



Trauma-Resilient Informed Practices in Expanded Learning Programs: A Snapshot of Trends in the Field

Explore. Engage. Expand.



Objectives

- Definitions and concepts
- The role of expanded learning programs
- Research Findings
- Recommendations



What Is Trauma?

“Trauma” refers to experiences that cause intense physical and psychological stress reactions. It can refer to a single event, multiple events, or a set of circumstances that is experienced by an individual as physically and emotionally harmful or threatening and that has lasting adverse effects on the individual’s physical, social, emotional, or spiritual well-being.

The Substance Abuse and Mental Health Services Administration (SAMHSA)

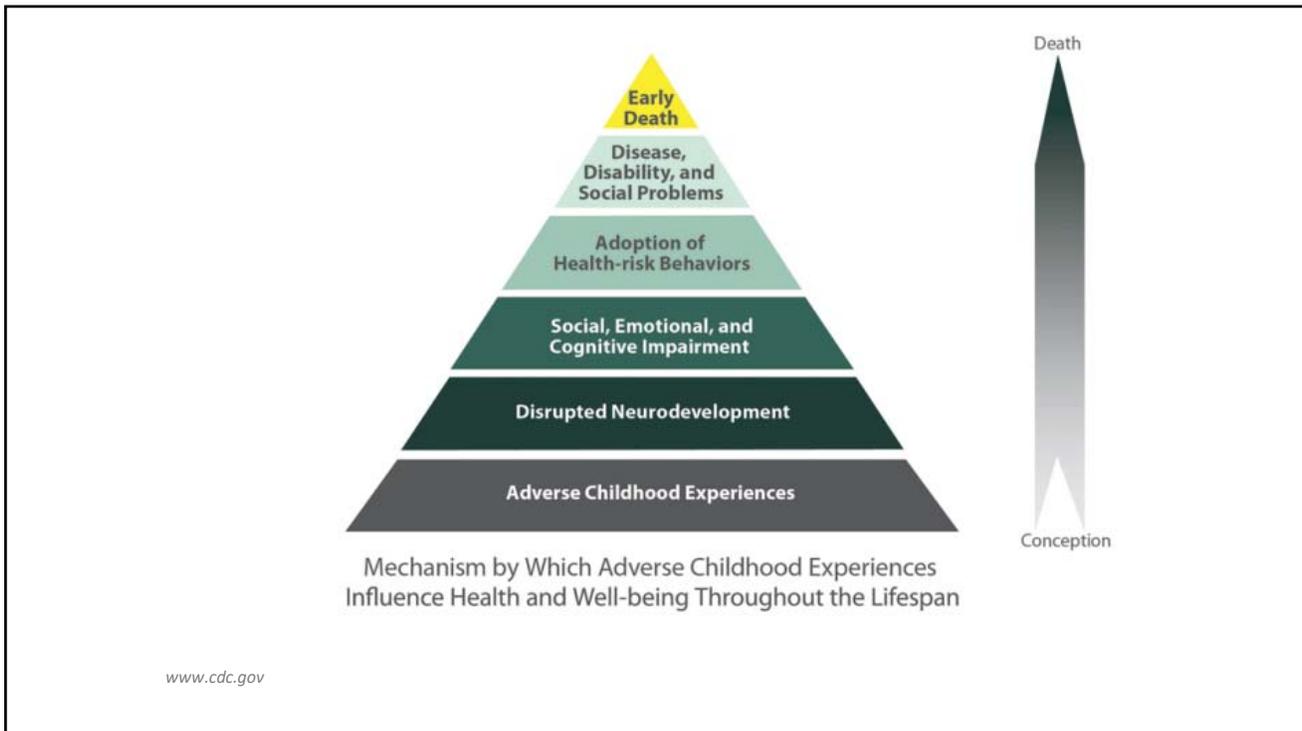


Types Of Trauma

- Acute
- Chronic
- Complex
- Bullying
- Community Violence
- Complex Trauma
- Natural Disasters
- Domestic Violence
- Early Childhood Trauma
- Medical Trauma
- Refugee Trauma
- Sexual Abuse
- Traumatic Grief

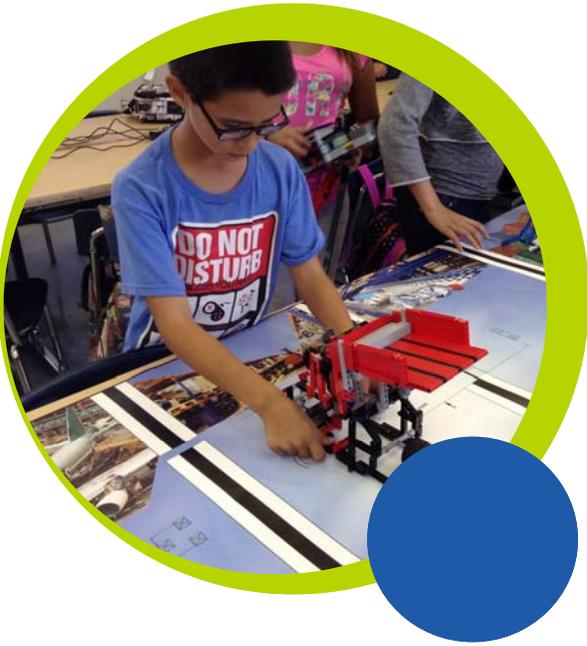
The National Child Traumatic Stress Network (NCTSN)





