

FIRST ANNUAL

hio Family Engagement — LEADERSHIP SUMMIT —



THE OHIO STATE
UNIVERSITY

CENTER ON EDUCATION AND
TRAINING FOR EMPLOYMENT



Ohio Statewide
Family
Engagement
Center
at The Ohio State University



Welcome!

This event will start shortly.
In the meantime, visit us at
OhioFamiliesEngage.osu.edu

Trauma Informed Approaches to Partnering with Families

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Fascinating Trauma Fact

Trauma is **ubiquitous**. In the general population, **67% of us have experienced at least one Adverse Childhood Experience**. In people of color, that is more likely to be 83%.



www.echotraining.org

Fascinating Trauma Fact

Trauma is **intergenerational unless resolved**. We transmit trauma at an epigenetic (cellular) level.



www.echotraining.org

Fascinating Trauma Fact

Once we've experienced trauma, our nervous system gets easily **'stuck on high'** (hypervigilant, panicky, manic, angry, nervy) or **'stuck on low'** (depressed, numb, lethargic) or oscillates between the two.



www.echotraining.org

Fascinating Trauma Fact

Our **overreactive stress response** leads to illnesses such as fibromyalgia, diabetes, migraines, obesity, hyper or hypothyroidism (the list is endless).



www.echotraining.org

Trauma impacts families on all levels in many ways. Multiple factors influence how well individual family members are able to cope or recover. Childhood trauma impacts learning and behavior because fear alters the brain. The cognitive deficits that result can have lifelong effects that impact not only the child but have the potential to impact the next generation as well.



Cognitive deficits impact life outcomes:

Processing verbal information

Focusing

Following teacher directions

Recalling what was heard

Retaining information

Physical Impact of Trauma

Brain Architecture

Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. Resolution: safe and stable nurturing relationships, walk in nature, touch, exercise

Neural Pathways

Need to 'rewire' our brain from old thought patterns and habits of mind, conscious, and unconscious. Resolution: neurofeedback, meditation/ mindful action, positive self-talk

Hormones

Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other hormone glands (thyroid). Resolution: oxytocin

Toxin Elimination

Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). Resolution: salt baths, sauna

Nervous System

Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. Resolution: yoga, breathing, or other physical/emotional regulation

Immune System

Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc.) Resolution: meditation/ mindful action, walking in nature, diet, rest

Brain Waves

Predominance of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures. Resolution: neurofeedback

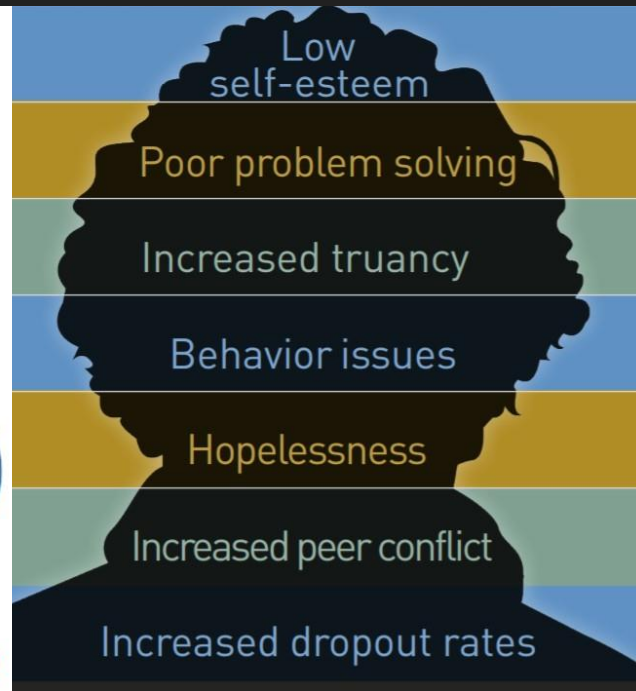
Neurotransmitters

Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged. Reduces motivation & focus, creates fatigue. Low serotonin causes depression.

