Trauma-Informed Schools: Trauma Sensitive Practices

Burn out and Stress Prevalence among Educators

- 78% report that they are often emotionally and physically exhausted.
- 87% report that job demands sometimes interfere with their family life.
- Over 75% report that they do not have enough staff to get the work done.

In 2015, 30,000 United States educators were surveyed on stress and burnout in the work place.


Multi-Tiered Systems of Support (MTSS)

- Universal
  Targets whole school or Classrooms. Is the least intrusive and lowest cost
- Selective
  Targeted to population subgroups, address risk factors within higher risk groups
- Indicated
  Overlaps conceptually with mental health treatments. Generally shows stronger outcomes for clinical impairment

Cognitive Behavioral Intervention for Trauma
Reduces symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems. Improves functioning, grades, attendance, support, and coping skills.

Psychological First Aid for schools (PFA-S)
Designed to reduce the initial distress caused by emergencies/trauma and to foster short- and long-term adaptive functioning and coping.

Trauma Informed Care and Staff Wellness
Overarching approach to shifting the culture and overall climate of the entire school. Has potential to increase educator retention and student wellbeing.

Teachers may experience **secondary traumatic stress** from working with student trauma.

**Vicarious trauma** is impacted by continuous empathic engagement with trauma survivors.

**Compassion fatigue** is emotional, physical, and spiritual exhaustion from witnessing and absorbing the problems and suffering of others.


**Promoting Self-Care**

**Professional Quality of Life Scale**

An assessment of positive and negative effects of working with students who have experienced trauma. Can be self-administered individually or in groups as part of ongoing self-care initiatives.

**Promoting Staff Wellness**

Secondary traumatic stress can be combatted by promoting social, physical, intellectual, financial, spiritual, and environmental self-care.

**Mindfulness**

Mindfulness is intentionally living with awareness in the present moment, and can be practiced anywhere at any time. Mindfulness can help manage stress and enhance overall staff wellness.