



# Alternative Schools Network:

Building Trauma-Responsive Schools & Programs

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# Agenda



- ▶ Introductions
- ▶ Review of Trauma 101
- ▶ Activity: Becoming a Trauma Responsive School
  - ▶ Assessing your school
  - ▶ Group Activity
- ▶ Next Steps, Q&A

# Important to keep in mind



- ▶ Long-term process
- ▶ “What happened to you?” vs. “What’s wrong with you?”
- ▶ You do not have to be a therapist to be therapeutic
- ▶ Proactive rather than reactive
- ▶ Research is ongoing



What is trauma?

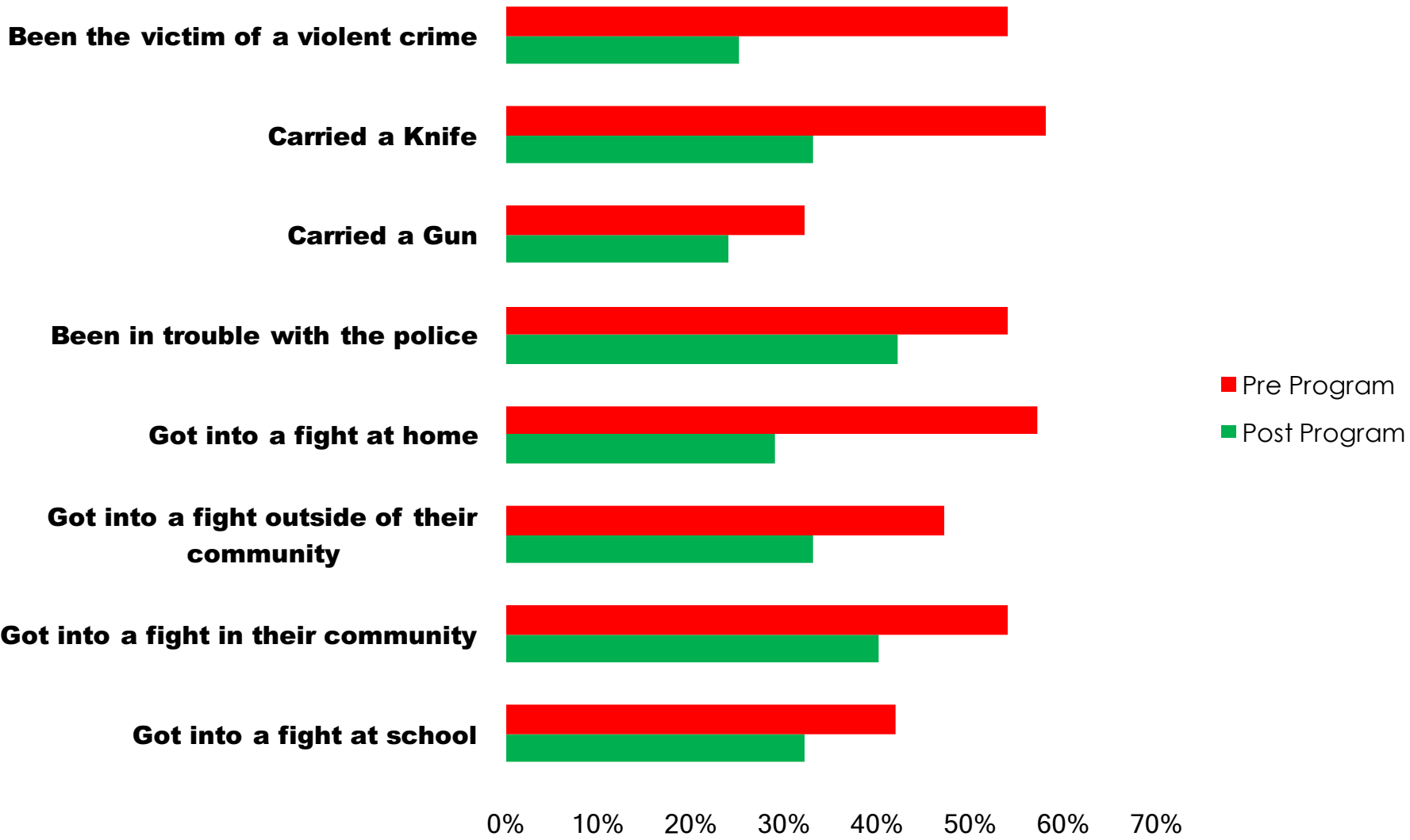
# Trauma Exposure: ASN Mentoring program

- ▶ Experienced Emotional Abuse 79.5%
- ▶ Experienced Physical Abuse 73.3%
- ▶ Experienced Violent Act(s) 68.9%
- ▶ Experienced Sexual Abuse 34.1%
- ▶ Witnessed Violent Act(s) 73.3%
- ▶ Witnessed Violent Death 64.9%

