Fostering an Innovative Trauma Informed Approach to Achieve Equal Opportunity and Social Justice

Building SAMHSA Guiding Principles into a Global Environment

Safety:
Creating a plan for when participant has power and water, and is safe post crisis
If participant is in their amygdala (fight, flight, or freeze response) you can ask if the participant would like to take a break and call you back.

Transparency
Discuss what the participant can expect from the phone call with you (ie. How long the call will last, that if theparticipantwould like to take a break at any time of the call to let you know as some of the questions can be personal)
Discuss what the participant can expect during appointments

Peer Support:
Mindful USC
http://mindful.usc.edu/

Unchained Scholars

Collaboration
Learning from participants (reverse mentoring)
Invite participants to provide feedback (i.e.What was this call like for you? Is there additional support that you would like?")

Empowerment, voice, choice
Ask participants if they have a different opinion?

Cultural, historical and gender considerations
Do you notice which participants you connect with more?
Ask each participant which pronoun they prefer to use?

Building a Trauma Informed Global Community

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Welcome

Art by Jose Ramirez

ramirezart.com

Objectives

1. Participants will analyze how traumatic events impact students

2. Participants will examine the neurobiology of stress and trauma, and their impact on learning

3. Participants will create strategies on how to implement SAMHSA's six guiding principles of trauma-informed care to implement a Trauma Informed Learning Environment

What is a Trauma Informed Approach?

- Realizes the widespread impact of trauma and understands potential paths for receovery
- Recognizes the signs and symptoms of trauma in students and colleagues
- Responds by fully integrating knowledgbe about trauma into policies, procedures, and practices
- Seeks to actively resist re-traumatization

http://www.samhsa.gov/nctic/trauma-interventions

What is Trauma?

- Intense Fear
- Hopelessness
- Loss of Control
- Fear of Annihilation

Herman, Judith (1997).

What are Traumatic Experiences?

Synergistic Trauma

- The combination of Community trauma and individual trauma
- The combination of different sources of trauma including the trauma from structural violence
- Exposure to structural violence very much happens at a community level and results in community trauma
- The root causes of structural violence are inequality: racism, sexism, poverty, oppression, power dynamic, and heterosexism