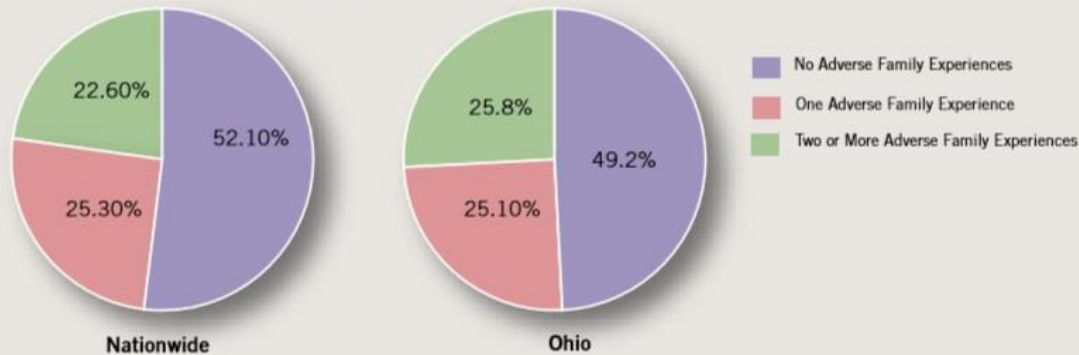
Cellular Change

Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. Resolution: social support

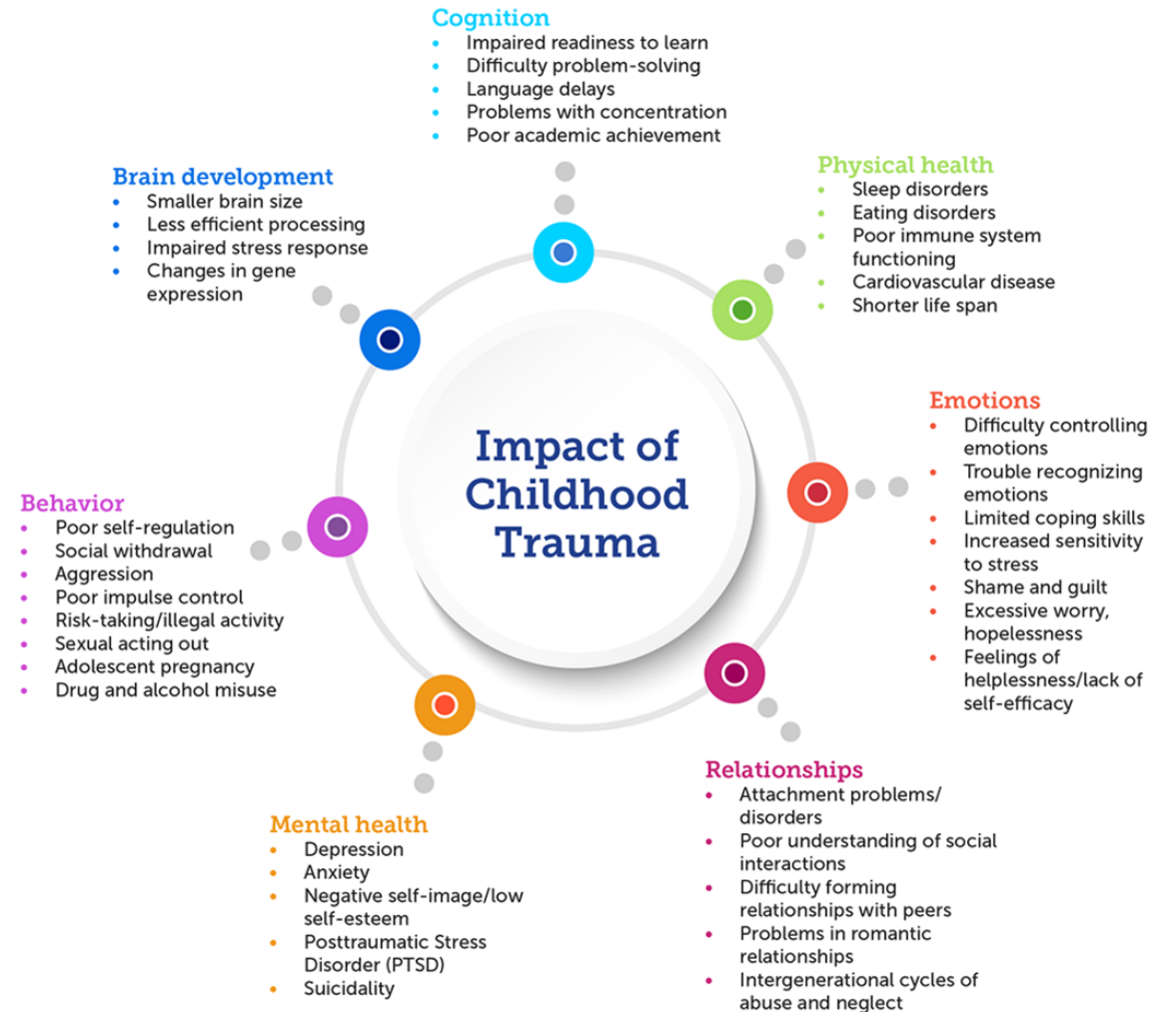
Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. Resolution: Safer environment (perception of)



