

# **BUILDING TRAUMA- INFORMED SCHOOLS**

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# EDUCATIONAL REFORM

Address achievement gaps

Laser like focus on teachers, teacher policies and testing

- tenure
- evaluation
- dismissal

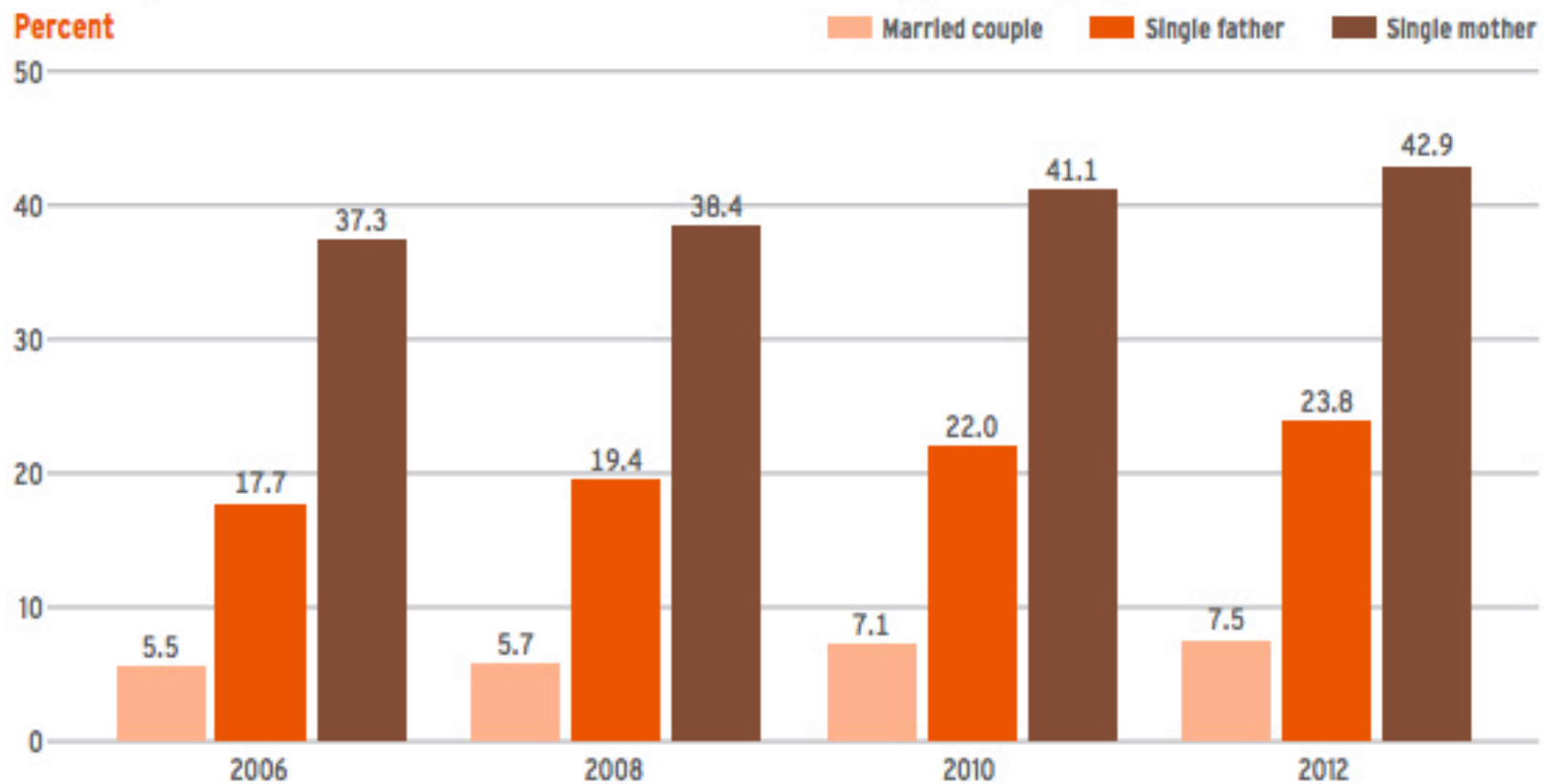
No excuses mindset

# THE PRIZE BY DALE RUSSAKOFF



**\$100 Million dollars to “fix” the Newark Schools and become the education model for the country.**

## Poverty Rates for Families with Own Children by Family Type



**NOTE** "Own children" refers to the biological, step, or adopted children of a householder (i.e., one of the people who owns or rents a residence).

**SOURCE** U.S. Census Bureau, American Community Survey, 2005-2007, 2007-2009, 2009-2011, 2011-2013 (3-year pooled data).

