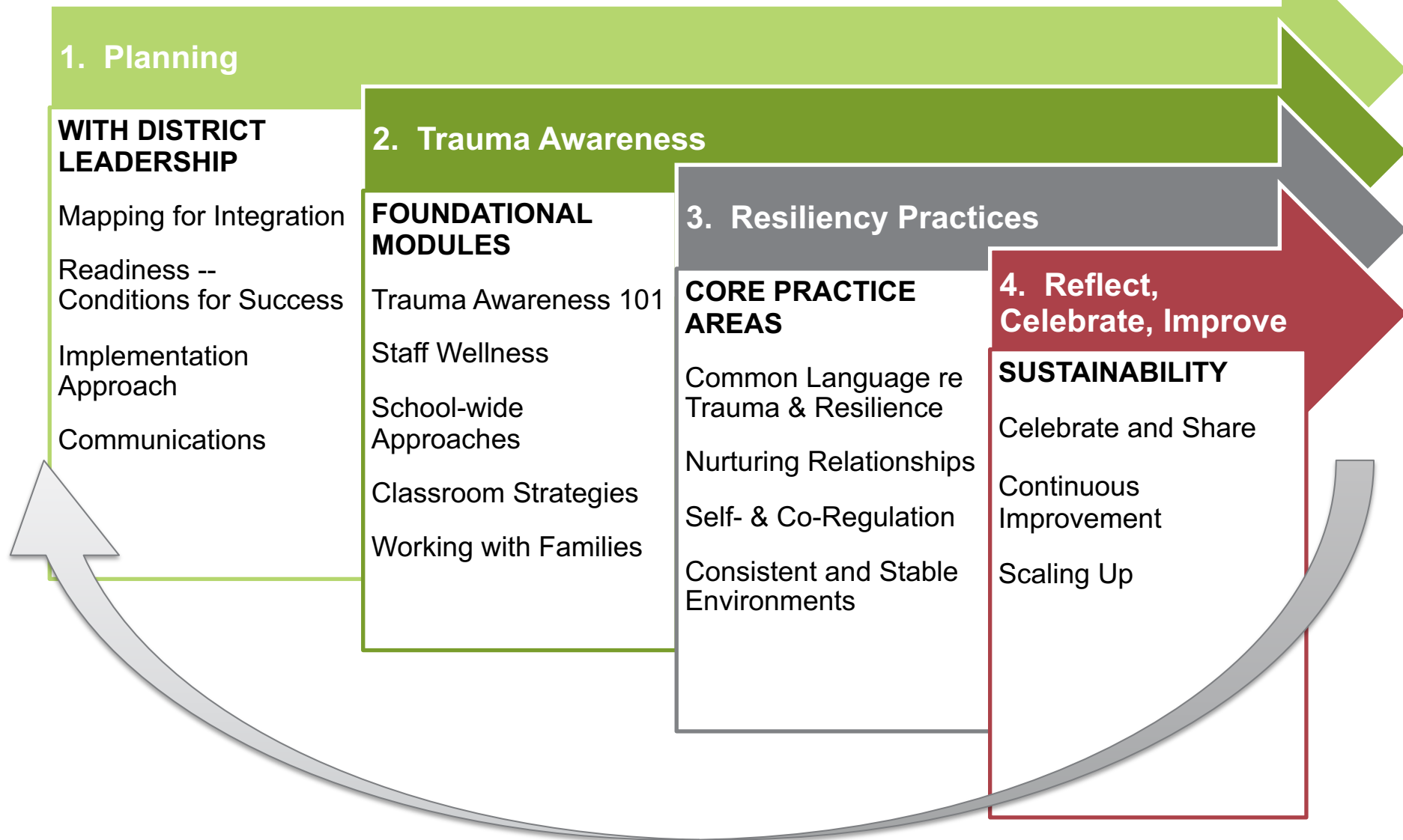


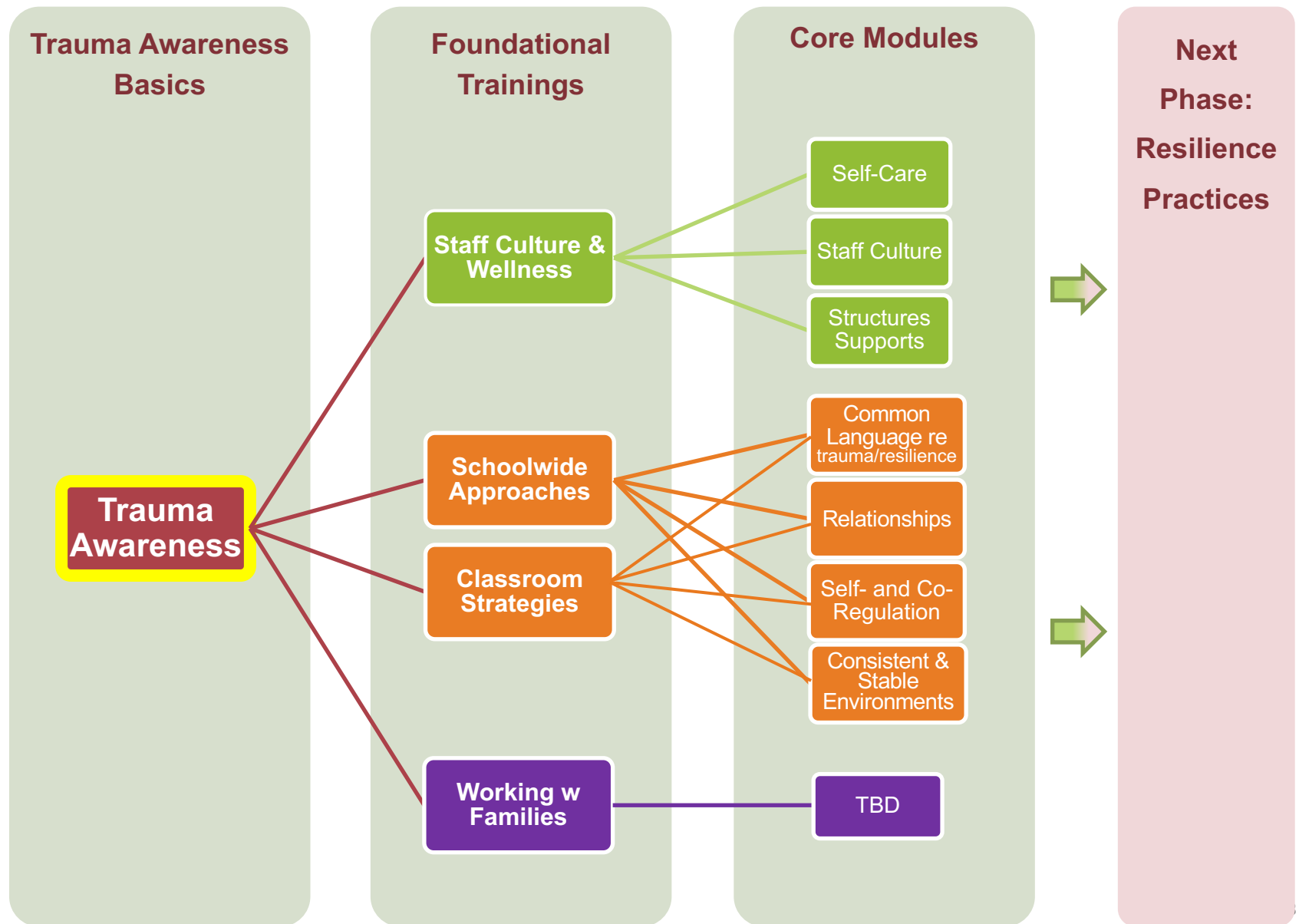
Our Approach to Trauma and Resilience Informed Schools



CHSC's Approach: Stages and Content



Trauma Awareness Training Series



Trauma Awareness Basics Training

What's and Why's of Trauma and Resiliency

Context

Definitions and Research

What is Trauma
What is Resilience

Key Learning Points

- The continuum of stress to trauma is widespread
- Trauma is an individual's perceived threat; there are different types and causes of trauma
- Impacts of trauma can be mitigated and healed
- Resilience restores hope and sense of possibility, and can support healing after difficult experiences

Trauma, Healing, and the Brain

Brain Development

What Science and Brain Research Tells Us

Relationships Help Heal the Brain

Key Learning Points

- Perceived danger causes the higher functions of the brain to go offline, and survival brain to take over
- Trauma activates crucial survival strategies the brain knows it can count on, even when not necessary
- Healthy connection with other people can help heal the brain

Impacts of Trauma on Learning

Social-Emotional Development
Learning

Key Learning Points

- Many challenging classroom behaviors are actually trauma responses
- Students carry the impacts of stress and trauma into school which can impede their ability to engage in learning and social interactions
- Viewing youth from a trauma lens can empower schools to meet the needs of youth most at risk