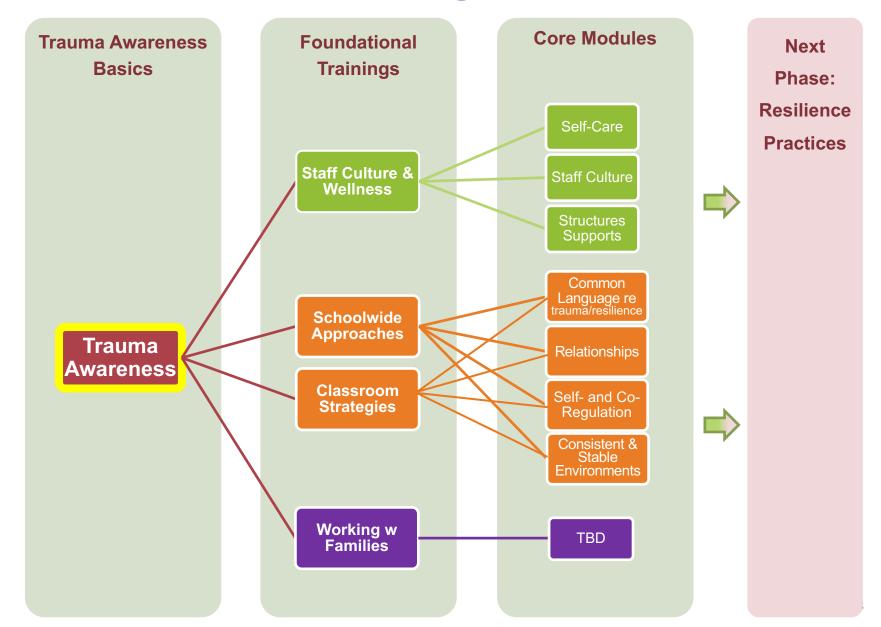
Our Approach to Trauma and Resilience Informed Schools



CHSC's Approach: Stages and Content

WITH DISTRICT LEADERSHIP	2. Trauma Awareness		
Mapping for Integration	FOUNDATIONAL MODULES	3. Resiliency Practi	ces
Readiness Conditions for Success	Trauma Awareness 101	CORE PRACTICE AREAS	4. Reflect, Celebrate, Improve
Implementation Approach Communications	Staff Wellness School-wide Approaches Classroom Strategies Working with Families	Common Language re Trauma & Resilience Nurturing Relationships Self- & Co-Regulation Consistent and Stable Environments	SUSTAINABILITY Celebrate and Share Continuous Improvement Scaling Up

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