

## **Trauma Informed School Spaulding High School's Proposal**

**Goal:** To become more trauma-informed so that all students can access their education and navigate the social world effectively. A trauma-informed school will have:

- A knowledge-base about the effects of chronic trauma on adolescents,
- The ability to meet the academic, social and emotional needs of their students,
- The flexibility and versatility to address a student's academic, physiological, sensory, self-regulatory and behavioral needs.

### **Plan:**

#### **2015 - 2016**

- MTSS team reads *The Body Keeps the Score* by Bessel van der Kolk
- NFI 3 hour overview for all staff - September 4, 2015
- NFI 3 hour trainings with the CMI team, administration, counselors and ACCESS Coordinator - September 21, November 5, December 10, February 2, March 31 and May 26.
- CMI team developing strategies - 3 hours / day on September 21, November 5, December 10, February 2, March 31 and May 26 plus additional 25 hours for each member on independent research and development

#### **2016 - 2017**

- CMI team reads *The Body Keeps the Score* by Bessel van der Kolk
- Contracted training for all staff during each professional development day
- Contracted support training for the CMI team, administration, counselors and ACCESS Coordinator
- Identify supports for staff and students

#### **2017 - 2018**

- Consultation and follow up training by contracted service
- New Staff - training by CMI team
- Identify supports and procedures for staff and students
- CMI team provides support for staff
- Provide research and information to the staff
- Provide information and community forums for parents and community members

#### **2018 - 2019**

- New Staff - training by CMI team
- Sustainability and on-going training for CMI team
- CMI team provide professional development for staff
- CMI team provide support for staff

- Contracted training on related topics (potentially)
- Available information to inform new parents / community members

**Training Options:**

During the 2015 - 2016 school year, Spaulding High school will contract with the NFI Family Center which offers a variety of services to help schools accomplish the goal of becoming trauma-informed. Professional development training entitled "Developmental Trauma: What Educators Need to Know" will be implemented. This training offers current research on developmental trauma and the unique skills and interventions necessary to help students learn.

Future contracted services will be determined annually.

Potential future trainings related to being a trauma informed school are:

- Trauma informed educational & treatment approaches
- The Adolescent Brain
- Vicarious trauma/ Compassion Fatigue
- Executive functioning