

New England NEA: How to Transform Trauma and Create Healing Communities in Schools

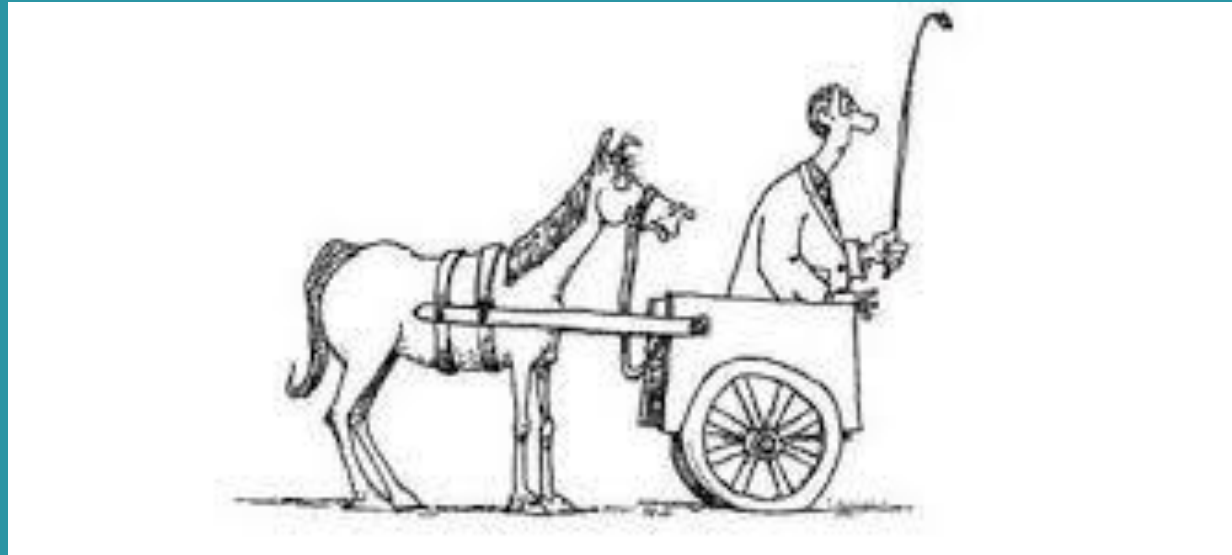
Webinar #1: The Educator Mindset: Stress, Stress Mitigation and Resilience



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Caveat



Trauma-informed Model:

Interventions:

Apps

Framework:

Software

Mindset:

Operating System



Interventions:
*“Connect
before Correct”*

Framework:
*PBIS, MTSS,
DD, TISP,*

Mindset:
*“Chronic acting out means
chronic stress”*

Interventions:
Head on desk

Framework:
Avoidance

Mindset:
*“Adults are dangerous”
“I am vulnerable”*



Interventions:

*“scold, yell,
ISS...”*

Framework:

Compliance

Mindset:

*“Chronic acting is
intentional/purposeful/
willful”*

Interventions:

Head on desk

Framework:

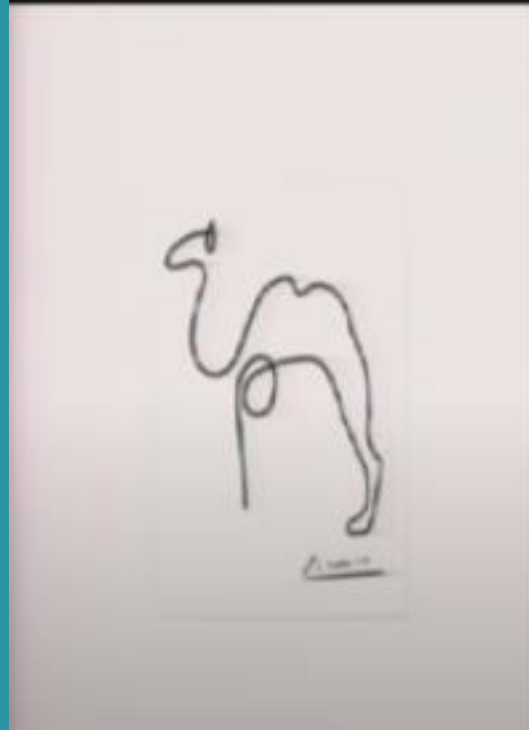
Avoidance

Mindset:

