

**What one word would you use to describe school culture & climate on your campus?**





# Healing-Centered Schools

Strategies for Implementing Schoolwide Trauma  
Informed Practices

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&  
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# Our Goal:

## Community, Connection, Resilience

To build relationships that support **growth** & encourage **resilience** in young people by fostering **connections** & strengthening **community**.

We've focused our energy on **3** groups

**Educators**

**Families**

**Students**



**Community** is key for **RESILIENCY**

Educators

Families

Students

When there is  
**genuine investment,**  
*resilience* work becomes  
an integrated piece of  
**school culture.**






**How did we  
get here?**

...



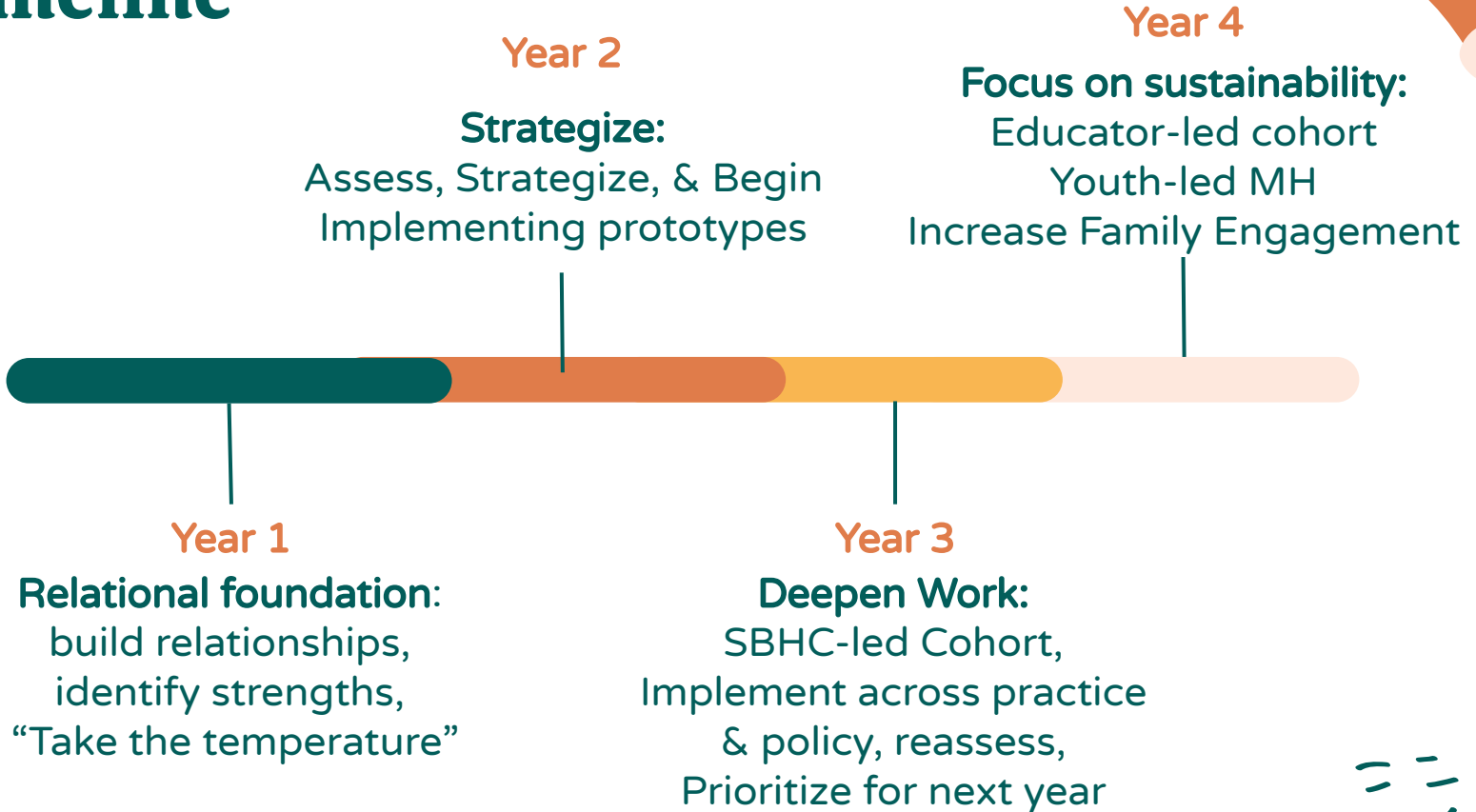


“I wish teachers at middle school would know that even though I failed most of their classes, I was doing a lot of healing. Like, I went through heIIIIIIa stuff in middle school that girls shouldn’t ever have to go through and it really messed me up. I had anxiety all the time. Sometimes when I was really anxious I would just leave the class or be rude to them. **What they didn’t know was that school didn’t matter to me because it couldn’t matter to me.** I was too busy trying to stay alive and not lose my mind. But now, I’ve been going to all my classes, I’m not getting straight As, but I’m for sure gonna graduate. So, tell them even the kids they think aren’t getting anything from them...probably are.”

