

Trauma Informed Educator Skills (TIES)

Website Updates (as of 5-5-18)

The staff at TIES offers on-site and regional trainings in the following areas:

- ACES (Adverse Childhood Experiences)
- Chronic Trauma – Impacts and Interventions
- Advanced Educator Skills with Tier 2 & 3 Youth
- TIES – Preschool Focus
- Educator Wellness Skills

We provide trainings consistent with the recent State of Wisconsin **School Safety grants** in the areas of **Trauma Informed Care** and **ACES**. On-site trainings are tailored to the specific needs of the school/group and can include consultation on specific challenges.

Our trainers are mental health clinicians with over 30 years' experience teaming with teachers, building principals, school mental health staff, and county partners. We provide specialized insight into how the brain responds to negative experiences and can be reshaped to generate hopefulness and positive behavior.

For more details and scheduling information please contact Paulette Wijas at paulette@communitycareresources.com.

ACES (Adverse Childhood Experiences)

Understanding the impacts of ACES – Adverse Childhood Experiences – on learning and behavior is fundamental to creating effective, school-wide interventions. This workshop introduces participants to the ACES studies and their data – both nationally and in Wisconsin. Through lecture and video we explore the history of ACES and its usefulness in identifying necessary resources and planning interventions. The recent Wisconsin Department of Justice School Safety grants require training in ACES for applicant school districts (<https://www.doj.state.wi.us/news-releases/ag-schimmel-encourages-schools-participate-school-safety-grant-program>). This training satisfies that requirement.

Trauma Informed Educator Skills (TIES) Chronic Trauma – Impacts and Interventions

Most of us know that trauma is bad for the brain and body, but how, exactly, does trauma interfere with student learning and behavior? This workshop translates current trauma research into useable information for educators in the classroom. You will learn how trauma affects working memory, perception, learning, and social relationships.

Using the ‘trauma lens’, we consider several examples of challenging student behavior to understand how it may have been shaped by traumatic experiences. Traumatized youth often show negative or explosive reactions to frustration that are difficult to anticipate and manage in the classroom. Once you understand the impacts of trauma on student learning and behavior, you will have a better idea how to intervene.

Through group discussion, video, demonstration, and practice, we will identify points of intervention and remedies, including prevention and de-escalation strategies to shift the interaction from confrontation to collaboration. Educators will leave ready to use these tools in your classroom.

The recent Wisconsin Department of Justice School Safety grants require training in Trauma Informed Care for applicant school districts (<https://www.doj.state.wi.us/news-releases/ag-schimmel-encourages-schools-participate-school-safety-grant-program>). This training satisfies that requirement.

Trauma Informed Educator Skills (TIES) – Advanced Skills with Tier 2 & 3 Youth

Educators who want to explore and practice advanced skills for use with traumatized students, will not want to miss this workshop. We teach and practice active listening, Motivational Interviewing skills, and ways to disengage from power struggles and re-enactment cycles. There is an emphasis on ensuring that prevention strategies are in place before escalations develop. This workshop focuses on practicing skills so that participants leave ready to use the strategies in their own schools. Participants should come prepared to actively engage in role-playing and discussion.

Trauma Informed Educator Skills (TIES) – Preschool Focus

Our youngest students and most vulnerable children are the focus of Preschool TIES, a workshop for anyone who cares for, works with, or advocates on behalf of children 0-5 years of age. This includes preschool educators, daycare, Early Childhood and Head Start staff, pediatric medical professionals, and Child Protective Services staff.

This workshop offers participants a review of early emotional and social development and an examination of how traumatic experiences impact attachment and learning. Through group discussion, video, and evidence-based research, we identify specific strategies to help young children build emotional resilience through their relationships with caring adults.

Finally, with concern for the well-being of the grown-ups working with preschool populations, we can include strategies to strengthen adult emotional resilience and avoid burnout.

Educator Wellness Skills

For educators who leave work tired and stressed, our trainers are willing to come to the school setting and teach/coach mindfulness meditation to adult staff. Using well researched mindfulness meditation approaches and contemplative practices, across eight, 1.5 hour sessions, educators will learn strategies to reduce stress and improve feelings of wellbeing. The curriculum includes practice and didactic components and can be used for professional development requirements. Attention is paid to sustainability by providing additional coaching to staff who want to facilitate a continuing practice group.

Costs for Workshops:

Full-day (> 4 hours) = \$1800 to \$2000 (depending on the number of participants)

Half-day (\leq 4 hours) = \$900 - \$1100 (depending on the number of participants)

Mileage is charged according to the state rate