



Trauma Informed & Restorative Practices

HOW WE WILL HEAL OUR
CHILDREN, FAMILIES, AND
COMMUNITIES



Who am I?

Courtney Chandler

Program Coordinator, Glover EmpowerMentoring (GEM)

Bachelor's Degree in Criminal Justice & Social Work from UW

8 years of experience working with vulnerable youth and young adults

Restorative practices facilitator and trainer

Developed a social-emotional curriculum for GEM (R.O.O.T.S. – Removing Obstacles to Overcoming Trauma in Schools) and successfully implemented the class in two Kent middle schools

Lived experience includes early childhood trauma, domestic violence and sexual assault survivor, battled substance abuse and co-occurring mental health disorders for the majority of my life, overcome adversity and now in long-term recovery

Be who you needed when you were young

ACEs – Adverse Childhood Experiences

Twenty-two percent of children in the United States — more than 15.6 million kids total — have had two or more adverse experiences, according to the latest results from the National Survey of Children's Health.



The term adverse childhood experiences refers to a number of potentially traumatic events, including episodes of sexual, physical or emotional abuse as well as exposure to hardships like parental divorce and parental incarceration. Such events can have negative and lasting effects on a child's well-being and have been linked to increased risks of obesity, substance use disorder and depression.

Impacts of Trauma

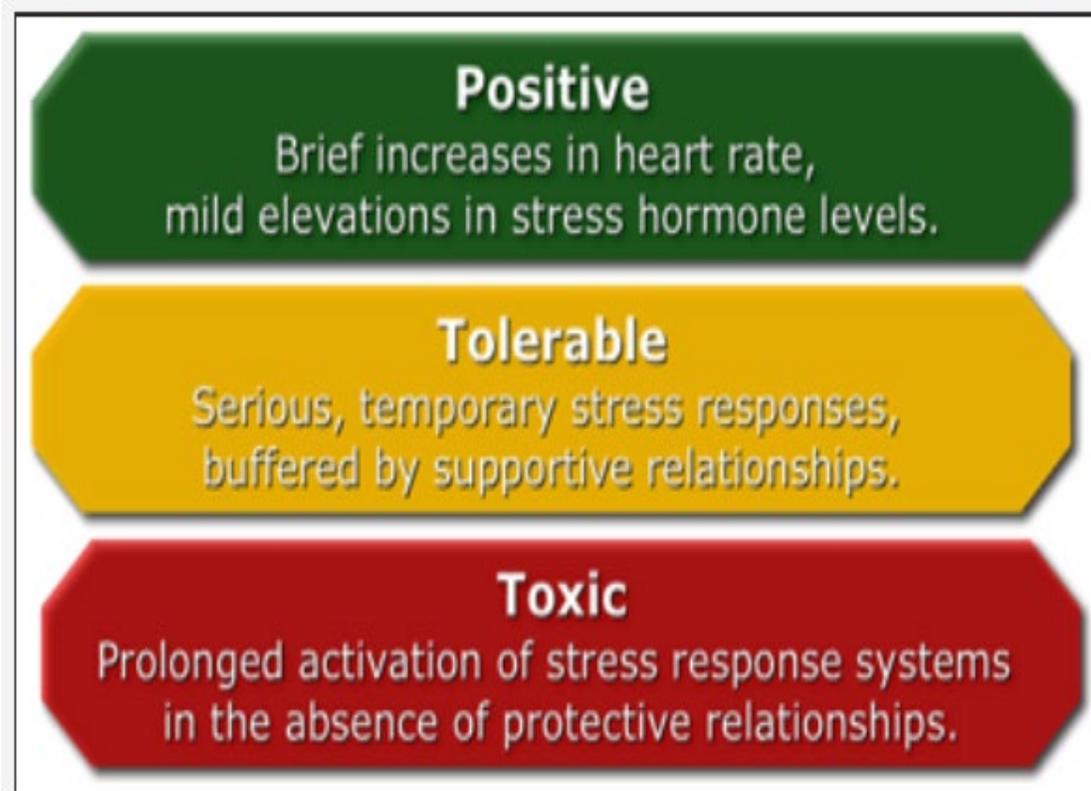
No one is immune to the impact of trauma

Early childhood trauma affects children's brain development, behavior and health for the rest of their lives.

Trauma affects the individual, families, and communities by disrupting healthy development, adversely affecting relationships, and contributing to mental health issues including substance abuse, domestic violence, and child abuse.

Everyone pays the price when a community produces multi-generations of people with untreated trauma by an increase in crime, loss of wages, and threat to the stability of the family.

Toxic Stress



Exposure to stressful and adverse experiences over a long period of time can become toxic.

This repeated exposure to stress *without the benefit of buffering protection of a supportive, adult relationship* has been termed toxic stress.

Exposure to toxic stress can have detrimental short and long-term physical and mental health consequences on both children and adults.

Restorative Justice Practices (RJ) in Schools

Restorative Justice is about changing systems to address harm more meaningfully and uses a relational approach to resolve conflict.

Restorative practices are approaches that seek to proactively build community and relationships, address harm when it happens, and work towards restorative justice.

Traditional discipline focuses on violation of rules, while restorative practices consider how the relationships have been damaged.

Leads with empathy and seeks to diminish shame, encourages vulnerability and building positive healthy relationships, empowers youth to develop agency, and ensures all voices are heard.

Social Emotional Learning



Why are SEL Curriculums So Important?



Research indicates that when educators work to teach learners how to alleviate and manage stress, students become more likely to learn deeply, avoid negative behaviors and achieve successful outcomes with long-term effects.



SEL Curriculums teach youth healthy decision-making practices; emotional and behavioral self-regulation skills; and a variety of self-care methods, and interpersonal skills.



Teaches students how to identify, describe, and understand their emotions; practice a variety of healthy ways to control and self-regulate reactions to intense emotions (i.e. anger, fear, depression, anxiety, stress, disappointment, rage, loneliness, etc.)

Questions?