

Supporting Students
in Times of Stress or Struggle

Pt. II Effectively Contributing to a
Student-Centered Response Plan
March 30th, 2023


1

Remember – We work with
our Whole Selves

*“When I was a boy and I would see scary things
in the news my mother would say to me, ‘Look
for the helpers. You will always find people
who are helping.’*

*To this day, especially in times of disaster, I
remember my mother’s words and I am always
comforted by realizing that there are still so
many helpers—so many caring people in this
world.”*


~Mr. Rogers



2

What to Expect

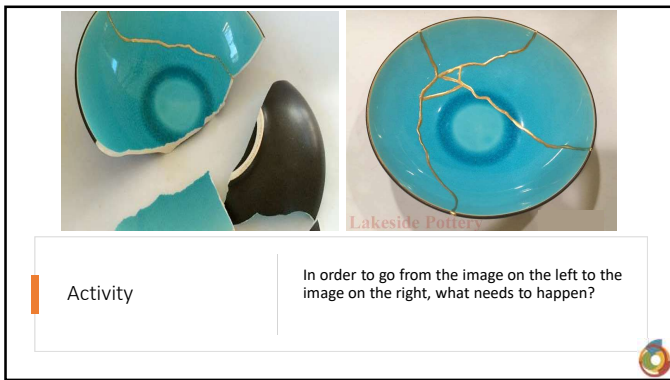
<p>01</p> <p>Explore key activities across the crisis continuum</p>	<p>02</p> <p>Introduce the ARC Model as an approach to student planning</p>	<p>03</p> <p>Refresh best practices for being a member of a student’s support TEAM</p>	<p>04</p> <p>Facilitate practices for ongoing wellness as a caring adult professional</p>
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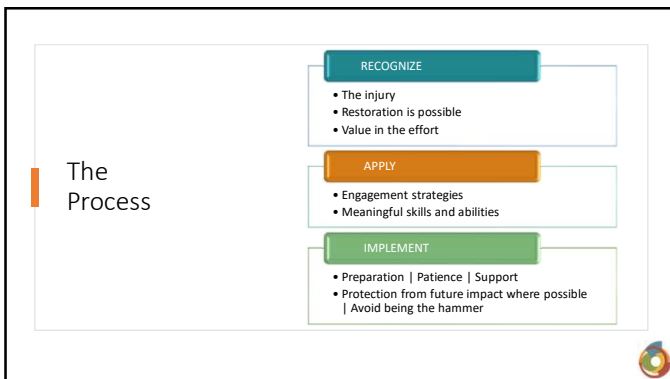
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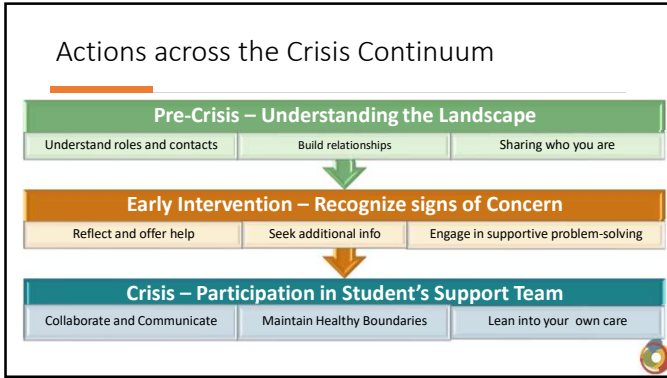
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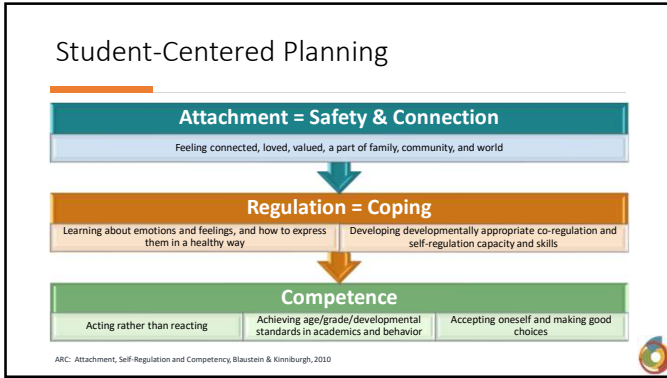
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8

- ### Tips & Tricks for Trauma-Informed Planning
- Begin each meeting with all participants sharing what **they love or value most** about the student
 - Come to a **shared understanding** of the identified challenge
 - Explore **what is known** about the challenge, **what areas need discovery**
 - **Invite feedback** and insight – including from student
 - Brainstorm possible solutions and steps; **Collaborative and Proactive Solutions Approach** (R. Greene)
 - Build **locus of control** as part of the plan
 - **Incremental steps** become higher and/or further apart as you see success
 - **Normalize** that progress may be **uneven**; **preview set-backs**
 - Illuminate incremental progress; provide **targeted feedback**
 - **Adapt and modify** plan as needed, it is a plan that may fail –never the student

9



10

Attachment

Overarching Goal:
Creation of a safe environment (trauma informed system) and safe relationships that support children and adolescents in meeting developmental, emotional and relational needs.

