BE the SPARK

Trauma-Informed Community

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Conference: #creatingtss2018
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Creating Trauma-Sensitive Schools Conference, Feb. 2018
Turn to your neighbor
Tell them ‘I am so glad you are here!’ and briefly share ONE impactful learning from the conference
All Means

All: All children deserve to thrive in a safe and nurturing school environment - but schools can’t do this alone

Individually we are one drop, but TOGETHER we are an ocean.
“People with 6 or more ACEs died nearly 20 years earlier, on average, than those without ACEs.”

ACE’s and trauma are not just a mental health issue, this is a public health issue and needs to be addresses at the community level.
Building resilient and trauma-informed communities is essential to improving public health and well-being. Communities can be places where traumatic events occur, and they can also help keep us safe. They can be a source of trauma, or buffer us against the negative effects of adversity. Communities can collectively experience trauma much like individuals do, and they can be a resource for healing.
ESSENTIAL INGREDIENTS

Take one community, season with passionate leadership, a few “aha moments” and a scoop of flexible philanthropy. Stir in training by experts in the field. Whisk together a robust communication strategy and cross-sector collaboration. Sprinkle with compelling local data. Sample frequently; share results generously. Simmer on the front burner. See change happen.
What does a trauma-informed community look like?

- Employs a community-driven, multi-sector approach
- Inclusive, viewing all residents as assets
- Cares for the most vulnerable
- Focused on prevention, early intervention, and healing
- Uses data and research to guide decisions
- Breaks cycles of trauma and stops re-traumatization
- Includes dialog about structural violence and oppression
- Has teachers, police, social workers, youth workers, and other members of the workforce trained in trauma-informed practices
The commitment of a group of important actors from different sectors to a common agenda for solving a specific social problem.

Social issues that, like education, require many different players to change their behavior in order to solve a complex problem.

One Strategy: Collective Impact
Someone starts the momentum—(The SPARK) Anyone—a community advocate, a local priest, an artist, an educator, a group of pediatricians—starts the conversation and catalyzes, the community’s trauma-informed, resilience-building efforts. That person may lead, or someone else may lead from there. This could be YOU!

“Work small and think big”
Lincoln High School in Walla Walla, WA, tries new approach to school discipline — suspensions drop 85%

Jim Sporleder, principal of Lincoln High School

THE FIRST TIME THAT principal Jim Sporleder tried the New Approach to Student Discipline at Lincoln High School in Walla Walla, WA, he was blown away. Because it worked. In fact, it worked so well that he never went back to the Old Approach to Student Discipline. This is how it went down:
Peace4Tarpon Trauma Informed Community Initiative is a grassroots effort – the first of its kind in the nation. Peace4Tarpon looks through a “trauma informed lens” to seek the root causes of our most challenging issues rather than addressing symptoms. We are working to create a peaceful and thriving Tarpon Springs.

“We want to empower people to do something, without having them think that they have to solve all the violence in the world.”

—Robin Saenger, former vice-mayor of Tarpon Springs
Not everyone jumped on the trauma-informed bandwagon immediately. For example, a local principal who attended a few early steering committee meetings didn’t see the initiative as particularly useful, telling Saenger, “We don’t have that issue at our school.”

Saenger’s response? “There’s a saying: It’s rude to awaken someone who’s sleeping,” meaning that people will come to understanding in their own time. “I’ve seen over and over that when people ‘get it,’ they become passionate and engaged partners almost immediately. They see the promise and power of this initiative.”

A few months ago, that principal sent a school staff member to a Peace4Tarpon meeting.

The stop-and-start nature of change

For Peace4Tarpon – our path is CREATIVE!

...we are discovering as we go

We all see the world through a different lens...
The Menominee Tribe and Menominee County have been dedicated to becoming trauma informed. Much of this work started with our work with Fostering Futures and has continued to grow and spread throughout our community.