—9th grader, Oakland, CA



# Timeline



# Assessment Strategies



## Informal

Walking Halls & Blacktop  
Relationships with staff  
Observations  
“Reading the Room”



## SHAPE

TRS-IA: The Trauma  
Responsive Schools  
Implementation  
Assessment (Free public  
access tool)



## Trial & Error

Iterative Process  
Responsive to feedback  
& outcomes

# TRS-IA



Safety Planning



Prevention  
Planning



Trauma  
Programming



Classroom  
Strategies



Early  
Intervention



Targeted  
Trauma-Informed  
Programming



Staff Self-Care



Community  
Context



**From theory →  
practice**



# Educators

The heart of our schools

## Wellness

Heal & build relationships

## Support

Learn and collaborate

## Healing Centered Schools Cohort

A community of staff who meets regularly to implement strategy



# Staff Wellness

A key piece of creating a purpose driven space that fosters resilience is celebrating one another and the work that we do!

## Staff Wellness Room

*Staff Breakfasts*

**Incentivized Wellness Challenges**

PROCESS GROUPS

**Stipends for extra work and/or training**

**Integrated into training**

**& SBHC activities**

# Classroom Strategies

## Year 2:

- Calm Corner Workshops + Funding
- Use of standing PD time for trauma-focused training (Brief trainings every 6 weeks)
- Individual & Group Educator Consultations with Clinicians

## Years 3-4


- Healing-Centered Schools Cohort  
Open to ALL school staff (admin, educators, paras, community partners)  
Monthly deep dive into trauma-informed practice  
Annual full day workshop
- Calm Corners continued

# Healing-Centered Schools Cohort

*Vicarious Trauma + Staff Wellness integrated into each session to promote healing & connection as an ongoing priority*

- Introduction to Trauma + Healing-Centered Practice
- From Chaos-Calm: Strategies for emotion regulation Tier I-III
- Responding to High Impact Events
- Culturally Responsive Education (Full day training facilitated & designed by Tovi Scruggs-Hussein & Shawn Nealy-Oparah)
- Healing-Centered Relationships (Culturally Responsive Teaching & The Brain, Zaretta Hammond)
- Stages of Change & Motivational Interviewing for Education
- Environmental Design
- Creating Sustainability: HCS cohort-led strategizing & prioritizing for next school year





“Ever since 4th grade when I saw that guy get shot, I can’t stay in one spot. I always have to move around because every day I’m on high alert. I check the corners in the hallways at school because I always think about the dangerous things that happened. I can’t concentrate on things very long. It helps if they let me have a piece of paper to draw on. It also helps if I can chew on gum or a toothpick. The best teachers I’ve had teach differently...some teachers just talk a lot, but I usually zone out and start thinking about stuff in my neighborhood. I like experimenting and learning differently. I guess I’m used to moving around to stay safe.”

—8th grader, Oakland, CA



# Community Context:



## Families

Satellite Food Pantry

Fam First Fridays

Community Warm Up

Health Fair

# Families:

Build a hub where community members can mingle & gain access to basic needs.



## Community Warm Up 2019

300+ Coats & Warm Clothing Donated

20+ food bags shared

200+ students & families reached

# Community Partners

*It takes a village*



Oakland In The Middle  
Sogorea Te' Land Trust  
East Bay Asian Youth Center  
Alameda County Food Bank  
East Side Arts Alliance  
Community & Neighborhood Schools  
Local Colleges  
East Bay Community Law Center  
Oakland Parks and Recreation  
Youth Speaks  
& more





# Social Media


## Staying Connected

We are using the Instagram platform to connect our network of SBHCs and build an online community of students, educators and organizations, where our patients can easily access the resources they need and share information widely.



# Students

...



“Sometimes I’m so rude to my teachers...especially these two teachers who are actually really nice. A lot of times I don’t know why I’m so disrespectful to them. It just happens. I wish my teachers would know that I’ve been through a lot of stuff and sometimes I say things but it’s not really about them. I’ve had a lot of adults who were supposed to take care of me come in and out of my life, so I guess I’ve learned to be rude because then when people leave me at least I’m not too close to them.”



—7th grader, Oakland, CA



# Students

## The soul of our schools

We've learned that informal interaction between school staff & students builds trust & creates new opportunity for connection.

Create space for students to have fun!



# Students

**Wellness  
Wednesday**

**Trauma  
Therapy**  
individual +  
group

**Peer  
Health  
Education**

# Adaptations

## Navigating Distance Learning & Tele-health

### Mental Health Ally Project

6 students continuing to celebrate mental health allies and awareness. Digitally designed T-Shirts will be sent out to nominees!



### Distance Gifts

Despite school closure, we want to provide patients some tools for their healing at home

**“Trust between teachers and students is the affective glue that binds educational relationships together. Not trusting teachers has several consequences for students. They are unwilling to submit themselves to the perilous uncertainties of new learning. They avoid risk. They keep their most deeply felt concerns private. They view with cynical reserve the exhortations and instructions of teachers.”**

**Stephen Brookfield, *The Skillful Teacher* (p 162)**



# Our Teacher Champions

**Whitney Morrow**

8th Grade Humanities  
Roosevelt Middle

**Audrey Arthur**

7th Grade Humanities  
Roosevelt Middle

# Q&A



# Experts We've Learned From

Shawn Ginwright, PhD

The Future of Healing:  
Shifting From Trauma  
Informed Care to Healing  
Centered Engagement

Shawn Nealy-Oparah, Ed.D &  
Tovi Scruggs-Hussein M.Ed

TrUTH Consulting

Zaretta Hammond

Culturally Responsive  
Teaching & The Brain

Stephen Rollnick, Sebastian  
Kaplan, Richard Rutschman

Motivational  
Interviewing in Schools

Roosevelt Middle  
School

Oakland, CA

# Thanks!

Do you have any questions?

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