

A-State PBIS Resource Center News

May 2022

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Upcoming Events

PBIS Sharing & Planning Day in May at A-State

>>REGISTER BY MAY 5th!!<<

[Join us on Thursday, May 19th at 8:30am](#) at A-State for a day of sharing and planning with other PBIS schools in Arkansas! Whether you're new to PBIS or a veteran, it's always great to learn and grown. A-State will facilitate the day, but this is really a day for school PBIS teams to reflect on this year and get ready to kick-off a great 2022-2023 school year! **Only \$10 per person.**

Summer Professional Development Opportunities

June 14th

- Trauma-informed Practices in PBIS (1/2 day - morning)
- Culturally Responsive Practices in PBIS (1/2 day - afternoon)

June 15th:

- PBIS Team Booster Training (full day)

June 16th:

- PBIS in the Classroom (1/2 day - morning)
- Check-in, Check-out Tier II Intervention (1/2 day - afternoon)

July 12th:

- Trauma-informed Practices in PBIS (1/2 day - morning)
- Culturally Responsive Practices in PBIS (1/2 day - afternoon)

July 13th:

- PBIS Team Booster Training (full day)

July 14th:

- PBIS in the Classroom (1/2 day - morning)
 - Check-in, Check-out Tier II Intervention (1/2 day - afternoon)
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Event Information

May PBIS Networking Session

Join us this month to virtually network with other amazing PBIS schools throughout our state. A-State PBIS Resource Center staff will be on hand to guide the discussion and provide FREE Coaching and Technical Assistance.

RSVP below to receive the Zoom link!

When?

Tue, May 17, 2022, 02:30 PM

Integrating Trauma-Informed Supports into PBIS

This school year is winding down which means it's a great time to start planning for how you will start your next school year! The PBIS framework focuses on systems and practices for supporting staff and students to achieve overarching goals for successful students. This article focuses on creating a supportive environment for students who have experienced adverse events that make it difficult for them to cope. Trauma can be simple or complex, and even generational. Here are some strategies for integrating trauma-informed components into your PBIS practices in the classroom.

What does trauma-informed mean for teachers?

- Recognizing the prevalence of trauma and the impact it has on students
- Creating a classroom environment that reduces the impact of trauma
- Having specific strategies for helping individual students whose trauma is affecting their learning and/or behavior

What can teachers do?

The first thing teachers can do to begin building a supportive environment is to build relationships with students, starting on day 1. To make the most impact, relationships should express care, challenge growth, provide support, share power, and expand possibilities.

How can you build these relationships?

- Practice active listening.
- Push students to do their best.
- Set boundaries.
- Help students through the hard times.
- Give students a voice in decisions that affect them.
- Give students opportunities to lead.
- Help students imagine a better future.
- Introduce students to people and opportunities that can help them grow.

Teachers need to take care of themselves, too! **Self-regulation and self-care** will help teachers be better equipped to help students with trauma.

What are some strategies for integrating trauma-informed supports into PBIS?

- Include a classroom matrix component (e.g., 'when you feel upset...') and give students options for appropriate behaviors (e.g., asking for a break is a 'Responsible' behavior when feeling upset).
- Teach students how to self-regulate (e.g., talk about emotions and how they relate to behavior, model regulation for students, teach specific strategies—such as breathing—and practice them as a whole class).
- Use acknowledgements as a way to build relationships with students. Students with trauma may not respond to extrinsic motivation - they need the positive interaction. Be sure to acknowledge students often for practicing self-regulation! This will help them change their brain's response.

Check out the link below from the Center on PBIS, and also see the **Resources** section below for links to more in-depth information on trauma and supporting students with trauma. Be sure to use the **Action for Happiness Calendar** below to take care of yourself.



Center on PBIS | Resource: Integrating trauma Informed Support in MTSS

Slide Deck: This presentation answers the questions: How can trauma-informed interventions enhance the PBIS/behavioral health system in schools? / When should trauma-informed approaches be used and at what tiers? / How can the core features of an Interconnected Systems Framework (ISF) support and guide the implementation of trauma-informed approaches in schools?

🔗 pbis.org

GRANT OPPORTUNITY! 🔗

Project Prevent Grant Program

[This program](#) provides grants to local educational agencies (LEAs) to increase their capacity to help schools in communities with pervasive violence to better address the needs of affected students and break the cycle of violence.

TYPES OF PROJECTS

These projects must offer students:

- access to school-based counseling services, or referrals to community-based counseling services, for assistance in coping with trauma or anxiety;
- school-based social and emotional supports for students to help address the effects of violence;
- conflict resolution and other school-based strategies to prevent future violence; and
- activities designed to promote a safer and improved school environment, which may include activities designed to decrease the incidence of harassment, bullying, fighting, gang participation, sexual assault, and substance use.

Self-Care Calendar for May

Meaningful May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Resources

[Understanding Child Trauma](#) (SAMHSA)

[Trauma Sensitive Schools Online Professional Development](#) (Wisconsin)



The Center for Community Engagement

CCE is a Technical Assistance and Resource Center for PBIS in Arkansas, located at Arkansas State University.

