



Improving Education for At-Risk Youth Creating Trauma Informed Systems

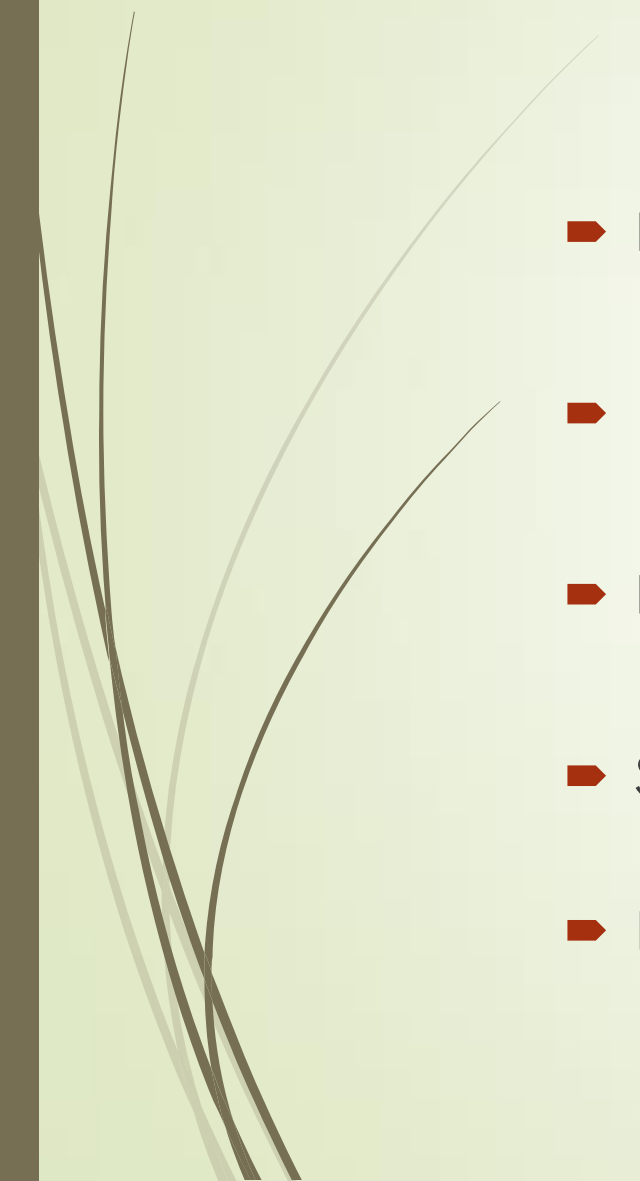
Presented to Illinois Action for Children

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About IEA

- Pre-K -12 Classroom Teachers
 - Educational Support Professionals
 - Higher Ed
 - Students
 - Retired
- 