CONNECTING WITH THE PAST, HEALING THE FUTURE

To strengthen resiliency through culture, acknowledging trauma informed care and bringing ACES education to our community.
“Sometimes, it takes a mission.

And in this case, for two area women, it begins simply — with a community conversation.”
THE PARTNERSHIP FOR RESILIENCE
Integrating education, health, and community to support the whole child.

A cross-sector effort to address childhood trauma, access to primary care and family engagement in the southern suburbs of Cook County, Illinois
Trauma-informed community development focused on healing at the individual and micro-community level. Creating healthy attachments and connections ONE block at a time.

“We find people who have been living in radical isolation now find themselves living in community” - Rev. Paul Abernathy
"A pediatric visit is just one piece, one place" to support children and families, "it’s not all of the places."

“It really pushed me to think about the limits of any individual practice. Whether it’s pediatrics or education or social services, separately they are limited in what they will be able to do to support families. “

Residents helping residents for our children
I need to connect my work to other sectors of society because the only way to really prevent adverse childhood experiences is to collaboratively, actively promote optimal child and family wellbeing and build community capacity to do that because the high risk approach alone won’t be sufficient.
Cities

Philadelphia

St Louis

Kansas City

Pittsburg

San Francisco

Gainesville

Walla Walla

Philadelphia

Tarpon Springs

San Diego

Camden
States

Alaska
Washington
Montana
Iowa
Wisconsin
Illinois
Arizona
Maine
KEY FINDINGS FROM SAMHSA’s LISTENING SESSION:

- Communities take different approaches to addressing trauma and building resilience, depending on local resources, cultures and circumstances.
- Cross-agency and cross-sector collaboration is the norm.
- Community initiatives build on strengths while addressing challenges.
- Addressing trauma in the workforce is an essential element.
- Communities seamlessly combine education about trauma and resilience with prevention, treatment, supports and social justice.
- Funding for the effort varies among communities.
- Although they differ in approach, communities benefit from networking.
Reflective Question:
At your tables please write down your response to the following on your paper and then share briefly round robin:

• What is **ONE** thing you can do to spark this in your community?
1st Annual Nat'l Conference for Creating Trauma-Sensitive Schools: Call for Workshop Proposals

MELISSA SADIN  •  10/15/17  @  2:54 PM

1. START HERE: ACEsConnection how-to's
2. IF QUESTIONS, CONTACT: ACEsConnection team -- jane Stevens, Gail Kennedy, Elizabeth Prewitt, Samantha Sangenito

CREATING TSS ♡ 2018

Online Now
Current Visitors: 235 (32 members, 203 guests)
Communities

ACES in Education
We share ideas, information and stories about mitigating the effects of adverse childhood experiences in the K-12 environment.

Parenting With ACEs
What does it mean to be an ACEs-, trauma-informed, and resilience-building parent/caregiver? And to be a parent with ACEs? What do parent education, training, and support services look like through this lens and how can they reach the largest number of parents/caregivers?

Resilience USA
Resources, posts, discussions, chats about national efforts to build a trauma-informed, resilience-building nation.

Books! Educational DVDs! Documentaries!
Here's a place where you can review books, educational dvds and documentaries that relate to ACE concepts or trauma-informed practices. Authors — feel free to tout your books here, too! Please post a book in the blog section. That way, people can comment and add to its value.

Collections

ACEs Science 101
ACEs Data
Resources
Growing Resilient Communities 2.0
How-Tos: Finding Your Way around ACEs Connection
ACEs Connection Network Overview
A Welcome and Tour of ACEsConnection!

Newest Members

Current Visitors
Current Visitors: 144 (21 members, 123 guests)
The four basic activities of GROWING a local ACEs initiative are:

1. **Educate**....everybody and every organization about ACEs science, and how people are integrating trauma-informed and resilience-building practices based on ACEs science.

2. **Engage**....people and organizations to join the local ACEs initiative to become involved. A little bit or a lot...any involvement is good.

