

# CHILDHOOD TRAUMA

A NATIONAL HEALTH CRISIS

PRESENTED BY THE MES TRAUMA TASK FORCE:  
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# MEET THE TEAM!



# WHAT IS TRAUMA?

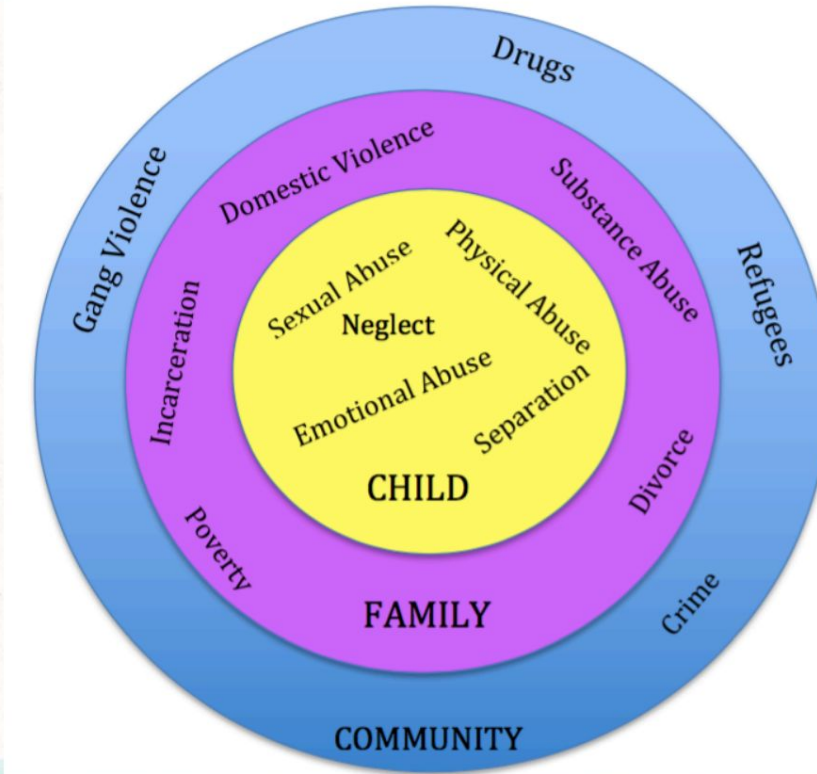
WHEN A PERSON IS OVERWHELMED  
BY SOMETHING THEY CANNOT  
CONTROL

**SINGLE EVENT-** ONE EVENT THAT RESULTS IN TRAUMA  
IMPACTING INDIVIDUAL.

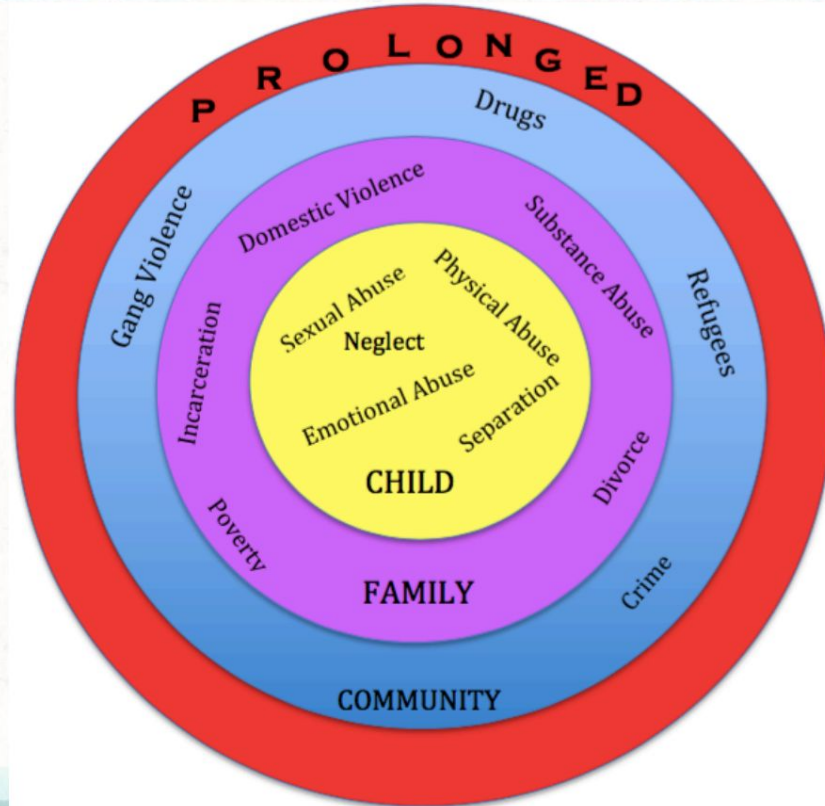


**COMPLEX TRAUMA OR  
DEVELOPMENTAL-** COMPLEX TRAUMA IS OFTEN  
PLANNED, EXTREME, ONGOING AND/OR REPEATED.

# Trauma is...



# Developmental Trauma is....



# SO WHAT IS ACES?

## THE ADVERSE CHILDHOOD EXPERIENCES STUDY

- \*INCLUDED OVER 17,000 PARTICIPANTS—MOST MIDDLE-CLASS, WHITE AMERICANS

