

# Trauma-Informed Family and Community Engagement, Part 2

July 1, 2020

Please introduce yourself in the chat!

Make sure your chat goes to all panelists AND attendees.



**NAFSCE**  
NATIONAL ASSOCIATION  
FOR FAMILY, SCHOOL, AND  
COMMUNITY ENGAGEMENT



**MAEC**  
education • equity • excellence

# Agenda

I. Welcome

## **II. The TIP of the Iceberg: Bringing Awareness of Trauma Informed Practices to educators and community providers**

- South Dakota Statewide Family Engagement Center
  - Dana Livermont, K-12 Learning Specialist
  - Elisabetta Giomo-James , K-12 Learning Specialist

## **III. Trauma-Informed Support for Families**

- Ready4K
  - Rebecca Honig, Director of Curriculum & Content

IV. Question & Answer

V. Final Thoughts and Adjourn

# The **TIP** of the Iceberg



Bringing Awareness of  
**T**rauma **I**nformed **P**ractices  
to educators and community providers

# Your Presenters



**Dana Livermont**

K-12 LEARNING SPECIALIST

SD Statewide Family Engagement Center

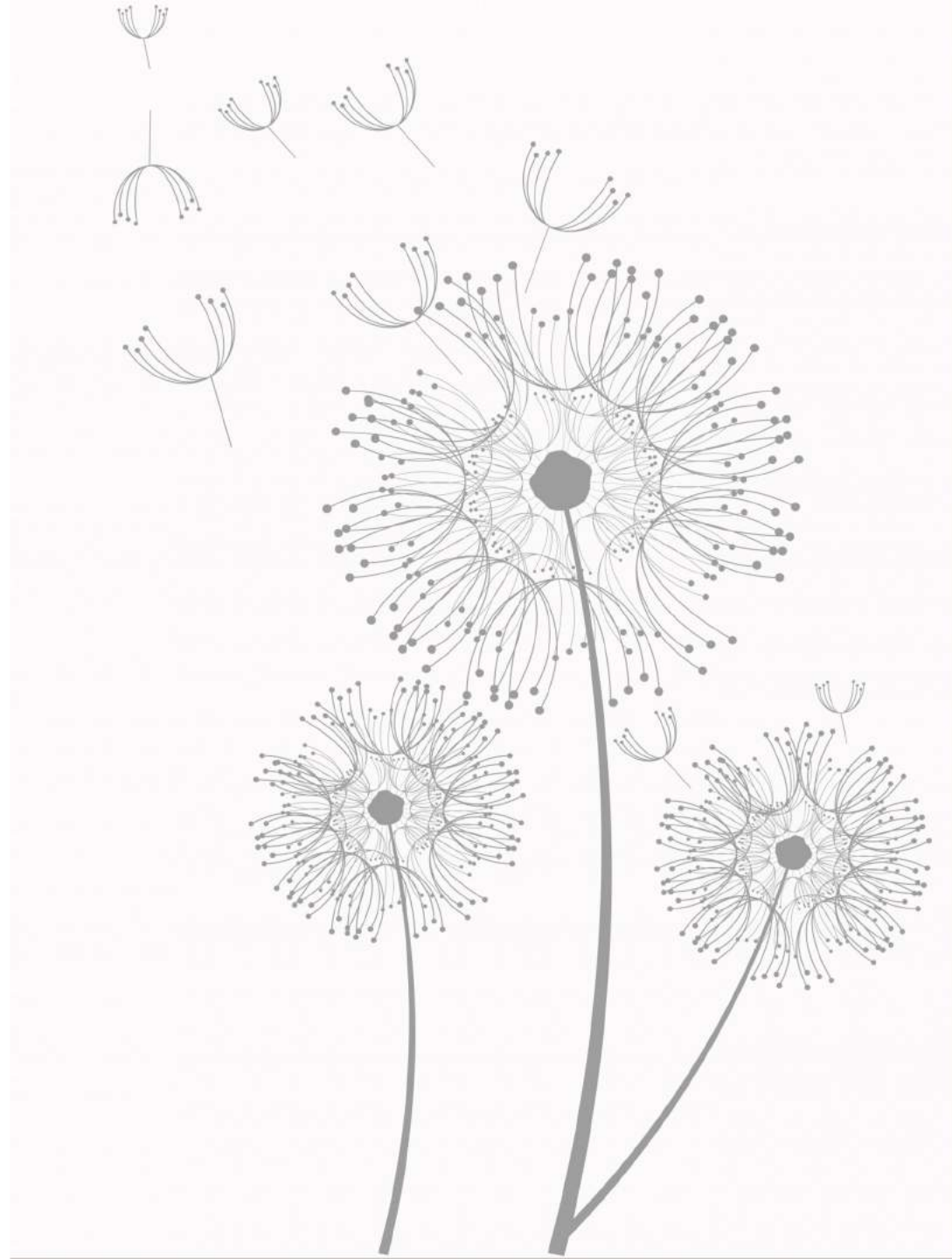


**Elisabetta Giomo-James**

K-12 LEARNING SPECIALIST

SD Statewide Family Engagement Center

**Let's begin by  
pausing...**



# A REVIEW

## Adverse Childhood Experiences (ACEs)

### The Study:

- Dr. Anda & Dr. Felitti
- 1990s
- 17,000 participants
- ACE score
- Epidemiological study

### Trauma Definition

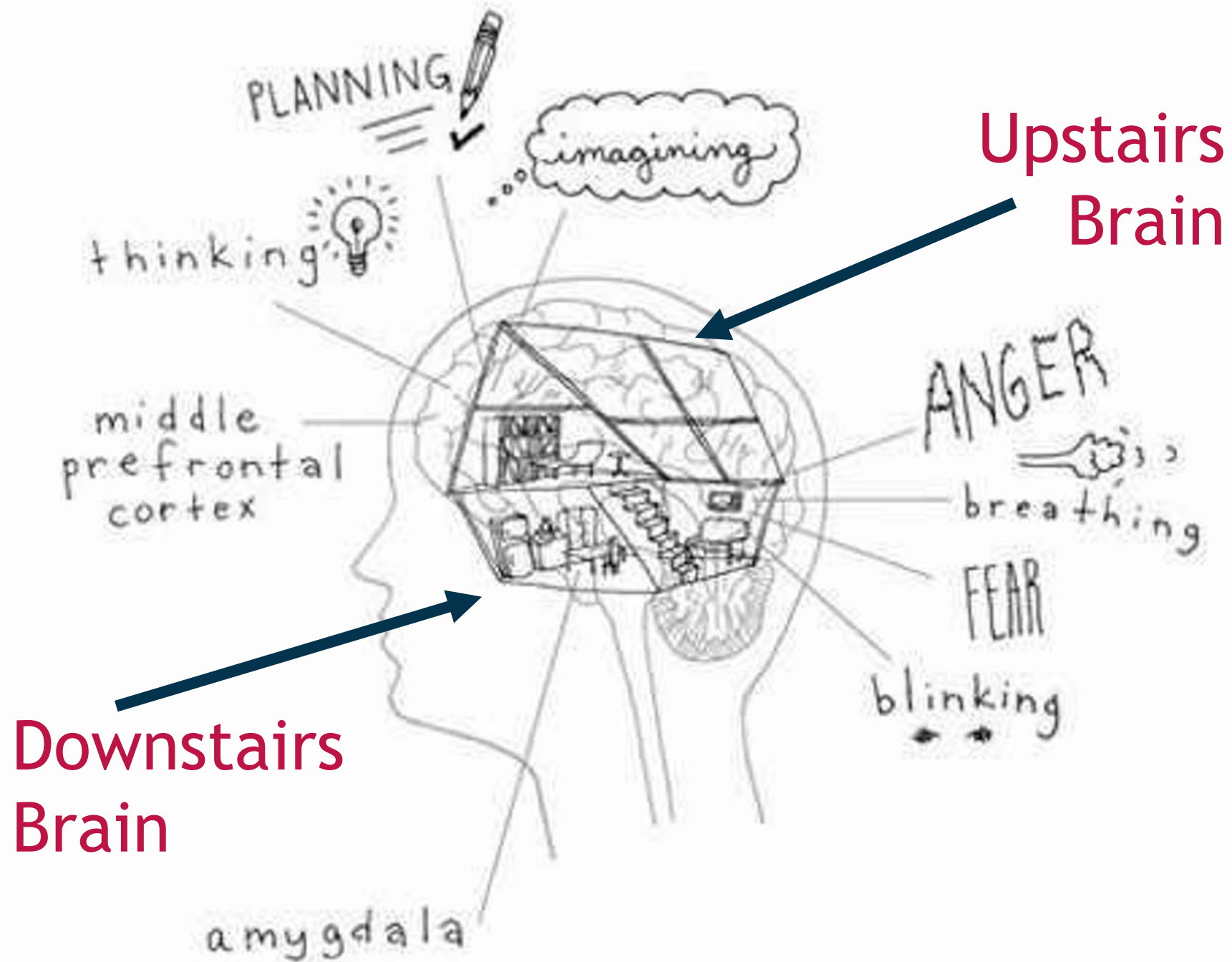
“Trauma is an exceptional experience in which powerful and dangerous events overwhelm a person’s capacity to cope.”

Rice & Groves, 2005

### Adversity early in life:

- Influence human development in predictable ways
- Increases physical, mental, and behavioral problems later in life.

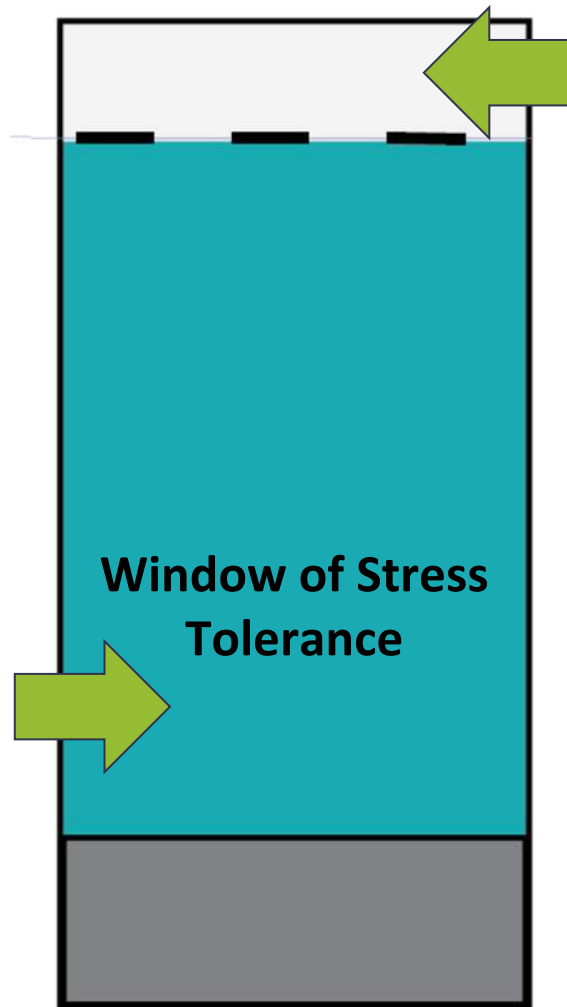
**What is predictable is preventable.**



# The Window of Stress Tolerance

## Regulated (Within Window)

- The child is able to manage emotions and control impulses
- They are generally able to handle life and school activities
- Functioning from the upstairs brain



## Dysregulated (Above Window)

- Stress or sensory input has triggered an alarm state in the child
- Functioning from the downstairs brain
- Child has difficulty listening and comprehending (not in learning mode)
- They will often display maladaptive behavior

# Trauma-informed:

Using strategies to help keep others and ourselves within the window of stress tolerance

## Extend the Window

Foster a community of safety

Build trusting relationships

Reduce sensory stimulation

Create predictability with routines and expectations

Connect the circle of care with after school and home

## Return to within the Window

Remain calm and avoid escalation

Lean into your relationships

Create safe spaces to calm down

Validate and listen

# 5 STEPS TO RETURN TO LEARNING



**Half-day or  
Full-day District  
In-service  
Training**

**Full-day  
Regional  
Trainings**

**Conference  
Breakout  
Sessions**

## **Ways SFEC South Dakota is leading in this work**

**Online Book Study:  
Fostering Resilient  
Learners**

**Online Graduate  
Course on Trauma  
Informed  
Practices**

**Fall 2020  
Trauma  
Webinar Series**

# Our training includes:

- **Brain Science**  
Looking at ACEs and how experiences affect brain development
- **How Trauma Affects Behavior**  
Learn about the Window of Stress Tolerance and how we “flip” from one part of our brain to the other (Dysregulation)
- **Keeping a Regulated Environment**  
Share and discuss different strategies to create learning environments that support regulation
- **Responding to Dysregulation**  
Look at specific strategies to respond when a child becomes dysregulated
- **Self-Care**  
Talk about the importance of self-care and reflection

# Emphasis on reflection and application to each individual's practice



## Reflection Journal

### 1. The Brain Science of Trauma (p. 24):

What are your initial responses to the prevalence of trauma? Are you surprised? Why or why not?

