

# Fostering Supportive School Environments for Students and Staff

January 20, 2016

12:30p-1:45pm

Presenter(s): Adriene Daigneault and Caretia Fernandez

## Session Description:

This break-out session will cover a number of topics in the service of fostering resiliency in schools and students. We will cover information on ways trauma impacts the brain and brain development; common and potential triggers for traumatized children in the school environment; ideas and tips for educating students about the flight, flight or freeze response; ideas for de-escalating emotions when interacting with a child who has experienced trauma or is dysregulated for a variety of reasons. We will share some of the principles from a Collaborative Problem Solving perspective, as well as further resources to develop your CPS skills. Finally, we will spend time talking about educator self-care as a basic tenet of a trauma informed system.