- 664,774 Students
- 80% Living in poverty
- 94 Languages spoken
- 21% English language learners

- Latino 74%
- Caucasian 9.8%
- African American 8.4%
- Asian 6%
• Proficient in Math: 33%
• Proficient in English: 43%
• Meets Attendance Standard: 73%
• Graduation Rate: 75%
DEFINITIONS

• Trauma: the effects of a single event, a series of events, and/or ongoing circumstances that are experienced or perceived as physically or harmful and/or life threatening

• Affects individuals, families, communities, over time generations

• Effects can be profound and long-lasting, resulting in diminished functioning and wellbeing, including mental, physical, social, emotional and or spiritual.

• SAMHSA
Neurobiology
Epigenetics
ACEs
Resilience
Adversity experienced in childhood affects adult health & mental health trajectory through adulthood.

The Pair of ACEs
Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration
- Homelessness

Adverse Community Environments

- Poverty
- Violence
- Discrimination
- Poor Housing Quality & Affordability
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital

ACES and School Performance

Studies show students dealing with trauma:

- Are two and half times more likely to fail a grade
- Have frequent absences.
- Score lower on standardized achievement tests.
- Have more receptive or expressive language difficulties.
- Are suspended or expelled more often.
- Are designated to special education more frequently.
ACES:
Negative Health Outcomes
Center for Youth Wellness report found that, compared to adults with ZERO ACES, Californian adults with 4 or more ACES are:

- 12.2 times as likely to attempt suicide;
- 10.3 times as likely to use injection drugs;
- 7.4 times as likely to be an alcoholic;
- 2.2 times as likely to have ischemic heart disease
- 1.9 times as likely to have cancer;
- 1.96 as likely to report one or more days of poor physical health in the past 30 days;
- Almost 2 times as likely to report poor mental health in the past month;
- 2.1 times as likely to report that their poor health—physical or mental—had prevented them from participating in their usual activities.
Resiliency

Resilience or Resiliency

Refers to the capacity of:
- individuals,
- families, and
- communities to

heal from trauma, and to strengthen their wellbeing and adaptability in ways that can mitigate or prevent future trauma.
Risk Factors are not predictive factors because of Protective Factors.
protective factors / 1 are the building blocks for resilience. 2 the ability to bounce back from challenges. 3 protect and nurture students in high risk situations. 4 promote well-being.
Resilience Factors

- Sense of Safety
- Ability to be calm
- Self-efficacy and community efficacy
- Connectedness
- Hope
Trauma & Resiliency Informed Principles

- Safety
- Trust & Transparency
- Peer Support
- Collaboration & Mutuality
- Voice, Choice, & Self Agency
- Culturally, historically, and gender-identify appropriate
Potential Wellness Network Strategies

- Deepen change within the Wellness Network
- Cross System learning & action
- Broaden Community Awareness
- Finding points of connection and integration
Multi-Tiered Trauma Informed Approach

**Intensive**
- TF-CBT
- MAP
- Focus: Family Resiliency Model
- Triple P
- Seeking Safety
- PCIT

**Targeted**
- Trauma Screening and Supports (TSS)
- CBITS
- Student Success Progress Monitoring (SSPT)
- FOCUS
- Positive Behavioral Interventions & Supports (PBIS)

**Universal**
- FOCUS Skill Building Groups in the Classroom
- More than Sad, Erika’s Lighthouse, Teen Intervene
- Trauma Informed Education & Awareness
- Psychological First Aid
- Empowering Staff and Parents with Mental Health Promotion, Education, Awareness

• Empowering Staff and Parents with Mental Health Promotion, Education, Awareness
Multi-Sectoral Partnerships

- Mental Health
- Law Enforcement
- Education
- Local County Entities; Department of Mental Health, Health, Public Health
- Health-Hospitals
- Department of Children Services
- All Child and Youth Entities
What is our professional protective gear? (Protective Factors)

- Competent consultation and supervision
- Training
- Sense of control
- Spirituality
- Exercise
- Humor
- Satisfying personal relationships
“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Rachel Naomi Remen, *Kitchen Table Wisdom* 1996