

An illustration of six diverse people of various ages and ethnicities holding a large white banner. From left to right: a woman with long red hair wearing a teal shirt and dark overalls; a man with dark hair in a yellow shirt with arms raised; a woman with dark hair and glasses in a pink top; a woman with long white hair in an orange top; a man with a beard and glasses in a teal jacket over a yellow shirt; and a man with blonde hair in a dark blue sweater and teal pants. The background features a grid of orange dots on the left and blue diagonal stripes on the right.

# Trauma Informed Emergency Safety Procedures

Mental Health and Wellness  
Parent Seminar Series

Alison Lyons, Kelly Ventura, Fiona Brown, Shoko Brown

# Today's Overview



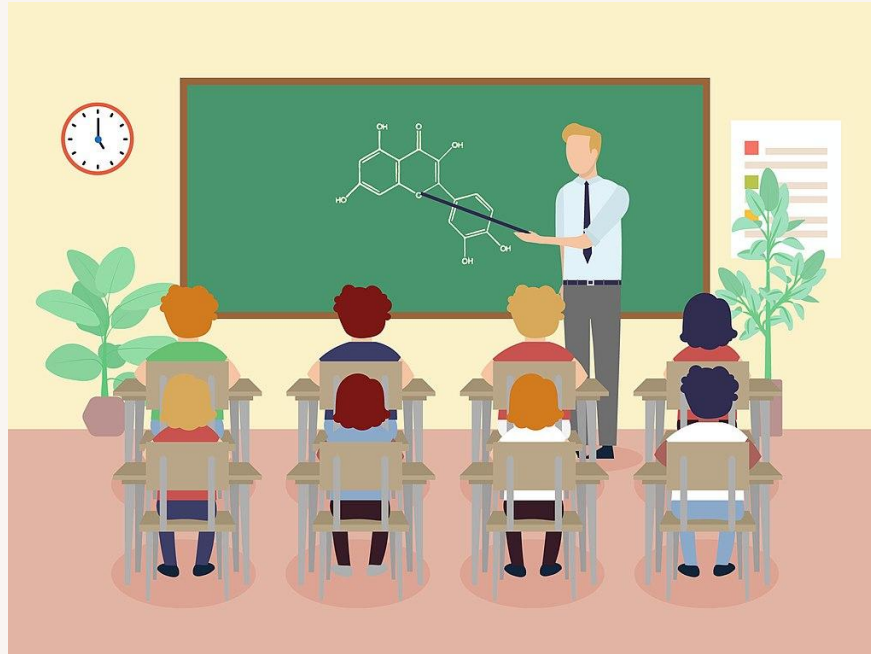
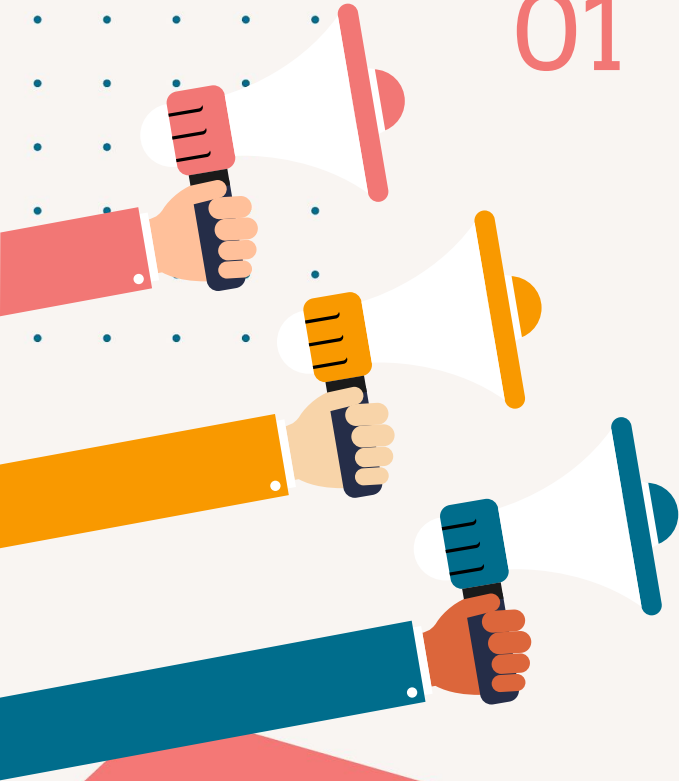
**01** WHAT IS "TRAUMA INFORMED"?  
Who does it apply to and when?

