

# The Zoom Interface

The screenshot shows a Zoom Webinar window. The main content area displays the TTC logo (Technology Transfer Centers, Funded by Substance Abuse and Mental Health Services Administration) and a message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" menu is open, showing "Speakers (Realtek(R) Audio) Same as System" selected. The bottom toolbar includes "Audio Settings", "Click Here to adjust your audio settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", and "Leave".

Callouts explain the Q&A feature:

- "You can switch between questions you've asked and those asked by others using these buttons." (pointing to "All questions (1)" and "My questions (1)")
- "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above." (pointing to the "Type your question here..." input field)

Callouts explain the Chat feature:

- "The chat feature will allow you to talk with other people in today's webinar." (pointing to the chat window)
- "The To field will tell you who will receive your message. Be mindful of who you are chatting to." (pointing to the "To: All panelists" field)
- "Your text can only be seen by panelists" (pointing to the chat input area)

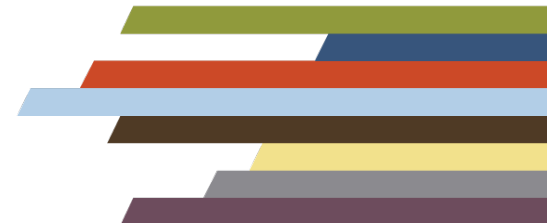
**All attendees are muted. Today's session will be recorded.  
A link to the presentation slides and a recording of the webinar will be emailed.  
Certificates of Attendance will be emailed.**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Trauma Through the ACE Lens: Developing Trauma-Informed Classrooms

*PJ Wenger, LPC, MFT, NCC*



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# About Us ...

The Northeast and Caribbean MHTTC provides 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

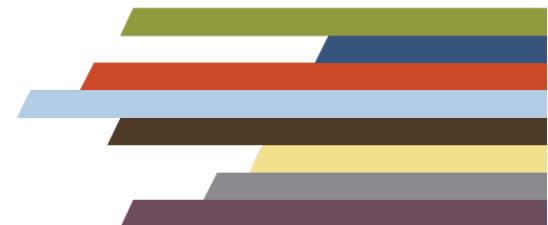
Supplemental funding to work with school teachers and staff to address student mental health.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Grow Your Knowledge and Skills

Keep up with the latest effective practices, resources, and technologies!

**Subscribe** to receive our mailings.

All activities are free!

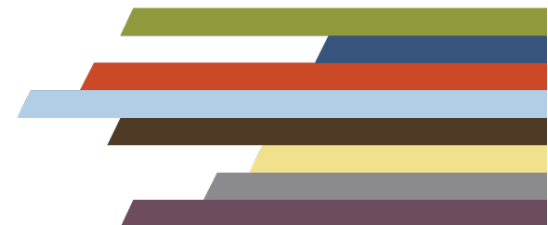
<https://bit.ly/2mpmpMb>



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

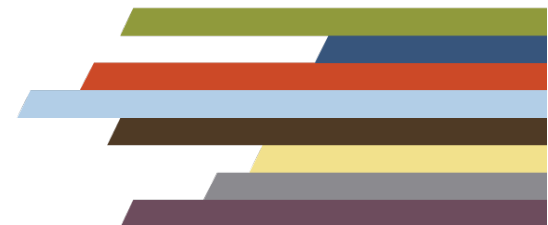
Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. Therefore, your feedback counts!



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Video Recording Information

## ***Please Note:***

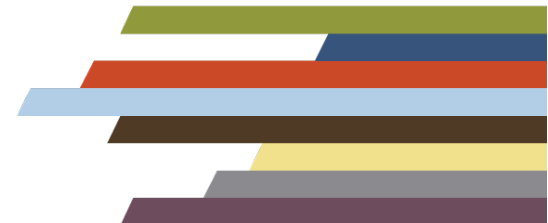
We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Your Interactions With Us

## Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Be aware: your question is visible to all participants.

## Chat and Polls

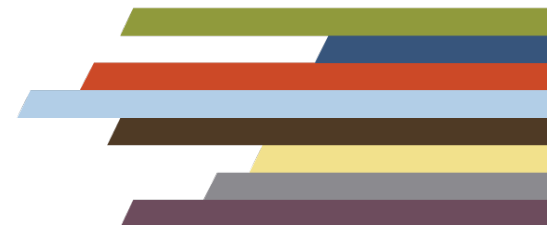
- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Disclaimer

This presentation was prepared for the MHTTC Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Northeast and Caribbean MHTTC.

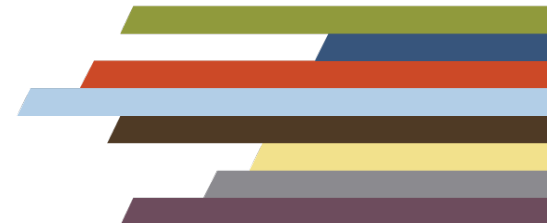
This presentation will be recorded and posted on our website. At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the presenters, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Our Presenter:



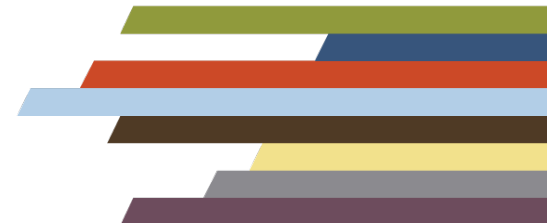
**PJ Wenger LPC, NBCC, MFT, Ed.S., MA, M.Ed.**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Objectives

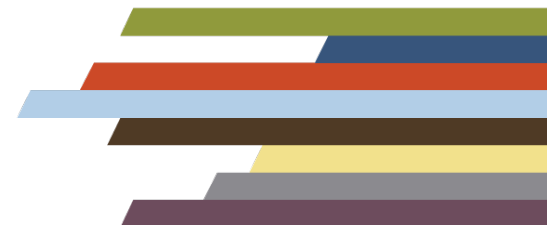
- To define trauma and the various types of trauma
- To explore Adverse Childhood Experiences (ACEs) and our personal ACE score
- To understand how trauma manifests in our lives: signs and symptoms
- To define and understand what a trauma- informed approach looks like
- To learn how we can create a trauma-informed classroom and address student behaviors to improve mental health



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Defining Trauma

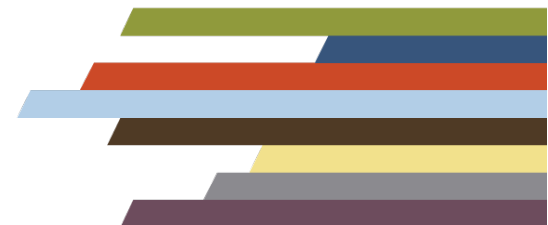
- Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional or spiritual well-being. (SAMHSA, 2014)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Defining Trauma

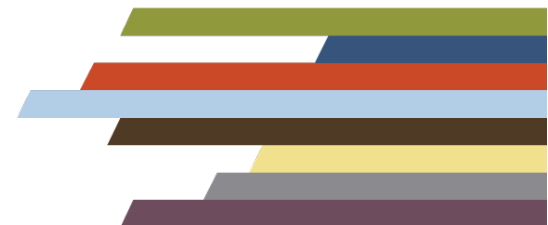
- “An emotional response to a terrible event like an accident, rape, or natural disaster.” (APA, 2016)
- Extremely upsetting, at least temporarily overwhelms an individual’s internal resources and produces lasting psychological symptoms. (Briere & Scott, 2015)
- Exposure to or experience of an event or series of events that are frightening or threatening and have lasting effects which are overwhelming and challenge one’s ability to cope. (National Center for Child Traumatic Stress, 2005)



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Trauma Facts

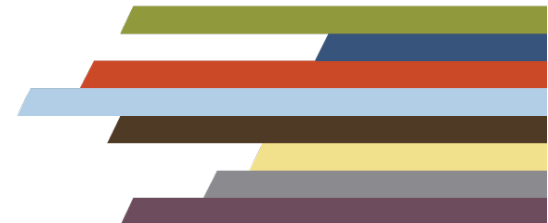
- More than 2/3 of children report at least one traumatic event by age 16 (Copeland, Angold, & Costello, 2016)
- 1 in 4 high school students have been in a physical fight (National Center for Injury Protection and Control, 2014)
- 1 in 5 high school students was bullied at school; 1 in 6 experienced cyber-bullying (National Center for Injury Protection and Control, 2014)
- National average of child abuse and neglect victims in 2013 was 679,000, or 9.1 victims per 1,000 children (US Department of Health, 2015)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Trauma Facts

