Infographic Module 1: Introduction to trauma and becoming a trauma sensitive school

# What?

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines trauma as results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Abuse

Poverty

Neglect

Discrimination ← Depict highlighted words with word and image (see example linked below)

Loss/Grief

Accident/Illness

Natural Disaster

Bullying

# Why?

Trauma effects:

Brain

Learning

Relationships ← Depict highlighted words with word and image (see example linked below)

Behavior

World View

If we put trauma sensitive supports in place, fewer students will need more intensive interventions. Trauma sensitive supports:

* are what is best for all students
* remove Barriers
* make things equitable for all students
* have a positive impact on school functioning
* build community resilience
* establish safe and stable Relationships

# How?

We are able to reduce the impact of trauma through the implementation of trauma-sensitive supports. Trauma-sensitive is defined as a framework in which schools acknowledge the high prevalence of traumatic exposure for students, the importance of staff well-being and strives to meet the unique needs of all learners. (Black, P., Cook, E. & Daniel, S. 2017)

We implement trauma-sensitive supports through the VTSS implementation Logic: data, practices, systems, and outcomes.



| Support | Description |
| --- | --- |
| Outcomes | Did we achieve our intended outcomes? |
| Systems | Promote adult wellness by creating a nurturing environment |
| Data | Expand the data that teams use to identify which skills to teach |
| Practices | Teach SEL Competencies using VTSS Instructional Systems |