Trauma Informed Care in School Districts

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Trauma Informed Care

- Trauma-Informed Care (TIC) is a system or program that is knowledgeable and sensitive to the impact of trauma in a person or family’s lives and/or the vulnerabilities of survivors of traumatic events.

- Services are delivered in a way that:
  - Prioritizes safety and avoidance of re-traumatization of all (clients and staff)
  - Fosters client voice, participation, and collaboration
  - Addresses the impact of trauma exposure on one’s illness and their recovery
Project AWARE

• The Texas Education Agency (TEA) was awarded $1.8 million per year for five years from the Substance Abuse and Mental Health Services Administration (SAMHSA)

• Texas Advancing Wellness and Resiliency in Education (AWARE) emphasizes collaboration between TEA and the Health and Human Services Commission (HHSC)

• School-mental health partnerships address the rise in mental health needs post-Hurricane Harvey

• Unified Services for All Children Committee will serve as the advisory council for Texas AWARE
Project AWARE Goals

• Provide workforce development training for educators on trauma-informed strategies and mindfulness practices
• Integrate trauma-informed, evidence-based practices into existing school curricula
• Develop a Trauma-Informed Strategies for Schools Toolkit with online learning modules
Project AWARE Strategies

• Coordinating and linking resources between schools and local mental health authorities (LMHAs)
• Embedding service delivery in the schools to address barriers of distance and transportation for families
• Coordinating community efforts in collaboration with the TEA Texas AWARE Project Director
Trauma-Informed Evidence-Based Practices

• PAX Good Behavior Game

• Cognitive Behavioral Intervention for Trauma in Schools

• School-Based Trauma and Mindfulness Training
Emergency Response Grant

• HHSC’s Disaster Behavioral Health Unit was awarded a SAMHSA Emergency Response Grant (SERG) in Fall 2018

• Total amount awarded: $4.3 million
  o Mental health: $2.3 million
  o Substance use disorder: $2 million

• Grant period: 11/1/2018 – 10/31/2019

• The grant will support recovery in the region affected by Hurricane Harvey by:
  o Building local behavioral health service capacity
  o Providing mental health, substance use disorder, and prevention training
SERG and Trauma-Informed Care

• LMHAs partner with schools in their areas to provide mental health services:
  o Coastal Plans Community Center
  o Gulf Bend Center
  o Gulf Coast Center
  o Spindletop Center

• Trauma-informed care specific activity:
  o Provide Trauma-Informed Care Train the Trainer to community members
  o HHSC and TEA are coordinating efforts to avoid duplication and maximize resources
Best Practice Resources for Schools

Texas Health and Safety Code, Section 161.325:
- HHSC coordinates with TEA and Education Service Centers annually to update a list of recommended best-practice programs and research-based practices for public school implementation

- The list includes programs for:
  - Trauma-informed practices
  - Building skills for managing emotions
  - Safe and supportive school climate

- Best practices are published on TEA’s website for use by school leaders and educators
Postvention Support

- HHSC coordinates with TEA to provide postvention and support to schools in the aftermath of a student suicide, death, or violent incident
- HHSC coordinated response is informed by Children’s Mental Health, Suicide Prevention, and Disaster Behavioral Health
- Both immediate and long-term supports are provided to mitigate the impact of trauma on the school community