Trauma-Informed Schools are Safe Schools
Dr. Melissa Sadin

- Program Director for Creating Trauma Sensitive Schools with ATN
- Special Education Director at Unity Charter School
- School Board member – Somerville Public Schools, NJ
NSBA Safe Schools

**Infrastructure** – physical buildings and facilities, where students and school staff spend most days

**Crisis and Emergency Management** - best practices for prevention and management of critical events and emergencies

**Whole Child Health** – a child’s physical, mental, emotional, and overall wellbeing for success in academics, life and career; as well as community conditions that can affect areas such as nutrition, pollution and early-childhood education

**Cyber Security** - factors which reside in a virtual realm to support the positive engagement of students, families and community in the cyber domain and counter dangerous activities such as bullying, sexting, trafficking and other predatory practices within the online community
A Trauma-Informed School

• **Whole Child Health** — a child’s physical, mental, emotional, and overall wellbeing for success in academics, life and career; as well as community conditions that can affect areas such as nutrition, pollution and early-childhood education.
Trauma
Dr. Bessel van der Kolk

Post Traumatic Stress Disorder (PTSD)

Developmental Trauma

- Physical
- Sexual
- Emotional
- Cultural / Intergenerational
- Neglect
- Poverty

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The 4 R’s of a Trauma-Informed School

- Resist Re-traumatization
- Realize the prevalence of trauma
- Recognize the impact of trauma on development
- Respond in a trauma-informed way

SAMHSA, 2016
REALIZE the Prevalence of Trauma
Adverse Childhood Experiences

- Dr. Anda & Dr. Felitti
- 17,000 college students
- 64% reported adverse childhood experiences.

The three types of ACEs include:

- **ABUSE**
  - Physical
  - Emotional
  - Sexual

- **NEGLECT**
  - Physical
  - Emotional

- **HOUSEHOLD DYSFUNCTION**
  - Mental illness
  - Incarcerated relative
  - Mother treated violently
  - Substance abuse
  - Divorce

Types of Adverse Childhood Experiences
Image courtesy of the Robert Wood Johnson Foundation
Adult Health Outcomes

ACEs

- HIV, High Risk: 58.9%
- Alcohol, Heavy Drinking: 25.5%
- Cardiovascular Disease: 32.9%
- Cancer: 67.2%
- Separation or Divorce: 61.4%
- Life Dissatisfaction: 42.7%
- Mental Health Condition(s) Disturbed 14 + Days of Work/Activity: 42.5%
- Hopelessness: 55.7%
- Mental Health Medical Treatment or Pharmacotherapy: 24.3%
- Anxiety: 21.3%

Wade, 2016
“What is PREDICTABLE is PREVENTABLE”

Dr. Vincent Felitti
RECOGNIZE the impact of trauma on Development
The Neurobiology of Trauma
The Psychology of Trauma
RESPOND in a Trauma-Informed Way

Create the feeling of safety

LEARN

Connected
Regulated

The Attachment & Trauma Network, 2017
RESIST RE-TRAUMATIZATION
Teacher Care
<table>
<thead>
<tr>
<th>Trauma-Informed AND Safe Schools</th>
<th>Safe Schools</th>
<th>Trauma-Informed Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Infrastructure</td>
<td>• Realize</td>
</tr>
<tr>
<td></td>
<td>• Crisis and Emergency Management</td>
<td>• Recognize</td>
</tr>
<tr>
<td></td>
<td>• Whole Child Health</td>
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</tr>
<tr>
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</tr>
</tbody>
</table>

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For more information about the NSBA Center for Safe Schools, visit [www.nsba4safeschools.org]