Adverse Family Experiences
Children age 0-17 years
National vs. Ohio



Impact of Childhood Trauma



Being trauma informed means shifting the focus from asking...

**“WHAT IS
WRONG
WITH YOU?”**

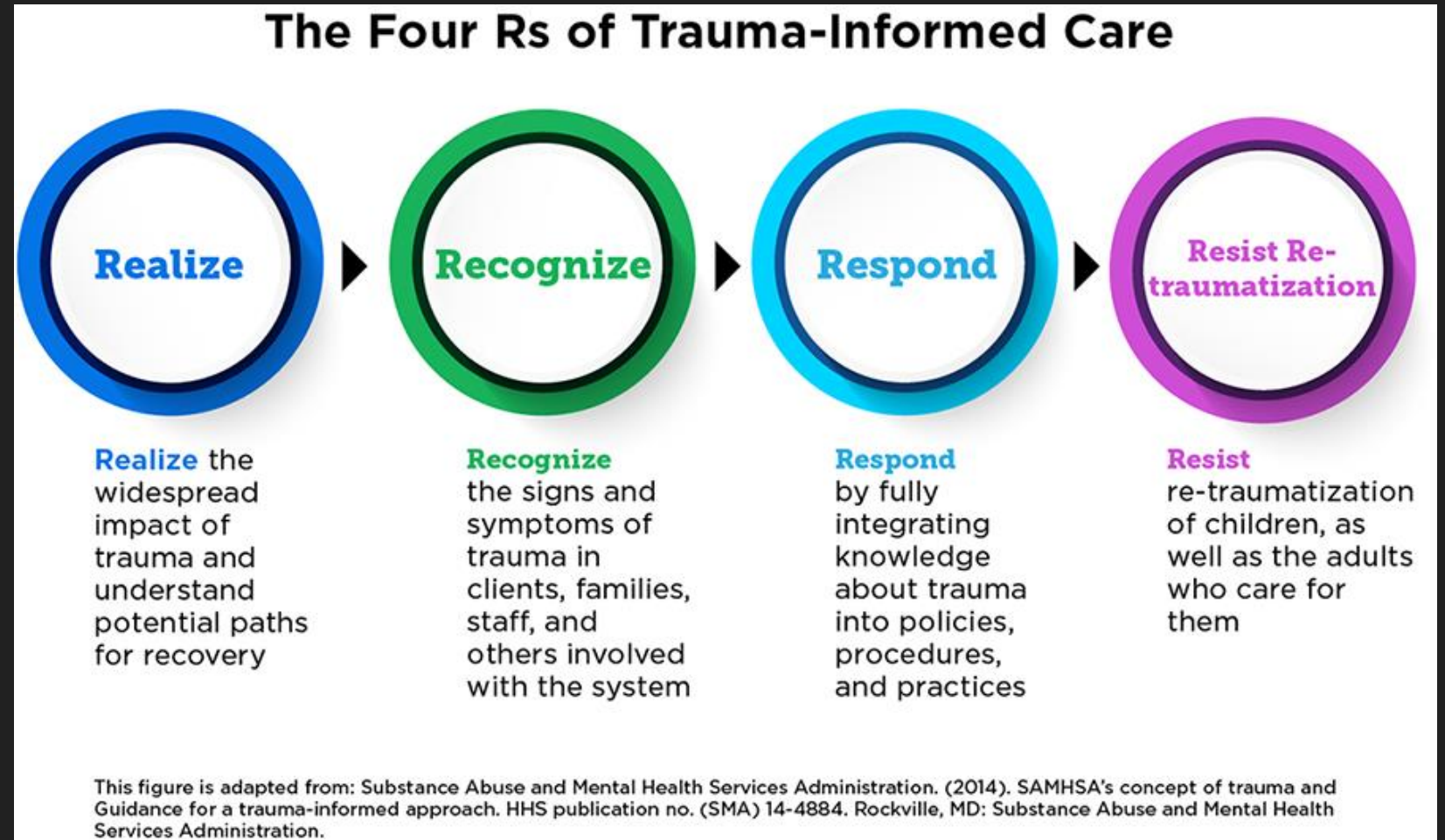
to wondering...

