

BPS SCHOOL CLIMATE TOOL KIT

BPS Office of School Climate Toolkit 2017 - Second Edition Trauma Informed Practices in Buffalo Public Schools

Definition: Trauma refers to extreme or chronic stress that overwhelms a person's ability to cope & results in feeling vulnerable, helpless & afraid. Simple trauma can be a serious accident or physical assault, while complex trauma is more chronic, e.g. neglect, homelessness, living in homes with untreated mental illness or substance abuse.

Prevalence of Trauma - Buffalo Public School Students: 34.7% of BPS High School Students has seen someone get shot, stabbed or beaten in their neighborhood (2015 Youth Risk Behavior Survey). See [Poverty, Stress and School Performance](#) for other Buffalo Students' ACE's Scores (Adverse Childhood Experiences).

ACEs are Adverse Childhood Experiences that harm children's developing brains in profound ways, with the effects showing up years, sometimes decades later; they can cause chronic disease, mental illness, and are at the root of most violence (<https://acestoohigh.com/aces-101/>). Health researchers continually find strong relationships between high ACE scores and negative health outcomes. ACE scores also strong predictors of school graduation rates, college attendance, and test scores. Sue Baldwin, MEd, PhD, MCHES, FASHA, BPS District Wellness Coordinator, and Corey Bunjee Bower, PhD, Assistant Professor, UB School of Educational Leadership and Policy completed a study of over 6,000 students from Buffalo Public Schools (BPS). Based on data from the 2015 Youth Risk Behavior Survey (YRBS), 34.7% of BPS High School Students has seen someone get shot, stabbed or beaten in their neighborhood. Refer to the [Poverty, Stress and School Performance](#) for other Buffalo Students' ACE scores. This study found that individuals with higher ACE scores exhibit more behaviors correlated with lower performance (e.g. higher drug use and lower levels of self-belief), while students with lower ACE scores report higher grades and higher school attachment.

BPS Teacher Resources:

The National Education Association (NEA) released an article entitled [Teaching Children from Poverty and Trauma](#) with practical trauma informed teaching tips. One tip included teaching students yoga strategies. Our BPS School Psychologist Molly McDermott has developed a video [How to Teach Yoga and Relaxation Techniques](#) as a resource to you.

MTSS-B Teams Resource:

Click here to view a very informative webinar entitled [Integrating Trauma Informed Practices into MTSS](#).

For BPS Administrators:

At a previous principals meeting, there was a presentation on [Trauma Informed Care for Administrators](#).

Trauma Sensitive Schools Webinars

This module trains school staff on emotional and behavioral regulation [Trauma Sensitive Schools: Module 9](#).

Featured BPS Training Module: - Chris Heim, Student Support Coach from the BPS Office of School Climate, authored this BPS [Trauma Informed Practice Module](#).