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### 2. How Trauma Affects Behavior (p. 37):

Think about some of the student behaviors you observe in your role. Examine them in the context of the flight, fight, or freeze framework. How does this change your thinking, if at all?

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### 3. Grounding yourself:

- What are three core values that you strive to live and teach by?
- What three words would you like students to use as adults when they reminisce about their time in your classroom?

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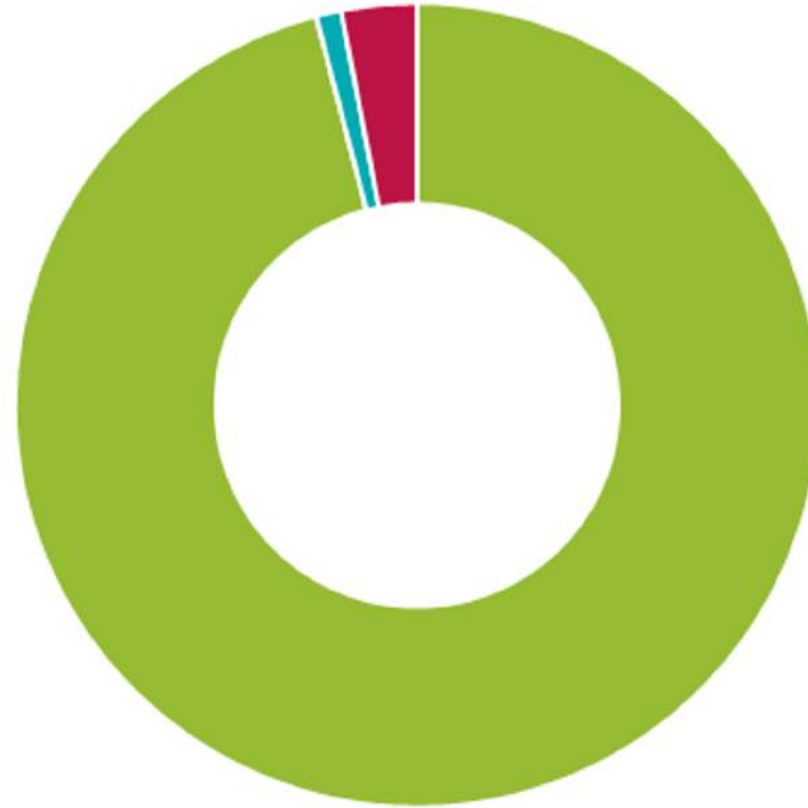
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① Anna is a 4<sup>th</sup> grade girl who refuses to work when given individual assignments. She sometimes leaves the classroom when you confront her. You recently learned her mother has terminal cancer.

- Prevent*
- Build a relationship with her
  - Offer a safe space, calming room, someone to talk to
  - *Younger Mentor other students*
  - Do not build on homework - recognize her needs/wants

- Respond*
- I can see this is hard for you, would you like to work with a partner
  - Ask about her needs, home experiences,
  - Make a plan for her - ongoing what can you do
  - *Share own story - avoid "I know how you feel"*
  - *Check in and allow to share feelings*
  - *Show empathy*

## Training Participants



- % Educators or Service Providers
- % Parents or Family Members
- % Students

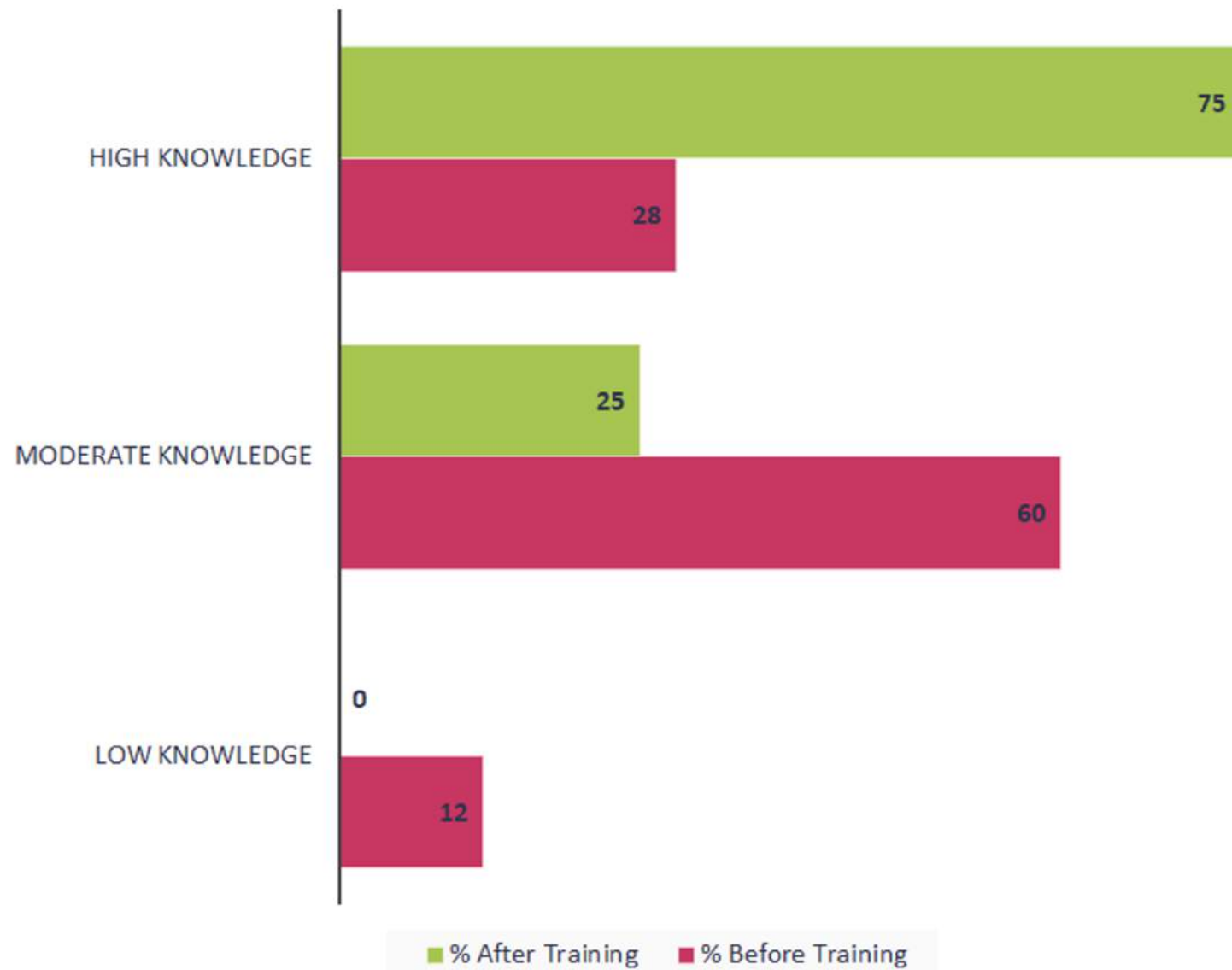
# IMPACT

## Understanding of Trauma and ACEs

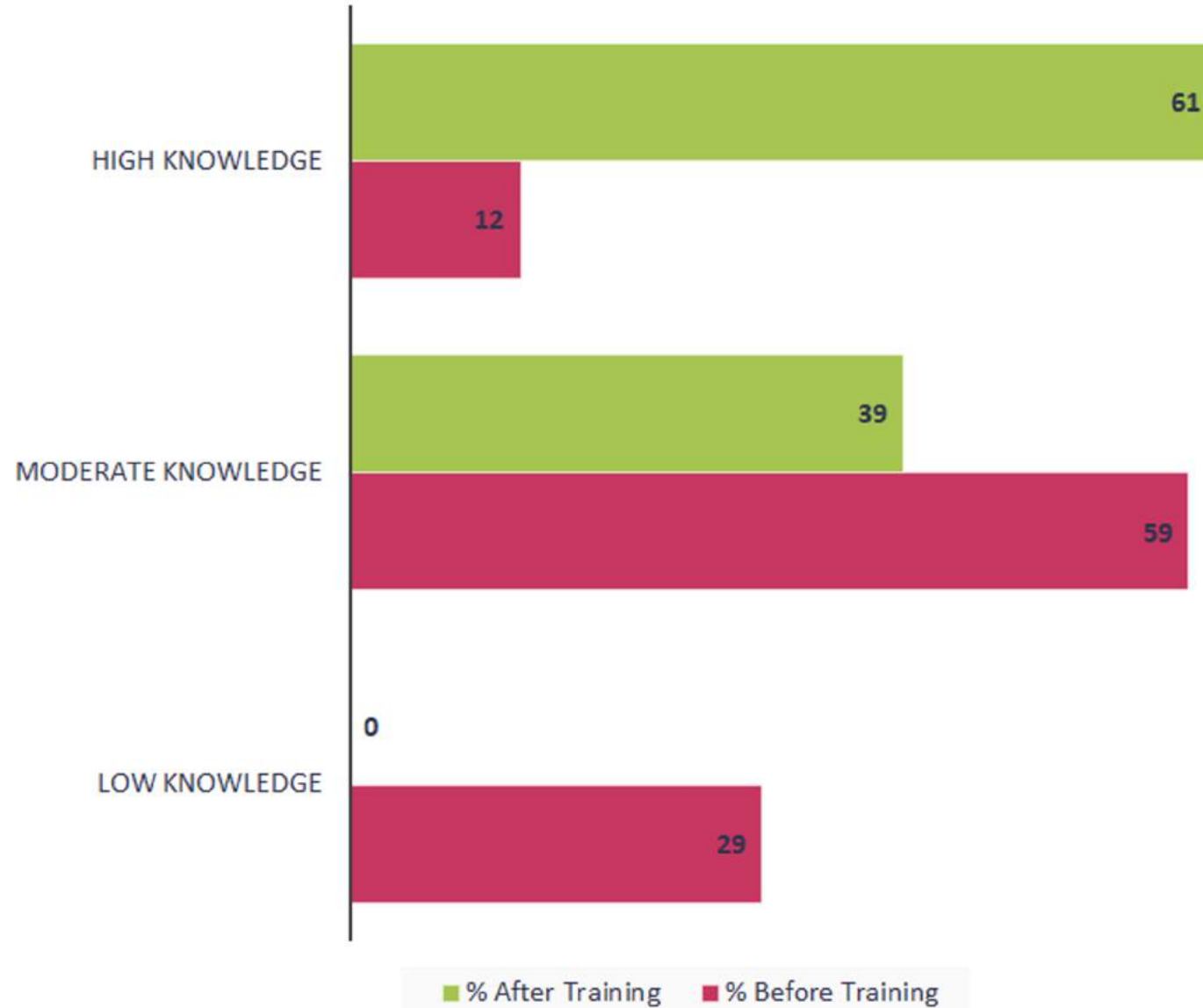


# IMPACT

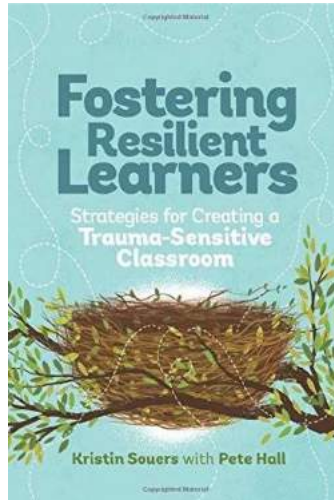
## Strategies to Help Build Positive Relationships with Students



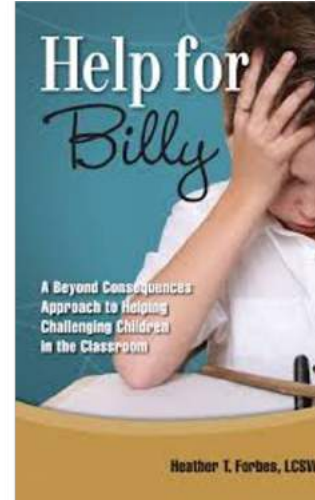
## Strategies to Respond to Behaviors Associated with Dysregulation



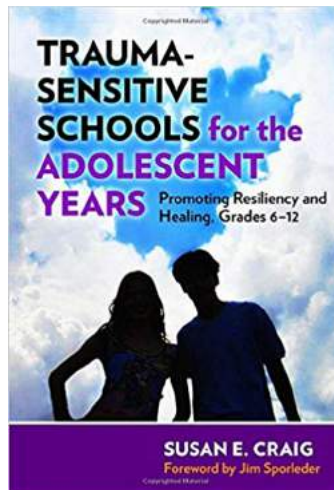
# Additional Reading



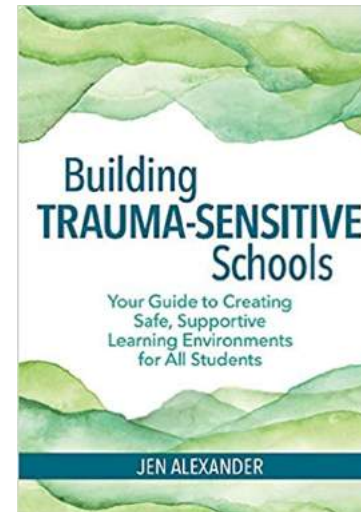
**Fostering  
Resilient  
Learners**  
Kristin Souers &  
Pete Hall