“WHAT HAS HAPPEN TO YOU?”

And then **being well enough ourselves** to consider
how can we partner to best support resilience?

What can we do?

- ✓ Learn to recognize trauma
- ✓ Use a trauma informed approach
- ✓ Use trauma sensitive strategies
- ✓ Partner with families experiencing trauma
- ✓ Consult with mental health professionals



Trauma informed approaches to partnering with families include overcoming barriers. This starts with your capacity for reflection & developing trusting relationships.

SIX KEY PRINCIPLES OF A TRAUMA-INFORMED APPROACH

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical, and Gender Issues

DIVE DEEPER:
https://ncsacw.samhsa.gov/userfiles/files/SA_MHSA_Trauma.pdf



Barriers to Family Engagement

Search Institute has identified the following barriers to family involvement in programs and services across a wide range of studies and sectors:

Practical Barriers	Attitudes and Expectations	Institutional Barriers
<ul style="list-style-type: none">• Time• Schedule• Transportation• Child care• Program costs	<ul style="list-style-type: none">• Embarrassment, sense of failure, and competition• Perceived stigma and fear of being judged or labeled• Parents feeling blamed for their children's problems• Loss of privacy• Consequences of signing up (e.g., immigration)	<ul style="list-style-type: none">• Lack of trust in sponsoring organization• Organization is not welcoming to all families and groups of parents• Norm is to see parent education as mandated and punitive, not a resource for improvement

keepconnected.info



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SHIFTS NEEDED TO REINVEST IN FAMILIES

Calling on schools, organizations, and networks to recognize and engage with families as important actors and full partners in nurturing key character strengths and supporting children's success in school and life.



LISTEN FIRST

Listen first to families rather than just developing and sending messages that don't resonate or motivate.



FOCUS

Focus on building relationships with families, rather than only providing programs.



HIGHLIGHT STRENGTHS

Highlight families' strengths, even amid challenges, rather than adopting and designing approaches based on negative stereotypes.



ENCOURAGE

Encourage families to experiment with new practices that fit their lives, rather than giving them expert advice on what they need to do.



EMPHASIZE

Emphasize parenting as a relationship more than a set of techniques.



BROADEN COALITIONS

Broaden coalitions focused on young people's success to actively engage families as a focal point for strengthening developmental relationships.

www.search-institute.org/keepconnected

Approaches to address **SAFETY** with families

What makes a space safe?

What makes a space feel unsafe?

Where are the least safe spaces in school?

What are some ways to increase a sense of safety?

Respect the need for psychological safety for all partners.