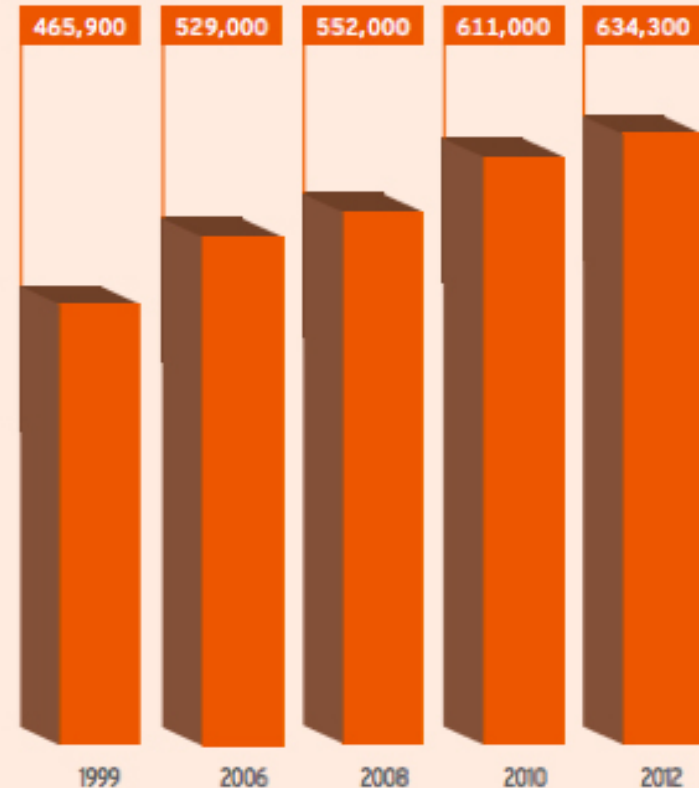
About half of all single mothers have never been married; the remainder are divorced, separated, or widowed. [U.S. Census Bureau, Current Population Survey]

# ILLINOIS POVERTY

Recent data from Illinois State Board of Education says 54% of Illinois children live in poverty. An increase of 2% since 2012.

## Illinois Children in Poverty

The number of Illinois children living in poverty has increased by one-third since 1999.

