

Capacity Building Day- Secondary Cadre

April 27, 2017

Mental Health
Trauma
Strategies

Treatment Options

Dr. Terri Miller, terri_miller@nobl.k12.in.us

What We Know (Troubling Facts)

- One in 5 youth have a Mental Health “condition”.
- Only 30% of those receive treatment.
- For treatment, school is “defacto” provider.
- On average, there is a ten year gap between on set of symptoms and treatment.
- Juvenile Justice System and Department of Corrections is next level of system default for “treatment”.
- Suicide is 4th leading cause of death among young adults.
- Indiana is 2nd in the nation in the number of suicides attempted by teens and young adults.
- Factors that impact mental health are present both in and outside of school. (What are some of these factors?)

Each *Day* In America-2014

- 4 children are killed by abuse or neglect.
- 5 children or teens commit suicide.
- 24 children or teens die from accidents.
- 187 children are arrested for violent crimes.
- 408 children are arrested for drug crimes.
- 838 public school students are corporally punished.*
- 865 babies are born at low birth weight.
- 1,392 babies are born into extreme poverty.
- 1,837 children are confirmed as abused or neglected.
- 2,723 babies are born into poverty.
- 2,857 high school students drop out.*
- **4,028 children are arrested.**
- **16,244 public school students are suspended.***

*Based on 180 school days a year.

Trauma and Indiana Youth

- 11.1% of children have had incarcerated parent.
- In 2013 - 15,777 homeless youth.
- In 2012 - 4,868 children received services based on presence of domestic violence.

(Kids Count, 2015, Indiana Coalition Against Domestic violence, 2013)

From the American Bar Association:

- Since the 1970's, school suspension and expulsion rates in the US have more than doubled to more than 3 million suspensions and over 9,700 expulsions.
- “Zero-tolerance” policies have fueled the increase as well as the use of law enforcement tactics by school administrators.

Students who do not graduate from high school....

- Are 3.5 time more likely to be arrested as adults.
- Are much more likely to be and remain unemployed.
- Earn less money if they do gain employment.
- More likely to receive public assistance.
- And...83% of the adults in prison are high school dropouts.

Boston 24/7

- https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=boston+24/7&*

Adverse Childhood Experiences

- <http://kpjrfilms.co/resilience/bonus-content/>

Components of a Trauma Informed Schools

- When students feel safe then they will act safe.
How do we support that?
 - Ask ourselves –Is the student fearful, anxious frustrated and/or tense?
 - Teachers have predictable responses to students
 - Agreed upon safe haven (area of school)

Model and teach the behavior you want to see
(remember Mirror Neurons).

Components of a Trauma Informed Schools

- Both the young person and the adult need to be in the “right frame of mind” to problem solve in a positive manner. Both need to be in their prefrontal cortex.
- “Without...soothing by reliable and consistent caregivers, the troubled youth is unable to regulate his or her mental state and restore emotional equilibrium”
Mollon in Schore, 2003



Some ideas of things we can do

http://www.youtube.com/watch?v=41y7HPf2A_Y

Support System factors

- **Characteristics of the Caregiver/Support System**
 - Ability to provide physical and emotional safety
 - Empathetic and attuned to individual's response
 - Contextual issues
 - Level of Social Support

Taking Care of Each Other

- What triggers you?
- Adults (Educators, Services Providers, Etc.) may not be able to protect their students from the evils of this world, but we can serve as allies, mentors, and role models through our relationships with them as they grow, recover, and begin to heal.

If we build collaborative partnerships, then...

- Synergies are unleashed and the likelihood of achieving depth and quality in programs at all three tiers is greatly enhanced.
- Teams including educators and mental health providers and other community partners decide interventions.
- Multiple Interventions available based on School and Community Data.
- Collaborative System takes inventory of current practices in regards to effectiveness and fidelity before investing in new interventions or programs.