*“Adults are dangerous”
“I am vulnerable”*



Mindset

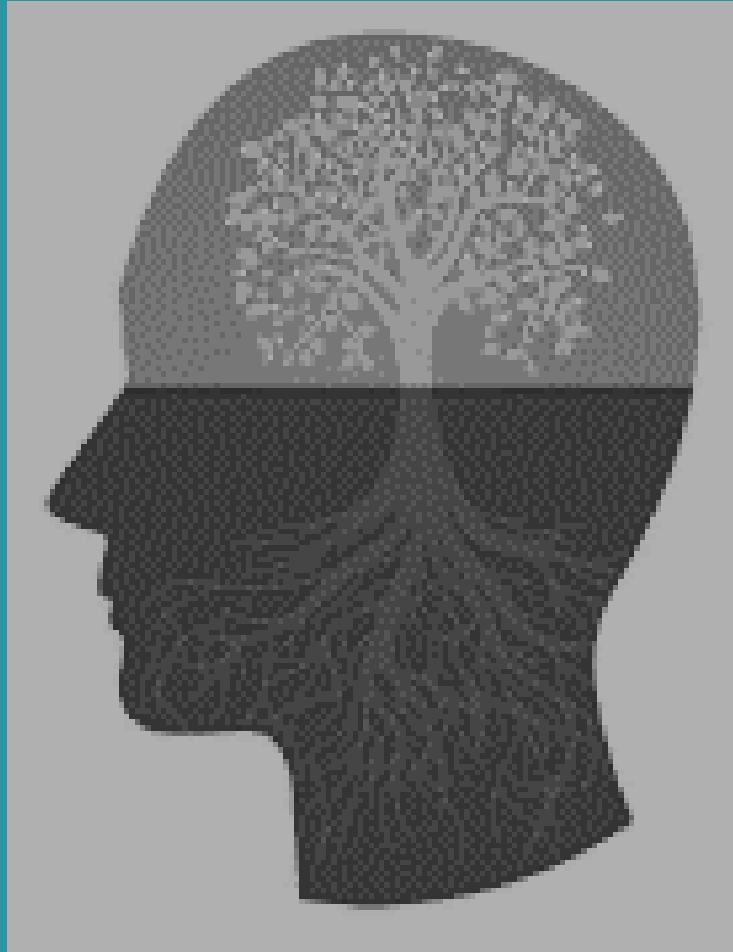


“We can’t *not* make meaning in our life”

Michael Steger, Ph.D.

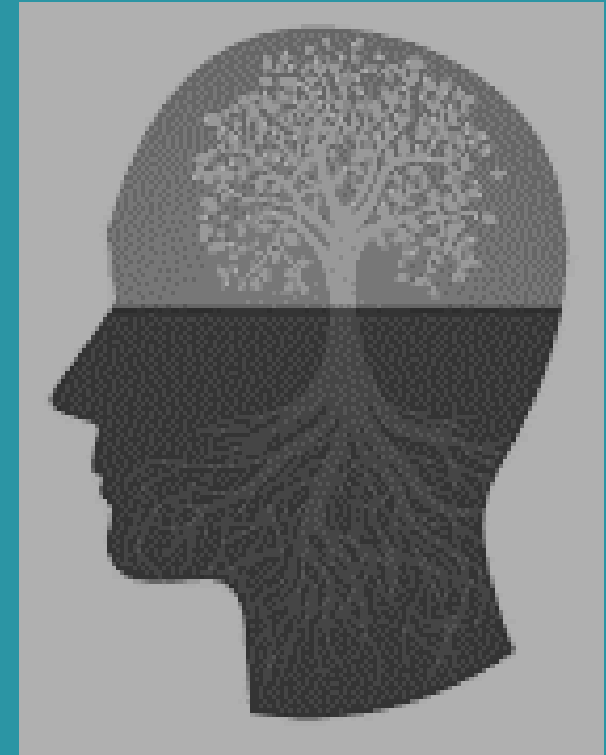


What is a Mindset



What is a Mindset

1. Quick associations about the world around
2. Mental framework or lens through which you interpret the world.
3. Process of selection and organization
4. Purpose is to develop efficiencies for sorting things into categories.
5. They are co-constructed...
6. ...and they have an origin story

