

About Trauma Smart

Trauma Smart (TS) is a community prevention program of Crittenton Children's Center in Kansas City, MO. Crittenton has provided family mental health services for more than a century.

What is Trauma?

1 in every 4 children experiences violence, abuse or some other traumatic event by preschool. It is also the second highest predictor of academic failure in elementary school and increases the likelihood of dropping out of high school. These experiences can do lasting harm to a child's mental and physical health. By reaching kids early, we can help them heal and improve their chances for success.

Do you know any children at your agency/school who have seen or experienced too much?

The Trauma Smart Approach

We strengthen the whole learning environment to help children develop the skills they need to manage the impact of trauma and succeed in school and life. From teachers to bus drivers to caregivers, we give every adult in your agency/school community the knowledge and the practical skills to help every child thrive. We work with children of all backgrounds and in a variety of settings – from big schools to small ones and from urban to rural communities.

What you will see this year:

1. **Consultation:** Each school will partner with a Trauma Smart Consultant whose purpose is to guide your agency/school along your trauma-informed journey.
2. **The Trauma-Informed Care (TIC) Team:** This team includes staff who are passionate about supporting efforts to become trauma-informed and are willing to commit to modeling trauma-informed work for their peers. These TIC Team members identify needs, barriers, and goals to increase opportunities for a successful implementation of the TS Model. The TIC Team may include representatives from a variety of roles such as leadership, supervisors, and direct service staff.
3. **Staff Training:** Twenty (20) hours of training for all staff involved in a specific agency/school. This includes administrators, teachers, paras, office staff, kitchen staff, bus drivers, etc. Why? Because each of these individuals affect the life of that child in some manner.

4. **Coaching:** Each agency/school with whom we work is asked to designate individuals who have strong rapport with staff to serve as coaches. These individuals are extremely important. All of us have attended conferences in the past where we heard amazing speakers and had multiple “ah hah” moments. But putting that knowledge to practice in the midst of stressful environments and limited resources is difficult. Coaches serve to support staff as they implement what they learn in training.
5. **Smart Connections:** This is the name of our caregiver education component. We know that children spend most of their waking hours in school or with a caregiver. We want caregivers to have access to the same information that staff have so that we can create a common language in the life of the child, and caregivers have the tools they need to deal with trauma and build resilience.
6. **Therapeutic Resources:** We know that there will be a small percentage of children (usually around 5%) who need more intensive, specialized services. We ask that your agency/school have someone with whom they partner to obtain therapy services when needed. Therapists who serve your programs are welcome and invited to attend Trauma Smart training. We can provide a certificate they can submit for CEUs.
7. **Sustaining Support:** Each of the model components serve a unique role that's important to the overall success of the model. To ensure continued implementation over time, your agency/school will identify staff members to attend the Coaching & Smart Connections Academy (in the fall) and the Facilitator's Academy (in the spring). During each Academy participants work closely with Trauma Smart Consultants to begin the development of feasible sustaining plans. These sustaining services allow your agency/school to continue to coach staff, facilitate Smart Connections workshops, and facilitate new hire trainings for years to come.

We look forward to getting to know you this year and to join you on your journey to provide more trauma-informed care for the students and families you care so much about.

We will see you soon!

The Trauma Smart team

For more information, visit the Trauma Smart website: www.traumasmart.org