Welcoming Mindstretch. This quote and question is an offering as we settle into the room.

How does or doesn't this quote mirror your experience with grief?

If we want to care for each other better, we have to re-humanize grief.

We have to understand it as a natural, normal process, not to be shunned, rushed, diagnosed, or maligned.

It’s way more important to normalize grief than it is to pathologize it.
Schools as Intentional Sites of Healing: Exploring Multi-tiered, Trauma Informed Approaches in Support of Student Grief and Healing
Disclaimer Notice

The views represented during this presentation are our personal views and are not the official views of SAMHSA or NCTSN.
Meet Your Facilitator

Oriana Ides, PPS, PCCI
• She/hers
• School and Community Based Therapist
• Healing Centered Educator
Promoting effective and sustainable change in the ways school communities and school leadership builds the skills, knowledge, and attributes necessary to recover and renew after a crisis.

www.schoolcrisishealing.org

School crisis readiness is essential. Response is critical. And: what happens after matters, too.
The SCRR Project is a collaborative effort between The Center for Applied Research Solutions (CARS) and Trauma Transformed (T2) and strongly informed by partnership with the National Center for School Crisis Bereavement and our team of school crisis recovery and renewal experts from across the country.

Funded by SAMHSA, we are part of the National Child Traumatic Stress Network.
Our Objectives

1. Slow down and reflect on the opportunity we have to support students in their grief journey.
2. Build a pedagogy that honors and integrates classroom practices that support students in navigating grief.
3. Create a brave, generative, and regulating space for educators and service providers to explore sustaining ways we might make room for grief in our classrooms/schools with our learners.
4. Engage in community valued, trauma informed regulation strategies that positively impact the process of recovery and renewal.

Agenda

1. Welcome, Introductions and Settling in
2. Moving from Sites of Trauma to Sites of Healing
3. Exploring the Complexities of Embracing Grief
4. Closing Practice and Looking Ahead
Arriving Together
ELBOW BUDDY CONVERSATION

1. Who are you?

2. What role do you play in supporting mental health/wellness of others?

3. What are you noticing about your own wellness today?
SETTLING INWARD: **SELF CHECK**

Take the next thirty seconds to engage in one of the following practices:

1. Drop your shoulders.
2. Exhale deeply.
3. Unclench your jaw, your belly.
4. Take a big stretch.
5. Sip water.
6. Shake it out a little.
7. Offer gratitude.
8. Feel into your feet, wiggle your toes.
“The expectation that we can be immersed in the suffering and loss daily and not be touched by it is as unrealistic as expecting to walk through water without getting wet. This sort of denial is no small matter.

The way we deal with loss shapes our capacity to be present to life...We’ve allowed our hearts to become so filled with loss that we have no room left.”

The Cost of Caring
Remen in Mathieu (2012, p.7)
PAUSE AND REFLECT

How is this moment showing up for you? How are you being touched by it?

- In your body, heart and cognition?
- In your respective role, pedagogy and practice?
- In your relationships and school community?
Moving from Sites of Trauma to Sites of Healing
TRAUMA-REACTIVE SCHOOLS
- Reactive
- Reliving/Retelling
- Avoiding/Numbing
- Fragmented
- Us Vs. Them
- Inequity
- Authoritarian Leadership
- Patterns maintained unconsciously, even when they undermine the essential mission of the system

TRAUMA-INFORMED SCHOOLS
- Understanding of the Nature and Impact of Trauma and Recovery
- Shared Language
- Recognizing Socio-Cultural Trauma and Structural Oppression

HEALING SCHOOLS
- Reflective
- Making Meaning Out of the Past
- Growth and Prevention-Oriented
- Collaborative
- Equity and Accountability
- Relational Leadership

TRAUMA INDUCING TO TRAUMA REDUCING
An individual’s psychology can heal by finding the courses of action that match one’s felt need— but there are no skipped steps.