**Help for  
Billy**  
Heather L.  
Forbes

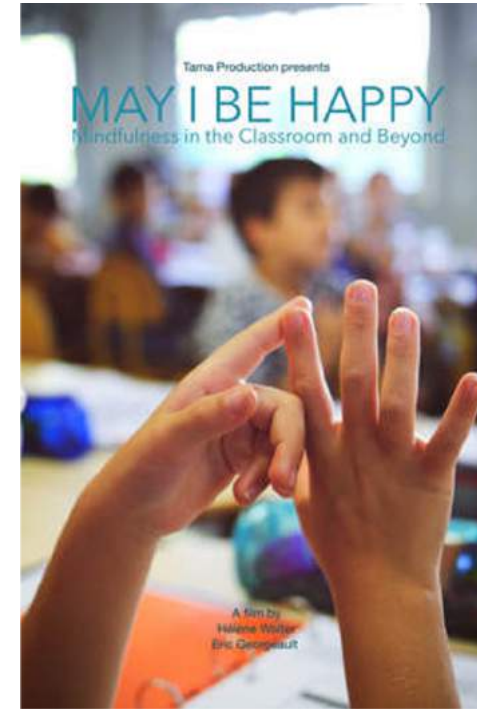
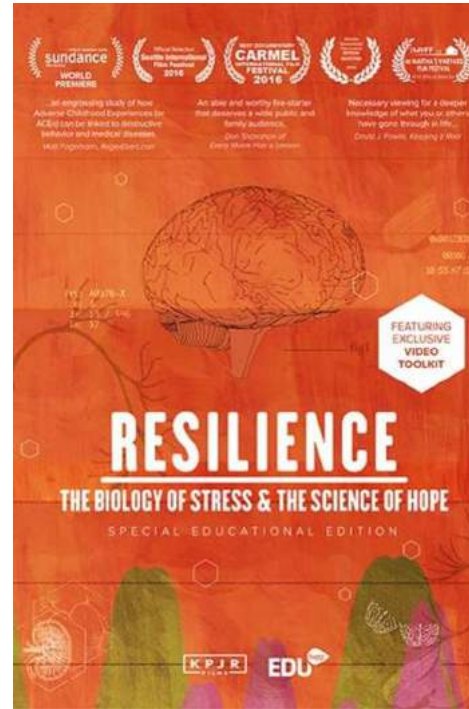
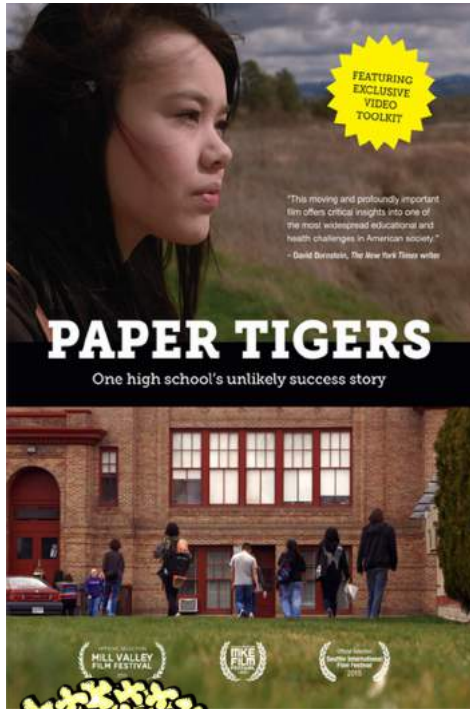


**Trauma-  
Sensitive  
Schools for the  
Adolescent  
Years**  
Susan E. Craig



**Building  
Trauma-  
Sensitive  
Schools**  
Jen Alexander

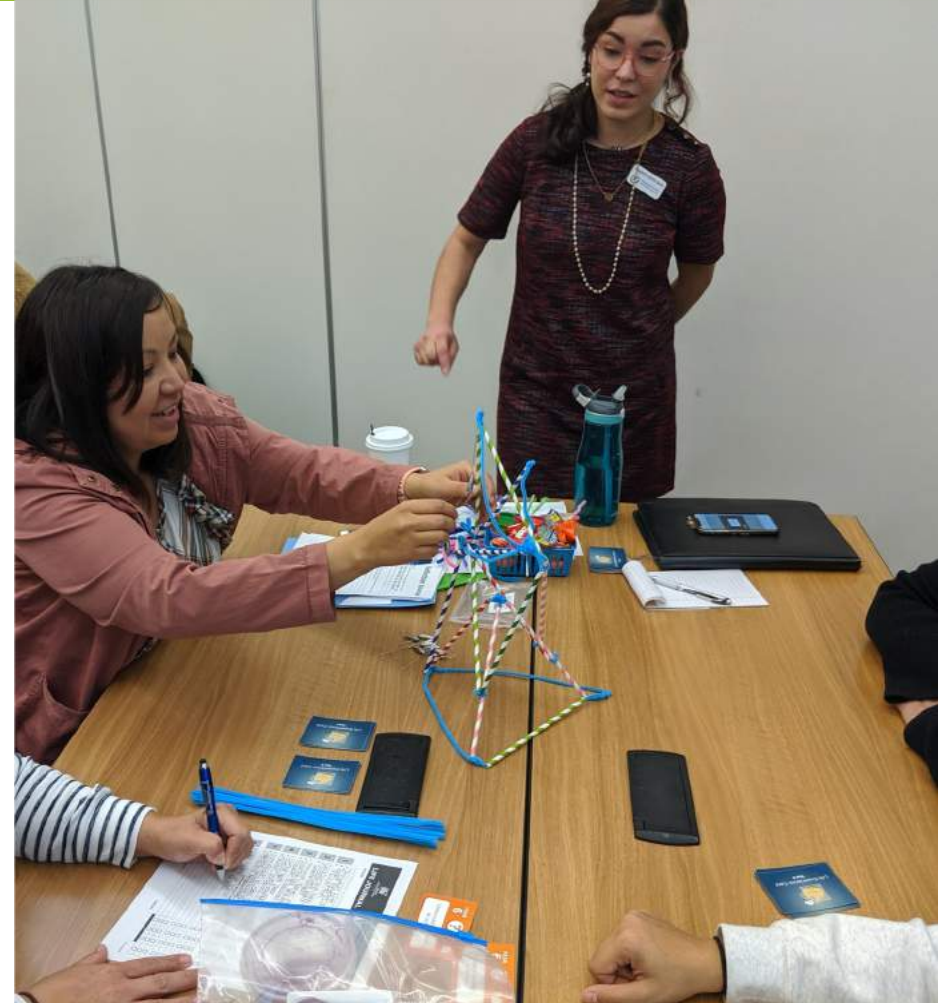
# Host a Movie Night



Bring popcorn and treats and make it a team-building day!

# Play the Brain Architecture Game

The **Brain Architecture Game** is a tabletop game experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, with what consequences for society.



# Time to Reflect!

Share on Padlet: [sdsfec.org/nafsce](https://sdsfec.org/nafsce)



What is something you learned that squared with your understanding of trauma so far?



What is a question that is circling in your head?

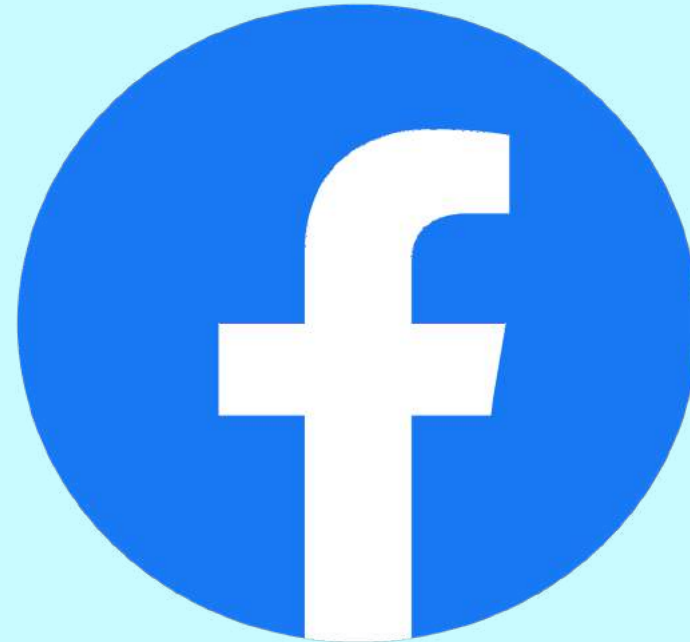


What are 3 takeaways from today's presentation?

# Don't forget to find us online!



Website at  
*[sdsfec.org](http://sdsfec.org)*



On Facebook at  
*[@sfecSouthDakota](https://www.facebook.com/sfecSouthDakota)*

# Contact Us

**Dana Livermont**

K-12 Learning Specialist

*[dlivermont@bhssc.org](mailto:dlivermont@bhssc.org)*

**Elisabetta Giomo-James**

TIE Learning Specialist

*[egiomo-james@tie.net](mailto:egiomo-james@tie.net)*



**Ready4K**

# **Trauma- Informed Support For Families**



# GOALS

- Our Trauma-Informed Journey
- 4Rs in a Virtual Environment
- Protective Factors in Action
- Concrete Supports from Afar
- Ready4K Equity & Access Strategies

Ready4K

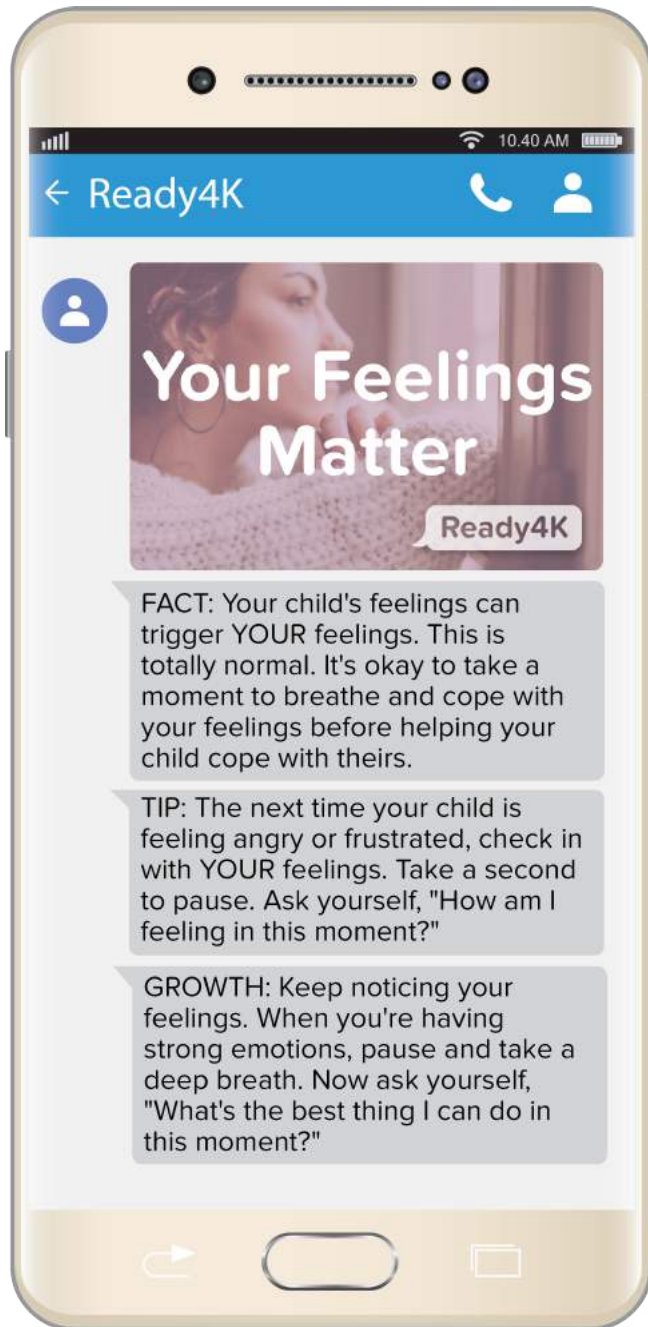


**Rebecca Honig**

Director of  
Curriculum & Content



# Trauma-Informed Messages That Reach ALL Families



5

Protective Factors Framework

4

Birth to 4<sup>th</sup> grade

3

Messages/week

2

English & Spanish

Ready4K



FACT: Your child's feelings can trigger YOUR feelings. This is totally normal. It's okay to take a moment to breathe and cope with your feelings before helping your child cope with theirs.



