If you have 2 minutes:

Breathe

Laugh Stretch Doodle

Look out the window

Acknowledge one of your accomplishments

In taking care of ourselves and each other, we provide positive role modeling for students.



Alaska's Trauma Engaged Resources:

Transforming Our Schools During the Pandemic and Beyond



As you get settled in... Choose one of these quick activities to take care of yourself.



AASB Annual Conference Alaska's Trauma Engaged Resources Transforming Our Schools During the Pandemic and Beyond

November 6, 2021

Presenters Lisa <u>X'unyéil Worl, STEPS Partnership Coordinator</u> Heather Coulehan, SEL Coordinator



We're glad to be here with you!

Lisa Worl, STEPS Partnership Coordinator



Heather Coulehan, Social Emotional Learning Coordinator



Our Purpose

- Explore new trauma engaged resources
 - Milestone guides
 - Video Library
 - Social media campaign
- Consider how you might use the resources in your district
- Walk away inspired by your colleagues across the state



SOUTHEAST TRADITIONAL TRIBAL VALUES

"OUR WAY OF LIFE"

- Discipline and Obedience to the Traditions of our Ancestors
- Respect for Self, Elders and Others
- Respect for Nature and Property
- Patience
- Pride in Family, Clan and Traditions is found in Love, Loyalty and Generosity
- Be Strong in Mind, Body and Spirit
- Humor
- Hold Each Other Up
- Listen Well and with Respect
- Speak with Care
- We are Stewards of the Air, Land and Sea
- Reverence for Our Creator
- Live in Peace and Harmony
- Be Strong and Have Courage

- In every chair is a leader
- Listen Deeply; Speak with Care
- Our Value of Humor Helps Us
- Challenges to Solutions
- Take Care of Yourself and Each Other

From the First Alaskans Institute



Gathering Circle - Pair Share

Please turn to the person sitting next to you and share:

What is one thing you learned about yourself or others during the pandemic?

(3 mins)





What is one thing you learned about yourself or others during the pandemic?





Trauma engaged schools can reduce absenteeism, tardiness, and disciplinary actions.

Get one-on-one consultations, tailored resources and trainings on trauma engaged practices for your team.



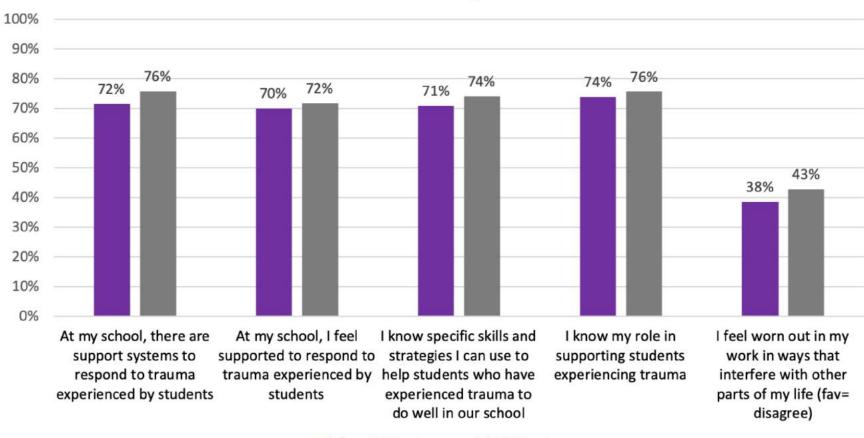
Impact of Stress on the Learning Brain

"Childhood trauma turns a learning brain into a surviving brain."

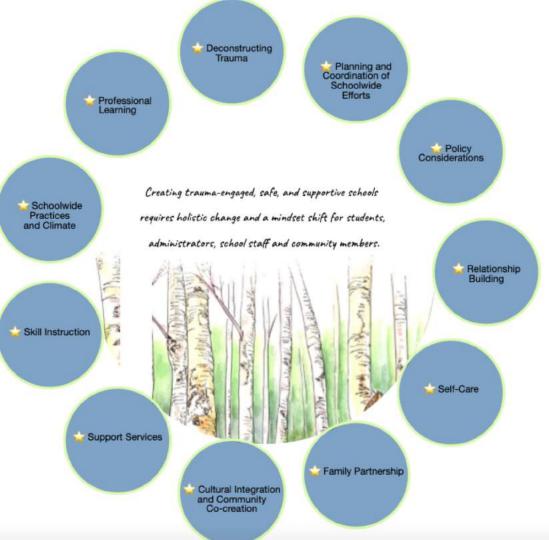
–Josh Arvidson, Director, Alaska Child Trauma Center



Trauma Engaged Questions from the 2021 SCCS % of Staff who answered favorably - STEPS vs Other Districts



Other AK Districts STEPS Districts



Transforming Schools:

Resources for Trauma Engaged Practice in AK

> Framework Toolkit Video Library Milestone Guides Social Media Campaign



Policy Video Library

<u>How do I get Started</u> with Restorative Practice Policy? - Dr. Bridget Weiss, Juneau School District



Policy Milestone Guide

Planning, Assessment, Reflection



STARTING developing priorities

of what we want to address

APPLYING

working together to put into place trauma engaged supports

REFINING

reflecting on on the work in order to make quality improvements



Self-Reflection (2 minutes)



Table Conversation



Table Conversation

Review the Policy Milestone Guide at your table considering your trauma engaged policy work.

(1) Where is your district along the continuum? Preparing, Starting, Applying, Refining

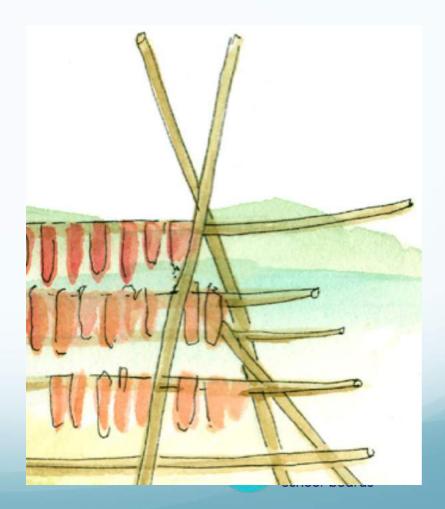
(2) How could the milestone guides and video library help you get to the next level? What else do you need to get to the next phase?



Sharing the Harvest

How can the milestone guides and video library help you get to the next phase?

And what else do you need to get to the next phase?



"There is nothing inevitable about student outcomes. It is a result of the policies and practices we put into place. We hold a great responsibility."

- Alaska School Board Member

Calling all Trauma Engaged School(TES) Champions to Spread the Word!

Find the TES Social Media Campaign on AASB's website:

https://aasb.org/



A Call to Action

Learn: Use the video library to learn more about what trauma engaged work looks like across the state

Data: Review your district's SCCS data. How does staff in your district feel about your trauma engaged work?

Planning: Download the milestone guides. Review the guides as a board. Where are you with each component? What needs to happen for you to get to the next phase?

Funding: Allocate resources for staff professional learning and training.





Share your stories and tips!

Submit your stories and tips by tagging **#LearnHealGrowAlaska**



Gunalchéesh for spending time with us sharing your experiences.

> Lisa Worl Iworl@aasb.org

Heather Coulehan, hcoulehan@aasb.org