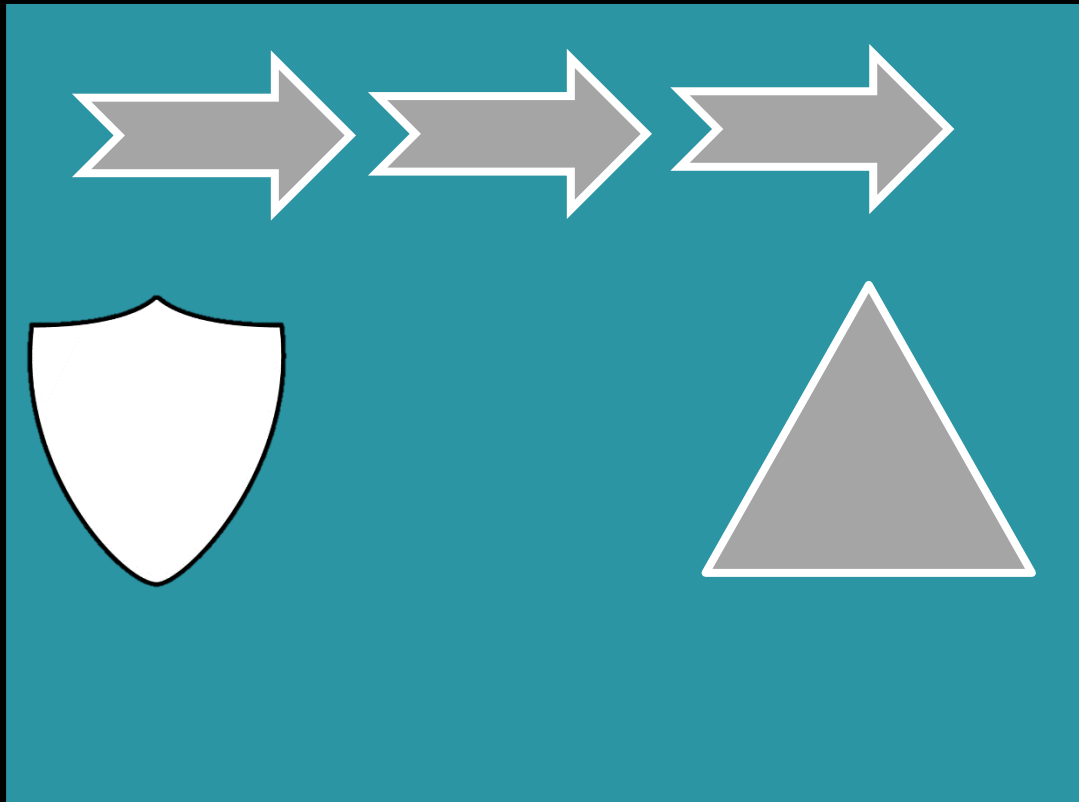


What is a Mindset

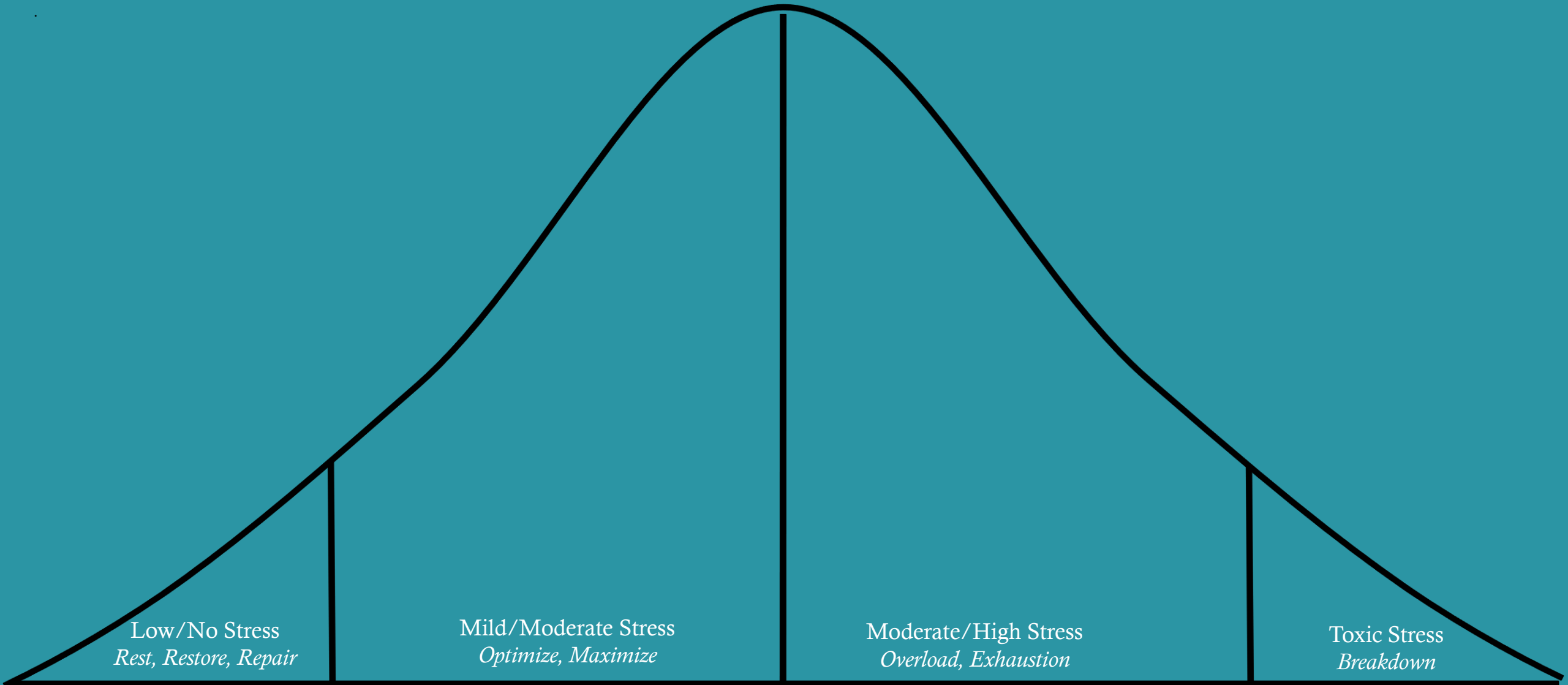
1. Highly vulnerable to ***stress***.
2. Mindsets are more important than techniques...
3. If you see acting out as intentional, willful, purposeful, goal directed and personal you will utilize a set of strategies that match that mindset. Those can be successful.