Sitting with discomfort is always first, followed by connection and inspiration— but at the end of the day, we need action to metabolize grief and transform our material and cultural conditions.

Metabolized grief can power deep and lasting change infused with profound joy, while unmetabolized grief becomes an almost insurmountable barrier to it.

Grief Belongs in Social Movements. Can We Embrace It?
- Malkia Devich-Cyril
Humanizing Schools Spaces
In effort towards healing, remember -

“Don't thingify, Humanify! Shifting our way of being is our tangible outcome. Systems change comes from big groups making big shifts of being.”

-Taj James
1. Create safe spaces to normalize grief and healing

2. Create safe spaces to co-regulate

3. Create space to dream beyond chaos and crisis.
Self Attuning and Attuning to Others

Bearing witness to your own experience, compassionately.
I define grief as the mental, physical, emotional, and spiritual experience we have after loss. At every layer of the self, grief is there, shaping our thoughts, feelings, our form, and our function. More specifically, grief impacts our brains — how we cognitively process and function. It impacts our physical bodies — our energy levels, our health. It impacts our emotional lives — bringing up new emotions, old ones we haven’t accessed in a while, and our ability to express what we’re feeling and how we’re feeling it. And grief impacts our spiritual lives — what we believe, how we believe it, what we seek from our beliefs.

- Alica Forneret, Executive Director of PAUSE
1. Create new patterns and pathways that honor our grief, wholly.

2. Acknowledge the normalcy of your experiences and practice self-compassion while also giving yourself permission to feel.

3. Our emotional brain works overtime in grief, which means our thinking, reasoning and decisioning capacities are less.

4. Grief is a wave, grieving is a relationship.
Unattended Grief and Activation as a Barrier to Recovery and Renewal

Activates a threat-based mindset.
- Hypo or hyper arousal limits flexibility and intentionality (operate from a fight, flight, freeze or fawn response).
- Compromises creative problem solving
- Distracts us from the present
- Prevents one from seeing the full picture, joys and gains as well as deficits and challenges

Distorts our sense of self and self-efficacy.
- We struggle to see and feel an accurate depiction of self and often root our value in our productivity.
Self Attuning:
Self-Holding
Collective Care and Co-Regulation: Key Ingredients

- **Safety** (as perceived by neuroception)
- **Resonance** (bio-electric rhythm matching)
- **Mirroring** (activation of mirror neurons)
The pedagogy and psychology of humanization is a viable framework to confront systemically imposed self-hate, divide and conquer, and sub-oppression if it teaches students knowledge (and love) of self, solidarity, and self-determination.

- Patrick Camangain
What is a dream pedagogy, practice or process that supports the humanization of your school space or student population?
Full Group Discussion:

What's coming up for you - what thoughts, feelings and wonders are sitting with you?

1. How might you integrate what we did today in your daily interactions?
School Mental Health Crisis Leadership Lessons: Voices of Experience from Leaders in the Pacific Southwest Region

- Guide
- Complementary Reflection Worksheet

LEARN MORE AT:
Bit.ly/smh-crisis-leadership-lessons
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What can you get from collaborating with us?

- **Connect**
  - Connect with fellow school crisis recovery and renewal leaders; strengthen connections with peers across the country with shared or like experiences.

- **Resource**
  - Resource one another to develop leadership skills.

- **Craft**
  - Craft recovery and renewal policies and practices.

- **Access**
  - Access school crisis thought leaders, experts, and researchers from across the country.

- **Gain**
  - Gain supportive, solution-focused coaching to help navigate crisis challenges.

- **Explore**
  - Explore foundational and canonic content related to school crisis recovery & renewal.

- **Engage in**
  - Engage in workshops, webinars, seminars, coaching sessions, crisis leadership labs, resources, and so much more to help you plant and grow.

- **Share**
  - Share learning opportunities, resources, conferences, and more.

- **Engage in**
  - Engage in Communities of Practice, Networks of Practice, and rich learning.
SAMHSA Disclaimer

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Thank you.

SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.

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