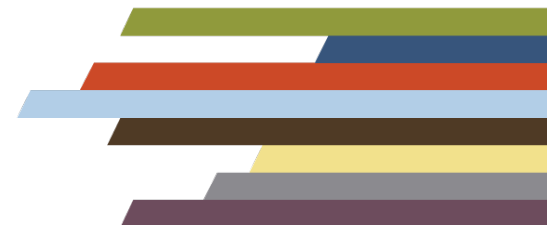
- 19% of injured and 12% of physically ill youth have PTSD (Kahana, Feeny, Youngstrom & Drotar, 2006)
- 54% of U.S. families have been affected by a disaster (Save the Children, 2014)
- 70% of US adults have experienced at least 1 traumatic event
  - = 223.4 million people (National Council for Behavioral Health 2013)
- Each year, the number of youth requiring hospital treatment for physical assault-related injuries would fill EVERY SEAT in 9 STADIUMS (National Center for Injury Protection and Control, 2014)



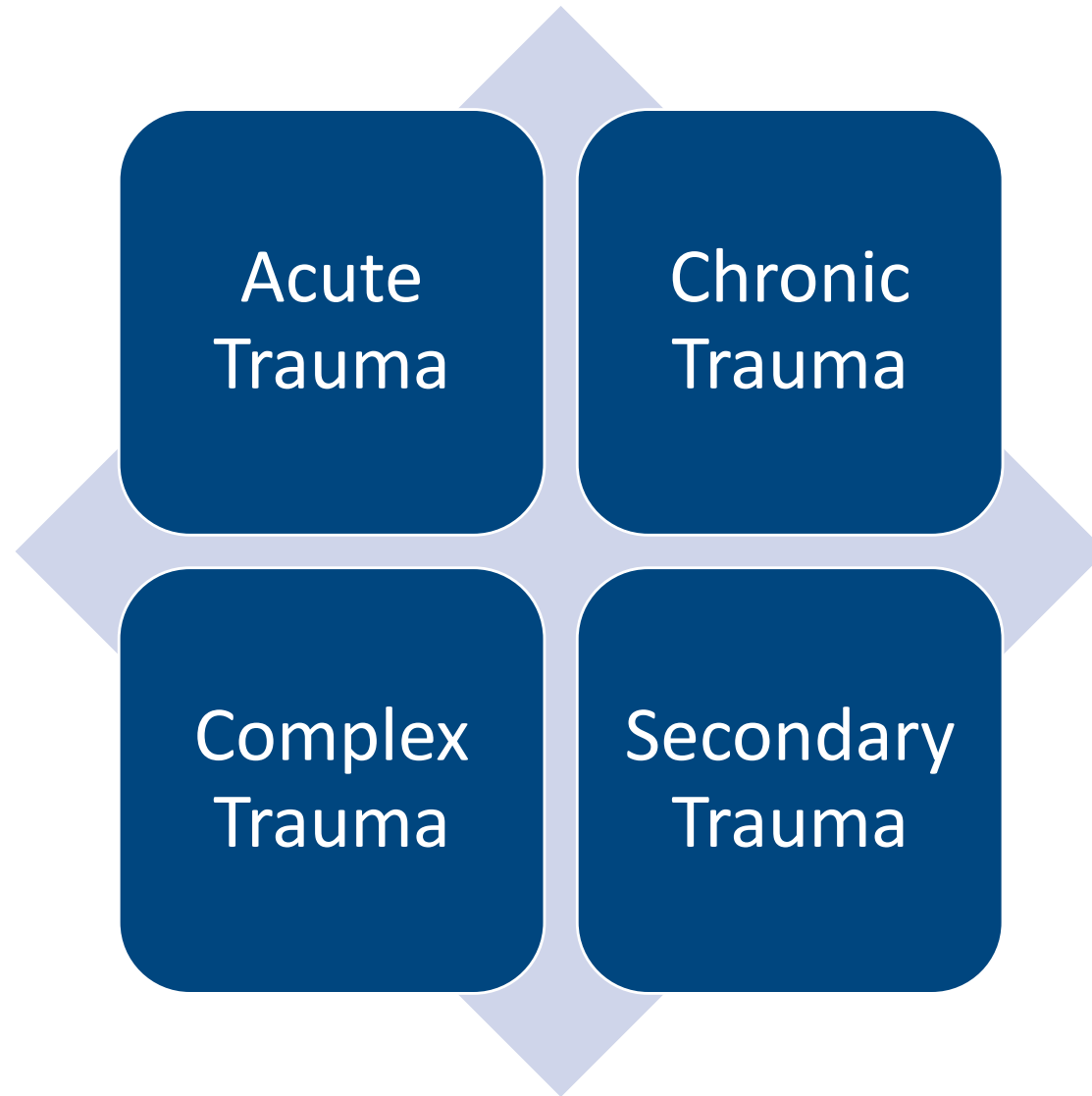
Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



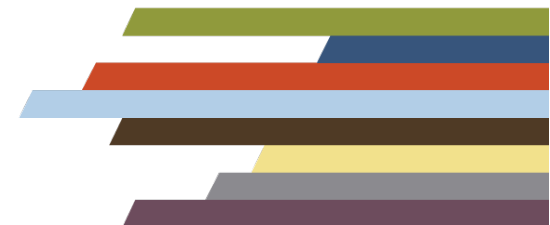
# TYPES OF TRAUMA



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Adverse Childhood Experiences

- The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study
- One of the largest investigations of childhood abuse, neglect, and household challenges and their effects on later-life health and well-being.
- Warning: some of the questions may be difficult to think about.

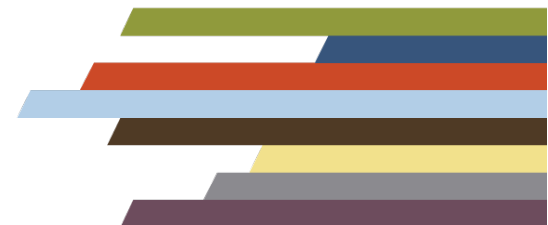
(<https://www.cdc.gov/violenceprevention/acestudy/about.html>)



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# What is Your ACE Score?

Record your “Yes” responses.

1. Did a parent or other adult in the household **often or very often**... swear at you, insult you, put you down, or humiliate you?

**Or**

Act in a way that made you afraid that you might be physically hurt?

2. Did a parent or other adult in the household **often or very often**.....  
Push, grab, slap. or throw something at you?

**Or**

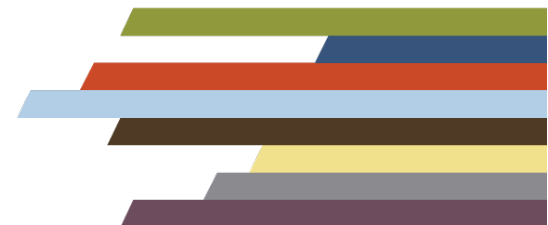
**Ever** hit you so hard that you had marks or were injured?



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# What is Your ACE Score?

3. Did an adult person at least 5 years older than you **ever** ...  
touch or fondle you or have you touch their body in a sexual way?

**Or**

Attempt or actually have oral, anal, or vaginal intercourse with you?

4. Did you **often or very often** feel that.....

No one in your family loved you or thought you were important or special?

**Or**

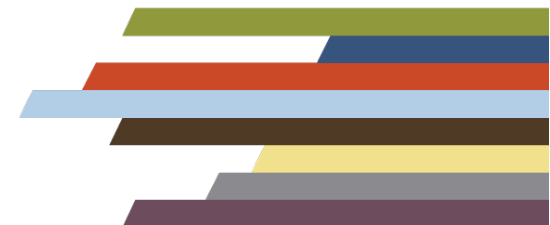
Your family didn't look out for each other, feel close to each other, or support each other?



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# What is Your ACE Score?

5. Did you **often or very often** feel that...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?

**Or**

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

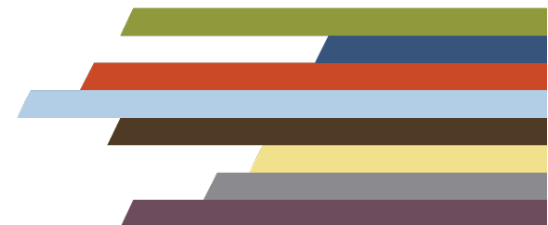
6. Were your parents **ever** separated or divorced?



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# What is Your ACE Score?

7. Was your mother or stepmother:

**Often or very often** pushed, grabbed, slapped, or had something thrown at her?

**Or**

**Sometimes, often, or very often** kicked, bitten, hit with a fist, or hit with something hard?

**Or**

**Ever** repeatedly hit at least a few minutes or threatened with a gun or knife?

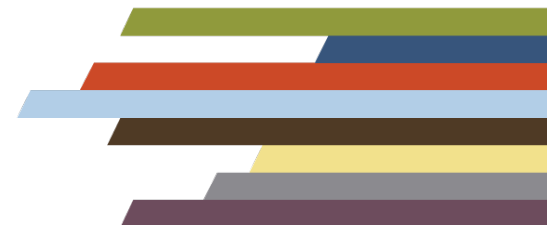
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# What is Your ACE Score?