# Your Feelings Matter

Ready4K

FACT: Your child's feelings can trigger YOUR feelings. This is totally normal. It's okay to take a moment to breathe and cope with your feelings before helping your child cope with theirs.

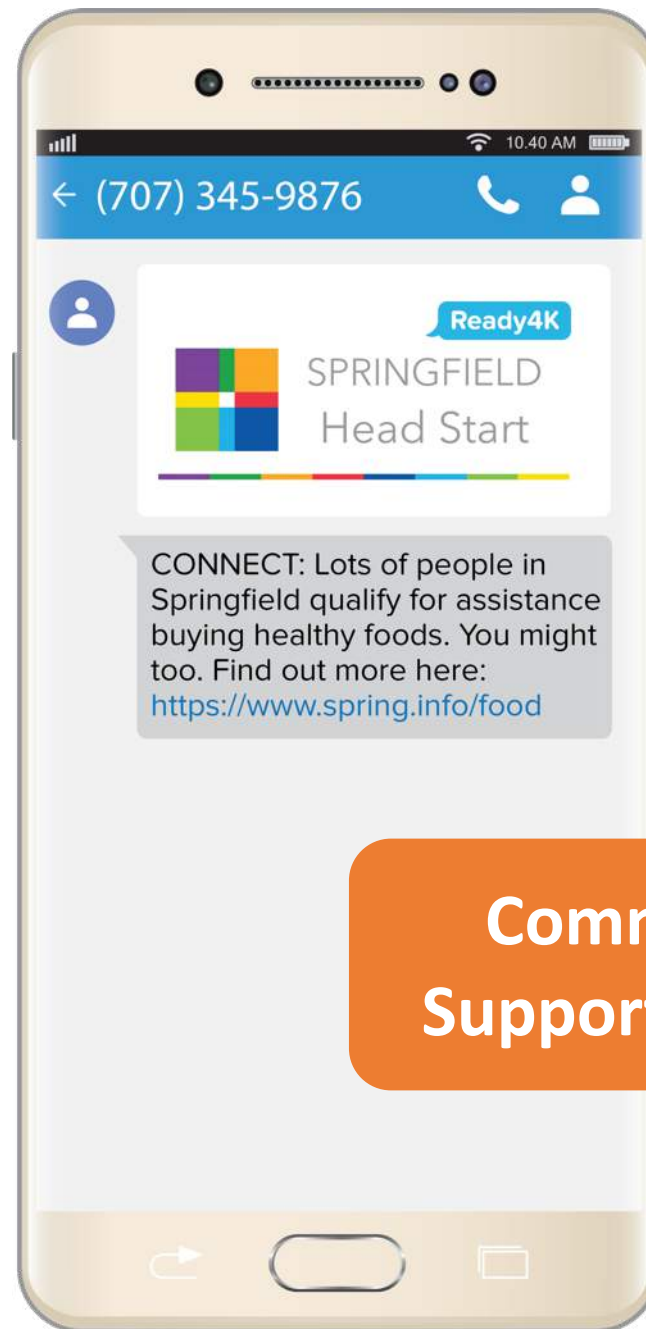
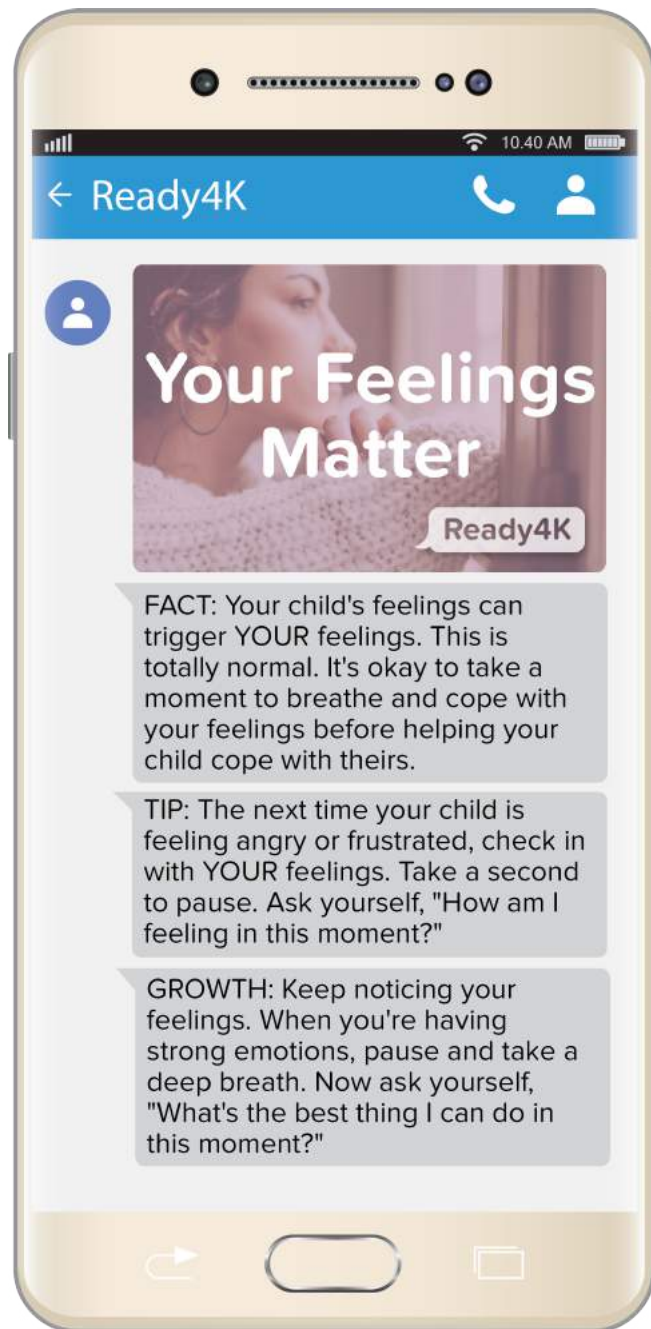
TIP: The next time your child is feeling angry or frustrated, check in with YOUR feelings. Take a second to pause. Ask yourself, “How am I feeling in this moment?”



**FACT:** Your child's feelings can trigger YOUR feelings. This is totally normal. It's okay to take a moment to breathe and cope with your feelings before helping your child cope with theirs.

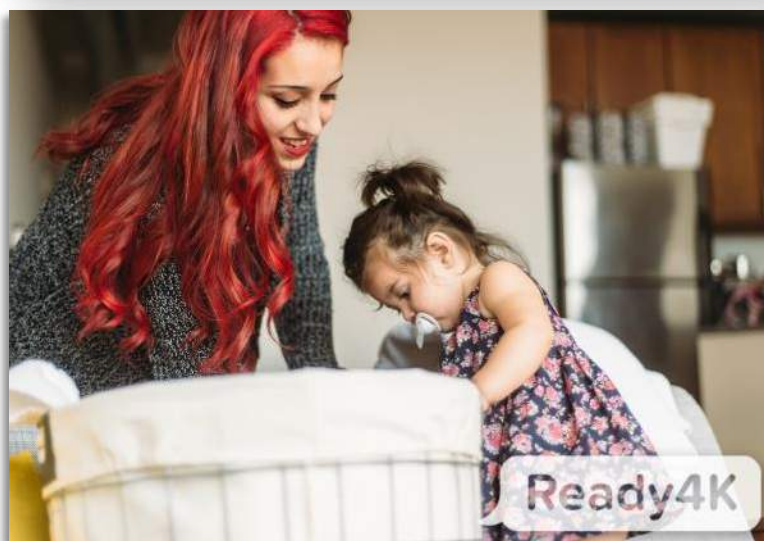
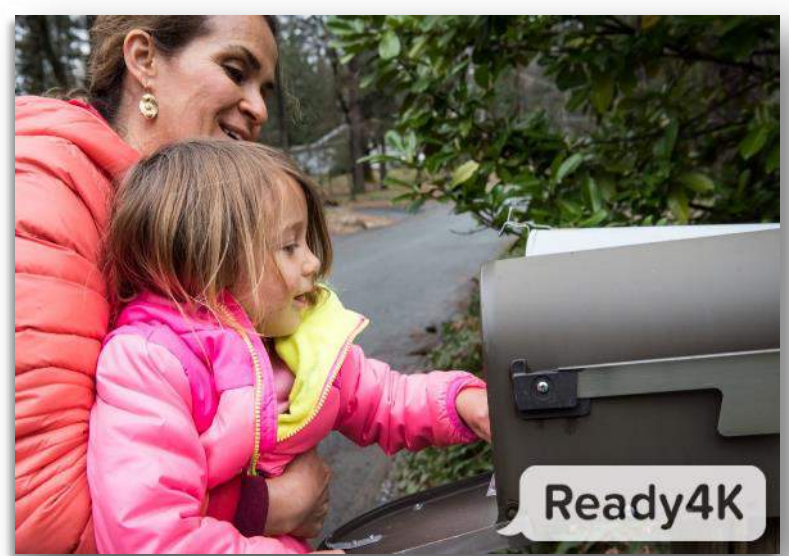
**TIP:** The next time your child is feeling angry or frustrated, check in with YOUR feelings. Take a second to pause. Ask yourself, "How am I feeling in this moment?"

GROWTH: Keep noticing your feelings. When you're having strong emotions, pause and take a deep breath. Now ask yourself, "What's the best thing I can do in this moment?"



**Community  
Support Stream**

**Ready4K**



# LISTENING AND LEARNING

# Diverse Communities



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By Sharon Hahn Darlin, licensed under [CC BY-SA](#)



By Unknown Author, licensed under [CC BY-SA](#)

# Common Needs



# Ready4K Trauma-Informed

Buffer the effects  
of trauma by  
strengthening the  
5 Protective Factors

Ready4K

# The 4Rs



**REALIZES THE  
WIDESPREAD  
IMPACT OF  
TRAUMA AND  
PATHWAYS TO  
RECOVERY**



**RECOGNIZES  
TRAUMA SIGNS  
AND SYMPTOMS**



**RESPONDS BY  
INTEGRATING  
AWARENESS  
ABOUT TRAUMA  
INTO ALL FACETS  
OF THE SYSTEM**



**RESISTS RE-  
TRAUMATIZATION  
OF TRAUMA  
IMPACTED  
INDIVIDUALS BY  
DECREASING THE  
OCCURRENCE OF  
UNNECESSARY  
TRIGGERS**

