISRector
#moswpbs18

Would It?

If you had knowledge of another person's experiences...

What they see...

What they hear...

What they feel...

Would it change the way you respond?

Changing the Question from:

What's wrong with you?

to

What happened to you?



@PBISRector
#moswpbs18

Today's Outcomes

- ✓ Define trauma and explain what it means to be trauma-informed in the school setting.
- Describe the brain processes impacted by trauma and the resulting effects.



@PBISRector
#moswpbs18



Break Wonderings

So far...

- What is an 'ah-ha' that you have from this information?



@PBISRector
#moswpbs18

The Impact of Trauma

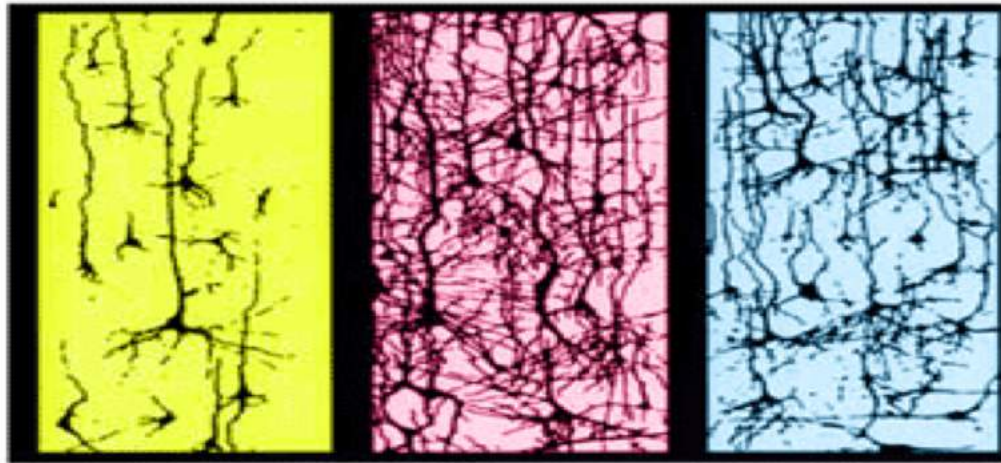


@PBISRector
#moswpbs18

Brain architecture

Experience Shapes Brain Architecture by Over-Production Followed by Pruning

Center on the Developing Child  HARVARD UNIVERSITY



birth

6 years

14 years

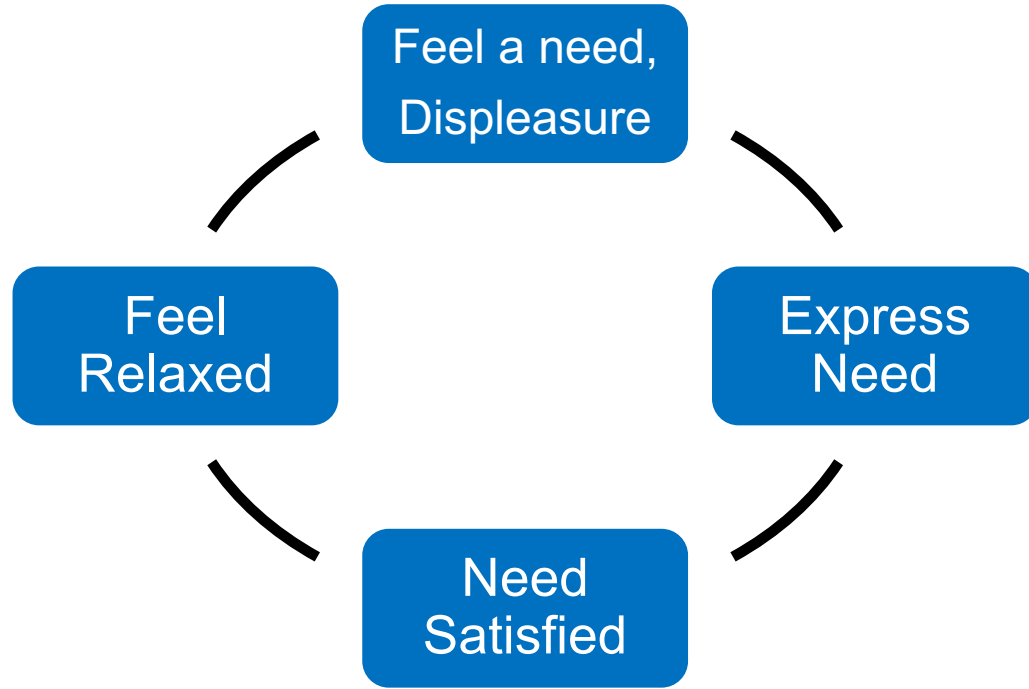
Source: Shonkoff, J. P. (2008) **

- Fixed amount of neurons
- Period of rapid proliferation
- Pruning
- Experiences shape connections



