

Building Trauma-Informed Schools in Arkansas

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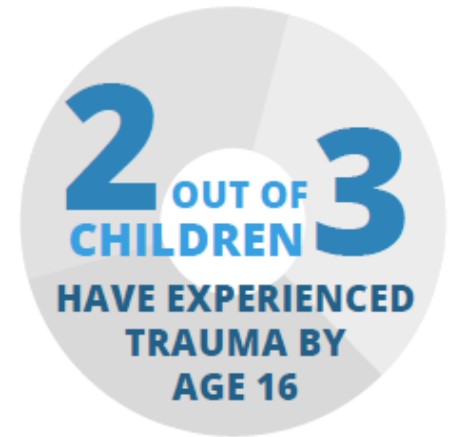
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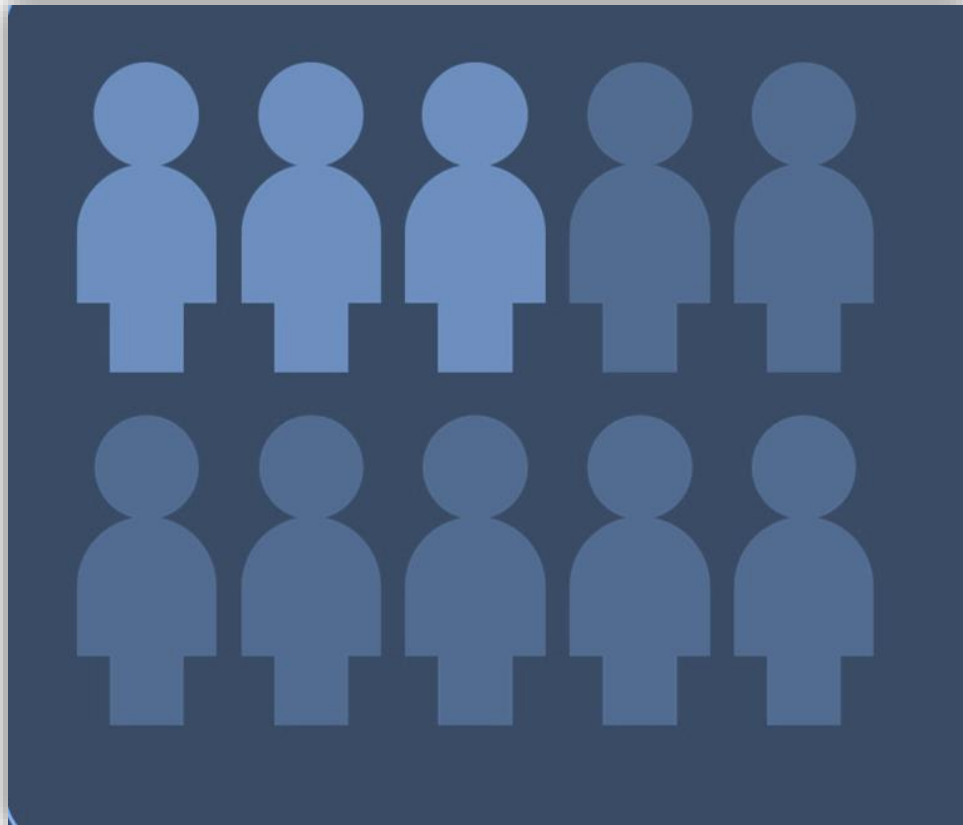
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What is Child Trauma?

- **More than two thirds of children** report experiencing or witnessing at least one traumatic event including physical or sexual abuse, domestic violence, or accidents.
- **Often referred to as Adverse Childhood Experiences (ACEs)**, these traumatic experiences can lead to learning, behavioral, and health problems that last a lifetime.