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
  
10. Did a household member go to prison?

NOW add up your “Yes” answers: \_\_\_\_\_

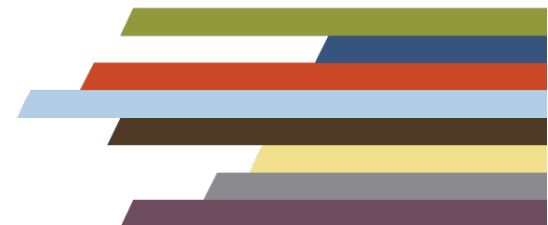
This is your ACE Score.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# What does your ACE Score Mean?

## Adverse Childhood Experiences Are Common

### Household dysfunction:

Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

### Abuse:

Psychological	11%
Physical	28%
Sexual	21%

### Neglect:

Emotional	15%
Physical	10%

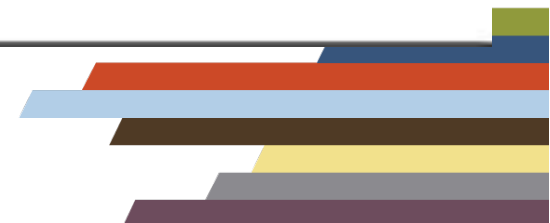
<https://acestoohigh.com/got-your-ace-score/>



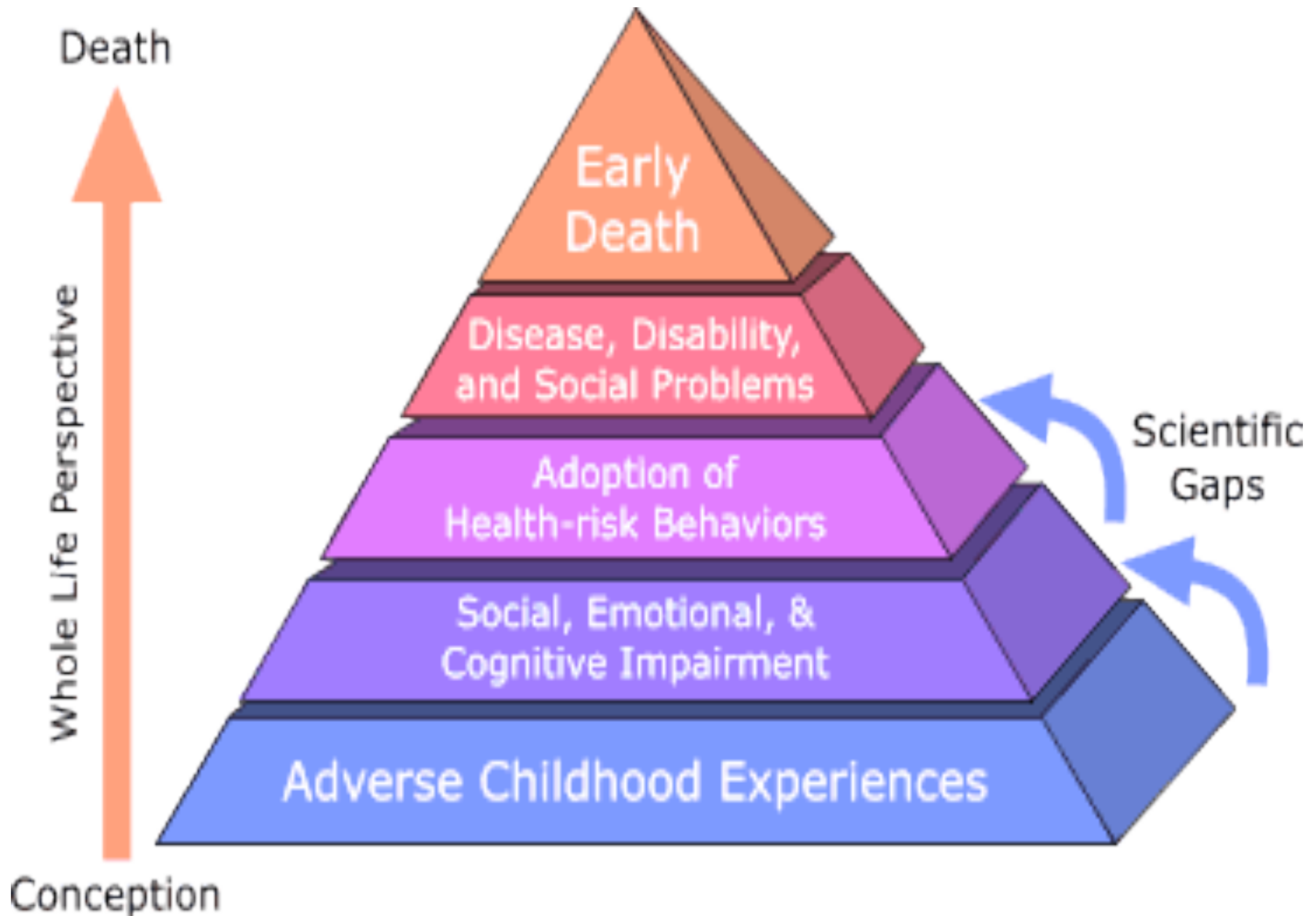
Northeast and Caribbean (HHS Region 2)

**MHTTC**

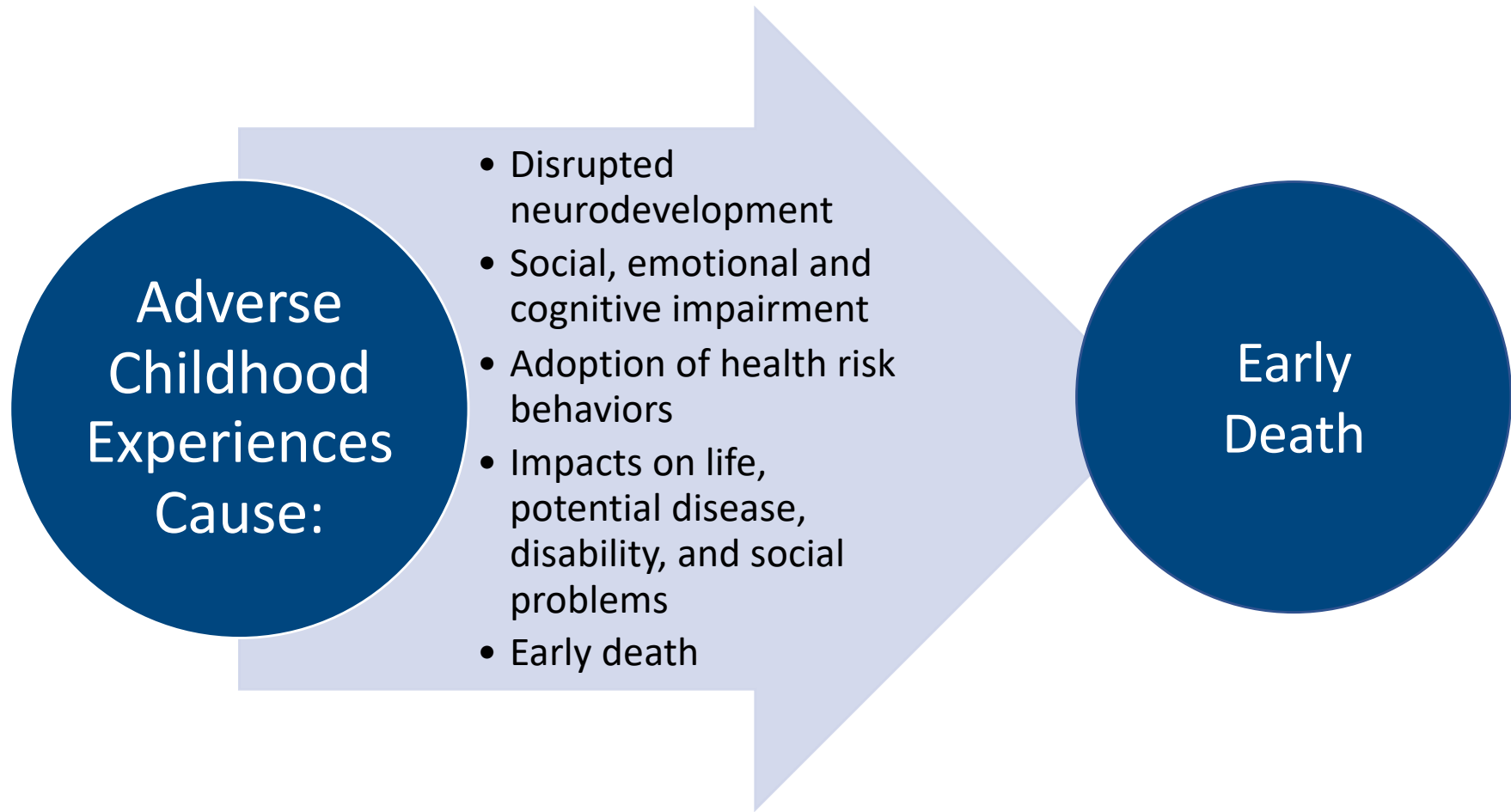
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# ACE-Early Death Pyramid