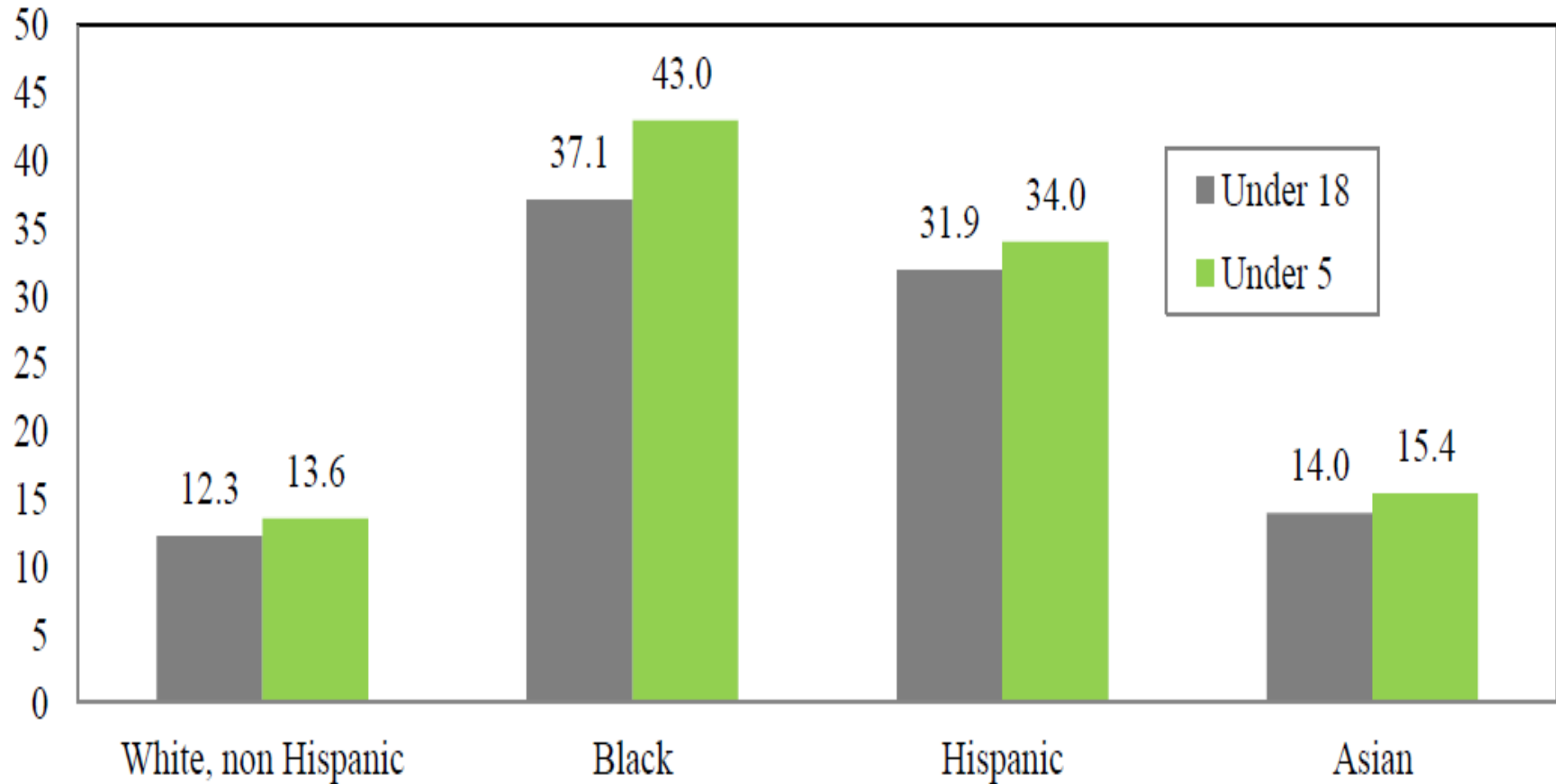


**SOURCES** U.S. Census Bureau, Census 2000 and American Community Survey, 2005-2007, 2007-2009, 2009-2011, 2011-2013 (3-year pooled data).

# CHILDREN IN POVERTY IN AMERICA

- The percent of children living in poverty in 2014 - **21.1 percent**
- In 2014, nearly 6.8 million children – nearly one in 11 – lived in extreme poverty
- The youngest children have the highest poverty rates. In 2014, nearly one in four infants, toddlers and preschoolers were poor, at the time of greatest brain development.
- Children's Defense Fund

## Percent of Children Living in Poverty, by Age and Race, 2014



# POVERTY, FOOD INSECURITY, AND SCHOOL

Food insecure children are more likely to be behind in social skills and reading performance in kindergarten. By elementary school they are four times more likely to need mental health counseling. Risks keep accumulating: malnutrition from childhood food insecurity has been linked to adult diseases including diabetes, hyperlipidemia and cardiovascular disease. The stress and anxiety of early childhood hunger also make it harder to learn skills that help later relationship development, school success and workplace productivity.



# HIGH COST OF HARSH DISCIPLINE

- Study of 9<sup>th</sup> and 10<sup>th</sup> graders in Florida and California
- Much higher rates of suspension for African-American and Latino students
- Correlation between suspensions and dropouts
- Economic impact
- The Center for Civil Rights Remedies

# **THE HIGH COST OF HARSH DISCIPLINE**

“Schools don’t need to rely on suspension. There are many alternatives that teach good behavior and hold students accountable for their conduct while keeping them in school,”

**Washington School Classroom (30 Students)**  
**Adverse Childhood Experiences (ACEs)**

6 students with no ACE	58% (17) students with <u>no</u> exposure to physical abuse or adult to adult violence
5 students with 1 ACE	29% (9) of students exposed to physical abuse <u>or</u> adult to adult violence
6 students with 2 ACEs	13% (4) of students exposed to physical abuse <u>and</u> adult to adult violence
3 students with 3 ACEs	
7 students with 4 or 5 ACEs	
3 students with 6 or more ACEs	

Population Average



Slide courtesy of the Family Policy Council

## Recognizing Emotion in Faces: Developmental Effects of Child Abuse and Neglect

Seth D. Pollak  
University of Wisconsin—Madison

Dante Cicchetti, Katherine Hornung, and Alex Reed  
University of Rochester

The contributions to the recognition of emotional signals of (a) experience and learning versus (b) internal predispositions are difficult to investigate because children are virtually always exposed to

### Conclusions:

- 1) Physically abused children overestimated facial expressions as “angry”
- 2) Neglected children had difficulty distinguishing sad from fearful and angry faces

abused children showed the most variance across emotions. These results suggest that to the extent that children’s experience with the world varies, so too will their interpretation and understanding of emotional signals.



Figure 4: Samples from the Ekman’s “Pictures of Facial Affect” facial expression dataset.

# MITIGATING THE EFFECTS OF ACES

- The presence of a stable, caring adult
- School policies that are “trauma informed”  
3 Rs Regulate, **Relate**, Respond
- Physical exercise
- Resiliency trumps ACEs

# THERE'S HOPE...

## Exercise training increases size of hippocampus and improves memory

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# INTERVENTION WORKS

- Triple P Population Trial
  - Prev Sci (2009) 10:1-12
- Know Me, Know My Name
  - <http://www.ieanea.org/resources/know-me/>
- I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
  - Maya Angelou



Partnership  
For Resilience



THE BOY  
WHO WAS  
RAISED  
AS A DOG

*What Traumatized Children  
Can Teach Us About  
Loss, Love, and Healing*

“Relationships are the agents of change and the most powerful therapy is human love.”

Bruce Perry, author