

# SCHOOL STAFF WELLNESS AS AN INTERVENTION FOR ENSURING TRAUMA-INFORMED SCHOOLS FOR HEALING



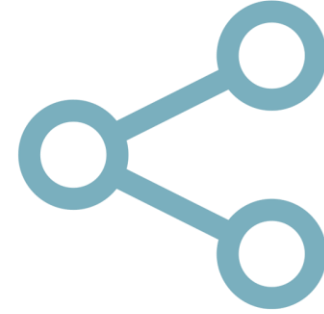


For audio, dial  
**(415)-655-0003**

Access code  
**669 890 313**



The webinar is  
being recorded



Supporting  
materials will be  
shared

# Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

Learn more:

[schoolhealthcenters.org](http://schoolhealthcenters.org)



2020

California School-Based Health Conference

## *A Shared Vision for Healthy Students*

May 14-15 | Sacramento, CA | [bit.ly/CSHAconference](https://bit.ly/CSHAconference)



CALIFORNIA  
SCHOOL-BASED  
HEALTH ALLIANCE

Putting Health Care Where Kids Are



**SAVE \$50 WITH EARLY BIRD REGISTRATION**

**Members save even more**



# Staff Wellness as an Intervention to ensure Trauma Informed Schools



This training integrates a range of trauma-informed perspectives and techniques and explores the "whole adult" counterpart to the "whole child" approach. Participants will be provided tools, dialogue, and resources for service providers and educators to hone their wellbeing within the context of authentic education leadership. A new lens will be explored for leading in high-trauma, under-resourced environments, along with navigating the challenging adult dynamics this context can create for on-site and district-level leaders. The training explores the impact of our natural stress responses, and how to navigate our stressors while creating healthy boundaries that support sustainability for self and others.

Facilitated by Kelly Knoche

February 20, 2020

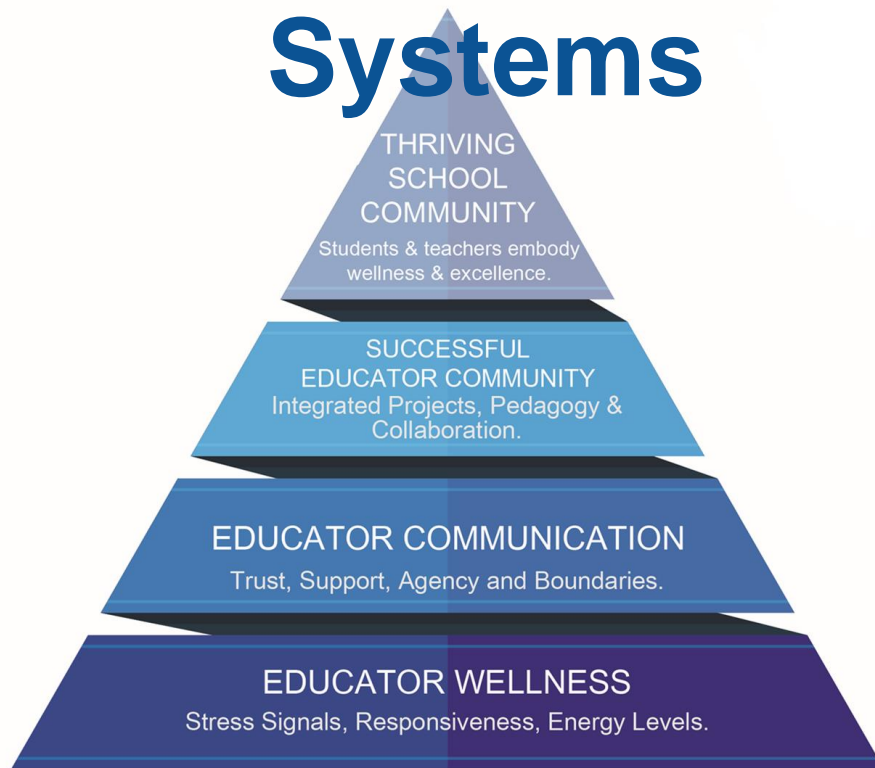


# Agenda and Concepts

	What we will explore today:
1.	The Teaching Well's Underlying Beliefs
2.	Tools to live those beliefs Body Awareness Scan Human Function Curve Regulation Strategies
3.	Our System   How transformation occurs



# Healthy People Heal Systems



Source: Teaching Well's Theory of Action  
Pyramid

# Healthy Systems Heal People



Source: Urie Bronfenbrenner's Ecological Framework for Human Development



# The Epidemic of Teacher Stress

- Burnout & Chronic Teacher Turnover
- Impact on Physical Health
- Punitive vs. Restorative Stance:  
Manage our implicit biases



# What We Believe...

1.	We believe in the brilliance and capacity of educators.
2.	While we honor those we give teachers the tools and instructional skills to do the act of teaching, we believe teachers need more support in <u>how to be while facilitating learning</u> .
3.	We believe that transformation within the system, to serve all students and create our next phase of society, lies in the hands of the adults leading the system.