# ACEs Effect on Our Lives



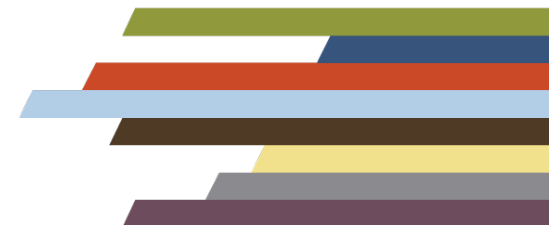
(Shonkoff, J.P., Garner & Committee 2012)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

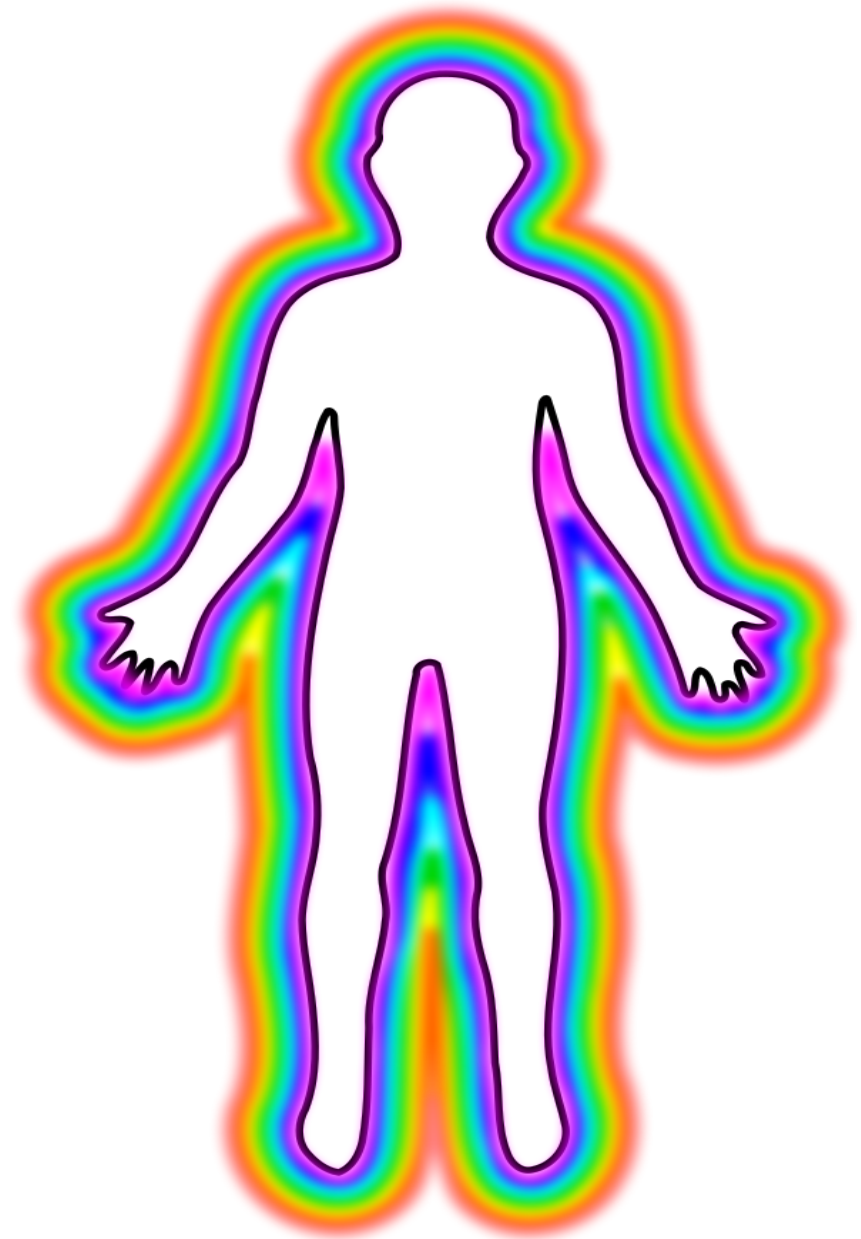
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Trauma Symptoms

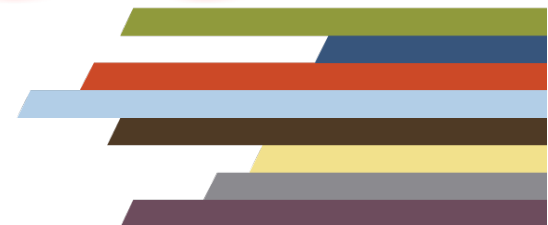
- Emotional
- Behavioral
- Cognitive
- Physical
- Interpersonal difficulties
- Change in perception of self/world



Northeast and Caribbean (HHS Region 2)

**MHTTC**

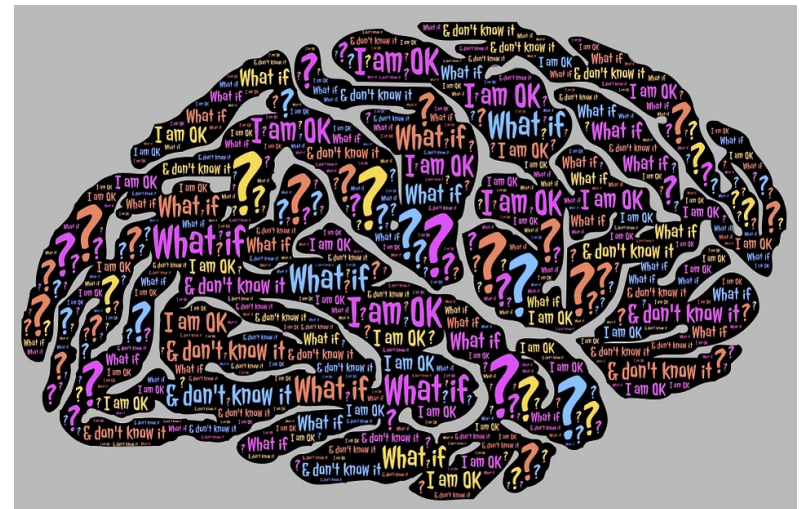
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Trauma Symptoms

## Biological Trauma Symptoms

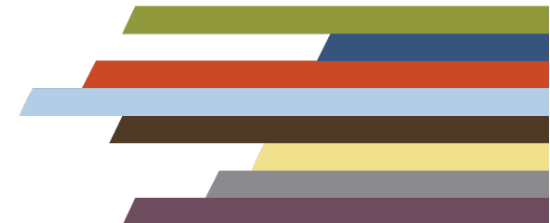
- Structural changes in the brain
- Changes in physiology
- Smaller intercranial volume
- Smaller corpus colossi



Northeast and Caribbean (HHS Region 2)

