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# Fostering a School-Wide Culture of Care

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# Objective

- You will leave this session with an understanding of CORE components of a trauma informed/sensitive school and have concrete ideas to take back to your school site.
- You will feel inspired to make a difference for students in your school.





# ACEs

**Adverse Childhood Experiences Study** is a research study conducted by the American health maintenance organization Kaiser Permanente and the Centers for Disease Control and Prevention.

- **What are ACEs?**
- **How do they impact students?**
- **How does it impact our school?**

# Paper Tigers...



# So, now what? **How can we help students and staff?**



## **Key**

**We need to support BOTH students and staff.**

**Begin with staff.**

When little people are overwhelmed by big emotions, *it's our job to*  
**SHARE OUR CALM,**  
not join their chaos. ~L. R. Knost

A close-up photograph of a young girl with long, reddish-brown hair and freckles. She has a serious, somewhat angry or frustrated expression, with furrowed brows and a slight frown. The background is dark, making her face the central focus.

**Tip**

A dysregulated adult cannot help regulate a dysregulated child.

# Pilot 1 & 2 Timeline

## Fall 2016

6 schools pilot- bumpy at times- seeing results!  
Worth it!

## October 2017

New schools are settling in quickly.

2016-2017

2017-2018

## August 2016

9 additional schools join the pilot= 15 total!

## January 2018

Reflecting & Renewing the focus on self-care & staff wellness

**Thank you** for your continued participation!

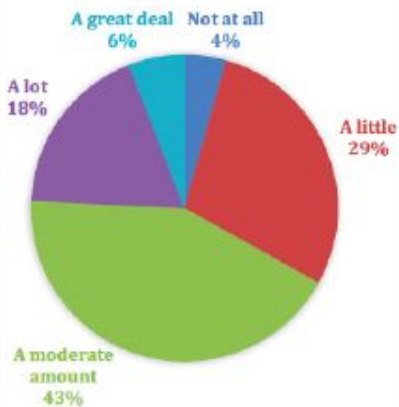
The Hillsboro School District (HSD) is implementing Trauma-Informed Care (TIC) to address adversities among students. HSD is partnering with Pacific University to evaluate program outcomes, strengths, and areas for improvement.

## Is TIC making an impact?

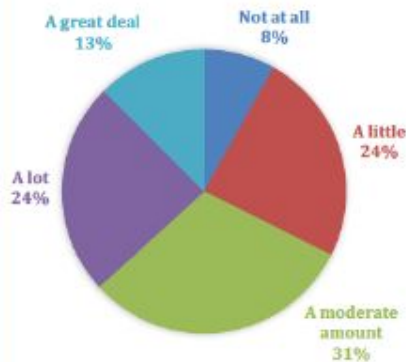
HSD elementary schools who piloted TIC in the 16-17 school year showed decreasing trends of student **behavioral incidents, suicide screenings, health room visits, & referrals for individualized behavioral intervention** compared to schools without TIC.

## How do staff feel about TIC?

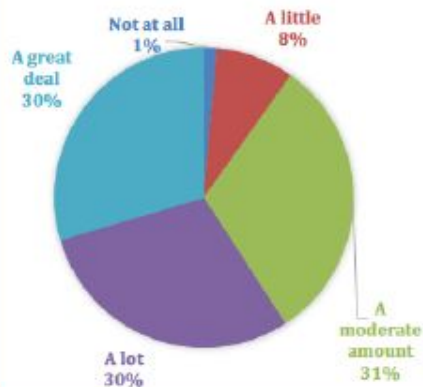
Have staff benefited from trainings on trauma?



Have students benefited from school Wellness Centers?



Are staff interested in more trauma trainings?





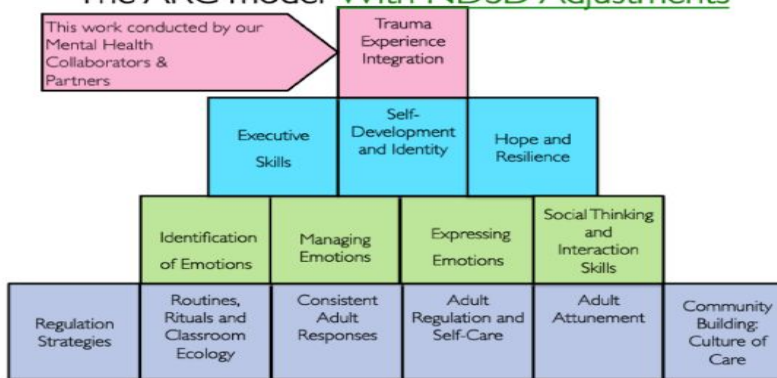


# Shifting Culture

- **Leadership committed to this change.**
- **4R's**  
Realization, Recognition, Response,  
Resisting Re-Traumatization
- **ARC Model**  
Begin with Predictability & Safety

Promoting Predictability and Safety:  
The ARC model-**With NDS** Adjustments

# ARC Model



Blaustein, M. E., & Kinniburgh, K. M. (2010). *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency* (First ed., pp. 35-41). New York, NY: The Guildford Press

