



## Trauma Informed Care Train-the-Trainer

Akron Children's Hospital, in collaboration with the State Support Team Region 8 and Summit ESC is offering a free comprehensive training to school districts. This train-the-trainer is designed to help schools better understand how students experience traumatic events and how to help them through this challenging time.

\*Each session will be held from 9:00 am – 3:00 pm at the Summit Educational Service Center, 420 Washington Ave., Cuyahoga Falls, OH 44221.

To register email Maureen Cacioppo at [maureenc@sst8.org](mailto:maureenc@sst8.org) or call at 330 929-6634 extension 511219.

Target Audience: Districts should send representatives from buildings that are able to bring back, share, and assist in integrating this information into their current PBIS Framework and plan.

### **Session 1: December 4, 2018**

#### **An Introduction to Trauma**

This component covers the basics of trauma, what types of trauma students may face, and how trauma can affect a student's physical, emotional, and cognitive abilities.

#### **Managing Trauma in the classroom**

This component covers techniques to prevent a trauma based reaction in the classroom and what to do if a child is acting out in the classroom.

### **Session 2: January 8, 2019**

#### **Increasing Developmental Assets**

The workshop will define the 40 Developmental Assets developed by The Search Institute. The Developmental Assets have been proven to increase a child's cognitive, emotional, and physical well-being. Participants will leave this workshop with a new perspective of the strengths of children and will be provided tools to build resiliency in those they care about the most!

#### **Recognizing the Secondary Traumatic Stress**

This component works with the educators to recognize their own compassion fatigue or burnout. It covers techniques for staff to use to

relax, keep balance, and continue to help students in need.

### **Session 3: February 12, 2019**

This session will be dedicated planning time for districts, with support from the presenter. Districts will have the opportunity to troubleshoot coaching concerns, plan ongoing support within the district on all topics covered in earlier sessions, and discuss dissemination of this information to all relevant stakeholders within the district.

Melissa McClain is a graduate of Kent State University and is the Community Education Program Coordinator at Akron Children's Hospital. She is responsible for a social and emotional learning curriculum that includes K-12 classroom education as well as psychological trauma education for educators and other professionals who work in a school environment. Since 2006, Melissa has educated over 68,000 students, school staff and community members. She has worked with over 150 Ohio school buildings and community organizations that work with youth and has also been lucky to travel to speak for state and national audiences on teen dating, emotional literacy, bullying, and psychological trauma.