Child Trauma in Arkansas



30% of Arkansas students Have

2 or More

Adverse Childhood Experiences

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Disrupted Development



- Relationships
- Brain development
- Ability to focus and plan
- Self-control and managing emotions
- Self-esteem
- Physical and mental health

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Good News

With a supportive caregiving system and access to effective and age-appropriate treatments and services ***children do recover from traumatic stress.***



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About Arkansas Building Effective Services for Trauma (ARBEST)

- **Established in 2009** when the Arkansas General Assembly approved funding to improve screening and continuity of care to address the psychological impact of child trauma
- **Act 869 of 2007** – Funds support Child Advocacy Centers (CACs) and ARBEST in the UAMS Psychiatric Research Institute

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Mission

ARBEST'S MISSION is to improve outcomes for traumatized children and their families in Arkansas through excellence in clinical care, training, advocacy, and evaluation.

Objectives

1. **Provide trauma training** to individuals working with children.
2. **Design, train, and implement a statewide screening system** for providers serving traumatized children.
3. **Provide specialized clinical services** for children with trauma at UAMS.
4. **Establish a statewide communication system** for ongoing training, supervision, and consultation for mental health professionals.
5. **Fund mental health professionals** to provide services at Child Advocacy Centers.

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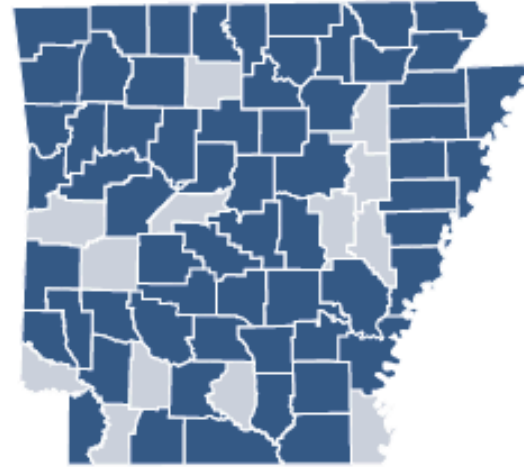
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Building a Trauma-Informed State

ARBEST has radically transformed the delivery of mental health to children and families who have experienced trauma.



- Trained over **1,500 mental-health professionals** in evidence-based trauma treatments
- **Created an online clinician database** and network of trauma-informed professionals throughout the state
- Provided **cutting-edge dissemination of trauma interventions**

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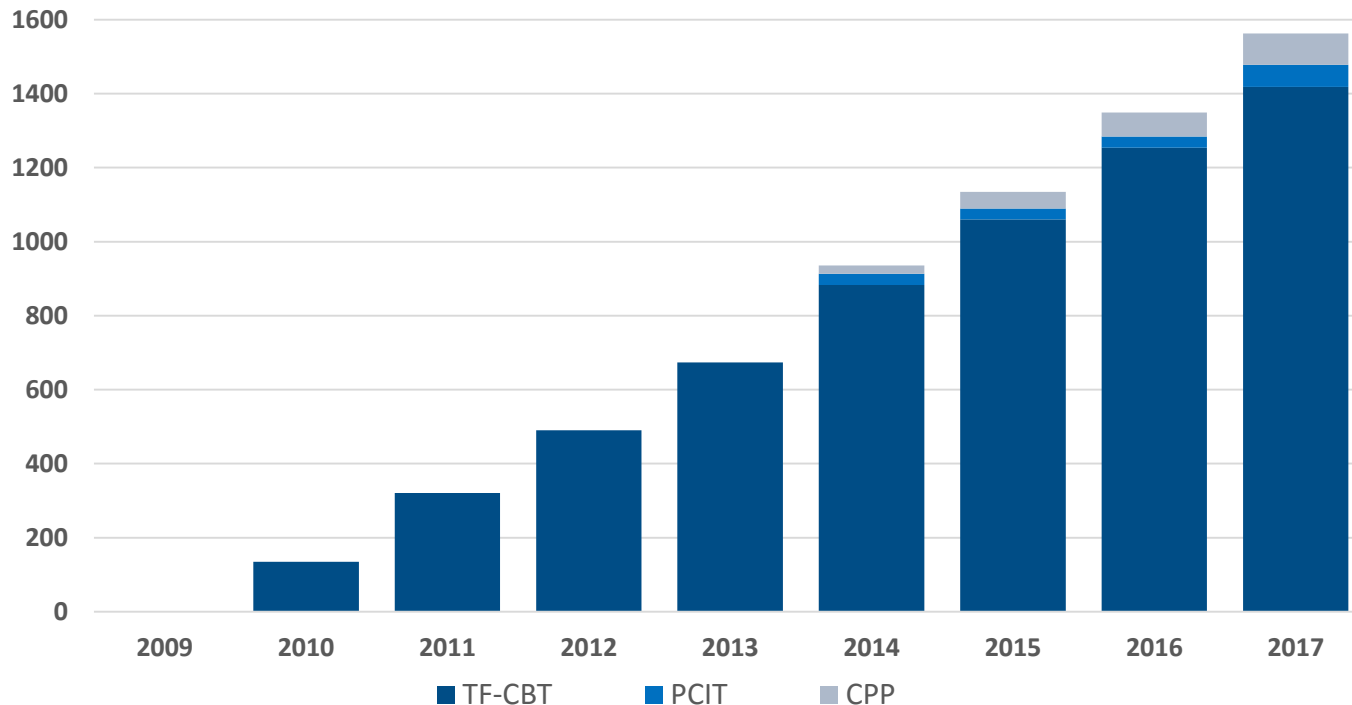
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Building a Trauma-Informed State