- \*DISCOVERED THAT THERE WERE 10 CHILDHOOD EXPERIENCES THAT HAD AN IMPACT ON A PERSON'S OVERALL HEALTH LATER IN LIFE. THE MORE "ACES" THE MORE LIKELY TO HAVE A SIGNIFICANT NEGATIVE IMPACT ON HEALTH

- \*THERE HAS BEEN ONE EXPERIENCE ADDED SINCE THE STUDY WAS FIRST GIVEN

# Types of ACEs

*The three types of ACEs include*

**ABUSE**



Physical



Emotional



Sexual

**NEGLECT**



Physical



Emotional

**HOUSEHOLD DYSFUNCTION**



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



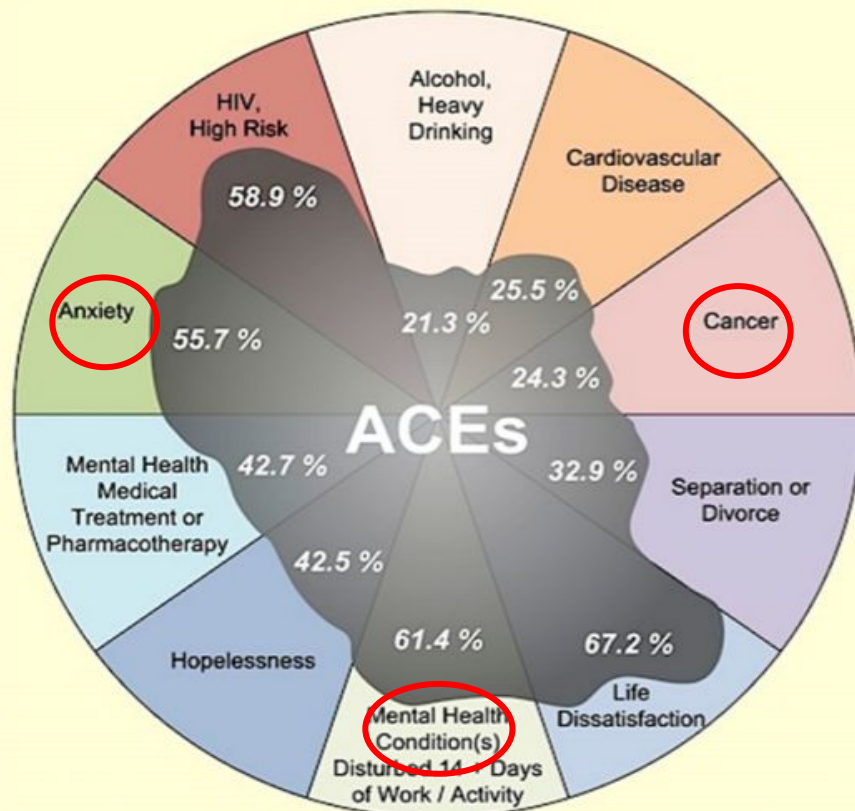
Divorce

**POVERTY**

Types of Adverse Childhood Experiences  
Image courtesy of the Robert Wood Johnson Foundation



