



CENTER FOR SCHOOL
BEHAVIORAL HEALTH

The Center for School Behavioral Health at Mental Health America of Greater Houston, along with the Texas CARES Implementation Project, are working together to prepare Texas schools to meet the needs of students experiencing trauma as a result of Hurricane Harvey.



ABOUT THE PROGRAM

Long after the storm clouds have cleared, communities in Texas are still experiencing the traumatic effects of Hurricane Harvey. Students are particularly vulnerable and research shows the key to their healthy recovery lies in the ability of educators to implement trauma-informed best practices in the school setting. In a trauma-informed school climate, students are more likely to exhibit positive behaviors and gain the ability to focus on their studies so they can be successful academically and in their relationships with others.

Approach: The Trauma and Mindfulness trainings are designed to help educators understand the impact of trauma on brain development and mental health; how students with trauma backgrounds respond behaviorally; trauma-informed classroom strategies; and simple mindfulness exercises to cope with stress and reduce trauma reactions. Using a cascade train-the-facilitator approach, each campus sends 2 or more staff members (preferably counselors, social workers, or lead teachers) to be trained as facilitators, who then return to their campuses to train other faculty and staff. When providing the trainings on their campuses, facilitators should allot 45-60 minutes for trauma and 45-60 minutes for mindfulness.

Facilitator Supports: Individuals completing the Train-the-Facilitator module are given a manual with the PowerPoint presentations, activities, discussion guides, implementation guides, and resource materials. In addition, a more extensive manual was created for the mindfulness module, including references to scientific studies, additional resources for personal practice and for use at schools, short practices to be used in the classroom, games and exercises for children, basic scripts for guiding mindfulness of breath, sound, and body sensations, as well as a draft letter to introduce mindfulness to parents. Facilitators are also granted access to a Dropbox with all the materials, as well as 20 specially designed videos demonstrating teaching mindfulness to children.



DETAILS

Trauma & Mindfulness Training

4 hours (Train-the-Facilitator)

Audience

Any student-facing individual including but not limited to Teachers, Administrators, Professional School Counselors, LSSP professionals, Social Workers. Individuals receiving the Train-the-Facilitator module return to their campuses to deliver the training to other faculty and staff.

For More Information

To register: www.esc2.net Workshop #1522659

June 13, 2019 1-5pm Room 3-15

Education Service Center, Region 2

209 N Water Street, Corpus Christi

For more information: Heather McQueen

361-561-8440 or heather.mcqueen@esc2.us

