

Assessing the Use of the Trauma-Informed, Resilience-Oriented Principles

Activity I:

Determine how the trauma-informed, resilience-oriented principles are currently implemented in your school

Materials:

Trauma-Informed, Resilience-Oriented Principles with Their Definitions

Directions:

This is a strength-based activity that can be done with school staff in a professional development session face-to-face or in the virtual setting.

1. The staff is divided into small discussion groups (4-5 individuals).
2. Each participant is given a copy of the trauma-informed, resilience-oriented principles and their definitions.
3. Each small group makes a list of every activity, process, procedure, and practice that is happening in the school that fits that fits the definition of that principle.
4. The information is brought back to the whole group.
5. The facilitator has groups share their information. If the session is happening in the school building, teams can move between large post it pages positioned on the walls and write down ideas that are not already shared. If the session is virtual, the groups can share in a round robin manner adding new ideas but not repeating what has already been said.
6. The results are collected and shared with the staff. The activity reassures staff that they are already doing many good things as they begin their trauma-informed, resilience-oriented journey. Not everything has to change. Successes are honored.
7. This activity can continue as new strategies are learned and implemented in the school. The resulting document is a living report of how the school is moving forward becoming increasing more trauma-informed and resilience-oriented. It can be posted and shared to answer the question, “What is your school doing that is trauma-informed and resilience-oriented?”

Funding Disclaimer

This project was supported by Cooperative Agreement No. 2019-YS-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice’s Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Activity II: Using the trauma-informed resilience-oriented questions.

Materials:

Trauma-Informed, Resilience-Oriented Schools Principles and Questions

Directions:

This activity is an alternative way to approach the question, “What are we already doing that is trauma-informed and resilience-oriented?” It can be done with staff, student, and parent groups.

1. Choose one principle per session.
 - Safety
 - Trustworthiness
 - Student Voice and Empowerment
 - Peer Support
 - Collaboration
 - Inclusion and Engagement
2. Break the whole staff into small groups and provide them with the definition and questions connected to the chosen principle.
3. When each group has finished answering the questions on that principle, the groups come back together and share their answers. Both positive and negative information is important and collected. For example:

Safety

Ensuring physical and emotional safety

Building and grounds:

How safe is the area outside of the school’s building?

Responses:

Safe

The front entrance is monitored at the beginning and end of the day as well as during passing time. Someone buzzes in visitors during the rest of the day. They are always asked who they are, who they are there to see, and the purpose of their visit.

Needs Improvement

The sides and back of the building are not monitored and have poor lighting. If students gather there before or after school, bullying or other inappropriate activities could take place.

4. The information gathered is used to create action plans to increase safety or factors related to any of the principles.