DPI Trauma Sensitive Schools
Module Readings, Resources, and Implementation Tools

Universal Level: Foundations

Module 1: Getting Started
● Module Readings:
  ○ Using Positive Behavioral Interventions & Supports (PBIS) to Help Schools Become More Trauma-Sensitive
● Implementation Tools:
  ○ Hexagon Tool
● Additional Resources:
  ○ National Implementation Resource Network
  ○ Trauma and Learning Policy Initiative
  ○ Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol Roger D. Fallot, Ph.D. and Maxine Harris, Ph.D.
  ○ Wisconsin Trauma Sensitive Schools Fidelity Tool

Module 2: Prevalence and Impact of Trauma
● Module Readings:
  ○ Adverse Childhood Experiences in Wisconsin: Findings from the 2010 Behavioral Risk Factor Survey
  ○ Helping Traumatized Children Learn: School Environments for Children Impacted by Family Violence Chapter 1: The Impact of Trauma on Learning
● Implementation Tool:
  ○ Wisconsin School Mental Health Project: Trauma-Sensitive Schools Professional Development

Module 3: Neuroscience
● Module Readings:
  ○ Maltreatment and the Developing Child: How Early Childhood Experience Shapes Child and Culture (2013) Bruce Perry, M.D., Ph.D.
● Implementation Tool:
  ○ Classroom Sensory Strategies
● Additional Resources:
  ○ Alberta Family Wellness
  ○ Center for the Developing Child at Harvard
  ○ Child Trauma Academy
  ○ Kirwan Institute for the Study of Race and Ethnicity

Module 4: Self-Care
● Module Readings:
○ Compassion Resilience Toolkit for School Leaders and Staff
○ How to say “no” at work without hurting your career

● Implementation Tool:
  ○ Compassion Resilience Reflection Sheet

● Additional Resources:
  ○ Trust in Schools: A Core Resource for School Reform
  ○ The Compassion Fatigue Workbook
  ○ Trauma Stewardship: An Everyday Guide for Caring for Self While Caring for Others
  ○ Compassion Resilience Reflection Sheet
  ○ Compassion Resilience Reflection Sheet-Directions
  ○ Reasonable Expectations

Module 5: Trauma Sensitive Schools

● Module Readings:
  ○ *Helping Traumatized Children Learn: Creating and Advocating for Trauma-Sensitive Schools*
  ■ Chapter 1: A Vision for a Trauma-Sensitive School
  ■ Chapter 2: Guide for Creating a Trauma-Sensitive School

● Implementation Tool:
  ○ Strategies and Resources to Create a Trauma-Sensitive School

● Additional Resources:
  ○ ACEs Too High
  ○ *Reaching and Teaching Children Who Hurt: Strategies for Your Classroom*
  ○ *Trauma-Sensitive Schools: Learning Communities Transforming Children’s Lives, K–5*
  ○ *Supporting and Educating Traumatized Students: A Guide for School-Based Professionals*
  ○ *Trauma Sensitive School Checklist*

*Universal Level: Strategies and Practice*

Module 6: The Trauma Sensitive Lens for Strategies

● Module Readings:
  ○ *What If Everything You Knew About Disciplining Kids Was Wrong?*
  ○ Lincoln High School in Walla Walla, WA, tries new approach to school discipline — suspensions drop 85%

● Implementation Tool:
  ○ *Review Tool for School Policies, Protocols, Procedures & Documents: Examination Using a Trauma-Sensitive School Lens*
● Additional Resources:
  ○ School-Wide Strategies: Stop, Start, Continue, Change

Module 7: Trauma Sensitive Environments
● Module Readings:
  ○ Supporting Positive Behaviour in Alberta Schools: An Intensive Individualized Approach
  ○ Calmer classrooms: A guide to working with traumatised children
    ■ * link provided in module's additional resources does not work.
● Implementation Tool:
  ○ Environmental Classroom Scan
● Additional Resources:
  ○ Creating Emotionally Safe Schools: A Guide for Educators and Parents
  ○ Spark: The Revolutionary New Science of Exercise and the Brain
  ○ Safety Review Tool
  ○ School-Wide Strategies: Stop, Start, Continue, Change

Module 8: Social & Emotional Learning (SEL)
● Module Readings:
  ○ The Heart of Learning: Compassion, Resiliency, and Academic Success
    ■ Chapter 3: Instructional Principles, Curricular Domains and Specific Strategies for Compassionate Classrooms
    ● Domain 2: Emotional & Behavioral Control (pp.93-107)
    ● Domain 3: Competencies of Personal Agency, Social Skills, and Academic Skills (pp. 108-117)
  ○ Social and Emotional Core Competencies
● Implementation Tool:
  ○ Assessment of School-Wide Social and Emotional Skills Instruction
● Additional Resources:
  ○ *Frequently Asked Questions About SEL
  ○ CASEL Program Guides
  ○ *The path towards social and emotional competence: Bobby and the adults who are important to him