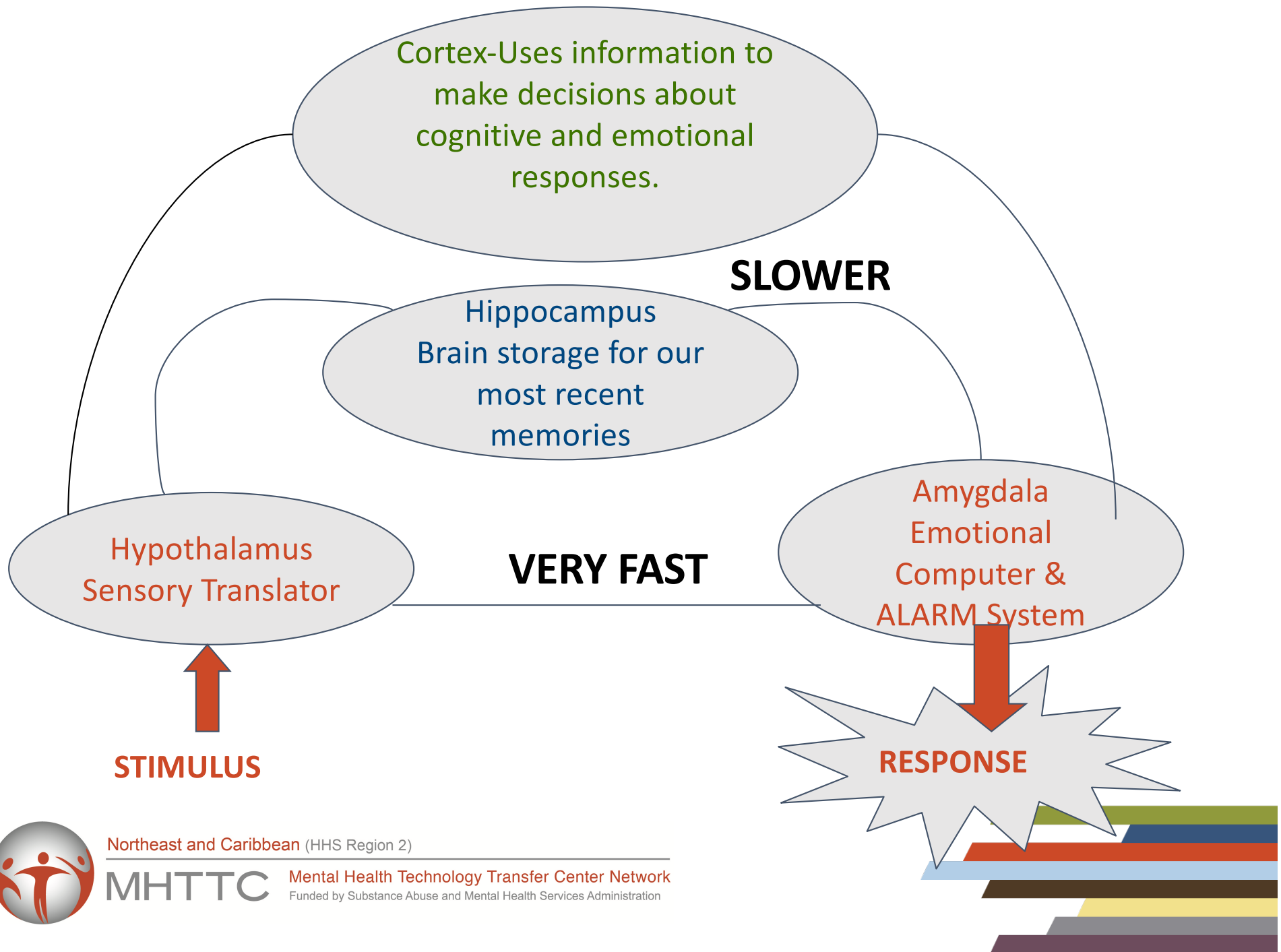
**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

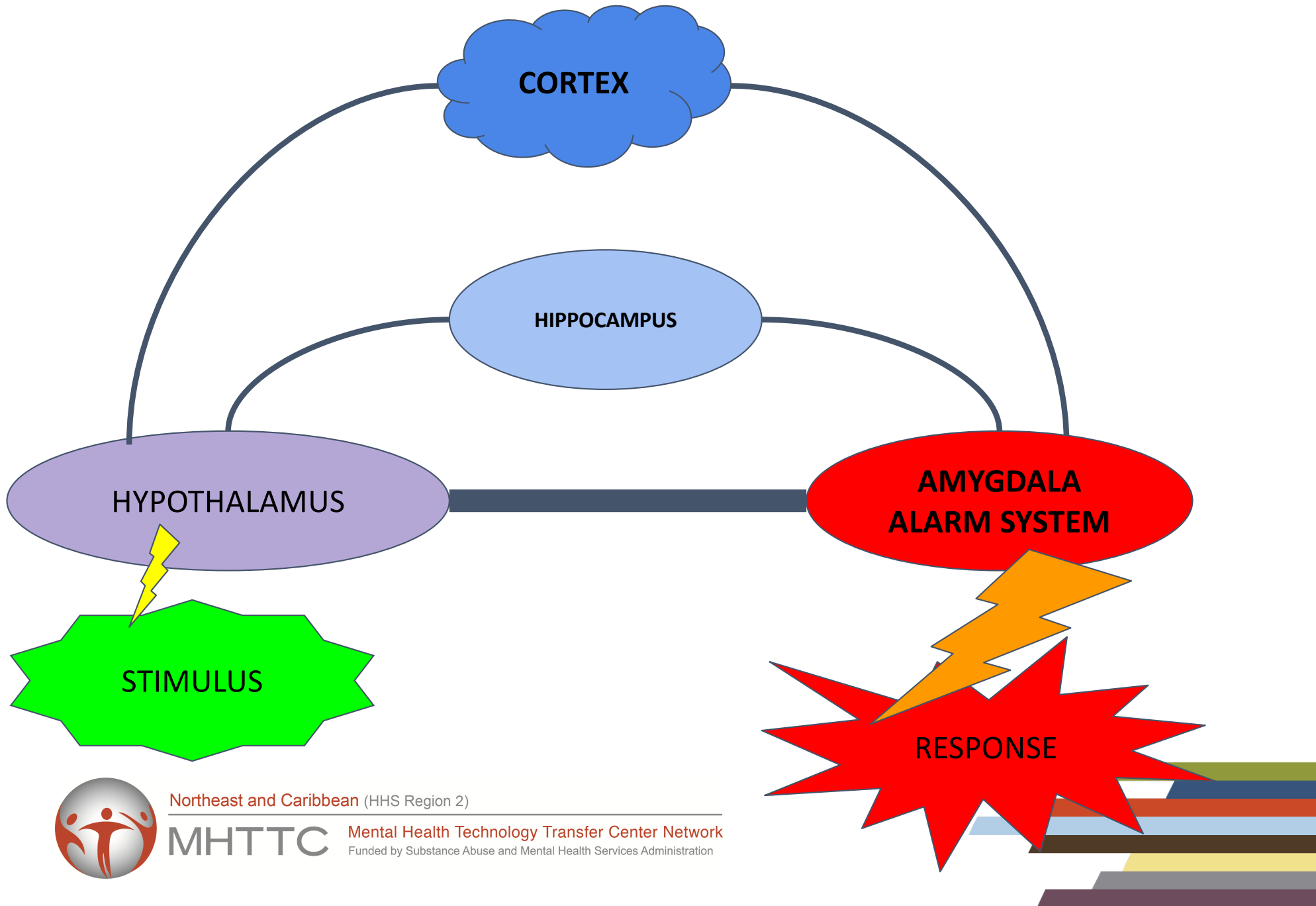




# Trauma and The Brain



# TRAUMATIZED Brain



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# THE DIFFERENCE

**NORMAL**

These are the brains of two three-year-old children. The image on the left is from a healthy child while the image on the right is from a Romanian orphan who suffered severe sensory deprivation. The right brain is smaller and has enlarged ventricles - holes in the centre of the brain. It also shows a shrunken cortex - the brain's outer layer.

**EXTREME NEGLECT**



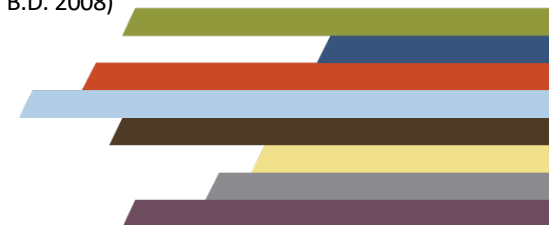
(Perry, B.D. 2008)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





© Professor Bruce Perry

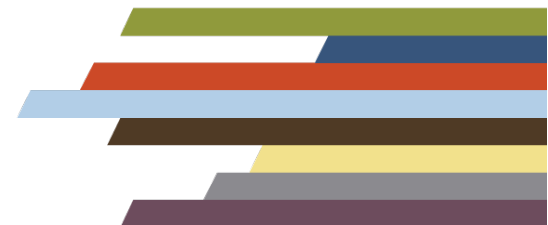
(Perry, B.D. 2008)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Affective Trauma Symptoms

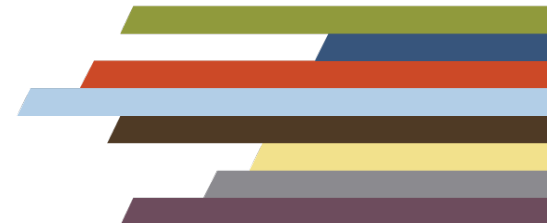
- Fear
- Sadness
- Depressive symptoms
- Anger
- Severe affective dysregulation
- Anxiety
- Negative self-Image



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Behavioral Trauma Symptoms

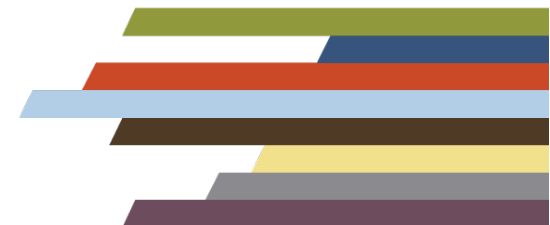
- Avoidance
- Modeling
- Self-injury
- Traumatic bonding (Stockholm syndrome)
- Avoid healthy age-appropriate peer interactions
- Over-functioning/parentification
- Tantrums/rages