@PBISRector
#moswpbs18

Developing neural connections



Impact of Relationships

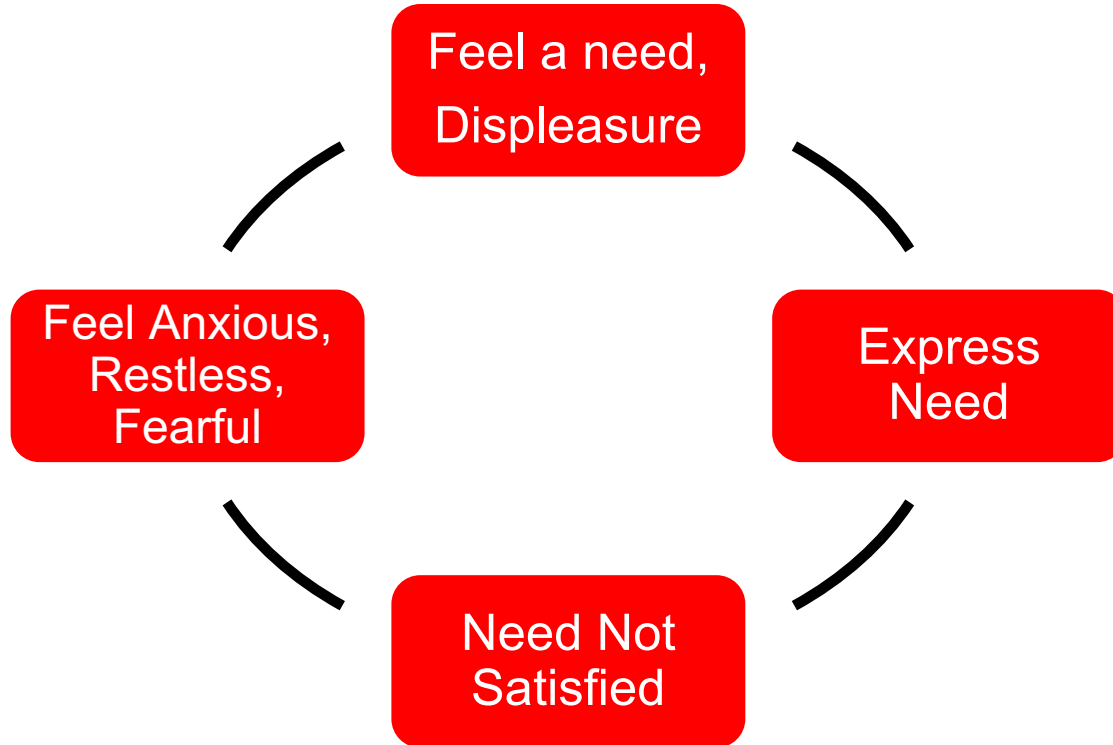
Relationships are developed through the emotional bond between the child & primary caregiver. It is through this relationship we learn to:

- Regulate emotions/“self soothe”
- Develop trust in others
- Freely explore our environment
- Understand ourselves & others
- Understand that we can impact the world around us