Numbers of Trained Clinicians in
Evidence-Based Treatments for Child Trauma



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Helping Children Recover

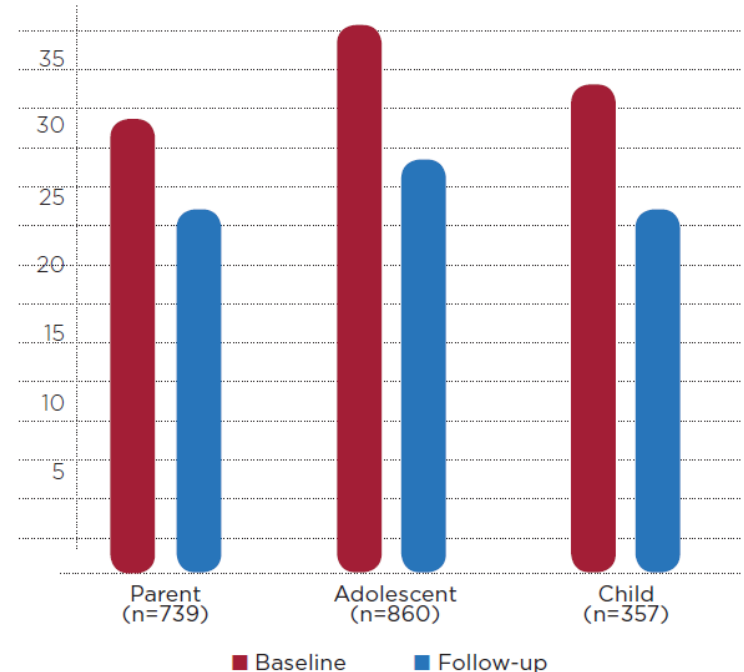
We know treatment works because we keep track of how children and families are doing through the **ARBEST WebPortal**.