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Cognitive Trauma Symptoms

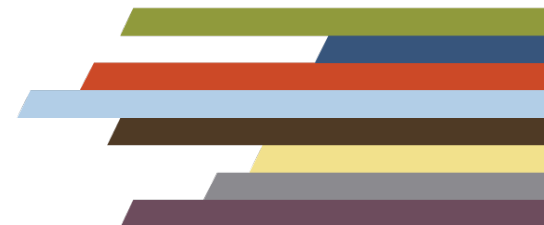
- Inaccurate cognitions
- Irrational cognitions
- Loss of faith
- Unhealthy relationships



Northeast and Caribbean (HHS Region 2)

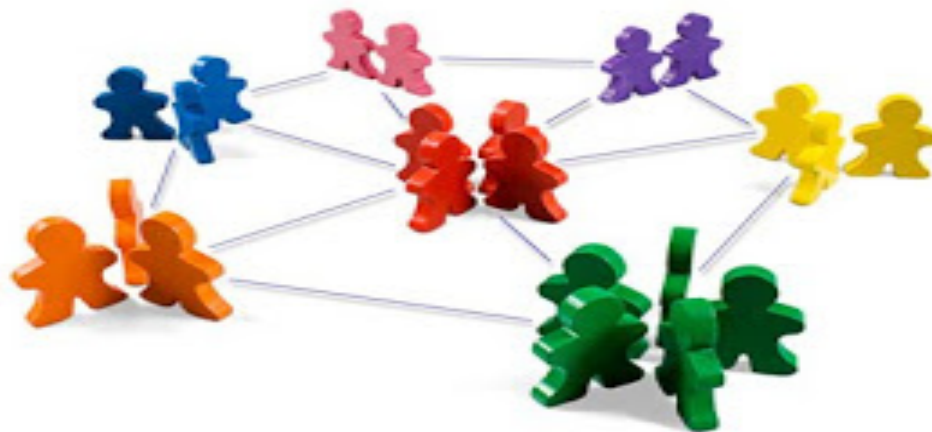
**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Interpersonal Trauma Symptoms

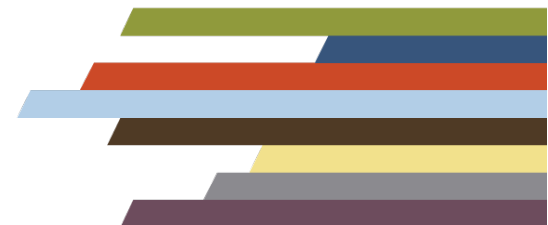
- Withdrawal from peers
- Difficulty enjoying activities
- Difficulty establishing relationships
- Affiliation with high-risk peers



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Changes in Perceptions of Self & World

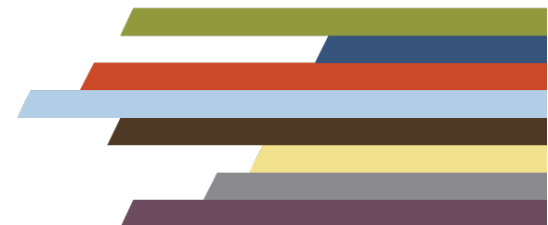
- Belonging
- Loss of hope
- Good/Bad
- Opportunity
- Scary
- Unpredictable
- Helpful



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# A Trauma Survivors Account

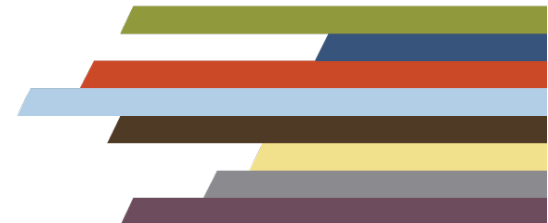
“I remember crying in the night. I found it difficult to hear Mrs. Patterson when she spoke in the classroom. I felt as if she were speaking from beneath tumbling water. Or from the end of a long tunnel. She assumed I was daydreaming. I stopped imagining that I might one day be a teacher... No longer did my imagination dance me through the leaves. The sound of ringing church bells irritated me. Mostly I felt ashamed, different.” (Horsman, J. 2000)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# The 3 E's of Trauma

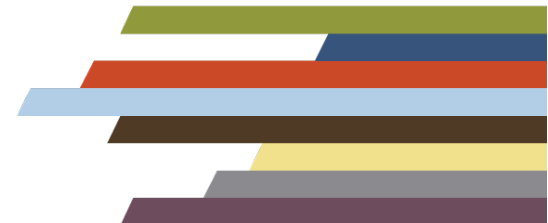
- **Event**
- **Experience of Event**
- **Effect of Event**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Trauma-Informed Approach

What is THAT?

....**Realizing** the widespread impact of trauma and understanding potential paths for recovery

...**Recognizing** the signs and symptoms of trauma in students, families, staff and others involved in the system

...**Responding** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeking to actively **resist re-traumatization**.

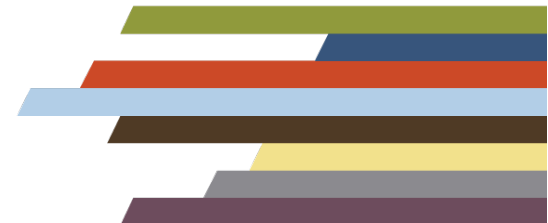
(Office of Policy, Planning and Evaluation, SAMHSA, 2014)

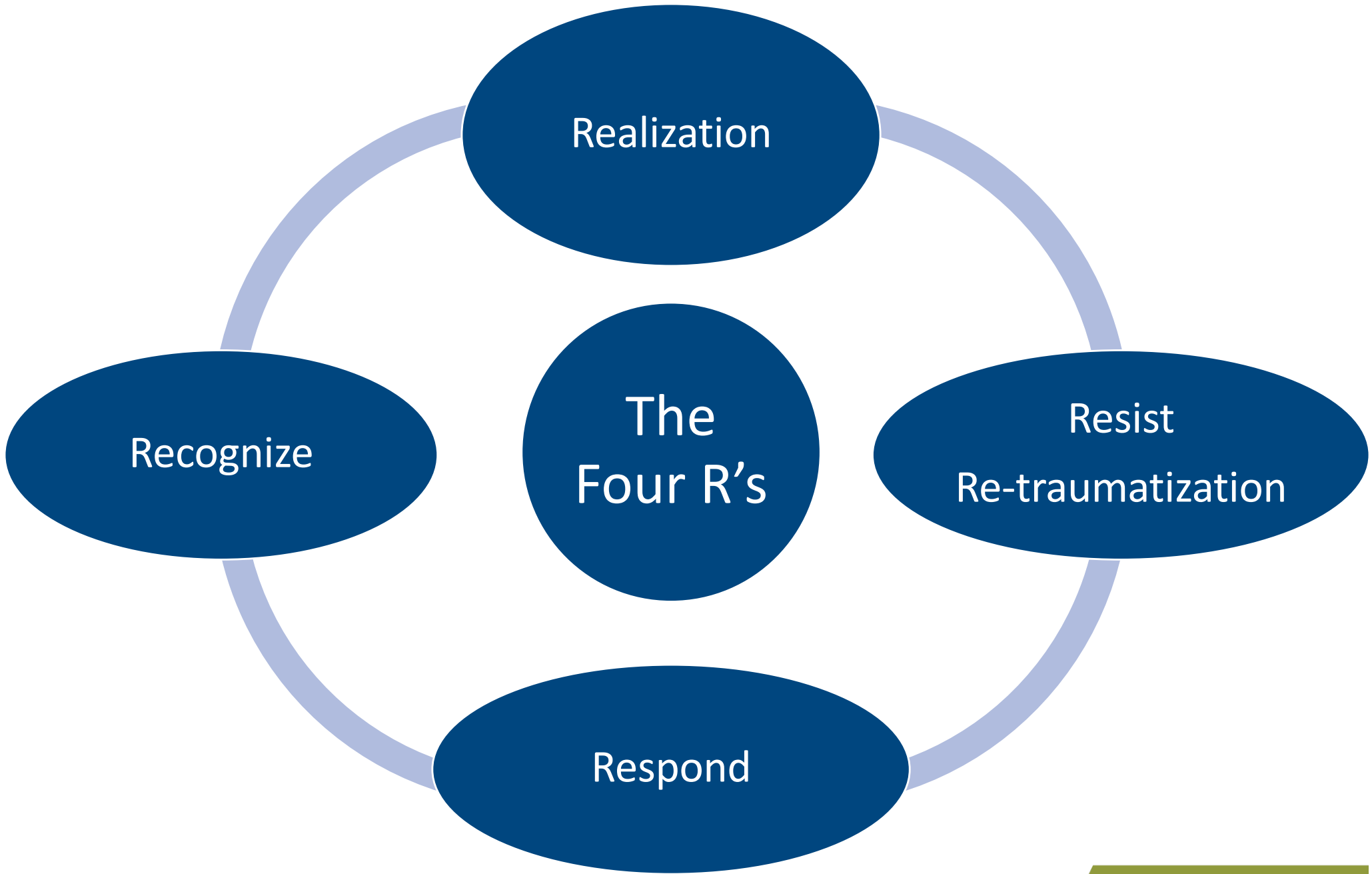


Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

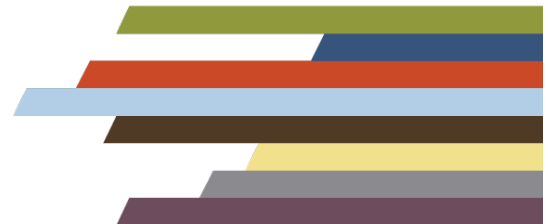




Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# 6 Principles Trauma-Informed Approach