# If each adult was able to...

- Understand their identity
- Communicate their needs
- Manage their responses to stress and vicarious trauma



**We would create effective, trauma-informed environments for all students.**





# How we live out our beliefs...

**During Contracted Work Hours**

**Educators Practice on Themselves FIRST**

**Well-being is held at all levels of the system and we provide tools at each level: Personal, Interpersonal, Systemic**





# Somatic Practice: Body Awareness





# Body Awareness Scan & Reflection

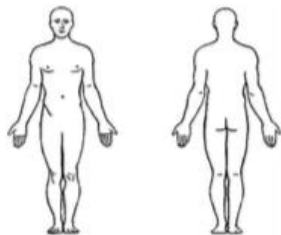


## Body Scan Meditation

During this visualization, what are words that come to mind for you?

Happy	Confident	Well-Rested	Calm
Focused	Jittery	Determined	Tense
Tired	Serene	Uncomfortable	Mindful
Silly	Strong	Capable	Composed
Frustrated	Content	Diligent	Annoyed
Energized			

Does that feeling come with any sensation in your body?

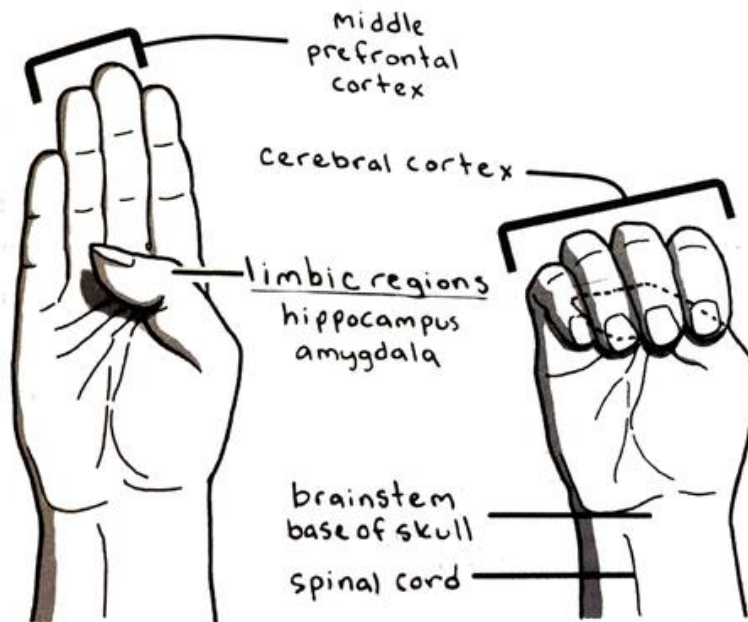


Our bodies speak through sensation:

- Temperature
- Weight
- Color
- Tension



# Hand Brain Model



Source: MacLean, 1990 & Dr. Daniel Siegel, 2012: The New Science of Personal Transformation

# Creating Balance in the Body



“Fight and Flight”  
(Sympathetic Nervous System)