OVER 40,000



Children Registered in ARBEST WebPortal and Served with Evidence-Based Treatments

UCLA PTSD Average Scores at Baseline and Follow-Ups



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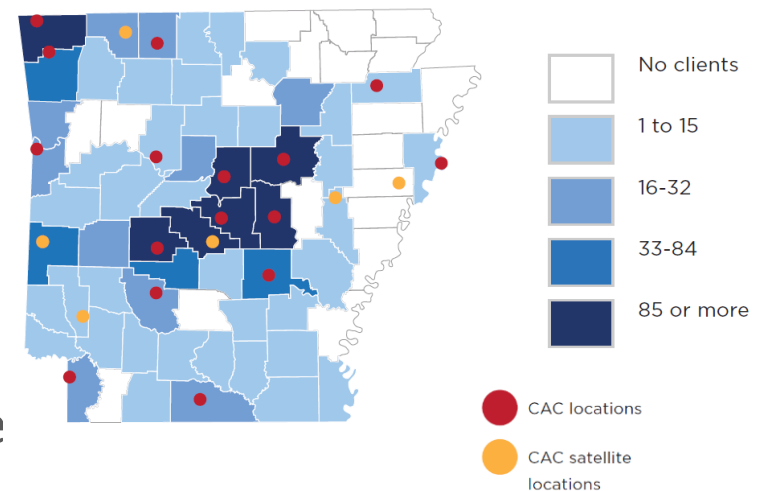
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Statewide Collaboration

- **Provide technical support to 16 child advocacy centers** and distribute over \$500,000 annually to support mental health services in CACs
- **Trained thousands of child welfare staff, child care providers, court personnel, teachers and other professionals** in trauma-informed care
- Work with partners on **projects to support high need populations** such as commercially sexually exploited children

Clients Seen by CAC-Affiliated MHPs (n=1477) in FY18



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What is a Trauma Informed School?

A school system in which all school staff, students, families, and community members recognize and respond to the behavioral, emotional, relational, and academic impact of traumatic stress.



10 Core Areas of a Trauma Informed System

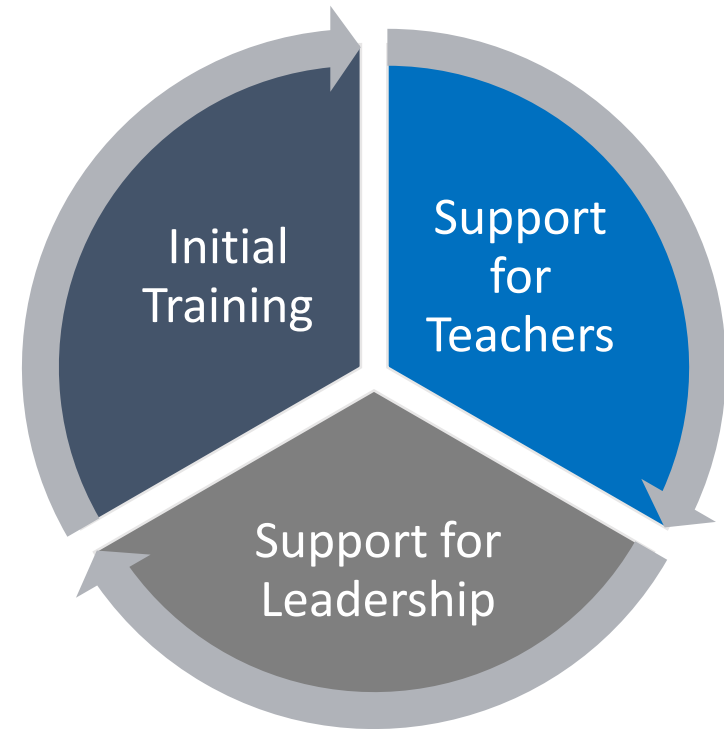
- 1. Identification:** School policies that support the identification of students with trauma exposure
- 2. Intervention:** Access to evidence-based interventions for families
- 3. Staff Education:** Training to help school staff understand trauma's impact on learning and ways to build student coping skills
- 4. Partnership:** Inclusion of students and family members in planning
- 5. Trauma-Informed Classrooms:** Modeling of healthy social-emotional skills and integration of trauma-informed practices