- Safety
- Trustworthiness & transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice, and choice
- Cultural, historical, and gender considerations



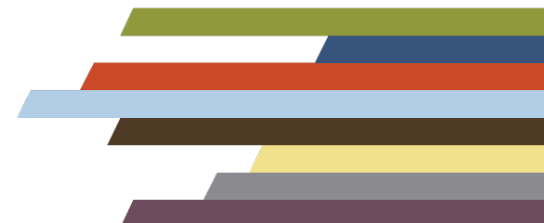
(SAMHSA, 2014)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# SAFETY

- Classroom arrangements
- Limit distractions
- Sufficient staffing
- Establish routines
- Clear directions
- Prepare students for changes
- Staff safety



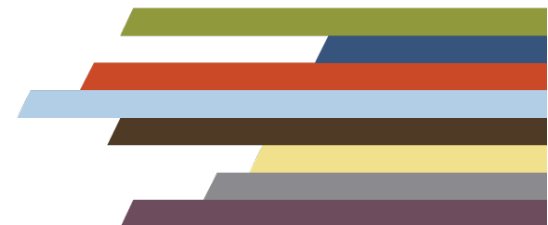
NOVA, 2016



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Trustworthiness & Transparency

- Stakeholder decision making
- Be clear about why decisions are being made
- Communicating expectations
- Display and review schedules
- Staff exploration of problems



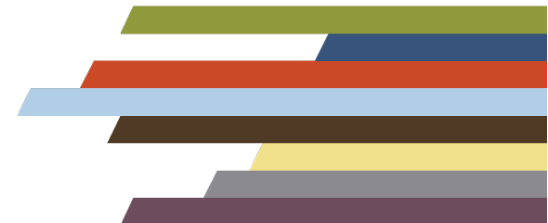
(NOVA, 2016)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Trustworthiness & Transparency

- Staff actively listen
- Consequence delivery
- Consequences match behavior
- Restorative conversations and strategies



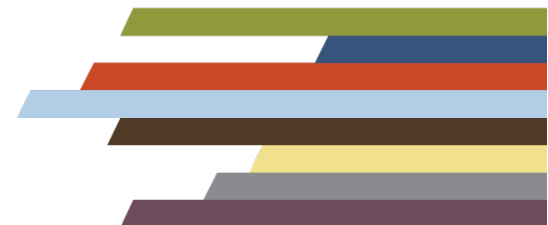
(NOVA, 2016)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Peer Support

- Our own traumas
- Effective interactions with others
- Helping students behavior effects others
- Positive interactions
- Discourage bullying
- Modeling of respectful behaviors



(NOVA, 2016)

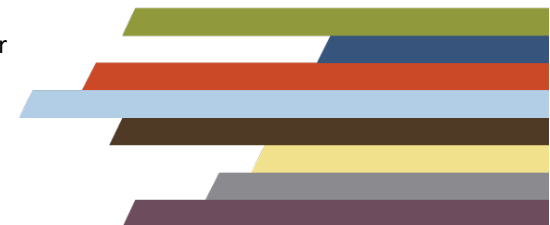


Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

This Photo by Unknown Author  
is licensed under [CC BY-NC-ND](#)



# Collaboration & Mutuality

- Students' strengths and interests
- Participation opportunities
- Flexible behavior management
- Staff self-care



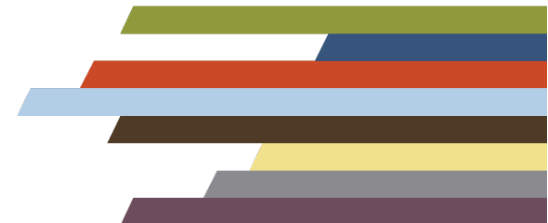
(NOVA, 2016)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Empowerment, Voice, and Choice

- Multiple mode learning
- Skill development
- Positive self-identity
- Choice making
- Students strengths
- Shared decision-making
- Shared goal setting



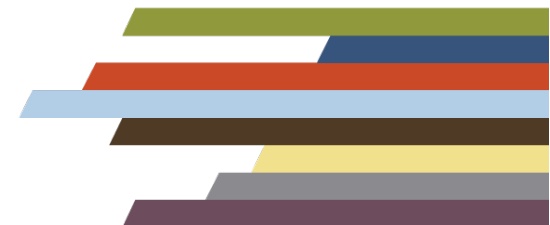
(NOVA, 2016)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Cultural Humility

- Racial/ethnic make-up
- Environmental exemplars
- Instruction contains exemplars
- Culturally sensitive learning activities
- Student engagement activities
- Culturally sensitive classroom management strategies



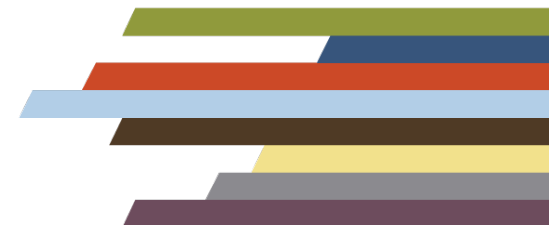
(NOVA, 2016)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# ARC Model

- Building secure attachments between child and caregivers(s)
- Enhancing self-regulatory capacities
- Increasing competencies across multiple domains



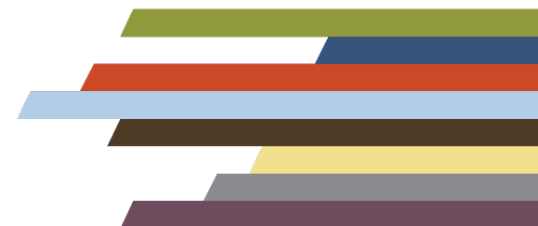
(Cole, J.D. O'Brien, J., Gadd, G., Ristuccia, J., Wallace, L., & Gregory, M., 2018)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Traditional Approaches vs. Trauma-Informed

## Traditional

- What's wrong with you?
- Negative labels
- Purposeful behaviors
- Focus on child

## Trauma-Informed

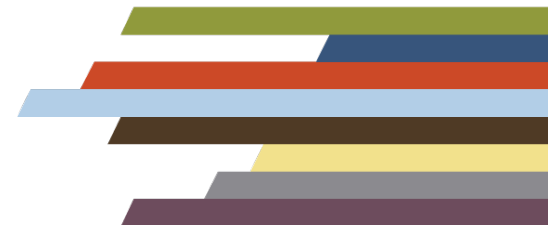
- What happened to you?
- Informed understanding
- Automatic responses
- Consider environment



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Traditional Approaches vs. Trauma-Informed

## Traditional

- Authority critical
- Punitive discipline
- Leave it to counselor

## Trauma-Informed

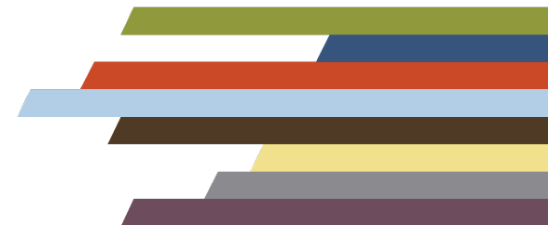
- Choice & control
- Positive strength based
- Shared responsibility



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Interventions

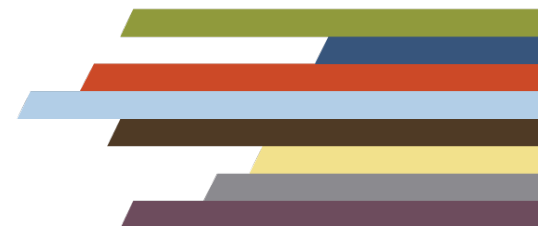
- Routines
- Choices
- Your responses
- Our reactions
- Don't take things personally
- Identify triggers
- Mentor program
- Time



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Interventions

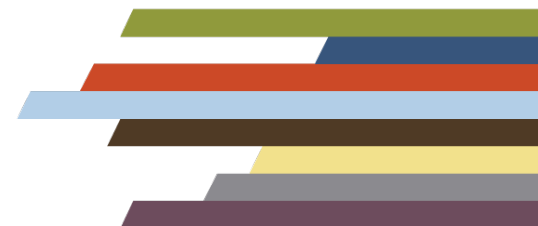
- Sensitivity to cues/triggers
- Forewarn children
- Brain breaks
- Alternate seating
- Fidgets (contract)
- Visuals
- Build self-regulation skills
- Signal plans



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Interventions

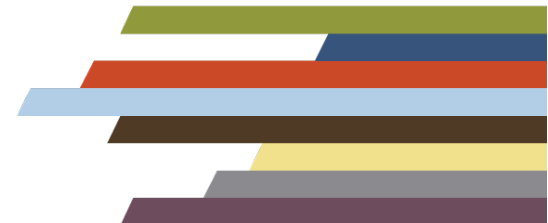
- Reduction of assignments
- Extra time
- Grounding time
- Being in my body



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Resources

- **Bounce Back**

- A school based program for elementary students exposed to stressful and traumatic events. The Bounce Back program includes 10 group sessions, 1-3 group parent sessions and 2-3 individual student sessions.