**Ready4K**

# The 4Rs in a Virtual Environment



**REALIZE**



**RECOGNIZE**



**RESPOND**



**RESIST RE-  
TRAUMATIZATION**

1. Scour for Triggers

2. Scaffold Learning

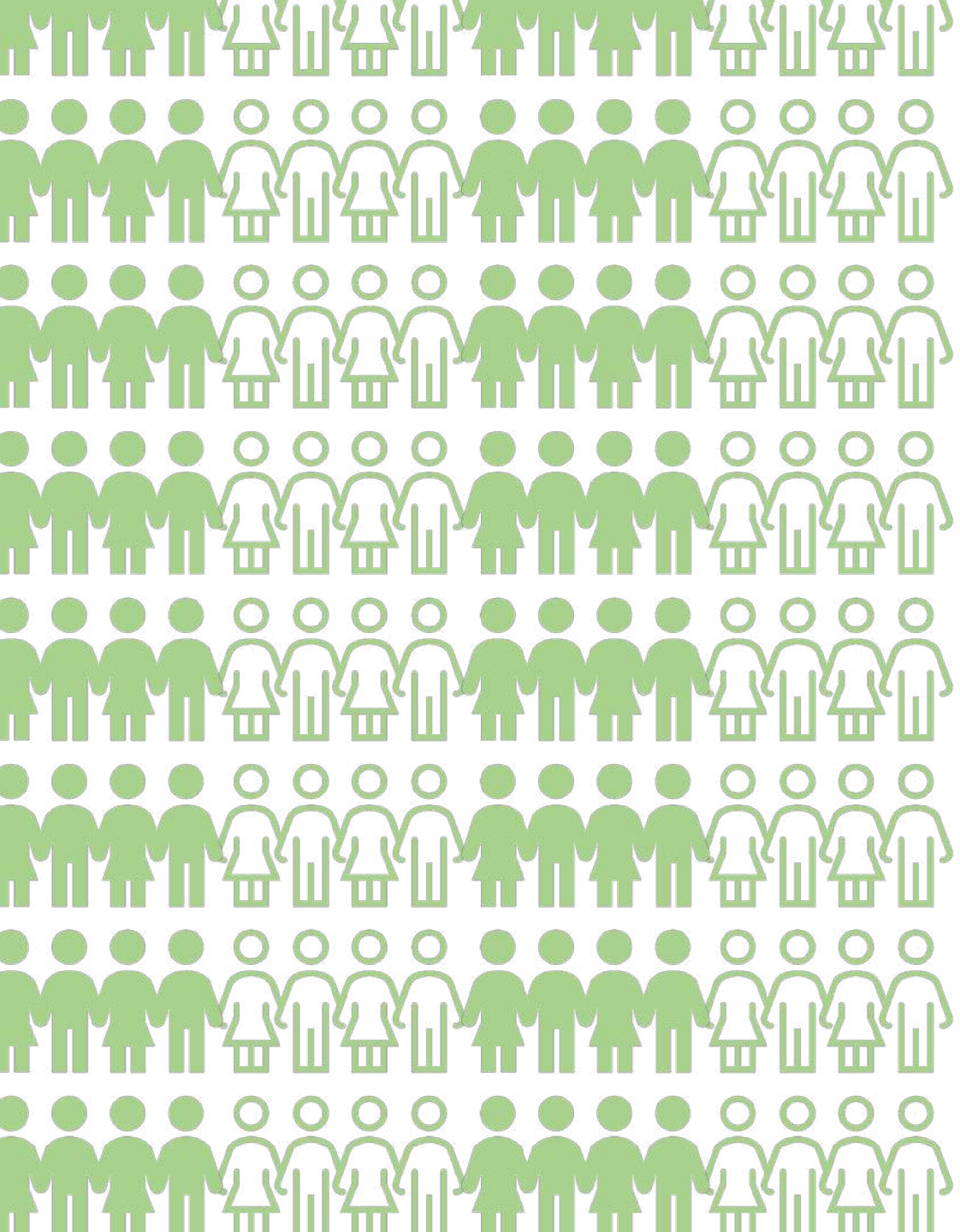
3. Ensure Accessibility

4. Check for Equity

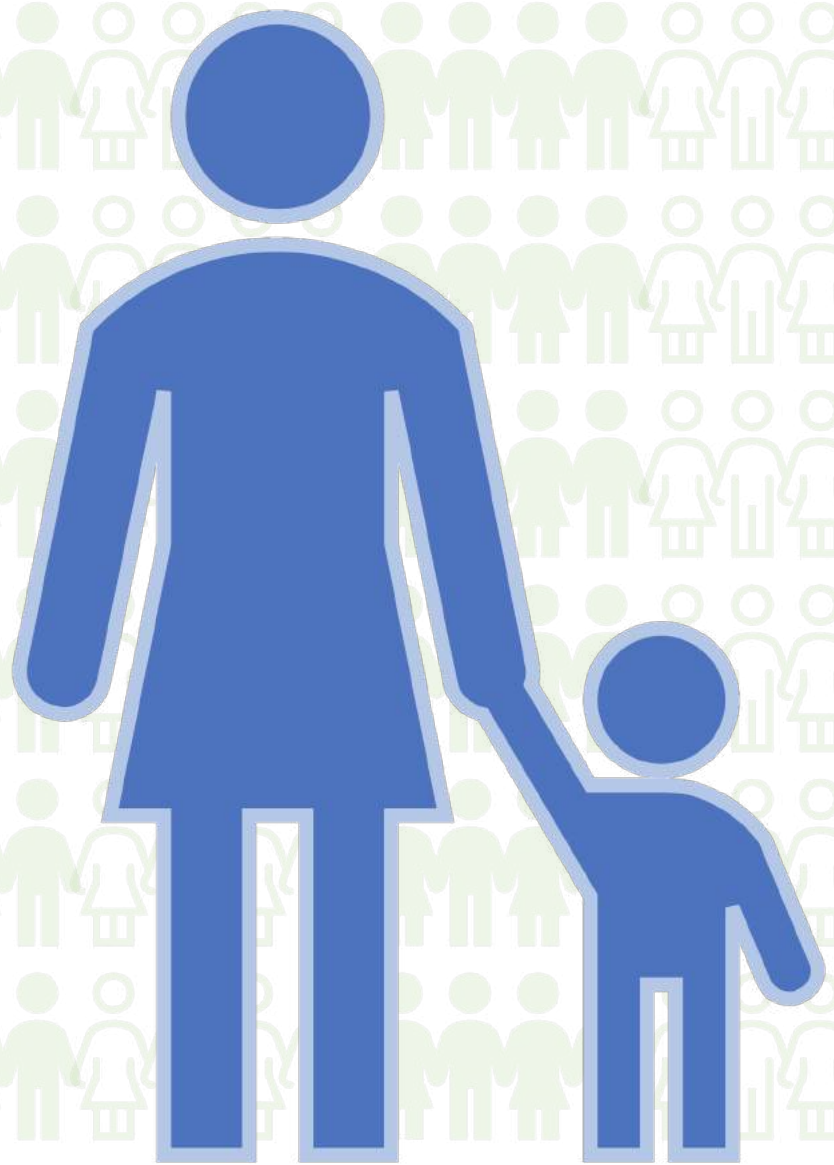
5. Review for Bias

6. Validate Strengths

**Ready4K**



- Violence
- Incarceration
- Homelessness
- Divorce
- Addiction
- Mental Health Issues
- Substance Abuse
- Neglect
- Illness



# One Caring Adult

- Violence
- Incarceration
- Homelessness
- Divorce
- Addiction
- Mental Health Issues
- Substance Abuse
- Neglect
- Illness

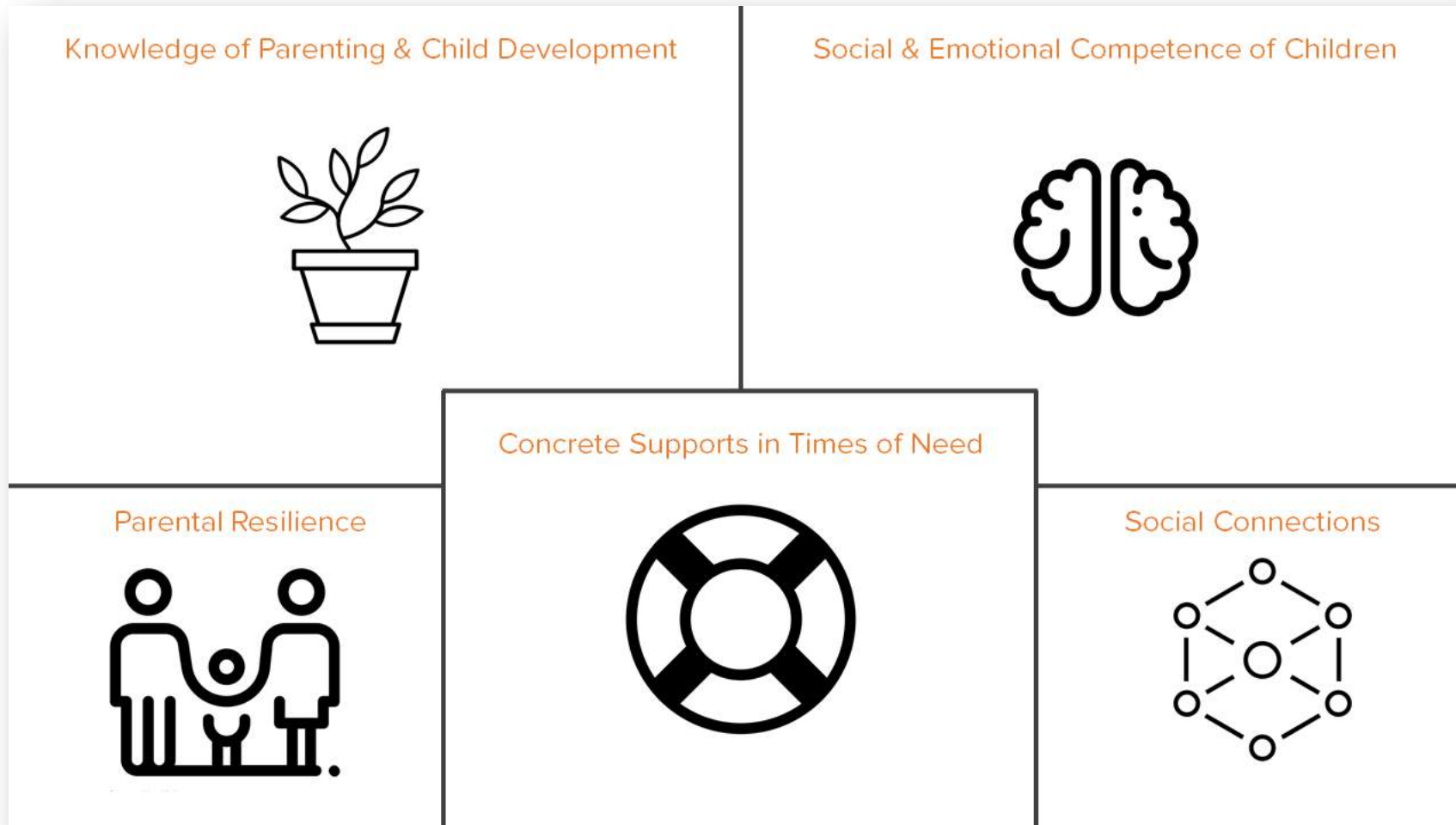


Ready4K



*“I can help everyone.  
Just ask me and I can help you.  
My mom gives me poems.  
Now I can give poems to  
everyone.”*

# The 5 Protective Factors

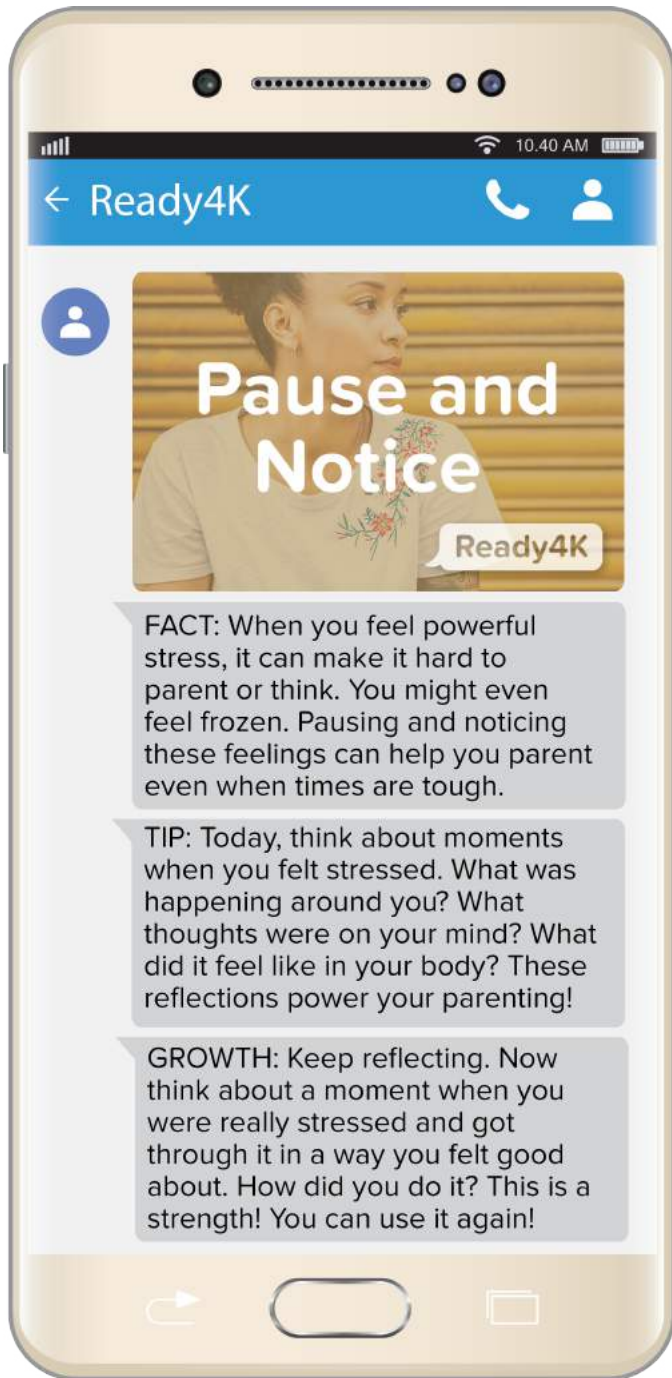


## ***Strong, not stressed***

- Parental self-care
- Recognize and manage stress
- Parental self-regulation
- Executive function
- Healthy habits