10 Core Areas of a Trauma Informed System

- 6. Cultural Responsiveness:** Training in differences in individual experiences and responses to trauma, including help-seeking
- 7. Crisis Response:** Clear procedures to mitigate, prepare for, respond to, and recover from emergencies/crises
- 8. Support for Staff Wellness:** Help for school staff to respond to and recover from traumatic events
- 9. School Discipline:** A balanced between ensuring safety and building skills of children with trauma-related behavioral concerns
- 10. Cross-System Collaboration:** Partnership to ensure trauma-informed approaches across the school and community

Collaborative 3 Pronged Approach

1. **Initial training** for all school personnel
2. **Additional training** and support for teachers on classroom strategies
3. **Support for leadership** team to design, implement and monitor trauma informed system changes



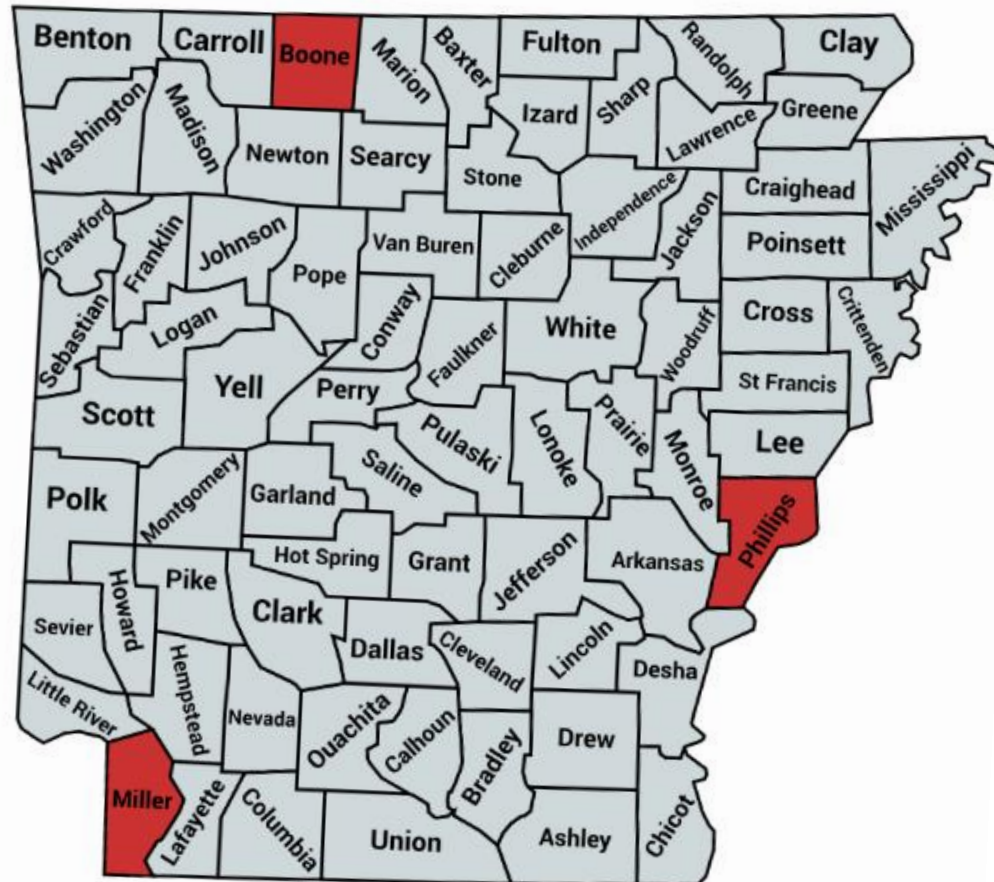
Our Role in Arkansas AWARE



- Provide trauma-informed care trainings to school personnel in all three target districts.
- Provide training and ongoing consultation support for school-based mental health therapists in Trauma-Focused Cognitive Behavioral Therapy, a short-term treatment that works for children ages 3-18 and their parents.



Targeted Counties in Arkansas AWARE



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Building Trauma-Informed Schools Together



Alone we can do so little; together we can do so much.

- Helen Keller

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Questions?

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