

# Trauma Informed Program: Getting Started and Furthering our Universal Supports

## Effective Staff

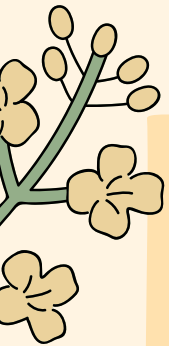
- Trauma informed PD: weekly, monthly, quarterly
- Staff appreciation days
- Provide staff with daily refreshments--drinks, snack packets
- If you can take a minute to check in with each other: How are you- really?
- Purposeful and thoughtful communication with school day staff
- Thoughtful staff placement during program time

## Relationships

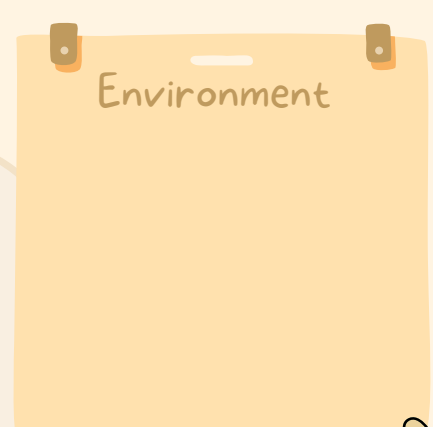
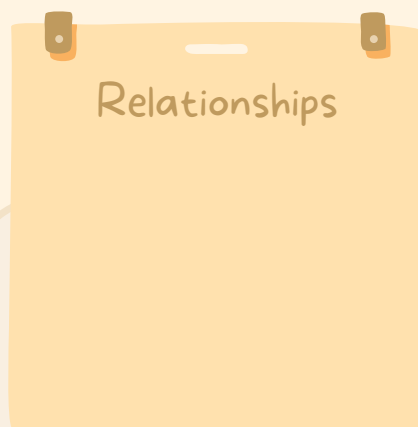
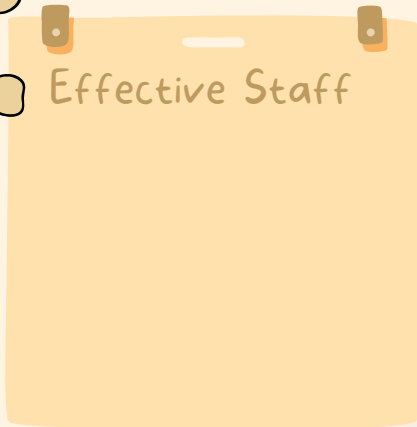
- Start your program time with an "Oath" repeated out loud by all youth and staff
- Daily check in routines
- Address students by name in greetings, conversation
- Tangible acknowledgements
- Use empowering phrases
- Allow more student choice in your program
- Identify a "Student of the Day"
- Create proactive "Success Plans" in cooperation with parents/caregivers

## Environment

- Provide protein-rich snacks
- Play soft, calming music in background of club time
- Transportable calm corner
- Visible daily schedules
- Utilize diffusers with calming scents
- Scheduled water breaks
- Access to fidgets or break box items
- Provide ample opportunities for movement
- Give youth a heads up before transitions



## Fourth Quarter



## 2024-25 School Year