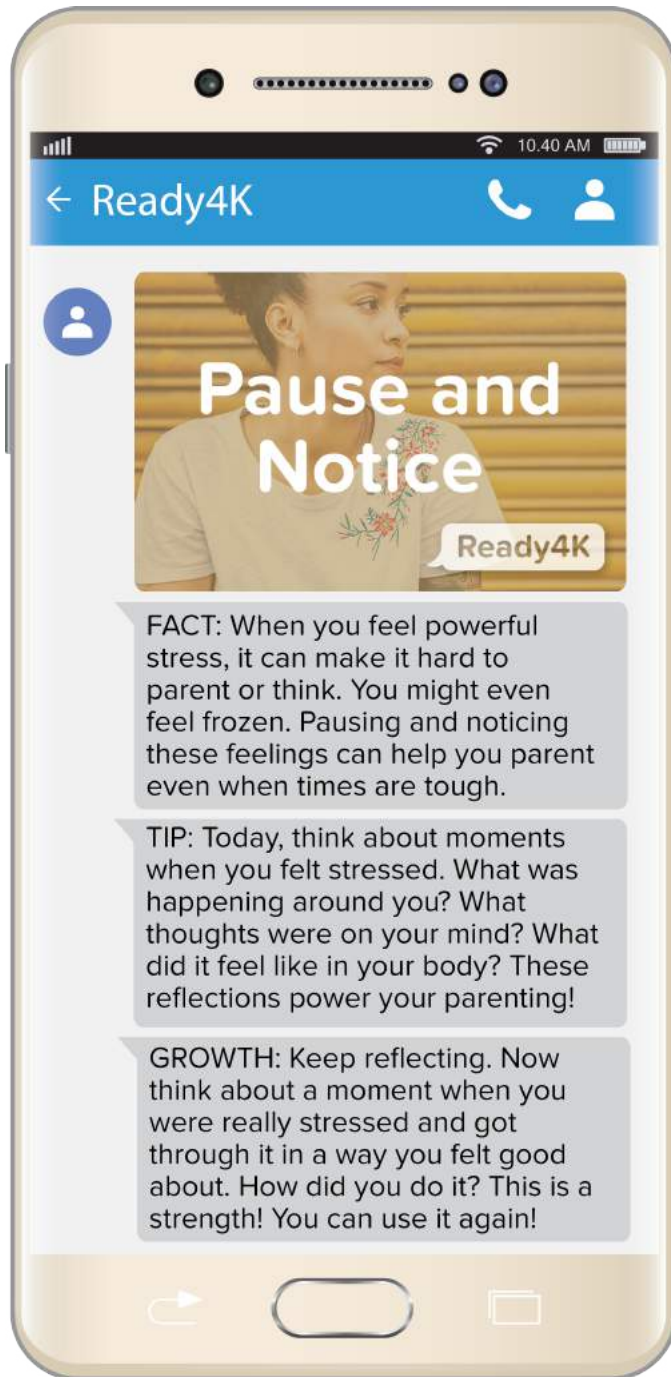


# Parental Resilience



Ready4K

# Parental Resilience



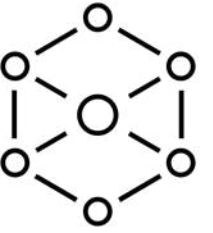
## You can:

- Check in with reflective questions, like *“How are you feeling right now?”*
- Crowd Source Self-Care

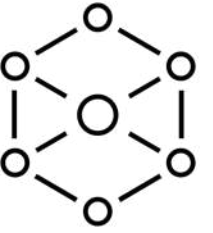
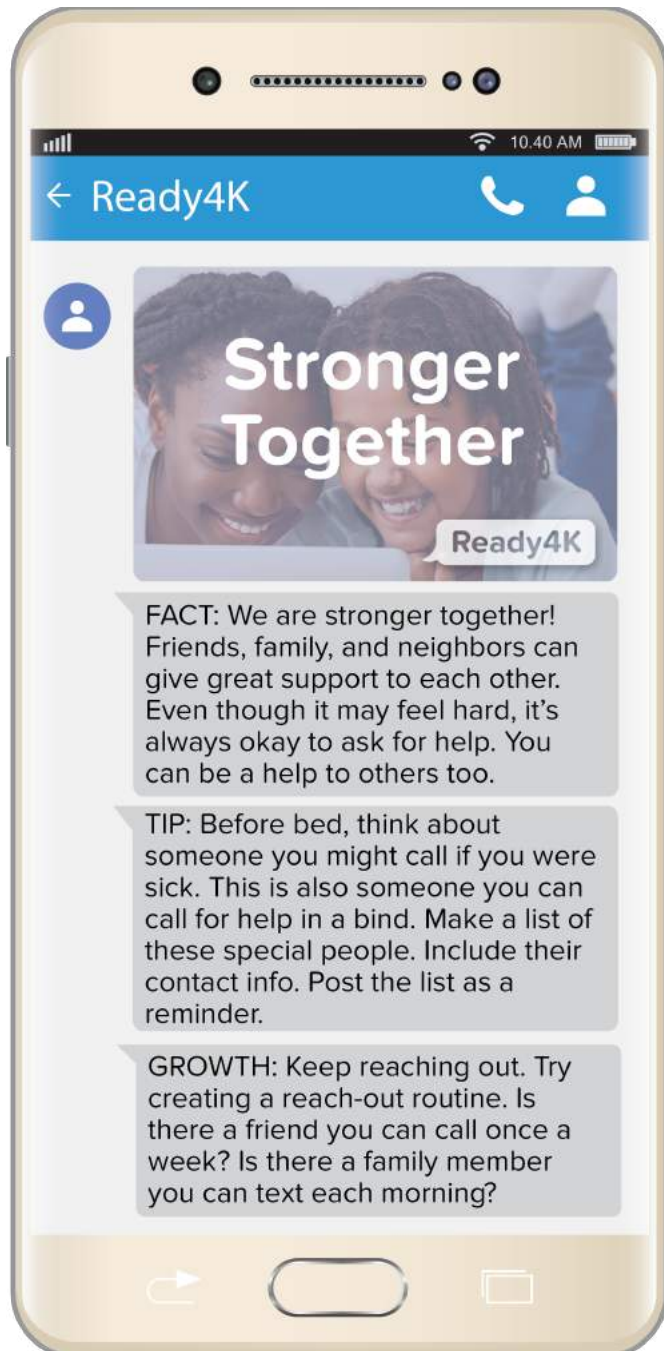
Ready4K

## *Get and give support*

- Healthy and supportive relationships
- Communication strategies
- Parenting workshops and classes
- Conversation starters for connecting

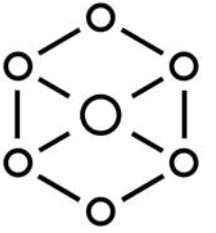
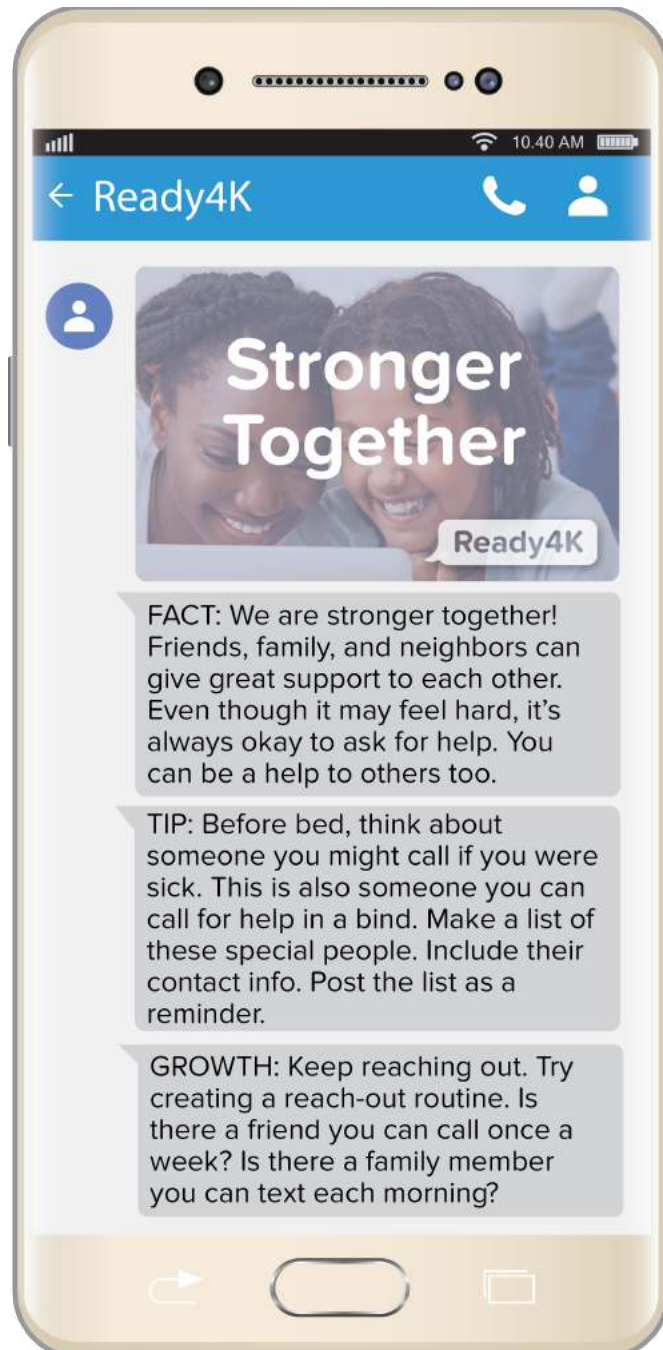


# Social Connections



Ready4K

# Social Connections



## You can:

- Share strategies to connect with YOU
- Offer Multiple WAYS to connect

Ready4K

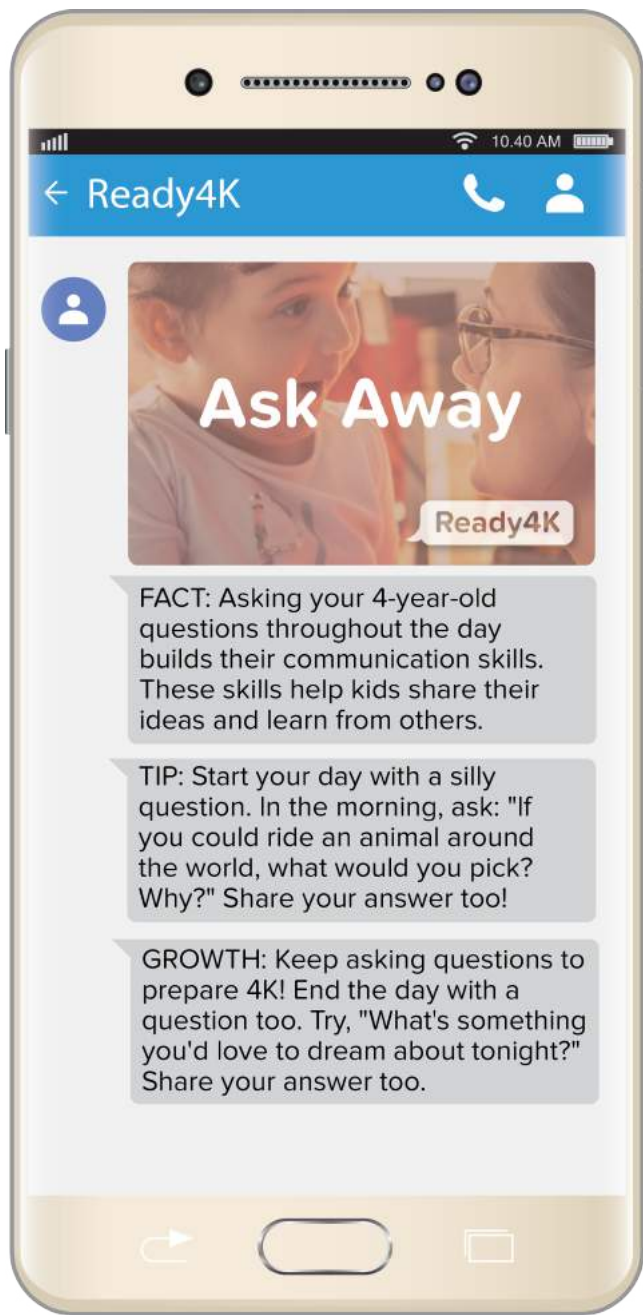
## *Learn more so you can parent better*

- Whole child curriculum
- Developmental milestones
- Positive parenting strategies
- Reasons behind challenging behaviors
- Secure attachment