Educational Reform

Address achievement gaps

Laser like focus on teachers, teacher policies and testing

- tenure
- evaluation
- dismissal

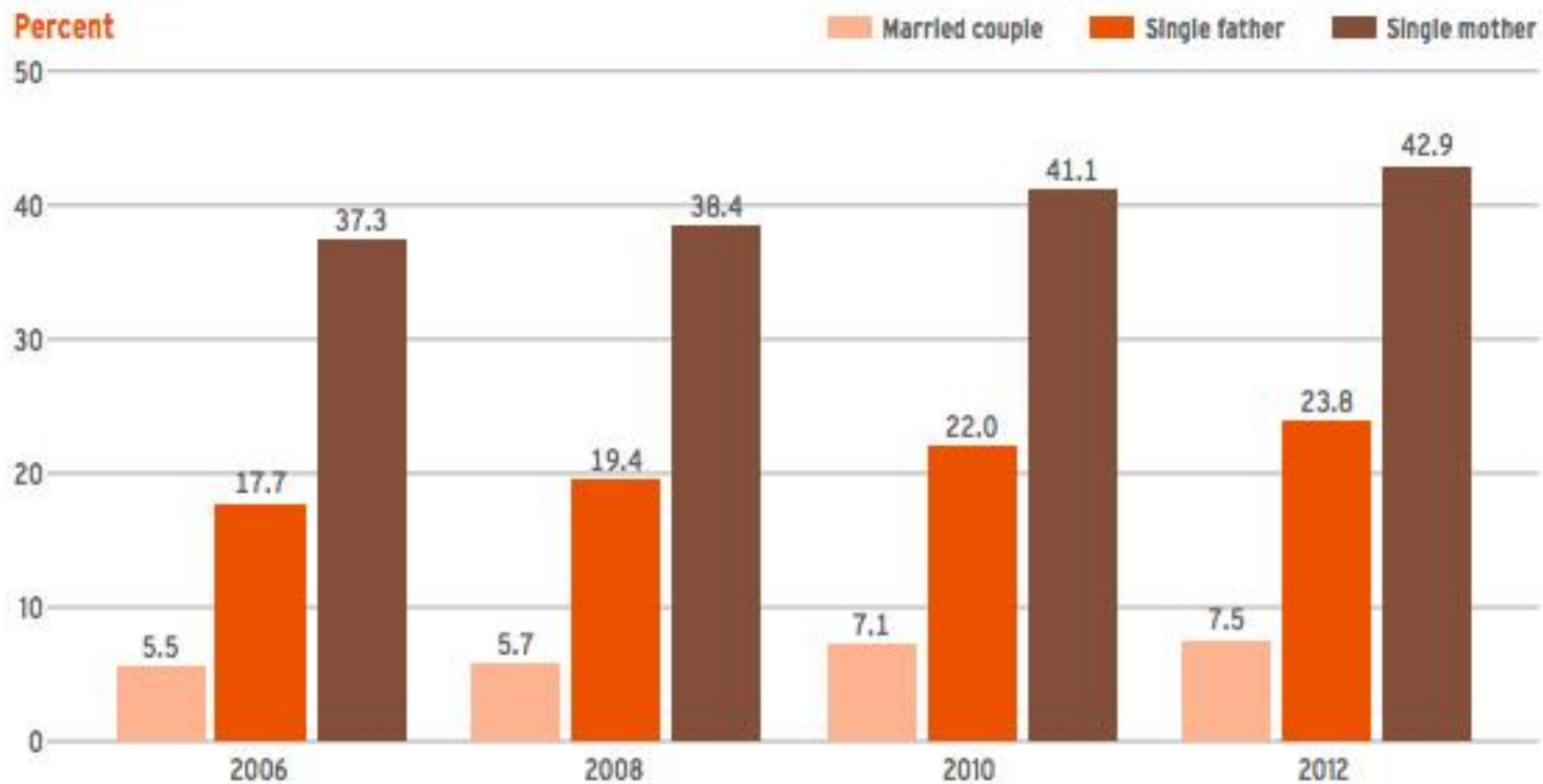
No excuses mindset

The Prize by Dale Russakoff



\$100 Million dollars to “fix” the Newark Schools
become the education model for the country

Poverty Rates for Families with Own Children by Family Type



NOTE "Own children" refers to the biological, step, or adopted children of a householder (i.e., one of the people who owns or rents a residence).

SOURCE U.S. Census Bureau, American Community Survey, 2005-2007, 2007-2009, 2009-2011, 2011-2013 (3-year pooled data).

About half of all single mothers have never been married; the remainder are divorced, separated, or widowed. [U.S. Census Bureau, Current Population Survey]

Illinois Poverty

Illinois Children in Poverty

The number of Illinois children living in poverty has increased by one-third since 1999.



SOURCES U.S. Census Bureau, Census 2000 and American Community Survey, 2005-2007, 2007-2009, 2009-2011, 2011-2013 (3-year pooled data).

Recent data from Illinois State Board of Education says 54% of Illinois children live in poverty. An increase of 2% since 2012.




Poverty, Food Insecurity, and School

Food insecure children are more likely to be behind in social skills and reading performance in kindergarten. By elementary school they are four times more likely to need mental health counseling. Risks keep accumulating: malnutrition from childhood food insecurity has been linked to adult diseases including diabetes, hyperlipidemia and cardiovascular disease. The stress and anxiety of early childhood hunger also make it harder to learn skills that help later relationship development, school success and workplace productivity.



Toxic Stress

- ▶ ACE's – Felitti and Anda, 1998
 - ▶ The most important scientific study on health that most doctors and educators don't know about...
 - ▶ Adverse childhood experiences are the most basic cause of health risk behaviors, morbidity, disability, mortality, and healthcare costs.
 - ▶ Toxic Stress includes but goes beyond ACEs
- 



What are ACEs?

ABUSE

1. Physical
2. Sexual
3. Emotional

NEGLECT

4. Emotional
5. Physical

HOUSEHOLD DYSFUNCTION

6. Domestic violence
7. Substance abuse
8. Mental illness
9. Parental divorce/separation
10. Household member incarcerated

