



Trauma and Mindfulness: Realistic Application

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The Multitagency Network for Students with Emotional/Behavioral Disabilities (SEDNET) is a special project funded by the Florida Department of Education, Division of Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B.



Trauma and Mindfulness: Realistic Application

Speaker:
Charlene Grecsek has a doctorate degree in Counseling Psychology and is a licensed mental health counselor. She has specialized training in infant mental health, crisis incident stress debriefings, suicide prevention mindfulness, and trauma. Dr. Grecsek is the SEDNET Coordinator in the Exceptional Student Education and Support Services Department for Broward County Public Schools. As the SEDNET Coordinator, she works with provider agencies, local funders, local and national grant sources, managed care entities and AHCA to examine needs and challenges. She is a senior leader in the community in these various areas. In addition to her role in Broward Schools, she is an adjunct professor for Nova University and teaches for the Children's Services Council in Broward and Palm Beach County. Prior to her role in the school system, Dr. Grecsek was the Director of a community mental health agency for over 8 years.

Session Objectives:

1. Use at least one techniques to address stress through mindfulness.
2. Identify Adverse Childhood Experiences and Impact on Children in School as related to services needed.
3. List at least one way trauma impacts children and families



"One out of every four children attending school has been exposed to a traumatic event that can affect learning and/or behavior."

The National Child Traumatic Stress Network(NCTSN)





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What is Trauma?

Trauma may be defined as a **real** or **perceived** event/ threat or **series** of events/threats which are so emotionally painful that the individuals ability to cope may be severely compromised or overwhelmed. As a result, behavioral responses may be filtered through the "lens" of trauma.



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Research on Trauma Adverse Childhood Experiences Study

Adverse Childhood Experiences Study (ACE)

- 17,000 participants, longitudinal study
- Half men/half women
- 80% White or Hispanic
- 10% African American
- 10% Asian
- 74% had college educations
- All had health care benefits



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Finding Your ACE Score FYI....

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** or **very often**...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes/ No If yes enter 1 _____
2. Did a parent or other adult in the household **often** or **very often**...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes/ No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Attempt or actually have oral, anal, or vaginal intercourse with you?
Yes/ No If yes enter 1 _____

Finding Your ACE Score (continued) 

4. Did you often or very often feel that ...
 No one in your family loved you or thought you were important or special?
 or
 Your family didn't look out for each other, feel close to each other, or support each other?
 Yes /No If yes enter 1 _____

5. Did you **often** or **very often** feel that ...
 You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
 or
 Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
 Yes /No If yes enter 1 _____

6. Were your parents **ever separated or divorced**?
 Yes /No If yes enter 1 _____

Finding Your ACE Score (continued) 

7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her?
 or
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
 or
Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
 Yes /No If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
 Yes /No If yes enter 1 _____

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
 Yes/ No If yes enter 1 _____

10. Did a household member go to prison?
 Yes /No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score.

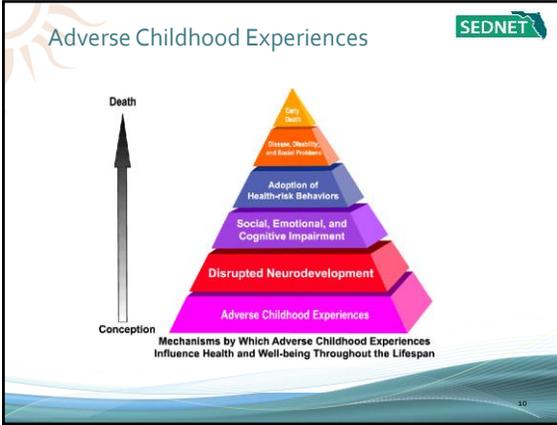
Adverse Childhood Experiences - ACE Score 

➤ **With a score of 4:**

- 260% more likely to be diagnosed with COPD
- 240% more likely to be diagnosed with Hepatitis
- 250% more likely to have an STD
- 460% more likely to be diagnosed with Depression
- 1220% more likely to attempt suicide

➤ **With a score of 6:**

- 4600% more likely to be an IV Drug User



Major Findings

“Childhood abuse, neglect, and exposure to other traumatic stressors which we term Adverse Childhood Experiences (ACE) are common. Almost two-thirds of our study participants reported at least one ACE, and more than one of five reported three or more ACE. The short- and long-term outcomes of these childhood exposures include a multitude of health and social problems.”

CDC Study: “The Relationship of Adult Health Status to Childhood Abuse and Household Dysfunction ” published in the *American Journal of Preventive Medicine* (1998) Volume 14, pages 245–258.

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Trauma In Florida’s DJJ Population

- Data shows very high adverse childhood experiences

3% Youth reporting no ACEs 1,793

97% Youth reporting one or more ACEs 62,536

Sample Size 64,329

ACE Score	Florida’s DJJ
0	2.8%
1	10%
2	16%
3	21%
4 +	50%

Source: Baglivio, M., Epps, N., Swartz, K., Huq, M. S., Sheer, A. & Hardt, N. (2014). The prevalence of adverse childhood experiences (ACE) in the lives of juvenile offenders. *Journal of Juvenile Justice*, 3(2).

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Various Areas of the Brain are Adversely Impacted by Trauma

Hippocampus

- ✓ plays a major role in the experience of certain emotions (fear, anger), and memory
- ✓ also plays a major role in a person's ability to overcome fear responses

Cortisol

- ✓ is a hormone (released when we experience stress) which is helpful in mobilizing the body to respond to the stressful event
- ✓ high levels of may damage or destroy cells in the hippocampus

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Holding a Bell

- Not allow it to ring as you walk- focus on the bell
- Listen to the sound of the bell until it disappears
- Increases awareness of one's internal and external experience.
 - Focus increase
 - Understanding of things
 - Self- Regulation
 - Care and compassion for others
- Difference between telling a child about something and having them experience it.

Mindful Listening

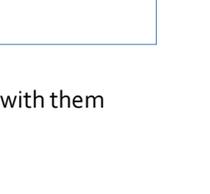
- Tone of voice
- Sound of voice
- Facial Expressions
- Eye contact at person's level
- Non-Judgmental
- Not fixing or solving



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Changing our Mindsets

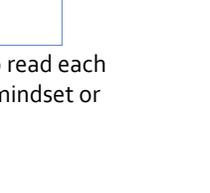
- Fixed vs Growth
- Help our Youth to be Great with them



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Ready Set Go

- You will have 30 seconds to read each area and state if a growth mindset or fixed mindset.



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What did you do?



- Cheat
- Avoid or run away from the challenge (forget it)
- Look for others who did worse than you did?
- Which phrase did you use when you did the first task when doing the second task?





Impactwith Fixed Mindset



- Relationship in your area ...
 - Do you believe innate ability cannot be changed?
 - Trust that others can learn or not.
 - Dummy down the work for others you believe cannot do it..or give strategies to explore and learn..build more neuroceptors in the brain





DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them




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Power of "NotYET vs the Tyranny of Now"

- Carol Dweck
- https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

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It juuust takes a little time,

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THERE is a
difference
BETWEEN
not knowing AND
NOT KNOWING YET.

- Sheila Tobias



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 The Multitagency Network for Students with Emotional/Behavioral Disabilities

Thank You!!

For all you do to support successful outcomes for children and youth with and at-risk of emotional/behavioral disabilities and their families!

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