**Research shows  
2+ months learning gains**

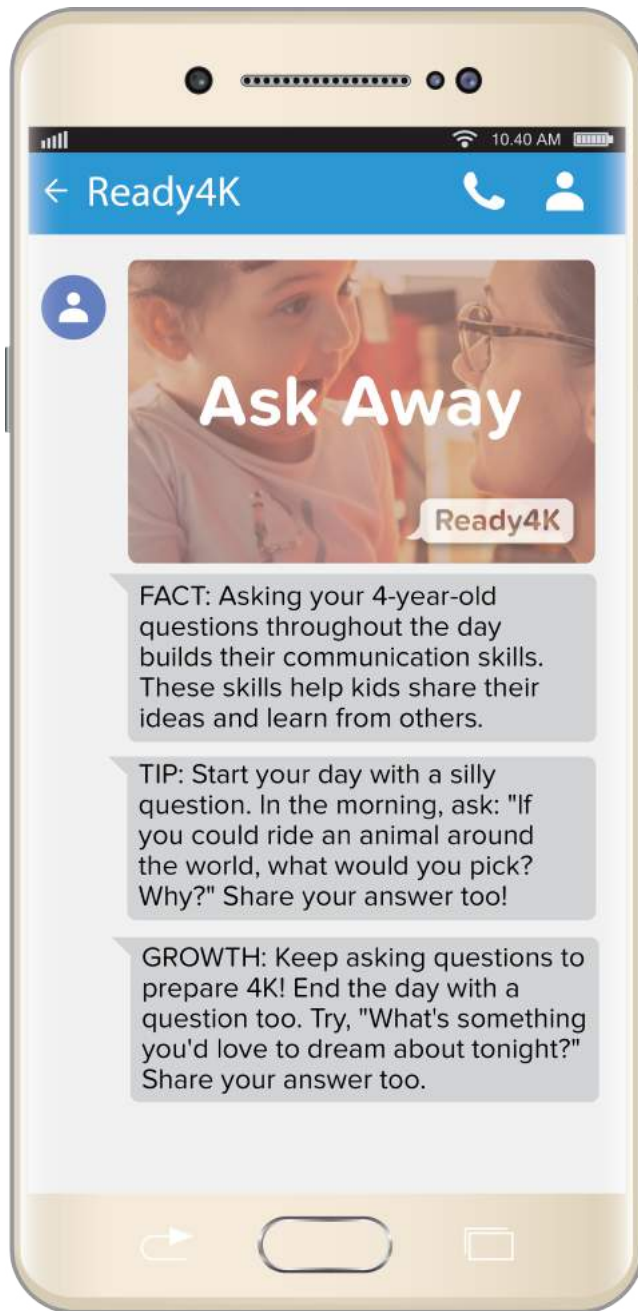


# Knowledge of Parenting & Child Dev



Ready4K

# Knowledge of Parenting & Child Dev



## You can:

- Build activities out of family's strengths
- Map activities onto things families are already doing

Ready4K

## *Help your child manage feelings & relationships*



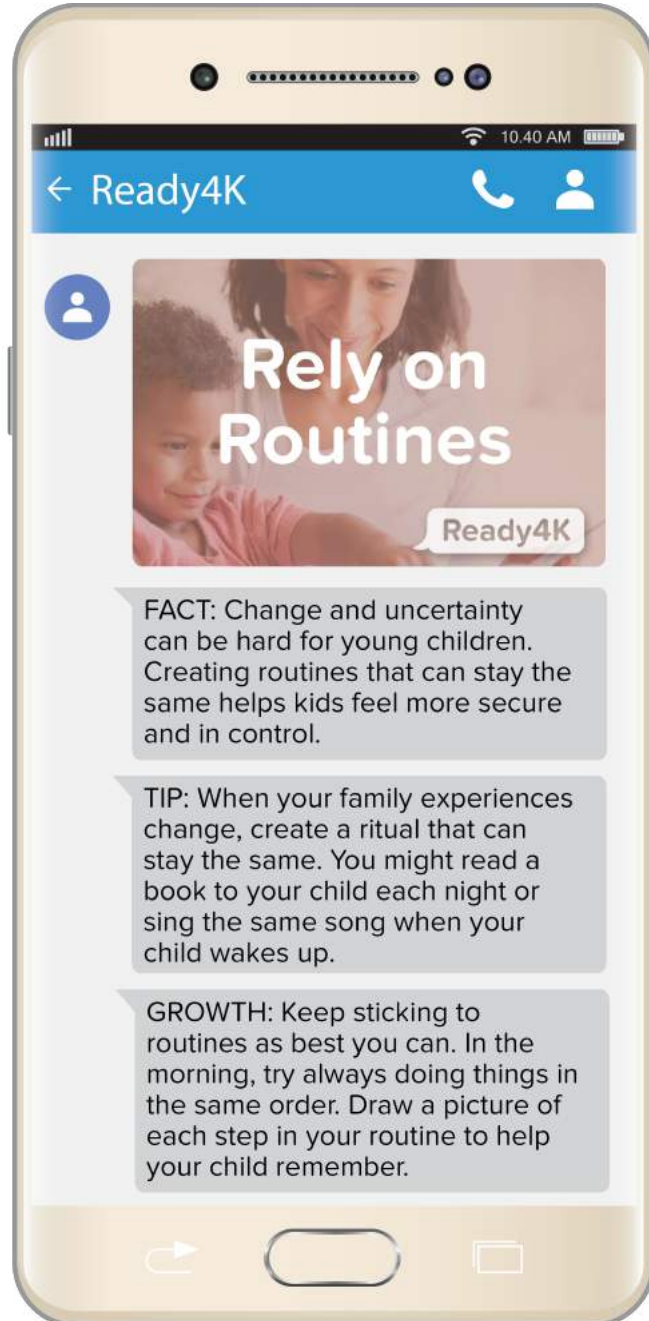
- Calm-down strategies
- Name and express emotions
- Problem solving skills
- Self-regulation and executive function
- Children's emotional cues
- Children's challenging behaviors

# Social & Emotional Competence of Children



Ready4K

# Social & Emotional Competence of Children



## You can:

- Swap Strategies
- Say What You See

Ready4K

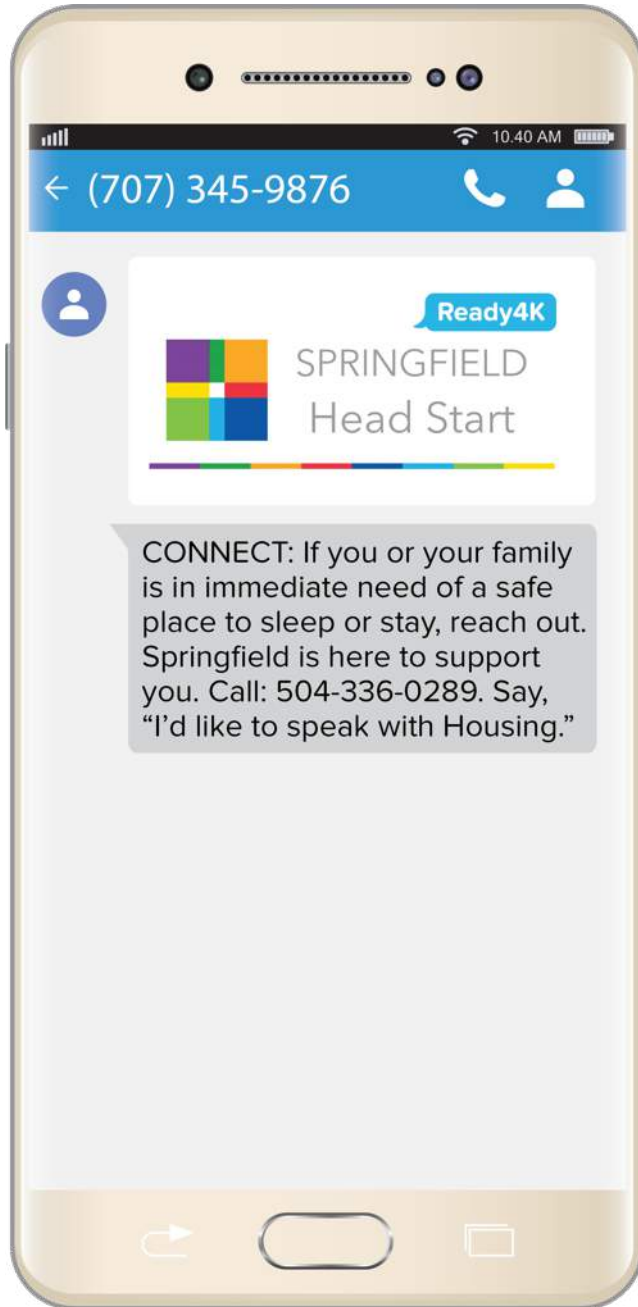
# Concrete Supports in Times of Need

## *Get help when you need it*



- Food, housing, and fuel assistance programs
- Resource specialists and family workers
- Abuse and crisis hotlines
- Mental health resources and specialists
- Language services
- School information
- Adult literacy programs

# Concrete Supports in Times of Need



## Why you should text:

- 97% have cell phones
- 98% text
- 98% open & read

Ready4K

# Concrete Supports in Times of Need

## Family Assistance Programs, Subsidies, & Vouchers

Some families can find themselves in a state of need or crisis and can be unsure of where to find help. In this section please include information about any programs that offer direct family assistance. These resources address basic needs like food, shelter, or transportation.

Category	Organization	Description	Website or Link
<b>EXAMPLE:</b> <b>Fuel Assistance</b> Does your community offer fuel assistance for families who qualify? If so please include a direct link to information here.	Berkshire Community Action /LIHEAP	Offers fuel subsidies to families who qualify	<a href="https://bcacinc.org/departments/Fuel-Assistance.html">https://bcacinc.org/departments/Fuel-Assistance.html</a>
<b><u>Heat and Utility Bill Assistance:</u></b> Is there a number to call or site to go to to find out if you qualify for heat and utility subsidies?			
<b><u>Food Assistance Programs:</u></b> For example, WIC and SNAP			
<b><u>Childcare Assistance:</u></b> Are vouchers available and if so where do families go to access them?			



Welcome and Instructions ▾

Family Assistance Programs ▾

Family Groups, Meetups, & Classes ▾

Free Community Informa

# Concrete Supports in Times of Need

## Is your resource supportive for families?

1. Does the link work?
2. Does the link take you to a specific resource?
3. Is the information written at an appropriate reading level?
4. Is the information available in multiple languages?
5. Is the information up to date?
6. Does someone answer the phone?

# Concrete Supports in Times of Need

Ready4K

Home

Add Parents

Custom Messages

Data and Analytics

Contact Us

Custom Messages

Create and send your own messages to supplement the Ready4K curriculum. Custom messages make it easy to share local resources, upcoming events, and important reminders.  
[Click here](#) to watch a tutorial video and see sample custom messages.

Select Recipients:

All organizations

10 zip codes

1 grade level

All custom values

Compose Message:

Example of a localized message.

Attach an image or PDF document

English: 2 parents288

Ejemplo de un mensaje localizado en español.

Attach an image or PDF document

Spanish: 1 parent276

Send now

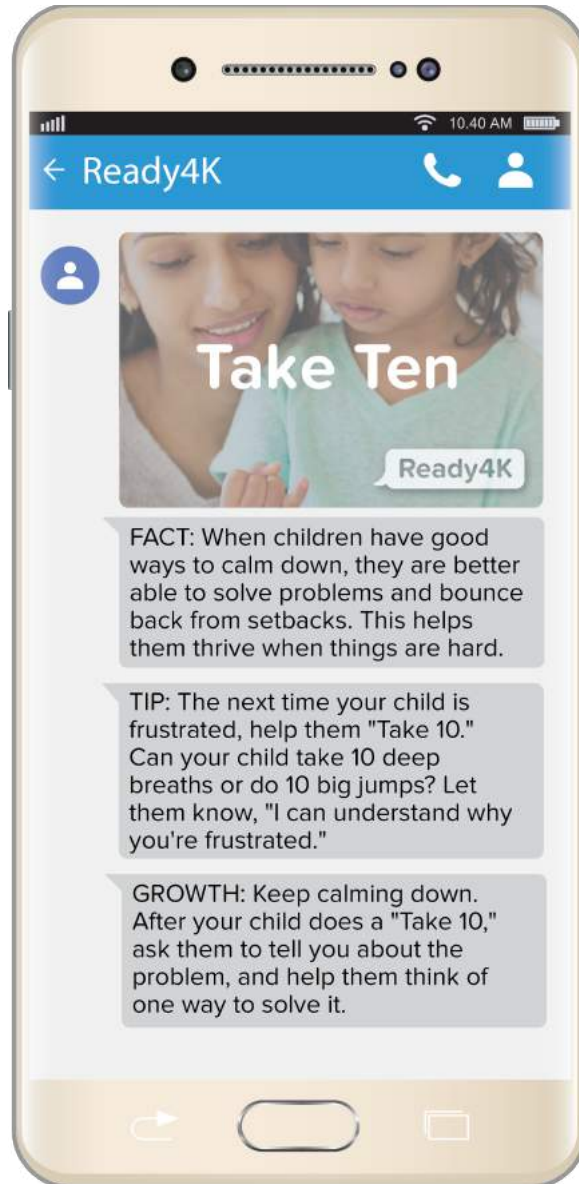
Send later...