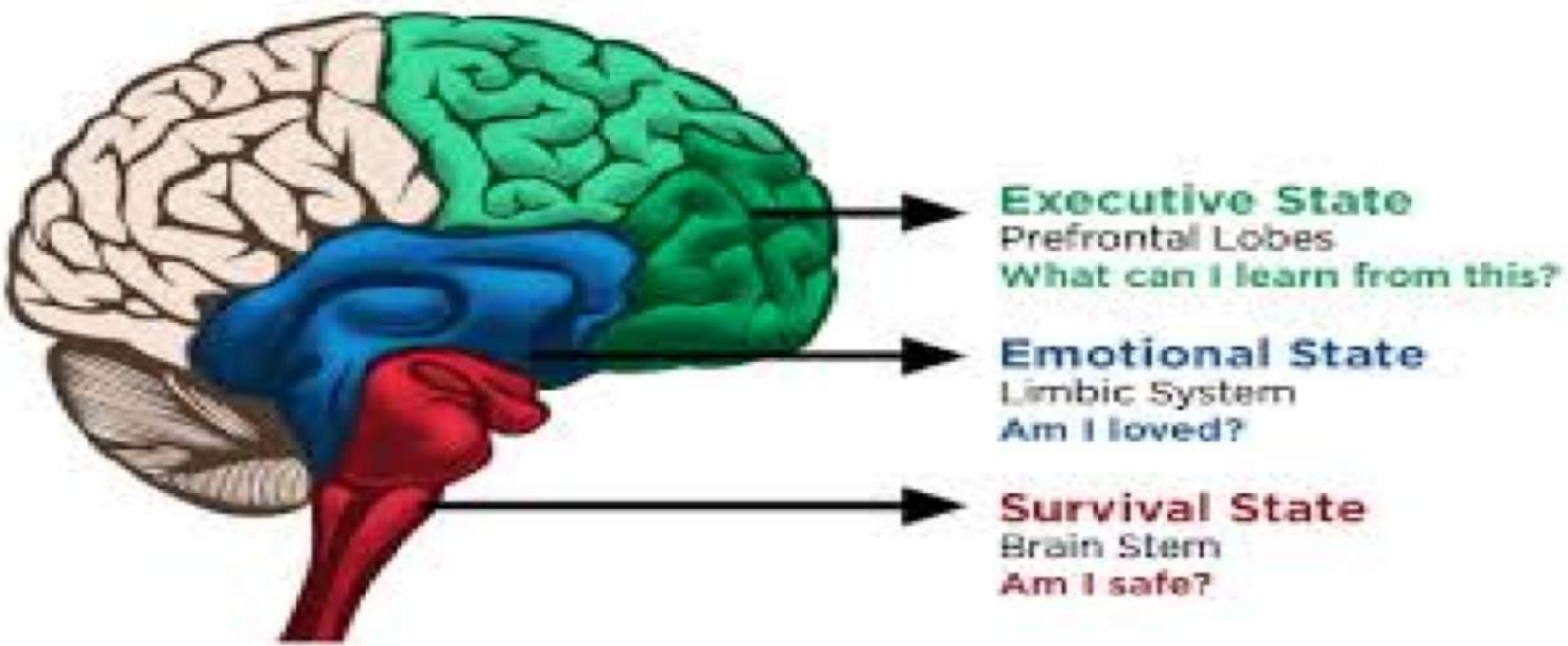


@PBISRector
#moswpbs18

Developing neural connections



Brain anatomy

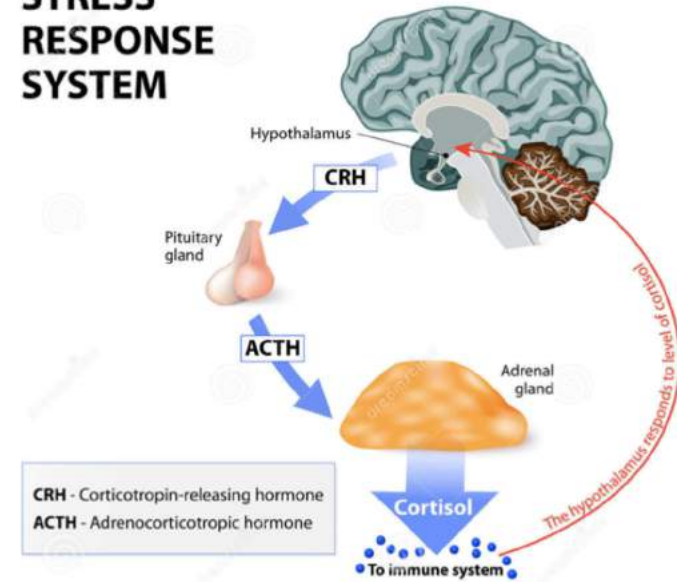


@PBISRector
#moswpbs18

Physiological response to stress

- Amygdala perceives threat
- Hypothalamus responds to amygdala; releases intermediary hormones
- Adrenaline & Cortisol are ultimately released

STRESS RESPONSE SYSTEM



FIGHT

or

Flight



Uncertainty, Paralysis,
Powerlessness, Avoidance



@PBISRector
#moswpbs18

Allostatic load

Acute Stress Response

- increase blood glucose
- increased blood pressure
- modulation of immune response
- reduced motivation for rewarding stimuli
- vigilance and arousal
- consolidation of aversive memories

Effect of Persistent Stress

- excessive insulin secretion, type II diabetes
- hypertension, coronary heart disease
- vulnerability to inflammatory diseases
- loss of interest, depression
- hyperarousal and anxiety disorders
- preponderance of aversive memories (PTSD)



@PBISRector
#moswpbs18

Stored early implicit memories can
cause

AMYGDALA HIJACK

Without the person's conscious
knowledge



SURVIVAL TRUMPS EVERYTHING!



@PBISRector
#moswpbs18

Trigger problems

- Rarely clear
- Often unnoticed, even by the individual
- Can be invisible (sensory oriented)
- Can seem trivial/minor
- Are often uncontrolled factors
- Don't always make sense
- Revert us to less functional versions of ourselves



@PBISRector
#moswpbs18

Toxic Responses

Impact of Trauma on the Brain

Healthy Brain



Brain of Abused Child



DE BELLE ET AL., 1992

56



@PBISRector
#moswpbs18

Chad's Story



What if kids are doing the best they can?



@PBISRector
#moswpbs18

Today's Outcomes

- ✓ Define trauma and explain what it means to be trauma-informed in the school setting.
- ✓ Describe the brain processes impacted by trauma and the resulting effects.



@PBISRector
#moswpbs18

Questions?



@PBISRector
#moswpbs18



Reflection

- What is an 'ah-ha' that you have from this information?
- In what capacities does this material connect with our work?



@PBISRector
#moswpbs18

Contact Information

Daniel Rector

Statewide Coach

MO SW-PBS

e-mail: rectordl@missouri.edu



@PBISRector
#moswpbs18