Module 9: Emotional & Physical Regulation
● Module Readings:
  ○ Self-Regulation: The Second Core Strength Dr. Bruce D. Perry, M.D., Ph.D.
Emotional Regulation in Children: Using the Body to Help the Brain

- **Implementation Tool:**
  - Emotional Regulation Plans
- **Additional Resources:**
  - My Emotional Regulation Plan
  - Classroom Sensory Strategies

**Module 10: Building Relationships**

- **Module Readings:**
  - The Heart of Learning: Compassion, Resiliency, and Academic Success
  - The Developmental Relationships Framework
- **Implementation Tool:**
  - Building Relationships Implementation Tool Determining Boundaries in Staff – Student Relationships
- **Additional Resources:**
  - The Role of Healthy Relational Interactions in Buffering the Impact of Childhood Trauma Christine R. Ludy-Dobson, Bruce D. Perry
  - Born for Love: Why Empathy Is Essential-and Endangered

**Module 11: Cognitive Problem Solving**

- **Module Readings:**
  - Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence
  - Cognitive-Behavioral Strategies in the Classroom
  - Teaching a Cognitive Behavioral Strategy to Manage Emotions Rational Emotive Behavior Therapy in an Educational Setting
    - Link does not provide full article
- **Implementation Tool:**
  - A + B = C Classroom Activity
  - A + B = C Classroom Activity: Elementary
  - School-Wide Strategies Identifying Intervention Targets
  - School-Wide Strategies: Stop, Start, Continue, Change
- **Additional Resources:**
  - Handbook of Educational Psychology- Problem Solving Section
  - 3 Areas of Executive Function
  - Preventing Problem Behaviors: Schoolwide Programs and Classroom Practices
Universal Level: System & Policy Approaches and Considerations

Module 12: Trauma Sensitive School Wide Behavior Supports

- **Module Readings:**
  - How Kids Learn Resilience Paul Tough
  - 5 Highly Effective Teaching Practices Rebecca Alber
  - Why I Prefer Pre-Teaching to Remediation for Struggling Students Justin Minkel
  - If you want children to learn, plan to reteach

- **Implementation Tool:**
  - Lesson Plan Template Teaching Non-Cognitive & Non-Academic Skills Using a Trauma-Sensitive Lens
    - Elementary Sample
    - Secondary Sample

- **Additional Resources:**
  - Mindset: Changing The Way You think To Fulfil Your Potential
  - Classroom Management That Works: Research-Based Strategies for Every Teacher
  - How Children Succeed

Module 13: Trauma Sensitive School Wide Discipline

- **Module Readings:**
  - U.S. Students Losing 18 Million Days of Instruction Due to Suspensions Kinjo Kiema
  - Teaching Tolerance: The School to Prison Pipeline
  - How schools can lower suspension rates and raise graduation rates Meredith Kolodner

- **Implementation Tool:**
  - Examining the School-Wide Behavioral Plan Using a Trauma-Sensitive School Lens
    - Directions

- **Additional Resources:**
  - A Schoolwide Approach to Discipline
  - Teaching Expectations and Reinforcement Systems
If discipline referral rates for the school as a whole are reduced, will rates for students with disabilities also be reduced? Tary Tobin, Rob Horner, Claudia Vincent, Jessica Swain-Bradway

Wisconsin PBIS Network
The School Discipline Consensus Report
Fix School Discipline
Wisconsin Prisons Incarcerate Most Black Men In U.S.
Implementation Research: A Synthesis of the Literature

Module 14: Engaging Parents as Partners

- **Module Readings:**
  - Involvement or Engagement? Larry Ferlazzo
  - Don't Forget the Families: The Missing Piece in America's Effort to Help All Children Succeed
  - *Parent/Teacher Home Visits
  - The Architecture of Ownership Adam Fletcher

- **Implementation Tool:**
  - 4 Versions of Family-School Partnerships

- **Additional Resources:**
  - *Parental Involvement and Student Achievement: A Meta-Analysis
  - Beyond the Bake Sale: The Essential Guide to Family/school Partnerships Anne T. Henderson
  - Barriers to Parent Engagement Problem-Solving Tool
  - MMSD Family Engagement Self-Assessment
  - MMSD Standards for Family and Community Engagement (FACE)

Module 15: Trauma Sensitive Academic Support

- **Module Readings:**
- **Implementation Tool:**
- **Additional Resources:**

Module 16: Disclosures and Confidentiality

- **Module Readings:**
  - Systems of Care
  - Reporting Requirements for Sexually Active Adolescents: Suggested Procedures for Educators
  - DPI Resource Mapping PowerPoint

- **Implementation Tool:**
○ Building Relationships Implementation Tool Determining Boundaries in Staff – Student Relationships
○ Responding To Student Disclosure Of Emotional Pain, Trauma Or Mental Illness: Recommendations For Administrators
○ Resource Mapping