A Therapeutic Preschool's Journey from Trauma-Aware to Trauma-Informed

Presented By

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GOALS

- Audience will be introduced to the process utilized to educate staff, family and community at large regarding trauma's impact on a child's educational experience.

- Audience will gain a basic understanding of the Neurosequential Model of Therapeutics as a tool for developing a child's educational plan and therapeutic interventions.

- Audience will gain a knowledge of basic environmental and procedural changes that can make a classroom more trauma sensitive.
safer, healthier relationships for children and families
To better serve the community, Children’s Home Society of Missouri and Family Resource Center officially united to become FamilyForward on April 1, 2017. Together, the agencies have 169 years of experience helping children and families. FamilyForward is a movement and the name for the merged entity of two of St. Louis’ most accomplished, leading-edge non-profit organizations. FamilyForward is the direction for hope and for new opportunities to build safer, healthier relationships for children and families.
FamilyForward leads the community in providing innovative solutions for advancing safer, healthier relationships for children and families.
FamilyForward moves vulnerable children in the direction of hope by delivering comprehensive therapeutic and educational services to support biological, foster, and adoptive families.
SERVICES FOR CHILDREN AND FAMILIES

- Trauma Assessment and Psychological Evaluation
- Therapy
- Coaching and Education
- Foster Care and Adoption
- Therapeutic Preschool
- Care for Children with Developmental Disabilities
PART I

Laying the Groundwork for a Trauma-Aware and Sensitive Community
Our trauma-informed journey began in 2007 with one small baby...
CONSULTATION

Dr. Bruce Perry
ChildTrauma Academy

- Case reviewed
HIGH DEMAND
Neurosequential Model of Therapeutics introduced to the Board of Directors
SPREADING THE WORD
Site Certification in the Neurosequential Model of Therapeutics for Children’s Home Society of Missouri
Utilizing ChildTrauma Academy's Neurosequential Model of Therapeutics to support Assessment and Treatment Planning
What is the NMT?

- A developmentally sensitive, neurobiological approach to clinical problem solving
- Grounded in an awareness of the sequential development of the brain
  - Not a specific therapeutic technique or intervention
- Examines both past and current experience and functioning
NMT "Mapping" Process

- Helps generate a visual representation of the child's estimated current functioning, organized into a neurobiological fashion

- Helps guide the selection and sequencing of developmentally sensitive interventions, designed to replicate the normal sequence of brain development
Moving the Therapeutic Preschool from Trauma-Aware to Trauma-Informed
MISSOURI MODEL

- TRAUMA AWARE
  - Organizations have become aware of how prevalent trauma is and have begun to consider that it might impact their clientele and staff

- Most staff...
  - Know what trauma refers to
  - Are aware that knowledge about the impact of trauma can change the way they see (and interact) with others

- The impact of trauma is referenced in informal conversations among staff

*Missouri Model: Developmental Framework for Trauma Informed, MO Dept. of Mental Health and Partners (2014)*
MISSOURI MODEL

» TRAUMA INFORMED

» Organizations have made trauma-responsive practices the organizational norm

» The trauma model has become so accepted and so thoroughly embedded that it no longer depends on a few leaders

» The organization works with other partners to strengthen collaboration around being trauma informed

Missouri Model: Developmental Framework for Trauma Informed, MO Dept. of Mental Health and Partners (2014)
THERAPEUTIC PRESCHOOL OVERVIEW

- 12 Children
- 4 Teachers
- 2 Educational Therapists
- 1 Play Therapist
- Individual & Group Therapy
- Family Therapy
- Contract for Speech & Occupational Therapy
STAFF DEVELOPMENT

- NMT & NME
- Trauma Smart
- Supervision
- Clinical Staffing
- Self-Care Initiatives
- Evolving Expectations
Consultation

**Goal:** Move toward more intentional organization and more neutral components throughout the spaces

- Paint
- Floors
- Lighting
- Air Filters
- Room Organization
BEFORE
IN PROGRESS
ADD or REMOVE DEPENDING ON REGULATION
PROGRAMMING

- Daily Schedule

- Curriculum

- Incorporating NMT-informed recommendations for each child
PARENT ENGAGEMENT

- Benefits
- Challenges
- Solutions
Using Research to Measure Effectiveness of Trauma-Informed Approaches
RESEARCH QUESTIONS

▶ Is FamilyForward’s Therapeutic Preschool effective in promoting holistic improvements in child and family functioning and academic readiness?

▶ Is the Neurosequential Model an effective framework for use in a therapeutic preschool setting for children with histories of developmental trauma?
MEASURES

- Caregiver ACEs
- Caregiver Mental Health
- Child Behavior Checklist
- Children’s Global Assessment Scale
- Devereaux Early Childhood Assessment Preschool Program
- Me As A Caregiver
- NMT Metrics
- NMT Recommendations Section
- NMT/Trauma Training Self-Assessment
- Program NMT Fidelity
- PSRA Psychologist Rating
- Psychologist Observation
- Trauma Symptom Checklist for Young Children
- Traumatic Events Screening Inventory
- Vineland II
FIDELITY

- Clinician and Teacher Training
- Metric Use
- Metric Recommendation Follow-Through
- NM Integration
  - Child
  - Caregiver
  - System
- Support
  - Consultation
  - Training
  - Administrative
  - Turnover
Questions?

THANK YOU!
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