Specific Health Issues Associated With ACEs Scores

<p>RISK FACTORS</p> <ul style="list-style-type: none"> • Alcoholism and Alcohol Abuse • Smoking • Illicit Drug Use and IV Drug Abuse • Obesity • Suicide Attempts • Depression, Anxiety, Hallucinations • Teen and Unintended Pregnancies • Spontaneous Abortion or Fetal Death • Intimate Partner Violence 	<ul style="list-style-type: none"> • Poor Quality of Life • and Others... <p>DISEASES AND EARLY MORTALITY</p> <ul style="list-style-type: none"> • Chronic Obstructive Pulmonary Disease (COPD) • Ischemic Heart Disease (IHD) • Liver Disease • Sexually Transmitted Diseases (STDs) • Lung Cancer • Death Before Age 65
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Potential Short-Term Impacts of Trauma

- Behavior issues
- Poor academic achievement
- Experience PTSD
- Unable to concentrate
- Aggressiveness
- Lack of self regulation



Populations Most At Risk

- Low-income students
- LGBTQ youth
- Homeless youth
- Students with intellectual and developmental disabilities
- Substance abuse in the home
- Military and veteran families

The National Child Traumatic Stress Network (NCTSN)





What Is a Trauma-Informed Approach?

- Realizes the widespread impact of trauma and understands potential paths for recovery
- Recognizes the signs and symptoms of trauma in students, families, staff, and others involved with the system
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices
- Seeks to actively resist re-traumatization

Adapted from The Substance Abuse and Mental Health Services Administration (SAMHSA)



Trauma-Resilient Informed Approach In the Context of Expanded Learning Programs

- Building staff awareness of trauma and its effects on young people
- Understanding of the competencies and skills to foster resilience
- Implementing program practices, policies, and systems that help to reduce these effects
- Creating a plan for on-going learning and integration of trauma-resilient informed practices



Protective Factors

- Positive physical development
- Academic achievement/intellectual development
- High self-esteem
- Emotional self-regulation
- Clear expectations for behavior
- Physical and emotional safety
- Opportunities for engagement within school and community
- Presence of mentors and support for development of skills and interests
- Good coping skills and problem-solving skills
- Engagement and connections in school, with peers, in athletics, employment, religion
- Strong cultural identity development
- Family provides structure, and predictability
- Supportive relationships with family members



Adapted from O'Connell, M. F., Boat, T., & Warner, K. E. (2009)



Why Expanded Learning Programs

- Strong adult-youth relationships
- A focus on Social and Emotional Learning (SEL)
- A positive youth-development framework
- Ability to reach populations most at risk
- Consistent time with students
- Ability to cultivate a high degree of trust with students and families
- Programmatic flexibility to create spaces for healing

LA's BEST AFTERSCHOOL ENRICHMENT PROGRAM

200
SCHOOLS

25,000
STUDENTS

2,000+
STAFF



Our Impact

The benefits of participation in LA's BEST include academic and social gains far beyond the elementary school years. Multiple independent evaluations by UCLA's Center for Research on Evaluation, Standards, and Student Testing (CRESST) over the last two decades have consistently shown positive short and long-term outcomes as a result of students' participation in LA's BEST.

LA's BEST participants:

- Are 20% less likely to drop out of high school
- Are 30% less likely to commit a juvenile crime
- Have better attendance and demonstrate higher grades in middle school





LA's BEST
ESTABLISHED 1988
AFTERSCHOOL ENRICHMENT

Research Components

- Conducted a literature review
- Interviewed trauma experts and systems leaders in the expanded learning time field
- Analysis of data to surface needs, program examples, and recommendations

FINDINGS



Current Landscape

TRAINING

- Building trauma-awareness
- Dealing with crisis
- Programming activities
- Self-care

Examples from the field:
Wisconsin Afterschool Network

- 15 hr. training course

Hopeworks – Camden, NJ

- Learning community for leaders



Current Landscape

PARTNERSHIPS

- School Day
- Mental health services
- CBOs

Example from the field:
Alternative Schools Network –
Chicago, IL

- Steering committees



Current Landscape

ADAPT TRAUMA-INFORMED MODELS

- Sanctuary®
- Attachment, Self-Regulation, and Competency (ARC)
- Reclaiming Youth International's Circle of Courage®
- Positive Behavioral Interventions and Supports (PBIS)
- The Cognitive Behavioral Intervention for Trauma in Schools (CBITS)





Current Landscape

A COMPREHENSIVE APPROACH

- Organizational assessment
- Foster partnerships
- Staff training
- Policies and procedures

Examples from the field:

LA's BEST

- Partner with LAUSD School Mental Health
- Staff training
- Parent/caregiver education
- Referrals



Current Landscape

FUNDING

- State and federal funding
- Foundation grants

Examples from the field:

Tennessee Afterschool Network

- Grants to address opioid epidemic



RECOMMENDATIONS



Build Capacity on All Levels

- Professional development plan for ongoing learning and support
- Training for direct service staff and leadership
- Content for integrating practices within program activities, policies, and program culture
- Peer learning opportunities



Foster Partnerships

- Mental health services
- Foster youth services
- Homeless youth services
- University trauma research departments
- Community Organizations
- Trauma experts/consultants



Elevate Self-Care

- Training on secondary traumatic stress/vicarious trauma
- Structural supports for staff
- Resources for staff to address their own trauma and/or vicarious trauma



Create Field Specific Resources

- Guidance vetting resources and models
- Support with adapting models
- Guidance on how to navigate systems of support
- Support with building the right partnership



CONTACT

To visit an LA's BEST school site or to discuss ways to collaborate:



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