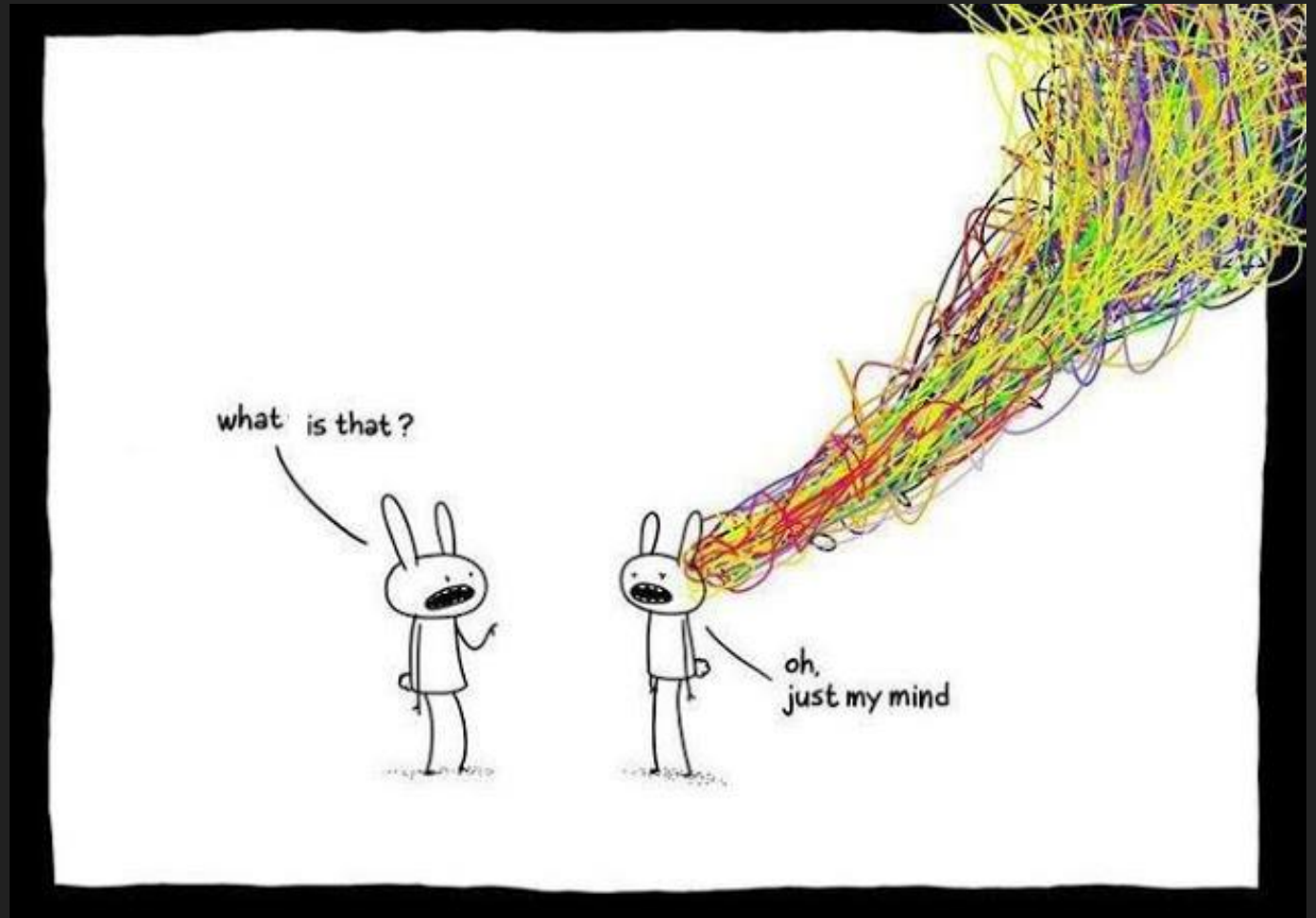
Some common triggers for those who have experienced trauma include:

- ✓ Perception of a lack of power
- ✓ Unexpected change/transitions
- ✓ Feeling shame
- ✓ Feeling vulnerable or frightened
- ✓ Feeling threatened or attacked
- ✓ Intimacy and positive attention

Strategies to Address Secondary Traumatic Stress in Adults Who Care for Children Exposed to Trauma

- Provide high-quality, reflective supervision.
- Maintain trauma caseload balance.
- Support workplace self-care groups.
- Enhance the physical safety of staff.
- Offer flextime scheduling.
- Provide training to both staff and leadership to increase awareness about secondary traumatic stress and how to address it effectively.
- Develop opportunities for staff and leadership to learn about and engage in self-care practices.
- Create external partnerships with secondary traumatic stress experts.
- Regularly assess the vulnerability and resilience of staff and leadership to secondary traumatic stress.
- Create a buddy system for self-care accountability.