**02** UNDERSTANDING ACES  
What the ACE study taught us about the resilience and empowerment of our children.

**03** TRAUMA INFORMED ACTIONS  
How teachers are trained to respond from a trauma-informed perspective

**04** INTRODUCTION OF MANDT & UKERU  
Introducing safety procedures that LCPS uses to implement these principles

# 01 WHAT IS "TRAUMA INFORMED"?





"TRAUMA COMES BACK AS  
*a reaction,*  
NOT A MEMORY".

-BESSEL VAN DER KOLK

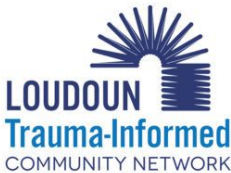
*christy leigh*



# 02 UNDERSTANDING ACES

## UNDERSTANDING Adverse Childhood Experiences

Building Self-Healing Communities





## Positive Stress



Short, stressful events like meeting new people or starting the first day of school are healthy for brain development. They prepare the brain and body for stressful situations later in life.

## Tolerable Stress



Tragic, unavoidable events like a natural disaster or losing a loved one aren't good for us. But if supportive caregivers are around to buffer the stress response, these events won't do lasting damage to the brain and body.

## Toxic Stress

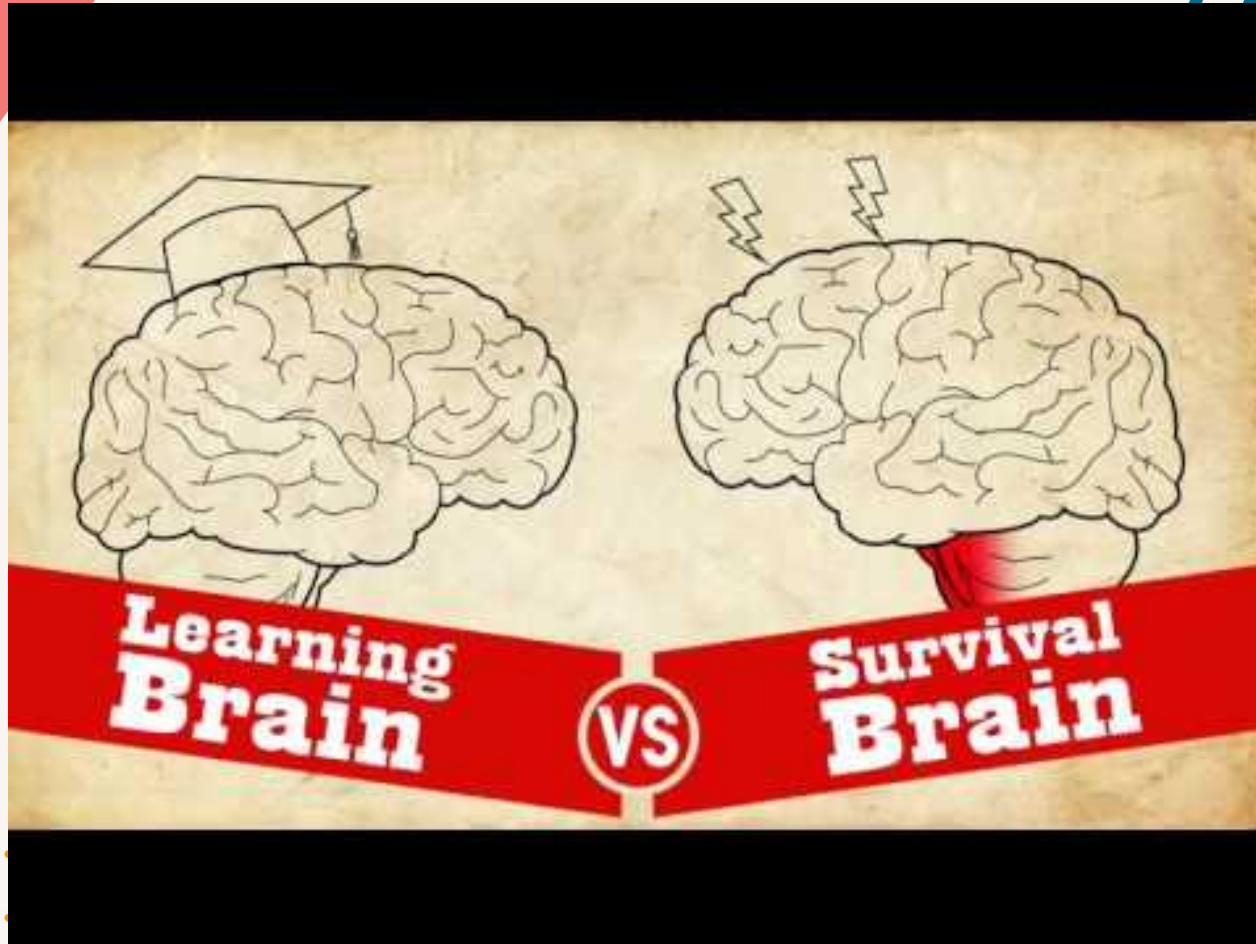


Ongoing, repeated exposure to abuse or neglect is bad for brain development. If no supportive adults are present to help buffer the stress response, stress hormones will damage developing structures in the child's brain. The result is an increased vulnerability to lifelong physical and mental health problems, including addiction.

# Adverse Childhood Experiences

ACEs are prevalent, compounding and clustering. This discovery along with brain science on toxic stress enables us to understand resilience.







