



TRAUMA INFORMED SCHOOLS

Developed by the CCS School Social Work Department

"...We are stewards not just of those who allow us into their lives, but of our own capacity to be helpful..." The Trauma Stewardship Institute

Trauma and Educators:

As we've learned, trauma takes a toll on the students we serve on a daily basis but have you thought about the effect it can have on you as a school professional? **As educators, we frequently hear about the traumatic experiences of our students. As a result, between 40% and 85% of "helping professionals" develop vicarious trauma and/or high rates of traumatic symptoms.** The best way to deal with it all is to recognize what it is and to take steps to address it.

Making Sense of It All:

Secondary Traumatic Stress

Secondary traumatic stress refers to the presence of Post Traumatic Stress Disorder symptoms caused by at least one indirect exposure to traumatic material.



Vicarious Trauma?

The cumulative process of psychological, spiritual, behavioral, emotional changes resulting from chronic engagement with other people who have been hurt, and feel committed or responsible to help them.

What are some symptoms/warning signs?

- Emotional — feeling numb or detached; feeling overwhelmed or maybe even hopeless.
- Physical — having low energy or feeling fatigued.
- Behavioral — changing your routine or engaging in self-destructive coping mechanisms.
- Professional — experiencing low performance of job tasks and responsibilities; feeling low job morale.
- Cognitive — experiencing confusion, diminished concentration, and difficulty with decision making; experiencing trauma imagery, which is seeing events over and over again.
- Spiritual — questioning the meaning of life or lacking self-satisfaction.
- Interpersonal — physically withdrawing or becoming emotionally unavailable to your co-workers or your family.



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

Prevention & Intervention

Tips for Educators

- *Be aware of the signs/symptoms
- *Self-care assessment – assess your current level of Secondary Traumatic Stress
- *Don't go it alone; seek help with your own traumas!
- *Contact your primary care physician for support.
- *Contact our Employee Assistance Program, McLaughlin Young Employee Services, which provides free, confidential, short-term counseling and personal consultation to EVERY Cabarrus County employee.



It's OK to get help

Practice Self-Care!

Guard against work becoming the only activity that defines who you are. Keep perspective by spending time with children and adolescents who are not experiencing traumatic stress. Take care of yourself by eating well, exercising, engaging in fun activities, taking a break during the workday, finding time to self-reflect, allowing yourself to cry, and finding things to laugh about!



Resources:

The National Child Traumatic Stress Network
SAMHSA – Substance Abuse and Mental Health Services Administration
National Center on Safe Supportive Learning Environments
Headington Institute
Child Trauma Toolkit for Educators