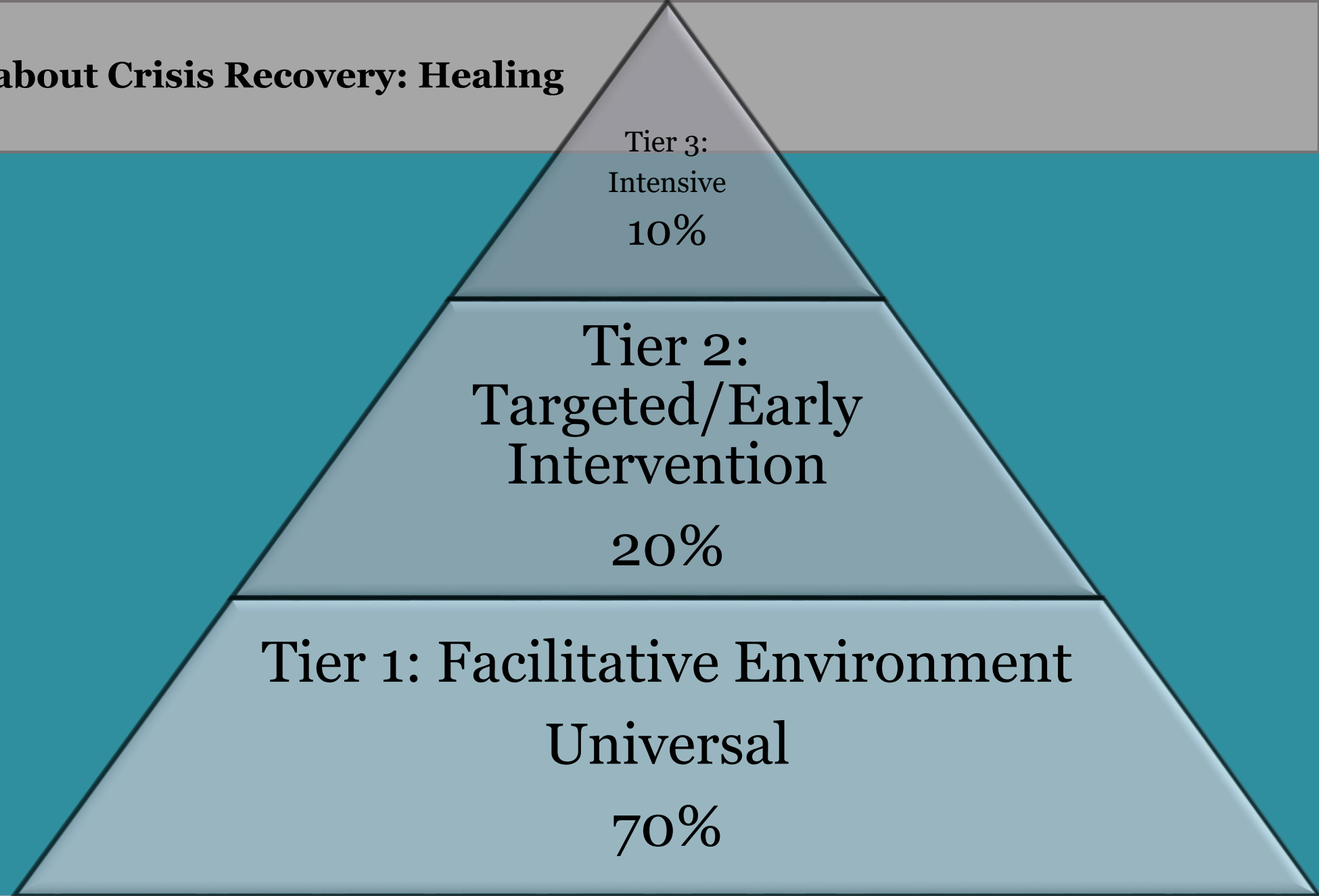
Frameworks



Stress Response System: Typical or Average Person



What Science Tell us about Crisis Recovery: Healing



Tier 3:
Intensive
10%

Tier 2:
Targeted/Early
Intervention
20%

Tier 1: Facilitative Environment
Universal
70%



Trauma

Sudden/Unexpected/Unpredictable event, which...
...Is Body-Based/Physiological, and
Overwhelms your ability to cope.



Developmental Trauma and Resilience: EEE

(adapted from SAMHSA)



Developmental Trauma and Resilience: Experiences

(adapted from SAMHSA)



3 Shields, 3 Habits of Dealing with Discomfort: Self-Protection

(Constructed from prior experience/memories)

-Pema Chodron, Brene Brown

Moving Away:

- ⇒ Indifference
- ⇒ Immobilized
- ⇒ Avoidance
- ⇒ Withdrawal
- ⇒ Detachment
- ⇒ Defeated
- ⇒ Apathy
- ⇒ Helplessness

Moving Towards:

- ⇒ Craving/Longing for power, affirmation, praise, security, protection
- ⇒ People Pleasing
- ⇒ Perfectionism
- ⇒ Dependence
- ⇒ Over-function

Moving Against:

- ⇒ Aversion
- ⇒ Provocative
- ⇒ Fighting
- ⇒ Argumentative
- ⇒ Property damage
- ⇒ Threats
- ⇒ Aggression
- ⇒ micro-aggression
- ⇒ counter-aggression