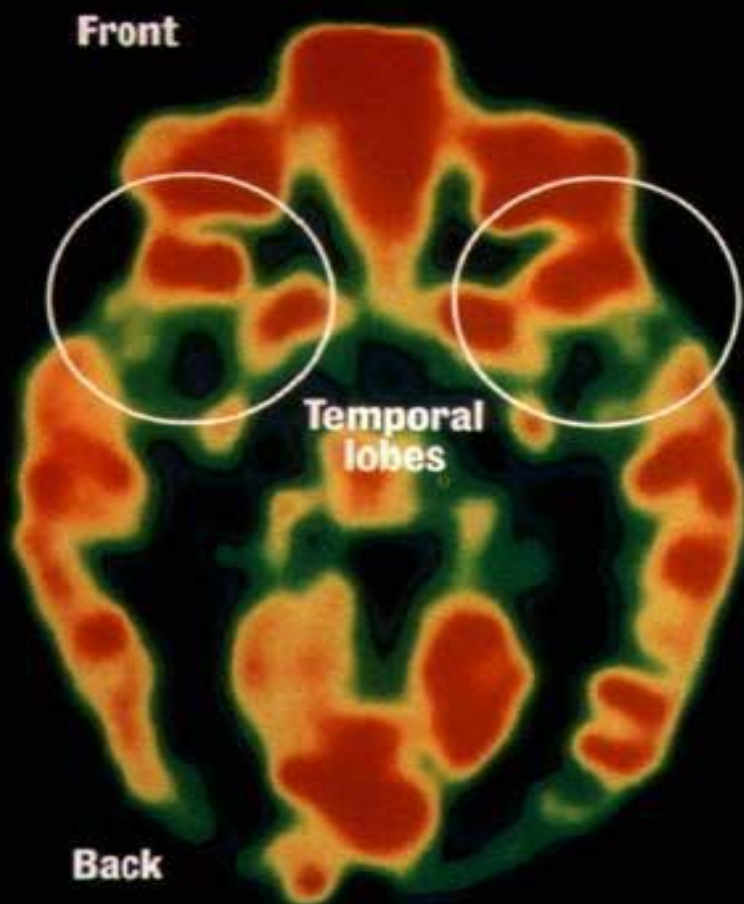


Video

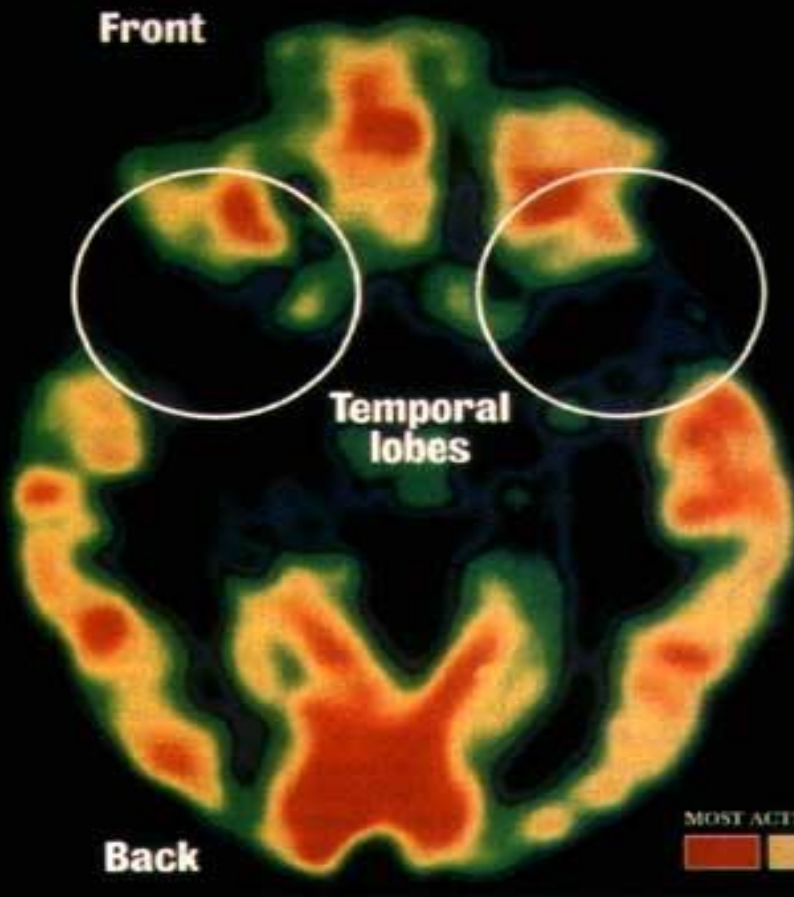
<https://www.youtube.com/watch?v=apzXGEbZht0>

Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front



An Abused Brain

This PET scan of the brain of a Romanian orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.





Mitigating the Effects of ACEs

- The presence of a stable, caring adult
- School policies that are “trauma informed”
3 Rs Regulate, **Relate**, Respond
- Physical exercise



Partnership
For Resilience

Southland Activities

- Mental Health First Aid for Teachers
- Mindfulness for Teachers
- ACEs 101
- Parent University
- Health Assessment
- Creating Trauma-Informed Systems conference





Intervention Works

- ▶ Triple P Population Trial

 - ▶ Previ Sci (2009) 10:1-12

- ▶ Know Me, Know My Name

<http://www.ieane.org/resources/know-me/>

- ▶ Paper Tigers



Questions and Comments

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

➤ Margaret Meade

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