Sent Messages:

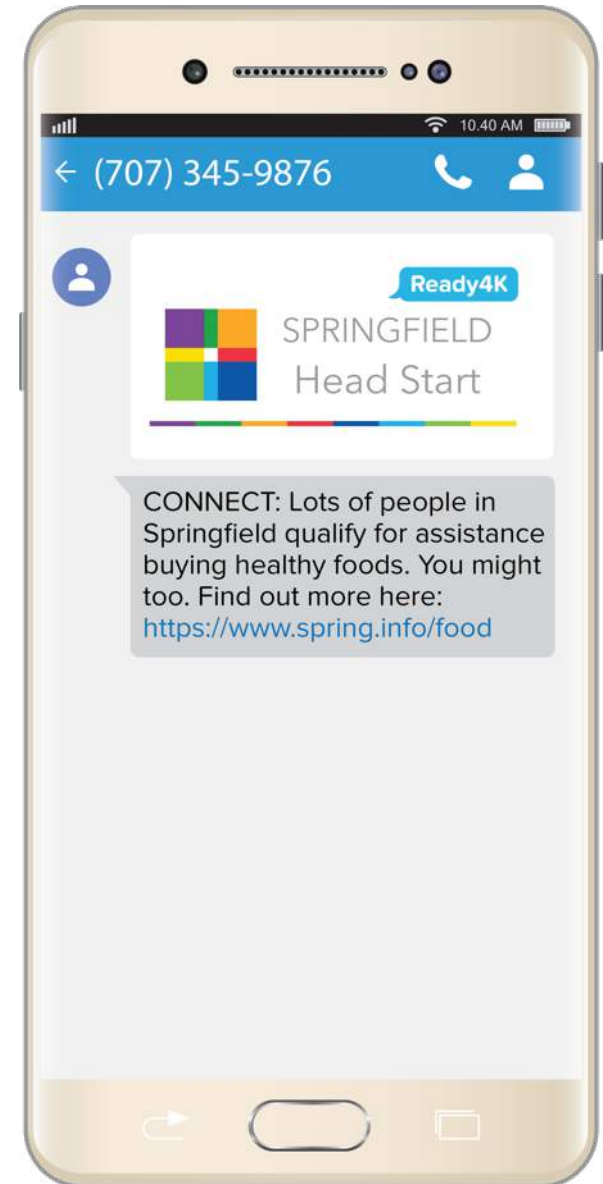
Date	Message	Attachment	Recipients	Languages
------	---------	------------	------------	-----------

# Concrete Supports in Times of Need

## Protective Factors Messages



## Community Support Stream



Custom Messages

partner.ready4k.com/messages

Guest

Ready4K

Home

Add Parents

Custom Messages

Data and Analytics

Contact Us

Custom Messages and Surveys

Create and send your own messages to supplement the Ready4K curriculum. Custom messages make it easy to share local resources, upcoming events, and important reminders.

[Click here](#) to watch a tutorial video and see sample custom messages.

Select recipients:

All grade levels

All custom data values

Message type:

Announcement

Survey Question

Compose survey question:

Write question in English

Attach an image or PDF document

English: 8 parents

320

Write question in Spanish (will be sent as written, not automatically translated)

A. Write answer A in English

B. Write answer B in English

C. Write answer C in English

D. Write answer D in English

A. Write answer A in Spanish

B. Write answer B in Spanish

C. Write answer C in Spanish

# Equity & Access

Ready4K Parent Spreadsheet\_Cohort

Home Insert Draw Page Layout Formulas Data Review View

Paste Calibri 12 A<sup>+</sup> A<sup>-</sup> B I U Conditional Formatting Format as Table Cell Styles Insert Delete Format Sort & Filter Find & Select Ideas Sensitivity

M19

	A	B	C	D	E	F	G	H
1	Ready4K							
2								
3	Instructions: To enroll new parents, fill out this spreadsheet with your parents' info, then upload it to your Ready4K account. Required fields are highlighted in orange.							
4	— If a parent has multiple children, list each child on a separate line with the same phone number (up to 3 children per parent).							
5	— Ready4K is for parents of children from birth through 4th grade. Please choose from the following grade level options: PK3, PK4, K, 1, 2, 3, 4 (If the child is 5 years old or older, please select 1).							
6								
7	School Year	2019-2020						
8								
9	Phone Number	Text Language	Child Date of Birth	Grade Level	Parent First Name	Parent Last Name	Zip Code	Custom Data Field
10	123-456-7890	English	2/13/15	PK4				
11	345-678-9012	Spanish	1/3/12	2				
12	567-890-1234	Arabic	6/13/14	K				
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Sheet1

# Equity & Access

Ready4K\_ParentSpreadsheet\_Cohort

Home Insert Draw Page Layout Formulas Data Review View

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M19

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6								
7	School Year	2019-2020						
8								
9	Phone Number	Text Language	Child Date of Birth	Grade Level	Parent First Name	Parent Last Name	Zip Code	Custom Data Field
10	123-456-7890	English	2/13/15	PK4				
11	345-678-9012	Spanish	1/3/12	2				
12	567-890-1234	Arabic	6/13/14	K				
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								

Sheet1

Springfield Head Start welcomes you to Ready4K! Each week, we will send texts to boost your child's learning. 3txts/week. Msg&DataRatesMayApply. Rply STOP 2quit. HELP 4help.

## Study on Enrollment Methods

### Opt-In Method

Invitation to sign up  
via text or website

under 10%  
participation

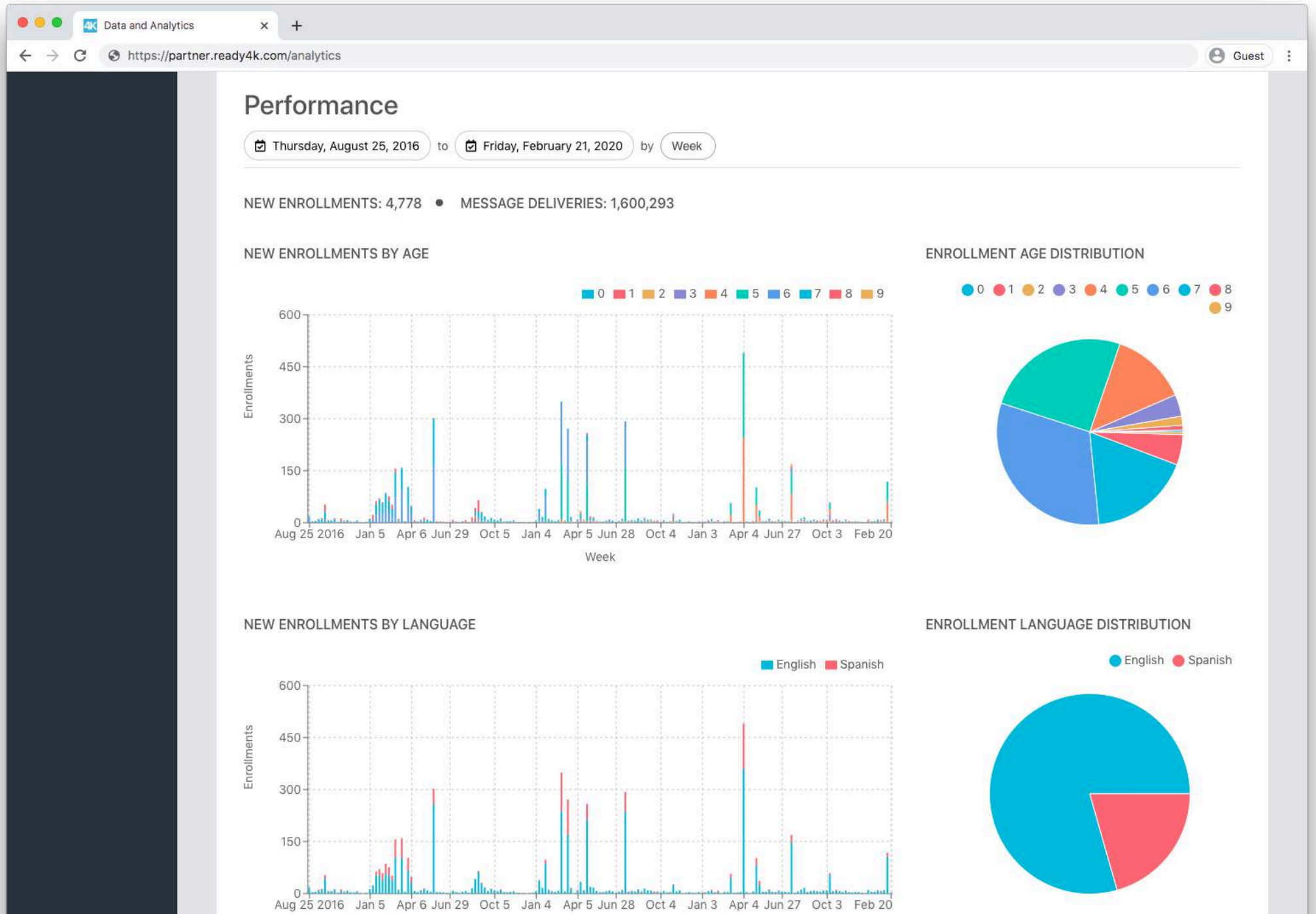
### Opt-Out Method

Automatically enrolled  
with the choice to opt-out

96%  
participation

(Bergman & Rogers, 2017)

# Equity & Access



# Equity & Access

Links					
Age	Message Text	Long URL	Recipients	Clicks	Click %
0 years 3 weeks	GROWTH: Keep checking your feelings. If you, a friend, or partner see your sadness or anxiety lasting longer than 2 weeks, ask your doctor for help. You may be experiencing Postpartum Depression. Click here for a list of helpful resources: <a href="https://www.delnorte.info/health">delnorte.info/health</a> .	<a href="https://www.delnorte.info/maternal-mental-health">https://www.delnorte.info/maternal-mental-health</a> .	32	20	63%
0 years 9 weeks	GROWTH: After tummy time, try reading to your baby. Sign up for the Dolly Parton Imagination Library at First 5's website. Your child will receive a free book every month: <a href="https://www.delnorte.info/books">delnorte.info/books</a> .	<a href="http://www.delnorte.info">http://www.delnorte.info</a>	102	46	45%
0 years 13 weeks	BONUS: Looking for health and community resources? The Del Norte Umbrella collects local information in one place: <a href="https://www.delnorte.info/resources">delnorte.info/resources</a> .	<a href="https://www.delnorte.info">https://www.delnorte.info</a>	153	89	58 %
0 years 15 weeks	GROWTH: A great way to get support and new ideas is to talk to other parents. Del Norte County Parent Cafés are the perfect way to connect! Find the next café here: <a href="https://www.delnorte.info/connect">delnorte.info/connect</a> .	<a href="https://www.delnorte.info/fasdwoods">https://www.delnorte.info/fasdwoods</a>	203	96	47 %
0 years 21 weeks	GROWTH: To see if your baby is on track with rolling over and other exciting milestones, use the ASQ questionnaire. The FRC of the Redwoods can get you started! Visit their Facebook page for more information: <a href="https://www.delnorte.info/grow">delnorte.info/grow</a> .	<a href="https://www.delnorte.info/fasdwoods">https://www.delnorte.info/fasdwoods</a>	97	32	33 %
0 years 23 weeks	BONUS: Build your baby's library! Sign up for books delivered FREE to your home each month at <a href="https://www.delnorte.info/read">delnorte.info/read</a> .	<a href="http://delnorte.info">http://delnorte.info</a>	163	98	60%
0 years 24 weeks	GROWTH: Keep helping your baby grow! Get ready for an exciting milestone: solid foods! These signs will help you know if your baby's ready: <a href="https://www.delnorte.info/solids">delnorte.info/solids</a> .	<a href="http://sandiegocounty.org/nutrition/when-do-i-start-my-ods/">http://sandiegocounty.org/nutrition/when-do-i-start-my-ods/</a>	43	13	30 %
0 years 30 weeks	GROWTH: Keep connecting with families in Del Norte County. Plan to go to a playgroup or workshop. Find out about local parent and child events here: <a href="https://www.delnorte.info/events">delnorte.info/events</a> .	<a href="https://www.delnorte.info/support-education.htm">https://www.delnorte.info/support-education.htm</a>	0	0	0%

## Ready4K and Springfield School District

2018-19 End of Year Report

Ready4K

### What are Springfield parents saying about Ready4K?

"I love how the activities are using every day areas and are very inexpensive!"

- English-speaking parent of an 8-year-old

"The tips and facts you send out usually happen to work out with what problems or situations that I'm dealing with my son on a day to day basis. I feel like it's helping me become the father I need to be."

- Spanish-speaking parent of a 6-year-old

"We can all get caught up in the business of taking care of kids. When I see these texts they're a reminder of how I can connect with my son. I like it. :)"

- English-speaking parent of a 5-year-old



**2,170**  
families served,  
English, Spanish, Arabic



**152,056**  
messages sent  
since September 2018



**93%** of parents say  
that Ready4K texts are  
Helpful or Very Helpful



**100%** of parents say  
they do Ready4K activities  
with their child at least  
once per week



**96%** of parents say they are likely or  
very likely to **recommend Ready4K**  
to a friend or another parent

“The reminder to  
focus on my kids was  
really life saving.”

Empower families to buffer the effects of  
childhood trauma



**Ready4K**

[www.Ready4K.com](http://www.Ready4K.com)

An aerial photograph of a group of children sitting on a sidewalk, drawing large, colorful murals with chalk. The drawings include suns, flowers, and abstract patterns. The children are wearing various colored shirts and hats. The sidewalk is bordered by a low wall and a grassy area.

# Questions?

## Please use the Q&A feature

# Thank you!

- **Webinar 3: MAEC CAFE & Dr. Seth Shaffer—7/22 @ 3pm EDT**
- **Community of Practice: Continuing the conversation on trauma—9/1 @ 2pm EDT (Members-only)**

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