THE PHILADELPHIA
A C E
PROJECT

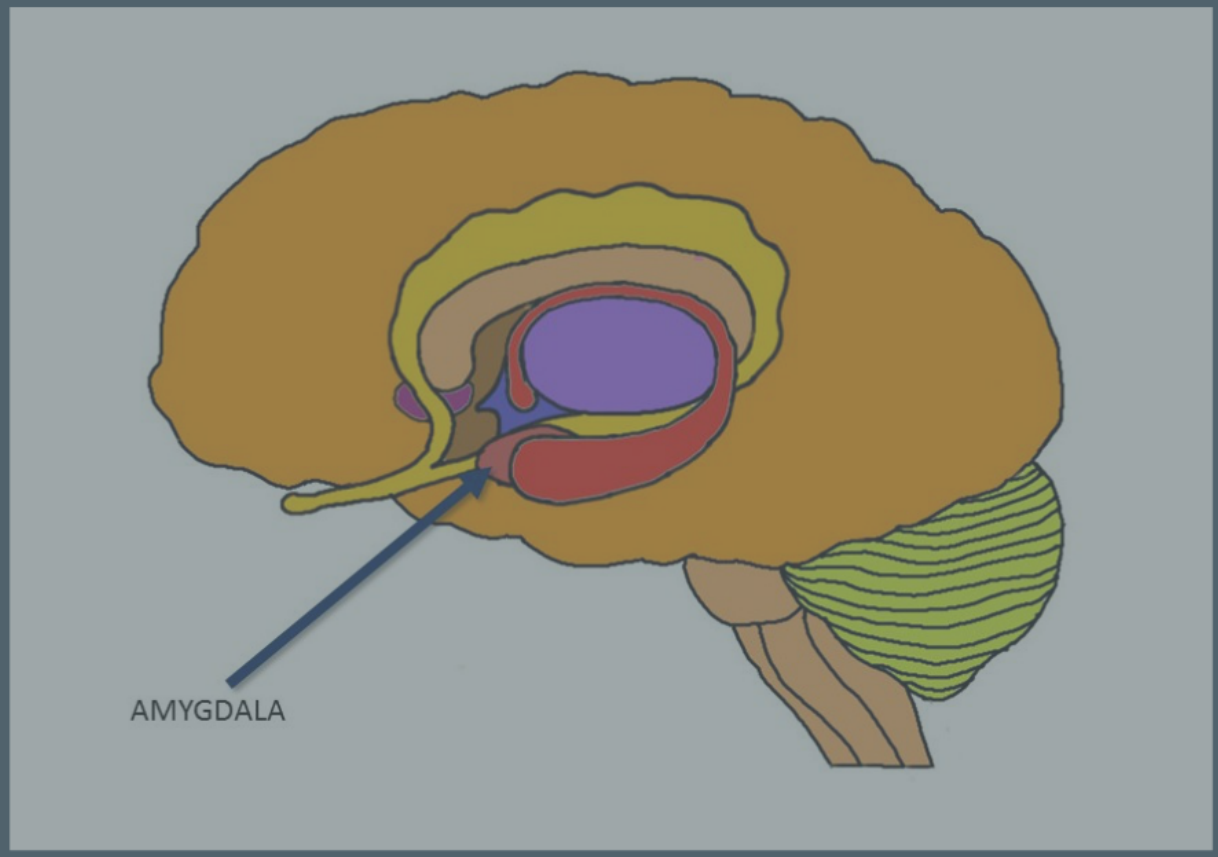
A TI Approach Changes the Question

What is wrong with you What happened to you?

A Trauma Informed Framework

Provides a foundation that ensures all participants are given respect, choice, and autonomy - concepts that reflect social work values.

Your Brain on Trauma



Calming the Amygdala

Mindfulness
Sipping
Breathing
Art
Movement

Guiding Principles of Trauma Informed Care

- Safety
- Trustworthiness and transparency
- Peer support and mutual self help
- Collaboration and mutuality
- Empowerment, voice and choice
- Cultural, historical and gender issues

https://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/trauma_tip/guiding_principles.html

Cultural, Historical and Gender Considerations

Generational/intergenerational histories of trauma
e.g. colonialism, slavery, war, migration, genocide, poverty, police brutality, etc.

Gender-based violence and homo/bi/transphobia

Violence and oppression based on an individuals culture or identity
e.g. race, class, disability, age, immigration status, language, etc.

Inequities and disparities that are exacerbated by intersections of disability, race, gender, mental illness, age, class, etc.

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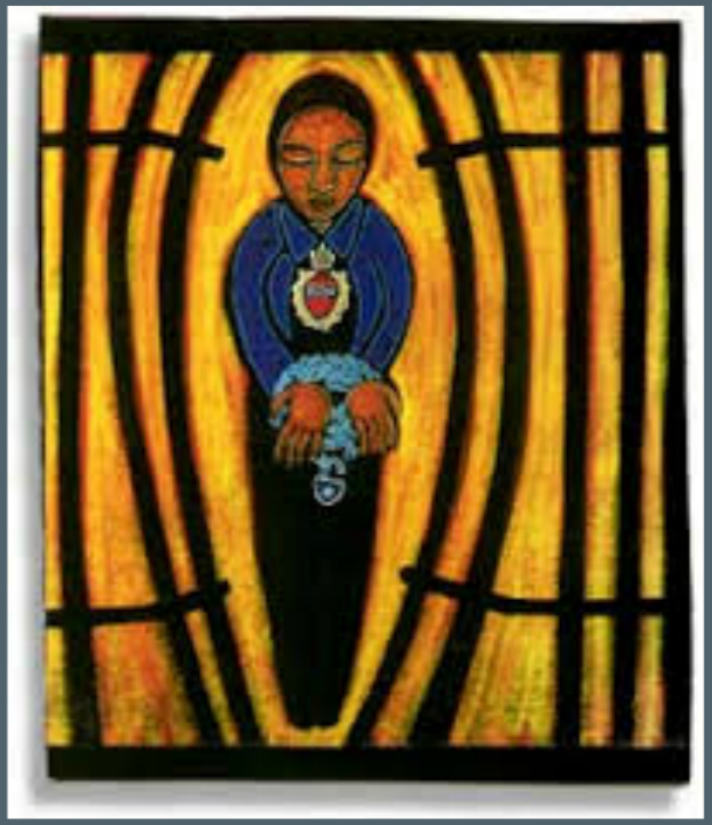
Trauma Informed Interview Coaching

Unchained Scholars



Committed to promoting the prison-to-school pipeline through advocacy, diverse community building, and challenging societal norm

"You have to act as if it were possible to radically transform the world. And you have to do it all the time". Angela Davis

Questions?

References

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