



Maintaining MENTAL & BEHAVIORAL WELLNESS

Virtually

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Trauma Informed Practices for ALL Environments

DEFINITIONS:

Stress can be defined as: the physical, behavioral and mental responses we have to perceived threat of our safety and well-being.

Individual **trauma** 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.-SAMHSA

Trauma as "Experiences or situations that are emotionally painful and distressing, and that overwhelm people's ability to cope, leaving them powerless"- The Center for Nonviolence & Social Justice

Resilience is the processes of, capacity for, or pathways and patterns of positive adaptation during or following significant threats or disturbances.- Ann Masten

"Trauma capital" or the changes in perceptions of self, improvement and deepening relationship with others, an increased ability for expressing emotions and find meaning in the trauma experienced- Leora Wolf-Prusan, EdD

Trauma as "a , not a " to understand children and their experiences.

Trauma Disrupts our:

Sense of S _____

Sense of C _____

Sense of C _____

Sense of H _____

Trauma-Informed Priorities & Ideas:

Predictability

Flexibility

Connection

Empowerment

Trauma-Informed Work focuses on:

- Connections
 - Connect adults with youth
 - Connect families and communities to connect with youth
 - Connect peers with each other
- Building developmentally appropriate skills
 - In all domains of functioning
 - For effectively navigating their environments
- Reducing experiences that undermine perceived caring
 - Promoting opportunities for belonging

Our Trauma-Informed Care Work Promotes:

- ★ Predictability/Consistency
- ★ Choice
- ★ Highlights Significant Relationships
- ★ Fosters Safety
- ★ Provides Empowerment and Opportunities to Build Self-worth

Website Resources:

[The National Child Traumatic Stress Network COVID-19 Resources](#)

[Substance Abuse and Mental Health Administration: SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

[National Association for School Psychologists: Trauma: Brief Facts and Tips for Children and Adults and Helping Children Cope With Changes Resulting From COVID-19](#)