# It's all connected

## Relationships

"Relationships are the antidote to trauma."

- Dr. Linda Darling-Hammond,  
Stanford University



## Resilience

Sense of Hope  
Supportive relationships &  
Access to Help  
Community Reciprocity  
Social Bridging



## 03 TRAUMA INFORMED ACTIONS

### Training for staff...



Teachers and staff are taught that they can be trauma informed in their approach to everything from their classroom set up, daily interactions, responding to unwanted behavior, to addressing children in crisis.

### To help...

Teachers and educators know how to create psychologically safe classrooms, recognize trauma-related behaviors and address them.

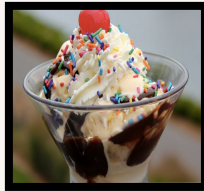
### Resilience in Schools

We provide specific strategies through the work of Dr. Isaiah Pickens that help teachers create deeper connections with their students.

# What does that look like?



Here is where most of the work happens



Tier 1 practices that align with this work:

- [Social Emotional Learning](#)
- [Restorative Practices \(RP\)](#)
- [Positive Behavior Interventions and Supports \(PBIS\)](#)
- [Equitable and Culturally Responsive system framework](#)
- (Morning Meeting, Advisory)

# Mental Health Professionals on the Unified Mental Health Team

**School Counselor**

Primary point of contact

**Student Assistance Specialist**

substance use prevention programming

**School Psychologist**

Behavioral interventions

**School Social Worker**

Connection to community resources

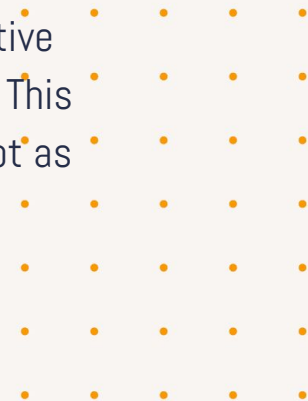
The UMHT provides mental health consultations, responsive services and counseling support