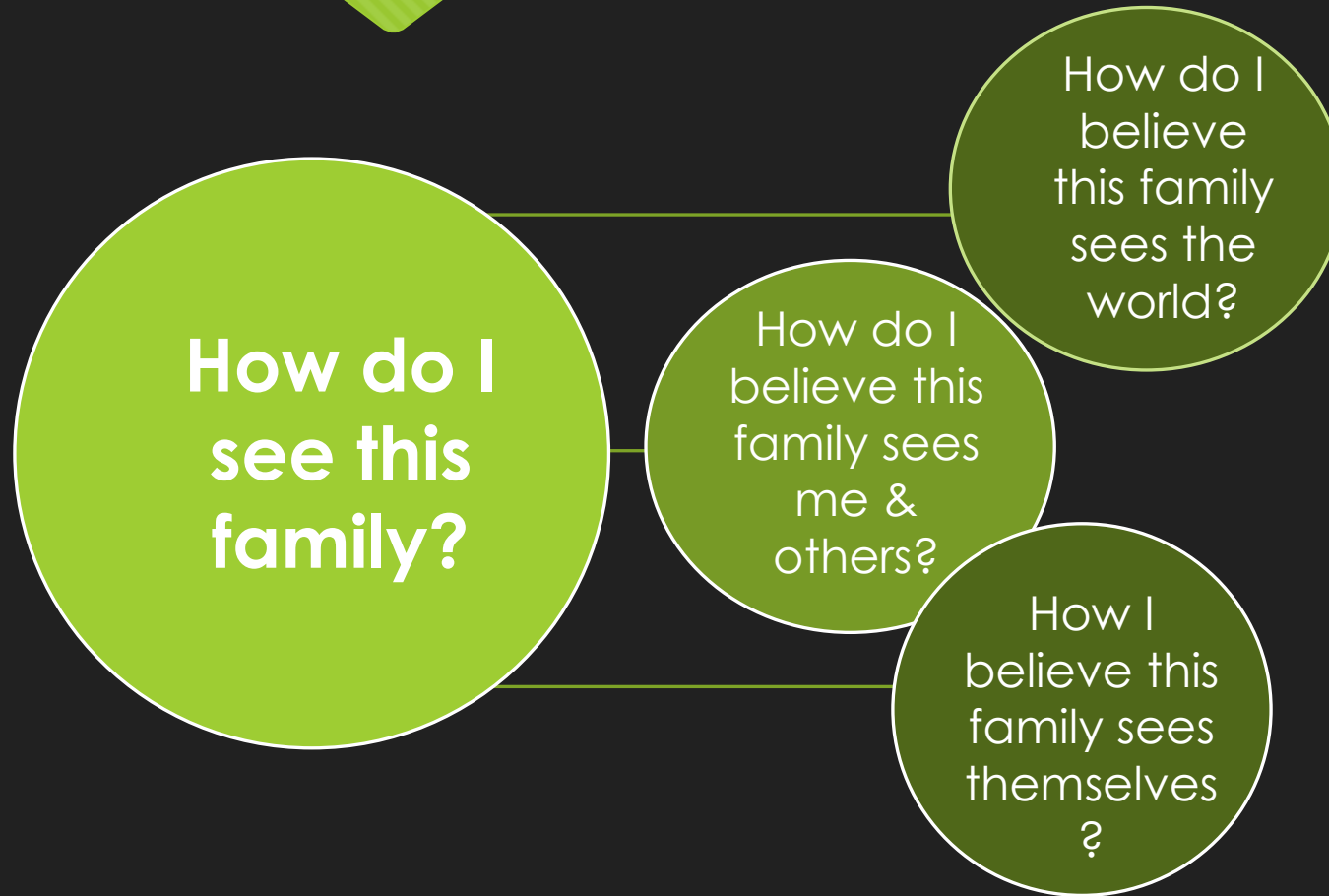
SELF CARE is critical.



DIVE DEEPER: <https://www.childtrends.org/publications/how-to-implement-trauma-informed-care-to-build-resilience-to-childhood-trauma>

Private Logic Activity-

Using 3 words **THINK ABOUT...**



- What does this family need the most from me?
- What does this family need the most from our school?
- What does this family need the most from their child's peers?
- What does this family need the most from their community?

Now think about how to use this insight to approach partnering to co-create an an action plan.

Resources

Adversity in Childhood & Childhood Trauma

Video: How Childhood Trauma Affects Health across a Lifetime – Dr. Nadine Burke Harris

The National Child Traumatic Stress Network
https://www.nctsn.org/sites/default/files/resources//trauma_and_families_providers.pdf

Ohio Department of Mental Health and Addiction Services- Trauma Informed Care Initiative

Video: Why We Need Trauma-Sensitive Schools

Ohio MH TOOLKIT:- https://2d94f3a3-3d74-4931-8fd2-5e91fb54da89.filesusr.com/ugd/d2fbfd_e32f66fdb80a40faaa8cafa31f2a9e8d.pdf



Thank you for watching!

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