# Effects of ACEs on Health



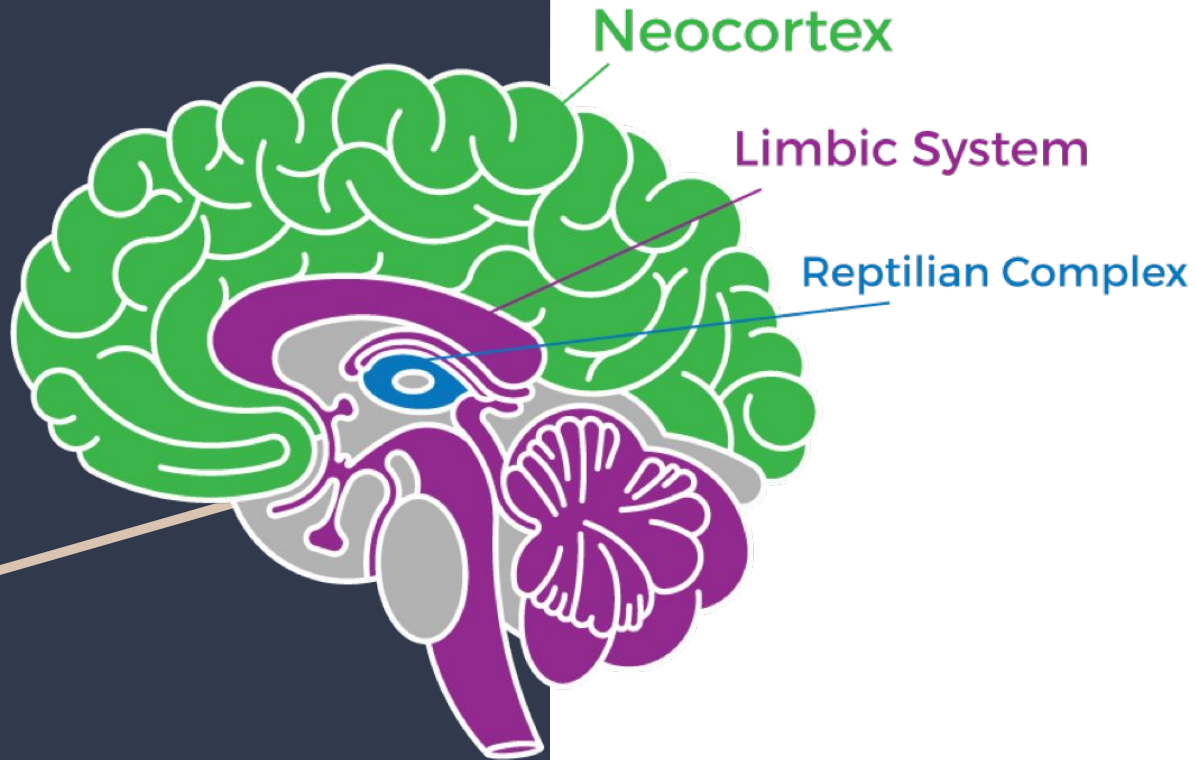


# Prevalence of ACEs in Youth

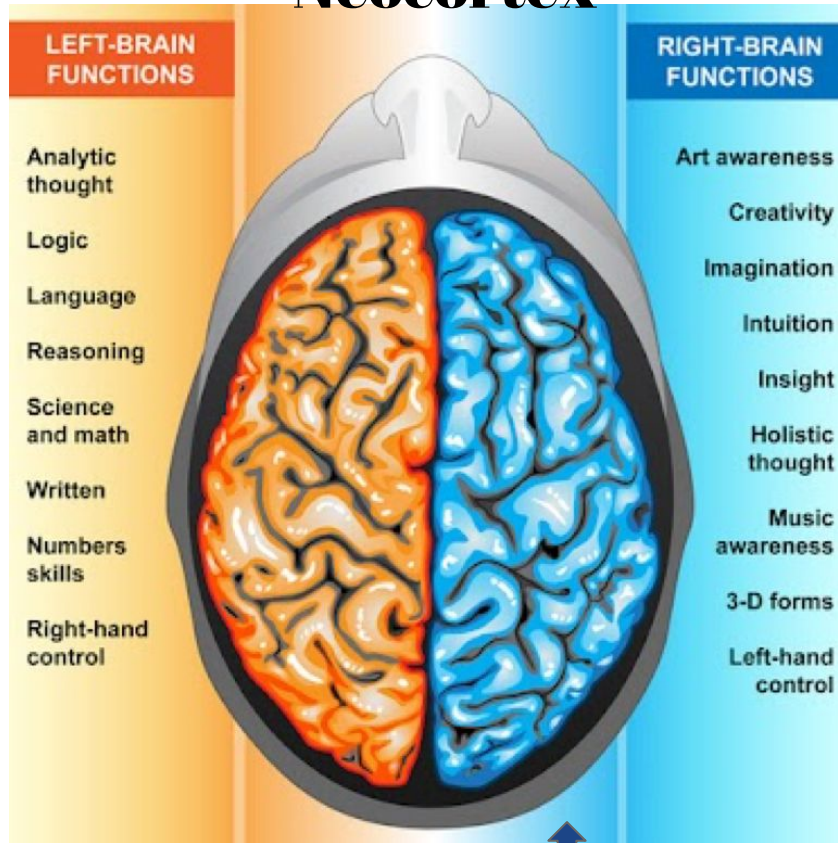


More than 1 in 4 children are traumatized.  
Trauma is in every single classroom... Every day...