3. **Activate**....organizations to commit to integrating trauma-informed and resilience-building practices. This results in systems change.

4. **Celebrate**....any accomplishment by posting to their community on ACEs Connection and other social media, and by holding events to highlight progress.
Childhood trauma leads to lifelong chronic illness — so why isn’t the medical community helping patients?

When I was twelve, I was coming home from swimming at my neighbor’s house when I saw an ambulance flashing lights to our driveway. I still remember the ambient sound of the sirens, and watching the paramedics take my father. It was as if I knew those flashing lights were a harbinger that my childhood was over.

At the hospital, a surgeon performed "revision" elective bowel surgery on my young dad. The surgeon made an error, and instead of my father coming home to the "welcome home" hissmself painted, he died.

Addiction doc says: It’s not the drugs. It’s the ACEs...adverse childhood experiences.

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Jim Spalding, principal of Lincoln High School

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Book review: “The Deepest Well: Healing the Long-Term Effects of Childhood Adversity” by Dr. Nadine Burke Harris

January 23, 2018
By Jane Ellen Stevens
In ACE Study, Adverse Childhood Experiences, Comments

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RT @ACEConnection: Check out this op-ed by @stevens in the @mercnews! mercynews.com/2018/01/08/opi... 1 month ago
Peaceful warrior meets peaceful warrior to talk ACEs. twitter.com/GrahamAllenMPX... 1 month ago
Community Resilience Cookbook
Mobilizing action
for resilient communities
SAMHSA SPOTLIGHT
BUILDING RESILIENT AND TRAUMA-INFORMED COMMUNITIES

SAMHSA

SAMHSA’S 6 PRINCIPLES of a TRAUMA-INFORMED APPROACH

SAFETY
Prevents violence across the lifespan and creates safe physical environments.

TRUSTWORTHINESS
Fosters positive relationships among residents, City Hall, police, schools and others.

EMPOWERMENT
Ensures opportunities for growth are available for all.

COLLABORATION
Promotes involvement of residents and partnership among agencies.

PEER SUPPORT
Engages residents to work together on issues of common concern.

HISTORY, GENDER, CULTURE
Values and supports history, culture and diversity.
RESOURCES

Creating Trauma-Informed Communities

- **ACEs Connection** [www.acesconnection.com](http://www.acesconnection.com)
  - [Growing Resilient Communities 2.0](http://www.acesconnection.com)
- **ACEs Too High** [www.aces2high.com](http://www.aces2high.com)
- **Community Resilience Cookbook** [www.communityresiliencecookbook.org](http://www.communityresiliencecookbook.org)
- **MARC** [www.marc.healthfederation.org](http://www.marc.healthfederation.org)
- **SAMHSA** [www.samhsa.gov](http://www.samhsa.gov)

Communities

- **Focus, PA**
  - [www.youtube.com/watch?v=_L7BINC1E8w](http://www.youtube.com/watch?v=_L7BINC1E8w)
- **Partnership for Resilience, IL**
  - [www.partnership4resilience.org](http://www.partnership4resilience.org)
- **Peace for Tarpon, FL**
  - [www.peace4tarpon.org](http://www.peace4tarpon.org)
- **Monadnock Thrives, NH**
  - [www.acesconnection.com/g/monadnock-thrives-building-resilient-families](http://www.acesconnection.com/g/monadnock-thrives-building-resilient-families)
- **Menominee County, WI**
  - [www.menominee-nsn.gov/CommunityPages/FosteringFutures/FosteringFuturesMain.aspx](http://www.menominee-nsn.gov/CommunityPages/FosteringFutures/FosteringFuturesMain.aspx)
- **Vital Village, MA**
  - [www.vitalvillage.org](http://www.vitalvillage.org)
- **Walla Walla, WA**
  - [www.acesconnection.com/g/walla-walla-valley-aces-connection](http://www.acesconnection.com/g/walla-walla-valley-aces-connection)
Go forth and be the spark in YOUR community

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