<https://bouncebackprogram.org>

- **CBITS**

- CBITS is a school based program designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills. Used with students from 5<sup>th</sup> to 12<sup>th</sup> grade who have witnessed or experienced traumatic life event. SBITS uses cognitive-behavioral techniques (e.g. psychoeducation, realization, social problem solving, cognitive restructuring and exposure)

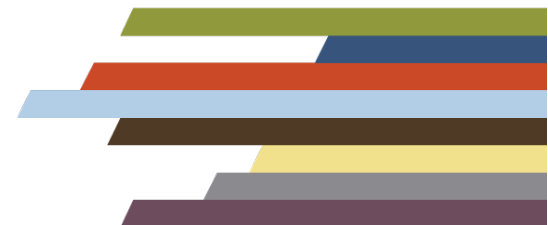
<https://cbitsprogram.org>



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



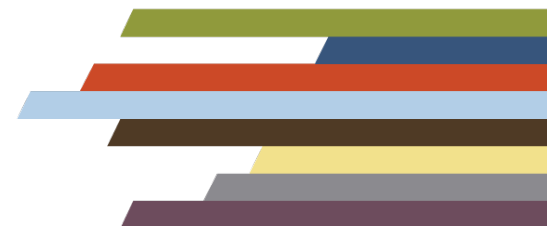
# Q and A



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

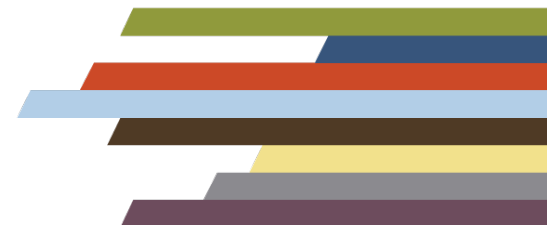
Please take a moment to complete a brief survey about today's training.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Connect With Us!

---

**Phone:** (908) 889-2552

**Email:** [northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org)

**Website:**

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

*Like and follow us on social media!*

**Facebook:** Northeast & Caribbean MHTTC

**Twitter:** @necmhttc

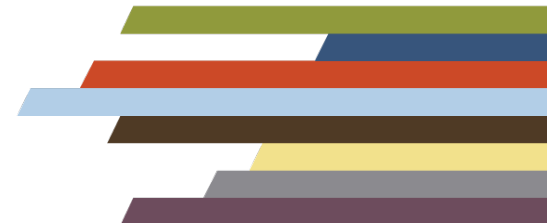
**LinkedIn:** @Northeast and Caribbean MHTTC



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# References

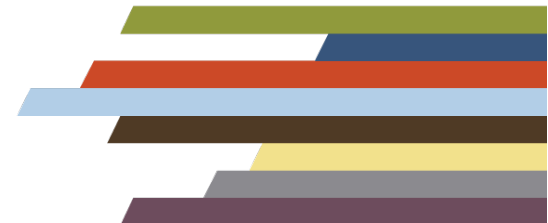
- Cohen, J.A., Mannarino, A.P. , & Deblinger, E.(2017).*Treating trauma and traumatic grief in children and adolescents*. New York: Guilford Press.
- Cole, S.F., O'Brien, J., Gadd, M.G., Ristuccia, J., Wallace, L. & Gregory, M. (2018). *Helping Traumatized Children: Supportive school environments for children traumatized by family violence*. Massachusetts Advocates for Children. Boston: MA.
- Copeland, W.E., Keeler G., Angold, A., & Costello, E.J. (2007). Traumatic Events and Posttraumatic Stress in Childhood. *Archives of General Psychiatry*. 64(5), 577-584
- Helping Traumatized Children Learn;
- Horsman, J. (2000). *Too scared to learn: women, violence and education*. Mahwah, NJ: Lawrence Erlbaum Associates. Inc., pg. 86, quoting Brooks, A.L. (1992). *Feminist Pedagogy: An autobiographical approach*. Halifax: Fernwood (pp 21-22)
- Kahana, S., Feeny, N. C., Youngstrom, E. R., & Drotar, D. (2006). Posttraumatic stress in youth experiencing illnesses and injuries: An exploratory meta-analysis. *Traumatology*, 12, 148-161. doi: 10.1177/1534765606294562



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# References

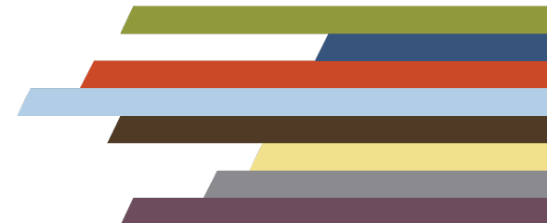
- National Center for Injury Prevention and Control: Division of Violence Protection (2014). Taking Action to Prevent Youth Violence: A Companion Guide to Preventing Youth Violence: Opportunities for Action. <http://www.cdc.gov/violenceprevention/youthviolence/pdf/opportunities-for-action-companion-guide.pdf>
- Perry, B. D. (2008). Child maltreatment: a neurodevelopmental perspective on the role of trauma and neglect in psychopathology. *Child and Adolescent Psychopathology*, pp.93-129. [https://7079168e705a4dc7be052218087aa989.filesusr.com/ugd/aa51c7\\_6b493f28b1b74a95aae35bcd4fe807a5.pdf](https://7079168e705a4dc7be052218087aa989.filesusr.com/ugd/aa51c7_6b493f28b1b74a95aae35bcd4fe807a5.pdf)
- Save The Children (2014). 2014 National Report Card on Protecting Children in Disasters. [http://www.savethechildren.org/atf/cf/%7B9def2ebe-10ae-432c-9bd0-df91d2eba74a%7D/SC-2014\\_DISASTERREPORT.PDF](http://www.savethechildren.org/atf/cf/%7B9def2ebe-10ae-432c-9bd0-df91d2eba74a%7D/SC-2014_DISASTERREPORT.PDF)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# References

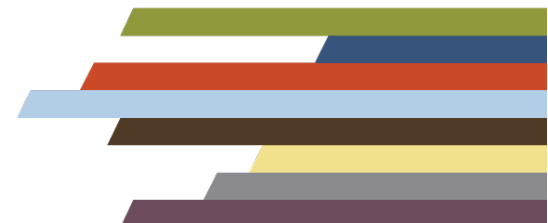
- Shonkoff, J.P., Garner, A.S., & Committee on Psychosocial Aspects of Child and Family Health, Committee on Early Childhood, Adoption, and Dependent Care and Section on Developmental and Behavioral Pediatrics. (2012). The lifelong effects of early childhood adversity and toxic stress. *Pediatrics*, 129 (1).
- Substance Abuse and Mental Health Services Administration. (2014). Concept of Trauma and Guidance for a Trauma-Informed Approach. <https://www.samhsa.gov/sma14-4884.pdf>
- U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau. (2015). Child maltreatment 2013. <http://www.acf.hhs.gov/sites/default/files/cb/cm2013.pdf>
- American Psychological Association. (2016). Trauma. Retrieved from <http://www.apa.org/topics/trauma/>
- [https://www.magellanofvirginia.com/media/2210/magellan\\_aces\\_webinar-series\\_part\\_1.pdf](https://www.magellanofvirginia.com/media/2210/magellan_aces_webinar-series_part_1.pdf)



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# References

- National Council For Behavioral Health <https://www.thenationalcouncil.org/wp-content/uploads/2013/05/Trauma-infographic.pdf?daf=375ateTbd56>
- <https://schoolcounselor.org/asca/media/asca/Publications/SchoolReentry.pdf>
- <https://www.crisisprevention.com/Blog/Trauma-Informed-Schools>
- <https://www.trepeducator.org/core-concepts>
- <https://www.cdc.gov/violenceprevention/pdf/preventingACES.pdf>
- <https://dmh.mo.gov/healthykids/providers/trauma>
- <https://traumaawareschools.org>
- <https://healthwest.net/wp-content/uploads/2016/12/TIS-LC-Walk-Through-Checklist-Final.pdf>
- <https://acestoohigh.com/got-your-ace-score/>



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