Tier 1, 2 & 3



## 04 INTRODUCTION TO UKERU

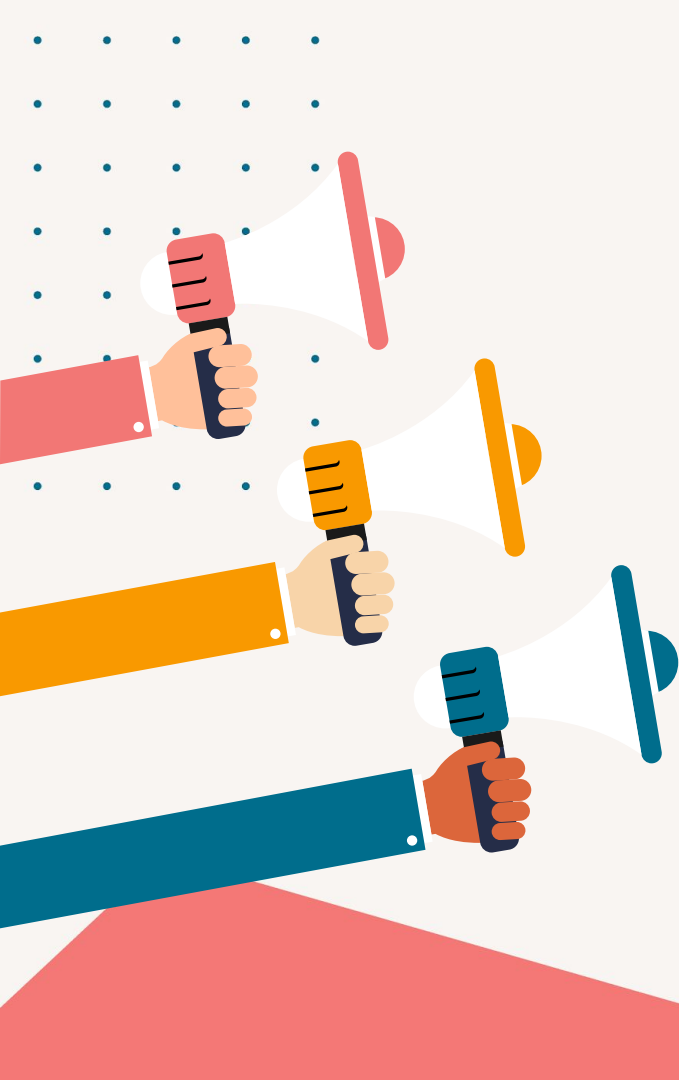
Ukeru is a trauma informed crisis management strategy that uses physical techniques and cushioned blocking pads to manage physically aggressive behavior. Participants are trained on using a trauma informed approach, as well as certified to use Ukeru pads to protect students, others, and themselves during physically aggressive behavioral episodes. When possible, Ukeru can be used as an additional de-escalation tool to avoid the use of restrictive emergency procedures such as restraint and seclusion. This strategy is intended to be used in addition to MANDT, not as a replacement.





## Ukeru Concepts Include..

1. Providing *comfort versus control* when students are in crisis.
2. Increasing the distance between the staff member and the student.
3. Trying to keep space between the pad and the student.
4. Telling the student why you are using the pad and what you are going to do with the pad.
5. Using body positioning to direct a student's movement instead of physical touch.





# The Mandt System...

## 1. Building Healthy Relationships

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# The Mandt System

“Mandt is a comprehensive approach that focuses on building healthy relationships, healthy communication and healthy conflict resolution skills to de-escalate and if needed Physically intervene if there is an immediate threat of harm”.

“Mandt integrates knowledge of one’s neurobiological impact of trauma with the basic principles of positive behavior and supports”

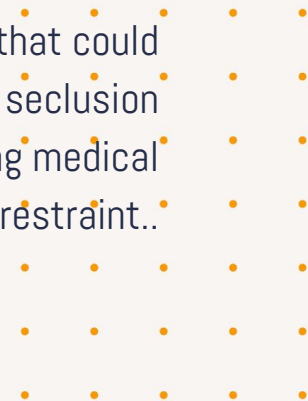


Mandt@1975





# Mandt concepts

1. Building healthy relationships
  2. Developing healthy communication skills
  3. Implementing healthy conflict resolution skills
  4. Integrating a trauma informed approach
  5. Concepts and skills of assisting and supporting
  6. Assess and respond to physical aggression in order to prevent further aggression that could result in a restraint or seclusion
  7. Concepts of Physical restraint including medical risks that can be associated with a restraint..
- 



# Thanks!

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Shoko Brown, School Psychologist

Alison Lyons, Behavior Specialist Mandt

Kelly Ventura, Behavior Specialist Ukeru

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