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
$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

<table>
<thead>
<tr>
<th></th>
<th>Married couple</th>
<th>Single father</th>
<th>Single mother</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>5.5</td>
<td>17.7</td>
<td>37.3</td>
</tr>
<tr>
<td>2008</td>
<td>5.7</td>
<td>19.4</td>
<td>38.4</td>
</tr>
<tr>
<td>2010</td>
<td>7.1</td>
<td>22.0</td>
<td>41.1</td>
</tr>
<tr>
<td>2012</td>
<td>7.5</td>
<td>23.8</td>
<td>42.9</td>
</tr>
</tbody>
</table>

About half of all single mothers have never been married; the remainder are divorced, separated, or widowed.

[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).

Recent data from Illinois State Board of Education says 54% of Illinois children live in poverty. An increase of 2% since 2012.
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
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 9th and 10th 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,”
**OLDER CHILDREN - High School Sophomores and Seniors**

**Washington School Classroom (30 Students)**

<table>
<thead>
<tr>
<th>Adverse Childhood Experiences (ACEs)</th>
<th>Population Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 students with no ACE</td>
<td>0</td>
</tr>
<tr>
<td>5 students with 1 ACE</td>
<td>0</td>
</tr>
<tr>
<td>6 students with 2 ACEs</td>
<td>1</td>
</tr>
<tr>
<td>3 students with 3 ACEs</td>
<td>2</td>
</tr>
<tr>
<td>7 students with 4 or 5 ACEs</td>
<td>2</td>
</tr>
<tr>
<td>3 students with 6 or more ACEs</td>
<td>3</td>
</tr>
</tbody>
</table>

58% (17) students with no exposure to physical abuse or adult to adult violence

29% (9) of students exposed to physical abuse or adult to adult violence

13% (4) of students exposed to physical abuse and adult to adult violence
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
Exercise training increases size of hippocampus and improves memory

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INTERVENTION WORKS

• Triple P Population Trial

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

Bruce Perry, author