



Trauma-Informed Support Committee

Issue 4: February 2024 Editor: Lannette Story

The Teenage Mind: Navigating Trauma-Informed Practices in the Classroom

Upon completing a course on the teenage brain and how it functions, I realized just how severe the impact of trauma can be on student behavior, growth, learning, and daily functioning. I joined the IFT Trauma-Informed Training for part 2 of the equation: what are some trauma-informed, research-based practices I can employ in my classroom to best support students experiencing trauma or living with past traumas? I'm excited to learn about these strategies, and I'm excited to work with such a great group of 201 educators in the training!

--Jennifer Sorg, Belleville East English Teacher

The Fine Line Between Order and Overdoing It

Sometimes we overcommit to the rules:

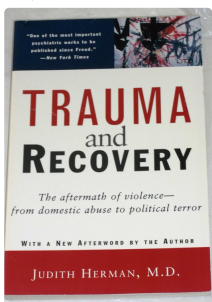


"This is an employees only entrance, sir."

WEEKLY HUMORIST
WRITER & ARTIST: NICK DOWNES

Book Rec

Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror
by Judith Herman



Click the image to read more about this book!

Podcast Rec

"Unpacking Trauma-Informed Teaching" Episode on Cult of Pedagogy Podcast
Jennifer Gonzalez

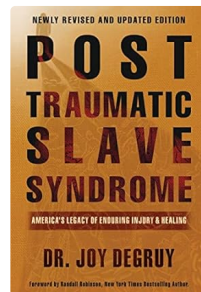


Teaching strategies, classroom management, education reform, educational technology – if it has something to do with teaching, we're talking about it.

On the podcast, I interview educators, students, administrators and parents about the psychological and social dynamics of school, trade secrets, and other juicy things you'll never learn in a textbook.

Book Rec

Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing
By Joy Degruy



Click the image to read more about this book!

Socials Rec

@thriveanxietysolutions



Carrie Howard | Anxiety Therapist and Coach

High-Functioning Anxiety Expert
Therapy in Texas | Coaching Worldwide

District 201 TISC Members

Amanda Borkowski, Amanda Meirink, Anna Kurtz, Anoa Alimayu, Ashley Mims, Ashley Short, Chelsea Kilzer, Christina Roedel, Cyndi Oberle-Dahm, Donna Bauman, Jennifer Sorg, Jules Hunter, Julie Schloesser, Katherine Schnoeker, Lannette Story, Leigh Reidelberger, Melissa Kettler, Michael Olson, Michele Robinson, Nick Johnson, Nicole Pelch, Sarah Bland, Sarah Ruder, Teagan Gross, Thomas Gallaher, Tiffany Stellohorn



Recommended Resources



Effective Verbal Intervention

Dealing with individuals who are belligerent, hostile, or noncompliant can be an everyday occurrence.

Your effective response to this defensive behavior is often the **key to avoiding** a physical confrontation with an **out-of-control**

1 Remain calm.

This may be easier said than done, especially when a person under your care is screaming, making threats, or using abusive language. Remember that the verbally escalating person is beginning to lose control. If the person senses that you are also losing control, the situation will probably get worse. Try to keep your cool, even when challenged, insulted, or threatened.

2 Isolate the Individual.

Onlookers, especially peers of the verbally escalating person, tend to fuel the fire. They often become cheerleaders, encouraging the individual. In addition, the presence of an audience makes it more difficult for the person to back down, for fear of losing face in front of others.

Try to isolate the person with whom you are verbally intervening. You will be more effective one-on-one than in a group setting.

Access the entire resource from the Crisis Prevention Institute by clicking [HERE](#) or click the image above!

AdLit | All About Adolescent Literacy Episode 4: Behavior as Communication



Click to access resources

In this episode, Ricky Robertson invites educators to view behavior as a form of communication. Through their behavior, students communicate fundamental needs for safety, belonging, and feeling valued within healthy protective relationships. Mr. Robertson encourages educators to proactively teach, model, and practice social-emotional and behavioral skills in their classrooms.

Professional Development Opportunities

Check out these PD workshops at the St. Clair ROE. Click on the links for details.

Youth Mental Health First Aid April 4 @ 8:30 am - 3:30 pm

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

The Will to Learn: Cultivating Student Motivation in Grades 6-12 Without Losing Your Own July 22 @ 9:00 am - 3:00 pm

Understand how motivation relates to engagement and why the difference can help us find efficiencies in the face of overwhelming demands on our time; and leave with practical next steps for teaching and learning.

Advanced Classroom Management (Grades 5-12) June 4 @ 9:00 am - 3:00 pm

Jim Kestner will present his nationally recognized program in a high-energy session dedicated to helping experienced 5-12 teachers address a wide range of classroom management issues. Teachers who attend will find strategies that lead students to make good choices, replacing controlling behaviors with strategies that lead students to monitor and take responsibility for their own behavior.

Contact Info

Please contact one of the following people if you're interested in creating a safe space for educators and students:

- Tiffany Stellhorn (tstellhorn@bths201.org)
- Lannette Story (lstory@bths201.org)
- Nicole Pelch (npelch@bths201.org)
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