

# BECOMING A TRAUMA INFORMED BOARD

All stakeholders create a culture of learning so that students come first.

## What Does Becoming A Trauma Informed Board Mean?

When an organization/school board, such as the Keewatin-Patricia District School Board, provides **service at ALL levels in a manner that reflects an understanding of trauma and the impact traumatic experiences** have on an individual.

At a basic level, an organization has adopted a trauma informed approach when asking, “What has happened to you?” instead of “What is wrong with you?” when designing and delivering service.

## Principles of Trauma Informed Practice

Some of the principles of trauma informed practice include:

- ⇒ Provide school-wide trauma informed awareness and understanding of trauma’s impact on students
- ⇒ View trauma as an experience
- ⇒ Establish safety and stabilization
- ⇒ Create connections
- ⇒ Support staff / wellness / self care

### **TRAUMA is common.**

**It is estimated that one-half to two-thirds of children experience trauma. All schools and educators work with children who have experienced trauma, but you may not know who these students are. Schools have an important role to play in providing stability and a safe space for children.**

## TRAUMA AWARENESS

“A trauma informed approach begins with building awareness among staff and clients of the commonness of trauma experiences; how the impact of trauma can be central to one’s development; the wide range of adaptations people make to cope and survive after trauma; and the relationship of trauma with substance use, physical health and mental health concerns. This knowledge is the foundation of an organizational culture or trauma-informed care”

## **WHY SCHOOLS NEED TO BE TRAUMA INFORMED - BY BARBARA OEHLBERG**

Excerpt from article: “Integrating trauma sensitivity into the educational system constitutes a paradigm shift but with minimal costs. The information on how brain development is altered because of early childhood insecurities (trauma) has stunning implications for school policies and teaching techniques. It counters most of the assumptions about misbehaviours all of us (have) heard in our respective childhoods and throughout our professional education. Despite our challenges to our understandings, becoming a trauma informed school affords significant benefits to staff and students”.

CLICK on the hyperlink for full article or go to:

<http://www.humanimpact.org/wp-content/uploads/WhySchoolsNeedToBeTraumaInformed2.pdf>

**THANK YOU** to everyone who took the time to complete the trauma informed pre measure! The information collected in this survey is currently being reviewed and evaluated and will help to provide direction within KPDSB’s trauma informed