

Preparing Future Teachers in Trauma-Informed Practices

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Upcoming Events:

Spring 2020

There will be more Resilient Futures TIP workshops. Keep an eye out for dates and times in the coming weeks!

Thursday, March 12

This evening the School of Education will be hosting a community event to raise awareness about the importance of TIPs in teaching and our initiative. Save the date! We hope you can join!

Welcome...

...to the first Trauma-Informed Practices newsletter! Each month we will send you a short newsletter updating you on our initiative integrating trauma-informed practices into the MSU Denver School of Education. We will include information and resources you may find helpful, as well as TIP strategies educators can use in their classrooms with students.

What are trauma-informed practices (TIPs)?

When schools adopt TIPs, they undertake a paradigm shift at the staff and organizational level to recognize, understand and address the learning needs of children impacted by trauma¹. These schools implement practices, policies and procedures that give these students opportunities to grow, succeed and build resilience, instead of becoming overwhelmed or lost in the academic setting. School culture shifts from one that asks, "What's *wrong* with you?" to one that asks, "What *happened* to you?"

What is the School of Education TIP initiative?

In the fall of 2018, the School of Education began working with [Resilient Futures](#) to implement TIPs into curriculum and department activities. Through this work we hope to build the capacity of teacher candidates to develop resilience and understand and address trauma triggers in school environments, and secondary trauma in themselves and their coworkers. We are excited this initiative is continuing to grow and build momentum in the 2019-2020 academic year!

Updates:

Resilient Futures led five TIP workshops for School of Education students, as well as interested faculty, staff and community members. These workshops covered topics such as:

- The biology of trauma
- How trauma impacts student behavior, relationships and learning
- Strategies to support students impacted by trauma, including resilience
- Cultural humility and equity

In August Dr. Ofelia Schepers and Anna Joseph of the School of Education presented at the annual Public Health in the Rockies conference alongside Dr. Megan Brennan from Resilient Futures and Dr. Erika Moldow and Swarnima Chaudhary from the National Mental Health Innovation Center. The group made the case that trauma is a public health issue, discussed how it can be addressed in school environments, and presented on the School of Education TIP initiative.

Did you know?

Between one-half to two-thirds of all school-aged children experience trauma, and more than 20 percent of children have multiple traumatic experiences²

TIP Strategies for the classroom:

Doing small things to build relationships with students who have experienced trauma helps them feel safe in the classroom, and helps teachers work with them more effectively. Acknowledging the student individually each day, even briefly, can help build this relationship. This can be done, for example, by connecting with students on something they find interesting (e.g. "Did you see the new *Avengers* movie? Who was your favorite character?").

What to learn more?

Learn how childhood trauma is linked to adverse health outcomes in the seminal ACEs (Adverse Childhood Experiences) study by checking out:

- [CDC Webpage on ACEs](#)
- The original ACEs study using your university journal access [Feletti et al. (1998) Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. *American Journal of Preventive Medicine*, 14 (4), 245-258]
- [Dr. Nadine Burke Harris' TED Talk](#)

Question, comments or ideas? Want to get involved?

Email Anna Joseph at ajosep10@msudenver.edu

¹ McInerney, M. & McKlindon, A. (n.d.) Unlocking the Door to Learning: Trauma-Informed Classrooms and Transformational Schools. *Education Law Center*. Retrieved from: <https://www.elc-pa.org/resource/unlocking-the-door-to-learning-trauma-informed-classrooms-and-transformational-schools/>

² Centers for Disease Control and Prevention (2019, April 2) About the CDC-Kaiser ACE Study. Retrieved from: <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/about.html>