

Pouring From an Empty Cup: An Ode to Educators

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Overview

- Review of Trauma and Grief
- The Impact of the Work
- Real(istic) Strategies for Resilience
- Questions/Discussion

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**Trauma and Grief (TAG) Center, Hackett Center for Mental Health
 Meadows Mental Health Policy Institute**
 Executive Director: Julie B. Kaplow, PhD, ABPP

The Four Pillars of the Trauma and Grief Center

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DEVELOPMENT of evidence-based assessments and interventions for youth who have experienced traumas and/or losses	TRAINING and professional education in trauma and bereavement-related topics and interventions	RESEARCH on children's needs and strengths in response to trauma and loss, and on treatment effectiveness	POLICY recommendations based upon trauma and bereavement-informed best practices
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Lucine Center for Trauma and Grief

Lucine Center
for trauma and grief

About Our Team Resources Professional Workshops Appointments Contact

You are not alone.

A traumatic event or loss can make a child, teen, or young adult feel like they're surrounded by darkness. Let us help light the way toward hope and healing.

Begin your journey →

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Review of Trauma and Grief

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How do you determine if an experience is “traumatic” or just really stressful??

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What is Trauma?

The experience of a real or **perceived** threat to life or bodily integrity

OR

the life or bodily integrity of a loved one

AND

causes an **overwhelming** sense of terror, horror, helplessness, and fear

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Source: NCI/NIN "Think Trauma" Training (2012)
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Posttraumatic Stress

Psychological or behavioral reactions that can arise in response to trauma

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Categories of Traumatic Stress Reactions

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Traumatic stress is a “normal” reaction to an abnormal event.


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Bereavement
experience of deprivation or loss by death

Grief
psychological or behavioral response arising from bereavement



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The Impact of the Work

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Being “Trauma-Informed”

A program, organization, or system that is trauma-informed **realizes** the widespread impact of trauma and understands potential paths for recovery; **recognizes** the signs and symptoms of trauma in clients, families, **staff**, and others involved with the system; and **responds** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively **resist re-traumatization**.

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Source: SAMHSA (2014)
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10 Core Areas of a Trauma-Informed School

1. **Physical and emotional well-being of staff**
2. Creating a trauma-informed learning environment
3. Identifying and assessing traumatic stress
4. Addressing and treating traumatic stress
5. Trauma education and awareness
6. Partnerships with students and families
7. Cultural responsiveness
8. Emergency management/crisis response
9. School discipline policies and practices
10. Cross-system collaboration and community partnerships

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Source: NCTSN “Trauma-Informed School Strategies during COVID-19”
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The Cost of Caring

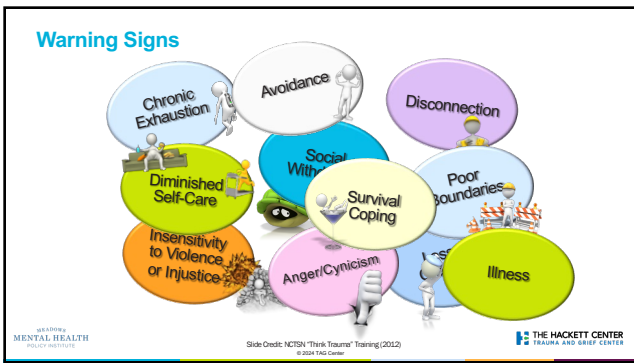


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Self-Awareness is Key

Screeners for Secondary Traumatic Stress

With 7 Standard/Optional / 22/26 / Screeners for Secondary Traumatic Stress

Secondary Traumatic Stress
Take this screener to see if secondary traumatic stress is a risk for you.

[TAKE STS SCREENER](#)

Moral Distress
Take this screener to see if moral distress is an issue for you.

[TAKE MORAL DISTRESS SCREENER](#)

Stress
Take this screener to see if stress is an issue for you.

[TAKE PERCEIVED STRESS SCREENER](#)

Burnout
Take this screener to see if burnout is an issue for you.

[TAKE THE BURNOUT SCREENER](#)

Compassion Satisfaction
Take this screener to see if compassion satisfaction is an issue for you.

[TAKE THE COMPASSION SATISFACTION SCREENER](#)

UK Center on Trauma and Children – Secondary Traumatic Stress Innovations and Solutions Center

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Reaping The Rewards

Compassion Satisfaction
Deriving pleasure from helping others

Vicarious Resilience
Positive transformation as a result of bearing witness to individuals overcoming adversity

Vicarious Transformation
Ongoing, internal process that results in a sense of connection with others, a greater appreciation for one's life, and a greater sense of meaning and hope

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The "S" Word

Self-care is the ability to engage in helping others without sacrificing other important parts of one's life.

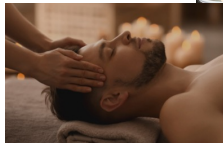
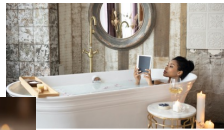


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"Self-Care"



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Real(istic) Strategies for Resilience

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Real Self-Care Principles

1. Boundaries
2. Self-compassion
3. Values
4. Power

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Poppi Lakshmi, MD
Real Self-Care: A Transformative Program for Redefining Wellness
(Crystals, Cleanse, and Bubble Baths Not Included), 2023
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Boundary Setting

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Skills for Setting Boundaries

- Put guilt in the background
- Silence the "noise" from others
- Know your three choices (yes, no, negotiate)
- Clearly communicate your boundaries

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When You Don't Know What to Say

I wish I could, but right now I'm swamped. Can we check-in next week?

I'm not able to give that the full attention it deserves right now. Can we discuss next month?

I've had some schedule changes. Can we move our call?

Thank you so much for thinking of me for this role, but I'm prioritizing ___ at the moment. I'm happy to consider this at another time.

Other ideas?

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Self-Compassion

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Seven Types of Rest

Physical

Creative

Sensory

Social

Emotional

Mental

Spiritual

Seven Types of Rest

Saundra Dalton-Smith, MD
Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity, 2017
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Identify Your Values




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Goals vs. Values



GOALS
Tangible objectives








VALUES
Desired qualities of action

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Common Values

Leadership	Honesty	Autonomy
Trustworthiness	Gratitude	Belonging
Humor	Playfulness	Caring
Acceptance	Belonging	Courage
Adventure	Authenticity	Learning
Compassion	Uniqueness	Community
Hope	Diversity	Responsibility
Service	Kindness	Integrity
Openness	Creativity	Humility

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Use Your Power

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Model for Success

Tier III: Intensive/Individual Interventions

- ✓ Individual therapy
- ✓ PTO for mental health needs

Tier II: Targeted Group Interventions

- ✓ Peer support groups
- ✓ Mentoring programs
- ✓ Debrief groups for disasters, crises
- ✓ Mental health providers dedicated solely to supporting staff

Tier I: Universal Interventions

- ✓ Ask: How's it going? What can we do better?
- ✓ PD focused on staff mental health & well-being
- ✓ Foster connections between staff at all levels
- ✓ Engage the community & leverage resources
- ✓ Mental health breaks built-in during the day

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Chat Discussion


- What strategies have you found successful in supporting the mental health and well-being of school staff?
- What are some concrete steps you can take for the new school year to cultivate a culture of caring for staff?

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Self-Regulating



- Deep breathing
- Take a walk
- Go outside
- Engage your senses
- Laughing
- Physical affection
- Creative expression
- Gratitude

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Contact the TAG Center


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TAG Center Virtual Learning Library
tagcenter.org

Lucine Center for Trauma and Grief
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To learn more about TAG Center trainings:



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