

Training Tools to Support

B-HERO SCHOOLS

"[Trauma-sensitive work] is not just valuable. It's critical work for educators to understand how trauma impacts the lives of children."

—Melissa Stanley, Professional Learning Coordinator, Minot Public Schools

TRAUMA SENSITIVE SCHOOLS (TSS)

A New Perspective on Student Behavior & Learning

PROFESSIONAL
LEARNING CURRICULUM

INCEPTION
December 2015

REACH

- Approximately **6,600+** North Dakota Educators have participated in TSS training thus far.
- As of August 2021, **330+** educators have completed the TSS Training of Trainers, deliberately building personal capacity to deliver the professional learning curriculum themselves.
- **100** of those educators are currently active members of the TSS Trainer Network.

DESCRIPTION OF SERVICE: One in four children has been exposed to a traumatic event that may have a lasting impact on their well-being and functioning. By understanding how trauma impacts students and their families, and adopting a trauma-informed approach, educators can play a crucial role in mitigating both the short- and long-term effects of trauma.

TSS TRAINING IS COMPRISED OF 5 MODULES:

- Module 1: Introduction to Childhood Trauma
- Module 2: Neurobiology of Trauma and Resilience
- Module 3: Trauma Sensitive Strategies Part 1
- Module 4: Trauma Sensitive Strategies Part 2
- Module 5: Taking Care of You and the Flexible Framework

COST: The one-time cost for a participant to attend the annual delivery of TSS training is \$50. An additional commitment of \$250 allows access to the Training of Trainers opportunity consisting of self-study and advanced learning that affords trainers the opportunity to bring that knowledge back to their school. Those who participate in the Training of Trainers and remain involved in disseminating the curriculum are united with others on a similar learning and leadership journey beyond their own school communities. B-HERO endorses TSS and has fiscally supported North Dakota Behavioral Health Resource Coordinators to participate in training.

DEVELOPED BY: Heather Simonich, MA, LPC, and made possible through collaboration with the North Dakota Department of Public Instruction, Nexus-PATH Family Healing, Central Region Education Association (CREA), and the South East Education Cooperative (SEEC)

IMPLEMENTATION JOURNEY— MINOT PUBLIC SCHOOLS

DISTRICT ENROLLMENT
7600+

UTILIZING TSS PROFESSIONAL
LEARNING CURRICULUM SINCE
2016-2017 SY

CURRENT STAFF TRAINED
650+

When Melissa Stanley joined the Minot Public School district as Professional Learning Coordinator in 2017, she recognized a deep desire among the district to understand and address the needs of students experiencing traumatic stress.

"Every student comes to you as this little package; this gift for the school year. And you don't know what all is inside until you unwrap that package," Stanley said. "Every day, we have to make sure that we greet kids and love them, and that includes the whole package."

The district was introduced to the concept of Trauma Sensitive Schools in 2016, when Minot Public Schools was granted a seat at the inaugural Trauma Sensitive Schools: A New Perspective on Student Behavior and Learning Training of Trainers workshop. However, it quickly became apparent that one seat was not enough to inspire meaningful change in a district of Minot's size. Change begins when one educator attends TSS training and brings the content back to their school; true success is achieved when a trauma-informed approach is ingrained in all classrooms, at all times.

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“The best training for an educator is to find that something works with students. When educators see that they move the needle with students, the work is elevated to a new height.”

—Melissa Stanley, Professional Learning Coordinator, Minot Public Schools

BHERO TECHNICAL ASSISTANCE CENTER

WHO WE ARE.

A group of educators and advocates passionate about the importance of behavioral health in our schools and communities.

WHAT WE DO.

We provide:



Training



Technical Assistance



Opportunities

WHY WE DO IT.

We want to help:



Stop the Stigma



Build Healthier Schools



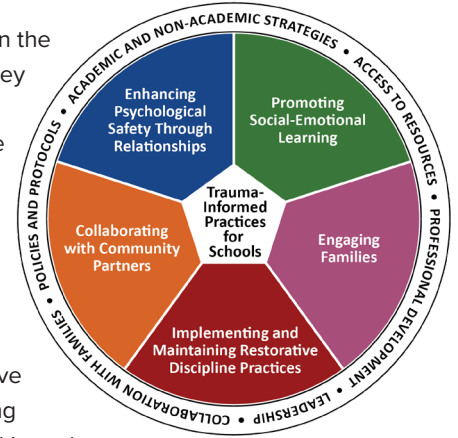
Avoid Burnout

Since then, Minot has successfully developed a capacity-building approach resulting in the engagement of more than 800 staff across all 19 district buildings in this meaningful work. The district has integrated TSS modules into their annual New Teacher University, inclusive of a three-day on-boarding workshop required of all new staff followed by monthly cohort initiative work. On an average, 70 educators join Minot Public Schools every year; with TSS training, those 70 educators can begin their year equipped with the knowledge and resources to support their most vulnerable students and families.

“If the conditions are not right for children to be in the seat to learn, no learning is going to occur,” Stanley said. “It is not just valuable. It’s critical work for educators to understand how trauma impacts the lives of children.”

Becoming a trauma-sensitive school is an ongoing process of learning, evaluating, and improving. Through ongoing partnership with CREA, Minot has formed a district lead team of Trauma Trainers that focuses on advancing the five Trauma-Informed Practices for Schools: Enhancing Psychological Safety, Promoting Social Emotional Learning, Implementing Restorative Discipline Practices, Engaging Families, and Collaborating with Community Partners (see framework). These passionate team members meet monthly to hear and respond to staff feedback, evaluate the district’s needs, and expand their resources to serve even more students in a trauma-informed way.

“With regard to professional learning, the best training for an educator is to find that something works with students,” Stanley said. “When educators see that they move the needle with students, the work is elevated to a new height.”



BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORY: TRAUMA

Find all Behavioral Health Professional Development Training Categories in North Dakota state law, NDCC 15.1-07-34.

GET INVOLVED

To schedule Trauma Sensitive Schools training for staff in your school, or to learn more about becoming a Trauma Sensitive Schools Trainer, please contact Natalie Couture for additional information.

Natalie Couture

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Central Regional Education Association

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