# THE HUMAN BRAIN



# Neocortex



**Traditional  
method works  
here ...**

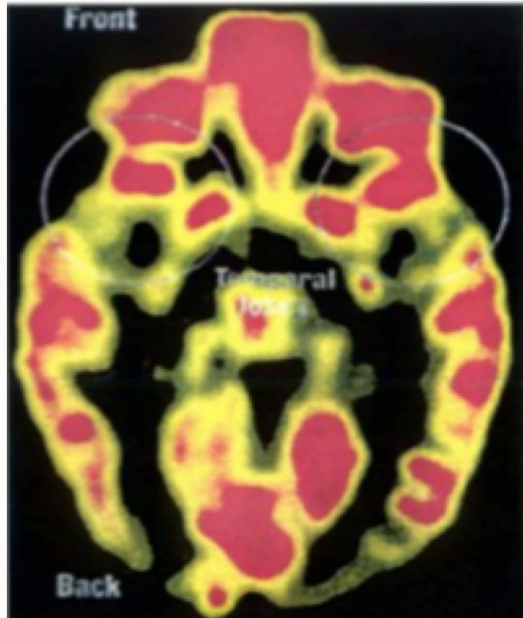
**...yet the  
problem  
lies  
here**

**Limbic System** Motivation & emotion

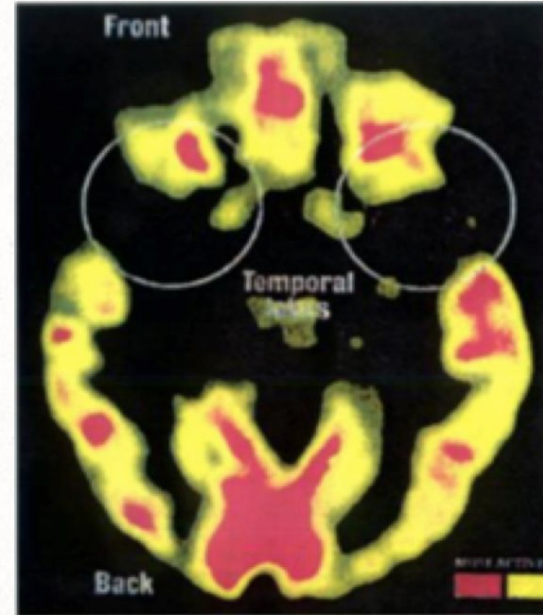
**Brain Stem** Basic body functions, arousal & pain

# A Child's Brain...

Healthy



Abused/Neglected





# WHAT DOES THE TRAUMA INFORMED SCHOOL APPROACH LOOK LIKE AT MES?



# RESPONSIVE CLASSROOM



## Reinforcing Language

Some of you....

Many of you....

What can we do to make \_\_\_\_ even better?

What did you do to help that to happen?

What helped you do that?

**I noticed...**

I see...

**I heard...**

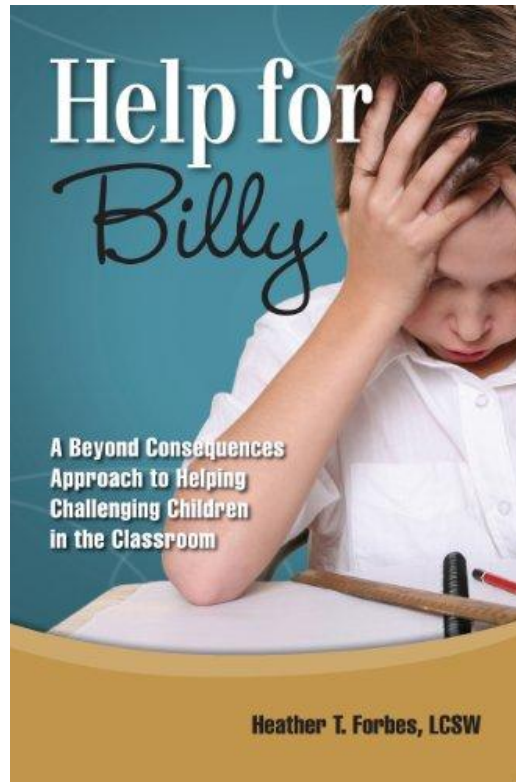
What made you  
decide to do that?

Which of these things were you  
really successful with today?

**How does that feel?**







# BOOK STUDY



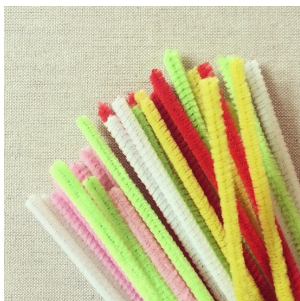


# WALK-TALK-REGULATE + WALK-TALK-REPAIR

## The **ZONES** of Regulation®

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Mean Terrified Yelling/Hitting Out of Control

# TOOLS



# OPEN FORUM

TIME FOR QUESTIONS!

