



Trauma-Informed Support Committee



Issue 6: April 2024 Editor: Lannette Story

IFT Trauma-Informed Teaching Training

The Trauma-Informed Support Committee continues to train with the IFT so we can bring these ideas and strategies to the entire district. Our most recent training was on March 20th, and our final training is Friday, April 19th. Each time we meet, we focus on different aspects of trauma and how it can affect development, identity, behavior, and learning.

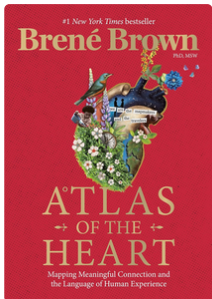
At our last meeting, we centered our learning around sustaining self and collective care and awareness and then learned about historical trauma. This work was heavy, but it helped us unpack our history so we could learn about others' histories and how trauma plays a role. We dove into African American history starting with the horrors of chattel slavery and how America invented race (watch the video [HERE](#)). We walked further into United States history: Reconstruction, Great Migration/Post-Depression, the Civil Rights Era, the 1980s & 1990s, and the 21st C. Rise of White Nationalism. We are seeing the repetition of creating laws within our society to keep African Americans suppressed and viewed as inferior. Generational Trauma was the overarching theme of this day of training.

~ Tiffany Stellhorn



Book Rec

Atlas of the Heart
by Brene Brown



Click the image to read more about this book!!

Podcast Rec

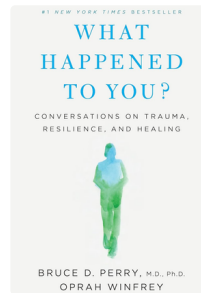
Nourished & Free Podcast



Every episode of Nourished & Free®: The Podcast dives deep into a common health and wellness challenge, including all things disordered eating, binge eating, emotional eating, body image, diet-culture, weight acceptance and healing our relationships with food.

Book Rec

What Happened to You?:
Conversations on Trauma,
Resilience, and Healing
by Oprah Winfrey (Author),
Bruce D. Perry (Author)



Click the image to read more about this book!!

Socials Rec

@drshantesays



Dr. Shanté Holley | Mental Wellness

Certified Life Coach, Podcaster & Trauma Informed Care Ambassador

Link in Bio for Books & Tools. Bookings

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District 201 TISC Members

Amanda Borkowski, Amanda Meirink, Anna Kurtz, Anoa Alimayu, Ashley Mims, Cari Novaria, Chelsea Kilzer, Christina Roedl, Cyndi Oberle-Dahm, Donna Bauman, Jennifer Sorg, 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 Stellhorn



Join Us for an Enlightening Educators' Meet-Ups!

Educators Raw and Real

June 12th

July 17th

August 7th

9-10 AM

Locations TBA

Stay tuned!

Dear Educators,

You're cordially invited to our summer meet-ups focused on enhancing our understanding and implementation of trauma-informed practices in education. At this special meet-up, we'll gather to share insights, recommendations, and reflections on resources we've read, listened to, or watched that have enriched our approach to supporting students affected by trauma.

Dates: June 12th, July 17th, and August 7th
Time: 9:00 am-10:00 am
Location: TBD

As educators, we recognize the profound impact trauma can have on students' learning and well-being. By coming together to exchange knowledge and experiences, we can cultivate a supportive community dedicated to fostering resilience and empowerment in our classrooms.

Whether you've delved into research articles, tuned in to podcasts, or explored documentaries, your unique perspectives and discoveries are valuable contributions to our collective learning journey.

What you can expect at our meet-ups:

- Informal networking opportunities to connect with fellow educators
- Interactive discussions on trauma-informed resources and their application in educational settings
- Sharing of personal insights, challenges, and successes in implementing trauma-informed practices
- Collaborative brainstorming sessions to explore innovative approaches and strategies

Come prepared to engage in meaningful dialogue, gain fresh perspectives, and expand your toolkit for creating safe and nurturing learning environments.

Together, let's empower each other to make a positive difference in the lives of our students and co-workers.

We look forward to seeing you there!

Warm regards,
Trauma-Informed Support Team

P.S.-Shoot Nickie Pelch a Google chat if you'd like her to send you the calendar invites

AdLit | All About Adolescent Literacy Episode 6: Teaching for Trust



Click to access resources

In this episode, Ricky Robertson revisits the topic of behavior as a form of communication, which he first introduced in episode 4 of this series. Ricky explores strategies that educators can implement to address students' needs for safety (physical, intellectual, social-emotional), belonging, and feeling valued. He also discusses the harmful effects of excessive screen time and the importance of parental attachment and play for children's healthy brain development. He invites educators to view challenging behaviors as bids for connection that often communicate unmet needs. Through awareness, connection, and compassion, educators can foster their students' resilience and success.

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@bths20l.org)
- Lannette Story (lstory@bths20l.org)
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