[www.drricksndlens.com](http://www.drricksndlens.com)

Regulation  
Strategies

Routines,  
Rituals and  
Classroom  
Ecology

Consistent  
Adult  
Response

Adult  
Regulation  
& Self-Care

Adult  
Attunement

Community  
Building  
Culture of  
Care

# Culture of Care

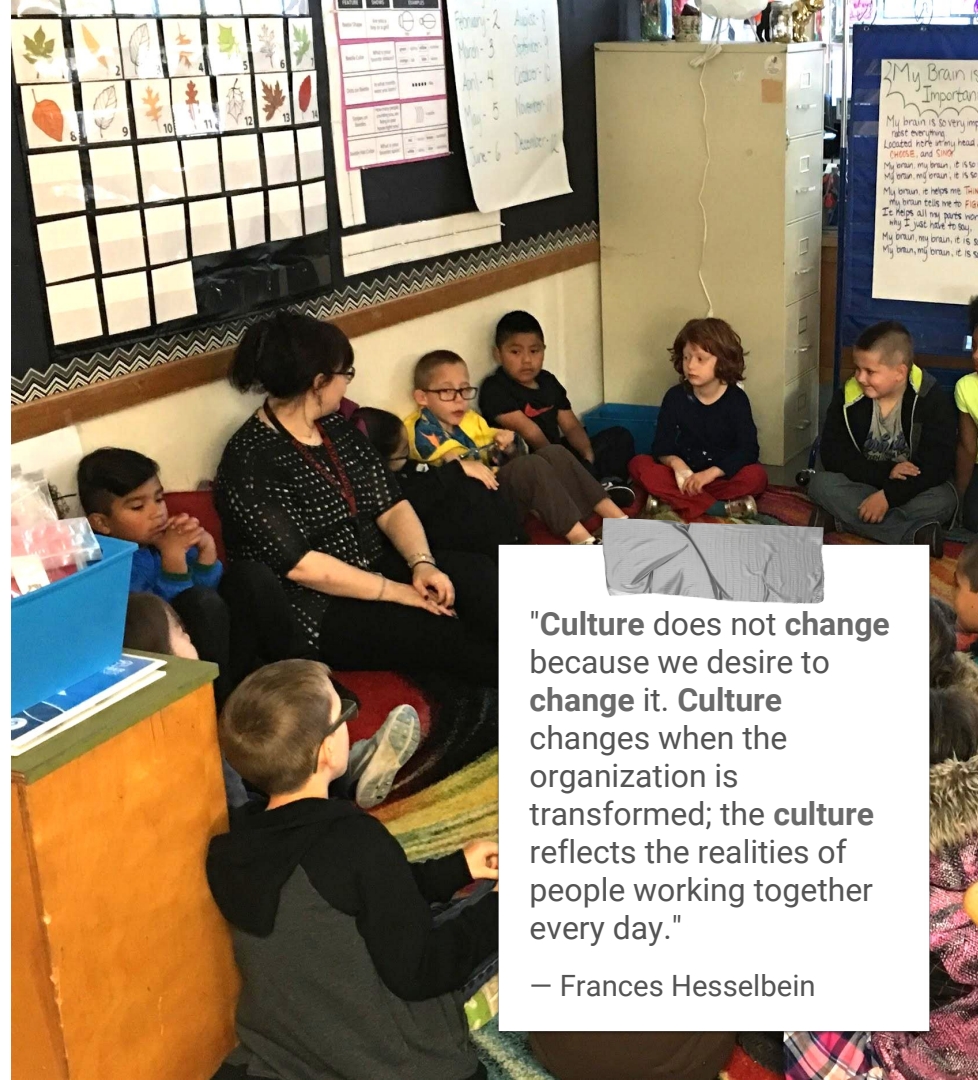
Staff Training

Wellness Centers

Routines & Rituals

Calming Corners

Community Circles



"Culture does not change because we desire to change it. Culture changes when the organization is transformed; the culture reflects the realities of people working together every day."

— Frances Hesselbein

# What do we mean?

## What is a wellness center?

A classroom for learning regulation strategies that can be generalized to other parts of school.

## What is a calming corner?

A location in the classroom for students to transfer the skills from the wellness room.

## What routines & rituals?

Posted schedule and clear expectations.

Do our students have the skills for the demands we are placing on them?



# Wellness Rooms

→ **Norms**

Scheduled & Targeted Skill Building

→ **Referrals/Identifying Students**

→ **Routine to Visit**

CICO with Zones of Regulation

Use Tools Safely

Focus on my own regulation

Use Kind Words

# Wellness Room...



—  
Life as a teacher begins the day that you realize that

....you are **always** a **learner.**



**Highly Recommend these influencers:**

**Kristin Souers & Pete Hall**

**Trauma Informed Oregon**

**Dr. Rick Robinson**

**Dr. Ross Greene**



# Questions?

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Please do not hesitate to  
contact us with questions.