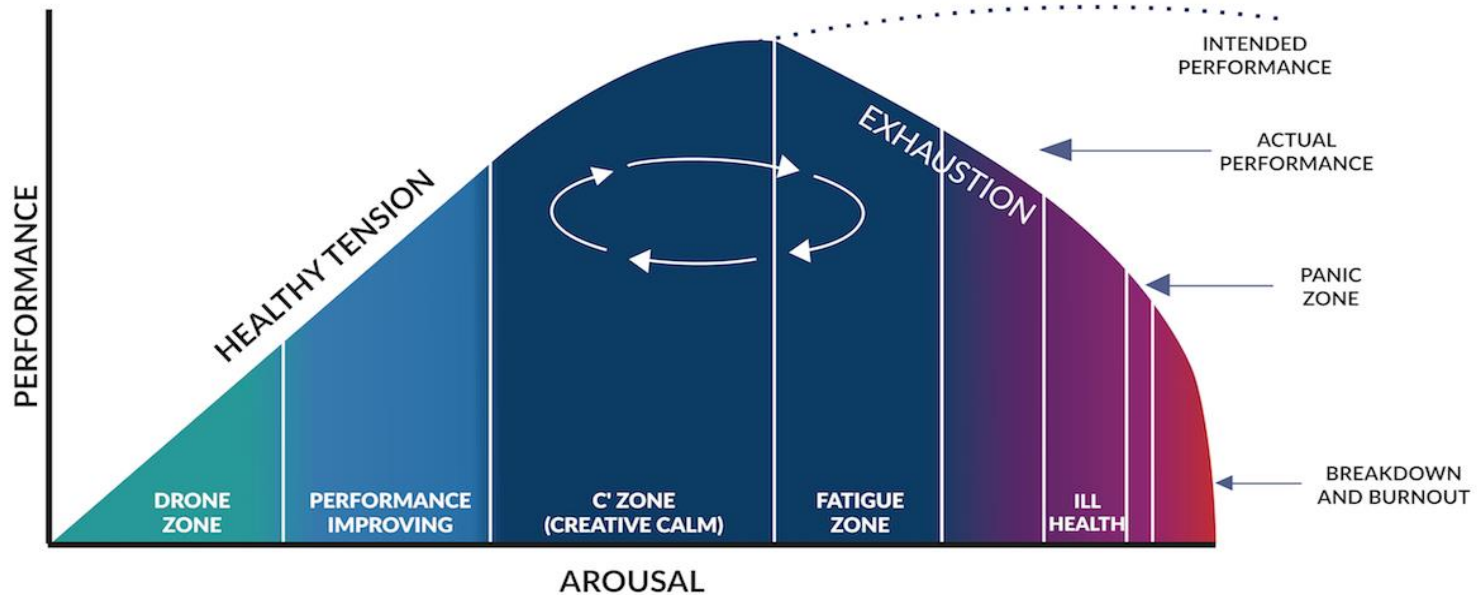


“Rest and Digest”  
(Parasympathetic Nervous System)





# HUMAN FUNCTION CURVE



<b>Prepare</b>	<b>Interact</b>	<b>Integrate</b>
<b>Tools to Prepare Identity for working with students who have experienced trauma</b>	<b>While you're in the moment managing a student, parent or colleague response.</b>	<b>Tools to emotionally and physically digest student escalation cycles</b>



# Sustainably Resourcing Our Bodies



Source: Nutritionist Erica Favela, 2018

Water

Whole Foods

Breath & Movement

Sleep

# Prepare or Integrate Tool

Ritual	Routine
5 sensory experience	0 sensory experience
Brings joy and peace while getting needs met	Brings efficiency and gets things done
Stress reduction oriented	Task oriented
Action focused	Time focused



**CaliberSchools**  
Education Reimagined



**GREENLEAF**  
elementary school

 **FUTURES**  
ELEMENTARY SCHOOL



**Voices**  
College-Bound Language Academies

2013 - 14	2014 - 15	2016 - 17 with TW	2017 - 18 with TW	2018 - 19 with TW
59%	49%	79%	75%	77%

**77 more educators stayed at their sites**

**Overall, we have saved school districts \$1.3 million in turnover costs**

# Who is Doing this Work? [Care Provider Focused]



**Dr. Jenny Rankin**

First Aid for Teacher  
Burnout



**Dr. Tish Jennings**

Mindfulness for  
Teachers  
CARE for Educator  
Program

**Adrienne Maree Brown**

Emergent Strategy:  
Shaping Change,  
Changing Worlds



**Laura Vandernoot  
Lipsky**

Trauma Stewardship



# Who is Doing this Work?

## [Trauma Informed Practices]

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**Dr. Nadine Burke**

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[Center For Youth  
Wellness](#)

[How Childhood Trauma  
Affects Health](#)



**Dr. Bruce Perry**

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[Child Trauma Academy](#)  
[Neurosequential Model](#)



**Bessel van der Kolk**

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[Trauma Center at Justice  
Resource Institute](#)

[The Body Keeps the  
Score](#)



# Continued: Who is Doing this Work?

## [Trauma Informed Practices]



**Dr. Robert Sapolsky**

[Why Zebras Don't Have  
Ulcers](#)



**Dr. David Bercelli**

[Shake it off Naturally](#)  
[TRE](#)



**Peter Levine**

[Healing Trauma: A  
Pioneering Approach for  
Restoring the Wisdom of  
the Body](#)

# Questions?



Tap the well within.

# STAY CONNECTED



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[info@schoolhealthcenters.org](mailto:info@schoolhealthcenters.org)



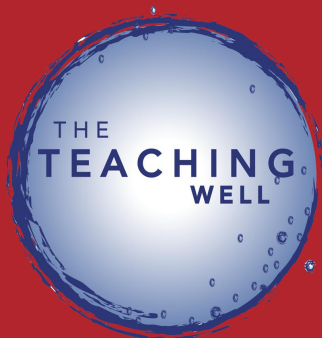
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Tap the well within.

Gracias

謝謝

Thank you

Cảm ơn

Salamat

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