

## Helpful Resources on Trauma and Building Trauma Informed Schools

1. Prevent Child Abuse Minnesota: [www.pcamn.org](http://www.pcamn.org)
2. The mission of the National Child Traumatic Stress Network is to raise the standard of care and increase access to services for traumatized children, their families and communities throughout the United States. This website includes a PDF entitled “Child Trauma Toolkit for Educators”. <http://www.nctsn.org/>
3. The Trauma & Learning Policy Initiative is full of valuable resources on building Trauma Sensitive Schools: <http://traumasensitiveschools.org/>
4. **AMBIT**: The aim of **AMBIT Network** is to make high quality care more accessible for traumatized children and families in Minnesota and beyond. <http://www.cehd.umn.edu/fsos/projects/ambit/>

Exposure to trauma and toxic stress impacts a young person’s learning, behavior, brain development and ability to develop relationships with others. School social workers play a critical role in a school’s ability to respond to the signs and symptoms of trauma constructive ways. Utilizing a trauma informed framework, allows SSWs to coach school staff to re-frame thinking that negative behaviors are based solely on student choice to viewing students as wanting to do well, but lacking the skills to get needs met or having developed misunderstood patterns of behaviors in response to challenges in their life. A trauma informed response to behaviors include re-teaching expectations, recognizing that behavior is communication and providing students with unconditional regard for them as a person, even when their behavior is difficult. Social work methods, such as self determination, strengths perspective, rapport building are methods the SSWs utilize to mitigate the effects of toxic stress.