ARC: Attachment, Self-Regulation and Competency, Blaustein & Kinniburgh, 2010

11

Regulation

Overarching Goal:
Support youth ability to safely and effectively manage experience on many levels: emotional, physiological, cognitive, and behavioral; this includes the capacity to identify, access, modulate and share various aspects of experience.


ARC: Attachment, Self-Regulation and Competency, Blaustein & Kinniburgh, 2010

12

Competence

Overarching Goal:
Build the foundational skills needs for healthy ongoing development and resiliency by supporting key reflective capacities, including ability to set goals and make active choices and developmentally appropriate sense of self.


ARC: Attachment, Self-Regulation and Competency, Blaustein & Kinniburgh, 2010



13

Discussion

- What do you already provide or connect students with around:
 - Attachment
 - Regulation
 - Competence
- Where do you find friction?




14

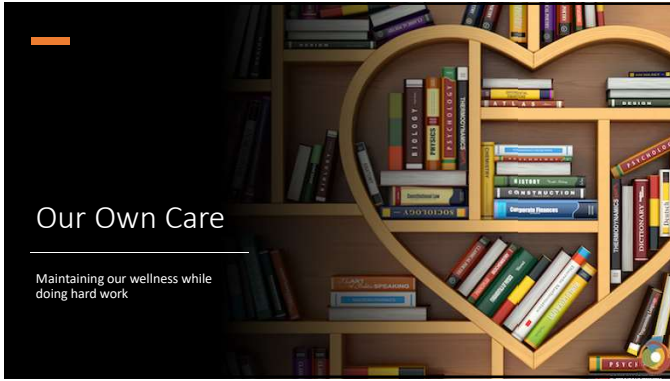
**REMEMBER:
Part of the Pie**

When a student is experiencing stress or distress the stakes can be high. Recognizing that we are in important **slice of support** and **not the whole pie** orients us to be successful advocates and agency-builders NOT saviors or superheroes.

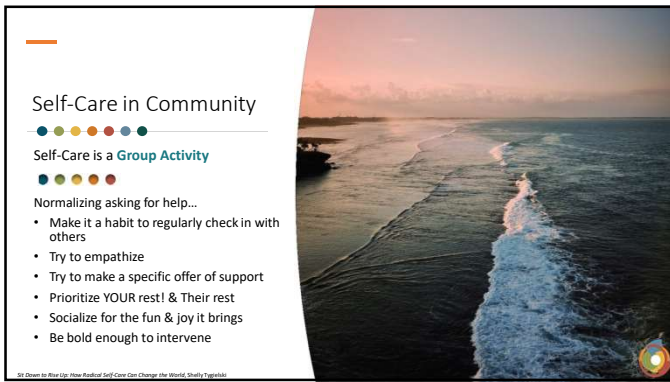
The good news – you are **NEVER alone!** *Can always consult with your Program Director and team.*



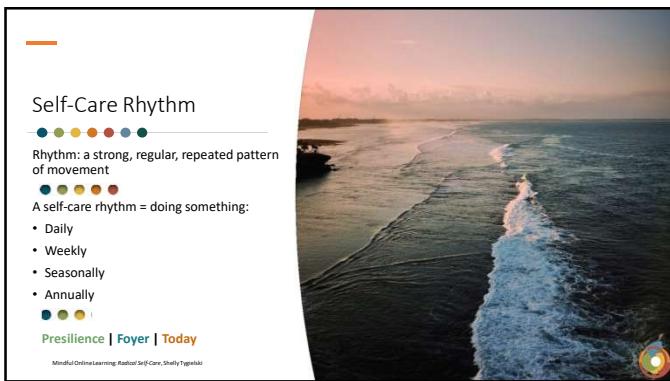
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18



Just 1 Thing

● ● ● ● ●

- I will take away from today...
- I can give to myself...
- I can offer to others...

19



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20

Resources

Books:

- **Sit Down to Rise Up: How Radical Self-Care can Change the World** by Shelly Tygielski
- **Onward: Cultivating Emotional Resilience in Educators** by Elena Aguilar
- **Fostering Resilient Learners** by Kristin Souers & Peter A. Hall
- **Reaching and Teaching Children who Hurt** by Susan Craig
- **Trauma Sensitive Schools for the Adolescent Years** by Susan Craig
- **Solving Academic and Behavior Problems: Strength-based Approaches for Teachers and Teams** by Margaret Searle & Marilyn Swartz

Apps:

- CALM
- 50% Happier
- Insight Timer

Online:

- [3 Minute Breath Meditation](#)
- [Tend Academy Resources](#)
- [Compassion Resilience Toolkit](#)

21

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