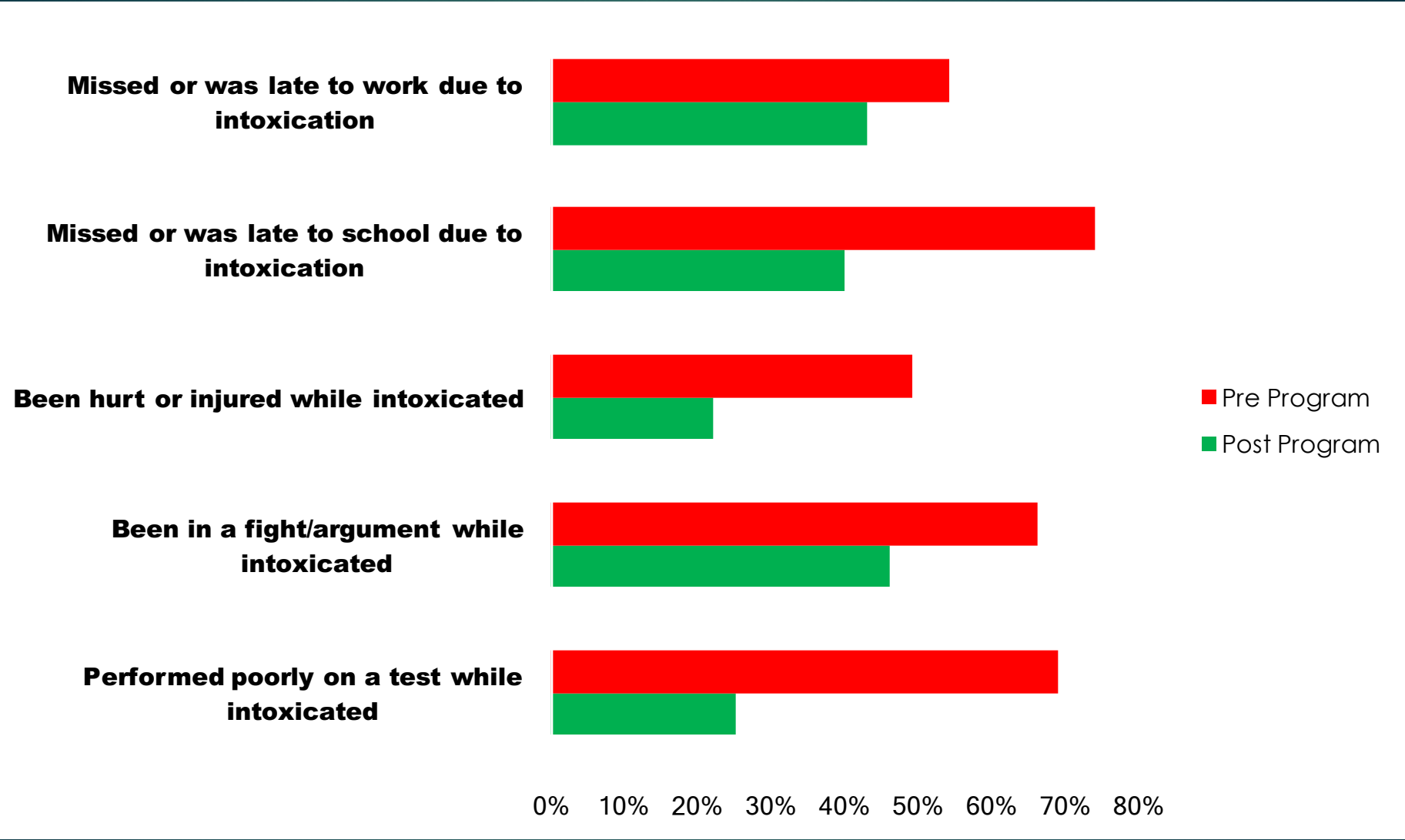
How often do you think about these things?

- ▶ All of the time 40.9%
- ▶ Most of the time 18.2%

# Results: Pre & Post Program – Violent Activities



# Results: Pre & Post Program – Risky Behavior





# What can we do?

ASN'S YOUTH RESILIENCE PROJECT



# Guiding Principles of Trauma-Informed Practice

- ▶ Safety
- ▶ Trust
- ▶ Collaboration
- ▶ Empowerment/Choice/Voice
- ▶ Peer Support
- ▶ Culturally Responsive

Source: SAMHSA

[https://www.samhsa.gov/samhsaNewsLetter/Volume\\_22\\_Number\\_2/trauma\\_tip/guiding\\_principles.html](https://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/trauma_tip/guiding_principles.html)

# The 5 Domains

- ▶ School-wide Policies & Practices
- ▶ Classroom Strategies & Techniques
- ▶ Collaborations & Linkages with Mental Health
- ▶ Family Partnerships
- ▶ Community Linkages



# School Self-Assessment & Group Activity

# Next Steps

- ▶ What's your 'TO DO' list (top priorities)?
- ▶ What resources/support do you need?
- ▶ What's your timeline?



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